

# So Much More Than Just a Race

---

By Jayme Green, BS, ACE PT Nimkee Fitness Coordinator

Race Morning:

**You** wake up with butterflies, knowing you're about to accomplish something **significant** that day.

**Dress** yourself in your favorite running clothes.

**Sit down** to eat the breakfast you know will **FUEL** your body for the feat ahead.

**Tie up** your faithful running shoes; they've been with you through all your hard working training runs.

**You arrive** at the Tribal Gym, head over to pre-registration and pick up your race bib. You're now officially racing this event.

**Surrounded** by smiling, energetic people all with at least one thing in common-respect and appreciation of the **BODY**.

**The environment** is busting with **EXCITEMENT, ENERGY and ANTICIPATION**. There are people of all sizes stretching and warming up with a common goal- to **CROSS THE FINISH LINE**.

**Head to the start line**, music's playing; absorb the incredible liveliness from the crowd of running/walking comrades.

**BOOM!** Siren goes off- **YOU** take the first step of many steps to gaining **CONFIDENCE**, increasing **SELF ESTEEM**, and achieving your goal of crossing not only the race finish line but numerous admirable finish lines in **LIFE!**

Where can you experience this rush of adrenaline and feel good endorphins?

Run on the Rez 5K and 1 Mile Fun Run/Walk Saturday, September 28 at 10am. The Run on the Rez is a road/trail race throughout the Reservation. You can either run the 5k (3.1 mile) distance or the 1 mile distance. Don't worry; being a world class runner is not a prerequisite. You can walk, jog or run either distance. Besides the numerous wellness benefits of this race, there are amazing door prizes such as a 1 night stay at Soaring Eagle Resort, Passes to the Soaring Eagle Water Park, Gift Cards to Runners, MC Sports, and many other great prizes!

Sign up NOW at Nimkee Fitness Center and pick up a registration form or you can visit

<http://www.sagchip.org/fitness/rezrun.htm> and print off a registration form. If you register for the event before September 25th, the price is \$12 and will be \$15 after that date.

I sincerely hope to see you exceed your expectations, try something new and push your body towards a healthier quality of life with that first step across the Run on the Rez finish line!