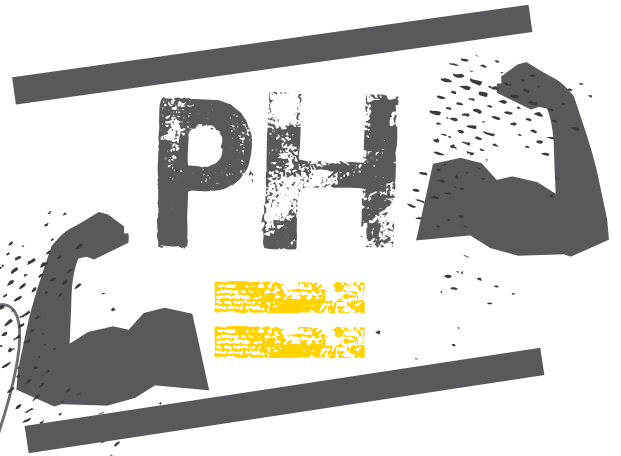




YOUNG TRITONS RUNNING CLUB



Young Tritons Running Club inspires every boy to become emotionally and physically balanced through self-compassion, empathy, cooperation, a broadened definition of strength and discovering the finish line is just the beginning. Over the course of six weeks in small groups of 1 adult male volunteer and 10 boys, we are changing the lives of young men by shifting their internal experience and the way they interact with the world around them. YTRC participants train for a local 5K race through a structured program that meets bi-weekly.



- We invite children to have open authentic conversations about their thoughts and feelings, to discover self-compassion and empathy for others, find their own unique strengths as well as identify goals and establish tangible steps to achieve those goals.
- We redefine strength by exploring heart, mind AND body strength, examining what we each can teach and learn, we show each child how they can articulate a personal strength and reach out to ask others for help.
- We break traditional barriers of movement by addressing each child where they are, encouraging them to find their own happy pace as an important step to lifelong/balanced fitness.
- We strive to get every child across their 5k finish line and arm them with the physical and mental tools needed to run 3.1 miles.
- We distinguish ourselves through our curriculum with character driven stories helping children identify with an external character and their choices to see how they can shift their own behavior.
- We stand for dignity for ourselves and others and believe providing a platform for children to find their own unique voice and form of movement will foster a lifelong habit of self-care.

Young Tritons Running Club is OPEN for spring registration in Santa Cruz County which begins February 22nd ending at the Santa Cruz 5k on April 10th, 2016.

Curriculum 1 - The Power of our Voice, Boys discover the power of their voice to help themselves and others do the right thing.

What can you do?

Volunteer to coach a team of 10 boys, WE NEED GOOD MEN!

DONATE! Young Tritons is brought for free to schools that have greater than 41% of their students at or below the poverty line.

Spread the word! Our One4One programming helps fund our free programming. Schools with less than 30% of students at or below the poverty line pay \$150 for Young Tritons, it pays for their son as well as a boy at another school receiving our program for free.

BE GOOD

email for details: info@minimermaidrunning.org