

FitUP Newsletter #21

Greetings FitUP Participants.

The weeks are flying by! Bike to Work Week wasn't as easy as I thought. Not having been on a bike for a year took some getting used to. I think I wrote in last week's newsletter that a 10 mile ride would be doable. Well, I think I meant 10 miles...round trip. It's exactly five miles from my home to the Department...and a couple of hills! The first day wasn't too bad. The next day I had some unexplained pain in an unfamiliar spot. That took some getting used to. But I made four days in a row. My goal now is to do it at least two days a week. It was very cool to get in my car and see I still had a full tank of gas after four days!

Speaking of bikes, there is the Uncommon Bike Event in Marquette tomorrow morning. It's a family bike ride. No racing allowed! It follows Marquette's 10 mile bike path. You can start anytime until 10AM. It begins at the Marquette Commons on third street.

It is also the Big Bay Relay weekend. People form teams of four and each person runs a mile in a relay format for 26 miles. There are many events listed in the Community Activity Guides. I'm still waiting for a couple of other guides. If you see your community is not listed, then help me out by producing one for your area! I'll get it posted.

I have just arranged with the Michigan Parks and Recreation Association and Blue Cross Blue Shield of Michigan for our participation in the "Walk Michigan" program. This program will award one Trip for Two by drawing from participants in the program. Prize described at the bottom. All you have to do is participate in one of the community walks planned, or have an organized walk at your worksite. We will collect the entry blanks from all the participants who have walked and draw their name for the prize. So far walks are planned for Houghton, Ironwood, Iron Mountain, St. Ignace, and Marquette. It's easy to organize a walk. There are really only three rules. It must be at least 1 mile in length, it must be free to the public, and you need to utilize the Walk Michigan logos. If you would like to organize a walk at your worksite or community, please email me at: gsedlacek@mqtcty.org and I will email you a kit that you can use. If you participate in all the community walks, you will have ten entries plus another one if you organize a walk at your workplace! Not to mention the FitUP bonus points!

The weekly winners this week are:

- Jill Fries from the Marquette County Health Dept in Marquette County
- Janice Murray from the Bay Mills Indian Community in Chippewa County
- Darcy Broudier-Bunker from the Mackinac Island Public Schools in Mackinac County
- Alicia Cook from Superior Shoes in Gogebic County

Labor Day Bridge Walk

Make one of your lifelong dreams come true! The Michigan Recreation and Park Association and Blue Cross Blue Shield of Michigan is sponsoring a trip to walk "the Mighty Mac" Mackinac Bridge on Labor Day weekend. This 4 day 3 night trip, August 29-September 1, 2008, is great for people of all ages. Accommodations are also made for non-bridge walking companions. Included is a 3 night stay at Mission Point Resort on beautiful Mackinac Island, boat transportation to and from the island, free admission to Fort Mackinac for two, 2 breakfasts, 1 dinner, the magnificent Grand Hotel luncheon buffet, transportation directly to the front of the line for the bridge walk, and a private buffet brunch at Audie's Restaurant following the bridge walk. If you would like to add additional family members, trips can be purchased at \$430 a person.

Questions or Comments? Contact us at fitup@hline.org