



***“Your Local Running Specialty Store”***

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

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**Hello to everyone from MRC. Summer is in full swing and we hope this newsletter finds you training well for whatever it is you have up next on your race schedule. We have been getting all kinds of new apparel and shoes here at the store, just in time for the bulk of your summer training. We look forward to seeing you out on the roads as well as at the race start line!!**

# Supported Long Run

## Supported Long Run

**It’s time for another Supported Long Run. It will take place on June 13th at 7:00 am at Manhattan Running Company. We will have water and an electrolyte drink for you as you run. So, come join us for a run and some food afterwards. Please email us at [events@manhattanrunningco.com](mailto:events@manhattanrunningco.com) if you plan to attend.**

# Happy Father's Day!

*We would like to wish all the Dads out there a wonderful Father's Day!! If you are looking for something for that special dad in your life, here are some ideas.*

1. A new pair of performance running socks
2. A new performance T-shirt or pair of shorts
3. The Stick (a wonderful tool for relieving stress)
4. A gift card to Manhattan Running Company

## Team in Training Meeting



When: June 11<sup>th</sup> at 6:00pm

Where: City Park Shelter on Poyntz Ave.

Why: If you are looking to run a marathon and want some training partners and to support a good cause. Come by and find out more about Team in Training.

# New Product!!

## **Gracie's Gear Sports Bra**

The new and improved gracie's short bra offers that extra support you may need on a run. Stop carrying your iPod, cell phone, energy gels, and car keys and finally have a "hands free experience" ladies!!

POWER POUCH™ Specific Features

- Three compartments within the pouch that accommodates for all sizes and shapes of workout essentials.
- Sits outside separately from the bra to keep objects from chafing the skin and improve comfort.



# Item 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!!

For this month’s item, we wanted to offer a deal and some knowledge. This month’s items are the 3 racing flats that we carry. The Brooks T5 Racer (\$30 off), Mizuno Wave Ronin 2 (\$20 off) and Saucony Type A3 (\$20 off).



The reason we are giving these good deals is because we want you to be able to discover what a racing flat can do for you. Because of its very light weight, it reduces the amount of shoe that you have to carry and can help shave time off of whatever distance you are racing. The general rule of thumb is that for each ounce you drop on shoe weight it will save you one second per mile. Thus, the benefits can be substantial since these shoes are typically three or four ounces lighter than trainers. Theoretically, the weight difference could take twenty to thirty seconds off of a 40-minute 10K time.

# Upcoming Races!!

## June

June 6: Full Moon in June (Tribune, KS)

June 10: Poyntz Avenue Mile (Manhattan, KS)

June 13: 2nd Annual Rock Chalk Run (Clinton State Park, KS)

**June 13: Boomtown Days ½ Marathon and 5K run (Joplin, MO)**  
**June 14: Kansas 70.3 Half-Ironman Triathlon (Lawrence, KS)**  
**June 20: 11<sup>th</sup> Annual Alert Road Race (Between Green and Randolph, KS)**  
**June 20: Topeka Tinman Triathlon & Duathlon (Topeka, KS)**

## **July**

**July 3: Derby Firecracker 4 Mile and 1 Mile (Derby, KS)**  
**July 4: 33rd Annual Coors Freedom Run (Junction City, KS)**  
**July 12: Shawnee Mission Triathlon (Shawnee, KS)**  
**July 17: Governor's Cup 5K/10K Road Race (Topeka, KS)**  
**July 19: Mudwater Triathlon & Duathlon (Goddard, KS)**  
**July 19: Midwest Mayhem Triathlon (Lawrence, KS)**  
**July 25: Adventure Race (Perry Lake State Park)**  
**July 25: 10-5-2 Prairie Run (Fort Riley, KS)**

## **August**

**Aug. 2: Summer Biathlon (Wichita, KS)**  
**Aug. 8: Brew 2 Shoe 10K (Manhattan, KS)**  
**Aug. 23: Jackson county Triathlon & Duathlon (Lee's Summit, MO)**