

2026

MILE LONG TABLE



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Southwest

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CO-HOST GUIDE

AUGUST 1, 2026 MILELONGTABLE.ORG
NATIONAL WESTERN CENTER



LONGER TABLES
LONGERTABLES.ORG

Co-Host Support

Feel free to reach out anytime!

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Resources

Sample invites, social media graphics and more!

milelongtable.org/cohostsresources



VISIT NOW!



This is your table.

The best friends who start their friendship at the table -
The commonalities discovered as stories are shared -
The child who comes alive with awe -
The photo of a never-ending table -
A new sense of hope -

You are creating a place that will lead to so much **GOOD**.



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Neighborhood or Organization





Co-Host Dates

Make sure to reserve these dates now as they are not only going to be highly enjoyable! But you'll be able to meet other Co-Hosts and feel fully ready for the Mile Long Table.

Co-Host Training (Zoom)

July 15, Wednesday, 7-8pm

or July 18, Saturday, 10-11am

*Attend one training. Hear about the flow and logistics of our venue, meet our Lead Team and other Co-Hosts and learn how to make your table the best it can be. One training **REQUIRED** for all Co-Hosts.*

Table Leadership 101 (Zoom) *Optional*

July 16, Thursday, 7pm

and July 23, Saturday, 7pm

What does it look like to be a leader who sets figurative tables at work, in your neighborhood and at home? This optional, two-part certificate training will introduce you to the skills and inner work of becoming a leader who creates a culture of authentic connection and belonging. See page 11 for more info.

August 1, Saturday, 3:30pm // Arrival + Table!

Find your assigned table, get familiar with the venue and then meet at the stage at 4:30pm to get pumped up and receive final instructions, before doors open at 5pm.

Saturday, August 22 // Co-Host + Volunteer Celebration

Save the date! We will have plenty to celebrate three weeks following the table with food, drinks and sharing stories of connection.

How the Table Works

It's pretty simple, but there are a few unique things about the longer table you need to know.

1. As a Co-Host, you are not sitting with the people you invite.

We know much of the magic is for our guests to eat with people they don't know. So our invitation to guests is they sit next to others they don't know when they arrive.

Don't worry! You can always meet up with your guests before or after the meal.

2. As a Co-Host, you are assigned to one, 8-foot table.

We want you to lead, model and guide conversation and make the table your own.

3. Find a seat, then eat.

As soon as guests find their seat, they are welcome to fill their plates at the nearest buffet.

4. The table is the main event.

We invite you to linger at the table as long as your guests wish. The conversation and meal is the main part of the evening. Once the conversation naturally starts wrapping up, invite your guests to stay for dessert and meet more people.



Your Role as a Co-Host

You are the centerpiece to the Longer Table. You are what makes the entire experience feel connected, warm and hospitable.

We will email you a personal RSVP link.

Watch your email for a unique RSVP link from our Co-Host Captains that you will send to your guests.

1. Invite 8-12 guests from your world.

On a phone call or in-person, invite 8-12 guests (you included) from a wide variety of backgrounds (age, job, ethnicity, etc.) and ask they register with your unique link by July 17. Send them an email with your unique code and a reminder to RSVP.

Remember to invite those who might be overlooked, or especially lonely or isolated.

Guests do not have to pay for their seat, but have the opportunity to make a donation.

2. Guide conversation at the table, while modeling authenticity.

You set the tone for the conversation by modeling kindness, warmth and authenticity. Your guests will follow your example.

We encourage you to take a small risk and be real when sharing your responses to the conversation prompts. Be sure not to overshare though and be the first one to share.



As a Co-Host, you can help direct conversation at your table through sharing personal stories, asking questions, and encouraging others to do the same.

Guests may be tempted to talk about the weather or the Broncos(!), but bring them back gently to the conversation prompts - reminding them about the opportunity to learn about one another.

3. Be an ambassador for the overall evening.

As a Co-Host of the gathering, we invite you to make the entire evening as hospitable as possible, as if you were welcoming guests into your home. Remember how powerful a smile, eye contact and a handshake can be!

Before guests arrive, be sure to get familiar with the location of restrooms and other activities so you can be helpful if someone has a question.



The Meal + Co-Host Kit

At your table, open the **Table Kit** (will be placed on your table in an envelope) and be sure to explain the pieces of the kit to your guests once they have their food.

- **Start with the Toast** - Invite everyone to hold up their beverages and read the toast.
- Find the **Conversation questions** and respond first, followed by inviting others to share.
- Take about 10-15 minutes per question, giving you about an hour to move through all four prompts. Don't worry if you don't get through them all.
- As the conversation is winding down, and as you see other guests begin to wrap up, find the **Blessing** and read it aloud.
- Encourage your guests to share contact information if they made a special connection by using the **Connect Cards** found in your envelope.
- As your guests say their goodbyes, encourage them to stay, meet new people and enjoy dessert and our booths and activities.



August 1 Timeline + Your Table

Parking - be sure to park in the north parking lot of National Western. We will send you detailed instructions before August 1.

3:30pm // Park by 3:30pm.

Check-in at our *Co-Host Welcome Tent*, get your t-shirt and receive your table assignment.

Walk venue, find your table and get familiar with location of restrooms, booths, etc.

