

Greetings!

Saturday - January 16th, 2010

Sunrise - 7:56 am

8:00 am- 32 degrees

10% chance of precipitation

83% Humidity, Winds S at 4 mph

It's time! Time to begin following that training program and start the countdown to May 2nd.

Good turnout for a tough run Tuesday night. That is one of the harder routes we will run so feel good about your effort and don't get down if the hill got the best of you this time. You will see your fitness level improve over time and by March you'll be blasting up that hill like you own it!

Weather looks like it will improve over the next week with a couple of days in the 40's to melt the snow from some of the trails we typically use. Until that happens remember to wear reflective gear and be careful if you must run on a road. Run into traffic and be aware of your surroundings.

As our training group grows we are going to make more of an effort to form pace groups so you have others to run with on a consistent basis. We have several 'informal' pace groups from previous marathon efforts but we'll look to expand and make sure everyone is included in a group. I'm always open to suggestions so please provide your input as our goal is for you to have a great experience with your training, race, and the Mojo group.

Run hard, run safe.

Regards, Paul

Live Life in Forward Motion

NOTE: If you would like to be removed from the training group list please send a note back to paul@runmojo.com with 'REMOVE' in the subject line.

Weekend Mileage

Half marathoners: 5-7 miles

Marathoners: 8-10 miles

Routes: (More detailed maps will be provided Saturday)

5 Milers - jump on W Lakota Dr at 5/3 onto trail behind HS, thru baseball complex and Mulhauser Barn to turnaround at Beckett Ridge Blvd. (2.6 miles to turn)

7 Milers - same route as above but continue past BR Blvd to right on Beckett Rd, turn around at Tylersville (Freshman Bldg) and return

8 Milers - same route but when you get to Tylersville turn left then left on 747 and left again at Smith Rd (Krogers), back onto trail at BR Blvd same route back to Mojo

10 Milers - same route to BR Blvd, continue straight to 747, cross 747 onto Smith Rd, 1/2 mile down on left get on trail that runs around back of neighborhood, turn right on Smith Rd back to 747 and back to Mojo

"If you want to become the best runner you can be, start now. Don't spend the rest of your life wondering if

you can do it." --Priscilla Welch, who won the 1987 New York City Marathon at age 42

Running2Win (contact Ricky Lupp)

Hope everyone is making it through the snow alright and getting all their runs in! If you are, we would like to know all about it. A great way to follow the running groups progress is through www.running2win.com. This is just one option for an online running log, and we have now created a MOJO team! We would like as many people to join as possible in our build-up to the Flying Pig Marathon. Anyone can join, all you need is an e-mail address. Once you have created an account just search for the team 'Mojo Running' and request to join us. I will be as prompt as I can be to accept your request and get you all set up.

Once on the team you will be able to log your runs, view the full team page in a spreadsheet type view, and also view individual logs (such as mine, Paul's or Becki's). You can post/read team forums and updates to stay on top of your training. It is great for motivation and team building and we hope that you all join as soon as possible.

Again, just go to www.running2win.com to join and if you have any questions you can e-mail me at luppra@email.uc.edu and I will help you out.

Keep running, Ricky

"At age forty-three, when I found myself standing in my garage in a new pair of running shoes, I knew that it was my moment of truth. Behind me lay forty years of bad decisions and broken promises. "
John Bingham, The Courage to Start

Sincerely,

Paul Heintz
Mojo Running