

SCHOOL ANNOUNCEMENT

INSTRUCTIONS: Copy and paste the text and logo below into your school's announcement. Make sure to update the items in red. If you need the logo in a different format for your publication, please email jasonb@letmerun.org



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, the program encourages 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 that incorporates running, games and activities. Each fall and spring season culminates in a 5k race festival that celebrates the boys' personal growth.

Registration at **[school]** is now open for grades **[grade levels]**! **[Fall]** season starts on **[date]**, meets **[Mondays and Wednesdays after school]** for an hour and fifteen minutes, and ends with a 5k race on **[date]**. Visit LetMeRun.org to learn more and register. Questions? Email **[contact]**.