

BROOKSIE BUGLE

February 2010

"You don't get what you wish for, you get what you work for" What are you working for this year? Have you written down your goals? Planned your events? Gotten a friend started on running or walking? Stop "wishing" and start WORKING!

THINGS TO KNOW:

Congratulations to Sue Siragusa who completed the Goofy Challenge at Disney January 9 and 10th. She ran the half marathon on Saturday and the full marathon on Sunday. 39.3 miles in two days, 4 theme parks, one AWESOME experience. She has some great stories to share.

Congratulations to Kirt Stalker who completed the Disney marathon on January 10. This was his 4th marathon and he did a great job despite temps in the 20's, YES 20 degrees, in Orlando in January.

Great job to both of them!!

SOMETHING TO THINK ABOUT:

There is still time to register for the Run for the Beads on February 13 at Gus O'Connors. Sue Siragusa is organizing this event and tells me that it is 75% full. The information and application are attached.

February 6 there is a Run for Haiti sponsored by the Flint Area Winter Running/Walking Groups and Bauman's Running and Walking Shop. 100% of the proceeds will go to the Red Cross to help relief efforts in Haiti. Their flyer is also attached.

Did you know that the Brooksie Way has a Facebook? If you are on Facebook and haven't become a fan of the Brooksie

Way, then it is time for you to join. There are motivational quotes on there and information about registration and training. Become a friend today!

Even though it is FREEZING outside, there is no reason not to run. Group runs are listed on the next page. Come out and join us. All groups are using the Galloway run/walk method. It is a great way to get a workout in and keep in contact with other runners.

The training application will be going to the printer this week!!! I am really excited to get it out EVERYWHERE. I need all of your help to grow this program. There is an early registration price available so if you know that you want to participate this year, get your registration in early and save some money. Something new this year - returning participants will receive a year's subscription to Michigan Runner and the Michigan Runner email newsletter. This is a great publication to keep up to date on local races and events and even see your friends in pictures and articles.

Don't get stuck this winter with the blues. If you keep up with your fitness routines you will be ready when the training program starts up and "race season" begins. Join a group, phone a friend, get a fitness video/DVD from the library, go to the gym, just get out and more. Your body will thank you, your family will thank you and you will feel better!

UPCOMING EVENTS:

Please see the 2 attached fliers for information about:
Help Haiti Fun Run or Walk February 6 in Flint.
Run for the Beads February 13 in Rochester

Check www.runmichigan.com for upcoming races.

Here are some upcoming races that members of the training group are planning.

March 21 - St. Patrick's Run, 8K and 5k, Bay City

March 28 - Bald Mountain 5.6 Mile run or 2.1 mile bike

April 10 - Martian Full Marathon and Half, Dearborn Heights

April 25 - Trail Full Marathon and Half, Pinckney

There are many more races in the next couple of months. Pick one, get registered and run or walk.

Group Run/Walks:

Running:

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

Saturday's 8:00am from the
Rochester Library Parking lot

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

Walking:

Saturday 8:00am from the Duck Pond
at the Rochester Park

Rave Run:



How about our very own Brooksie Way? Mark your
calendars for October 3, 2010

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.

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