



# 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 1<sup>st</sup>, 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 15<sup>th</sup>.

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 24<sup>th</sup> 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](http://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.