

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 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
- REDUCES boys' screen time on school days

Contact info@letmerun.org to learn more about Let Me Run and get involved!

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.



POSITIVE PEER CARDS

POST-RUN STRETCHES

A group stretch

establishes positive

running habits and

LESSON & ACTIVITY

games, and activities

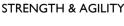
cover age-appropriate

Discussion, role-playing,

avoids injury.

topics.

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



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



CLOSING HUDDLE

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







