

Friends;

It's that time again!! Time for your monthly edition of the Hanson's E-Newsletter. This month, we'll get into the Hanson's May events, introduce the new setup for the Hanson's Marathon Training Clinics, give some deals from Hanson's Massage Therapy, and tell you about the second edition of the "Running With the Legends" series.

----Speed Training is BAAAAACK!!----

This Tuesday, May 1st, at 6:30PM, Hanson's starts it's Speed Training Workout. Held at Dodge Park in Sterling Heights, these begin with a warmup of about 3 miles at 6:30 sharp, followed by some stretching, and about 3 miles of interval workouts set up at your current or goal 5k or 10k pace. If you're looking for a group to do some speed training with, regardless of where you live, come on out and join us!! It will be worth the trip!!

----Thursday, May 3rd, 6:30PM----

The Hansons Running With The Legends series will continue. This month we are honored to have Greg Meyer. Greg is a Michigan Legend who has won among other races, the Detroit Free Press Marathon, The River Bank Run 7 times, and was the last American male to win a small little race held in Boston for the last 112 years. Greg went to high school in Grand Rapids and graduated from the University of Michigan. Greg is currently heavily involved with the promotion of the Fifth-Third River Bank run where he serves as the Elite Athlete Coordinator. Mr Meyer will be joining the group for an 8 mile run at 6:30PM and will speak following the run. Please join us for another exciting continuing series of Running With The Legends!!

----Downtown Utica 5K Run, Saturday, May 19th, 9:00AM----

Just a quarter mile from Hanson's Utica location on Hall Road, this race starts and finishes in lovely Downtown Utica on what usually promises to be a great spring morning.

****NEW EVENT****

Hanson's are still finalizing details for the "3-Day Walk For Breast Cancer" Clinic, tentatively scheduled for 9:00AM at the Lake Orion location. For more details, call (248) 693-9900.

++++Upcoming Group Runs++++

Weekly Runs-Tuesdays, 6:30PM @Dodge Park, Sterling Heights. Speed Training. Contact any Hansons location for details.

Thursdays, 6:30PM @Hanson's Royal Oak, 13 and Rochester Rd. 4,6, and 8 mile runs. Largest weekly group run in

the area.

Saturdays, 8:00AM (I listed this run as 9:00AM last month, sorry ladies)@ Hansons Lake Orion, Womens Group run. Paces and distances vary.

<<<Sunday Group Runs>>>

May 6th-8:00AM, Stoney Creek Boat Launch

May 13th-8:00AM, Paint Creek Cider Mill

May 20th-8:00AM, Hart Middle School

May 27th-8:00AM, Hansons Lake Orion

****New Setup to Hanson's Marathon Clinics**

Beginning June 2007, the Hansons Marathon Clinics begin! Using the proven training program featured in Running Times Magazine and developed by Kevin and Keith Hanson, you can complete your fall marathon to the best of your ability. Check out www.hansons-running.com/coaching/services.htm for more information. The clinics are presented this year by Luke Humphrey, MS, an exercise physiologist and member of the Hanson's- Brooks Distance Project, Powered by Saturn. Luke also owns and operates Hanson's Coaching Services, LLC which can provide custom training schedules and physiological testing (VO2max and metabolic) to help you train at your optimum levels! Luke can be reached best through email at

humphrey.luke@yahoo.com

----Hanson's Massage Therapy----

We'd like to introduce Melissa White and Chad Johnson, operators of Hanson's Massage Therapy. Hanson's Massage Therapy, <http://www.hansons-running.com/massage/>, is a medical/sports massage clinic devoted to helping individuals prevent and treat injuries, and relieve the stresses of everyday life.

What are the benefits of massage therapy?

- Preventative general health
- Recovery from training, preparation and exertion during sporting events
- Reducing recovery time for strenuous workouts and eliminating subsequent pains of an athlete at any level
- To relieve muscle soreness or minor injury pain
- To remove the results of stresses of daily life
- For recovery after physical injury such as broken bones
- As an adjunct to medical treatment for illness
- To enhance the effectiveness of chiropractic adjustments

Hanson's Massage therapy will be offering a one hour massage special for \$50 through July 1st. We also offer the following massage therapy packages which can be used as frequently as needed and shared!!

2 - 1 Hour Massages - \$100

4 - 1 Hour Massages - \$180

6 - 1 Hour Massages - \$240

----Training Tip of The Month----

This month's training tip of the month is a simple one: Taking advantage of speed training will make your running better. It will give you much better running efficiency, give you a chance to run and learn race pace and allow you to train with a group of runners like you will see on race day. if you can't make it out to speed training, get on out and get some kind of change of pace running in, on the track, roads or grass.

Whew!! That's a lotta info for one month!! Until next time, we'll see you out on the roads!!