

BROOKSIE BUGLE

Thursday Tidings

October 1, 2009

KUDOS TO:

All of you who have started this journey and are now prepared to finish it with your race. You have worked hard, made friend and learned about yourselves. Thank you for giving of your time and yourselves, it has taken all of us to get where we are today. Good luck on Sunday.

THINGS TO REMEMBER:

Our VICTORY BREAKFAST will be held at Oakland University Rec Center on Saturday October 10 at 9:30am. It is for all the runners and walkers in the training program, and is a time to celebrate your accomplishments. Make sure that you bring your picture ID to get into the Rec Center.

SOMETHING TO THINK ABOUT

The race is this weekend, hard to believe. You know all the things to do to be successful. Lay your clothes out the night before, get a good night's rest on Friday, drink plenty of water on Friday and Saturday, don't eat any new or different foods, relax, visualize yourself at the start, middle and finish and most importantly - HAVE FUN! It has been a great training program and I look forward to celebrating with all of you at the finish and at our Victory Breakfast.

Now it is time to start thinking about clothing fall and winter clothing. As important as it is in the heat to stay cool and have wicking clothing, you need to dress correctly for cool/cold weather.

Layering is the way to go when the weather starts to change. This is the time of year when a long sleeve top and shorts are appropriate or long pants and short sleeves. It is really up to the individual what they are comfortable with. I would rather wear shorts and long sleeves when the weather gets cooler.

When layering keep in mind that you still want a wicking material close to your skin. There is nothing colder than running in a cotton shirt, only to have it soaked after 10 minutes and then get cold, brrrrr. Depending on the temperature you can go with a long sleeve top, a jacket, fleece pullover or multiple shirts.

I have several jackets that I run in depending on the weather. All my jackets have been purchased at a running store or race expo and they all have wicking qualities too. I have tried running in different types of jackets but am most comfortable in the ones designed for runners.

When it gets cold enough for tights there are many different weights of tights. I have tights that are good for 30 degrees and 10 degrees. They really are made differently and can make such a difference on your run. Talk to someone who works at the running store, they know which tights are for what temp. If you are ordering online, make sure that they are wicking, and check what temp they are designed for. You can also wear wind pants over your tights if you aren't comfortable in lycra tights.

Gloves/mittens are an important part of your wardrobe also. I have found that I need gloves, at least to start my run when the temps are 50 or below. I have cotton gloves and a variety of fleece gloves for colder temps. The key is to keep your hands dry and that will help to keep them warm. When you are properly dressed you can run outdoors all year long.

UPCOMING EVENTS:

The Brooksie Way

October 2 & 3 - Brooksie Way Expo at the Shotwell Gustafson building on OU's campus.

October 4 - The Brooksie Way ☺

October 10 - 9:30 am - Training Program Victory Breakfast, location Oakland University Rec Center. Bring picture ID.

October 18 - Detroit Free Press Marathon, Half Marathon, 5k and Relay

October 24 - Mackinac Great Turtle Run. Half Marathon and 5.7.

October 24 - Clarkston United Methodist Church Trunk or Treat Trot 5K

November 26 -Turkey Trot

December 5: Jingle Bell Walk/Run for Arthritis, Northville

December 12: Run Like the Dickens. Holly

December 19: Lifetime Fitness Reindeer Run, Troy

December 31: New Years Resolution Run/Walk, Flint

DID YOU KNOW?

"We run, not because we think it is doing us good, but because we enjoy it and cannot help ourselves...The more restricted our society and work become, the more necessary it will be to find some outlet for this craving for freedom. No one can say, 'You must not run faster than this, or jump higher than that.' The human spirit is indomitable." **Sir Roger Bannister**

(Plus if we run or walk or workout, we can eat more gelato ☺)

Now, let's get out and RUN!!!