

# Keala

FOUNDATION



2024 YEAR IN REVIEW



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# Mahalo

Kaua'i is a place of incredible beauty, but for many of our kids, it's also a place where substance abuse, addiction, and loss are a part of their everyday lives. At the Keala Foundation, we're working to change that by offering kids and families a space to grow, be supported, and turn the tide.

Thanks to your generosity, we were able to provide a safe, sober environment for over 2,000 kids in 2024. We offered free programs focused on health, resilience, and community, and helped 30 young people complete our Keala to Success Early Intervention Program, teaching them how to navigate life's challenges without turning to drugs or alcohol.



**Aaron Hoff**  
Founder



**Sarah Braunsdorf**  
Executive Director

The difference we're making is clear. Kids are gaining confidence, making healthier choices, and looking at their futures with hope. None of this would be possible without you!

There's still more work to do, and with your continued support, we can reach even more kids, changing lives and building a stronger, healthier Kaua'i.

Mahalo nui loa for believing in us and for being such an important part of this mission. You are a part of our ohana and we're truly grateful for you.





# Our Mission & Impact

At Keala, we believe that strong communities are the foundation for raising healthy, empowered kids. When we invest in health and connection across all generations, we create a ripple effect that transforms lives.



## OUR MISSION

To build healthy communities that support the youth of Hawai'i.



## OUR VISION

Turning the tides of communities at risk. Every child deserves to feel like they belong and are loved.



Sources:

<https://health.hawaii.gov/hipp/focus-areas/suicide-prevention/>

<https://keikitocareer.org/data-and-resources/kauai-youth-report/>

## THE PROBLEM

Hawai'i faces one of the highest rates of drug and alcohol abuse in the country, with devastating effects on families and communities. Substance abuse contributes to rising rates of depression, addiction, and suicide—now the leading cause of fatal injuries in the state, accounting for 25% of cases.

### On Kaua'i...

**1 in 3** youth struggle with persistent sadness.

**Less than 40%** of high schoolers get enough exercise.

**1 in 4 youth** have used alcohol.

**1 in 5 high schoolers** have used drugs.

**13% of middle schoolers and 11% of high schoolers** have attempted suicide.

**44% of households** with children live in poverty.

Every child is at risk of being impacted by these issues—but there are solutions. Through community, mentorship, and movement, we're working to change the future for Kaua'i's youth.



## OUR SOLUTION

We create a space where health, connection, and opportunity are the norm.

### ***A place to belong***

A sober, supportive environment where kids feel safe, build confidence, and see new possibilities.

### ***No barriers***

Our programs are free for kids because finances should never be a reason they can't participate.

### ***Community that heals***

Positive relationships foster healing, growth, and a sense of community.

### ***Tools for success***

We provide resources that help kids and adults succeed not just in the gym, but in life.



## Impact by the Numbers

**2,000+** kids reached through gyms and community programs

**30** youths completed the Keala to Success Early Intervention Program, with **70%** identifying as local or Native Hawaiian

**28** free opportunities every week for kids and teens to participate in our programs

**32** Youth Engagement Program events

**13,500+** healthy snacks and meals served

**95** local businesses partnered with Keala to expand our reach

**193** volunteers directly donated their time

**3** new kids coaches certified to mentor and guide young athletes

**1:5** mentor-to-kid ratio providing personalized support

**50+** Monday Night Meetings to support both adult and youth in recovery

**96%** of kids reported feeling more confident and making healthier choices after joining our programs

**598** kids participated in the 2024 Ultimate Hawaiian Trail Run

**500+** local families impacted through a ripple effect of health, community, and positive change



# CROSSFIT KIDS

Our Prevention Programs are designed to get in front of kids early with powerful messages that help steer them away from substance abuse and negative influences. Every week, we provide **28 classes** for kids and teens to join our island-wide programs, **free of charge**. Each CrossFit Kids class starts with a “Word of the Day” – a guiding message focused on values like courage, respect, or accountability. We introduce the word before the workout, setting the tone for the class.

As the kids push through challenging exercises and get their endorphins flowing, their minds become open and receptive. We revisit the message at the end of class, solidifying its impact. Thanks to the support of the Hawaii Food Bank, we are able to provide healthy snacks to our youth after their workouts, ensuring that every participant has the fuel they need to stay strong and focused.





# YOUTH ENGAGEMENT PROGRAM

In 2024, our Youth Engagement Program hosted **32 events** for kids across Kaua'i, whether they participate in our CrossFit Kids classes or not, to build meaningful connections and give back to their community. These activities fostered a sense of belonging while creating lasting memories and friendships. From beach clean-ups and movie nights to cleaning the iconic Tree Tunnel, the kids came together to make a positive impact.

## THE KEALA CURRICULUM

The Keala Curriculum is a **12-month mentorship program** designed to help kids build **physical,**

*"When kids leave class sweaty, smiling, and talking about perseverance or respect, I know we're making a lasting impact. It's not just about fitness, it's about preparing them for life."*

— Emily Miller, Prevention Program Manager



**cognitive, and emotional resilience** through structured workouts, daily messaging, and goal setting. Rooted in the core values of the 12 Steps, the program empowers youth with a strong sense of belonging, self-worth, and purpose before they ever face the dangers of drugs and alcohol. The Keala Curriculum is available **worldwide** through a flexible subscription model, with options tailored for elementary-age kids, middle and high school students, or all age groups combined.

