



WHAT IS LET ME RUN?

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.



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!"



letmerun.org



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