

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 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

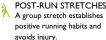
## **OUR PRACTICES**

UNITY I AP 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





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: "I et me be me! I et me reach out! Let me run!"





