



May 5, 2010

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## OBSESSED RUNNERS COLUMN



Yo run gang,

As an obsessed runner, my goal is to run for a lifetime. For that to happen, I believe the body needs core strength, recovery and seasonal changes in training, dang, don't you just hate that? Like so many things in life, the sacrifices needed to accomplish long term goals are worth it.

My system the last few years is to become a triathlete for summer, training starts after my spring marathon and goes through August, then back to fall marathon training! Well, Boston is over and I'm at it. I find the convenience of jumping in a lake to get in my swim beats going to a pool, besides, the open water experience helps in the event. The water temp is only 60 or so now but with the right stuff, the temp matters little. (Do you feel a shameless plug coming on?) My Zoot Fusion full wetsuit fits and works great. We tested several and it's one we stock at Running Fit, \$300 makes it a reasonably priced. I wear an insulated swim cap, swim gloves and swim socks made by "Blue Seventy", I also like their open water swim goggles. Swim accessories are at our 5700 Jackson Rd. store in Ann Arbor, in Novi, and online at [runningfit.com](http://runningfit.com). Did I mention my swim snorkel?

Swim, Bike, **RUN!**

Randy Step, an obsessed runner, who is having fun playing with his new multisport toys!

## PRODUCT OF THE WEEK



### **K-Swiss shoes for the Triathlete**

Pictured is the K-Swiss K-Ona S: Ultra-light (9oz) and stable running shoe perfect for fast days, races and triathlons.

Purchase any K-Swiss shoes through Sunday May 9 and



receive a free pair of socks.

## [Running Fit's K-Swiss Shoes](#)

## NEWS FROM RUNNING FIT HEADQUARTERS



### **Tri Classes:**

Classes are led by a USAT certified coach and experienced Ironman triathletes. There will be 7 classes beginning at 6:00 PM on May 27th at Island Lake State Park in Brighton. A sticker or one day pass is required. Cost for all sessions will be \$75 and includes:

- Tech Shirt
- Special discounts at Running Fit
- Hammer Nutrition products, Gatorade and GU to use during the sessions
- Special prizes
- Discount off the race entry into any Running Fit triathlon

For dates, times and registration information for both the Tri Clinic and Tri Class, [click here](#).

## RUNNING FIT SUPPORTS "Girls on the Run", JOIN US!

**Girls on the Run of Southeastern Michigan (GOTRSEMI)** is a non-profit program that is run by the power and dedication of volunteers. The mission is to educate and prepare girls for a lifetime of self respect and healthy living. The 10 week experiential learning program address all aspects of girls' development - their physical, emotional, mental, social and spiritual well-being. The program culminates with a non-competitive, celebration 5k (3.1 miles) event. More than 2,000 runners will participate in the event this spring. **GOTRSEMI needs your help to make it a great success!**

The event is on Sunday, May 23 on St. Joseph Mercy Hospital's campus in Ypsilanti, MI. We need help with everything from setting up, handing out water, being a course marshal, and registering participants. For more information and to sign up to volunteer (and get a free t-shirt!), contact Ashley Guidroz at [amguidroz@gmail.com](mailto:amguidroz@gmail.com).

## RUNNING FIT ADVENTURES

### **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.](#)

### **Dances with Dirt Gnaw Bone, IN**

**May 15, 2010.** 100K Relay and 50K & 50 Mile Ultra Marathons. NEW Full and Half Marathon! Another Running Fit extreme event held at beautiful BrownCountyState

Park. All the information and registration is at [www.danceswithdirt.com](http://www.danceswithdirt.com).

### **Flirt with Dirt**

**June 12, 2010.** 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](http://www.runflirt.com) for more information.

### **Dances with Dirt Devil's Lake, WI**

**July 10, 2010.** 100K five-person relay teams and 50 mile & 50K individual ultra races, Full and Half Marathons through woods, rocks, brush, streams, swamps and lots of dirt. [www.danceswithdirt.com](http://www.danceswithdirt.com).

### **Tri Series**

**June 23, 2010 - Triceratops Tri, July 21, 2010 - Pterodactyl Tri, August 18, 2010 - T-Rex Tri.** 6:30pm at Island Lake Rec. Area in Brighton. Half mile swim, 12.4 mile bike ride and 3.1 mile run. Perfect for beginners and advanced alike. [www.runtrexttri.com](http://www.runtrexttri.com)

### **The Legend**

**July 31, 2010.** 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](http://www.runlegend.com).

### **Dances with Dirt - Hell**

**September 11, 2010.** 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](http://www.danceswithdirt.com) for more information!

ARE YOU INJURED? HELP IS HERE!

### **FREE RUNNER'S CLINIC WITH PROBILITY PHYSICAL THERAPY**

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! Probility Physical Therapy offers a FREE Runner's clinic the first and third Thursday of every month from 6-8PM.

You will receive one-on-one time with a highly trained physical therapist who will provide you with a FREE injury evaluation, gait evaluation, and assist you with any other questions/concerns you may have!

It's held at Probility Physical Therapy's newly remodeled State Street Clinic located at 2058 S. State St on the 2nd Floor. For directions and a map of the location, visit [www.probilitypt.com](http://www.probilitypt.com)

Our goal is to keep you on the roads this year running strong and healthy!

### **We are teaming up with Plymouth Physical Therapy to offer some injury clinics!**

Every 2nd Wednesday of the month athletes can meet with Sean from Plymouth Physical Therapy in Wixom at the Running Fit Novi Store. He will evaluate people in 20 minute time slots for free. Please sign up for time slots by calling the Novi store. The time slots go from 4:00 pm to 7:00 pm. Remember, you have to RSVP by calling the [Running Fit store in NOVI](#) at 248-347-4949.

## 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!](#)

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