



Small Steps. Big Impact.

One Step Foundation transforms endurance athletics into direct humanitarian action — from the streets of DFW to remote villages across the globe, we run so others can rise.

2 RACES ORGANIZED	4 RACES PARTICIPATED	\$125K+ TOTAL DONATED	1,000+ FAMILIES SUPPORTED	21 CAUSES SUPPORTED
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WHO WE ARE

Built on Belief. Powered by Purpose.

One Step Foundation was born from a simple but radical conviction: **that the same discipline required to cross a finish line is the same discipline that drives lasting change.** We are a Texas-based 501(c)(3) nonprofit that transforms endurance athletics into direct humanitarian action — converting every marathon, every ultrarun, and every community race into measurable impact for real people, in real places.

We operate where **athletic achievement meets human dignity.** We don't just raise awareness — we raise funds, show up in person, and deliver resources directly to the communities that need them most: across the DFW metroplex and cities beyond, through the villages of South Asia, and inside the orphanages of East Africa.

Our model is lean, our commitment is deep, and our belief is unshakeable: **change happens one person at a time, one step at a time.**

Healthcare Without Barriers
Funding free clinics, eye surgeries, and emergency care for families who have nowhere else to turn — across every geography we serve.

Education as Liberation
Supporting orphanages, schools, and girls' sports programs where education is the most powerful tool for breaking cycles of poverty.

Community as Strength
Bringing runners, donors, volunteers, and local champions together — because lasting transformation is always a team effort.

2025 IMPACT BOARD

A Year Measured in Lives Changed

ONE STEP FOUNDATION · FISCAL YEAR 2025

The Numbers Behind Every Step

2 RACES ORGANIZED BY ONE STEP FOUNDATION	4 RACES PARTICIPATED IN FOR THE MISSION	1,500+ COMMUNITY RUNNERS & PARTICIPANTS	\$125K+ TOTAL DONATED TO CHARITABLE CAUSES
21 ORGANIZATIONS & CAUSES SUPPORTED	500+ EYE SURGERIES FUNDED ANNUALLY	86 CHILDREN SUPPORTED AT KIDEP ORPHANAGE	6,000+ MEALS FUNDED FOR FAMILIES IN NEED

A Year in Action

APRIL 6, 2025 · FORT WORTH, TX · ORGANIZED BY ONE STEP FOUNDATION

Panther City One Step Run — Half Marathon, 10K & 5K

One Step Foundation's flagship annual race transformed Fort Worth into a force for good. Every bib, every finish line, every cheer from the crowd translated directly into life-changing support for seven organizations doing extraordinary work. **\$36,000 was distributed on race day** — the single largest one-day giving moment in Foundation history.

\$50,000 Raised

\$36,000 Distributed — Race Day

7 Organizations · Local & Global



RACE DAY GRANTS — WHERE YOUR MILES WENT



Himalaya Health Care Clinic

\$12,000

A Dallas-based clinic serving the uninsured and underinsured communities of DFW — ensuring thousands receive essential medical care regardless of ability to pay.



Save the Child

\$8,000

Vital resources and compassionate services for at-risk children — giving every child a fighting chance at a brighter future.



JPS Foundation

\$5,000

Fueling critical care at DFW's most essential safety-net hospital — standing between vulnerable patients and a health crisis.



Irving Healthcare Foundation

\$5,000

Expanding access to medical care for families who would otherwise go without — bridging the gap between need and care.



North Texas Food Bank

\$2,000

Converted into 6,000+ nutritious meals for food-insecure families. Because no one should run on empty.



Kamala Shakya Foundation

\$2,000

Standing beside cancer-affected families with compassionate financial and emotional support when they need it most.

Connect & Cultivate **\$2,000**

Empowering underrepresented youth through education, mentorship, and wellness programming — building tomorrow's leaders today.

TOTAL DISTRIBUTED — APRIL 6, 2025
7 Organizations · Local & Global Impact

\$36,000

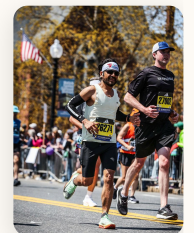
APRIL 14, 2025 · BOSTON, MA · RACE PARTICIPATED

129th Boston Marathon — American Liver Foundation

Founder Bal Joshi ran the world's most storied marathon — the **129th Boston Marathon** — on behalf of One Step Foundation, wearing the Foundation's headband across the iconic Boylston Street finish line. The campaign raised **\$10,035** for the American Liver Foundation, surpassing the \$10,000 goal. Every great city, every great race — another opportunity to give.

\$10,035 raised · Goal exceeded

American Liver Foundation



Himalaya Health Clinic — Everest Sponsor: \$29,032

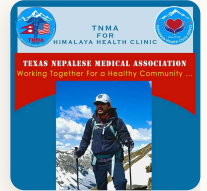
One Step Foundation reached a landmark in 2025 — becoming the **Everest Sponsor** of the Himalaya Health Clinic with a cumulative contribution of **\$29,032**. This is the largest total ever given to any single organization in Foundation history. The Himalaya Health Clinic is a Dallas-based clinic operated by the Texas Nepalese Medical Association (TNMA), providing free and reduced-cost care to uninsured and underinsured community members across the DFW metroplex.

