

TRIUMPH MILE 2024



ASPIRO will be offering a **FREE** Triumph Mile training, starting Thursday, April 4th at 4:00p.m. It will last an hour. The last training will be held May 30th. Everyone who attends must:

- 1. Must be able to act independently or have a staff accompany them to training.**
- 2. Must have a ride home that arrives no later than 5:00pm**

CORPORATE OFFICE
1673 Dousman Street
Green Bay, WI 54303
P: 920-498-2599

aspiroinc.org

Each client will be considered a Captain, and then paired up with 1-3 able bodied individuals who are called Angels to start the training. Everyone will meet at 4pm in the canteen at ASPIRO's Dousman St Location on Thursdays. They will then go with their assigned angels and stretch before they begin either walking or running. We will be training outside weather permitting. In the event of rain we will still hold training, but indoors at our Dousman St Location. Training will start slow at first and advance only at the Captain's pace. The Goal is to be able to promote health and wellness using a team-based athletic approach.

The Triumph Mile is 1mi. Run/Walk event held on June 7th at 5:00pm the day before the Bellin Race.

Any questions or concerns please feel free to call 593-4355 (Audrey Morris). To sign-up please fill out and return the bottom half of this form to Audrey Morris.

If you or someone you know would like to volunteer to walk with clients on Thursday nights, please contact Audrey Morris for more information, and volunteer applications. We are always grateful for all the help we can get!

***Reminder: There is no Parking under the canopy on Dousman St. You will need to find a parking spot in the west or east lot if the participant you're picking up is not ready at the time you show up. **Fights and arguments over parking will not be tolerated.**

NAME: _____

EMERGENCY

CONTACT: _____