



January 7, 2009

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OBSESSED RUNNERS COLUMN

Yo Run Gang,

30 years ago I snuck out for a 10 mile run with a beautiful young woman; we were sneaking because her mother considered seeing the groom on the morning of the wedding bad luck. Now with 2 wonderful grown children and 30 years of wonderful memories, we continue to run long together and I believe it's possible that this magic can go on for another 30 years. The email that follows adds to my hope ... and gets me all choked up ...



"Just want you to know I had a blast at the Holiday Hustle ... since I was the only one in my age group, got a first and a beautiful ornament. I'm new at all this stuff, so thought I had to walk 5 miles, not 3.1. My running son-in law from Crown Point, Indiana told me that distance would be a piece of cake for me. He also helped calm my nerves (by phone) making sure I had the chip in the shoe correctly, etc., etc. When I called him after the race to tell him I was first, he jumped instantly to the Internet to get my times, etc, etc. I told him----"They won't have that this soon", but he was on the site before I finished my protest and there was my name: Rita Rotramel, 79 years old, FIRST! He was more excited than I was, although I was pretty excited too. He has great plans for me next year when I'm 80. I love the shirt and your fun messages. - Regards, Non wimp walker, Rita - Ho Ho Gooooooooo"

I'm reminded how events change people into athletes, at any age! Need a new challenge to rekindle the flame? Join me for a road trip to Traverse City on January 24th weekend for the Bigfoot 5 & 10K Snowshoe Race. Snowshoe running is just running, no learning curve. We'll be slow and stumble around a lot but we'll be laughing, sweating and loving it. You can even rent snowshoes, enter at www.runsnow.com. (Shameless Plug: Snowshoes will be on sale at Running Fit, Traverse City, where packet pickup is held!). I went on priceline.com and there are a ton of cheap hotels this time of year. I'll see you at the most beautiful race start setting you will ever experience, Timber Ridge Lodge!

Randy Step,

Still in love and obsessed with his wife, family and running

PRODUCT OF THE WEEK



Bigfoot 5K and 10K Snowshoe Race

January 24, 2009

The 2009 Bigfoot is a Regional Qualifier for the 2009 USSSA Snowshoe Championship for National Titles! The top 10 men and women USSSA member finishers in each age group qualify to participate in the 2009 USSSA National Championships. Held at the Timber Ridge Campground in beautiful Traverse City, MI. Go to www.runsnow.com for more information.

NEWS FROM RUNNING FIT HEADQUARTERS



Move forward in 2009!
Forward Strides to a NEW YOU!
Anything is possible!

Here is your chance to transform yourself. Train to run a full or half marathon, or just train with 501. The experts provided in the program will help you to be the best runner

you can be! Check it out at www.runningfit501.com.

Boston Bound? You've gotta sign up to run with our 501-Boston bound runners! Guys and Gals are getting ready by training with the best. Read what Coach Rob has lined up for you Boston runners at <http://www.runningfit501.com/boston.html>.

Questions? Email Coach Gina at runningfit501@runningfit.com.



RUNNING FIT ADVENTURES

Bigfoot 5K and 10K Snowshoe Race

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Super 5K

February 1, 2009. Super Bowl Sunday! Get off the couch and go for a run before you sit down to the big game and a day full of beer and chips. Register now at www.runsuperbowl.com.

Dances with Dirt Green Swamp, FL

February 7, 2009. 50 Mile Relay, 50K & 50 Mile Ultra Marathons, and Full & Half Trail Marathons. Another Running Fit extreme event held in Dade City, FL. The registration is open at www.dwdgreenswamp.com.

Shamrocks and Shenanigans

March 15, 2009. Running Fit and Conor O'Neill's present the Shamrocks & Shenanigans fundraiser for the "Save A Heart" foundation at C.S. Mott Children's Hospital. 5K Run/Walk, 2 Mile Walk and a Kid's Dash. Register online at www.runshamrocks.com.

