

TRAINING TALK

3 INDIVIDUALS, 3 LEVELS OF FITNESS, 3 DISTINCT APPROACHES TO TRAINING

TANJA HASLER self-employed



I run the Boogie because I am literally running in my neighbourhood for a corporate team that is also a major sponsor.

I do this while engaging in a unique opportunity to support organizations in our community by being physically active.

On the day of Boogie, all of us — from young kids to retirees — own and rock Overlanders Bridge for the morning.

On that day, there is a unique abundance of community spirit and energy created by being part of a group of citizens sharing the same goal: to go out and do something sporty in whatever capacity we are capable — as a walker, runner, families introducing their kids to being active and experienced racers.

I love running in a group, yet Boogie is also a distinctively personal experience.

My achievement is in running my own race, entirely by how I feel that day and not looking at my running watch, which I wear to analyze a later run at home.

Then I compare how I felt with how I did — and it usually matches up pretty well.

Ideally I will run about one hour and 50 minutes. If I finish closer to one hour and 45 minutes, I will be ecstatic as that would perhaps end up being a new personal best.

When I run, I reflect and rejoice in all the positive things in my life, including a strong heart and legs that will hopefully let me fly one more time!

ADAM DONNELLY CFJC-TV photojournalist



I can run.

I've been playing sports my whole life, so running is nothing new to me. The sports I've played involve running short bursts of maximum effort, like chasing down a fly ball or beating out a ground ball.

But running continuously over any distance has always seemed unnecessary.

I'm also a fat bastard, which might be part of why I've never found any appeal in the act of running.

The problem is I'm getting fatter and fatter as the years pass. As I get older, I've begun to physically resemble one of my comedic heroes, John Candy, more than ever — and I get the feeling it's time to make a change.

Another impetus to take on Boogie is the recent passing of my high school track and field coach, Dan Coleman.

Mr. Coleman was a teacher in my hometown of Clearwater for a heck of a long time. He founded the Shadowfax Track and Field Club more than 30 years ago after seeing the potential in some of the athletes he taught in Vavenby.

He freely gave his time and attention to so many kids in the North Thompson Valley, on the track and in the gym.

So, here we go.

I'm looking forward to the challenge of training for this year's Boogie the Bridge (believe me, it's going to be a challenge).

I also relish the opportunity to honour a man who spent his whole life seeing the potential in others by seeing some potential in me.

ACACIA SCHMIETENKNOP Kamloops Chamber events co-ordinator



I'm not a runner as I don't feel that I've earned that title yet.

The beginning stages of my training have been telling.

I'm not co-ordinated, a little self-conscious and the burn of my muscles after dragging myself out takes getting used to. I'd be lying if I said I wasn't nervous or maybe even a little bit scared of running in Boogie the Bridge.

I have volunteered with this incredible community event for years with the Kamloops Ambassador Society and haven't honestly considered actually running in it.

Volunteering with the ladies has turned into a tradition, something I look forward to every year.

But as my body jokes about letting me down on what seems to be a more frequent basis, I feel it is time for a new tradition, one that puts me completely out of my comfort zone, but on a path to healthy living.

I'm excited to be a part of the Chamber Champs team and invite anyone who works for a Kamloops Chamber of Commerce member business or organization to join me on this adventure.

I can ensure that, at the very least, you will have fun. There is something so intensely energizing about being in that sea of red.

You can't help but feel the waves of community spirit, hope and happiness crash over you.

I can only imagine what it must feel like after having worked so hard to cross that finish line — and I can't wait to experience it.

HD CFJC TV
KAMLOOPS' VERY OWN
BOOGIE THE BRIDGE

MOVEMENT IS CHANGE
with Jo Berry

Let's get ready to Boogie, Kamloops!

Kind heart.
Fierce mind.
Courageous spirit.
I hope I possess all of these qualities and, if not, I hope I am always striving to grow and strengthen in these areas.

I marked this first day of my Boogie column by a run, of course. I don't run to burn calories or to impress anyone. I run because it's a part of me.

It is the essence of who I am: kind, brave and grateful.

Running has always given me the strength to fight for who I am and for what I need to be healthy — mentally and physically.

Like everyone else, I am a person who has battle scars. I have precious wounds and deep spots. I am also a person of deep healing, of joy, of growth.

So, what does this have to do with Boogie training?

Everything.
Boogie training is about kind hearts, fierce minds and courageous spirits.

Everyone who follows the training has these qualities. They take their health to heart and commit to being the best they can be.

To the three runners we are profiling — Acacia, Adam and Tanja — we celebrate your courage to write your story in the pages of *Kamloops This Week* and online at kamloopsthisweek.com over the next eight weeks. By doing so, you're encouraging others to be vulnerable and to make a shift. Running is a catalyst for strength and profound change.

This year marks the 20th anniversary of Boogie and we will celebrate the heart of Boogie — its kind, fierce and courageous heart.

We hope you will all join us on April 30 to celebrate 20 years of Boogie and our deep love for Kamloops.



Questions?
Go online to runclub.ca
or send an email to joberry@telus.net.

KAMLOOPS THIS WEEK: RUNCLUB PLAYWORK

GROUP	Walkers	Beginners	10k Sweet	10K Experienced	21 Club
GOAL	5k or 10k Boogie walk	5k Boogie Learn To Run	10k Boogie run, entry-level	10k Boogie Run	Half-marathon distance
WARM-UP	Walking warm up of five minutes	Walking warm up of 10 minutes	Walking warm up of 10 minutes	Walking warm up of 10 minutes	Walking warm up of 10 minutes
PLAYWORK	1) Walk easy for 20 minutes, then power walk for for 30. Total 50 minutes 2) Walk easy for 15 minutes, then power walk for for 20. Total 35 minutes 3) Walk easy for 20 minutes, then power walk for for 30. Total 50 minutes	1) Walk 5 minutes, run 1 minute. Repeat 6 times. Total 36 minutes 2) Walk 5 minutes, run for 1 minute. Repeat 5 times. Total 30 minutes 3) Walk 5 minutes, run 1 minute. Repeat 6 times. Total 36 minutes	1) Walk 2 minutes, run for 5 minutes. Repeat six times and add 10-minute walk. Total 52 minutes 2) Walk 2 minutes, run 5 minutes. Repeat five times and add 10-minute walk. Total 45 minutes 3) Walk 2 minutes, run 5 minutes. Repeat six times. Total 42 minutes	1) Walk 2 minutes, run 8 minutes. Repeat 6 times. Total 60 minutes 2) Walk 2 minutes, run 8 minutes. Repeat 5 times. Total 50 minutes 3) Walk 2 minutes, run 8 minutes. Repeat 6 times. Total 60 minutes	1) 10-kilometre run 2) Walk 2 minutes, run 8 minutes. Repeat 6 times. Total 60 minutes 2) Walk 2 minutes, run 8 minutes. Repeat 7 times. Total 70 minutes
COOL DOWN	Ten minutes walking cool down and stretching	Ten minutes walking cool down and stretching	Ten minutes walking cool down and stretching	Ten minutes walking cool down and stretching	Ten minutes walking cool down and stretching
TIPS	Proper, supportive shoes are important for your health. Visit a specialty running store for the proper shoe for your foot type and power walking.	You did it! You started. The hardest part is having the courage to start and you did. Congratulations!	Spring training has begun. Gentle reminder it is the time on your feet that counts. Ease into your training.	You have ran many 10K's and are preparing for a strong 10K at Boogie the Bridge.	You have been running all winter and can run 16 kilometres easily. Boogie is only eight weeks away and we will be increasing the kilometres steadily.