



"Your Local Running Specialty Store"

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Mon - Fri. 10 am - 7 pm; Sat 10 am - 5 pm

MRC Newsletter

January 2010 Issue

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Happy New Year!! We are excited to welcome 2010 here at MRC! It marks the start of a new year and a chance to make ourselves better. Whether you have the goal of running a race or just getting back into shape, we are here to help you achieve it.

With a new year, come new styles of your favorite shoes! If you liked your shoes and want the same style, we still have a limited amount of last year's models available at a reduced price.

We hope that 2010 is your best year ever! Happy Running!!

Happy New Year!

Supported Long Run

Supported Long Run

The supported long run will have to be on a wait on see basis. We would like to have this run, but until the weather decides to cooperate, it just isn't possible. We hope to get one in by the end of the month. Look for an email, updating you on the status of this run.

Nutrition Corner

Breakfast of Champions

I don't have time, I'm not hungry in the morning and I'm on a diet are three common excuses for missing breakfast. Unfortunately, athletes who skip breakfast generally train less effectively, suffer needless fatigue, and perform poorly. They also tend to have trouble concentrating and work or study less efficiently later in the morning. Clearly, breakfast is a very important meal of the day!

If you are a breakfast skipper who routinely misses this energizing meal, try this experiment: Eat breakfast for three consecutive days. Any breakfast is better than no breakfast, but some choices are better than others for your sports diet. You can easily boost your day's carbohydrate intake with some of these popular breakfast foods: cold or hot whole grain cereal, grits, pancakes, waffles, french toast, english muffins, bagels, toast, banana bread, fruit, juice, or yogurt. For a non-traditional breakfast, enjoy baked sweet potato, leftovers, a sandwich, thick crust pizza, soup. You'll quickly discover breakfast is indeed a key meal for champions!

Adapted from: *SportsNutrition* by Nancy Clark, MS, RD, CSSD (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 or call 785-537-6350.

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.

Upcoming Races!!

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

January

Jan. 9: Legacy Unleashed 5K (Lee's Summit, MO)

Jan. 9: Frosty 5K (Olathe, KS)

Jan. 10: Buffalo Run 8K (Parkville, MO)

Jan. 16: Topeka to Auburn Half Marathon (Topeka, KS)

Jan. 23: Indoor Triathlon/Duathlon (Mission, KS)

February

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

Feb. 21: 14th Annual Indoor Triathlon (Overland Park, KS)

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