Leading by Staying Active

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Leading by Staying Active
Fawn Callen and members of Borgess Run Camp, Trizelle Triathlon Training, Gazoom 5k, Priority Health Champions, Western Wellness.

Goal Setting

Experts say your chances of achieving goals are vastly improved simply by writing them down.

May 2008 – Complete a 5k with Best Friend.
May 2009 - Complete ½ Marathon 2:30 goal, finished 2:29
July 2009 - Complete first Triathlon
May 2010 - Complete 2nd ½ Marathon Finished 2:24
May, June, July, Aug 2010 – Complete 5 outdoor Triathlons
May 2011 - Complete 1st Marathon goal < 5hrs 30 mins
Summer 2011 – Run a 5k 30 mins or faster, fastest 30.01 at Peacock Strut Sept 2011.
Summer 2011 – Bike a 100 miles (in one day) Completed twice, rode KAL-TOUR Century and Apple Cider Century.
March 2012 – Pace friend in her 1st ½ Marathon, her goal 2:30, finished 2hrs 25 mins.
May 2012 - Complete 2nd Marathon goal close to 4 hrs Finished 3hrs 4 mins,
Aug 2012 – Multi Day bike trip. Completed Dalmac 4 day East ride. 291.69 miles.
 fall 2012 - Train for ½ Marathon based on Heart Rate
Nov 2012 – Complete Midland ½ Marathon 2:15 goal.

The Plan

Start training
Find a Training Partner
Join a team
Participate in an Event

Get your friends involved

Arrange Saturday ride.

Make a name for yourself: South County Biker Babes

Join a training group

Volunteer

TEAM LEADERS ROCK!

May 2011

Volunteer

Photographs

Team Half Fast, Pace Setters, Distance Dynamos, Transformers.

Do something outside your comfort zone

Community Involvement

Family and Friends are required.

Contact information

Fawn Callen
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Wellness Champ

Encourage others.

What’s next

Keep Moving.

Photos

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