

Thursday, October 9, 2008

Brooksie Way Half Marathon a runaway success

Nearly 4,000 runners and walkers made the inaugural Brooksie Way Half Marathon a runaway success. The half marathon, as well as a 5K race/walk, began at Oakland University on the corner of Walton and Adams and finished at Meadow Brook Hall. The Sunday, Oct. 5, event was sponsored by the Crim Fitness Foundation and Oakland County.

"The Brooksie Way provides an opportunity for the community and university to come together to promote health and wellness," said Greg Jordan, director of campus recreation. "It was a first class event and there was tremendous cooperation among divisions including Meadow Brook Hall, Facilities Management, Athletics, Campus Recreation, University Housing, Communications and Marketing, and the OUPD."



Snyder's Striders

Numerous Oakland University students, faculty and staff participated in the event, including 50 Student Affairs employees, and their family and friends. Mary Beth Snyder, vice president for student affairs, challenged her employees at the annual Student Affairs retreat in June to sign on for either the Brooksie Way Half Marathon or 5K.

"We wanted to encourage participation in a group activity that would be fun for our staff and their family members that would provide an outlet for physical activity, and give us an opportunity to build a stronger team among those of us who work together on a daily basis," said Snyder. Linda Harding, administrative assistant, created a Snyder's Striders newsletter and blog to encourage and inspire the group. Members walked together during lunch and after work to prepare for the event.

"It was a great day," said Harding of the Brooksie Way. "It was the first time I ever did a 5K, and it motivated me to set a goal for next year to improve and beat my time."

Every one of the Snyder's Striders completed the race.

"We had a couple highly competitive runners who had outstanding finishes in the half marathon, along with a couple who pushed themselves to finish no matter what their time was going to be," said Snyder. "The bright sunshine, festive crowd, and Snyder's Striders team made the Brooksie Way a special day for those of us who dragged ourselves out of bed last Sunday in order to do something healthy for ourselves and get to know each other a little better away from work."

The race is named in memory of Brooks Stuart Patterson, the son of Oakland County Executive L. Brooks Patterson. The younger Patterson died as a result of a snowmobiling accident in February, days after his father had announced plans for the race during his annual State of the County address. The race is part of Patterson's wellness initiatives to improve the health of county residents. Proceeds are reinvested back into the county, to benefit the Oakland County Fitness Foundation.

The second annual Brooksie Way is planned for Sunday, Oct. 4, 2009.

SUMMARY

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