



September 3, 2008

www.runningfit.com / www.half2run.com

OBSESSED RUNNERS COLUMN

Yo Run Gang,

My pet peeve ... seeing a runner running on a main drag, running with and not against traffic ... "Hey, you're giving running a bad name!"

By not living a sedentary life we avoid some health risks but take on others. Sure, the obvious risks like getting hit by a car while out on a run but the hidden risks associated with breathing and exchanging more air in our lungs and sweating and burning more calories, requiring more fluid and food put through the system. Running along a main thoroughfare and breathing in that swirling dust cloud filled with unburnt hydrocarbons and what ever else is blowing around makes me think of our lungs like a Fram oil filter trapping the dirt. Not a healthy thought, get me to a trail or side street at least!

As for fluids, I'm sure that today, drinking close to a gallon of tap water each day adds additional risk, runners need clean water and healthy food ... lots of it!

Perhaps this is a good time for a shameless plug for our event water sponsor, Absopure, the water for runners. For the athlete, water delivery makes good sense. I just learned Absopure also has one of the largest plastic recycling operations in the world right here in Dundee, Michigan and that they will home deliver cases of plastic bottles, picking up your old plastic at the same time, cool eh? We will be serving Absopure at Dances With Dirt and Big House Big Heart and Absopure will be taking the empty plastic bottles to recycle them. Call 1-800-4-ABSOPURE for home or office delivery ... and thanks for putting up with my shameless plug, whew.

Run healthy,

Randy Step, an obsessed runner who obsesses on the run!



PRODUCT OF THE WEEK



Penuin Sport Gel Cleaner!

You're going to need this stuff after traipsing around in the woods all day on Saturday at Dances with Dirt. This Gel has concentrated cleaners that penetrate fabric surfaces. It



cleans and deodorizes and is great for footwear, fabric hats and sports gear.

Retails for \$4.99. Available at most Running Fit stores and [online by clicking here.](#)

NEWS FROM RUNNING FIT HEADQUARTERS

Volunteers Needed For Dances with Dirt - Sept. 6, 2008!

Haven't yet volunteered for Dances with Dirt? Why don't you? We could really use your help! Did you know that volunteering for this years DWD is the only way to gain entrance for your team into next years event? Running Fit volunteers also receive free entry into any Running Fit event and an invitation to the annual "Dash and Burn Soiree". If you can volunteer, [Click Here to use our online volunteer registration form.](#) If you have any questions, email dirtdiva@runningfit.com.

Volunteers needed for the Big House Big Heart Charity Run

September 27 (expo) and 28 (race), 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. We'd love to have you help us out at this event! [Click here to register to volunteer online.](#)

RUNNING FIT ADVENTURES

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.

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.