



## **Brooksie Way Half Marathon Training Available**

**Runner's World magazine has called it the largest training program for a single athletic event in the country. Last year over 1,200 men and women joined the Crim Training Program to train to run or walk a race in Flint's Crim Festival of Races.**

**Starting in June, this same training program will be available in Oakland County, inviting adults at every level of fitness to prepare to run or walk the Brooksie Way Half Marathon on Sunday, October 5, 2008. The program features a unique run/walk concept designed by training expert Jeff Galloway.**

**Participants will receive weekly training sessions supervised by trained group leaders, as well as pre and post health screenings offered at Pontiac Osteopathic Hospital through program sponsor McLaren Health Care Corporation. Other benefits include injury prevention and nutrition clinics, shoe clinics and a Mizuno technical fabric shirt. Many other benefits are included in the package.**

**Application deadline is May 18<sup>th</sup> and space is limited. Join with a friend for cost savings. Downloadable applications are available at [www.thebrooksieway.com](http://www.thebrooksieway.com) or contact Dorie Barkey at [Dbarkey@crim.org](mailto:Dbarkey@crim.org) for more information.**