

Run Club News

Hilliard Grand - Dublin, Ohio - June 2012



"Running is the greatest metaphor for life, because you get out of it what you put into it."

-Oprah Winfrey, Marine Corps Marathon finisher

UPCOMING EVENTS

- | | | |
|--------------------------------|--------|---|
| ○ Saturday, June 30 | 8:30AM | Last Saturday of the month ~ meet @ Starbucks (downtown Dublin) to run the Dublin trail |
| ○ Saturday, July 21 | | Columbus Color Run 5K (Downtown) SOLD OUT |
| ○ Sunday, August 19 | 9AM | Color Me Rad 5K (Dublin – Tuttle Mall) |
| ○ Sunday, August 26 | 7AM | Emerald City Half & Quarter Marathon (Dublin) |
| ○ Saturday, October 13 | 9AM | Dublin 5K (Glacier Ridge Metro Park) |

GROUP TRAINING SCHEDULE

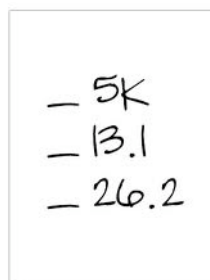
| <u>Day</u> | <u>Meet & Greet</u> | <u>Activities</u> |
|------------|-----------------------------|--------------------|
| Wednesdays | 6:30PM @ clubhouse entrance | Group Run 2+ miles |
| Saturdays | 8:30AM @ clubhouse entrance | Group Run 3+ miles |

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

PARTICIPANT RECOGNITION

Summer goals from our participants include...

- losing weight
- ability to run without taking walk breaks
- run in a race
- increase running pace



INFORMATION & TIPS

- Stay hydrated! Experts suggest drinking adequate fluid 30 - 45 minutes before exercise, every 10-15 minutes while running, and upon finishing. Hydration enhances performance, improves health, speeds recovery and helps prevent dangers like heat cramps & exhaustion.
- Try to avoid running in the middle of the day when temperatures are at their peak.

CONTACT INFORMATION

Teresa Gellenbeck, Run Coach

t: 614.565.5996 teresa.gellenbeck@gmail.com

Carly Buresti, Hilliard Grand Community Manager

t: 614.336.7800 hg@sregroup.com

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