

Senior Project Proposal

Student Name: Joe Runner

Advisor: Mr. Smith

Project Title: Organizing a Marathon

Description of Project: (Fully describe what you will do: create, design, investigate, build, learn, produce, develop, etc. Include a detailed description of your project and be very specific with times/dates/permission sought, etc.)

I will train, run and help plan the Turkey Trot in Twin Falls. In my training I plan to run four days a week starting with 1 mile and working my way up to 5 miles by the marathon date on November 10th. I have spoken with John Smith, a family friend and Turkey Trot organizer, and he has agreed to allow me to help plan the event. I will create a flyer for the event and help John distribute the flyer around Twin Falls.

Potential Research Topic: The benefits of running as a life-long sport can battle the obesity epidemic for children and adults alike.

Significance of Project: (How does it connect to your Academic, Community Service, or Career? Must connect to at least two of the three areas.)

This is something I've dreamed of doing for the last five years, ever since I was in track in middle school. Organizing the marathon will connect to community service because the event raises money for local families. It also connects to career as I am thinking of pursuing athletic training.

Choice of Mentor: (Provide first and last name of your mentor, and explain why he/she is a qualified person to mentor you in this project.)

I've chosen to use John Smith, a friend of my father's, to be my mentor. He has been running for 17 years and has organized the Turkey trot for many years.

Prior Knowledge and Skills: (What do you already know regarding your project? What have you already done in this area? Do you have any formal training, have you taken any classes, or are you currently taking a class in this area?)

I have been on the track and cross-country team since 8th grade. I've run one 5k race. I've read a few running magazines over the years and watched a few sports programs in which athletes are discussing their training methods. My cross-country coach has discussed good training methods.

Learning Stretch: (How will this project be a new and meaningful challenge for you?)

I have never planned for an event like this, but I will focus on reaching different organizations and businesses to gain the interest of as many people as possible. Newspapers, radio stations, and community organizations will be the most likely candidates.

Learning Goals/Outcomes: (What will you understand and/or be able to do as a result of this project? Enter up to seven learning goals/outcomes.)

1. I will be able to use proper training techniques.
2. I will be able to communicate with local business about the event.
3. I will be able to understand what event planning entails.
4. I will be able to contribute to helping my community.
5. I will be able to learn what training methods are related to a career in athletic training.

THE COST ANALYSIS

Each proposal will contain a cost analysis done by the students. All materials, advertising, prizes, etc. needed should be examined, prices researched, and thoughtful assessment given regarding how these costs will be covered before the project begins. Be realistic. If the cost will be nothing, that needs to be included as well.

MATERIALS Ex: Gas	COST \$50.00
Gas for distributing flyers	\$75.00
Paper and printing costs	Provided by Turkey Trot

TOTAL COST: \$75.00

Parent Signature: _____

THE TIME ANALYSIS

A time analysis must be done for your project. This should contain consideration of each part of the project: the time estimated to complete each phase of the project as well as the entire project.

Estimated Start Date:	June
Number of Months/Weeks to Completion:	6
Estimated Hours per Week:	2-4 hours
Estimated Completion Date:	Nov 10th