

# BROOKSIE BUGLE

## Thursday Tidings

August 27, 2009

### **KUDOS TO:**

*All of you who competed in Crim events this past weekend. This was a record setting Crim and you were a part of it all. You have earned HUGE bragging rights no matter what race you took part in on Saturday. You were also a part of one of the coolest (weather wise) Crim's in the past couple of years. Bring on the Brooksie!!!!*

### THINGS TO REMEMBER:

We have 2 more Thursday's to run/walk and then we move to Saturdays.

### SOMETHING TO THINK ABOUT

We are 8 weeks into this program all ready, it just seems like yesterday we were at Rochester High School listening to Brian Barkey talk to us about this training program and how you can finish a half marathon upright, without "puking". You guys have had some "breakthrough" runs/walks since then. Remember when our first night of 4 miles seemed to be very long? Now some of the half marathoners have run double digits and the rest will run them soon. Also the 5K runners and walkers have pushed themselves further than they thought that they could go! Everyone is doing great.

A break through run or walk can be any distance; it is not determined by how far you go but how you feel when you are out there. Some of you have had a break through by getting through a 2/1 pace, some of you by

going further. Anytime a run/walk feels good, it is a breakthrough.

Remember, one of the best things about running and walking is that you have "bragging" rights to your friends. The morning after a long run/walk you should always try to casually work into your conversations that you ran/walked "X" number of miles the night before. You can always ask your friends, family and co-workers "what did you do last night?" knowing that when they ask you, your response will be "well, I ran/walked 8 miles". The look on their face will be priceless.

How many of you have noticed that your clothes are fitting better or that you have been able to buy smaller sizes? Or just the fact that you don't get out of breath as quickly?

Running and walking, especially with a group, has lots of benefits, physically, socially, mentally, it gives you better endurance and just makes you feel better. I am always able to handle my life better when I have been consistently running. So let's get out there and MOVE!!!

## UPCOMING EVENTS:

This week all runners will meet in the parking lot at Adams High School at 6:15pm. We will meet on the Adam's road side, near the tennis courts. The Half schedule calls 8 miles and the 5K calls for 2 miles.

September 1 - Nutrition Clinic, 7:00pm, First Congregational United Church of Christ in Rochester, address is 1315 North Pine, Rochester 48307. There is a nutritionist from McLaren Health Care talking to us about nutrition for runners. The presentation will last about 45 minutes. Bring a friend.

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?

Now that we are at Adams High School we are very close to a Coldstone Creamery and a Maggie Moo's ice cream shops. They always appreciate hot, sweaty, tired runners and walkers coming in to order and take part in their sweet treats.

(Also, gelato is still good to eat after a run and it's not too far away.)

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

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