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FREE TO MOVE

2025  
ANNUAL  
REPORT



FREE TO MOVE

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*For All Womankind*

# MISSION

*Empowering women to be active without fear*

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# VISION

*We envision a world where every woman moves confidently, free to pursue her ambitions without fear- supported by groundbreaking safety innovations, empowering education, and a strong, united community.*

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# BOARD OF DIRECTORS

*Calea Davis, Board Chair*

*Bethany Matheson, Vice Chair*

*Sean Lokits, Treasurer*

*Kate King, Secretary*

*Joy Beseth*

*Houston Brown*

*Yves Capitaine*

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To Our Incredible Community;

It is hard to believe that just one year ago, Free to Move was little more than an idea. In November 2024, I received a call from someone I knew of only as a dear friend of Alyssa's: Calea Davis. Calea shared that Alyssa had always wanted to start her own foundation someday; a dream she had shared with Calea only months prior to her death.

As we spoke on the phone, it became increasingly clear what we needed to do. We all knew that Alyssa was too remarkable, too extraordinary, not to do *something*. She was an endless inspiration to the countless lives she touched. She was the strongest woman I have ever known. We knew life would never be the same after her loss— but what could be more impactful than to honor Alyssa through an organization dedicated to protecting future generations of women through her legacy.

Free to Move started as a call for help, a space for our grief, and a way to find hope after immeasurable loss. It is still all of those things. But over the last year it has become so much more.

In just one year, Alyssa's story has been heard by millions—yes, millions—of people *around the world*. We developed our first safety education series, raised just \$80 shy of \$150,000, and most importantly, met countless individuals who have touched our lives in invaluable and unforgettable ways.

Free to Move started as a call for help—and it became a community.

The next year is full of exciting new initiatives, meaningful partnerships and growing momentum. It has never been clearer to me that this is exactly where we need to be and exactly what we should be doing. I know, without a doubt, that Alyssa would be proud of her loved ones— for pushing forward, for creating purpose out of pain and for working to make the world a better place.

But I will also always remember November 2024; the uncertainty, the grief and heartbreak, and how it shaped us into who we are today.

Thank you to everyone: loved ones near and far; those we have known for a lifetime and those we have never met in person. You are all part of our journey, and part of something that will make the world a little better and brighter.

Just like Alyssa.

For Alyssa

For all womankind.

*With gratitude,*

*Abby Lokits, Executive Director, Free to Move*



Friends,

Wow. Look at what we have built, and what we are building. *Free to Move* was born out of love and a desire to put some good back into the world. I am still reeling over what we have accomplished in just one year.

*In 2025, we:*

- Hosted our inaugural 5K
- Formally partnered with Metro Parks and Recreation
- Launched our six-part Safety Video Series
- Hosted the Free to Move Greenway Jogathon
- Built our first Resource Library, offering free, accessible safety education

These milestones were possible because of you: our supporters, donors, and partners who believe that safety is not a luxury, but a right. From the bottom of our hearts, Thank you.

Thank you for believing in this mission and walking (and running) alongside us.

Together, we are building a world where every woman is truly free to move.

