Boise Galloway Training – Week 9 (Oct. 3 – 11)

Dear Galloway Athlete,

Thanks to everyone who met at the Women & Children's Alliance's Sue B 5k/10k kickoff yesterday! It was wonderful to see so many of you participating in this great cause. The day was beautiful and everyone had a great time!

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**1. Upcoming races**

Besides our own Boise Galloway 10k/Half Marathon to benefit the Idaho Food Bank, there are a couple of other races you might be interested in:

[Boise Marathon](https://www.boisemarathon.com/%22%20%5Ct%20%22_blank): Oct. 24 (5k $40; 10k $50; Half marathon $85; full marathon $145)

[Zeitgeist Half Marathon](https://www.runreg.com/zeitgeist-half-marathon%22%20%5Ct%20%22_blank): Nov. 6 (half marathon only) Register before Oct. 14: $65; after Oct. 14: $85

[Turkey Trot](https://turkeyday5kboise.com/%22%20%5Ct%20%22_blank): Nov. 25 (5k only) Use coupon code **Galloway2021** at checkout for $5 off.

**2. Next year**

With luck, in-person races will be back in 2022 and it looks like the **Missoula Marathon/Half Marathon**(June 26) is on. This one is so much fun but before I consider this as one of our target races, I wanted to see how many of you would consider doing an "away" race. We've done it before as a group (Ogden) and it's a blast.

Let me know your thoughts. I'm hoping to find a local race around the same time because I know not everyone can travel but I'd really like to try, if not Missoula, another one we haven't done.

**3. Magic Mile Oct. 30**

We WILL be doing our Magic Mile on the 30th at Boise High track. I'm giving you fair warning that if you know you can't be there that day, you can do it on your own and send it to me BY Oct. 30!

**4. Training for Saturday, Oct. 11 @ 8:00am at Municipal Park**

It's a long one for everyone, but I'll make it as scenic as possible!

Distances:

*10k:* 5 miles

*Half marathon:*9.5 miles

**5. Training tip of the week**

[7 simple training tips to run your next race faster](https://www.active.com/running/articles/7-simple-training-tips-to-run-your-next-race-faster/slide-8%22%20%5Ct%20%22_blank)

**6. Nutrition tip of the week**

Our good friend and Galloway PGL Alumni, Barb Smith, is a plant-based nutrition instructor and gives some phenomenal classes. Many members of our group have taken one or more of her sessions. If you're looking for a good, tasty way to improve your health, lose weight and feel even better than you already do, consider sitting in on one of them. For more information and to sign up, go to [Eat 4 Health](https://shoutout.wix.com/so/21NnBBcJZ?languageTag=en&cid=94201731-4c14-425b-bce5-be5ccdcdfb8f" \l "/main" \t "_blank). You'll love the classes and you'll really love Barb!

Have a great week!

Louise