Today, gyms and youth programs across the globe use The Keala Curriculum to bring powerful mentorship and guidance to their communities. Anyone interested can sign up for a **14-day free trial** to experience the program firsthand!

The Keala Curriculum is a proven way to connect with kids, challenge them, and help them grow. And it's making a difference, **one community at a time.**



**28 free opportunities every week** for kids and teens to participate in our programs.





*“Teens have fallen in love with the program and made the gym their community, bringing friends with them. One mom shared that her child’s counselor credited CrossFit with giving her son a new outlook and perspective. We are so grateful for this.”*

– Phil Cunningham, Co-Founder, Steps of Justice (Montana, user of Keala Curriculum)

*“One of the biggest advantages of using the Keala Curriculum is that it allows organizations and schools to focus on what truly matters—building relationships with kids. Instead of spending hours trying to create workouts or figure out how to structure a class, you can trust that the programming is effective and designed by experts who know what works.”*

– Jessica Dudley, Founder, Organización de Amigos (Oregon, user of Keala Curriculum)



**96%** of kids reported feeling more confident and making healthier choices after joining our programs.





## COLE'S STORY

*"Over the years, I've been able to see my progress in strength, form, and ability, but I never really thought I'd be able to do strict ring muscle-ups. It was exceptionally challenging to learn, and I can only do a couple in a row, but I'm proud of how far my fitness has come."*

*Before joining the Keala Programs, I was pretty quiet. I had friends, but the gym connected me with like-minded people. Fitness has always been important to my family, but through Keala, I developed my own relationship with it and set my own goals. I had tried baseball, soccer, and theater, but nothing stuck the way CrossFit did."*

*One of my favorite moments has been competing in the Kids Showcase. I love that everything we train for comes together, and because we're on a team, we push each other to hit our best times and most reps. Through Keala, I've also had the chance to be sponsored to compete in CrossFit competitions, and I'm most proud of how I performed at the Northern California Classic."*

*Looking ahead, I want to keep training, keep progressing in my fitness, and keep learning—not just in the sport, but in life."*





## JAEVYN'S STORY

*"Before Keala, one of the biggest challenges I had was finding the right people—friends who would accept me for who I was without judgment. I had friends who cared about me, but I struggled to find real community, motivation, and a sense of purpose."*

*The 2024 Ultimate Hawaiian Trail Run weekend really hit me—I'm fully part of this INCREDIBLE community, surrounded by nothing but love and support. I got to give back in a way that means a lot to me—capturing moments as a volunteer photographer at the Trail Run and Lūau, and doing what I love (lifting heavy!) with the best people at the Kids Showcase. My ultimate goal is to be a better version of myself every day in some way."*

*To the donors who make Keala programs possible—mahalo nunui loa. Because of you, Keala is fostering a healthier Kaua'i for everyone to grow up in. I'm so grateful for your support, not just for the kids in these programs but also for the adults who give their love, time, and energy to lead us in the right direction. It means more than you know."*





# KEALA TO SUCCESS EARLY INTERVENTION PROGRAM (KSEIP)

In 2024, KSEIP continued to transform the lives of young men and women in Hawaii, providing a safe and supportive environment for youth ages 12-18 facing challenges related to substance use. Addiction and family trauma run deep through generations on Kaua'i, but these young men and women are stepping up as agents of change.

Through a comprehensive 4-week program combining physical training, cultural engagement, mindfulness practices, and recovery-based discussions, participants gained valuable tools to find a better path. This year, **30 youth** (24 men, and 6 women) completed the program, with **70% being local or Native Hawaiian**.



## BUILDING TOOLS FOR RECOVERY WITH THE 12-STEP PROGRAM

At KSEIP, the 12-step program helps participants build essential recovery skills. Through guided discussions and activities, youth develop self-awareness, accountability, and resilience.

# 30 youths completed the Keala to Success Early Intervention Program.





## KSEIP PARENT SUPPORT GROUPS

These weekly gatherings provide parents and guardians with a supportive space to grow alongside their kids. As youth build confidence and discipline through KSEIP camps, the sessions help encourage parents to recognize their role in the family dynamic, understanding how their own healing can support their child's journey.

## MONDAY NIGHT MEETINGS

Inspired by Uncle Hoffy's 27 years of sobriety, these weekly meetings offer a safe, supportive space for open sharing and connection. With a growing youth presence, participants practice trust and vulnerability while hearing a featured speaker and sharing their reflections.



