



Bel Inizio Annual Report 2019

Honoring Our Past, Racing Toward our Future

As we prepare to close the chapter of the last decade, I'm overwhelmed with gratitude and humility. It was in this decade that Bel Inizio was born; now, we stand on the cusp of a new decade, and our 10th year of service.

This has been a journey, one in which could not have been possible without your support. Your generosity and commitment to helping disadvantaged women in Houston develop self-confidence and life skills through fitness and nutrition has taken Bel Inizio from a noble and unique concept based on real needs across the Houston area to a fully-fledged agency who has helped to change over 700 lives. We could not be more grateful for the foundation which has been laid, or more eager to welcome and embrace the next 10 years.

2019 Achievements

- In 2019, 65 women crossed the finish line, bringing our overall total to 704 individuals who have successfully completed Bel Inizio's program since 2010! The highlight of our graduates is Barbara, who after past incarcerations, bouts with addiction and a life altering car accident requiring her to endure over 100 surgeries, is now married, gainfully employed, and has recently purchased a home.
- Our partnership with Rice University is helping us to improve our metrics for our program. One metric is to record our clients blood pressure at each workout. Because we were keeping track of their blood pressure, we were able to assist a client in identifying that she had high blood pressure. She has since received critically needed medical care.
- We gained more program volunteers from local colleges and universities this year. Additionally, our volunteers overall provided over 700 hours of service this year.

Our mission is only as strong as our supporters. Thanks to incredible partners like you giving of your time, talent, and/or treasure, Bel Inizio has persevered through its crucial first 10 years of life. Here's to a prosperous 2020, and to another successful decade of service.

In gratitude,

Theresa Strong
Founder and Executive Director



Bel Inizio Overview

Organizational Structure

Bel Inizio is led by our Board President, VP, Treasurer, and Secretary along with six Directors. We have three full time staff members that include our Founder/Executive Director and two Program Managers. Our most important component is the many volunteer Coaches, Workout Buddies, Client Helpers, and Wellness Coaches which directly support our programs.

FAST Facts (since 2010)

Number of Teams Trained – 65

Number of Finishers – 704

Total Program Volunteer Hours – 9,437

Teams / Workouts

Bel Inizio’s eight-week training sessions are held throughout the year. Below is a summary of our 2019 teams. Each team determines their team name and has a custom-designed team logo.

Agency	Completion	Team Name
Santa Maria Hostel	100%	0 to 100 #RealQuick
The Women’s Home	96%	Strength Striders
Brigid’s Hope	100%	Sole Sisters
Santa Maria Hostel	100%	BAMBI Mamas
Dress for Success	40%	Women on the Move
Santa Maria Hostel	100%	BAMBI Queens
Dress for Success	89%	TrailblazHERS



2019 Partnering Agencies

Brigid’s Hope

Dress for Success

Santa Maria Hostel (BAMBI - Babies and Mothers Bonding Initiative)

Star of Hope (New Haven Program and Cornerstone)

The Mission of Yahweh

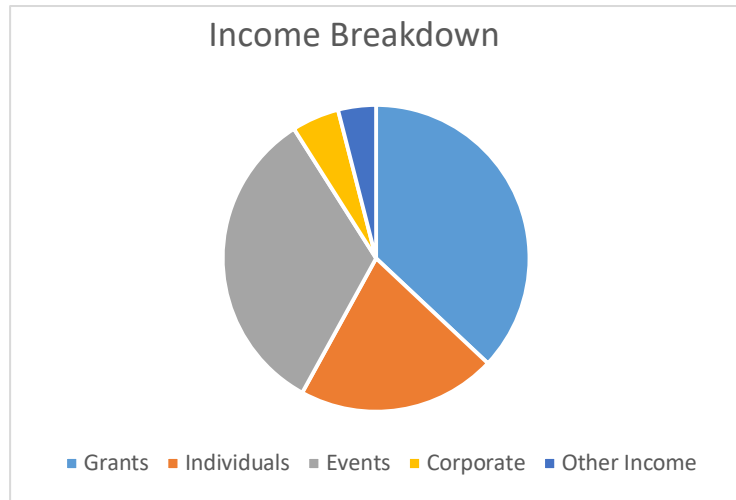
The Women’s Home



Finances

Bel Inizio’s 2019 income and distribution

Grants	37%
Events	33%
Individual	21%
Corporate	5%
Other	4%
	100%



As model and responsible stewards of every charitable dollar received, Bel Inizio’s 2019 expenses were allocated as follows: Program – 79%; Administration – 14%; and Events – 7%.

