



***"Your Local Running Specialty Store"***

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***Mon – Fri. 10 am – 7 pm; Sat 10 am – 5 pm***

# ***MRC Newsletter February 2010 Issue***

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**Hey everybody! Well, the groundhog saw his shadow once again! That means a little more cool weather. Luckily, we still have some winter apparel left and now it's on sale for 30% off!**

**We know you are probably starting to gear up and begin your training for a spring event. Whether it's the St. Patrick's Day 10K or a marathon; now is the time to start! We have lots of new shoes and clothing starting to come in for when Spring does arrive! There is nothing like a new pair of shoes to get you motivated for your goal!**

**We also have spikes for track starting to arrive for those speedsters out there! Come in and see all the exciting new things happening at MRC!**

# Supported Long Run

## Supported Long Run

The supported long run will resume this month on Saturday, February 20<sup>th</sup> at 7:00 am. As usual, we will meet here at the store and provide a route, along with water or Gatorade. After you get back there will be some breakfast food to aid in your recovery. Please email us at [events@manhattanrunningco.com](mailto:events@manhattanrunningco.com) if you plan to attend and how long you want to go.

# Winter Apparel Sale!

All winter apparel is on sale for **30% off!** This includes jackets, pants, long-sleeve tops, hats and gloves. This sale will last until Feb. 13<sup>th</sup>. On top of these wonderful savings, for the entire month of February, **MRC will donate \$2 to the American Red Cross** for the Haiti Relief efforts for each article purchased. So, not only are you saving money, but helping a great cause! Sizes and quantities are limited so hurry in before they are all gone!

# Nutrition Corner

## Boost Your Iron Intake

If you are an avid runner, you should pay particular attention to your iron intake. For example, runners, as compared to other athletes, are more prone to becoming anemic. They often experience small iron losses via blood in the intestinal track, plus the pounding on their feet can also damage blood cells and require iron for replacement.

Iron is an important part of red blood cells. It helps transport oxygen to your muscles. If you have a diet that is low in iron, you may develop iron deficiency anemia. The symptoms are weakness and rapid fatigue upon exertion. The recommended iron intake is 8 milligrams for men; 18 mg for women. Women require more iron because they lose it through their menstrual cycle. The average woman consumes less than the recommended intake and is at risk for anemia.

Red meat is among the best dietary sources of iron. The iron in meat (and in other animal proteins) is absorbed twice as efficiently as the iron in plants. For example, spinach is a relatively iron-rich plant, but only 3% of its iron is absorbable. Breads, cereals, and other grain foods are good sources of iron only if the words *enriched* or *fortified* are on the food label. You can significantly boost absorption of iron-enriched grains by eating a source of vitamin C with the meal. For example, orange juice with breakfast cereal boosts iron absorption 2.5 times.

Adapted from: *SportsNutrition* by Nancy Clark, MS, RD, CSSD ([www.nancyclarkrd.com](http://www.nancyclarkrd.com)) For more information about nutrition, health and food safety, please contact Ginny Barnard, MPH; Riley County Extension Agent at [ginnyb@ksu.edu](mailto:ginnyb@ksu.edu) or call 785-537-6350.

# Garmin Rebate

Once again, Garmin is coming through with a rebate offer that is hard to pass up! From now until May 31<sup>st</sup> the Garmin 405 and 405CX will have a \$50 mail-in rebate. So, if you have been holding off, now is the time to take advantage of this great deal!

# New Balance

New Balance is currently running a promotion for you to try on their shoes. Just for trying on a pair of New Balance shoes, New Balance will donate \$1 to one of three charities. The charities are Susan G. Komen For the Cure, Girls on the Run and the Special Olympics. If you buy a pair of New Balance, you can either receive a \$5 rebate or donate that \$5 to one of the above charities. What a great way to donate to a wonderful cause with little effort! Don't forget to ask us more about this when you come in!

# Doc Night!

The First and Third Monday of every month from 5 pm - 6 pm, Dr. Rich Foveaux will be here to help answer questions you have about an injury or even injury prevention. If you have a nagging injury or something new that has popped up, stop by and speak to Rich and see what advice he suggests.

# New Product!!

## **Forze GPS**

From the makers of Accelerade and Endurox comes a new way to control hunger. Forze GPS is the first weight management tool designed specifically for athletes. Forze GPS uses a patented blend of healthy fats, protein and calcium, plus added fiber to activate the body's natural appetite control signal. Forze GPS is designed to be taken between meals, as a snack replacement and to leave you feeling satisfied longer. Forze GPS helps control your hunger so you achieve your performance goals.

## **Brooks Racer ST 4**

This racing flat from Brooks comes with medial support for those over-pronators who want something to race in. Light enough for the 5K, but sturdy enough for the marathon, the sleek Racer ST 4 helps shave seconds or even minutes off your time. The DRB® backs you up with the support you need to break the tape feeling strong. Go for it. Weight: 8.6 oz.



# Upcoming Races!!

For more information on these races, please check our website or call us at the store.

## **February**

**Feb. 14: Love 2 Run Valentine's Day 4 Mile (Kansas City, MO)**

**Feb. 21: 14<sup>th</sup> Annual Indoor Triathlon (Overland Park, KS)**

**Feb. 28: Olympiad Memorial ½ Marathon & 10K (Chesterfield, MO)**

## **March**

**Mar. 13: St. Patrick's Day 2 mile and 10K (Manhattan, KS)**

<http://letsgorun.com/StPatsRace/index.htm>

**Mar. 27: Manhattan Young Life 5K (Manhattan, KS)**

**Mar. 28: Adventure Racing: Extreme Break Up and Thumper Classic (Milford, KS)**

## **April**

**April 3: Rockin' K Trail Marathon (Kanopolis Lake, KS)**

**April 3: Fools Day 5K (Salina, KS)**

**April 10: Eisenhower Marathon (Abilene, KS)**

**April 10: LifeCare Fitness Center 5K Run and Walk (Holton, KS)**

**April 17: Arbor Day Fun Run 5K/2 mile (Manhattan, KS)**

**April 17: Back It Up Trail Races: 5K, 10K or 1 Mile (Milford, KS)**

**April 18: The Lynn Electric Kansas Marathon, 1/2 marathon, 5K and Kids Runs (Lawrence, KS)**

## **May**

**May 1: Mercy Wild Run at Sunset Zoo (Manhattan, KS)**

**May 22: Back It Up Trail Races: 5K, 10K or 1 Mile (Milford, KS)**