

BROOKSIE BUGLE

Thursday Tidings

August 13, 2009

KUDOS TO:

All of the groups! Whether you are a runner, or walker, half marathoner or 5k participant, you are all doing great. You have set a goal and are working hard to achieve that goal. Keep up the good work.

THINGS TO REMEMBER:

Your group counts on you to be there so, even if you don't feel like running, have a headache or just don't want to come, the group and the run would not be the same without you. Just lace up your shoes and get to the run!!

SOMETHING TO THINK ABOUT:

We are almost half way through this training program, who would have believed just a few short weeks ago you would be able to run 8 miles and soon be approaching "DOUBLE DIGITS" in your running?! It is a good time to remember why you started this in the first place. Whether it was to get in shape, to prove something to yourself or others, to set a goal and accomplish it or just to step out of your comfort zone and try something new - you are doing it!! It is amazing how far we have come in during this training program. I am so proud of all of you and your dedication. Thursday runs are my favorite part of the week!

In Jeff Galloway's Training Book , page 66, he begins a section on MOTIVATION. I thought that this was a really good section. A couple of the things I like in this was talking about your "left brain and

your right brain", having vision and focus and most importantly having fun.

This "left brain/right brain" stuff can sound kind of silly but I know that when I don't want to run and I am arguing with myself, it is my "left brain" talking. That "left brain" thinks that it is so "LOGICAL" and that it is always right, BUT, Jeff tells us that we need to FOOL our "left brain" by using our creative, oh- so- smart "right brain". I have found that if I tell myself, "I am only going to go out for a short run", or "I can walk", I am able to keep going and get my "left brain" to SHUT UP. You will be amazed at how far you can go listening to your "right brain".

The most important thing is the ability to have fun in any situation. If you can laugh at yourself and with others you will be ahead in any situation. When you laugh you relax and run easier. Bring a joke to tell, point out something funny. It is much more fun to point out these things and to tell jokes when you are running with a group. (You would actually look kind of funny telling yourself a joke while running by yourself.) © By having fun, we stay motivated and keep moving. Now, let's go have some fun, make each other laugh, and even get in some exercise.

UPCOMING EVENTS:

This week all runners and walkers will meet in the parking lot at Rochester High School at 6:15pm. The Half Schedule calls for 5 miles and the 5K calls for 2.5 miles.

August 22 - CRIM Festival of Races

September 1 - Nutrition Clinic, 7:00pm, place to be determined, stay tuned.

September 5 - Milford Labor Day Festival of Races. 30K Run & Bike, 10K Run & Walk

September - There are lots of good races in September, most of them are on Saturday s and we will be doing our long runs on Saturdays. You can still check your local running stores or www.runmichigan.com for local races during the month.

October 4 - The Brooksie Way ☺

October 10 - 8:00 am - Training Program Victory Breakfast, location TBD

October 18 - Detroit Free Press Marathon, Half Marathon, 5k and Relay. {Some of your Group Leaders are running the Full, why not join them by running the half - you will already be trained..... it's worth a thought...}

October 24 - Mackinac Great Turtle Run. Half Marathon and 5.7. This is a fun race and a really nice time to be up at Mackinac.

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

DID YOU KNOW?

(new feature this week)

There is a really good gelato (<http://tinyurl.com/kr635x>) place on Walton Blvd, right across from Crittenton Hospital in the strip mall with Buffalo Wild Wings and Pet Smart? They have INCREDIBLY good gelato and are open until 10:00pm

*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!!!