

Bolder Options Mentoring Program / FACT SHEET



Bolder Options Youth Running Program:

This program engages youth involved in the juvenile court system in a caring mentor relationship. It is a specialized seven month athletic program where youth are coached and run together as a team twice a week. In addition to the practices, youth meet with their mentors once a week to experience additional athletic pursuits. They spend time doing such activities as hiking, biking, swimming, lifting weights, racquetball and more running.

Starting in February, our Bolder Options Running group (both mentors and youth) enter into their first of 7 road races. The program kicks off with the Truffle Shuffle, one of CPY's biggest fundraisers. Other races we compete in are; Run for the Shamrock, CASA Run, HIV Alliance Run, Vitality Run, Steep Hill Chase, the Eugene Challenge Mile, and our finale, the Butte to Butte Race on July 4th weekend, is our only 10K run.

Goal Statement:

The Bolder Options' Running Program fosters positive changes in the lives of adolescent boys involved in the juvenile court system through mentors that encourage goal setting, self discipline, and athletic skill development.

Target Youth:

Adolescent boys between the ages of 13-18 who are involved with the juvenile justice system and live in residential treatment programs .

Mentors:

The mentors are physically active men over the age of 20. Mentors come from a variety of backgrounds, lifestyles, and interests. All mentors must complete a written application, several trainings, and pass a criminal background screening. They want to work with the youth to explore new interests, set goals, and help develop the self discipline needed to achieve those goals. They also just want to be a friend.

Mentor Responsibilities:

To Start:

- ◆ Agree to be in a relationship with a youth for 7 months (January—July).
- ◆ Total commitment averages 12 hours per month (meet 1x per week)
- ◆ Attend the 2-part training series

Once Matched with a Youth:

- ◆ Workout with youth at least once per week
- ◆ Run with youth and other CPY pairs in local races
- ◆ Strongly encouraged to attend one mentor support meeting per month

Note to the Media:

Youth in the Bolder Options Mentoring Program can not be photographed. Interviews require approval from the youth's legal guardian.

For More Information about Pathfinders, please contact:

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Funding for the Bolder Options Running Mentoring Program comes from funds raised at our annual Truffle Shuffle Road Race which take place every February in Alton Baker Park.