2012

Leading by Staying Active

Fawn Callen

Western Michigan University, fawn.callen@wmich.edu

Follow this and additional works at: https://scholarworks.wmich.edu/acad_leadership

Part of the Sports Sciences Commons

WMU ScholarWorks Citation

https://scholarworks.wmich.edu/acad_leadership/26

This Poster is brought to you for free and open access by the Office of Faculty Development at ScholarWorks at WMU. It has been accepted for inclusion in Academic Leadership Academy by an authorized administrator of ScholarWorks at WMU. For more information, please contact maira.bundza@wmich.edu.
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 4hrs 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
Make a name for yourself: South County Biker Babes

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

TEAM TRANSFORMERS
AUTOBOTS RUN OUT

Do something outside your comfort zone

Wellness Champ
Encourage others.

Community Involvement
Family and Friends are required.

Contact information
Fawn Callen
University Computing Center
Office of Information Technology
T: 269.387.5504
E: fawn.callen@wmich.edu

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

What’s next
Keep Moving.