

FEBRUARY 2012

BUCHANAN
RUNNING CLUB
COUNTY



VOLUME 3



NEWSLETTER

MISSION STATEMENT

To promote the sport of running among people of all ages and abilities, and to encourage runners and walkers to achieve their highest level of overall health and physical fitness.

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Thank you, Scott Gall!



There were **22** people present for the group run on Saturday, February 4th—that's awesome! Thank you to Scott Gall of *The Runner's Flat* for presenting to the club that morning. Scott had great tips on choosing the proper footwear for walking and running. He is also offering a **10% discount** at *The Runner's Flat* for any club members! For more information or to contact Scott, check out his website at: www.therunnersflat.com

CONGRATULATIONS to those of you who have already hit **100 MILES!** Great work! Remember to stop in to the Therapy & Wellness Connection to claim your shoe token :) If you can average 100 miles per month, you will earn your next shirt by the end of May and your hooded sweatshirt just in time for Iowa's colder weather!



BCRC
on
FACEBOOK
It's YOUR page!

- ## COUNTY RACES
- **Inspired Living Bear Crawl 5K** (Jesup)
*Saturday, April 14th
 - **Run For the Fair** (Indee)
*Sunday, April 15th
 - **Union Church 5K** (Quasqueton)
*Sunday, April 28th
 - **Audrey Fitzgerald Believe 5K** (Indee)
*Saturday, May 18th
 - **Dash For Hope** (Indee)
*Saturday, June 2nd
 - **Farmer's Day 5K** (Jesup)
*Saturday, July 14th
 - **Run For the Fair** (Indee)
*Sunday, October 7th
 - **Turkey Trot** (Jesup)
*Thursday, November 22nd
- We still need more information on the following runs. Let us know if you have any dates, times, or official names for these!*
- Lamont Days 5K (Lamont)
 - Apple Gallop (Monti)
 - Walking For Winthrop (Winthrop)
 - Pickle Days 5K (Walker)
 - Hillbilly Days 5K (Brandon)
 - Alive and Running (Dunkerton)
 - Fairbank Run (Fairbank)



GROUP RUN



PLACE: East Buchanan School Parking Lot, Winthrop
DATE: March 10th
TIME: 8:00 AM

Staff from the *Therapy & Wellness Connection* will speak briefly on proper stretching. We will follow this with the option of a 2.5 or 5.0 mile out and back walk/run.

SHIRTS ARE IN If you have not received your initial shirt for joining the club, please stop by the TWC to pick it up!



SPREAD THE WORD It's not too late to join the Buchanan County Running Club so tell your friends! The sooner you join, the sooner you can start tracking your miles to earn cool incentives!

100 That's about the average number of calories the average adult burns walking or running one mile.

3500 Remember that there are 3,500 calories in ONE POUND, so if you walk or run for weight loss you better keep moving :)

Club members listening to Scott Gall of *The Runner's Flat* speak on proper footwear in Jesup on February 4th.



Going for a run and wishing you had someone to run with? Check the Facebook page for sporadic walks and runs or post yours!



M-I-L-E C-L-U-B



Congratulations to these club members for reaching the following milestones!

100 MILES: Kristi Moeller, Sandi Werner, James Wolf, Tracy Robertson

200 MILES:

300 MILES: David Lang



**RUN...
FOR
YOUR
LIFE!**

BUDGET

We will try to post all budget information in the newsletter in order to keep all club members up to date!

70 paid members:	2100.00
86 club shirts:	- 722.80
1000 mile-marker shoe tokens:	- 69.95
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BALANCE in club account:	1307.25