Boise Galloway Training

Week 13 (Oct. 31-Nov. 6) and Week 14 (Nov. 7 – 13)

Dear Galloway Athlete,

I hope you enjoyed the run Saturday after your Magic Mile! Harrison Blvd. really outdid itself this year and with the beautiful fall colors, it was a pretty awesome day! If you haven't already, check out the photos on our Members' Facebook page.

I'm combining the next two weeks' emails since Mike and I are going to be camping and not back until late Monday. Randi will be getting everyone organized on Saturday (thank you, Randi!) so you'll be in very good hands!

In this email:

**1. Magic Mile results**

**2. Register for Thanksgiving Day 5k**

**3. Boise Galloway 10k/Half Marathon Nov. 20**

**4. Training for Saturday, Nov. 6 and Saturday, Nov. 13**

**5. Training tip of the week**

**6. Nutrition tip of the week**

**1. Magic Mile results**

I have or will be contacting anyone whose Magic Mile time Saturday put them into a new group. If you don't hear from me, that means even though your MM was faster, it didn't change your group. If you feel this is not correct, please let me know!

**2. Register for Thanksgiving Day 5k**

Here's a great little Thanksgiving Day 5k you might want to look into: [Boise Turkey Day 5k](https://turkeyday5kboise.com/?gclid=CjwKCAjwoP6LBhBlEiwAvCcthIVmPBpB3p-6lGwDURJ_8soFmhLu5FFzCU-o4e8GcSPqh4talRBMZBoCME0QAvD_BwE" \t "_blank)

**3. Boise Galloway 10k/Half Marathon Nov. 20**

If you haven't already, please let me know if you're planning on doing either the 10k or half marathon on Nov. 20. It's going to be fun -- and the more the merrier!

**4. Training for Saturday, Nov. 6 and Saturday, Nov. 13**

*Saturday, Nov. 6:*

Distances: 7 miles for 10k; 12.5 miles for half marathon

This will be the longest run of the season for everyone, so please plan accordingly with nutrition and hydration for during and after the run.

*Saturday, Nov. 13:*

Distance: an easy 3 for everyone! (I know this is a very short run, and some of you might want to skip it but it's Mike's birthday, so . . . )

**5. Training tip of the week**

[8 reasons to run a Turkey Trot](https://www.fleetfeet.com/blog/8-reasons-to-run-a-turkey-trot%22%20%5Ct%20%22_blank)

**6. Nutrition tip of the week**

[Stop worrying about running off Thanksgiving Dinner](https://www.runnersworld.com/nutrition-weight-loss/a20837494/how-many-miles-should-you-run-to-offset-thanksgiving/%22%20%5Ct%20%22_blank)

Have a great week! Louise