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## Snyder's Striders blog as they train for Brooksie Way

By **Rebecca Wyatt Thomas**, OU Web Writer

Oakland County Executive L. Brooks Patterson wanted to develop initiatives to increase the health and wellness of Oakland County residents. In January 2008, he announced the Brooksie Way, a half marathon dedicated to the memory of his son who was killed in a snowmobile accident in February 2007. The Brooksie Way also includes a 5K and a Crim 10-mile event. Staff members of OU's Division of Student Affairs are training to participate in the Brooksie Way. The group is tracking their progress through a **blog**.

Nicknamed Snyder's Striders, the team from Student Affairs registered together for the Brooksie Way. Many will participate in the 5K and some will participate in the 10-mile event.

"Members of our division wanted to be healthier. When you are healthier, you feel better all around. We thought the Brooksie Way was a great way to work toward our goal," said Linda Harding, administrative assistant in Student Affairs. With the support of Dean of Students Glen McIntosh, Harding helped organize the staff to participate in the Brooksie Way and is keeping them motivated through weekly updates and a blog, where the members can share walking/running schedules and other thoughts.

To learn more about the Snyder's Striders, visit the **Snyder's Striders** blog.

### SUMMARY

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