



Become a Youth Mentor Mentor Form 2009

Where mentoring happens ... and youth succeed!

What Do Mentors Do?

- Train alongside and supervise youth runners at weekday practices from March to November
- Attend mentor meetings
- Be there for our runners

What are the Benefits?

- The look on a youths' face after they finish a race
- Knowing you have helped youth accomplish goals way beyond their dreams
- Meeting new friends
- Training support and advice from staff and fellow mentors
- Running apparel

For More Information:

Contact Susanne O'Neil at the CAPE office (845) 471-0194, ext. 101 or email soneil@capedc.org

Visit us on the web at www.mhrrc.org



**Voted Best of the Hudson Valley in 2008
Best Life Line for At-Risk Youth.**

