

JOIN A LET ME RUN TEAM

REGISTRATION OPENS:
SEASON BEGINS:
PRACTICE DATES/TIMES:
CONTACT:

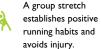
Through the power of running Let Me Run inspires boys to be courageous, to be themselves, to build healthy relationships, and to live an active lifestyle. The boys train 2 times a week for 7 weeks and compete in an end of season 5K.

UNITY LAP

Practice opens with a slow lap that everyone runs

A series of dynamic stretches assist in warming up the body. together as a team.

POST-RUN STRETCHES LESSON & ACTIVITY





Discussion, roleplaying, games, and activities cover ageappropriate topics.

DYNAMIC STRETCHES

Times and lengths of the runs vary each practice, culminating in an end-of-season 5k.

POSITIVE PEER CARDS

Boys write uplifting messages about themselves, community members, and others.

CLOSING HUDDLE

STRENGTH & AGILITY

Starting in 4th grade,

boys complete push

and agility exercises.

ups and strength

The team huddles up and yells the mantra: Let me be me! Let me reach out! Let me run!



Register online at LetMeRun.org



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UNITY LAP

DYNAMIC STRETCHES

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RUN

Times and lengths of the runs vary each practice, culminating in an end-of-season 5k.

STRENGTH & AGILITY

CLOSING HUDDLE

Starting in 4th grade, boys complete push ups and strength and agility exercises.

POST-RUN STRETCHES LESSON & ACTIVITY



A group stretch establishes positive running habits and avoids injury.



Discussion, roleplaying, games, and activities cover ageappropriate topics.

POSITIVE PEER CARDS

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