

BROOKSIE BUGLE

Thursday Tidings

September 3, 2009

KUDOS TO:

All of our spouses, significant others & friends who have been patient with us and our training since July. They have listened to us as we have talked about chafing, carbo loading & drinking, shoes, socks & running skirts. They have cheered as we reach new milestones and have encouraged us to go further. Take a moment and give a big thank you to all of them!!!

THINGS TO REMEMBER:

Send in your Brooksie registration; remember to send the voucher in with your form. Do that today!!!

SOMETHING TO THINK ABOUT

It is hard to believe that we are into September and we have just a month until the Brooksie. I have heard such good stories about the Crim and will put those together to share with you later. I love hearing all of your stories so be sure to send them to me. Something to think about is that unless the CRIM training groups are running the Brooksie, they are done running together, that makes me sad for them. I am so glad that our groups are still together and have a bit of time before the Brooksie. I can't imagine not having our weekly group runs or walks.

One thing we haven't talked about is how emotional finishing a race can be. I remember my first marathon and the tears I shed when I finished and realized what I had accomplished. I have also cried just watching others finish races. What I want to tell you

is that it is totally **NORMAL** to feel emotional at the end of a race. You have trained, worked hard and completed something new. It is a great feeling to finish and to be proud of yourself - let those tears flow

We all know that we can physically finish our race, now we need to work on our heads. I talked a bit about left brain/right brain before but now I really want you to study Jeff's book on "Magic Words" and "Dirty Tricks". This section starts on page 86 in our Training Programs book. Everyone has to come up with their own mantra to get them through those moments when our left brain is screaming "you can't do this" because I know that you can. Your mantra is something that will motivate you to go that extra distance. You have all been trained to run or walk your event, you have the experience of finishing the CRIM, you just need to have a phrase or two handy to shut that left brain up. Get some "magic words", work on your mantra and know that we will finish upright before the ambulance!!

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 is 4 miles and the 5K is 3miles. This is our last Thursday, our next group run will be on Saturday September 12.

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

September 19 - We will have a training run on the Brooksie course. The groups from Flint will be down and is open to anyone who wants to run the course. There will be 3 water stops, we will still have to watch the traffic because the course will not be closed but this is a chance to run the whole thing. The 5k runners will also be able to run their course. Bring your friends to run!

September - There are lots of good races in September, check your local running stores or www.runmichigan.com for local races during the month.

October 2 & 3 - Brooksie Way Expo at the Shotwell Gustafson building on OU's campus. We are looking for people to help with packet pickup on Friday or Saturday. Let me know if you can help.

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?

There are great running places all over the state. If you are going away this weekend, don't forget to take your running shoes. You may even find a good ice cream or gelato stop.

*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!!!