

Attention 4th and 5th grade boys!!!

Let Me Run is a nonprofit wellness program that inspires boys to be themselves, be active, and belong. With a comprehensive curriculum that applies the power of running, the program encourages boys to develop their psychological, emotional and social health, in addition to their physical health. Twice a week for seven weeks, trained volunteer coaches lead the team through practice. Designed to amplify confidence, self-expression, and respect for others, each practice includes a lesson from the Let Me Run curriculum that incorporates running, games and activities. Each season culminates in a 5k race festival that celebrates the boys' personal growth.

Registration at Smithton School is now open for grades 4 and 5! The Fall season starts on February 28th, meets Tuesday and Thursday from 3:15-4:30 and ends with a 5k race on April 22nd in Smithton. The fee for Let Me Run is \$130 plus \$20 to register for the Smithton Athletic Association 5k. Visit LetMeRun.org to learn more and register. Questions? Email losborn@sccsd130.com or amorra@sccsd130.com