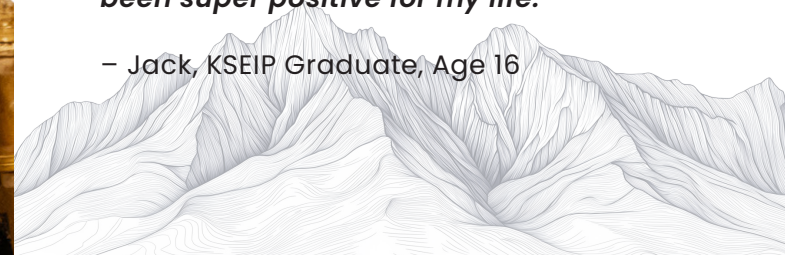
## JACK'S STORY

*"These past four months since camp have been the best I've felt in a long time. Being sober is way better than when I was using. For any guys in the program who feel like going home, just keep pushing through—it's worth it."*

*Camp gave me a clear vision of where I want to go. I've been able to build trust with my parents again, I got a solid job, and I'm even getting my truck back. It's been such a good change.*

*One of the best parts was connecting with Uncle Rich, one of the mentors—he really helped me out. This whole experience has been super positive for my life."*

– Jack, KSEIP Graduate, Age 16







*"We've seen kids who were heading down a path of substance abuse find new hope and purpose through mentorship and education. One young man who completed KSEIP recently started working as a youth mentor. This shows how the program can create a ripple effect in the community of Kaua'i."*

*— Isaac Silva II, Lead Peer Recovery Coach*

## **KEALOHALANI'S STORY**

*"Something I can do now that I never thought I could is stand up for myself and set boundaries. Before Keala, one of the hardest things for me was dealing with past trauma."*

*At the all-girls Early Intervention camp, I got to share my story, hear other girls' stories, and realized I wasn't alone. It made me feel normal, like I wasn't the only one going through it. I made real friendships that I know will last.*

*Now, I know how to set boundaries and stick up for myself when something isn't safe or healthy. Mahalo for giving me and other kids a place where we feel safe, where we can share, learn, and grow. It really means a lot."*





# Ultimate Hawaiian Trail Run Week

What a week! The 2024 Ultimate Hawaiian Trail Run was packed with energy, community, and moments we won't forget. Thanks to all of you—runners, donors, volunteers, and supporters—we raised over **\$210,000** to keep Keala's programs free for more than **2,000 kids year-round**.

Mahalo nui loa to the Garden Island Motorcycle Club (GIMC) and the Knudsen Trust. Without them, this event wouldn't be possible. We're grateful to host the race on the beautiful, untouched land of the Knudsen Trust, and to the GIMC team for their tireless work each year to create a fresh and exciting course. We're also incredibly fortunate to have Kumu La'a Almeida's halau, Ka Waikahe Lani Malie, dance hula on the course!



Massive congrats to our GORUCK Division winners, Ben Muell (who also crushed fundraising with \$5,195 raised!) and Maria Splaine, as well as our 10k winners, Forest Strick and Molly Meenan.

A huge shoutout to our Safety Team, led by Jared Cheselske and Charles Osterhaut – they kept everyone safe out there and made sure every runner made it back in one piece

And we can't forget the Media Team—Bo Shivers, Alan Williams, Jaevyn Navarro, Nichole Bonner, Sheadon Ringor, and Noah Hamilton – for capturing the magic of the weekend.





## GOLF TOURNAMENT

We kicked off the week on the course, with **95% of players from Kaua'i**—proof that this island shows up for its own. We even had **two hole-in-ones!**

**598** kids participated in the 2024 Ultimate Hawaiian Trail Run.







## KIDS' SHOWCASE

This year, our Kids Showcase took over Kaua'i CrossFit in Lihue, and it was unreal! **72 keiki** from all four gym locations showed up ready to throw down, cheered on by **24 guest coaches**.

## LUAU CELEBRATION

For the first time, we took the luau to a local farm. Keiki were dancing, playing, and just being kids! Kustom Sounds Kaua'i brought the music, Keoki's served up amazing food, and the whole night felt like a backyard gathering with family.

## A WEEK OF COMMUNITY & CONNECTION

Beyond race day, the whole week was about bringing people together. We had visitors dropping into Keala Affiliate Gyms, guest coaches jumping into kids' classes, and record-breaking attendance at Uncle Huffy's Monday Meeting.

## SAVE THE DATE: SEPTEMBER 13, 2025!

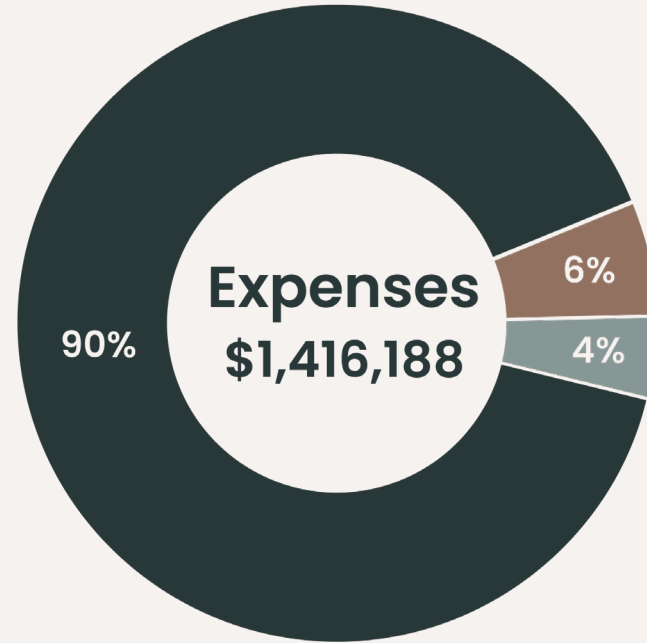
We're doing it all again next year on Saturday, September 13, 2025—mark your calendar now. 12th year, let's keep it going!"