You are awesome,

-Calea Davis, *Free to Move* Board Chair



# WE ARE FREE TO MOVE

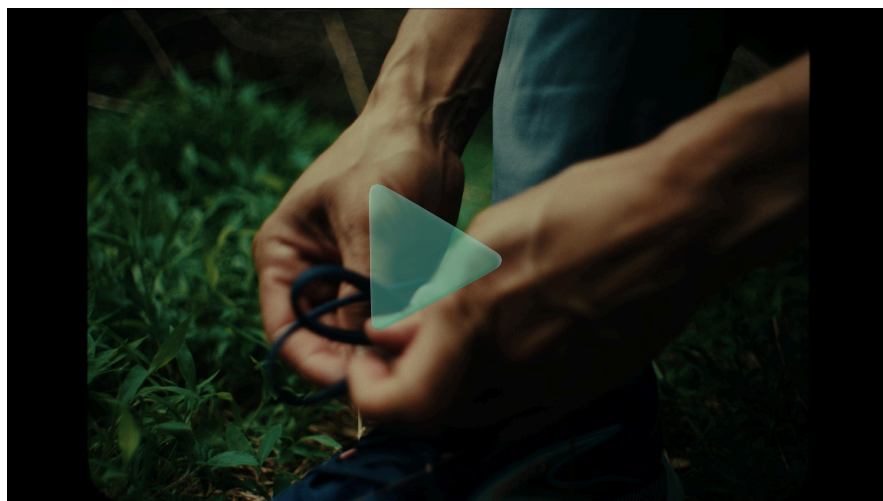
WHO WE ARE & WHY IT MATTERS



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## SAFETY SERIES

Our six-part “We Are Free To...” safety video series provides practical tools to help build confidence, awareness, and freedom of movement in public spaces. Each video is paired with a free teaching guide to make these lessons accessible for individuals, clubs, and community groups everywhere.



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# RESEARCH

*The data on women's outdoor safety is lacking. We are working to change that.*

## PARTNERSHIP

In 2025, we secured a research partnership with Vanderbilt University, where Alyssa earned her Ph. D., to identify more of the fundamental and infrastructural issues that create threats for women when moving outdoors.

By aligning our efforts with highly reputable partners, we aren't simply aggregating information that is already available. We are uncovering new information to equip us to speak as a thought leader and create true change in the mission to create a safer world.

From these studies, we plan to create owned materials that will allow us to educate, advocate for, and empower women.

Giving Tuesday donors raised more than \$3,000 in December to fund this effort in 2026.

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## NATIONAL SURVEY

In March, we launched a public survey as the first step into identifying systemic challenges to women's outdoor safety.



Survey data shows that the majority of women do not feel safe exercising outdoors and would like to see social and infrastructural improvements.

This first step into aggregating and analyzing data surrounding women's lived experiences affirms our efforts to educate, advocate for and empower women with resources that create lasting change.

We will continue to push this owned survey through 2026, expanding the demographics represented in the data to be more inclusive.

# FREE TO MOVE FINANCIALS

*The charts below summarize our 2025 Statement of Activities. This report is on an accrual basis in accordance with U.S. Generally Accepted Accounting Principles.*

## TOTAL INCOME

Total

\$149,920



- Individual donations: \$63,311
- Corporate donations: \$52,846
- Event revenue - 5k: \$29,915
- Event revenue - jogathon: \$3,275
- Fundraising - apparel: \$572

## TOTAL EXPENSES

Total

\$82,572



- Race management fees: \$23,094
- Program costs: \$19,810
- Contractors: \$12,195
- Salaries and wages: \$12,000
- Legal & professional services: \$5,610

## THANK YOU FOR MAKING FREE TO MOVE POSSIBLE

KIRK LOKITS  
AGILENT TECHNOLOGIES  
HERRICK COMPANY  
VANDERBILT UNIVERSITY  
CALEA DAVIS  
BODYROK  
JAMES W BAKKE & ASSOCIATES  
BILLS SANDWICH PALACE  
MARGARET GREEN  
C3 CONSTRUCTION  
BLACKWELL SECURITY  
SWIFTWICK  
PINNACLE BANK  
THE MARY PARRISH CENTER  
WILLIAM PRIESMEYER  
PLEDGELING FOUNDATION  
BETHANY MATHESON  
JILL COBLE  
MARY KATHERINE  
GLENN RIVERS  
CHRISTI BETH ADAMS  
SENIORS HELPING SENIORS  
AOR DYNAMICS  
JOSEPH MACOUREK  
SHELLY WOOD  
SPINE & SPORT REHABILITATION  
INSTITUTE  
MATT LITTLE  
CONNER INSURANCE GROUP  
MADDY HAVENS  
BEN MONTAGUE  
JAMI LITTON  
LORI SPARKS  
MARYANN CARBAUGH  
JOY BESETH  
ROSEMARY & FINCH  
AMERICAN REALTY & ASSOCIATES  
LAUREN HICKEY  
KAORU UNO  
TULIP TREE COUNSELING  
HARBOR  
LAURA COPELAND