"We are profoundly grateful to One Step Foundation and Mr. Bal Joshi for their extreme generosity in supporting the Himalaya Health Clinic as our Everest Sponsor with a generous contribution of \$29,032. This remarkable contribution is a testament to your compassion, vision, and commitment to the health and wellbeing of our uninsured and vulnerable community members. With your kindness, countless lives will be touched and strengthened."

— TEXAS NEPALESE MEDICAL ASSOCIATION (TNMA)

\$29,032 cumulative · Largest beneficiary

Everest Sponsor · TNMA



2025 · NEVADA, USA → SOUTH ASIA · RACE PARTICIPATED

Project SEE — 220KM Desert Run & Dr. Sanduk Ruit Partnership

In one of the most audacious fundraising feats in Foundation history, Founder Bal Joshi ran **220 kilometers through the Nevada desert** to launch Project SEE — raising \$25,000 and honoring the 220 Diwali lamps lit in the Nevada wilderness to mark this milestone. One Step Foundation then traveled abroad to meet world-renowned ophthalmologist **Dr. Sanduk Ruit** at the Project SEE launch dinner, committing **\$30,000 in total** to fund **500+ cataract surgeries annually** at just \$50–75 per surgery. *Vision for a Beautiful World.*

220KM run · Nevada Desert

\$30,000 to Ruit Foundation

500+ eye surgeries / year

Dr. Sanduk Ruit · Partnership



220KM through the Nevada wilderness



Project SEE launch dinner with Dr. Sanduk Ruit



Initiated by One Step Foundation

JULY 2025 · MOSHI, TANZANIA

KIDEP Orphanage — Adopted for Life

One Step Foundation made a commitment that transcends any single donation: the adoption of the KIDEP Orphanage in Moshi, Tanzania. **86 children** now have a champion in One Step Foundation — receiving sustained support for education, nutrition, healthcare, and safe housing. Over **\$6,000** was contributed in 2025. Foundation volunteers visited in person, bringing music, warmth, and hands-on care to every child.

\$6,000+ contributed

86 children · Long-term commitment

In-person volunteer visit · 2025



86 children of KIDEP Orphanage, Moshi, Tanzania — holding One Step Foundation thank-you signs

BMW Berlin Marathon — Meals on Wheels of Tarrant County

Founder Bal Joshi ran the BMW Berlin Marathon (42.2 km) through the streets of Germany's capital — and every kilometer carried a purpose. One Step Foundation raised **\$4,200**, donated in full to Meals on Wheels of Tarrant County, providing consistent, nourishing meals to homebound seniors across North Texas who depend on this service to survive.

\$4,200 raised · BMW Berlin Marathon

Meals on Wheels · Tarrant County, TX



NOVEMBER 27, 2025 · ARLINGTON, TX · ORGANIZED BY ONE STEP FOUNDATION

Arlington Turkey Trot — Community Pride in Motion

One Step Foundation organized the Arlington Turkey Trot — and the community answered with extraordinary energy. **Over 900 people** showed up on Thanksgiving morning to run, celebrate, and give back together. The result was powerful: **\$5,000** donated to the Miracle League of Arlington, ensuring children and young adults with physical and mental disabilities experience the pure joy of playing baseball.

900+ participants · Community organized

\$5,000 → Miracle League of Arlington



2025 · DFW — ONGOING PROGRAM

Project 26.2 — Free Marathon Training for the Community

One Step Foundation believes the finish line should be available to everyone — regardless of income, background, or experience. Project 26.2 provides **completely free** half and full marathon training to community members: expert coaching, structured training plans, and weekly group runs that build fitness, discipline, and deep community bonds. *No fee. No barrier. One step at a time.*

Free · Open to All · DFW & Beyond

Expert Coaching · Weekly Group Runs

Half Marathon & Full Marathon

GLOBAL PARTNERSHIP

Nepalgunj Marathon — Empowering Girls Through Sport



One Step Foundation × Nepalgunj Marathon

NEPAL TEAM PARTNERSHIP · 2025

One Step Foundation's Nepal team forged a meaningful partnership with the **Nepalgunj Marathon** in Nepal — supporting the participation expenses of 300 runners with a deliberate and powerful mission: to **promote underprivileged girls to run, lead, and champion their own health.**

In many communities across Nepal, girls face structural barriers to education, healthcare, and public participation. The start line of a marathon is one of the most powerful places to change that narrative. By covering registration and participation costs, One Step Foundation gave 300 runners — many of them young women from underserved backgrounds — the opportunity to stand in their strength, cross a finish line, and prove to themselves and their communities what they are capable of.

Because the most powerful step a girl can take is her very first one across the start line.

