

BROOKSIE BUGLE

December, 2009

*Even though it is the last month of the year, **don't stop your workout program! Keep moving during the holidays. You can lose 30% of your fitness if you stop running or walking now. Drop back to half your mileage with running or walking just 3 days a week.***

THINGS TO REMEMBER:

Winter is here, which I was quite aware of as I drove to Grand Rapids this past weekend and they had 12 inches of snow! But, we don't stop running just because of some snow. Maybe you want to think about joining a gym - did you know that the Rec Center at Oakland University now has 1 and 4 month memberships? This would be a great time to take advantage of their 4 month membership. They have an indoor track, treadmills, a great pool and more. Contact the Rec Center at 248-370-4REC (4732) for more information or <http://www.oakland.edu/campusrec/> You don't have to be a student or alumni of the college; you can join the Rec Center because you have been part of the Brooksie Way Training Groups.

Did you know that most people don't get enough Vitamin D? There is a good article in Runner's World about how much our bodies need vitamin D. One source for vitamin D is the sun and even though as runners we think that we are getting a lot of vitamin D if we run outside year round, we don't. Check with your doctor about the amount of vitamin D you may need to stay healthy this winter.

SOMETHING TO THINK ABOUT

It is that gift-giving time of the year and if you are anything like me, you wait until the last minute to do your shopping. This year consider giving the gift of fitness to your friends. We have 2010 Brooksie

Way Gift Certificates available to purchase now at a discounted price for next year. The training program will start on June 10 and be 4 weeks longer than last year. This will give us more time to build up our mileage slower and keep injuries to a minimum. We will also have a "goal" group this year. They will focus on speed work and tempo runs to get their times faster.

Gift certificates are available for \$170.00 from now until March 1. On March 2 the price goes up to \$180.00. You can purchase one for yourself (a good way to get exactly what you want this year) or one for a friend.

There are also gift certificates available for the Crim training program. If you know of people in the Flint area who would like to train for the Crim, then get them a Crim Gift Certificate.

Other good running gifts would be any type of clothing, a Garmin, an interval watch, entry into a race or running books. I know of a runner who purchased a pair of running shoes for her dad and filled the box with race applications for the coming season.

Running gifts aren't just for runners, you can encourage family and friends to get out and move by giving them the gift of the training program, a certificate for shoes, paying for a race for them, giving them Galloway's training book or even Bill Rodgers Idiots Guide to Running book.

UPCOMING EVENTS:

December 10: Crim Holiday Open House 10:00am - 7:00pm.

You can give the gift of fitness to the runners and walkers on your holiday list when you shop at the annual open house in the offices of the Crim Fitness Foundation this Thursday.

Assorted items of "Crimwear," and Brooksie merchandise, including shirts, hats, jackets, running suits and sweaters are available for cash and carry purchase at special holiday prices, along with a variety of stocking stuffers including mugs, mouse pads and water bottles.

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 8:00am from the Rochester Library Parking lot

Walking:

Wednesday 5:00pm from the Duck Pond at the Rochester Park

Rave Run:

I like the Rave Run section in Runner's World so much I thought that I would steal the idea for the Bugle. If you have a Rave Run that you LOVE, a place, race or any type of run, let me know and I will feature it right here for all of our running friends.

For the first one I am choosing any run with good friends that ends in BREAKFAST!!

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