

# Rad Runner



## TWITTER TWEETS



## ABOUT ME



Rad Runner  
View my complete profile

## GIVEAWAYS!!!

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## PAYING IT FORWARD.. & !!!REED'S GINGER GIVEAWAY!!!

Some people want to become the president, others want to travel the world, I vaguely state that "I want to be happy, whatever and where ever that may be...."

I was supposed to go trail running with a friend today, and then at 2pm it changed to hill running in town, and then at 4:30pm it turned into a text "I'm not feeling it" so, I totally understood after JUST having one of those days.. So I came home, threw on some running clothes and headed out..

Right before I left, I grabbed a couple boxes of [Reed's Ginger Chews](#).. I figured it'd be nice if I gave some away to some fellow runners, the path I run down has a LOT of them and with marathon season right around the corner I know many of them are out there training and trying new things. So I began to run, 1 hour and 7 miles later, I came home with a smile on my face, and the driving urge to continue giving.

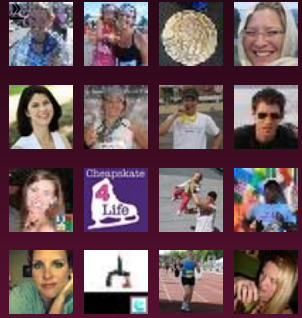
This is Annette and Rad Runner

## FOLLOWERS



with Google Friend Connect

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## BLOG ARCHIVE

- ▼ 2010 (106)
- ▼ September (9)
- Lemon.Cupcake.Cookie.Sugar on the BRAIN.... + More...
- Paying it Forward.. & ...
- Rickety, Schmikitty, Random Wednesday...
- Fun Fairs, Quick Stares & 18 miles...
- IFITNESS Fuel Belt WINNER!!!
- Cupcake Balls...
- A Labor FREE Day....
- Conquer the Pain Game... and Friday Fun!!
- IFITNESS Fuel Belt



Annette is a dancer, and a new runner, she told me that she will be running the Long Beach Half Marathon this year as her first half marathon ever, I was so excited for her and told her that a year ago I was in the exact same place, running on the beach path in Long Beach, preparing for my very first Half Marathon in Long Beach (and look at me now). She expressed her fears and her concerns, and I assured her that the crowd support alone would carry her the whole way. She said that her sister in law was the culprit that urged the running bug on her, so I gave her and her sister in law a box of Reeds :)

Meet Domingo:



Domingo was a very very happy runner, who was all about trying new things and pushing his body to the next level! Domingo told me all about different marathons he's ran, different tri's he has participated in, and new challenges he plans on conquering. He too is running the Long Beach Marathon!

Giveaway!!!

- ▶ August (14)
- ▶ July (19)
- ▶ June (18)
- ▶ May (17)
- ▶ April (16)
- ▶ March (13)

My latest workouts

9/18/2010

Run: 7.01 Mi

9/16/2010

Run: 7 Mi

9/14/2010

Run: 3.1 Mi

Powered by RunningAHEAD

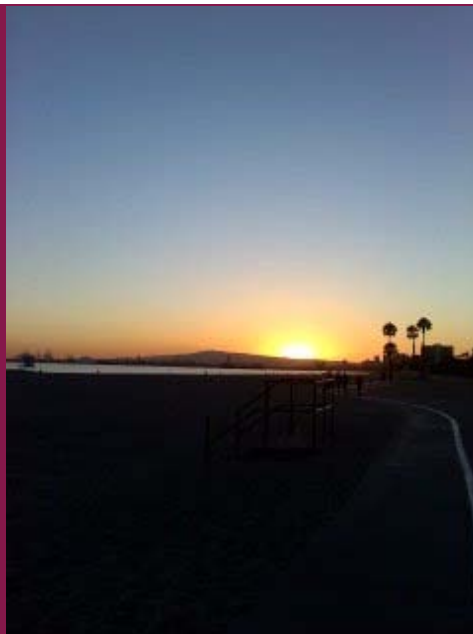
This is Michelle:



She was a quick runner who was simply excited to get her hands on a tasty running aid that was so natural...

I continued on my merry way and snapped these flicks:





After giving out some goods, I continued to run, I swear I ran faster.. The joy that I encountered by hearing about fellow runners, and their journeys and accomplishments made me happy! I think my new pair of Mizunos were helping out as well (as new shinny things sometimes do)...



