



LET ME BE ME, LET ME REACH OUT, LET ME RUN!

LET ME RUN @ PCS

NEWSLETTER #1

October 3rd, 2018

LET ME RUN OBJECTIVES

Our goal is for the boys to:

1. Discover a greater awareness of their gifts and the gifts of others.
2. Develop a sense of pride, belonging, and purpose.
3. Be able to identify and express a wide range of emotions.
4. Learn to be a better friend and identify true friends.
5. Be able to define success and competition in healthy ways.
6. Experience a test of endurance and personal goal setting.
7. Expand their knowledge on various topics so they can make better physical, emotional, and mental health choices.
8. Possess a larger understanding of various community and global needs.





Check out some of the great things
happening during practice! 😊

Meet the Team

FALL 2018 ROSTER

Joseph A.

Ezra

Dax

Joseph P.

Colin

James

Nash

Mason

Kane

Rylan

Will

Isaiah

Kele

Come prepared to each LMR Meeting

- ✓ Tennis shoes / Running shoes
- ✓ Running shorts/workout pants/comfortable bottoms
- ✓ LMR T-shirt or other comfortable T-shirt
- ✓ Sweatshirt/hoodie as needed depending on weather
- ✓ Filled reusable water bottle

Mondays and Wednesdays

Before Practice

1. Meet inside the Front Gym right after dismissal dressed in your running gear
2. Grab a snack from the LMR bag.
3. Wait for coaches' instructions.

After Practice

Pick up in front of Middle School Building by 5:05pm. Late pick-ups go to PCS Aftercare Program.

Social Media

To stay in the loop with upcoming events and to learn more go to:

Facebook

www.facebook.com/LetMeRunSt.Louis/

Twitter

@LMRBoys

Instagram

LetMeRun_Boys

Let Me Run

<http://letmerun.org/region/st-louis-metro>



Training at Home

Don't forget to run for 30 minutes at your own pace at least once over the weekend.

Enjoy the weather!

It is important to continue working on your fitness so that you can be successful in the final race.