



Give boys the opportunity to be themselves, and they will run with it.

Let Me Run is more than a running program for boys. Combining exercise with fun activities and lessons, our trained coaches inspire boys to be themselves, be active and belong.

Let Me Run Boys:

- Run with an elementary or middle school team
- Train for 7 weeks after school, 2 days per week
- Grow in personal strength, endurance & goal setting
- Recognize & respect personal gifts & those of others
- Celebrate the courage to be themselves
- Learn to be a better friend, identify true friends & feel the power of positive relationships
- Compete in the final Let Me Run 5k

Become a coach or bring Let Me Run to your school!
Visit LetMeRun.org or contact:



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