For as much as I loved giving to strangers.. I want to share the **Reed's Ginger** love with my readers, who are all far from strangers and with all your positive advice and comments from "Ice it" and "Eat this" I want to give back! I know that many of you were excited about this giveaway in the past and many of you have races coming up soon! So heres your chance to score some yummy all natural, tummy taming treats! Read all about my ginger love here.

TWO lucky readers will have the chance to win!!

One winner will win a SUPER AWESOMELY bright and safe Reed's Ginger Shirt like this one:



AND some Ginger Chews!!!

The Second winner will receive some Ginger Chews and some Peanut Butter Ginger Chews!!!



**To enter:**

1. Become a follower if you are not, if you already are then let me know (post a comment)
2. Visit Reed's Site here and tell me what you'd like to try!
3. Tell me what makes you happy...

This Giveaway ends on Wednesday September 22nd! So make sure to enter by then!

Good luck to everyone on all your weekend adventures! Make the happiness last and spread

the wealth of a smile it literally lasts for miles.



Why yes, that might be a card I made...

XO XO XO- Rad Runner

9.16.2010

Posted in | Reeds Ginger Giveaway | 47 Comments »

One Responses to "Paying it Forward.. & !!!!REED'S GINGER GIVEAWAY!!!"



**mommaof3ontherun** says:  
[September 17, 2010 3:33 AM](#)

I want to try....and how awesome what you did.



**mommaof3ontherun** says:  
[September 17, 2010 3:34 AM](#)

I want to try the peanut butter chews



**mommaof3ontherun** says:  
[September 17, 2010 3:35 AM](#)

Watching my kids sleep peacefully makes me happy!



**Johann** says:  
[September 17, 2010 4:02 AM](#)

That is a super run you had! You can see how happy you made all those runners. I love it! Ginger is great for the stomach during ultras. Have a great weekend! Ignore me for the giveaway, I'm on the other side of our lovely planet.



**Kate** says:  
[September 17, 2010 4:19 AM](#)

Great pictures and idea! What a fun idea. :)

I'm already a follower.

**Anne** says:  
[September 17, 2010 5:32 AM](#)

Love the card you made...and what a great idea to give the  
Ginger Chews away while on a run!

You're definitely the raddest :)

Of course I'm a follower!

**JenniferLeah** says:  
[September 17, 2010 5:37 AM](#)

great post. Long Beach looks like a GRRREAT place to run run  
run!! and look how many other runners you made SMILE :D

I am a follower

**JenniferLeah** says:  
[September 17, 2010 5:40 AM](#)

what makes me happy?

my daughter giving me high-fives shortly after the start of  
every race! She is my good luck charm :)

My hubby and daughter greeting me and cheering me on the last 1/4 mile  
stretch home after a long run!

**JenniferLeah** says:  
[September 17, 2010 5:43 AM](#)

Oh I have seen their Ginger Beer at my local HFS! I will have  
to try that out :)

I would actually have to go with the Virgil's rootbeer AND the  
ginger ice cream!!

**Teamarcia** says:  
[September 17, 2010 6:15 AM](#)

Why have I never heard of these? Already a follower!

**Teamarcia** says:  
[September 17, 2010 6:15 AM](#)

I'd love to try the PB chews

**Teamarcia** says:  
[September 17, 2010 6:16 AM](#)

A running high oh and maybe some Kombucha makes me happy!

**Berryfine** says:  
[September 17, 2010 6:19 AM](#)

I am a follower AND I run in the same pair of Mizunos. I adore them :)

**Kovas Palubinskas** says:  
[September 17, 2010 6:19 AM](#)

I'm a follower

**Kovas Palubinskas** says:  
[September 17, 2010 6:19 AM](#)

I want the shirt!

**Kovas Palubinskas** says:  
[September 17, 2010 6:19 AM](#)

I love the chews I won last time!

**Berryfine** says:  
[September 17, 2010 6:20 AM](#)

All of it looks yummy I don't think I can pick one!

**Berryfine** says:  
[September 17, 2010 6:21 AM](#)

Dancing around my apartment makes me happy. I can't dance at all but when I'm feeling it I. Will. Break. It. Down.

**Pam** says:  
[September 17, 2010 6:39 AM](#)

I'm a follower!

**Pam** says:  
[September 17, 2010 6:40 AM](#)

I'd like to try those PB ones. I love me some peanut butter!

**Pam** says:  
[September 17, 2010 6:41 AM](#)

My dogs make me happy. :) The more people I encounter, the



more I appreciate my dogs.