Charitable Gifts

The support of our funding partners is a critical part of our ability to offer our unique program. Our day-to-day operations are funded through a number of channels which are reflected below:

Community Support: Individual donations continue to rise, thanks in part to exposure provided though peer-to-peer fundraising. As a Run for a Reason charity, in 2019, Bel Inizio raised over \$15,000.

Events: On April 26, 2019 Bel Inizio hosted its Soul to Sole Fiesta, which raised over \$50,000. On November 23, 2019, Bel Inizio hosted its annual Giving Thanks 5K/10K at Sugar Land Memorial Park. We welcomed more than 300 registrants and raised almost \$30,000. Other events held this year have generated over \$12,500 towards Bel Inizio’s programs.

Grants: In 2019, Bel Inizio was granted over \$105,000 from private foundations; a 12% increase from last year!

Matching Gifts: With gratitude, we are highlighting the Brian W. and Irene H. Binash Foundation which has enabled us to expand our service capacity. The Binash Foundation matched every new, or increased gift by 100% giving us the underlying foundation to hire our second Program Manager.



Profit and Loss

2019 Income	
Grants	\$105,570.74
Individual	\$61,024.26
Events	\$95,165.54
Corporate	\$13,397.00
Other Income	\$12,257.12
Total	\$287,414.66
2019 Expenses	
Program	\$197,881.34
Administrative	\$35,067.58
Fundraising	\$17,533.80
Total	\$250,482.72
Net Income	\$36,931.94
In-kind donations (est.)	\$89,000.00

Corporate, Faith-Based and Private Foundation Funding Partners

Thank you to all our partners. A partial list follows:

Corporate: Rev 365, Newton Real Estate Group, Nation Wide Lending, Academy, Active Pest Control, Finish Line Sports, Fitzpatrick Group, Gateway Mortgage Group, H-E-B, HTX-Living, Storyteller Promotions, Scout and Cellar, Merry Ministries, Arbonne International, Bar Method – Memorial, Edward Jones, Host Staff, iAthlete.club, IPS, Karbach, Lifetime Essentials, Lupe Tortillas, Nailor Industries, Network in Action – Bellaire, Old Republic Title, Panera, Payroll Vault, Prauper, Promo Products Direct, Reason2Race, Speedy Printing, St. Michael’s ER, State Farm, T-shirts Etc., Tupperware Monique Carlyle, Unetek, Watermill

Faith-Based: Houston’s First Baptist Church, St. Anne Catholic Community, St. Martin’s Episcopal Church, Texas Methodist Foundation, Women of St. Mark’s Episcopal Church

Private Foundations: Brian W. and Irene H. Binash Foundation, Cameron Foundation, Hillsdale Fund, Houston Junior Forum, Houston Marathon Foundation, Houston Striders, Huddle Up Foundation, MDRT Foundation, Sonnie Schepps Robinson Foundation



2019 Board of Directors

In 2019, 100% of board and staff generously donated to Bel Inizio.

Cindy Knox – President

Ms. Knox recently retired from Shell Oil Company after 30 years of service. At Shell, Ms. Knox was responsible for managing a global team to execute 3rd party goods and services contracts to support Shell's businesses.

Rachel Huisman – Vice President

Ms. Huisman is a Registered Dietician. Earning degrees from both Rice University and University of Houston, she has served as a research analyst for the Jones Graduate School of Business at Rice University.

Bridget McLaurin – Secretary

Ms. McLaurin is an attorney with the law firm of Heard & Medack P.C. She works primarily on the defense of premises and products liability cases.

Rebecca Spaulding – Past President

Ms. Spaulding works for the law firm of Caldwell Everson P.L.L.C.. Ms. Spaulding is an experienced running coach, working with the Galloway Group for over ten years lends great expertise to Bel Inizio.

Theresa Bueno

Ms. Bueno is the Business Operations Manager for Lincoln Financial Advisors with over 22 years of service. She has been a distance runner for over 19 years, has been a running coach for the Runners High Club for 10 years.

Patricia Martin

Ms. Martin is Executive Director and Associate Controller in General Accounting at MD Anderson Cancer Center where she has worked since 2004, as the audit liaison between accounting and patient business services.

Paige Myrick

Ms. Myrick is Executive Director of Opera in the Heights and Founder of Houston Arts Pass. She earned her Bachelor of Music in Vocal Performance from Texas Christian University and her Master of Music from The Boston Conservatory.

Suzy Seeley

Ms. Seeley has been an active member of the running community since 1995. She has run 254 marathons and been secretary of the HARRA board of three years. Most recently she was entered into the Guinness's Book of World Records for completing marathons in all 50 states, each in under four hours.

Moya Varner

Ms. Varner is a Certified Holistic Nutritionist and Regional Vice President and Independent Consultant with Arbonne International.