

MENTORING: A RUNNING START

2008



MENTORING A Running Start

The *Mentoring: A Running Start* program aims to provide mentor matches with an opportunity to add a wellness component to their relationship. Selected teams will set a goal of running a 5K (3.2 miles) together at the Detroit Free Press/Flagstar Marathon in October.

This is a **tentative** schedule of events and rewards. Ranges of potential dates are listed. All dates are subject to change. Additional events and rewards may be added.

January						
S	M	T	W	TH	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

February						
S	M	T	W	TH	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	

March						
S	M	T	W	TH	F	S
						1
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

April						
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

May						
S	M	T	W	TH	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

June						
S	M	T	W	TH	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

July						
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

August						
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					1	2
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

September						
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

October						
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

November						
S	M	T	W	TH	F	S
						1
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

December						
S	M	T	W	TH	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

GOAL/REWARD	POTENTIAL	DATES:
Orientation	APRIL 20 -	MAY 10
Receive running shoes	MAY 18 -	JUNE 7
Visit Governor's Residence/Tour Lansing	AUGUST 17 -	AUGUST 30
Receive team uniforms	SEPT. 1 -	SEPT. 13
Featured on michiganfitness.org	SEPT. 14 -	OCT. 17
Team goal: Run 3 miles by today!	SEPT. 4	
Marathon Weekend	OCT. 17 -	OCT. 19