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 practices that utilize running and a proven curriculum to amplify confidence, self-expression, and respect for peers and coaches. Each fall and spring season culminates in a celebratory 5k race.

OUR IMPACT

An independent study showed Let Me Run....

- INCREASES physical activity of boys
- IMPROVES social competence in boys
- INCREASES healthy masculinity in boys
- REDUCES boys’ screen time on school days

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

JULIANE KILCOYNE
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OUR PRACTICES

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

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

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

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

POST-RUN STRETCHES
A group stretch establishes positive running habits and avoids injury.

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

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

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

BRING LET ME RUN TO YOUR SCHOOL

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