



"Your Local Running Specialty Store"

3015 Anderson Ave, Manhattan KS 66503

785-320-6363

www.manhattanrunningco.com

Mon - Fri. 10 am - 6 pm; Sat - 10 am - 5 pm

MRC Newsletter December 2008 Issue

In This Issue

- ❖ Welcome to the Newsletter**
- ❖ New Product**
- ❖ Items of the Month**
- ❖ Little Apple Road Runners**

Happy Holidays to everyone! We hope this holiday season finds you well and running strong. Be sure and stay safe as you run out there in the cold and dark. Enjoy this time of year as you build your base for the upcoming racing season!

Welcome to the MRC Newsletter

This is the first issue of what will be a monthly newsletter to help educate about chosen topics, keep informed about local races and introduce new products to all Manhattan Running Company loyal! We hope you enjoy it and feel free to give us your feed back on things you would like to see covered or suggestions on additions.

New Product!!



Moving Comfort Sport Bras have arrived!! We carry the Dori, Alexis and Fiona lines. Come in today and feel the comfort!

The new Nike Equalon+ 3 will be available in the next week. This shoe won Best Update in Runner's World's December 2008 Shoe Guide for its increased stability.



The T3c Heart Rate Monitor by Suunto helps you train with confidence by providing you with real-time information on the aerobic benefit of each workout. Runners, bikers, kayakers, and other sports enthusiasts will appreciate the Suunto t3's combination of robust technology and versatile style.

Items of the Month!!

Every month in this section you will find special deals at the store that will apply for the entire month of this newsletter. Discounts will not apply to these deals and will only be available while supplies last, so “run” in before they are gone!!



Nike Essential Soft-Hand Half-Zip.
Retail price is \$55.00, but get this great base layer top for only \$45.00. That's a savings of \$10 on a great running necessity.



Pearl Izumi SYNCRONINFINITY is now on sale for \$89.99. With an MSRP of \$109.99 you save \$20.00 off this excellent stability shoe. It provides a great ride with its seamless upper and 360 degree lacing system.



Mizuno Wave Rider 11 is also now on sale for \$69.99. With an MSRP of \$94.99 that is a savings of \$25.00 off this cushioned neutral shoe. SmoothRide Engineering enables the design of the shoe to reduce shock vibration while increasing flexibility, thus yielding a highly comfortable and smooth ride.



Little Apple Road Runners is your Manhattan community running group. There is no experience required and all levels of runner are welcome! Joining the LARR, you gain accountability, motivation, social environment and training tips.

Membership Benefits Include:

- ❖ **Group runs, which take place almost daily, which provide a great opportunity to run with others and a leader.**
- ❖ **Quarterly Running Club Newsletter with upcoming race information, training and nutritional tips and more.**
- ❖ **Training Workshops (subject to additional costs)**
- ❖ **Discounts and gift certificates from area businesses, including a 10% discount at Manhattan Running Company.**
- ❖ **Free Running Club T-shirt.**

Check out more about Little Apple Road Runners at www.letsgorun.com/LARR or call us at the store at 785-320-6363.