

## **Spring Let Me Run Registration**

Registration for St. Gabriel's Spring Let Me Run team opens on Friday, February 1st at 8am. The team is open to boys in the fourth and fifth grades and will include a maximum of 14 participants.

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
- Train for 7 weeks after school, 2 days per week
- 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.

Practices will be held Wednesdays and Fridays from 2:45 - 4pm; the schedule also includes two Monday practices due to MACS holidays and our long spring break. On practice days, we will meet the boys as their classmates prepare for carpool. Appropriate running shoes, change of clothes and a water bottle are required. As much as possible, we would like team members to commit to attending all of the practices. After-practice pickup will be promptly at 4pm outside the school's lobby doors.

St. Gabriel's spring Let Me Run practice schedule is as follows:

March: 18 (Monday), 20, 27, 29

April: 3, 5, 10, 12, 15 (Monday)

May: 1, 3, 8, 10, 15

The season culminates in a 5k race on the morning of Saturday, May 18, 2019.

Registration opens on Friday, Feb. 1st at 8am. To register, find St. Gabriel's team on the Let Me Run web site under "Find a Team", then "North Carolina", "Greater Charlotte Area", and then "Teams": <http://www.letmerun.org/region/greater-charlotte-area/teams> We are listed as "St. Gabriel Catholic".

More information about the Let Me Run program is available at [www.LetMeRun.org](http://www.LetMeRun.org). Please reach out to head coaches Shawn Belcher (919)434-5893 or Laurie Eustis (703)628-2037 with any questions about St. Gabriel's team.