

Teens Run Modesto

Needs you!!

Become a TRM Mentor and make a difference in student's lives.

Donate 2-6 hours, 1 to 3 days a week at one of the TRM school sites in Modesto or Ceres. Mentors and students meet promptly after school is out of session for the day, usually 2:30 P.M. You do not need to be an experienced runner, you just need to have the passion to help students reach their potential and be successful in life.

TRM is a 26-week, **conservative** training program consisting of 4 running days per week which includes a Saturday program-wide group run beginning with the Halloween Fun Run on 10/31/15. The first training run consists of a 20-minute walk around the school track or campus. By week 24, students will complete a long run of 20-22 miles.

Through mastering increasingly difficult running goals, students develop a "can do" attitude that will carry over into school, work, and life.

The program starts September 28 and culminates with the running of the Modesto Marathon, 26.2 miles, on March 20th, 2016.



For more information contact: Info@shadowchase.org