



Attention Parents & 4<sup>th</sup> – 5<sup>th</sup> grade boys:

*NEW after school program especially for boys, starting at Harrisburg Journey*

**Mission: Inspiring 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 is a national non-profit organization that uses a researched curriculum of lessons, games, activities and running exercises to teach life lessons and to enhance self-esteem and build confidence in young boys! Our lessons include topics in positive thinking, being a good friend and someone to be looked up to, making healthy decisions, standing up for oneself, bullying, healthy eating, setting goals, teambuilding, having an attitude of gratitude, Boy Code stereotypes, communication skills, dealing with anger – and many other topics important to boys of this age! We end our season with a fun 5K run including all of the boys participating in LMR across the city!

**Who:** Boys currently in grades 4-5; limited number of boys accepted to the program – maximum of 14 – first come, first served

**When:** 7 weeks – beginning mid-March through mid-May; **registration opens online February 1, 2017 at 6:00AM**

**Time:** immediately afterschool, on Mondays & Wednesdays

**Where:** Harrisburg Journey Elementary School

**Cost:** \$26.63-79.88; Sliding Fee Scale Based on Household Income (covers 14 sessions of programming, trained coaches, snack each session, water bottle, dri fit t-shirt and entry into end of season 5K event) *no boy has ever been turned away for the inability to pay – scholarships available.*

***Attention men and women, ages 18 and older!***

The Let Me Run program delivers its message to young boys through volunteer coaches and mentors. If you are a man or woman with a passion for working with kids to develop self-esteem, confidence and you live a healthy lifestyle and want to be a positive role model, please call Stacy Stahl, Let Me Run Program Coordinator at 605-336-3660 #208 or email at [sstahl@embe.org](mailto:sstahl@embe.org). You can also inquire with Mindi Stroschein, Parent/Coordinator at Journey - [mindi.stroschein@gmail.com](mailto:mindi.stroschein@gmail.com)

***We are looking for 3-4 more volunteers at Journey!***

*Be sure to check out our website at [www.embe.org](http://www.embe.org) for additional information and visit [www.letmerun.org](http://www.letmerun.org) to learn more about this nationally recognized after school program!*

Let Me Run is a program of EmBe and supported by the Sioux Empire United Way