

# TOTAL TREK QUEST



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# VOLUNTEER COACHES NEEDED

Challenge. Inspire. Achieve.

## Challenge

The Total Trek Quest (TTQ) program is an after school program designed exclusively for boys in third through fifth grade. TTQ incorporates the physical activity of training for a 5k run with a curriculum focusing on making healthy choices, building social skills, and resisting peer pressure. The program supports positive peer relationships and teamwork while challenging boys to set and work toward individual goals.

## Inspire

You can help make a difference in the lives of young boys in your community, while sharing your passion for running, wellness, relationship building, and mentorship. Coaches encourage positive mental and physical wellness including preventing or reducing high-risk behaviors.

## Achieve

Join a successful, growing team of volunteer coaches across West Michigan. Take time throughout the season to celebrate individual and team successes, and cheer on your team at the final 5k run.

## Contact

For more information or to become a coach, contact Kristen at [kchan@arborcircle.org](mailto:kchan@arborcircle.org) 616-250-1041



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