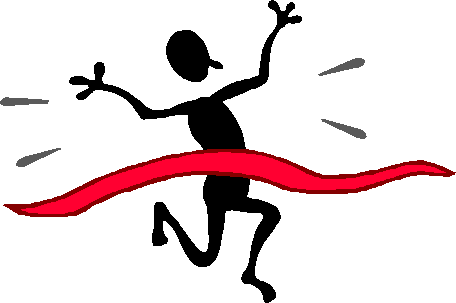
**Playbook to Heal the Undercurrent of Unresolved Grief and Loss**

*Unhealed Wound Seed*

**“Running the Race” in Grandpa’s Memory**​



**Who:**​

* Darel with mom and grandma as his “cheering section”.​

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**What:**​

* Darel will run in a 5-K Cancer Race in honor of his grandpa.

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**When:**​

* Race Day – TBD after the race is chosen​
* Training will begin next week​ with Chris (coach at the YMCA)
* Sponsors will be obtained two weeks prior to the race​

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**Where:**​

* At Racing location​
* Training will occur at local YMCA​

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**How:**​

* Darel will research for 5-K Races he can run in honor of Grandpa​
* [**www.RunWalkJog.com**](http://www.runwalkjog.com/)**​**
* Michigan Running Calendar​
* Darel, mom and grandma will each get a special racing T-Shirt made with Grandpa’s picture on the front, paid for by Grandma
* T-Shirts will be ordered 4 weeks prior to the race from the local store \_\_\_\_\_ (grandma and Darel will locate the store together and make the arrangements)
* Mom will assist Darel in going into the community to get sponsors beginning 3 weeks prior to race day – all proceeds will go to the Cancer Society.​
* Darel will work with Chris (coach) to come up with a training workout to prepare for race.​

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