4:30pm // Co-Host Huddle at the Stage.

5:00pm // Doors open and guests arrive.
Feel welcome to meet those you invited at a rendezvous point before they find their own table.

5:15pm // Be at your table to welcome guests.

5:45pm // Buffets open.

6:45pm // Dinner ends, Birthday Cake Celebration, activities and dessert.

8:00pm // That's a wrap!
Please stay and help clean up your table area.



After The Table

The Mile Long Table is just the beginning of what we hope is just the start to new friendships and connections.

1. Follow up with anyone you connected with.

Be sure to follow up with anyone you exchanged contact information with or promised to connect with online or in real life! Plan your next time to connect.

2. Complete our Co-Host Survey.

We will send you a link a few days after the Mile Long Table - please take time to let us know about your experience as a Co-Host.

3. Set a much small table in your neighborhood for Table Together on September 26th.

Invite two or three neighbors you don't know well to eat together as part of **Table Together and National Good Neighbor Day** on Saturday, **September 26th**. Check out www.tabletogether.org for all the details!

Hosting a table in your neighborhood could lead to new friendships and a warmer neighborhood!

SATURDAY, SEPTEMBER 26
www.tabletogether.org

**TABLE
TOGETHER**
mesa juntos

PRESENTED BY
Southwest

Table Leadership 101

We know the healthiest and most impactful leaders in life are those who model and invite others into their whole selves while creating places where safe, authentic and deep connections can be made.

As a Co-Host of the Mile Long Table, we want to invite you to explore what it looks like to be a leader 'who sets figurative tables' at home, at work or any other place in your life.

Table Leadership 101 (Zoom)

July 16, Thursday, 7-8pm
and July 23, Saturday, 7-8pm

- Two, 1-hour zoom workshops
- Free!
- Must attend both workshops in their entirety
- Certificate of Completion

What can I expect?

A mix of teaching, one-on-one sharing and interactive exercises.



Celebration + Debrief

Do not miss a very special evening of storytelling, food, drink and celebration as we bring together our Co-Hosts and Volunteers.

Saturday, August 22

Details to be shared soon!



FAQs

What is this event about?

The Mile Long Table is an opportunity to share a meal with a variety of people from our community. Longer Tables is an organization founded specifically for the purpose of connecting people across barriers and creating community over a shared meal. Be prepared, you are not likely to be sitting by anyone you know, because the goal is to meet new people!

What do I wear?

Don't stress, there is no dress code. Feel free to dress as you are comfortable. Please consider that we're outside and it's summer - check the weather forecast and be yourself!

Can kids join?

Yes! And completely fine for kids to sit with their responsible adult.

Is there a cost for my guests?

No. As Co-Host you already made a donation to say "I'm in!" This, as well as generous sponsorships, mean that your guests are fully hosted.

As a note, our registration platform asks if people want to make a donation; there is no pressure for your guests to contribute!

When will we get our seating/table assignments?

When you arrive and check-in, we will provide your table assignment which will be identified by a table number.

What's for dinner?

Our partner, Serendipity Catering will be providing a delicious dinner - still to be determined! Allergens and ingredients will be clearly listed.



FAQs

Do I need to bring anything?

Our hope is that you show up and engage with our community. You're a Co-Host because you care for people, love hospitality, and want to see our city thrive. Bring your warmth, your questions, and your vulnerability.

Can my guests sit together?

Our main goal is to have our guests share a meal with people unlike themselves, so we ask guests to sit next to people they don't know. Of course, children may sit with parents and we want all people to feel safe.

Shoot! Something came up and I can no longer Co-Host. What should I do?

We understand that life happens. We first encourage you to designate an alternate Co-Host (let us know at milelongtablehosts@gmail.com!) who will welcome guests, engage in conversation, and wear this hat well. If that is not possible, your guests may still attend and you may invite someone in your stead as guest. Either way, please notify us so we can manage our guest lists!

One of my guests can no longer attend. Can I invite someone else?

Yes, absolutely! First, make sure they cancel their ticket on our ticketing platform. (They can do this with their email receipt.) Second, invite someone else by sending your personalized link. If this seat is not filled by July 28, we will open the seat to our general admission waitlist.

I'm interested in plugging in more. How might I volunteer before or after the event?

The invitation is open to volunteer or support our table gatherings throughout Denver. Please go to our website at www.longertables.org and fill out our contact form. We will be in touch with opportunities!



Make More Connections

We are growing as an organization and we'd love to have you more involved or honored to be connected to where you live, work or play.

1. Participate in *Table Together* on September 26th!

We'd love to have you make even more impact in your neighborhood by hosting your neighbors for dinner on the 26th. Again, we will support you with everything you need!

2. invite us to Speak or Consult at your Workplace, Organization or Group

We'd be honored to serve your workplace or an organization you're a part of by speaking on a variety of topics (hospitality, leadership, true identity, fear) or consulting with our 'Table Leadership' offering, which includes workshops, coaching and leadership formation.

3. Support the Non-Profit with a one-time or recurring donation

Help us form more leaders across the nation by becoming a Table Advocate with a one-time or recurring monthly donation.

Visit www.longertables.org/donate

4. Set a table in your workplace, neighborhood, or faith community.

Let us know how we can support you in setting more tables in your world.

