



## JOIN A LET ME RUN TEAM



REGISTRATION OPENS: \_\_\_\_\_









SEASON BEGINS: \_\_\_\_\_

PRACTICE DATES/TIMES: \_\_\_\_\_

CONTACT: \_\_\_\_\_



Through the power of running Let Me Run inspires boys to be courageous, to be themselves, to build healthy relationships, and to live an active lifestyle. The boys train 2 times a week for 7 weeks and compete in an end of season 5K.

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| <p><b>UNITY LAP</b></p> <p> Practice opens with a slow lap that everyone runs together as a team.</p> | <p><b>DYNAMIC STRETCHES</b></p> <p> A series of dynamic stretches assist in warming up the body.</p> | <p><b>RUN</b></p> <p> Times and lengths of the runs vary each practice, culminating in an end-of-season 5k.</p> | <p><b>STRENGTH &amp; AGILITY</b></p> <p> Starting in 4th grade, boys complete push ups and strength and agility exercises.</p> | <p><b>POST-RUN STRETCHES</b></p> <p> A group stretch establishes positive running habits and avoids injury.</p> | <p><b>LESSON &amp; ACTIVITY</b></p> <p> Discussion, role-playing, games, and activities cover age-appropriate topics.</p> | <p><b>POSITIVE PEER CARDS</b></p> <p> Boys write uplifting messages about themselves, community members, and others.</p> | <p><b>CLOSING HUDDLE</b></p> <p> The team huddles up and yells the mantra: Let me be me! Let me reach out! Let me run!</p> |
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Register online at [LetMeRun.org](http://LetMeRun.org)