To everyone who ran, donated, volunteered, or just showed up to support—you are the reason this movement is growing. Mahalo for being part of something way bigger than just a race!





# Financials

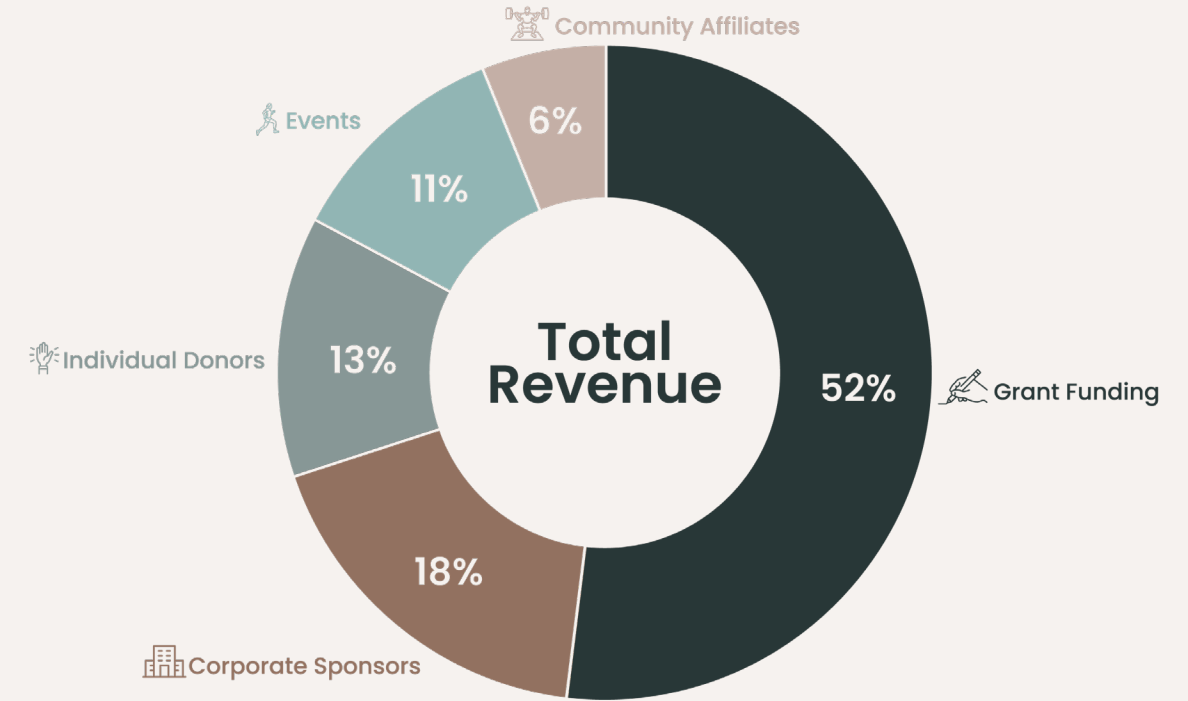


  
Program  
\$1,276,975

  
Operations  
\$82,437

  
Fundraising  
\$54,958

Your donations are valued and stewarded within our programs to build communities that **support the youth of Kaua'i.**



 Individual Donors

 Corporate Sponsors

 Events

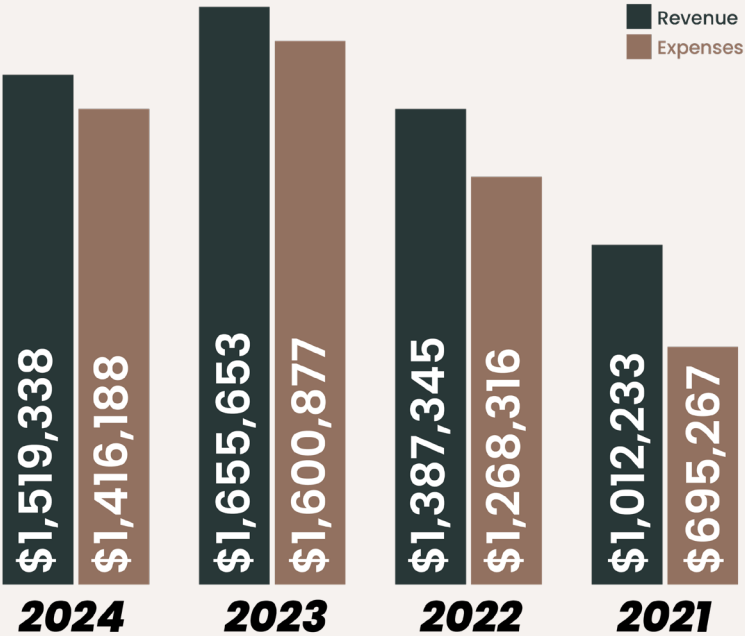
 Community Affiliates

 Grant Funding



# REVENUE AND EXPENSES

We are always looking at how to **grow our reach and deepen our impact** to expand the Keala Foundation programs. Your support has contributed to our program success so far and will continue to help us **go farther, together.**



**All donations are tax deductible.** You will help support kids on Kaua'i grow in their fitness and character as well as transform the health and wellness of families.

