

HELP YOUR STUDENTS
NAVIGATE THE
CHALLENGES OF LIFE

AND
WIN



YOUR PATH TO SUCCESS

1. Sign up for Run the Race 
2. Watch the videos in your classroom 
3. Share resources with parents 
4. Help your students grow and thrive! 

SIGN UP TODAY!

CONTACT STACEY DUMBACHER
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Why is this not being taught?

STUDENT TESTIMONIAL
This surpassed my expectations and taught me that if I really want to be healthy and succeed I need to take breaks and evaluate where I am at.

TEACHER TESTIMONIAL
Life-changing! Thank you. The insights were engaging and applicable. Your practical tips have proven so helpful. My teaching cohort continues to unpack your message. We have been convicted of our need to pursue rest with intentionality. Thanks so much.
This message is a gift!

RUN THE RACE

The emotional reserves of students are running low, yet they have a race to run—and a race to win.

Do your teens know how to capitalize on simple practices that refuel and recharge them so they are able to keep moving forward?

Run the Race not only helps students combat anxiety, restlessness, and depression; it also equips people of every age to thrive.



ABOUT THE PROGRAM

Run the Race introduces students in grades 6-12 to evidence-informed Restorative Wellness. It's an outcome-driven program that supports the Indiana SEL Core Competencies.

The program can be used both in the classroom and for remote learners. Indiana teachers who implement it can receive 3 Professional Growth Points. It's a win-win for students and teachers!

WHAT'S INCLUDED

- » Six interactive videos with student handouts for each session
- » Parent resource for reinforcing content at home
- » Introduction letter & success guide for teachers
- » Support from the Run Hard. Rest Well. team

OUR OBJECTIVES



CREATE
CONNECTION



REDUCE
CORTISOL



HIT
PAUSE



PRIORITIZE
SLEEP