





## The Total Trek Quest (TTQ) Program

TTQ is a fun, high energy after school program designed exclusively for boy students in 3rd-5th grade; it incorporates strength and stretching exercises with training for a 5K. Participants in the program will develop positive peer relationships and feel part of a team while working toward individual goals. Additional practice activities focus on developing a healthy lifestyle and resisting peer pressure.

TTQ teams are coached by volunteers. Each team of 5-15 boys requires at least 2 trained volunteer coaches. We provide all the training—including free CPR certification- and the supplies needed to implement this fun, inspirational program. We are always looking for positive, committed individuals to serve as coaches. Contact Kristen at [kchan@arborcircle.org](mailto:kchan@arborcircle.org) or 616-250-1041.

TTQ began in Ottawa County in 2005 and has expanded into Allegan, Muskegon, Kent and Newaygo counties. In 20 years, it has served over 6,400 participants. We are working hard to bring TTQ to new schools all the time!

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





## VOLUNTEER COACHES NEEDED

### 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



This publication is supported by a grant from the Michigan Department of Health and Human Services/Bureau of Community Based Services, Office of Recovery Oriented Systems of Care, through Lakeshore Regional Entity and Mid-State Health Network. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of MDHHS/OROSC, LRE, or MSHN. Recipients of substance abuse services have rights protected by state and federal law and promulgated rules. For information contact (Sarah Walters at [swalters@arborcircle.org](mailto:swalters@arborcircle.org) or 616-396-2301) or the Bureau of Health Systems, Division of Licensing and Certification, Substance Abuse Licensing Section, Recipient Rights Coordinator, P.O. Box 30664, Lansing, Michigan 48909.