



October 1, 2008

www.runningfit.com / www.half2run.com

OBSESSED RUNNERS COLUMN

Many of you are new to this weekly email because you participated in the Big House Big Heart this past weekend, congratulations and thank you! The goal of this email is to help motivate you out the door and to let you know what is going on in the local fitness community. You can opt out of this list at any time by clicking on the **'Safe Unsubscribe'** link found at the bottom of this email. We'd love for you to give us a try for a few weeks first!



Yo Run Gang,

Fall, time to reap the benefits of the year's training and crank in a fall race ... unless you are like me, coming off a summer drought (sidelined by injury). Luckily, I got in a late crop that seems to be coming in nicely (healed and back training!), no personal records this fall, no hay in the barn, but I'm hungry for next year, and that's a good thing!

As I've said in the past, the market might crash or soar but getting out the door for the day's miles is one of the rocks you can steady this life on, a recession proof passion. In the lean years, we might not be able to afford to fly to Hawaii to run the marathon but we can lace em' up and head out the door for head clearing trip to nirvana, with no \$4 per gallon gas needed. A simple sport worth so much more than the sum of its parts, the ultimate investment.

Run with the bulls,
Randy Step, an obsessed runner

"... at 57, I had decided to become an athlete. Putting the intensity and involvement that I once felt for the life of a physician into the life of the distance runner ... My fitness program was never a fitness program. It was a campaign, a revolution, a conversion. I was determined to find myself. And, in the process, found my body and the soul that went with it." - Dr. George Sheehan (This Obsessed Runner's favorite philosopher)

PRODUCT OF THE WEEK



[Orthaheel Sport Sandals!](#)

Podiatrist-designed Orthaheel Sport Slides help relieve foot



and lower body pain! The supportive, motion controlling footbed realigns your stride.

The orthotic footbed realigns your foot and ankle to a natural position while the EVA midsole absorbs shock, reducing stress on your feet. The flexible rubber outsole provides extra grip, keeping you steady as you walk.

The Orthoheel Sport Velcro sandal retails for \$54.99 and the Orthoheel Wave sandal retails for \$49.99. They are both available at our metro Detroit area stores and [online by clicking here.](#)

RUNNING FIT ADVENTURES

[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.

[Holiday Hustle](#)

December 13, 2008. 5K and 1 Mile Fun Run in downtown Dexter at 4:00 PM, just before the "Home for the Holidays" parade. A charity event, \$5 of your entry fee will go to the Dexter Chamber of Commerce. The Chamber will distribute the money to local charities. Bring canned or non perishable food items for the needy and get a raffle ticket for each item! Get more information and register online at www.runholiday5k.com.

[The Martian Invasion of Races](#)

April 4 & 5, 2009. Full & Half Marathon, Meteor 10K & 5K, and a Mini-Martian Marathon for the kids. Athletes from 30 states and several planets will compete. Out and back run on traffic free route. Visit www.martianmarathon.com for more information and to register online.

[Dances with Dirt Gnaw Bone, IN](#)

May 9, 2009. 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.

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.

SPONSORS



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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.