

# LET ME RUN



## SEATTLE HILL ELEMENTARY

Tuesdays 3:15-4:45 & Fridays 1:15-2:45  
April 18th - June 6th 2025

## WILLIS TUCKER PARK\*

Wednesdays 4:30-6 & Saturdays 10-11:30  
April 19th - June 7th 2025

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.

WORDS TO LIVE BY



Practice opens with a quote that serves as the theme for the day

UNITY LAP



A slow lap that everyone runs together as a team.

DYNAMIC WARM-UP



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.

60 SECONDS OF STRENGTH



Boys complete 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 STATEMENTS



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!



Registration Opens March 1, 2025  
Boys 3rd - 6th Grade  
Season 5K Sunday June 8th Genesee Park  
\*COACHES NEEDED SPRING 2025!

[seattle.letmerun.org/teams](http://seattle.letmerun.org/teams)



Preparing Boys for the Long Run

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.