2024 Youth Information

Each spring, wear blue: run to remember is hosts a ten-week run-focused mentorship program for children who have lost a parent in military service. Please register by Friday, February 9, 2024. Youth and Mentors will meet Saturday mornings to train for a 5K, set and work toward S.M.A.R.T. goals, learn about a life of service, and develop healthy coping mechanisms.

DATES: Saturdays April 6th through June 1st plus Memorial Day

LOCATION: You’ll meet as a big group at a local park or trail

TIME: Saturday Runs and Mentoring activities last approximately three hours, typically beginning between 7am and 9am (depending on your location).

YOUTH REQUIREMENTS:

• The program accepts Gold Star and Surviving Youth ages 6-16 that mourn the loss of a hero that was serving in the military at the time of death.

• The program embraces the children and families of all causes of death, including all visible and invisible wounds, illnesses, and injuries.

• Youth must do their best at setting and working towards personal running goals.

• Youth will run the Memorial Day 5K with their mentor.

Matches are formed based on common interests, led by the youth’s priorities, hobbies, and military interests. The youth mentee will be matched with a mentor that will empower the child through active coping mechanisms, positive encouragement, and healthy connections to a life of military service.

Each youth mentee will receive a new pair of running shoes, wear blue apparel, opportunities to participate in additional fun sponsor events, and memories to last a lifetime.

HOW TO REGISTER:
www.wearblueruntoremember.org/gold-star-youth-mentorship.

SCAN TO REGISTER