KAYLA LOKITS  
JOHNNY SHEN  
JOHN ROMERO  
TEFFOLA  
RALPH RUCKART  
JEFF BESETH  
ROBERT CONKLIN  
WADE HUTCHISON  
TASHA POWELL  
MARK PYLES  
CHRISTINA CARROLL  
LILA DOBBINS  
REBECCA BROWN  
MARIA J  
KATHLEEN LOWRY  
JUNG PARK  
CATHEY RIVERS  
EMMA HYNEK  
THOMAS KELLEY  
SARLA GONZALEZ  
GLEN RIVERS  
WILLIAM ARNOLD  
KELLY ROMSOS  
DONNA KOREN  
CHARLES BOONE  
RACHEL RIVERS  
LAURA BEERMAN  
SANDRA ABERKALNS  
CHERIE RIVERS  
KATIE LOKITS  
GRAYSON CANNON  
MALLORY OVERMAN  
ELIZABETH BRODERICK  
GREG EICHINGER  
BETH MCNULTY  
BRENDA BOYD  
SAMUEL A  
MARY LITTLETON  
JOEL MILLER  
AMY CARROLL  
CHRISSY HENDERSON  
JAMES GILBERT



ELIZABETH STROBEL  
MAUREEN SANDERSON  
CHELSEA STRONG  
MELODY SCHAPKER  
BRANDON INGLE  
AMANDA CROSSWHITE  
SCOTT STIRDIVANT  
KAREN NELSON  
SHARON CARMICKLE-SEIBERT  
DANIELLE LOGUE  
JOHN COOPER  
CORI MEDLER  
ALEXANDER ISRAEL  
VANESSA BANKS  
JUDITH M MOLOY  
BRADY MAGUIRE  
TIMOTHY FOLINO  
DONNA GODSEY  
JENIFER LUCE  
RED BARN FINANCIAL  
KRISTY CONYERS  
JAY PINK  
WILLIAM TURNER  
RACHEL LOKITS  
STEPHANIE BARTILSON  
LESLIE SIMS  
HEATHER HOVEY  
KATE KING  
MEG MORGAN  
NICOLE S  
RYAN PRIESMEYER  
HUNTER DEFORGE  
HENRY COLLETT  
MEGAN NEAL  
STEPHANIE BARTILSON  
LISH NORE  
KATIE LOKITS  
MARISA BUEHRING  
CHRISTINA FINN  
SCOTT BLEVINS  
JEREMY LOKITS  
MARGARET HILL  
HALEY KREUTZER  
BRANDON LOKITS  
HANNAH TAYLOR  
EMILY SHIPMAN

ASHLEY DUNN  
SHAE TAYLOR  
KIETH MCGOVERN  
KENDRA DAVIS  
CARA SMITH  
KEELY MIDDEN  
TIM GAINES  
HOUSTON BROWN  
ELIZABETH BRYANT  
CHRISTINA TYSZKOW  
ALEXA PRIDDY  
KATE DAWSON  
LAUREN ENGELBERT  
CHARLES A  
CINDY HUMMEL  
DOAA EL-ASHKAR  
MARY A  
ROBERT RIVERS  
KATHERINE COFER  
KIMBERLY BIANCO  
CHRISTINA TYSZKOW  
STACY ANNE  
KAREN RIGGS  
DUSTIN WARRINGTON  
THOMAS REYNOLDS  
LUKE BARKER  
MCKENZIE PHILLIPS  
ERINN ONEILL  
DAMIEN SLOAN  
RYAN ICKERT  
JORDAN BAKKE  
SARA COLLETT  
MELISSA SCHAAB  
ANDREA FERBER  
MICHELLE GIBSON  
LESLIE BOYCE  
NICHOLAS HEGUY  
DIANE WEHR  
JD HILLER  
TAMMI ZELM  
OYUKY MEZA  
BRENT FULGHUM  
PAUL WOOLARD  
LORI OGDEN  
PETER KROPP  
EMILY OSHEA