The Martian Invasion of Races

April 4 & 5, 2009. Full & Half Marathon, Meteor 10K & 5K, and a Mini-Martian Marathon for the kids. Athletes from 30 states and several planets will compete. Out and back run on traffic free route. Visit www.martianmarathon.com for more information and to register online.

Trail Marathon Weekend

April 25 & 26, 2009. Come join us for a 5 Mile Run on Saturday and/or a full or half marathon on Sunday. The course is a 13 mile single track loop in the Michigan wilderness 30 minutes from Ann Arbor. No wimps allowed! Go to www.trailmarathon.com for more information.

Serious Series

Enter the Serious Series Challenge! Run these 3 events... Trail Full or Half Marathon or Road Ends 5 Miler, Flirt with Dirt, and The Legend to complete the Serious Series Challenge! Sign up for all 3 and get \$25 off of the total registration price. [Click here for more information.](#)

Fit 5K

April 29, 2009. Fast and flat! Fun evening event for the whole family in Novi. 5K, Fit Mile and Fit Kid's Run. 6:30pm. Visit www.runfit5k.com for more information.

Dances with Dirt Gnaw Bone, IN

May 9, 2009. 100K Relay and 50K & 50 Mile Ultra Marathons. NEW! Full and Half Marathons! Another Running Fit extreme event held at beautiful BrownCountyState Park. All the information and registration is at www.danceswithdirt.com.

Flirt with Dirt

June 13, 2009. Wilderness 5K and 10K runs so you can get a breath of fresh air in the land of malls and mansions. Go to www.runflirt.com for more information.

The Legend

August 1, 2009. 5 and 10 miles through beautiful Sleepy Hollow State Park in Lansing, MI. The run circles Lake Ovid on a scenic rolling trail. The website is www.runlegend.com.

Dances with Dirt - Hell

September 12, 2009. Another Running Fit extreme event held at Pinckney State Park in Hell, MI. 100K Relay and 50K & 50 Mile Ultra Marathons. Online registration for Ultra events is now open! Visit www.danceswithdirt.com for more information!

ARE YOU INJURED? HELP IS HERE!

Whether you're training for a fall marathon or just enjoying the great outdoors, don't be sidelined by a nagging injury or chronic pain. **HELP IS HERE! Come to a FREE Runner's clinic the first and third Thursday of every month from 6-8PM!**

We offer one-on-one time with a highly trained physical therapist that will provide a FREE injury evaluation, gait evaluation, and assist you with any other questions/concerns you may have! Running Fit is on hand to answer any, and all, of your shoe, gear, and training related questions! Not a runner or have an injury from another sport? We can help you too!

Running Fit and Probility Physical Therapy have teamed up to bring you this great clinic.

It's held at Probility's State Street clinic located at 2058 S. State St., Ste.500 (across from Produce Station). Our goal is to keep you on the roads this summer (and always!) running strong and healthy.

OTHER INFORMATION

Group Runs:

We can't stress the value of finding a group to run with to keep you consistent; it's another great crutch and a support group. To know that you're not the only one on the planet going through this training will be assuring. Come out to one of the weekly Running Fit store runs. To view times and locations [click here!](#)

Visit Running Fit today:

We have stores in Ann Arbor, Northville, Novi, Traverse City, and West Bloomfield. For address and telephone numbers, [click here!](#)

Sponsor A Running Fit Event or Program in 2009!

If your company is interested in sponsoring one of Running Fit's awesome events in 2009 please contact andrea@runningfit.com. We have many levels of sponsorship. It's a great way to get your company a lot of high profile attention with the best customers in the universe! Running Fit also offers sponsorship opportunities for our ongoing programs - Run Fit Kids, Diva Darling (women's running program), Triathlon Program, Training classes and more! Contact andrea@runningfit.com for sponsor packets and more information!

SPONSORS

