



"Your Local Running Specialty Store"

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

MRC Newsletter

February 2009 Issue

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Hey Everybody! It's time to start dusting off those shoes and to get back out there. Don't let the cold weather keep you from starting to train for that spring race that you are planning! The racing season will be here before you know it, so be ready when it does!

Congratulations!

We would like to say, "Great Job" to everyone that ran in the Groundhog 5K/10K. Manhattan was represented well as Kory Cool won the 10K and Pat Melgares won the 5K!

Tips to Help You Get Motivated



1. Set a Goal: Having something to train for helps you get motivated to get out there, even in the cold. So, start looking at your calendar and find a race that you want to run. Check the website for upcoming races in our area!



2. Find a Partner: Working out with someone can also make it easier for you to put in the training you want. Find someone who can keep you accountable for showing up and putting in the time.



3. Don't Get Caught Napping: When you are sitting around watching TV or just hanging out inside, think about those people who are out there working on getting better. Rather than sit there, let that be you who is the one getting a leg up on the competition!

New Product!!



The New Balance 769 is available now. Built on a new performance last, this update fits great and provides the comfort and support you are looking for.



Track Spikes are now in stock! Come in and check out our selection. Whether you want sprint, distance, throws or jumps, we have you covered. We have Nike, Mizuno, Asics and New Balance spikes. We will also have racing flats for those 5K to Marathon races!

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!!

Mizuno Breath Thermo Blowout!!!

All Mizuno Breath Thermo Apparel is 25% off for the month of February. Sizes are limited and once it is gone, it's gone until next year, so get it while it lasts!

Also, in anticipation of the spring lines arriving, we have loaded down the 20% sales rack with new items.

Coming in March:

MRC Ladies Night at the Store:

Step 1: Leave the kids with your husband

Step 2: Invite your girlfriends for Wine and Snacks at MRC

Step 3: Try on all the new spring apparel and shoes

Running Clinics: Are you new to the whole running scene? Are you training for a race or want to train for a race and don't know what to do? We will be having running clinics for beginners, intermediate, and advanced runners. 90 minutes a night, 1 night a week, receive a training plan and informational sessions on racing, nutrition, training and much more. Contact us if you are interested. Clinics will run approx. 6 weeks and will be approx. \$10 per session.

Do your Long Run with us: One Saturday per month we will host a supported long run. We'll drop you off 10, 15, 20 miles from the store. Run with a group, have water waiting for you at different spots along the way and then have breakfast at MRC when you are done. Let us know if you would be interested in joining us on these runs.