



Bay Area Running Club

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Working together for the health and wellbeing of people of all ages in the Bay Area including Clear Lake and Galveston County



Fixing Your Shins—Concluded

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Listening to one's body is something that really does pay off. That, and realizing that sometimes it does pay off to break down and see a doctor when things just don't seem quite right. Who knows what surprises the body might be hiding. For others going through a running sabbatical, or who might be forced into taking one at a later point in time, fret not. There's a world of cross training out there to help keep your mind occupied and the heart rate monitor working. That, and it's amazing the peace of mind one can get once a doctor gives a diagnosis. Not only do you now know that your pains weren't just in your head, but now a course of treatment can be planned so that when you do get back into running, who knows maybe it'll be with some gained fitness as well.



**SEND YOUR
WRITING TO THE
NEWSLETTER!**

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Summer Kick-Off Fun Run Set for May 12

The Sixteenth Annual Summer Kick-Off Fun Run will be held May 12, 2007. Last year's new May date proved so successful that race director, Stephen Glenn, decided to make the move to mid-May permanent. The Kick-Off run will be held at Clear Creek High School in League City, TX. The expected 900 participants are anticipating the same cool race-day weather that graced the 2006 race. This event includes a 5K run, a 3K health walk, and in keeping with the run's family-based tradition, a 1K kid's run (age 12 and under). This is a big event for BARCers. Register at ... <http://www.jamesglennrun.com>