

The StarPhoenix
Bridge City BOOGIE 4
 walk • run • boogie • 2k • 5k • 10k

SUNDAY, JUNE 13, 2010

Register online at www.bridgecityboogie.ca



Boogie about more than fitness for Saskatoon family



— SP Photo by Greg Pender

Peter and Allison Seshabri and children Carolyn, Ben and Sam, left to right, believe in the importance of activity and community

By Jenn Sharp
 for The StarPhoenix

For an active Saskatoon family, the annual Bridge City Boogie is a chance to give back to the community, while achieving personal fitness goals.

Peter and Allison Seshabri, along with their children Carolyn (12) Sam (10) and Ben, who is seven, have been taking part in the Boogie for the past two years and are looking forward to the fourth Bridge City Boogie on June 13.

Each of the children runs or walks in the 2K or 5K events, while mom and dad take turns running the 10K or walking the 2K with their youngest, Ben.

According to Peter, the Boogie provides his children with a goal to work towards. Training and taking part in the Boogie, “stresses the importance of activity and community,” he says.

Sam, who began taking part in fun runs when he was three, agrees and says the best part about the Boogie is “running for charity.”

Along with seeing her kids have fun with fitness, the most beneficial aspect of the Boogie for Allison is the

inclusive and relaxed nature of the event.

“It’s not intimidating,” she explains. “You see all kinds of people out there; all ages, parents with kids in strollers, seniors ... It’s about people promoting family.”

She says the Boogie is a great incentive to make lifestyle changes and says a highlight of past Boogies is coming into Griffiths Stadium at the end of the course. Announcers keep energy levels high and it’s a great feeling to cross the finish line, while giving high-fives to fellow Boogiers and volunteers.

According to Allison, the hardest part of beginning and staying with any kind of training program is the days when you don’t want to leave the house. “You’re going to have bad days, of course,” says Allison, but “you just need to get out there. You’ll always feel better after.”

Another Boogie highlight is the entertainment along the course. Last year’s Boogie had everything from belly dancers to drummers. This year’s entertainment and buskers will ensure the 2010 Boogie maintains a festival



Ben Seshabri, 7, will be participating in his third Boogie when the big day arrives on June 13

atmosphere, with fun and excitement for everyone.

For those who are considering making the 2010 Boogie their first, Sam’s advice is to “push hard and keep trying!”

The Boogie Beat

By Jenn Sharp
 for The StarPhoenix

What is the The StarPhoenix Bridge City Boogie?

Well, the bridge city part is pretty self-explanatory and the boogie part is what makes this annual community wellness event so much fun. Walking, jogging, running and even dancing or skipping are encouraged during the Boogie.

Participants follow three different and equally gorgeous routes in our lovely city, depending on whether you pick the 2K, 5K or 10K. The Boogie is for everybody in Saskatoon and everyone from seniors to moms or dads pushing strollers. Registration fees are turned over to excellent Saskatoon-based charities that make a difference in the lives of youth.

If you’ve never boogied, then right now is the perfect time to start a fitness and training program for the fourth annual Boogie. The 2010 Boogie, which will be held June 13, will be the best yet, with outstanding entertainment on course and a bumpin’ festival in the park after the walking, jogging and running concludes.

Another great reason to take part is to run and walk with me (I need plenty of encouragement!). I’ll be starting a training program on Monday for beginner 5K runners, with the help of certified running and life coach Jo Berry.

Each Monday for the nine weeks leading up to the Boogie, Jo will publish on this page her training program for walkers, beginner runners and the more advanced. I’m going to try my hand at this whole running business -- I hear it’s pretty sweet, but I’ve also been told I’m not a runner.

I have a disorder called congenital hypermobility, which is a fancy term for being double jointed. While I can do gross tricks with my thumbs, it also means my feet, ankles and knees are too flexible and give me a lot of grief when I try to get moving. My latest attempt at becoming a lithe endurance machine left me limping for several days.



