



Running Mentor Program

Who: Adults mentors for students in running/fitness program

What: Mentor Training Sessions

When: Wed 2/16 6:30-7:30pm or Thur 2/17 6-7pm (only one day required)

Where: 2/16 at Winema School; 2/17 at Gallagher Fitness

RSVP by 2/14 to susan@activesalem.com

Training locations:

Feb 16th at Winema School: 4100 Winema Place NE, Salem, OR 97305. Chemeketa Community College's Building 50/rm 113. Take Lancaster Drive NE to Winema Place, two blocks north of Silverton Road. Turn east on Winema Place. The parking lot is one block off Lancaster. 503-399-5213

Feb 17th at Gallagher Fitness Resources: 135 Commercial St NE, Salem, OR 97301. Downtown Salem, between Court and State Streets. 503-364-4198

More Info

Chemeketa Community College's Office of High School Programs is establishing a Running Mentors Program for high school age at-risk students, most of whom are negatively affected by a poverty background and no role models for healthy lifestyle. In an effort to ameliorate this problem with Winema students, Chemeketa's Office of H.S. Programs is undertaking a project incorporating adult mentors for students in a running/fitness program. **Gallagher Fitness Resources**, Salem's Running Store, supports this program. Mentors from the college and community will be trained, February 16th and 17th to work with the students and will run with them one day a week. Training will culminate in a 5K run in late May to celebrate this effort. A 10K community race will follow this event, and Winema students will volunteer to assist on the course.