

Running with Friends: Task Review

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1. Sally doesn't like running alone and she feels that she will be more motivated to run if she has people to run with. In order for Sally to cultivate more social interaction and find greater motivation to run and stay active, **she reaches out to others to find people who are interested and available to join her in running**. She also has a fear of meeting the wrong kind of people, so she targets existing friends that she feels comfortable sharing her running experience with.
2. Samantha likes to run and knows other people who may be interested in joining her. She **creates and coordinates an event (a particular place/route)** to invite people to join. This is a tedious task and often yields mixed results. It's currently difficult for Samantha to coordinate runs with others because she has to talk to each person individually, get their schedules, and then sometimes even talk to the same people again to coordinate anything.
3. Sally went on a run with a friend last Saturday and really enjoyed their experience together. Her friend is motivating, willing, and available so Sally believes she's found a consistent partner. **She makes a consistent effort to remind her friend of their next running events**.
4. Sally and her friend Lauren find it difficult to run together due to their busy schedules. In order to encourage and keep each other accountable even when they are not running together, **they make sure to share their experiences (number of miles run, pre/post run pictures, etc.) with each other** after their individual runs.
5. Jaime wants to run a different route with his group next week. This week they ran a long route that was very flat. This week he is looking to run a shorter route that has more hills. He **researches recommended/popular routes in the area** and shares one with his group. The group votes and agrees on the route.
6. John just finished running 3 miles. He ran a route through a nice neighborhood, through a forest, and then ended running by a beautiful lake. He wants others to experience this great route with him, so he **takes notes of all the details he could remember about the route**. He plans on using these notes to show friends how great of a trail it was and to remind himself to run the same route again in the future.