

# BROOKSIE BUGLE

Thursday Tidings

July 23, 2009

## **KUDOS TO:**

*Everyone who ran participated in our first run last week. What a nice evening, it was great to see some new people and I was so proud of those of you who ran your first steps ever!! Taking the first steps is the hardest, now you can just watch the miles add up every week. Soon it will be hard to remember when you "only" did 3 or 4 miles for your first run*

*Welcome to Kris Mooney and Kathryn Wallace, our new Group Leaders for the 5k run and walk programs!!*

## **THINGS TO REMEMBER:**

Don't forget to send your registration in for the Brooksie and the CRIM.. It is VERY important to attach that voucher, it works just like a check. If you forget to attach it then you will get a call from a confused registration person, so make their lives easier and ATTACH YOUR VOUCHER!!

Check out the second page of the Bugle for some important upcoming events.

## **SOMETHING TO THINK ABOUT:**

There are lots of very informational books out there about running. Everything from "training for your first 5K to marathon" to "the Dummies Guide to Running". There are books strictly for walking, running, men and women. You could spend all your time just reading and never heading out for a run. I encourage you to check out some of the books.

Obviously I think the books by Jeff Galloway are great. Also by Hal Higdon and others published by Runners World Press. Now you don't need to go out and buy all of them, just check out the library.

One book I really love that is more fun is "The Courage To Start, A Guide to Running for Your Life" by John "The PENGUIN" Bingham. He started running later in life after many years of smoking, drinking and generally treating his body badly. He has a great perspective on running from a "regular guy" point of view. My favorite part of his book is when he talks about the 4 different types of runners he sees at the starting line of races. This is a feel good book that you all would enjoy. It kind of makes you realize why you are out running and most importantly YOU ARE NOT ALONE! I have a copy if anyone would like to borrow it.

## UPCOMING EVENTS:

July 29 - Health Screenings at McLaren locations, 5:30 - 7:00 pm. Please try to take advantage of this additional screening. Since there was limited time to advertise the health screenings, McLaren has set up one additional screening for Brooksie Way Participants.

Clarkston Health Center  
Emergency Center  
5626 Water Tower Place  
Clarkston, MI 48346  
5:30 - 7:00 pm

August 4 - Run and Walk Pain Free Clinic - flyer attached

August 22 - CRIM Festival of Races

October 4 - The Brooksie Way

October 10 - 8:00 am - Victory Breakfast for the Training Program. Get it on your calendar NOW!! More details to follow. It will be held in the Rochester area this year.

This week we will meet at parking lot #16 at Oakland University at 6:15pm. We will all start at the same place. If you feel you need to change your group after this run it is OKAY. Don't stay in a group that you feel is too fast or too slow for you. We will all be meeting in the same place for a couple of weeks until we get the groups "just right".

If you are going to miss a training run or be late please let one of your Group Leaders know. Email them, leave them a message, just get them the word. They need to know so they don't miss someone.

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