



July 1, 2009

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OBSESSED RUNNERS COLUMN

Yo Run Gang,

It's the 40th anniversary of Woodstock Music Festival and I'm celebrating by putting on "Run Woodstock", 3 days of peace, love and RUNNING! Many saw Woodstock as a self indulgent festival of irresponsibility and the same gang might see Run Woodstock in same light. The truth is, they are correct! The goal of Run Woodstock will be to leave responsibility and perhaps reality behind for a couple days to do a bit of communal running and mellowing out. The deeper truth is that this type of experience may be necessary for us, perhaps helping avoid depression, suicide, heart attack or stroke due to the stress of a so called responsible life. You may say I'm a dreamer, but I'm not the only one ... Join us in September, check out www.runwoodstock.com.



The following quote by the late Dr. George Sheehan, runner and philosopher, sheds light on running and why ... Run Woodstock.

"We run long to learn our inner most self. In the long run we get down to bedrock. We find courage and strength we never knew we possessed. We give witness to a person we have never been before.

The run is like religion and play. It resembles art and music, it fills an area of life that is of tremendous importance but has no practical value. And like those other similar activities, running is among our most important functions. It helps us discover and form the self, we find where we are and where we are going. We learn who we are and who we might be. The long run is a place of self discovery."

Far out man,
Randy Step, an obsessed runner, high on mileage



PRODUCT OF THE WEEK



Running 101!

Beginning Runners and Walkers sign up for the five-week, five-session Running 101 class. This group run combination is designed to give beginning runners the information and motivation needed to turn running into a life-long passion.

All Classes Start with a group run and are followed with a clinic that usually lasts 30 min - 45 min. - Class Fee: \$39

Class Fee Includes:

- New Balance Tech Running Shirt (\$25 Value)
- Free entry into a Running Fit event
- Training Guide/Manual
- Group Runs each week (priceless)

Running 101 - Class Dates & Location: All classes meet at 6:30PM

Ann Arbor Downtown: Thursdays - Start Date 7/2/09

Novi: Thursdays - Start Date 7/2/09

Northville: Wednesdays - Start Date 7/1/09

West Bloomfield: Wednesdays - Start Date 6/29/09

Enter early, class size is limited! [Click here to register online!](#)

NEWS FROM RUNNING FIT HEADQUARTERS

Cross Country Nights @ Running Fit

Cross Country Runners...you are invited to a special party just for you!

Great deals on shoes, apparel and lots more. Bring your family, friends and team to any or all of Running Fit's Cross Country Nights 4pm-9pm.

West Bloomfield - August 17th

Northville - August 19th

Novi - August 25th

Ann Arbor - August 27th

Go to www.runningfit.com and click on "The Extra Mile" and check out "Workout Wednesdays" that offer training venues to optimize your racing performances this fall. While you're there, check out the Sauk Valley Running Camp being held July 12-16, 2009 in Brooklyn, MI by Jazz Running.

NEWS FROM RUNNING FIT TRAVERSE CITY

Running Fit, in conjunction with the Traverse City Track Club, is hosting a preview training run of the new course for the Cherry Festival 15k Run. This will be a low key run. The run will meet on College Drive Close to the High School track at 7:00 pm on Thursday July 2.

Call 231.933.9242 with any questions.

RUNNING FIT ADVENTURES

Tri Series

June 24, 2009 - Triceratops Tri, July 22, 2009 - Pterodactyl Tri, August 19, 2009 - 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

Dances with Dirt - Devil's Lake

July 11, 2009. Another Running Fit extreme event held this time in Baraboo, Wisconsin. 50 Mile Relay, 50K & 50 Mile Ultra Marathons, Full and Half Marathon. Visit www.danceswithdirt.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!

Run Woodstock

September 25, 26, & 27. A weekend of Running, Peace, Running, Love and Running ... and nothing but Peace, Love and Running! All events all take place on silent single track through Michigan wilderness. 5 Mile, 10K, Full & Half Marathon, 50K, 50 Mile and 100 Mile events offered. Visit the website at www.runwoodstock.com

Big House Big Heart Charity Run

Expo: October 3, 2009, Race: October 4, 2009. 5K, 10K and 1 mile fun run race through downtown Ann Arbor and finish on the 50 yard line of U of M Stadium. Benefits ALS Research center, Mott Children's Hospital, U of M Cardiovascular Center and other 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.

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

