



# BRING LET ME RUN TO YOUR SCHOOL

## OUR MISSION

Let Me Run is a nonprofit wellness program that inspires boys to be themselves, be active, and belong. With a comprehensive curriculum that applies the power of running, we encourage boys to develop their psychological, emotional, and social health, in addition to their physical health.

Twice a week for seven weeks, two trained volunteer coaches lead an elementary or middle school team through practice. Designed to amplify confidence, self-expression, and respect for others, each practice includes a lesson from the Let Me Run curriculum. Each fall and spring season culminates in a 5k race festival.

## OUR IMPACT

An independent study showed Let Me Run....

- ✓ INCREASES healthy masculinity in boys
- ✓ IMPROVES social competence in boys
- ✓ INCREASES physical activity of boys



Learn how to start your own team and bring Let Me Run to your school

## OUR PRACTICES



### UNITY LAP

Practice opens with a slow lap that everyone runs together as a team.



### RUN

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



### POST-RUN STRETCHES

A group stretch establishes positive running habits and avoids injury.



### POSITIVE PEER CARDS

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



### DYNAMIC STRETCHES

A series of dynamic stretches assist in warming up the body.



### STRENGTH & AGILITY

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



### LESSON & ACTIVITY

Discussion, role-playing, games, and activities cover age-appropriate topics.



### CLOSING HUDDLE

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



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