



# The Fit

Running Fit's Midweek Newsletter  
April 4, 2007

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## Notes From an Obsessed Runner

The spring racing and marathon season is in full bloom and I'm as excited as, as ... a twitterpated spring rabbit, ready to run! It started on Sunday as Planet Earth was rocked by the "Martian Invasion of Races" on a perfect race morning. Ideal run temp, no wind and a great course. The first long race of the season and more to come!

April 28-29 weekend is about time for the first budding leaves and ... The Running Fit Trail Marathon, Half Marathon and Road Ends 5 Mile Trail run. A romp in the woods with a thousand of my friends ... and NO WIMPS! If you have never experienced this granddaddy of trail races, come join us for what will become your favorite spring ritual. Need a new goal? Run any of the trail weekend events and you are automatically entered into the Serious Series. Follow this run up with the Flirt With Dirt 5 or 10K in Novi on June 9<sup>th</sup>, then the Legend 5 or 10 mile run on August 11<sup>th</sup>. Get the serious series hardware just for surviving all three! Visit [www.trailmarathon.com](http://www.trailmarathon.com), [www.runflirt.com](http://www.runflirt.com) and [www.runlegend.com](http://www.runlegend.com) for more information.

I'll see you on the roads, trails and in the Port-O-Jon lines!

Randy Step, an obsessed runner

## Product of the Week



Womens

Mens

### Crocs

Victor says "I wore these after a long run and my feet felt great"!

When it comes to after-run shoes ... Crocks Rock!

After the long run the last thing you want on your feet is your running shoes! What you want are slip on, foot massaging, breathable comfort ... Crocks! There are a lot of cheap imitations but for about thirty bucks, you can have the real deal ... and this week you can get 15% off so grab a pair and become a believer.

Oh yeah, they are so ULGY that they seem kinda cute!

- Certified and proven to reduce muscle fatigue up to 62.6% more than standing barefoot.
- Portholes offer breathing room.
- Odor and bacteria resistant.
- Circulation nubs on the insole stimulate blood flow.
- Shock absorbing sole take the weight off of your feet, lower legs, knees, hips and lower back.

Regularly priced at \$29.99. 15% off until April 11, 2007!

Due to the many sizes and colors, this item is not available on-line. Visit your favorite Running Fit store today!

## Our Favorite Shoes

Alissa Hubbarth from West Bloomfield loves to rock the Brooks Ariel. Though Alissa does admit to liking the Little Mermaid, she loves the shoe for many more reasons. It is extremely light, has a great fit and has antibacterial material inside. Best of all, the motion control shoes keep you so straight. They can help with even the worst of IT Band problems.

## News from Running Fit Novi

### Spring Marathon Massage Clinic

Novi Running Fit is hosting a massage clinic just in time for your spring marathon. Sick of those achy muscles and dull pains? We can show you how to work those out, with free demonstrations and expert advice from a specialist in Sports Massage. Don't run marathons, but still want free massage advice? That's fine-- you can join us on April 10 at 6:30pm for this great event. There is no cost, but please do RSVP the Novi store at 248-347-4949 so we know how many to expect. Join us for a night of relaxation!

## News from Running Fit Headquarters



**Joan C. Banfield Run: April 22, 2007.** Hudson Mills Metro Park. Running Fit is sponsoring the Joan C. Banfield Run to raise money to support female athletics in the Dexter Community. Events include a 4 mile run and 1 mile kids run. Visit [www.jcbfoundation.org](http://www.jcbfoundation.org) for more information. [Click here](#) to read an interview with the race director, Bob Jazwinski.

### Volunteer Opportunities!

Thanks to all of our great volunteers that helped with Martian! We still need you! We need some great volunteers to help with **Road Ends 5 Mile and Trail Marathon and Half Marathon on April 28 and 29.** Anyone who volunteers for Trail Marathon on Sunday gets a free entry into Road Ends on Saturday, AND, all volunteers get a cool fleece vest. We appreciate our volunteers so much! [Click Here](#) to see what else you get! To volunteer, email [tami@runningfit.com](mailto:tami@runningfit.com) or [Click Here](#) to sign up online.

### Employment Opportunities!

Looking for fun, friendly, passionate runners and walkers to be part of the Running Fit sales Team. What a cool job, if you want to call it that. Talk to people about running, and get paid! Openings in Northville (talk to Lora 248-380-3338) and Novi (talk to Rachel 248-347-4949). Did I mention the employee discount?

## Ask the Running Fit Expert

Laura asks...I get up at 3am every morning, and start work at 4:30, I work 10 hour days in a warehouse. By the time I get home I am exhausted and running is the last thing that I want to go out and do, but it's the only thing that keeps me fit. I started drinking muscle milk at break and lunch, hoping that would help. I used to run marathons and 10ks but in the last few years haven't been able to run any race.

My question is "What else can I do to get back into running and have the energy to go out and run after a long day?"

To see our expert's answers, [click here](#).

Do you have a question for our Running Fit expert? Email [helen@runningfit.com](mailto:helen@runningfit.com) and she'll find an answer for you.

## Running Fit Adventures

### Trail Marathon Weekend

**April 28 & 29, 2007.** April 28, 5 Mile trail run. April 29, Trail Marathon and Half Marathon. A 13.1 mile single track trail loop in the Michigan wilderness 30 minutes from Ann Arbor. No wimps allowed! Registration is now open. Visit [www.trailmarathon.com](http://www.trailmarathon.com) to signup.

### Fit 5K

**May 2, 2007.** 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](http://www.runfit5k.com) for more information.

### Running Fit 20 Mile Training Run

**May 6, 2007.** Traverse City, MI. 3 weeks before the popular Bayshore Marathon. Expect aid every 2 miles (water, sports drink and GU), accurate mile marks, and food & fun at the finish. Sign up at [http://www.runningfit.com/reg\\_20mile\\_2007.cfm](http://www.runningfit.com/reg_20mile_2007.cfm).

### **Dances with Dirt – Indiana**

**May 12, 2007.** Another Running Fit extreme event held at beautiful Brown County State Park in Graw Bone, Indiana. 100K Relay and 50K & 50 Mile Ultra Marathons. Visit [www.danceswithdirt.com](http://www.danceswithdirt.com) for all the dirt!

### **Flirt with Dirt**

**June 9, 2007.** A wilderness run to get a breath of fresh air in the land of malls and mansions. Go to [www.runflirt.com](http://www.runflirt.com) for more information.

## **Event Sponsors**



## **Other Information**

### **Group Runs**

I 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!](#)

Don't reply to this email because we won't answer you! If you have any questions, email [events@runningfit.com](mailto:events@runningfit.com).

### **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](mailto:andrea@runningfit.com).