

# AN EXCUSE TO HAVE FUN

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No, that group you see running from the Veterans Memorial Library isn't trying to outrun their overdue fines, that's the C.R.D.L. Running Team. Just over 2 years ago, a handful of library employees with an interest in promoting active living, fitness, and camaraderie began getting together regularly to run. It didn't take long for more employees and even family members to catch the running bug, and soon after the C.R.D.L. Running Team was born.

Over the last couple years, what began as a way to promote fitness, has grown into a team of people supporting other organizations, charities, and Library systems by participating in fitness events around the state. So far this year, the C.R.D.L. running team has participated in over 11 different 'runs' including the Portland Winter Run, the Diabetes Run, the Alma Highland Festival, The Human Race, the Ithaca Fun Fest, and even the Mackinac Bridge Run. Still on the C.R.D.L. Running Team's calendar this year are the Run on the Rez in October, the Turkey Trot in November, and the Capital City River Run half-marathon on September 28<sup>th</sup>. While the awards and medals the running team brings home (we average about 2-3 medals per race) are nice, it's more about participating, being involved in the community, caring, and having fun.

We may not all be great runners, but we try to provide an opportunity for people to enjoy themselves. More often than not, other runners and even Patrons of the library at the events recognize the C.R.D.L. Running Team shirts. They'll come over, say hi, see if Corey's running that day (CRDL Access Services Librarian Corey Friedrich won Overall Winner medals in at least two races so far this year) and ask if they can run with us. So the next time you see a group

running from the Veterans Memorial Library in Mt. Pleasant give 'em a wave, they'll smile and wave back. They may even invite you to run with them.

If fitness is something you're interested in...start at your Chippewa River District Library. *40 Common Errors in Running and How to Correct them* by Arthur Shay and *The Complete Book of Running* by James F. Fixx can get you started if you're interested in running. *A.M. Yoga for Beginners* with Rodney Yee, the *Children's Book of Yoga* by Thia Luby, and *Everything You Need to Know about Yoga: An Introduction for Teens* by Stefanie Iris Weiss can get the whole family started in Yoga. *Beginning Karate* by Julie Jensen, *Fundamental Karate* by Kim Dallas, and *Complete Karate* by J. Allen Queen will get you started on your way to a healthier lifestyle and your black belt. Whatever type of fitness or exercise you're interested in; the library is a free and fantastic resource to help get you started.

Looking for other events and activities? *CRDL Family Game Night* is on Thursday September 18<sup>th</sup>, we're playing Wii Bowling at Veterans Memorial Library from 6pm to 8pm. *CRDL Storytime* happens every Monday and Thursday at 10:15am at Veterans Memorial Library, and every Wednesday at 11am at Faith Johnston Memorial Library. There are 2 *CRDL Teen Nights* coming up. Tuesday September 23<sup>rd</sup> there's a *Dance Dance Revolution* tournament at 6pm at Veterans Memorial Library and on Tuesday September 30<sup>th</sup> from 6pm – 8pm there's *Video Game Open Play*. On Tuesday the 23<sup>rd</sup> at 6:30 at Faith Johnston Memorial Library you can learn tips and tricks on how to grow beautiful gardens and learn how to grow herbs throughout the winter at *CRDL Creative Minds*. As always a complete list of events and activities is available on line. Just click [www.crdl.org](http://www.crdl.org).