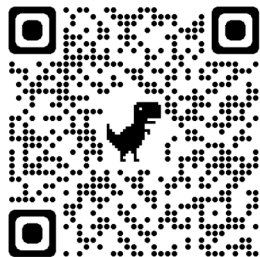


Preparing Boys for the Long Run



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.



WILLIS TUCKER PARK

♥ Practice Days Wed 4:30-6 & Sat 10-11:30

♥ Season Begins: 4/18/2026

♥ 3-6th Grade Boys

♥ registration \$175

♥ financial aid available

Spring Fest 5K
June 7th 2026
Redmond, WA



Program Outcomes

Self Confidence: Participants will develop a greater awareness of their unique strengths and recognize the value of these qualities within themselves.

Emotional Awareness: Participants will be able to identify, understand, and express emotions in constructive ways, learning strategies to cope with challenging feelings and situations.

Friendship and Teamwork: Participants will foster respectful and encouraging relationships based on honesty, inclusivity, mutual support, and shared goals.

Perseverance: Participants will set and work toward personal and physical goals, demonstrating responsibility with a commitment to doing what is right over what is easy.

Physical Health: Participants will learn the fundamentals of building and maintaining a healthy body including physical exercise, stretching, form, and strength building.

“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.”

2 COACHES NEEDED

- Easy 14 practice commitment
- free and discounted registration for parents who coach
- everything you need included, training, supplies, curriculum
- do not need to be a runner

Registration opens 3/1

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SPRING 2026