## SUPPORTERS & SPONSORS

- |                                 |                                 |
|---------------------------------|---------------------------------|
| 5280 Stone                      | LRX                             |
| Aloha Aina Juice Cafe           | M Rapozo Enterprises            |
| Brennecke's Beach Broiler       | Mayhem Missions                 |
| Captain Andy's                  | MUV/RX                          |
| dreamr                          | NEXO Insurance                  |
| Earthworks Pacific Inc          | Northshore Preserve             |
| Frogman Charters                | Nukumoi's                       |
| Fujita & Miura Public Relations | Ocean Course Hokuala            |
| Garden Island Motorcycle Club   | Olukai                          |
| GORUCK                          | Omao Productions                |
| grateFUL                        | pliability                      |
| HMSA                            | Poipu Bay Golf Course           |
| Ice Age Meals                   | Puka Dogs & French Girls        |
| Ka Waikahe Lani Malie           | Readyman Services               |
| Kaneshiro Family                | RX Smart Gear                   |
| Kaua'i's Kong Radio             | Shaka Zip Line                  |
| Keoki's Paradise                | Sherpa Werks                    |
| Knudsen Trust                   | Shoreside Maritime Services LLC |
| KQ Speedie Lube                 | Waikoko                         |
| Kustom Sounds Kaua'i            | YETI                            |
| Living Foods Hawaii             |                                 |

## BOARD OF DIRECTORS

- |                    |              |                     |
|--------------------|--------------|---------------------|
| Felipe Gomez-Kraus | Traci Bates  | Scott Perkins       |
| Justin VandenAkker | David Newman | Jason & Betty Regan |
| Aaron Hoff         |              |                     |

## GRANT SUPPORT

- Alaska Airlines  
Cooke Foundation  
County of Kauda'i: CDBG  
County of Kauda'i: Host Community Benefit  
County of Kauda'i: OPA Life's Choices  
Chan Zuckerberg Initiative  
First Hawaiian Bank Foundation  
Harbourton Foundation  
Hawaii Community Foundation: Department of Education  
Hawaiian Department of Agriculture - Microgrant  
Office of Juvenile Justice & Delinquency Prevention  
Target Circle  
The Club at Kukuiula Community Benefit Fund  
Walmart Gives Back

## FAMILY DONORS

- Gomez Family  
Knauf Family Foundation  
Lundbeck Family Trust  
Monroe Family  
O'Connell Family Foundation  
Shivers Family Foundation  
Bodenhamer Family Foundation  
The Kahle Foundation  
Dozortsev Family



## Our 'Ohana



## KEALA FOUNDATION TEAM

Mahalo to every staff member who brings passion and purpose to our mission:

### Aaron Hoff

Founder of the Keala Foundation &  
Co-Founder of the Ultimate Hawaiian  
Trail Run

### Sarah Braunsdorf

Executive Director

### Bertram Almeida

Community Relations & Co-Founder of  
the Ultimate Hawaiian Trail Run

### Joe Bacio

Adult & Youth Coach

### Kawena Bagano

Early Intervention Program Co-Founder,  
Intake Specialist

### Rich Cooper

Peer Recovery Mentor

### Darren Coté

Adult Coach

### Alysha Enbom

YEP Coach, Nutrition Coach

### Carly Failla

Adult Coach

### Justin Gardner

Adult & Youth Coach

### Nate Jacobsmeyer

Adult Coach

### Tony Leair

Peer Recovery Mentor

### Nicole Leyendeckers

Social Media Manager

### Bronson & Kai Lovell

Anahola Leaders

### Kaina Makua

Kumanoikeala & Kilohana Program

### Marce Mayadag

Southside Facilities & Support

### Emily Miller

Prevention Program Manager,  
CrossFit Kids Head Coach

### Jared Miller

Keala Affiliate Manager,  
CrossFit Head Coach

### Chris Osborn

Early Intervention Program Manager,  
HR Manager

### Mark Parubrub

Adult Coach

### Billy Quereto

Early Intervention Program  
Co-Founder

### Diana Quereto

Grant Manager

### Julie Reinebold

Adult Coach

### Isaac Silva II

Lead Peer Recovery Coach,  
Adult & Youth Coach

### Ratih Sutrisno

Marketing & Communications  
Manager, Adult & Youth  
Coach

### Kilinoe Ventura

Youth Coach

### Tasha Yamamoto

Kekaha Community Manager,  
Adult & Youth Coach





## OUR VOLUNTEERS

In 2024, **228 volunteers** rolled up their sleeves and made things happen:

- 85** at the Ultimate Hawaiian Trail Run Fall Event
- 50** KSEIP mentors supporting youth recovery journeys
- 18** at the Kekaha Family Fun Run Event
- 25** at the Ultimate Hawaiian Trail Run Spring Event
- 50** across various year-round initiatives

## OUR GYM COMMUNITY

Our **Community Affiliates** are a vital part of the Keala Foundation's mission. Their memberships help fund our 100% free youth programs, ensuring keiki have access to fitness, mentorship, and a positive community at no cost.

