



THE FIT

Running Fit's Midweek Runmail

November 21, 2007

www.runningfit.com / www.half2run.com

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Notes From an Obsessed Runner

Yo run gang,

This is the week we trot with turkeys, what I consider the end of the running race season. Sure there might be a couple frozen foot or snowflake runs ahead but as far as setting personal bests and all that, winter is time for non serious running, a break that will last until that Irish holiday race. Not a season to stop running, heck, I put in some of my highest mile weeks in winter; I'm talking a break from time goals and racing.

This is the time to assess your past running year and to plan the future. Perhaps you ran your first 5K, 10K or 10 miler this year and have bigger aspirations such as faster times or a longer race. To commit to lining up for a half marathon, full marathon or setting a personal best at some distance will take long term planning, planning you should start now. To make it happen, pick the date and pick the race. Knowing you have committed to an event will help get you out the door on cold winter mornings. Committed? Yes, I mean you should sign up now. Yikes! The Martian Marathon, Half Marathon and 10K come the first week of April! (www.martianmarathon.com) Only those diehards that give some thought to it now will be ready that early, many of us will need at least Memorial Day, perhaps to run in Traverse City at the Bayshore Marathon, Half Marathon or 10K.

Another way to keep on track is to join group training for spring events. The Running Fit 501 Half Marathon & Marathon Training groups start up in January. There is nothing better than to have a support group for your cause. Check out 501 at www.runningfit501.com.

Get out the door, get consistent and get planning,

Randy Step

Head Goat and Obsessed Runner

For more "Run Reading", click here... [Running Longer](#)

Holiday Specials! Friday - Sunday after Thanksgiving at all Running Fit locations!

Running Fit will be closing their doors All Day Thursday to slash prices on old inventory.

(or maybe to watch the Lions & eat some turkey!)



**Super Deals on discontinued or soon to be discontinued Running Shoes.
Save 20 to 50% on many 2006 models.**

Check Out these super clearance, liquidation, everything must go, where's my toupee specials:

Asics GT 2120
New Balance 857
Brooks Vantage
Pearl Izumi Seek
Nike Pegasus

Asics Evolution
New Balance 1010
Nike Structure Triax 9
Mizuno Alchemy
Adidas Supernova

Brooks Trance 6
Pearl Izumi Float
Nike Zoom Elite
Mizuno Creation
Adidas Adistar Cushion



Reebok Trinity KFS

Saucony Omni 5

Saucony Resolve

And Many More!

PAY NOTHING! NOT ONE DIME!

Until November 23, 24, or 25, 2007 or when you get to the register.

Steve and Randy are gone for the Holiday and the staff is clearing the racks for the 2008 models!!!

Closeout "Red Tag" Apparel Sale

Buy one item get 20% off, two items get 30% off, and three or more get 50% OFF

All Short Sleeve Shirts and Singlets

All Sleeveless Tees and Tanks

Selected Running Shorts

Women's Select Bra Tops

Miscellaneous Apparel

November 23, 24, and 25, 2007 Only!

Product of the Week



Ice Up!

No more frozen Dixie cups of water or freezing your hands while icing your leg.

Ice Up is a re-useable ice "push up" (think deodorant stick) that does not chill your hand and stores in an insulated cooler. Great for taking with you in a gym bag for after a race or trail run. Ice Up will stay frozen for up to twelve hours so go ahead and enter that 50 miler or sign up for [Running Fit's 50/50 Ultra Training Class!](#)

Ice Up is available at all Running Fit locations.

What's your favorite running gear? Email helen@runningfit.com and I'll highlight your favorites as the "Product of the Week"!

Races We Like

MOTT Trot for Toys 5K

December 1, 2007. Running Fit is proud to sponsor this event that benefits the Pediatric Oncology Unit at the U of M C.S. Mott Children's Hospital. Run or walk throughout the neighborhoods of Livonia. The run starts at 4pm and is followed by a holiday party with refreshments, prizes and more! [Click here for a downloadable entry form.](#)

Ask The Running Fit Expert

John asks..." Any advice for stretching and loosening up a tight muscle deep in the buttock, possibly the piriformis? I've tried some standard stretches, a massage ball on the floor and against a wall, and some water massage without significant relief. It's becoming a figurative pain in the --- as well. Thanks very much and God bless all the runners."

To see our expert's answer, [click here](#). If you have a question for the experts at Running Fit, email helen@runningfit.com.

Running Fit Adventures

Healthy Start Festival of Miles

January 12, 2007. Hey! Wouldn't you LOVE to train INSIDE in the winter? Then this is the event for you! This collection of events encourages beginners and veterans alike to get out and start the New Year right through fitness and healthy living. Held inside at U of M Track Stadium. A health fair will be held in conjunction with the event. Events include a continuous walk/run, kid's events, and more! Visit our website at www.runhealthystart.com.

Bigfoot 5K and 10K Snowshoe Race

January 26, 2008. The 2008 Bigfoot is a Regional Qualifier for the 2008 USSSA Snowshoe Championship for National Titles! The top 10 men and women USSSA member finishers in each age group qualify to participate in the 2008 USSSA National Championships. Held at the Timber Ridge Campground in beautiful Traverse City, MI. Go to www.runsnow.com for more information.

Super 5K

February 3, 2008. Super Bowl Sunday! Get off the couch and go for a run before you sit down to the big game and a day full of beer and chips. Register now at www.runsuperbowl.com.

The Martian Invasion of Races

April 5 & 6, 2008. Full & Half Marathon, Meteor 10K, 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.

Trail Marathon Weekend

April 26 & 27, 2008. Come join us for a 5 Mile Run on Saturday and/or a full or half marathon on Sunday. The course is a 13 mile single track loop in the Michigan wilderness 30 minutes from Ann Arbor. No wimps allowed! Go to www.trailmarathon.com for more information.

Dances with Dirt Gnow Bone, IN

May 10, 2008. 100K Relay and 50K & 50 Mile Ultra Marathons. Another Running Fit extreme event held at beautiful Brown County State 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, 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 Great Lakes Institute of Manual Therapy have teamed up to bring you this great clinic. It's held at Great Lakes Institute of Manual Therapy'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

I 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!](#)

Don't reply to this email because we won't answer you! If you have any questions, email events@runningfit.com.

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.