## #RTSishome RUN THE STREETS

## Get involved today:

facebook.com/runthestreetsbville coordinator@runthestreets.com 918-807-6989





## OPEN TO GRADES 6-12



Run the Streets is a goal-oriented mentor program with over 1,100 youth who have finished a half-marathon. Youth follow a run/walk training schedule that transforms them from non-runners to half marathon finishers in just 11 weeks.

They learn the benefits of goal setting, character development and selfdiscipline while receiving constant encouragement from their adult mentors. Mentorship has been shown to have a positive impact on a youth's mental health, including increased self-esteem and decreased symptoms of depression.

Best of all, there is NO cost to participate. Youth receive everything they need to achieve their goal of crossing the finish line.

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