Our adult members also show up for events, lead by example, and often become role models for Keala kids. The influence runs both ways—our youth programs have also inspired adults.

For the past two years, our coaches have incorporated the “Word of the Day” into adult classes, reinforcing the same powerful messages we share with the kids.

In 2024, our gym community stepped up in big ways, including the GIVE Gift Campaign, where dozens of members came together to purchase and wrap holiday gifts for Keala kids and families in need.

**To every coach, member,  
and supporter,  
mahalo for being an essential  
part of the Keala ‘ohana!**



## Check out our unique Keala Affiliate Gyms on Kaua'i



### **CrossFit Poipu (Southside Fitness Center)**

*3580 Koloa Rd, Kalaheo, HI 96741*

In 2023, the Southside Fitness Center faced unexpected tenant and building challenges that led to the closure of our Poipu location. The Lihue and Kekaha gyms quickly stepped up, welcoming Southside members into their spaces. When a new location became available, our community came together to build it out, lay down gym flooring, move equipment, and kick things off with a celebratory workout!



### **CrossFit Anahola**

CrossFit Anahola operates as a private community space dedicated to serving the people of Anahola. In 2023, the gym underwent a major renovation, making it even more equipped to support local athletes and families. We are incredibly grateful to Bronson and Kai Lovell for their dedication and the love they've poured into this space, and we're excited to see the continued impact they'll have in Anahola.



### **CrossFit Kekaha (Kekaha Fitness Center)**

*8171 Kekaha Rd, Kekaha, HI 96752*

At CrossFit Kekaha, we were grateful to receive a grant from the county to provide scholarships for local residents, offering 14 free months of membership. This initiative helped break down barriers to fitness and supported our mission to keep Kauai healthy. Additionally, we hosted our 2nd Annual Kekaha Family Fun Run 5K on the Fourth of July, bringing our community together on the west side to raise funds for our youth programs, and we can't wait to keep the tradition going!



### **Kaua'i CrossFit (Lihue Fitness Center)**

*3-3131 Kuhio Hwy, Lihue, HI 96766*

In early 2023, the Keala Foundation took over ownership of Kaua'i CrossFit in Lihue, a key player in the island's CrossFit legacy. This new location has been a huge step forward in expanding our reach, especially with so many schools in the area. It's helped us connect with more youth and offer even greater access to free programs, while continuing to build on the strong foundation set by the original Lihue CrossFit community.





*"Growing healthy kids starts with creating healthy adults. We have to be willing to change—it starts with us. We get to be the example of that change!"*

— Jared Miller, Keala Affiliate Manager





## OUR DONORS

Jonathan Abarca  
Donnabel Acupan  
Jarod Adair  
Debbie Adams  
Jess Aga  
Siena Agudong  
Zion Akana  
Jacob Aki  
Cale Akuna  
Nora Alaiafune  
Rebekah Albano  
JD Alex  
Darrell Alfaro  
Lilibeth Alfonso  
Kenny Alicea  
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Bella Allen  
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Max Alpern  
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Zachary Alpern  
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La'i Banta  
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Brooke Buehler  
Marcia Buenafe  
Justin Bundschuh  
Lauren Bundschuh  
Margaux Bundschuh  
West Bundschuh  
Dennis Burns  
Dr. Jennifer A Burns  
Dru Burns  
J Wayne & Jodee Burris  
Trevor Byassee  
Amanda Cabebe  
Kali'a Caberto  
Andy Cabreja  
Myrna Cacal  
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Freddy Camacho  
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Riley Carl  
Adam Carlson  
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Gwen Ferguson  
Curtis Fields  
Denise Fisher  
John Fitzgerald  
Steph/Kaiao Fitzgerald  
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Dawn Forrester  
Benjamin Forster  
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Jennifer Fujita  
Chad Fuller  
Pamela Fulton  
Dennis Galli



