



(404) 377-1030

The One Step Times



# Run the Oakhurst 5K Classic!

**December 9, 2006 - Old Event, New Date!**

**9 a.m.**

This is the 5K run/walk that has been the kick off event of the Oakhurst Arts and Music Festival since 2001. Along with its new date, we are returning to the original course as a tour of the Oakhurst community, starting and ending at One Step at a Time.

Participants may register at One Step at a Time, online (at [active.com](http://active.com)) and on race day from 8:00-8:30 a.m. The cost of registration is \$19 if done before December 1st (or if this newsletter is presented at the time of registration), and \$24 after December 1st.

Please patronize our loyal sponsors. They are: **Real Source Realty, Mojo Pizza, East Lake Garage, McMahan Shoes, Decatur First Bank and the Mindy and Stacy Team (Keller Williams Realty).**

## Take it Outside!

With the days getting shorter and the calories coming at us from every direction, I have a plan to kill two birds (with apologies to turkeys) with one stone.

Many people suffer from “the blues” during the holidays. So get off the treadmill and head outside. Burn off the calories and soak up the sunshine (to build vitamin D) or go for an after dinner walk around the block.

Controlled studies have documented the mood elevating effects of running/walking several times a week. Not to mention running and vigorous walking directly address a major risk factor of diabetes. Remember activity, not dieting, is the key to avoiding weight gain.

So bundle up, put on a reflective vest and go for a run or walk. Invite a friend or a spouse to go with you and remember to be careful!

## In this Thanksgiving Season:

- Count your blessings—one by one
- Write them down
- Keep the list and add to it
- Read it often—out loud, perhaps to a friend or loved one

## Announcements:

### Weekly Beginners Run:

Saturdays at 9 a.m.

3 miles at a

10-minute pace.

*291 consecutive weeks!*

### Weekly Advanced Run:

Wednesdays at 6:30 p.m.

5 miles at about an

8-minute pace.

*2 consecutive years,*

*104 consecutive weeks!*

Bring this **coupon** with you and take an extra

**\$5 off**

the following shoes:

*Reebok Road, Brooks Beast/Ariel, Glycerin,  
Burn, Asics Nimbus and Cumulus.*

*Expires March 31, 2006*

## Holiday Wish List

Items available at  
**One Step at a Time**

- Running shoes of all shapes and sizes
- Thorlo socks and Injinji toe socks
- Shorts, Tights
- Singlets, long/short sleeve shirts
- Timex watches
- GU Books
- Gift Certificates

## Special Gift Certificate Service

Remember, I will call you or the Gift Certificate recipient to remind you if a gift certificate is not redeemed by a pre-arranged date. I want you to get a full measure of value for every dollar you spend at One Step at a Time.



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Decatur, Georgia 30030

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[1stepatatime.net](http://1stepatatime.net)



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