



(404) 377-1030

The One Step Times



One Step at a Time is Five Years Old!

In celebration of five years in business, I am reprinting the first "Charles' Corner" entitled "Why I Run." Running and encouraging others to run is intensely personal to me. I sincerely hope that my experiences inspire others. The second article was sent by email to some of you when a female runner was killed recently in the Emory area. Running in the dark is serious business.

As one of my most recent customers, please accept the enclosed coupon for **10%** off your next pair of shoes.

Note: The 3 mile Saturday morning run at 9am is up to **260** consecutive weeks! Please join us.

Why I Run by Charles Cope

A personal history by the owner of One Step at a Time

My name is Charles Cope. I am 55 years old and have been running since my first year in Boy Scouts (45 years). I had acute childhood asthma and was held out of school at age six. Asthma produces a state of oxygen deprivation (hypoxia) that can severely curtail one's lifestyle. When I did start school, I missed 45 days due to asthma. I was not allowed to play at recess or to go outside very often. Joining the Boy Scouts and starting to run may have saved my life. Running was my ticket to a normal life. I gained weight, grew stronger and started hiking, camping, and caving. Running taught me to deal with my asthma. I developed a way to personally monitor my illness and to finally control it. It has been my passion to share this secret with others who strive to overcome asthma or any other debilitating illness.

I have added several cross-training activities to running and caving. I restored my 50 year old bicycle and ride it to work regularly. I also taught myself to rollerblade. Five years ago,

I began martial arts training and now hold a black belt and teach adult sparring. Three years ago, I became a walker. After dislocating my knee practicing karate, I was unable to run a step.

Since I had successfully avoided knee surgery after a motorcycle accident in 1970 (injuring the same knee), I decided to try to rehabilitate this injury as well. I walked 1,800 miles on the Agnes Scott College track—3 miles at a time—before I could run again. If I missed a day, I made it up. About the time my knee started working again in February 2000, I partially dislocated my left hip in a freak accident.

Back to the Agnes Scott track and another 1,000 miles of walking. By September, 2000, I started to run again and ran the Atlanta Half Marathon last Thanksgiving Day. I am slow, but running makes me happy. It makes me strong.

Thoughts on Running, Walking or Biking after Dark

In response to the recent tragic death of a prominent local runner, I would like to share some of my ideas about running after dark or in the early morning. Some suggestions apply to all outdoor running; others are specific to running in the dark.

This means to be alert at all times. So:

- Leave the ipod at home. At night hearing is even more important than it is in the daylight. Run in low traffic areas like residential neighborhoods.
- While reflective material on vests, shoes, jackets etc. is very important, it is much more important that you see the cars than that they see you. A driver can see you and still hit you if they are distracted by a cell phone call or are intoxicated. But, if you see the car, you can take action to avoid being hit.
- Stay off of busy streets after dark.

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- Know your route. Run the route in the daylight first so you will be aware of potholes and other obstructions.
- Crossing streets at crosswalks can be more dangerous if runners feel safer having the legal right-of-way. Decide for yourself where to cross but be on heightened alert.
- If you feel that you may be in danger or you cannot make eye contact with a driver who is in your vicinity, stop running and step away from the road.
- If you run alone at night, let someone know where you are and check in when you return.
- Be careful. Don't zone out when you run. Your safety is in your own hands.

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Don't Walk/Run with a Headset!

I can't quote exact statistics, but too many people are hit by cars while wearing headsets. The idea seems to be to drown out the noise of traffic with music, and it works, very well! You may not even hear the car that hits you.

Headsets also invite muggers, who prefer victims who are unaware of their surroundings. I have met or passed dozens of people wearing headsets. Many are startled because they didn't know I was there until they actually saw me.

In Decatur, there are many side streets and neighborhoods where traffic is not so intrusive. Run there!

If you must run/walk with a headset, try wearing it off the ears. This enables you to hear environments noises also and may save your life!



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5th Anniversary Newsletter!



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