

# The StarPhoenix Bridge City BOOGIE 5

walk • run • boogie • 2k • 5k • 10k

SUNDAY, JUNE 12, 2011  
Register online at [www.bridgocityboogie.ca](http://www.bridgocityboogie.ca)



## Ready to Boogie!



By Jenn Sharp  
of The StarPhoenix

April is probably the best month of the year in Saskatoon. The snow is disappearing, spring is on the horizon and winter will soon be a distant memory.

April also means it's time to get off the couch and start training for The StarPhoenix Bridge City Boogie!

The annual wellness event is celebrating its fifth year promoting fitness, friendship and fun, in a community-minded atmosphere. Everyone and everybody is welcome to walk, jog, run or wheel across the finish line at Griffiths Stadium. The sign-up deadline is June 10 for the 2km, 5km or 10 km events. If you have a group of 12 or more, register your team by May 17 to get team names on your Boogie t-shirts (free with registration).

I ran (and walked) my first Boogie last year and can honestly say there's no better feeling than setting and reaching a goal. Whether yours is to walk 2km or run 10km, start thinking about your new Boogie season goal and visualize how you're going to make it happen. Speaking from experience, the hardest part is starting. Once the exercise-fuelled endorphin high kicks in, it's hard to stop.

Jo Berry's nine-week training program starts on Monday and will be published every Monday thereafter until Boogie day on June 12. An experienced runner, Jo's training program will provide safe and effective options for walkers,

and beginner and advanced runners.

After numerous (and often painful) setbacks, I had long ago pegged myself as a non-runner. Last spring I decided to give it another shot and followed Jo's safe and effective beginner runner program. The results were fantastic; in fact, I have kept running all year and it's become one of my favourite activities! I completed the 10km in the 2010 Boogie and am aiming for a second, injury-free event on June 12.

I'll be following Jo's program, which will begin next week. Watch for the special Boogie page(s) every Monday for tips and advice from experts, along with inspirational stories from people about how the Boogie changed their lives and what it can do for yours.

Each week leading up to the Boogie, I'll be trying out a different running trail in Saskatoon and recording my observations such as the cleanest, best views, least crowded and even the least amount of dog doo (because nobody likes stepping on that!)

Tell me about where you run and walk in the city - I'd love to hear why you love getting outdoors and I'd like to check out your favourite trails. I also want to know if you've Boogied before or if Boogie 5 will be your first.

To kick off the first Boogie installment next week, I talked to Brian Michasiw at Brainsport about the importance of proper footwear and socks for your new exercise program. Remember to have fun and take care of your body - and see you on Boogie Day!

[jksharp@thestarphoenix.com](mailto:jksharp@thestarphoenix.com)



## Hello, wonderful Saskatoon!

Jo Berry  
Certified Running and Life Coach

Ready. Set. Go! Yes, it's Boogie season again. It is time to dust off our running shoes, lace them up and start training together. We, the Boogie team, are excited to be heading towards the 5th annual Bridge City Boogie! Spring is a time of new beginnings and a traditional part of spring in Saskatoon is preparing to cross the Boogie finish line.

So why run? Anyone who has taken up running knows nothing compares to the high you get when you have pushed across a finish line. The feelings of exhilaration, joy and accomplishment are symbolic to many other accomplishments and milestones in our lives.

For me, each step I take has provided a sense of inner strength and well-being. Running has allowed me to untangle every personal challenge, overcome depression, find enormous joy and evolve as a kinder, gentler person. There is just something magical (and divine) that happens outdoors and movement makes it more potent, powerful and life altering. The Bridge City

Boogie is all about that feeling and the sense of community.

I ran this morning in celebration of two important things: 1) Saskatoon Boogie and 2) to celebrate a personal milestone. Every year brings change for all of us, and this past 12 months had the complete package of the human experience -- loss, pain, joy and growth. I felt so very grateful today to be running so strong and appreciative for both my physical and emotional health.

My body cooperated and I felt strong. I ran and jumped over rocks, logs and along the river trail. I could feel the reality of the dirt below my feet; the trees high above me and the crisp sounds of melting snow and ice. Running (and life) truly are privileges -- each moment a treasure.

This week we are kicking off the nine-week Boogie training program. Every year, I reflect on previous Saskatoon Boogie events and I am reminded how amazing the human spirit is.

Last year we high-fived each other at the finish line; took off our social masks and embraced each other and the positive movement that Boogie has become. There were beginner runners, walkers, marathon runners, coaches, and the Boogie team and sponsors. When I cheered people across the finish line, I could feel their strength.

Many have overcome cancer, are living with MS, or have lost jobs and family members. They made the choice to keep movement in their lives and putting one foot in front of the other no matter what.

I run because I am inspired by others. I run to celebrate all the people and gifts that fill my life. I run to come back full circle to the challenges, frustrations, blessings and miracles that are all part of the human experience. The greatest satisfaction is watching people overcome their struggles, have the courage to keep going and to find the joy at their finish line. Saskatoon, it's time!

**"I run because it's so symbolic of life. You have to drive yourself to overcome the obstacles. You might feel that you can't. But then you find your inner strength, and realize you're capable of so much more than you thought."**

- Arthur Blank



PROMOTING PARTNER

PROUDLY SPONSORED BY

