

# BROOKSIE BUGLE

## Thursday Tidings

August 6, 2009

### **KUDOS TO:**

*All of you who keep moving every week. You are doing great on the group runs and on your own. Also to those of you who attended the stretching clinic, GOOD JOB. How do you all feel? I am only a little sore today. ☺*

### **THINGS TO REMEMBER:**

Get your CRIM and BROOKSIE applications in, and don't forget to ATTACH YOUR VOUCHER!!

Start talking to family and friends about how they are going to support you at the upcoming races.

### **SOMETHING TO THINK ABOUT:**

As we head into longer runs we need to think a bit more about eating and drinking on our runs. Everyone reaches that point when they are "STARVING" during their runs at different times. There are many different options to consider if you want to take "food" with you. I am just going to mention some now and then you can start to investigate on your own. It is very important to try different things BEFORE you use them in a race. The worst thing to do is to decide the day before your big race that "tomorrow I will use GU". Only to find out during the race that GU makes you totally sick. There are nutritional supplements that are

packed with protein and carbs that are easily absorbed when you run. My favorite thing to do is to make a peanut butter and jelly sandwich, cut it in small pieces, put it in a small Ziploc and then pin it to my shorts.

Other options are Luna Moons, Sports Beans, GU, Cliff Shots, Power Bar Gel, Power Bars, Cliff Bars, Accel Gel, and many more. You can check out information about these at [www.roadrunnersports.com](http://www.roadrunnersports.com) or at your local running store.

You can also find some options in the "health food" section of grocery stores, Target, Meijer and sometimes drug stores. Just get a package and try them to see how they work. Also, ask other people in the group what has worked for them. You will get varying answers, for instance, I HATE GU, it has made me feel terrible in a marathon BUT Sue S. LOVES GU. Talk to people, try things, you will find out what works for YOU... Happy Eating.

## UPCOMING EVENTS:

This week we will meet in the parking lot at Rochester High School at 6:15pm. We will run 8 miles out on the actual course.

August 9 - Crim Training Run/Walk. This is not a required run and is totally up to each individual if you want to go to Flint and run the course. I have to say, that you guys are running on harder hills here than they have in the CRIM, so you are ready for the "Bradleys" However, it is a fun way to see the course and run with a lot of other people

**When:** Sunday at 8 AM. Both the 8K course and the 10 Mile course will be utilized.

**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

TBD -?? There will be a nutrition clinic in the upcoming month, watch for details in the Bugle.

September - Check your local running stores or [www.runmichigan.com](http://www.runmichigan.com) for local races during the month.

October 4 - The Brooksie Way

You can be a fan of the Brooksie Way on Facebook. Check out the Brooksie Facebook site. There is a link on the website.

October 10 - 8:00 am - Victory Breakfast for the Training Program.

*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!!!