



REGISTRATION OPENS: August 19th 2024

SEATTLE HILL ELEMENTARY

3-6th Grade

Tuesday and Thursdays 3:15- 4:45

September 26th - November 23rd

MILL CREEK ELEMENTARY

3-5TH Grade

Mondays 3:30-5 and Fridays 2:25-3:45

September 30th - November 23rd

WILLIS TUCKER PARK

6-8TH Grade

Wednesdays 4-5:30 and Saturday 10-11:30

October 5th - November 23rd



seattle.letmerun.org/teams



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



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!

1 ASSISTANT COACHES NEEDED FOR FALL AT EACH SITE

high school junior coach welcome. Free and discounted program fees for parent coaches.

"The Snohomish School District has approved this information for distribution through its schools. The district does not, however, assume sponsorship of/or responsibility for the actual content of any of the activities offered."