EMIL RAMIREZ  
MARY CULLEN  
MARY CAMPBELL  
MEGAN CONNER  
KEVIN DALEY  
KEITH SKINNER  
MOISES ROA ORTIZ  
BRADY WHETTEN  
EMILY EAVES  
SARA SINCLAIR  
FORREST LAINE  
JESSICA MAXWELL  
LAURA MELTON  
AMBER KELLEY  
KRIS KAWALSKI  
GARY SANDERS  
JEANETTE JONES  
MARY BETH UTLEY  
SHAWNA SONGER GAINES  
PATRICIA MILLER  
TERI AKOVENKO  
KATIE TOUNGETTE  
SARAH HENNES  
PEYTON BENNETT  
SCOTT COLLIER  
VALERIE FORREST  
BRANT MILLER  
ALEXIS WILLEY  
TAMRA L. SMITH  
GARRETT PAYNE  
JEANINE DENNEY  
SARA KERHOULAS  
LAURA HARBIN  
SUSAN BELL  
CAMERON HARDWICK  
TORI BRYANT  
EMILY BRISTOW  
KIMBERLY LONGWORTH  
CASEY ROSE  
DANIELLE IANNETTA  
ALANA BEILSTEIN  
MARIJA KUNA  
JOSHUA BAKKE  
KIMBERLEY LOCKE  
KATE MENKE  
DANA MCALEXANDER

## SPECIAL THANKS TO

711 people who participated in the 5k  
500+ Who reclaimed the greenway during our jogathon  
the 105 of you who purchased merch  
and everyone who donated their time, skills and talents in 2025!

MEGHAN WATERS  
SYDNEY ESCOE  
MELISSA LAPP  
ANDREW HENDERSON  
JESSICA CLELAND  
JENNIE WU  
BLAKE LEYERS  
SARAH GILBERT  
COLLEEN MCGUINE  
CARA ALLISON  
JOELLA NICOLE  
SHANNON GENTRY  
NATALIE ALONZO  
KAREN GREGG  
NATALIE PENDLEY  
ALLY BRETTNACHER  
NATALIE WRIGHT  
SUSAN HAMMONDS-WHITE  
AMANDA GRIFFIN  
CHRISTINE MANSFIELD  
KATIE HOLLOWELL  
HAYLEY ELLIOTT  
JESSICA EARNEST  
LACNIE TORREGROSSA  
DONNA R  
AMY SCRUGGS  
DOUGLAS SHAUGHNESSY  
ANNA HOEHN  
PEGGY F  
ANIKE OLADEJI  
AMANDA HARTMAN  
ELICIA NORE  
LINDSAY KOLLER  
JOAN BLAKELY  
EMILY FIELD  
GEORGE MANEY  
KEELY HUTH  
CHELSEA ANDERSON  
PRERANA B  
SHARI LANZENBERG  
EMILY PUTHAWALA  
JAKE DOTTS  
JESSICA KETNER  
ANDREW CRANDALL  
MARGARET MEDON  
KIRSTEN GUCKES  
DANIELLE MARTINES  
STEVE PHILLIPS  
JAIMIE JOHNSON  
SUSAN GOMEZ  
REGINA BOSLEY  
HANNAH HOLCOMBE  
REYNA GORDON  
KRISOULA SPATZ  
DESERI ARBALLO  
KRISTINA TOWNSEND

