

BROOKSIE BUGLE

Thursday Tidings

September 17, 2009

KUDOS TO:

All of the runners and walkers who conquered new distances last week, felt better on their run/walk and who are pushing themselves!

THINGS TO REMEMBER:

Have you registered? Have you signed up to help? DO IT NOW!!!

SOMETHING TO THINK ABOUT

It is hard to believe that we are only two weeks away from the Brooksie. In July, October seemed very far in the future, and now, July seems like a "long time ago in galaxy far far away..." ☺ But look at all that you have accomplished in this time.

In 11 weeks you have gone from people with little or no running or walking experience and have turned into runners and walkers! You have put in the time and done the mileage. Remember when doing 5 miles seemed very long??? Now the half marathoners can all run DOUBLE DIGITS, and the 5K runners and the walkers have pushed themselves beyond their comfort zones.

We didn't just learn about running, we learned many things about ourselves during this training. We have also made new friends, people that we may not have run into in our "normal" non-running lives. Now you all know the importance of wearing the right clothes, eating the proper foods, going out and putting in the miles, even when you don't want to. But I

hope that you can take more from this group.

You have all set a goal, broke it up into baby steps and worked hard. This training can be applied to anything that you want to do in life. There is a saying that "running isn't a sport, it's a way of life", and I think that it is very true. You can look back on this training when you are feeling down or there is something you are having trouble doing and remind yourself, "I can do anything".

What is your dream? To run a marathon? Get a better job? Go back to school? Retire? Whatever you want you can set the goal, break it down into baby steps and do the hard work and it will be accomplished. You may need to pick up people along the way to help you, think of them as your support group. (I would have hated training for the Brooksie without a group). When working on your dream, get a group or individual to help you in your quest. You will be successful because you set the goal, broke it into baby steps and did the work.

Crossing that finish line at the Brooksie will not be the end of our experiences, but just a stop on the way. We will all go one to achieve much more because we have had this time together.

UPCOMING EVENTS:

This week is the training run on the course. We will meet at the mansion at Meadowbrook and run almost the exact course for the half and the 5K. We will get 13 or 3.1 miles in and you will be SO ready to go for October 4

September 19 - Half Marathon and 5K Training run 8:00am. Bring your friends to run!

October 2 & 3 - Brooksie Way Expo at the Shotwell Gustafson building on OU's campus.

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

October 24 - Mackinac Great Turtle Run. Half Marathon and 5.7.

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

November 26 - Turkey Trot

December 5: Jingle Bell Walk/Run for Arthritis, Northville

December 12: Run Like the Dickens. Holly

December 19: Lifetime Fitness Reindeer Run, Troy

December 31: New Years Resolution Run/Walk, Flint

DID YOU KNOW?

"Runner's high" can turn into a real addiction. Just as there is the endorphin rush of a "runner's high," there can also be the valley of despair when something prevents avid runners from getting their daily fix of miles. Check this out.

<http://www.msnbc.msn.com/id/32573781/ns/health-fitness/from/ET>

(But remember that everything is better with 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!!!