|                      |                       |                       |                      |                             |                          |                      |                      |
|----------------------|-----------------------|-----------------------|----------------------|-----------------------------|--------------------------|----------------------|----------------------|
| Raydene Gampon       | Kat Hafford           | Wesley Hutchinson     | Kathleen Kelley      | Kaitlyn Kurisu              | Jillian Low              | Sheleah Masi         | Kathryn Mobley       |
| Kanani Gano          | Lucas Hamon           | Tiana Igne-Samio      | Todd Kelly           | Brenda Kuwamura             | Kimberly Lu              | Kristin Matsuda      | Patrick Moen         |
| Megan Ganzagan       | Kevin Hansen          | David Isaza           | Jason Khalipa        | Alexa Kyle                  | Malia Lubking            | Jesica Matsuoka      | Caroline Moline      |
| Justin Gardner       | Irma Hapsari-Ahadiyah | Steve Jackowiak       | Harold James Kilborn | Mark Laird                  | Barbara Ludgate          | Jonathan Mattingly   | Kyle Moline          |
| James Gauer          | Suzanne Harding       | Nathaniel Jacobsmeyer | Matthew Kimball      | Joni Landine                | Lauren Lump              | Joe Maurer           | Dante Moniz          |
| Amber Gerrity        | Giles Harrison        | Pristine Jacobsmeyer  | Ryan Kimball         | Chris Langit                | Richard & Aimee Lundbeck | Kathryn McAlexander  | Cody & Gabija Mooney |
| Trevor Gilmore       | Heather Hartnett      | Michael Jaimes        | Carrie Kimmel        | Nikki Langit                | Emily Luzetsky           | Candace McCallum     | Teresa Morescalchi   |
| Christopher Glen     | Marilyn Hasegawa      | Stephanie James       | Rebekah Kirkpatrick  | Emily Lansinger             | C. Birdie Mackin         | Veronica McCleign    | Sevan Morgan         |
| Jeff & Katie Goff    | Tamalyn Hasegawa      | Lars Jangaard         | Abby Kitashima       | Jin-Wah Lau                 | Tudor Magda              | Elizabeth McCormick  | Christopher Morosini |
| Bill Golden          | Lance Hendley         | Danika Jaramillo      | Robert Knapp         | Shaylin Laure               | Ron Magrin               | Norah Mcgee          | Jared Morsey         |
| Jane Goldsmith       | Valerie Henmi         | Genessa Jardin        | Angie & Noah Knauf   | Erin Leake                  | Storm Mahn               | Jazzmine McGlaughlin | Jon Mount            |
| Jessica Golightly    | Elizabeth Hens        | Jennifer Jenkins      | Lainy Knauf          | Relitza LeBaron             | Tita Makua               | Jon McGraw           | Benjamin Muell       |
| Deysi Gomez          | Ben Henson            | Kirsten Jensen        | Trevor Knauf         | Candice Lecroix             | Lauren Malapit           | Andre McIntosh       | Naomi Muraoka        |
| Diana Gomez          | Sawyer Herbst         | Jenna Johnson         | Emerson Knowles      | Jo Anne Lee                 | Aveda Maligro            | Danny McLaughlin     | Makena Murayama      |
| Felipe & Tracy Gomez | Keely Hess            | Selah Johnson         | Todd Koch            | Mia Lee                     | Alan Manalang            | Brandi Mcnamara      | Joshua Murphy        |
| Luciano Gomez        | Leigh Catherine Hicks | Mary Jordan           | Emily Kolbus         | Nalia Leong                 | Heather Maragume         | Cari McNeillis       | Stephen Murray       |
| Roy Goo              | Tricia Hier           | Gary Joseph           | Matt Kolling         | Tatijana Leong              | Alicia Marinelli         | Raelyn Medeiros      | William Myers        |
| Todd Gordon          | Audrey Higuera        | Natalia Juarez        | Justyna Konieczna    | Tiare Leong                 | Duke Marshall            | Molly Meenan         | Jarrold Nack         |
| Kate Gowan           | Arvont Hill           | Ian Judd              | Christy Kosak        | Emma Lewis                  | Mike Marso               | Jenny Mejia          | Lawaia Naihe         |
| Alison Granato       | Ryan Hobbs            | Rachel Juma           | Noah Kostka          | Nicole & Derek Leyendeckers | David Martin             | Jorge Melero         | Hokulea Nakaahiki    |
| Kevin Gray           | Sean Hoekzema         | Ihilani Kali          | Kat Kozlowski        | Jason Libby                 | Tawny Martin             | Ryan Metzger         | Keola Nakaahiki      |
| Liz Grechi           | Lorna Hoff            | Paeightyn Kanahele    | Jonathan Kramer      | Michelle Licke              | Christian Martinez       | Laura Metzker        | Shanna Nakamura      |
| Giselle Gregorius    | John & Kate Horwitz   | Stanley Kanahele      | Sean Kromeke         | Alexander Limosnero         | Isaiah Martinez          | Robert Milchling     | Farzan Namvari       |
| JR Guerrero          | Kelsey Hoskie         | Matthew Kaufmann      | Farrah Krovoza       | Stacy Lindbloom             | Jose Martinez            | Chennelle Miller     | Paul Narciso         |
| Andrew Gustafson     | Terry Huang           | Willow Kau            | Avelina Kuhaulua     | Sarah Littman               | Katrina Martinez         | Heather Miller       | Jaevyn Navarro       |
| Amanda Gutierrez     | Eileen Hubbard        | Sweden Kealoha        | Larisa Kula          | Daniel Lopez                | Mi Nei Martins           | Leila Miss           |                      |
| Shana Hafelfinger    | Peter Hubbard         | Rachel Keller         | Chris Kuo            | Pablo Lora                  | Waikoa Martins           | Judah Mitchell       |                      |
| Carol Hafford        | Theo Huberman         | David Kelley          |                      | Bronson Lovell              | Waileia Martins          | Sarah Mitson         |                      |



