



# LET ME RUN COACHES NEEDED

Let Me Run is a nonprofit wellness program that inspires boys to be themselves, be active, and belong. Coaches follow a unique curriculum that uses the power of running to encourage boys to develop their emotional, social, and physical health. Twice a week for seven weeks, two trained volunteer coaches lead an elementary

or middle school team through practices designed to amplify confidence, self-expression, and respect for peers. Each Fall and Spring season culminates in a 5k race. Let Me Run provides all the tools volunteers need to be successful, from live trainings to guided curriculums. In fact, 99% of coaches agree the program is easy to implement!

## WHAT WE'RE LOOKING FOR

- Coach after school twice a week for an hour and a half for 7 weeks
- Session starts on
- Help boys train for an end-of-season 5k race on
  
- Attend a free coach training and receive easy guided curriculum

LEARN HOW  
TO MAKE A  
DIFFERENCE IN  
BOYS' LIVES AT  
[LETMERUN.ORG/COACHES](https://letmerun.org/coaches)

