The Institute to Promote Athlete Health & Wellness of the University of North Carolina at Greensboro conducted a 2-season program evaluation of Let Me Run between the Spring and Fall semesters of 2016. Preliminary findings from Fall 2016 were delivered to Let Me Run personnel on April 5th, 2017 and a comprehensive final report is forthcoming.

In sum, Fall 2016 data collection involved 694 boys. Findings indicate that participation in Let Me Run:

- Improved attitudes and behaviors associated with healthy masculinity (e.g., unrestrictive emotionality, uninhibited affection, and avoidance of physical fighting) of boys to a statistically significant degree.
- Improved the social competence of boys.
- Increased the vigorous physical activity of boys.
- Reduced sedentary behaviors of boys on school days (watching TV and playing video or computer games).
- 93% of boys reported that they had fun doing the end of season 5K Road Race and 89% reported that running in the race helped them feel good about themselves.

In sum, Fall 2016 data collection involved 82 Let Me Run coaches. Findings indicate that:

- Coaches agreed or strongly agreed that the program is age appropriate (99%) and easy to implement (99%).
- All coaches that participated in the evaluation reported that they would recommend the program to other schools or community groups.

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