

BROOKSIE BUGLE

Thursday Tidings

July 30, 2009

KUDOS TO:

Those of you who have been with us from the start and those who are just joining. I am happy to hear that groups are staying together and people are pushing themselves to go further or quicker than they have before.

THINGS TO REMEMBER:

If you haven't sent your application and voucher in for the CRIM, get it in now!!
If you sign up for the 5K or 8K and decide at the last minute that you want to change - you can do that at the packet pickup. Just get your registration in and don't forget to ATTACH YOUR VOUCHER!!

SOMETHING TO THINK ABOUT:

As we move into longer runs there are some things to think about that you just don't even worry about with shorter runs. Kind of like how I love to wear flip flops in the summer, as long as I am not walking anywhere. If I need to walk, I need to put on some socks and sturdy shoes. That is how it is with longer runs; you just need to do some things differently.

Here are some things to be aware of.

1. Chafing, you may find that that sports bra or shorts are no problem until you get into longer mileage. Just be sure that all your seams are flat and use Body Glide anywhere you think may be a problem. Places like under your arms or seams on clothing. Even the hem of your shorts.

2. Make sure that you are drinking more on the day before your long run. Drink too much on the day that you run and you will find yourself sloshing. It is a very good idea to carry water with you.
3. Check your feet and socks to make sure that your feet are dry and your socks aren't wrinkled when you put them on.
4. To go along with your feet, check your toenails to make sure that they aren't too long. I have gotten a cut on my fourth toe when my baby toenail was too long. I have also worn holes in my socks with too long of toenails.
5. Make sure that you are eating healthy all the time, fruits, veggies, stay away from fried foods, chips, (all that yummy stuff). However that being said I have found that to curb my cravings I do better when I just eat a little of the food I am craving. When I deprive myself and try to "substitute" another food, I always eat more.

UPCOMING EVENTS:

This week we will meet in the parking lot at Rochester High School at 6:15pm. We will run 6 miles out on the actual course.

August 4 - Run and Walk Pain Free Clinic - flyer attached. Please try and attend this, it will be a great learning experience.

August 9 - Crim Training Run/Walk. Here is a chance for everyone to complete the Crim course together.

When: Sunday at 8 AM. Both the 8K course and the 10 Mile course will utilize.

Where: Downtown YMCA, 411 E. Third St., Flint. There is no registration as this is a training run /walk, not a race. Water will be provided on the course.

Information: Bauman's Running and Walking Shop 810-238-5981.

Sponsors: YMCA, Riverbend Striders, and Bauman's Running and Walking Shop.

August 22 - CRIM Festival of Races

September - Check your local running stores or www.runmichigan.com for local races during the month.

October 4 - The Brooksie Way

If you have people you know who would like to participate with the Brooksie but not by running, then there is a spot for them. Hundreds of volunteers are needed to make a race like this work. It is great to help out at a race, as you run you will find out how much the runners really appreciate the volunteers. There is a link on the Brooksie Website for volunteering. The person to contact is Janell High, 810-235-3579, email: Jhigh@Crim.org. Pass this name along to any of your friends, family or businesses that you know that may be interested in helping out.

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.

*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!!!