



## 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.

### 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!



Register online at [LetMeRun.org](http://LetMeRun.org)



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