



September 10, 2008

www.runningfit.com / www.half2run.com

OBSESSED RUNNERS COLUMN

Yo Run Gang,

Ah, the good old hunter and gatherer days, today's life is busy, complex and stressful. The daily run seems to shed off the mental load as the miles add up. The head clears from 1,000 thoughts at once down to a singularly clear mission of movement. What would we do without running, this simple, physical and psychological gift?



Yesterday while listening to some tunes I thought up a design for the back of the shirts we offer to the Big House Big Heart Obsessed runner's team. The art will say, "Obsessed Runner! Said I ought to go to REHAB, I said, NO, NO, NO!" I'll post the art on the website when it's ready.

Please join me on Sunday, September 28 at for this amazing run that finishes on the 50 yard line of the University of Michigan stadium and is for a great cause. Enter at www.bighousebigheart.com. No additional charge to join my Obsessed Runner's team, just click on "Make it a 10K, or More". There is a charge if you order the obsessed shirt. Join me and make it the worlds longest 5K by running a loop of the course in advance and making it a 10K or running a 7 mile course with mile marks and aid, then running the 5K course in advance, then running the 5K, making it a half marathon! We have someone running it all twice for a full marathon if you want to join her! Yikes!

Get obsessed, stay obsessed,
Randy Step, an obsessed runner who is NOT going to rehab!

PRODUCT OF THE WEEK



[Vasa Head Trail Run!](#)

October 11, 2008. Join us for a beautiful 5K, 10K and 25K run through the Vasa Head Trail in Northern Michigan. The Vasa trail is a nice wide, beautiful trail with all the beauty northern Michigan has to offer. Soon to be your favorite trail to run! This premier cross-country trail offers those of all abilities the opportunity to experience the ultimate in grooming technology amongst towering white pines and through the pristine serenity of the Pere' Marquette State forest of Northern Michigan.

For more information and to register visit www.runvasa.com.

NEWS FROM RUNNING FIT WEST BLOOMFIELD

This Wednesday, September 10, 2008, there will be the usual Group Run from the West Bloomfield Running Fit Store at 6:30pm. Afterwards, starting at 7:30pm, there will be a talk given to any and all that would like to attend. Richard Bernstein will be the guest speaker for the evening. He is a lawyer, advocate for the disabled, marathon runner and most recently, a full triathlete. Being blind since birth has not stopped Richard from setting and accomplishing tough goals for himself. He is an avid runner that loves to discuss his training methods as well as his experiences while running full marathons.

The entire Running Fit Group is invited to take part in this Wednesday's 7:30pm session with Richard.

Hope to see a large crowd for this one!
Robin McMahon (Store Manager)

Questions? Call the West Bloomfield store at 248-626-5451 or email Robin at robin@runningfit.com.

RUNNING FIT ADVENTURES

Big House Big Heart Charity Run

Expo: September 27, 2008, Race: September 28, 2008. 5K race runs through downtown Ann Arbor and finishes on the 50 yard line of U of M Stadium. Benefits ALS Research center, Mott Children's Hospital and Ann Arbor local charities. Visit the website at www.bighousebigheart.com for more information.

Fall 20 Mile Training Run

September 27, 2008. Westland, MI. Run up to 20 miles on traffic free roads with aid stations every 2 miles. We are very proud to say that our training run finish line is sponsored by The Leukemia & Lymphoma Society's Team In Training program. They are celebrating 20 years of helping individuals reach their marathon goals while helping to find a cure for blood cancers. Find out more about the largest marathon training program in the world at <http://www.teamintraining.org/mi>. Contact Tami with questions at tami.duquette@lls.org. [Click here for need more information and to register online.](#)

Run Vasa

October 11, 2008. Traverse City, MI. 5K, 10K and 25K run on the beautiful Vasa Head Trail in northern Michigan. Run through towering white pines while helping to maintain the Vasa trail! All the information is available at www.runvasa.com.

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.

EVENT SPONSORS



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!](#)

Running Fit Sponsorship Opportunities:

Does your company want to sponsor some cool Running Fit events? We have lots of options and benefits! Contact Andrea at andrea@runningfit.com.