

# BROOKSIE BUGLE

Thursday Tidings

September 10, 2009

## KUDOS TO:

*All of you who ran this past weekend with or without the group. It is important to keep running even when you are on vacation, away from the group (of course, it's nowhere near as much fun but necessary). ☺*

### THINGS TO REMEMBER:

We are 23 days until the Brooksie - have you sent in your registration and voucher ??? DO IT TODAY.

### SOMETHING TO THINK ABOUT

As the race gets closer I realize that we have talked lots about running and walking. We have talked about stretching, clothing & nutrition, gadgets, run/walk ratios, drinking plenty of fluids, bragging rights, just what is left?

Now that you have started on this path of exercise, setting a goal and following through I want you to think about what happens beyond this group. Jeff Galloway told me (well emailed, not like I actually talk to him) that 80% of the people who go through a program like this will keep going. I would love to have 100% of this group carry on and keep running or walking. You guys have come so far and have worked so hard, hopefully this is not a one-time thing but a lifestyle choice that you are making.

Running was a choice that I made and can't imagine not doing. A "million" years ago I ran on the track team at a

very small college in Ohio. After I graduated I ran on and off for a couple of years until I got married and started having kids. Four kids later, I was never alone, never in my own house. So I started running again, just to be alone, that was 12 years ago. The first time I went out I ran .8 of a mile as hard as I could and then had to walk back home, panting with a sideache. (I didn't have a cool Galloway group to run with me or show me how it's done.) Now when I go for a couple of days without running, my children (the ones I was running away from in the beginning) notice that I get a bit crabby and often suggest that I go for a run. One of those children has also made a choice to run and I am very proud to say that Cory has been on her high school cross country team for 4 years.

I am so excited about what you have all accomplished this year. Whether this is your first time running or walking or you joined to have a group to run or walk with I hope that you are ready to make a commitment or re-new your commitment to a healthier lifestyle. It is a choice that you will never regret.

## UPCOMING EVENTS:

This week all runners will meet in the parking lot at Adams High School at 8:00am. We will meet on the Adam's road side, near the tennis courts. The Half schedule is 12 miles and the 5K is 2.5 miles.

September 19 - Half Marathon Training run 8:00am. Meet at Meadowbrook Hall on the campus of Oakland University. You can get there from Adams Road or Walton Boulevard. Park at Meadowbrook Hall, run will start and end at the Hall. The course will not be closed so we need to be aware of the traffic, there will be some signage on the course. There will be 3 water stops along the way.

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](http://www.runmichigan.com) for local races during the month.

October 2 & 3 - Brooksie Way Expo at the Shotwell Gustafson building on OU's campus. If you or your family wants to volunteer check out the Brooksie website, under the VOLUNTEER tab. We are looking for some people to fill some spots.

### **October 4 - The Brooksie Way ☺**

Have your friends and family started to think about where they are going to be to watch you for the Brooksie? Take a look at the map and plot out where they will be to cheer you (and the rest of the runners/walkers on - "Run Forrest Run")

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

October 18 - Detroit Free Press Marathon, Half Marathon, 5k and Relay

October 24 - Mackinac Great Turtle Run. Half Marathon and 5.7. October 24 - Clarkston United Methodist Church Trunk or Treat Trot 5K

## DID YOU KNOW?

If you are starving after a run or exercise and you are at a drug store and want to make a healthy choice, our nutrition speaker told us that a SNICKERS bar is a good choice. It has protein with the peanuts, carbs with the sugar and can get you through until you get to a place for healthy food. This was the best news I had heard in FOREVER!! I love Snickers (almost as much as I love gelato☺)

*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!!!**