



footprints

Bay Area Runner's Club Newsletter

January 2011

BARC NEWS

Hello fellow BARC members!

Thank you so much to all of you who came out to the Reese race on January 1st, despite it being a holiday. The weather was unseasonably warm and a good time was had by all. Thank you also to those of you who came out to the Freeze Your Fanny run on January 15th.

I hope you all had an enjoyable holiday season and are settling back into your normal routines comfortably. I know that I made a personal resolution to exercise/run more this year, so we'll see how that works out. I'm sure a lot of you do that already. ☺

I look forward to seeing you at upcoming races!

As always, please keep the feedback, information, and pictures coming my way.

Mallory
tennisfan03228@hotmail.com

BARC Bits

The next BARC board meeting will be held on January 24th at 6:30 p.m. at the Bay Area Family Y. All members are welcome to attend.

Save Tobico Towers 5k Thermal Run/Walk

Saturday, January 29, 2011

9:00 a.m. - Registration Begins

10:00 a.m. - Event Begins

REGISTER at Bay Banquet Hall, 363 State Park Drive, Bay City, MI 48706 (The hall behind the BJay's Pizza.)

RUN begins at the Frank Anderson Parking Lot trail head, approx. 60 yards north of restaurant.) and goes into Bay City State Recreation Area and back.

Pre-Registration- \$12, post marked by January 15

Late & Day of Event Registration-\$15.

Register on line @ sagvalss.com or copy & send registration to:

STT 5K WALK/RUN, 301 W. Midland, Rd., Auburn, MI 48611

You can charge your early registration for an additional 5% fee of 60 cents by calling Cherri at 989 662 3333. (Late and day of will be charged 5% fee of 75 cents.

Event will take place in all weather.

Event will be timed and is measured.

Awards: 2 places/age group

10 and under, 11-19, 20-29, 30-39, 40-59, 60+

Each entrant will receive:

**A coupon for \$1.50 off a pizza.*

**STT T-shirt*

**The opportunity to say "I HELPED SAVE TOBICO TOWERS and froze my butt off"!!*

This will be a GREAT warm up-practice for the St. Patrick's Day Run-the weather &/temperature will probably be almost the same!! :)

Awards will be given in the Hall after completion of the run/walk.

This is the 3rd event of the ongoing fund raising efforts to Save Tobico Towers; two towers inside Bay City State Recreation Area in Tobico Marsh.

Yet to come: a Jamboree/Comedy Show/Auction held at the Auburn Hotel on March 27, 2011 and a HUGE garage sale in conjunction with Auburn's Treasure Hunt Days May 12-13-14, 2011. Please contact Cherri at 989 662 3333 to donate your items and also plan on attending!

An Interview with a BARC Member

Name, age, and where from?

Mallory Klosowski, 25, Pigeon



1: How long have you been running/walking? I

started off walking almost 4 years ago and I've been running for about 3.

2: How often do you run/walk each week? If I am able to join our local running group, I get anywhere from 3 to 5 miles in a week. I also try to use the treadmill once or twice a week during the winter months.

3: Why do you do it? My husband got me started in it. I kept going to races to watch him and got hooked in by our BARC friends. I also enjoy getting exercise and traveling to different races.

4: Do you get the runners high? No, but I hope I will get there someday.

5: Do you run many races? I participate in quite a few but also just come to watch my husband in some races.

6: What was your favorite run? I've always enjoyed doing St. Pat's since it was my first official 5K but I also really enjoy the Crim because of its atmosphere.

7: Who do you admire most? (either local or a celebrity). I admire all of my BARC and running/walking friends who just get there and do it whether the weather is great or terrible and give it their all every time.

8: What is the most important thing you would tell a beginner? I feel that I still am a beginner, so the best advice I can give is to just keep trying. Set small goals for yourself initially.

9: Does your spouse/ family approve of your running. Yes - He's the one who got me started!

10: What do you eat to help maintain fitness? I honestly don't stick to a running diet. I try to eat as much healthy food as I can and drink a lot of water.

11: How would you rate BARC or their events? Definitely a 10.

12: Is there a favorite place or course that you like the most? St. Pat's.

13: Do you prefer to train with someone or be alone? I definitely prefer to train with other people. I don't have very much motivation to train on my own.

14: Is running a hobby or a way of life? It's a hobby for me.

15: If asked would you travel and run with a famous person? I would love to do that! Maybe it would motivate me to train more. 😊

19: Do you think you will keep running long-term (like 60's, 70's & 80's)? I hope so.

20: Do you have any short term or long term goals? I just want to keep improving my race times. It would be neat to do a half-marathon some day or be able to run more of the 10-mile Crim than I do right now. If any of you have good 5K training plans, please let me know.