**Alexa says:**

[September 17, 2010 6:42 AM](#)

I am a follower!

**Alexa says:**

[September 17, 2010 6:44 AM](#)

Kisses from my yorkie make me happy. =)

**funderson says:**

[September 17, 2010 7:19 AM](#)

the thought of you handing out boxed sunshine makes me happy...

**Zaneta says:**

[September 17, 2010 8:10 AM](#)

wow, I absolutely love that you gave them away to complete strangers on your run!! That's awesome!! :D

**TMB @ RACING WITH BABES says:**

[September 17, 2010 9:12 AM](#)

I am a follower!

**TMB @ RACING WITH BABES says:**

[September 17, 2010 9:12 AM](#)

I would love to try Virgil's Root Beer. Nothing better than a good root beer float!

**TMB @ RACING WITH BABES says:**

[September 17, 2010 9:13 AM](#)

I am made happy by my kids, my hubby, cupcakes, finishing a run and warm blankets on cold nights. I know, random.

**Kate says:**

[September 17, 2010 10:38 AM](#)

I just found your blog today. Wheee! And I clicked follow before I even read to the end to see your giveaway. That is happy inducing!

**lindsay says:**

[September 17, 2010 11:02 AM](#)

That homemade card rocks. And how awesome of you! The joy of giving cant be topped by much.

**Suzi says:**  
[September 17, 2010 11:49 AM](#)

I'm a follower.

**Suzi says:**  
[September 17, 2010 11:52 AM](#)

I would love to try the Crystallized Ginger Candy...yum.

**Suzi says:**  
[September 17, 2010 11:54 AM](#)

My furry kids make me happy. It doesn't matter when I come home, I always have a cat and a dog waiting at the door.

**Julie says:**  
[September 17, 2010 12:19 PM](#)

Hell yes, I follow:)

**Julie says:**  
[September 17, 2010 12:20 PM](#)

Reading cool blogs makes me happy:) Thanks for posting the gorgeous pictures!

**Matty B. says:**  
[September 17, 2010 1:59 PM](#)

Follow.  
Crystallized Ginger would be delightful.  
Jens Lekman makes me happy.  
I'm a Scorpio/Cancer (depends on which horiscope I read).  
I love long walks in the woods.  
My perfect bride would be uber smart, works to make the world better,  
makes me laugh out loud, loves dogs, dresses funky, hot.

**Chris K says:**  
[September 17, 2010 8:51 PM](#)

Love the new font! Now I don't have to get my old man glasses every time I read about Rad Runner. See you in Feb at Surf City Marathon in Huntington Beach.

**Molly says:**  
[September 18, 2010 6:02 AM](#)

peanut butter ginger chews are calling out to me....

**Molly says:**  
[September 18, 2010 6:02 AM](#)

I follow...love your fellow runner photos!

**Molly says:**  
[September 18, 2010 6:03 AM](#)

what makes me happy is right now, sippin' my coffee, looking out at the sunny fall morning, getting ready to take my kid to soccer!

**Average A says:**  
[September 18, 2010 3:30 PM](#)

Did you saw Peanut Butter ginger?! I totttttally want to give those a shot. :)

**Average A says:**  
[September 18, 2010 3:30 PM](#)

also i'm a follower, of course. :)

**Average A says:**  
[September 18, 2010 3:31 PM](#)

and i LOVEEEEEEEEEEEEEEE how all the runners you gave chews to on the trail look like they are holding packs of cigarettes!!!

xoxo,  
A

**Katie A. says:**  
[September 18, 2010 7:25 PM](#)

I'm a follower!  
So very cool that you did that on your run! I only wish I had met you on the beach path myself ;)

**Running Diva Mom says:**  
[September 19, 2010 8:22 AM](#)

following ya -- could you be any cuter?!

**Running Diva Mom says:**  
[September 19, 2010 8:22 AM](#)

woudl love to try the pb chews -- yummy!

**Matty B. says:**

September 19, 2010 12:18 PM

You are so right about the taco truck and we'll definitely be researching in October to see if we can subsidize food or find a cheap, delicious truck to make a stop by.

Also, if you create a hypem account PLEASE let me know the address so I can follow you and see what you're listening to. Oh, Felice Brothers are awesome. I would suggest the Avett Brothers to you, but I assume you're already a follower.

Write a comment

Comment as: [Select profile...](#)



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