— SP Photo by Greg Pender

Jenn Sharp will provide Boogie coverage for The StarPhoenix and will “try her hand at this running business”

So here’s the plan: I’m going to take things very slowly, by alternating walking with short jogs and I invite you to join me. Next week I’ll be visiting Brainsport on Broadway Avenue to get kitted out with the proper shoes for this sure to be challenging, albeit rewarding, journey. I’ll also meet with an orthopaedic doctor and a sports physiotherapist to ensure I take care of my body every step of the way.

In the meantime, think about a big change you’d like to make in your life. Is it to become super hot and grace the front page of People? Okay, ditch that goal and shoot for something more realistic. Tonight, try going for a walk after dinner, take the family bowling or swimming and see if you feel better, physically and emotionally, afterwards.

Please send me your stories. I’d love to hear about your successes, setbacks and inspirational tales and I just might feature them in an upcoming Boogie issue. Good luck!
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WELLNESS TIP OF THE WEEK

By Jason Warick, of The StarPhoenix

Pat yourself on the back

Congratulations on taking this positive first step. You’ve placed yourself on a path that will be challenging but very rewarding. Enjoy the ride. People who feel good about themselves and their task are more likely to reach their goals.



Spring has arrived and that means it’s Boogie season!

By Jo Berry
 Certified Running and Life Coach

It’s time to dust off the running shoes, start calling your friends and follow The StarPhoenix Boogie in-paper training program. This is year four, and the goal is always the same: greater health and community happiness.

I just got back from running some beautiful trails. I love to run solo before I write. As I ran, I got excited thinking about this year’s Boogie. I am feeling free and excited to share with you over the next nine weeks what running (movement) means to me.

I am currently in a place of transformational change in my life and running continues to inspire me, provide clarity and give me health, joy and strength.

If you are a longtime Saskatoon runner, you know as well as I do why we keep running year

after year. Movement truly is change.

When I started running, I ran for all the regular reasons — to lose weight, get fit and achieve a 5K distance. After I experienced my first 5K, everything changed and my life (and sense of self) was fundamentally transformed.

This process occurs for both men and women and it is why the running lifestyle is so potent and why we all embrace it fully as part of our being.

Now that I coach, this transformational change in people is one of the biggest blessings in my life. My goal is to share this lifestyle with others so that they too can have this life tool to use both in the joyful times and the challenging times.

There is an underlying purpose and meaning behind running. Yes, it is about celebration runs such as the Boogie on June 13, but it is also about fitness and fortitude for the next test around the corner.

Everyone will face a challenging experience, whether we want to acknowledge its inevitability or not — the doctor calls to say he needs to discuss the test results, or a police officer has news at the front door, or you fight disease, or you lose your job, or your child is struggling with something, or you lose a parent. When that moment comes, you want to be strong enough to handle it.

So to all you new Boogie runners (and seasoned ones, too) let’s engage once again in community health and celebrate what movement is all about -- your health, mental and physical. For beginner runners, when progress seems slow, celebrate the small things. When the task of running is nearly impossible, walk more. Take the pressure off and just move at any pace. Look around, hear the birds, feel the air and concentrate on simple things more than your intervals.

The changes that matter most are the ones going on inside, where you can’t see them. I’m not talking about the subtle increases in the strength of your heart or lungs or legs. I’m talking about the very real changes in the strength of your resolve and your spirit. Running is like putting money in the bank. You can draw upon it when you really need it.

The Bridge City Boogie is about change and transforming your health. If it is your first time at the Boogie, I promise it will change your life. When you cross that finish line on June 13, and the Boogie Team is there cheering you in, you will walk away with a new sense of yourself. The real changes are in how you think about yourself. By discovering your limitations and then overcoming them, you can learn to be your own hero. And that, for most of us, is the biggest change of all.

Let’s BOOGIE Saskatoon!

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