



Give boys the opportunity to be themselves, and they will run with it.

Bring Let Me Run to your school!

Let Me Run is a nonprofit program that uses the power of running to inspire boys to be themselves, be active and belong. Our comprehensive curriculum counteracts negative societal pressures that tell boys to hide their emotions and authentic selves behind a damaging bravado of masculinity.

The Let Me Run program has shown a powerful, positive influence on boys. A groundbreaking study of healthy masculinity in boys, conducted by the Institute to Promote Athlete Health & Wellness of the University of North Carolina at Greensboro, examined the impact of Let Me Run and found that:

The Let Me Run program:



Significantly improves healthy masculinity in boys



Reduces boys' screen time on school days



Increases boys' social competence



Increases boys' activity levels

Let Me Run Boys:

- Run with an elementary or middle school team
- Train for 7 weeks after school, 2 days per week
- Learn from 2 trained coaches per team
- Celebrate emotional, social and physical health
- Compete in the end-of-season 5k race

Start a team at LetMeRun.org or contact:

darag@letmerun.org

