

PUMPed to RUN



Frequently Asked Questions

What's expected of a mentor?

We ask that all mentors are positive and encouraging! Expectations include: show up on time for the walk/runs; encourage stretching before and after the walk/run; track distance and time (some participants use this to set goals!); keep conversations inclusive; keeping communication with your Lead Mentor; and help to motivate participants on setting and reaching their goals.

What is the mentor time commitment?

Depending on your schedule we have two options that may fit your needs:

- **Scheduled Mentors:** This is a weekly commitment at the same time for a period of time lasting longer than one month.
- **Substitute Mentors:** This is for people who cannot help consistently and who want to join a pool of mentors who can substitute when our scheduled mentors cannot make it, or when we need additional help for any given run/walk session.

When you say team what do you mean?

A team is the group of people assigned to a set shelter at a set day and time, i.e. Mondays at 6:00 am at North Side shelter. A team consists of:

1. A set lead Mentor
2. Set Scheduled Mentors
3. Substitute Mentors as needed

How does a substitute know if they are needed?

When our mentors register they agree to have their phone number and email shared with our Lead Mentors. When Lead Mentors need more people for a walk or run they will reach out to our substitute mentors via that email or phone to schedule as needed for extra help.

Where and when would I volunteer?

We currently partner with 3 shelters located in downtown, North Side and Uptown. Each shelter will have a specified day and time for the weekly walk/run, but typically 6:00am or 5:30pm. We may add new shelters at any point and then will recruit for new teams.

Do I always have to volunteer at the same shelter?

We'd prefer our mentors to volunteer at the same shelter for at least a month commitment in order to build healthy relationships with the participants by coming consistently. However, you are welcome to fill in as needed or volunteer at different shelters if that is what works better for your schedule.

Do I have to know the area around the shelter to set the route for the walk/run?

There will be a Lead Mentor at each walk/run to welcome you and set the route for that day. Once you are familiar with the area though, you can then recommend the route if you'd like! Participants sometimes prefer the element of routine and like to do the same walk or run route, while others enjoy learning and seeing new things around the City. As you get to know the participants you can decide what makes the most sense for any given day.

How many participants will be there?

It depends. Some walk/runs will have one participant, and some could have several. It depends on timing and the shelter. However, it is important to remember that even if there is one participant you could have a huge effect on their life. In the off chance no participants show up in the morning, mentors can enjoy a walk or run together.

Should I be prepared to walk or run?

It depends on the participants that are involved. Many participants prefer walking. Some participants start out walking and want to build into running by doing intervals. We have had participants that were runners and even added stair workouts each day. We have also had disabled participants with goals to walk around the block without stopping. You can let your lead mentor know if you have a preference and they will do their best to accommodate you. If you are flexible in your schedule, we can likely recommend a shelter for you based on your preference for walking/running.

Will there be other mentors on the walk/run?

Yes, there will be a Lead Mentor and other scheduled or substitute mentors as well. Depending on the number of mentors and participants you may split-up to provide the participants with the type of walk/run they are seeking for that day. Our goal is always to have each participant get to do the workout they want – so splitting up allows multiple participants to work on multiple goals. We ask all teams to wait for the full group at the shelter before leaving together.

How long does a walk/run last?

Anywhere from 30 minutes to an hour. It depends on the goal of the participant how long a run or walk will last but we do cap all walks/runs at 60 minutes in fairness to everyone's schedules.

Are there any shelter rules I need to follow?

Your lead will let you know of any specific rules at each individual shelter.

Is there somewhere I can leave my stuff while I walk or run?

We do not recommend leaving any materials in the shelter. You may be able to ask a fellow mentor to leave items in their car but we cannot guarantee that.

Do I need to bring anything?

Besides appropriate clothes and shoes for the weather we ask all mentors to carry their phone with them so they can communicate with their lead mentor, have it for emergencies, and for timing or tracking of location/distance.

What will the participants be like?

Our houseless communities are full of people just like you and me. Some people just had bad luck, others are new to the country, recently released from jail, or have struggles with mental health, physical health or drug issues. Our shelters have always done a great job of red-flagging any participants that are not appropriate for this group and we have always been lucky to have respectful people who are showing up because they want to improve themselves. Good mentors should refrain from judgement and come with an open heart to meet new people and encourage them on their new fitness journey.

What can/can't I ask participants?

Treat all attendees like you would treat a new friend – ask them about their hobbies, running experience, sports experience, sports, books, tv, movies, or other good general conversation starters you would use with anyone else. Avoid asking probing questions – participants will likely open up to you after you have built trust with them, so focus on building that trust by getting to know them first.

What if someone asks for my personal information?

You never have to share anything you are not comfortable with so be honest with yourself and set your own boundaries. If you ever feel uncomfortable, we encourage you to tell them that it is against PtR Policy and change the subject. We have had mentors build relationships with participants and help them to get jobs, proof resumes, and things like that. If you are comfortable with that, it is okay with us – but you are under no responsibility to do those types of things. If you are in doubt please check with [Jaime](#) and she can help you work to a good solution for everyone!

Any other questions can be directed to Jaime@pump.org!