

BROOKSIE BUGLE

November, 2009

Welcome to the fall/winter edition of the Brooksie Bugle. I want to keep in contact and keep you all up to date on what is going on with the training program and the Brooksie race. The format will be a bit different from the training Bugle but will continue to provide you with good information. This will be in your email box once a month.

THINGS TO REMEMBER:

Just because it is getting cold outside doesn't mean that you STOP running or walking. This is the time to get your winter gear together, think about buying a treadmill (we have a treadmill clinic coming up, see attached flyer) or joining a gym. The great thing about running/walking is that it is a **YEAR ROUND SPORT**. You don't need a field, ice arena, any type of a court or pool, all you need is your two feet!

SOMETHING TO THINK ABOUT

Sometimes once the "season" is over people find it hard to stay motivated. The whining begins in your head with "it is cold and dark and I want to stay snuggled warm in this bed" or "I want to sit and 'veg' in front of the TV" or "...you know what excuse you use". Your brain can make up any excuse not to get up and move. BUT... You don't have to listen to your brain, you can outsmart yourself.

One way to keep yourself motivated is to sign up for your next event. I know people who pick a long range event, like some weird sort of goofy marathon challenge in January, or people who choose one small event each month to keep them going. There is so much

available, all you need to do is choose what will motivate you.

Even though the training program is over, it doesn't mean that you have to stop running or walking with a group. Club Crim, the year round training group has groups meeting at different times and places. You do not need to be a member of Club Crim to run with the groups, but you do need to be a member to use the Club Crim discounts at stores and for the monthly clinics that are hosted by Club Crim. The groups that are meeting to run and walk are listed on the next page. If you want more information about Club Crim, let me know.

Don't let the hard work and training that you did all summer go to waste. Keeping yourself motivated isn't that hard to do and the good thing is that you don't have to do it alone. It is like all those people who get help on game shows, you can find a group, phone a friend, even gets on-line motivation. I would be happy to come and help you get a group run or walk started in your area, all you have to do is call or email me and I will be there, I will also bring friends, because this is so much more fun to do together. Now stop whining and call someone. You will feel so much better, you will be healthier and you will have way more fun than working out alone.

UPCOMING EVENTS:

November 14 - Treadmill Clinic at American Home Fitness at Great Lakes Crossing

November 18 - Nutrition Clinic, more details later

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

Group Run/Walks:

Running:

Wednesday 7:00am from parking lot #16 at Oakland University

Sunday AM - long runs, various locations, contact Sue if you are interested.

Saturday's 8:00 from the Rochester Library Parking lot (beginning November 14)

Walking:

Wednesday 5:00pm from Crittenton Hospital Main Entrance on Walton Boulevard

Congratulations:

To our runners who completed the Detroit Half Marathon and Gail Vires, Mike Palmer, Melissa Park and Gina Mandas who did their very first FULL MARATHON at Detroit!!!! WAY TO GO!!

DID YOU KNOW?

Thanks to Crittenton Hospital, the Crim Fitness Foundation has an office in Rochester, on Livernois in one of their medical offices. I will be moving-in in the next week or two. It will be so nice to have a real office and not to have to work at my kitchen table. A huge thank you goes to our very own Pat Brooks and Jan Schroeder who were instrumental in making this happen. It is because of them that the Crim Fitness Foundation has an Oakland County office to plan the Brooksie Way Training Program from!!! Many Thanks.

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