

# Run Club News

Hilliard Grand - Dublin, Ohio - August 2012



"Quit lollygagging and join us for  
the most colorful 5K you'll ever run!"  
-Color Me Rad 5K web site



## UPCOMING EVENTS

- Sunday, August 19                      9AM                      **Color Me Rad 5K** (Dublin – Tuttle Mall)  
*Doing this as a group! Email me for details if you haven't yet registered.*
- Saturday, October 13                      9AM                      **Dublin 5K** (Glacier Ridge Metro Park)

## GROUP TRAINING SCHEDULE

<u>Day</u>	<u>Meet &amp; Greet</u>	<u>Activities</u>
Wednesdays	6:30PM @ clubhouse entrance 7:10ish @ fitness center (after run)	Group Run 2-3 miles Strength Training
Saturdays	9:00 or 9:30AM @ club entrance	Group Run 3+ miles

**\*In addition to group runs, try to get in one or more runs or workouts each week \***

## PARTICIPANT RECOGNITION

- Deedra completed the COLOR RUN 5K & is participating in the PELATONIA this weekend. Good luck riding Deedra!
- Peggy is running a 5K in Michigan ~ a great practice for next weekend's Color 5K!
- Teresa announced last week she has been running for two ~ don't harass her if she is slow!



## INFORMATION & TIPS

- As summer comes to an end, set some new fitness goals for yourself. After our 5K next weekend, we'll need something new to work towards!
- Teresa is interested in meeting one night per week at the fitness center to do cardio and/or weight training. Let her know if you'd be interested and what time/night works best.

## CONTACT INFORMATION

**Teresa Gellenbeck**, Run Coach

t: 614.565.5996    [teresa.gellenbeck@gmail.com](mailto:teresa.gellenbeck@gmail.com)

**Carly Buresti**, Hilliard Grand Community Manager

t: 614.336.7800    [hg@sregroup.com](mailto:hg@sregroup.com)

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