

# The Fallbrook Running and Walking Club

By Dawn Berry

**D**id you make a resolution to exercise more in the new year? Have you found yourself slowly losing steam? Has it become harder and harder to motivate yourself to workout?

If you're having trouble sticking to your exercise schedule, or just need to give your workouts a boost, consider joining the Fallbrook Running and Walking Club. The club is a group of like-minded individuals teaming together for the benefit of their health. There is no pressure, just lots of support.

According to founder, Hank Donigan, the club provides encouragement to all those seeking to improve their health and fitness, and also provides an opportunity to meet other members of the community with similar interests.

"I've been a serious runner since 1977 and a member of many running clubs as I moved around during my military career," Donigan said. "The clubs have helped me stay motivated through the fellowship of other runners and walkers."

Donigan and his wife moved to Fallbrook in December 2003 and were surprised to find that there was no organized running club in

the area. There were rumors of a club in years past, but nobody knew of a current, local club. It took until 2006, after a deployment to Iraq and his pending retirement from the military, for it to be the right time for Donigan to start a club. He began by announcing workouts on Saturday mornings in several local newspapers.

"The workouts started at the library," Donigan said. "A friend of mine and local running legend, Ted Plautz, agreed to show up for the first get together because we didn't know who would show up. To our surprise, a small group of runners and walkers quickly came together, many of whom have remained loyal members of the club to this day."

These days Donigan uses e-mail and the online community called *Meetup.com* to keep members informed about club activities. He points out that runners and walkers of all ages and abilities are welcome, including parents with their children. The club averages between ten and 12 members on a typical workout with an equal number of runners and walkers.

"Our club is a very friendly group that encourages both beginners and accomplished athletes," Donigan said.

The club meets Saturdays at 7:30 a.m. at the Trail Head of the Santa

Margarita Trail off Vista del Lago. They also meet on Sundays at 7 a.m. at the Trail Head of the Santa Margarita Trail at Sandia Creek Park on Sandia Creek Road. Each workout lasts about one hour.

But it's not all just about the workout.

"Fallbrook Running and Walking Club supports other community activities throughout the year such as community clean ups and charitable fund raising," Donigan said. "We hold an annual beach run and barbecue each summer, and we will sometimes organize club events such as a Turkey Trot at Thanksgiving or a Jingle Bell Run."

Working out on a regular basis is a lifestyle that is not always cultivated easily. If you are finding it hard to stick with a routine, perhaps the Fallbrook Running and Walking Club is just the thing you need.

"The hardest part of a long jour-

ney is taking the first step," Donigan said. "We hope that we can continue to spread the word about our activities to promote health and fitness in Fallbrook."

There is no charge for club membership or any of the club events. For more information about the Fallbrook Running and Walking Club, contact Hank Donigan at 760-201-7613 or [hammerin77@yahoo.com](mailto:hammerin77@yahoo.com).



## Provence Salon

Gift Certificates Available

Specials of the Month

- Facials
- Hair Cuts
- Hair Color
- Microdermabrasion
- Manicures
- Pedicures
- Waxing & More!

**\$70 Special**  
Hair Cut & Color Special  
Regular \$105

**20% OFF**  
All Waxing  
with Penny, new customers only

**\$55 Special**  
Manicure/Pedicure  
with Nicky, regular \$65

5525-G Mission Road in Bonsall  
Two doors left of Bonsall Post Office

**760-414-1008**

RHONDA RO ALLISON  
dermalogica®



**Team Troika Realtors**



Prudential  
California Realty



**TEAM TROIKA REALTORS**  
Your Professional Real Estate Family

Tania 760-877-8777 • Yelena 714-865-8058  
Tatiana 760-331-7955 (Hidden Meadows Resident)

**When you work with us... Start Packing!**

**Now is the time to buy! Prices are at an all time low! Interest rates are holding at a great low rate!**

First-time home buyers?  
Investment buyers?  
Looking to downsize?

**Call us and we will help make your money work for you!**