300

RUNNER EXPENSES SUPPORTED



FOCUS ON UNDERPRIVILEGED GIRLS



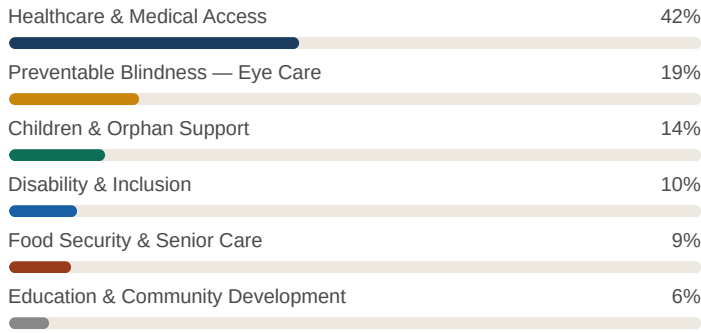
NEPAL TEAM PARTNERSHIP



GIRLS IN SPORT & HEALTH

Where Every Dollar Goes

2025 FUND ALLOCATION BY CAUSE



MAJOR GRANTS — 2025

OUR REACH

Global Impact. Local Heart.



South Asia & Beyond

Himalaya Health Clinic, Dallas (\$29,032 · Everest Sponsor) · Ruit Foundation — Project SEE (\$30,000 · 500+ eye surgeries/year) · Nepalgunj Marathon (300 girl runners) · 9 partner organizations across the region.



East Africa

KIDEP Orphanage, Moshi, Tanzania — 86 children adopted for long-term support. \$6,000+ in 2025. Education, nutrition, healthcare & safe housing. In-person volunteer visits by Foundation team.



DFW Metro & Beyond

Healthcare, food security (6,000+ meals), child services, disability inclusion (Miracle League \$5K), senior meals (Meals on Wheels \$4,200), liver research (American Liver Foundation \$10,035). 11 partner organizations.

SCALE OF IMPACT

21 Causes. Three Continents. One Mission.

In 2025, One Step Foundation supported 21 charitable causes spanning healthcare, eye care, education, food security, disability inclusion, girls in sport, and humanitarian relief — reaching thousands of lives across the Americas, South Asia, and East Africa.

\$125K+

Total donated to charitable causes in 2025

21

Organizations and causes supported across three continents

1,000+

Families and individuals whose lives were directly improved

ACTIVE PROGRAMS

What We Do



Project SEE

500+ cataract surgeries/year. \$30,000 contributed in 2025. Launched with Dr. Sanduk Ruit. *Vision for a Beautiful World.*



KIDEP Orphanage Partnership

86 children in Moshi, Tanzania. \$6,000+ in 2025. Education, nutrition, healthcare & safe housing. A forever commitment.



Panther City One Step Run

Annual flagship race — Half Marathon, 10K & 5K. \$50,000 raised · \$36,000 distributed to 7 organizations in 2025.



Arlington Turkey Trot

Organized by One Step Foundation. 900+ participants. Annual Thanksgiving tradition of community pride and giving.



Project 26.2

Free half and full marathon training. Zero cost. Expert coaching. Life-changing community experience for all levels.



North Texas Food Bank

New 2025 partnership. Committed to fighting hunger. 6,000+ meals funded in our first year together.

2026 — The Next Chapter

NEW · 2026

Project 777 — World Marathon Challenge

Founder Bal Joshi will run **7 marathons on 7 continents in 7 days** at the World Marathon Challenge — pushing the limits of human endurance in service of One Step Foundation's global mission.

NEW · 2026

100,000 Meals — Fighting Child Hunger & Obesity

Partnering with the **North Texas Food Bank** to fund **100,000 nutritious meals** for children facing food insecurity and obesity across North Texas communities.

INAUGURAL · 2026

One Step Gala — Annual Fundraising Celebration

Launching the first **One Step Gala** — an annual evening uniting donors, partners, and community champions to honor impact and inspire the next year's mission.

April — Panther City One Step Run

The flagship race returns. Fort Worth's premier charitable race day — **Half Marathon · 10K · 5K**. Bigger, bolder, more impactful than ever.

November — Arlington Turkey Trot

Growing the Thanksgiving tradition. One Step Foundation aims to double participation in 2026 — more runners, more giving, more community pride.

NEW · 2026

No Child in School Without Shoes

One Step Foundation is planning to deliver shoes to children in the **Dolpa region of Nepal** — one of the world's most remote and extreme regions, where schools close for 6 months every winter and temperatures drop to **-30°C**. No child's education should end because they cannot afford shoes. One step at a time, we will change that.

Run With Us. Give With Us. Change the World.

Every dollar funds a surgery. Every mile feeds a family. Every step changes a life.

 onestepfoundation.org

 admin@onestepfoundation.org

 817-970-4073

One Step Foundation · 1212 Royal Pkwy, Euless, TX 76040

Recognized 501(c)(3) Tax-Exempt Nonprofit Organization

Annual Impact Report · Fiscal Year 2025

All donations are tax-deductible to the fullest extent of the law.