



## 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	DYNAMIC STRETCHES	RUN	STRENGTH & AGILITY	POST-RUN STRETCHES	LESSON & ACTIVITY	POSITIVE PEER CARDS	CLOSING HUDDLE
 <p>Practice opens with a slow lap that everyone runs together as a team.</p>	 <p>A series of dynamic stretches assist in warming up the body.</p>	 <p>Times and lengths of the runs vary each practice, culminating in an end-of-season 5k.</p>	 <p>Starting in 4th grade, boys complete push ups and strength and agility exercises.</p>	 <p>A group stretch establishes positive running habits and avoids injury.</p>	 <p>Discussion, role-playing, games, and activities cover age-appropriate topics.</p>	 <p>Boys write uplifting messages about themselves, community members, and others.</p>	 <p>The team huddles up and yells the mantra: Let me be me! Let me reach out! Let me run!</p>

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