



**GIVE BOYS THE OPPORTUNITY  
TO BE THEMSELVES  
AND THEY WILL RUN WITH IT.**

Let Me Run is much more than a running program for boys. Combining exercise with fun activities and lessons, our trained coaches inspire boys to be courageous enough to be themselves, to build healthy relationships, and to live an active lifestyle. We nurture and celebrate every aspect of what it really means to be a boy and we let them run.

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, and goal setting
- Become more aware of your own personal gifts and those of others
- Celebrate the courage to be yourself
- Learn to be a better friend, identify true friends, and feel the power of positive relationships
- Compete in the final Let Me Run 5k

**Bring Let Me Run to your school! Visit [LetMeRun.org](http://LetMeRun.org) or contact:**



**LET ME BE ME! LET ME REACH OUT! LET ME RUN!**



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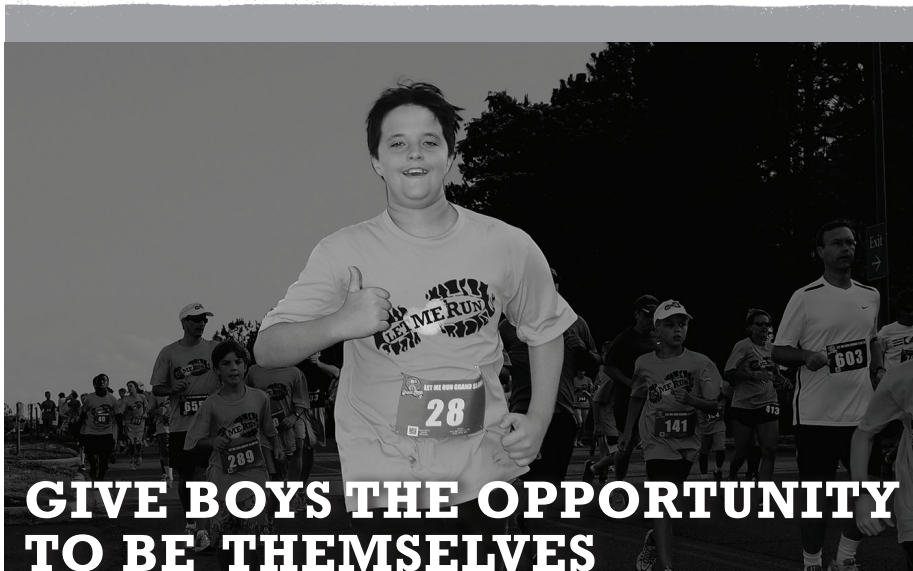
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