



April 30, 2008

www.runningfit.com / www.half2run.com

OBSESSED RUNNERS COLUMN

Yo run gang,

OK, I'm an obsessed runner but have alluded to the fact that I'm a closet triathlete. Today, I've decided to let you peek in the closet.

In my past writings I've talked about having a diversified aerobic activities portfolio, this diversification will keep you sane when your body decides to take some time off in one discipline ... let's say that plantar fasciitis does not allow you to run today. Rather than experiencing a suicidal feeling, not unlike what happens when the market crashes, you head to the pool or get down the bike, let the endorphins roll and these sports suddenly turn to gold! By entering a multi sport event from time to time, you will enhance your personal perceived value of the other sport disciplines, so that even if you are obsessed in one, you can still be fulfilled by another. A bit more peeking in my closet and you find that this obsessed runner (And my wife Kathy) have competed twice at the Ironman World Triathlon Championship in Kona ... as I've said, everything to excess!



That said; it's also fun to dabble in the multi-sport brands when it comes to shopping for toys! Running Fit has good stock in tri shorts, suits and tops by brands such as 2XU, Zoot, Sugoi and Pearl Izumi. As an obsessed runner, I'm so comfortable with brands like Asics, Brooks, New Balance and Nike, it's almost a feeling like ... getting a tattoo, when I put on a top and shorts by a company like ... Zoot!

Need a first time tri to train for? How about the T-Rex Tri, 6:30 PM Wednesday evening August 13, 2008. A .5 mile swim, 12.4 mile bike and 3.1 mile run. Enter at any Running Fit and you get the very cool T-Rex race T-shirt when you enter! I love immediate gratification! You can also register online at our website, www.runtrextri.com.

Once in a while we can't help but blow our own horn ... I just went over the Running Fit donation figures for 2007 and must admit, it gave me a wonderful chill. The 2007 total of in-kind and cash donations from Running Fit to various charities, local races, schools and running teams came to \$68,000. Yikes!

Get out and swim, bike, run, run, run, run!

Randy Step

Head Goat and Obsessed Runner, now out of the closet.

PRODUCT OF THE WEEK



Diva Darling Nights at Running Fit!

Come for a run at 6 PM and Party until 9 PM!

This "Women's Only" party includes wine, cheese, hors d'oeuvres and music! Bra fitting seminar and InSport Apparel seminar. 15% off all shoes! 20% off all apparel! 10 Minute free massages from Probiility Physical Therapy.

May 7 - Northville, 17783 Haggerty Rd.
 May 14 - Ann Arbor West, 42 Enterprise Dr.
 May 21 - Novi, 26140 Ingersol Blvd.

June 2 - W. Bloomfield, 6919 Orchard Lake Rd.

Come see all new DIVA DARLING clothing! Lots of Door Prizes! RSVP to andrea@runningfit.com

For more information visit www.rundivadarling.com

HELP WANTED AT RUNNING FIT

Running Fit is seeking coaches for the Running Fit 501 training program.

Every runner has different running and racing goals. Running Fit 501 has helped over 1500 runners (be they "fit" or "not-so-fit") in the past five years reach the finish line of a half marathon or marathon. These goals are accomplished through group training, individual coaching, multiple seminars, and daily mentoring.

This great half and full marathon training program is currently seeking a Head Coach for our W. Bloomfield and our Northville locations. These are paid positions with additional benefits. The qualified person should be:

- An experienced half or full marathoner (experienced, not necessarily fast)
- Have experience in leadership, teaching, or coaching
- Desire to help others achieve their goals
- Have some computer knowledge
- Access to or own a digital camera
- Be available for one mid-week run and most Saturday long runs
- Good people skills (a good sense of humor is very helpful)

We are also seeking Assistant Coaches for W. Bloomfield and Northville. This is a volunteer position. The ideal assistant coach would be:

- A finisher of a full or half marathon
- Preferably someone who has participated in Running Fit 501 before

If you're interested in becoming a head coach or assistant coach for Running Fit 501, contact the Program Director: Coach Gina at runningfit501@runningfit.com.

Running Fit is looking for Runners seeking a weekend job.

Running Fit Ann Arbor West has a part-time retail position on the weekends. What a great job! Talk about running all day and get paid for it! Don't forget the employee discount! If you're interested, contact ian@runningfit.com.

RUNNING FIT TRIATHLON CLINIC

Running Fit Triathlon 101 Clinic

Thursday, May 8, 2008 - 6:30 PM at Running Fit Novi - Come and join two Ironman

triathletes from Ford Athletic Swim and Triathlon Club for this informative clinic for beginners. Fee: \$5, 10% Off triathlon gear! Contact tris@swimfasttrifast.com if you have any questions.

RACES WE LIKE

Burns Park Run

May 4, 2008. Kids and runners MAKING A DIFFERENCE! 5K, 10K and fun run starting at 10:00. Winding through a beautiful old Ann Arbor neighborhood near the University of Michigan campus. Organized by volunteers as a fundraiser for Burns Park Elementary School. For more information visit the website at www.burnsparkrun.org.

RUNNING FIT ADVENTURES

Fit 5K

April 30, 2008. Fast and flat! 100% of the proceeds benefit the Leukemia & Lymphoma Society. 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.

Running Fit 20 Mile Training Run

May 4, 2008. 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. [Click here for more information.](#)

Dances with Dirt Gnaw Bone, IN

May 10, 2008. 100K Relay and 50K & 50 Mile Ultra Marathons. Another Running Fit extreme event held at beautiful BrownCountyState Park. All the information and registration is at www.danceswithdirt.com.

Red Carpet Run

June 7, 2008. A race for young people only (age 30 and under) to encourage youth to "Get out and run". The Novi Town Center will be the backdrop for this glitzy course. Flat, fast and fun, a total of 3.1 miles of rockin' music, freebies, and the magic of Hollywood! Visit www.redcarpetrun.com for more information.

Red Carpet Kids

June 7, 2008. A fun 1 Mile run and Kids Dash for the very young crowd. Recommended for kids age 11 and under. Come dressed up as your favorite prince or princess and run on a real red carpet! Located in the Novi Town Center. Go to www.redcarpetrun.com/kids.

Flirt with Dirt

June 14, 2008. 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 2, 2008. 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.

T-Rex Tri

August 13, 2008. Need a first time tri to train for? How about the T-Rex Tri? A .5 mile swim, 12.4 mile bike and 3.1 mile run. 6:30pm at the beautiful Island Lake Recreation Area in Brighton. Visit the website at www.runtrexttri.com.

Dances with Dirt - Hell

September 6, 2008. Another Running Fit extreme event held at Pinckney State Park, Hell, MI. 100K Relay and 50K & 50 Mile Ultra Marathons. Visit www.danceswithdirt.com for more information! Team slots are full for this year, but you can get guaranteed

entry into next year's race by volunteering for this year's race. If you can help out, email dirtdiva@runningfit.com.

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.

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.

[Forward email](#)