



Become a Let Me Run athlete! Seattle Hill Elementary

Tired of the same old afterschool programs? If hanging out, playing games, and running around sound like fun, then Let Me Run is for you! If you're in **Grades 3-6** and looking to be the best "you" you can be, ask your folks to check out www.letmerun.org, and sign up for the Seattle Hill Teams. Make this your best spring ever! The 7-week Let Me Run program starts at your school **3rd grade April 20th / 4-6th grade April 26th**

Let Me Run inspires boys through the power of running to be courageous enough to be themselves, to build healthy relationships, and to live an active lifestyle.

Let Me Run Boys:

- Run with a team of other elementary or middle school students : **3rd grade and 4-6th grades**
- Train for 7 weeks after school, 2 days per week: **3rd grade Mon/Wed 3:15 – 4:45 / 4-6th grades Tu/Th 3:15-4:45**
- Grow in personal strength, endurance, and goal setting
- Become more aware of your own personal gifts and those of others
- Celebrate the courage to be yourself
- Learn to be a better friend, identify true friends, and embrace positive relationships
- Compete in the end-of-season 5k: **June 11th 2022**

Register online at LetMeRun.org Starting March 20th 2022

Parents, give today's boys the tools to be tomorrow's men with the skill-building, confidence-inspiring Let Me Run program. The 7-week program for boys grades 3rd - 8th provides a one-of-a-kind opportunity to reach and teach boys to become the best versions of themselves. Through games, activities, and curriculum-based learning, boys build the coping skills to navigate the challenges of growing up today, open themselves to making — and being — the best of friends, and earn the confidence that comes with completing their first or fastest 5k. **Assistant coach needed for Wed session of 3rd grade team. Contact Jen: jens@letmerun.org to volunteer.**

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