ANNA BURNETT  
MARY ROBINSON  
RONALD CUMMINS  
THERESA WINTERHALTER  
FARANAK HARTWICK  
KURT LAVER  
KELVIE CRABB  
HEATHER MORREN  
JIM SPINNEY  
LARRY KLOESS  
SAM FORRER  
ANGELA GAJDA  
JEANNE MARCHETTI  
MARICIA PARKER  
JACOB C  
ERIC PAVLICH  
ANTHONY BEYER  
ERIN SVARE  
KAREN SCRANTON  
EMILY TAN  
JOSH ROBERTS  
STACIA CAPPONI  
AMY MILLS  
LAUREN LUNDAHL  
KELSEY GAUDE  
GUSTAVO ARAIZA  
MICHELLE MCCULLOUGH  
KATRINA LEACH  
EMMA GRACE CARROLL  
ZACK MCDANIEL  
ADDIE ALLISON  
BRIANNA DELANEY  
LYDIA PINKERTON  
BETHANY DAVISON  
MAJLINDA RUSI  
TERRELL JACKSON  
SARAH MASSENGALE  
AMANDA SHAPPARD  
AMBER WHITTIER  
STEPHANIE KAWALSKI  
MEGAN PROCTOR  
TREVOR KNOWLES  
DALLAS BURKE  
RILEY COLEMAN  
JALISA DECKER  
ELIZABETH FLEMING  
LAUREN BUDAY  
CHRISTI SCHNEGGENBURGER  
JESSICA SEALY  
SHERLYN UMayAM  
STACY M  
MESHA C  
ELIZABETH SIMS  
JESSICA TRESCHL  
CHARLENE TUCKER  
ADDIE KATE

ANN SMITH  
YOLANDA MINES  
FAITH POINDEXTER  
ALISHA BESETH  
KARYSSA HAITHCOCK  
KIM RICHARDSON  
STACEY LANE  
KIMBERLY VALENTINE  
JORDAN BATEY  
BETH JACOBSON  
BROOKE PRELOVSKY  
YIPING LIM  
MEGAN MARTINEZ  
ALICIA CONNER  
CURTIS STUCK  
KRISTI MATASSA  
KILEY ADAMS  
LACIE DUFFEL  
KATHERINE NIELSEN  
MICHELLE RUMRILL  
MEGAN TOMAINO  
CAITLIN HINSEY  
CARLI JOHNSON  
HANNAH PUDDY  
ASHLEY LABAKI  
JOELENE PICCININO  
ANNA NELSON  
STEPHANIE GULAGA  
SARAH FINE  
RACHEL HUNTER  
SHANNON CARVALHO  
KATHARINE TROJAK  
ALETHEIA FORT  
COURTNEY MOSS  
JULIE THORP  
CAROLYN RICHARDSON  
JENNY RIVERS  
RIKAE GARCIA  
JENNA RIEDER  
DEVIN HORTON  
JULIE MOODY  
LINDSAY HANSEN  
LAURA SANDALL  
JESSICA BLANCO-HARP  
ERIKA LARSSON-TUCKFIELD  
AMY FORTES

# 2026

*We want people to know Free to Move as a significant resource for insights into the challenges to women's outdoor movement and a heavy contender in the fight to remedying those gaps.*

*As we step into year two as an organization, we will streamline our efforts into four pillars.*

## RESEARCH

From community walk audits with Greenways for Nashville and Metro Parks to our national survey and research alongside Vanderbilt University, we are digging in to identify specific changes needed to make our outdoor spaces safe. Our research findings will position us to identify the systemic gaps in safety for women and inform those who have the power to change them.

## EDUCATION

Free to Move is here to equip women with the tools they need to feel as safe as possible while moving outdoors. In 2025, we launched our first owned education series and will release the series again in early 2026. We are currently working with self-defense experts to develop the content for our second education series, which will release in late 2026.

## ADVOCACY

We believe deeply that through community and connection we can create meaningful change. From our International Women's Day Art Exhibit celebrating women in motion on March 8th, to our presence at likeminded partner organization runs and events throughout the year, we want Nashville to know who we are and what we are about.

## EMPOWERMENT

We want women everywhere to get outside and move in whatever way feels most fulfilling. In 2026, we will partner every month with a walk/run club or community partner event to gather women in movement, sharing Alyssa's story and spreading awareness about our mission.