











JOIN THE LET ME RUN TEAM AT CEDARHOME



REGISTRATION OPENS: Register now (boys 3-5th grade)
 SEASON BEGINS: October 1st, 2024
 PRACTICE DATES/TIMES: Tues/Thurs 4:00-5:30
 CONTACT: Jen at jens@letmerun.org



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.

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

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