

Run Club News

Hilliard Grand - Dublin, Ohio - July 2012



A Runner's Fitness Goals:

1) RUN 2) RUN LONGER 3) RUN FASTER 4) JUST KEEP RUNNING

UPCOMING EVENTS

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|------------------------|--------|--|
| ○ Wednesday, August 1 | 6:30PM | Pooch Night ~ Bring your furry friends on our run & we'll have treats for them at the finish! |
| ○ Sunday, August 19 | 9AM | Color Me Rad 5K (Dublin – Tuttle Mall)
<i>Doing this as a group! Email me for details if you haven't yet registered.</i> |
| ○ Sunday, August 26 | 7AM | Emerald City Half & Quarter Marathon (Dublin) |
| ○ Saturday, October 13 | 9AM | Dublin 5K (Glacier Ridge Metro Park) |

GROUP TRAINING SCHEDULE

Day	Meet & Greet	Activities
Wednesdays	6:30PM @ clubhouse entrance	Group Run 3 miles
	7:10ish @ fitness center (after run)	Strength Training
Saturdays	8:30AM @ clubhouse 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 is running the COLOR RUN 5K this weekend – best of luck Deedra! Take some colorful pictures for us ☺
- Mahvish has been on *Mission Trips* & Peggy is doing *Habitat for Humanity*. We miss you on our runs & applaud your compassion! You're probably getting FIT doing all that work!
- Megan completed her SCUBA certification and is enjoying a different type of fitness 'Down Under.' Congrats Megan!

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INFORMATION & TIPS



Same as last month... it is HOT! Stay hydrated (LOTS o' H2O!) & avoid running in the middle of the day when temperatures are at their peak.

CONTACT INFORMATION

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TELL YOUR FRIENDS ABOUT RUN CLUB ~ the more, the merrier ~ invite them for a group run!