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Brett Nellee  
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Katie Nichols  
Sally Lauren Nichols  
Linda Nicola  
Adrianna Novi  
Patrick O'Brien  
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LaShandra Oliver-Moshier  
Candice Olores-Prevatt  
Stefanie Olsen  
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Krissy Ortiz  
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Katherine Otsuji  
Michelle Pacilio  
Tereza Pacol  
Landon Palama  
Mieshalei Parbo  
Parney Parnell  
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Manolito Pescador Jr  
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Stephanie Peterson  
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Uhi Pineda  
Kyle Pinheiro  
Anthony Pirro  
Shelby Pittman  
Katherine Plyler  
Dedria Porterfield  
Dani Powers  
Owen Prentice  
Katie Prestileo  
Mike Prestileo  
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Jaylyn Quereto  
Genessee Quizon  
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John Rao  
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Celine Rapp  
Megan Ratajczak  
Bradford Rathell  
Bryan Redding  
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Darlin Salas  
Kai Santy  
Laura Sbarra  
Kristin Scheitrum  
Tina Schirmeister  
Caleb Schmaeling  
Amy Schoch  
Brian Schoettler  
Chaning Schofield  
Jordan Schwartz  
Michele Schwemmer  
Drew Scott  
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Emerald Sheldon Ripley  
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Isabel Simonis  
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Jennifer Smith  
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Dominika Soennichsen  
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Kimo St Laurent  
Mindy Stanley  
Katie Stephenson  
Jarrod Stitt  
Howard Stoddard  
Jahshua Stone  
Gary Streett  
Driven Strength &  
Conditioning  
Pancho & Haunani Sullivan

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David Sutton  
Sonny Swann  
Cheryl Swanson  
Michael Sweeney  
Cassie Tabar  
Julie Tadlock  
Lora Talavera-Bolyard  
Amy Tanji  
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Chase Tatsuda Merrell  
Gwen Taylor  
Antone Teves  
Jessica Teves  
Justin Teves  
June Thomas  
Benny Timmer  
Paisley Timmer  
Kara Titus  
Matt Tonokawa  
Lauae Torio  
Jim & Jennise Towle  
Kathy Towle  
Kayli Towler  
Veronica Trujillo  
Cyrus Tumbaga  
Joshua Tumbaga  
Misty Tumbaga

Katelyn Umetsu  
Karina Uribe  
Jasmine Utu  
Duke Van Vleet  
Aaron VanDyke  
Chandler Vargas  
Nick Vasquez  
Luis Vela  
Gerardo Velazquez Monroy  
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Kilinoe Ventura  
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Stacey Walker  
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Kalie Walter  
Bo Wang  
Seth Warren  
Mike Wasco  
Ellen Weaver

Lisa Wegner  
Nicholas Welchert  
Michael Wellman  
Brooke Wells  
Teoni Wells-Palacio  
Anne Morgan Wenger  
Antoinette Wharton  
David Whetsell IV  
AJ Whipple  
Tom White  
Ashlie Williams  
Sienna Williams  
Stephanie Williams  
Teddy Williams  
Jenn Womack  
Kyle Womack  
Daniel Woo  
Harold Woo  
Dawn Worley  
Austin Wright  
Royden Yamamoto  
Tasha Yamamoto  
Timothy Yang  
Ashley Yencho  
Collins Youngblood  
Ryan Zentz



# Looking Ahead

## EXPANDING PREVENTION & EARLY INTERVENTION PROGRAMS

One of our biggest goals for 2025 is growing our prevention and early intervention efforts, especially through the **10-Day Youth Mentoring and Engagement Camps (YMEC)**. We're also launching the **Keala Transportation Program** to provide reliable rides to and from our Southside and Lihue gym locations, reducing barriers for local families.

The YMEC and Transportation Program are funded by Kaua'i County's Community Development Block Grant. Thanks to our community, we surpassed our 2024 Giving Tuesday goal, raising **\$16,575** to support these programs.

## SEE YOU AT THE 2025 ULTIMATE HAWAIIAN TRAIL RUN?

Mark your calendar! The 2025 Ultimate Hawaiian Trail Run is happening on Saturday, September 13, 2025. Whether you race on Kaua'i or from home, your participation fuels our mission.



## KEEP THE MOVEMENT GOING

Everything we do at Keala is about showing up for the next generation, and we can't do it without you. Your support keeps our programs free for over 2,000 kids, giving them a place where they feel safe, seen, and supported.

**Donate** - Every dollar goes toward keeping our programs free for kids who need them most.

**Volunteer** - Join us on the ground and be part of the change.

**Race** - Sign up for the Ultimate Hawaiian Trail Run and help us fundraise for the future.

**Mahalo for being part of the Keala Foundation!  
Together, we're creating a stronger, healthier Kaua'i  
for the next generation.**



With love, from Keala kids to you

