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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
Finished 5hrs 22mins.
Summer 2011 – Run a 5k 30mins 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 5 hrs Finished 5hrs 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.

Volunteer
TEAM LEADERS ROCK!

Get your friends involved
Arrange Saturday ride.

Join a training group

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

The Plan

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

Get your friends involved

Join a training group

Wellness Champ
Encourage others.

What’s next
Keep Moving.

Family and Friends are required.

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