

Nine Weeks, 6 Weeks, and Februarius the Last Month of the Year

There are only nine weeks before the Chicken Run. Are you ready?

Whether you're a novice runner, a 5k regular, or someone just beginning to think about doing a 5k (3.1 mile) race, there's a lot of advice available about when to start getting ready, how to train, and how to train to have your personal best race.

From the Mayo Clinic comes advice for beginners: [5K run: 7-week training schedule for beginners](#)

LiveStrong.com has this advice: [How to Train for 5K If You Never Ran](#)

Jason Fitzgerald of StrengthRunning.com relates his experience and training techniques in this article: [How to Train for a 5k \(and set a new personal best\)](#)

For those of you who are looking for more tailored options for getting ready for the Chicken Run, then check out the 5K Training Schedules available at VeryWell.com: [How Long Does It Take to Train for a 5K?](#)

They even have a training schedule for beginner runners or walkers who want to build up to running a 5K.

And from Nicole Nichols, Certified Personal Trainer and Fitness Instructor, comes this article: [8 Lessons from My First 5K Race - The Most Fun You'll Have Running](#)

Not a runner or a walker? Volunteer or just come by to cheer folks on and check out the sponsors and other fun stuff going on!

The Chicken Run takes place on Sunday, April 8th. [Click here for more information](#)

For a limited time, get \$5 off a 5K or 2-Mile Walk entry fee. Be one of the first 100 people to register and get a FREE t-shirt!

Are You Familiar With This Saying?

If Candlemas be fair and bright,
Winter has another flight.
If Candlemas brings clouds and rain,
Winter will not come again.

Candlemas is an old European tradition that occurs at the half-way-point between the Winter Solstice and the Spring Equinox. It happens on February 2nd, exactly 40 days after Christmas.

Candlemas got its name because that's when the Christian clergy blessed and then distributed candles to their congregants.

February 2nd was also the day that eyes turned to ground animals to see if they cast a shadow. If they did, then everyone prepared for six more weeks of winter.

It was the Germans who brought the Candlemas tradition to Pennsylvania. In Germany, they used to watch for the badger's shadow, but in the new world, they looked to a local burrowing animal.

The Delaware Indians called the animal the wojak which is where we got the name woodchuck. Because the woodchuck reminded people of a pig, in this case, an "earth pig", they started calling it the groundhog.

"Pennsylvania's official celebration of Groundhog Day began on February 2nd, 1886 with a proclamation in The Punxsutawney Spirit by the newspaper's editor, Clymer Freas: "Today is groundhog day and up to the time of going to press the beast has not seen its shadow." The groundhog was given the name "Punxsutawney Phil, Seer of Seers, Sage of Sages, Prognosticator of Prognosticators, and Weather Prophet Extraordinary"



This year Punxsutawney Phil saw his shadow and predicted 6 More Weeks of Winter!

Last AND Least

A long time ago, in a land far away, the new year began in March and ended in December. Since there wasn't much happening in the winter, people simply counted the days from when the calendar ended, to when it began again.

When someone in power (King Numa Pompilius) decided that it didn't make a lot of sense to have a calendar that ignored one-sixth of the year, he added in two more months: January and February.

BUT . . . being that people were pretty superstitious in 713 BCE, they didn't like having even numbered months.

There was just one problem. They couldn't manipulate their way into making each month end in an odd number.

So Februarius got stuck . . . for ever after . . . with 28 days.

Except of course for Leap Year which occurs every 4 years providing the year is evenly divisible by 4, or if the year ends in double zeros, is also divisible by 400.

The year 2000 was a Leap Year, and 2400 will be a Leap Year, but 1800, 1900, 2100, 2200 and 2300 weren't and won't be, because they all fail the divided by 400 rule!

Quinn Eurich, Editor

Resources

[Groundhog Day](#)

[The Indian Legend of Wojak](#)

[Groundhog etymology: from whistle pigs to woodchucks](#)

[The Bizarre Reason February Only Has 28 Days](#)