

# BROOKSIE BUGLE

## Thursday Tidings

August 20, 2009

### **KUDOS TO:**

*All of the training groups. You are doing great in this heat and humidity. You are half way through this training program; you have been upbeat, excited, patient and so much fun to be around. You all make this a fun program. Now – on to the CRIM*

### THINGS TO REMEMBER:

The Crim is this weekend, for those of you doing the full 10 miles -double digits is huge !!! For those of you running a shorter distance - that is AWESOME for you. Great bragging rights.

### SOMETHING TO THINK ABOUT

As we head into the CRIM I just want to remind you of some things.

### RACE DAY REMINDERS:

- \*Pack your bag the night before.
- \*Pin your number on your shirt the night before.
- \*Worry about sleep on Thursday night, not so much on Friday night, just make sure that you are resting.
- \*Focus on your goal.
- \*Be in control of your behaviors in the next 48 hours.
- \*BE POSITIVE.
- \*Don't try any new food the morning of the race but do make sure that you eat something.
- \*Go slowly at the start of the race
- \*Take your walk breaks from the start, don't wait until you are tired, then it is too late.

\*Eat something or drink a power drink during the race to keep your blood sugar up

\*Remember to have fun.

Check out pages 100-104 in Galloway's Training book for more information.

\*Now all there is to do is just RUN.

It is nice to have a treat for yourself after you finish a big race. I love to get massages. Maybe you go to a favorite restaurant or gelato place. Whatever is your reward know that you deserve, you have worked hard to get this far.

It does not matter where you finish, the important thing is that you started and you are way ahead of the people who are at home sitting on their couches eating bon-bon's. As John (The Penguin) Bingham says  
*"The miracle isn't that I finished. The miracle is that I had the courage to start."*

## UPCOMING EVENTS:

This week all runners will meet in the parking lot at Rochester High School at 6:15pm. The Half Schedule calls for 3 or 5 miles and the 5K calls for 3 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 Saturdays and we will be doing our long runs on Saturdays. You can still check your local running stores or [www.runmichigan.com](http://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?

The Crim Fitness Foundation is starting a year round running club called "Club Crim". Membership is \$25.00 for the year and the benefits include: a t-shirt, discounts at local running stores, restaurants, on-line stores, 5-6 free clinics a year, a bi-monthly email newsletter, monthly drawings, discount on next year's training program, group runs and more. The application is coming....

(Also, gelato is still good to eat after a run.)

*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, get them the word.  
They need to know so they don't miss someone.*

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