



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

***3015 Anderson Ave, Manhattan KS 66503***

***785-320-6363***

[www.manhattanrunningco.com](http://www.manhattanrunningco.com)

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

# ***MRC Newsletter March 2009 Issue***

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**Well, it's Spring Time again! If you are like us, then you can't wait for some nice weather and good training. We are really looking forward to a great month filled with lots of exciting things happening. There is the St. Patty's Day Race, our very first Ladies Night and another Supported Long Run.**

# **Manhattan Running Co. Presents: Ladies Night!!**

**Sponsored by Manhattan Running Company and Mizuno USA**

This is our first ever Ladies Night! This is a night dedicated to the specific needs of female athletes. It is scheduled for Monday, March 23<sup>rd</sup> from 7-9pm. It will feature several speakers covering topics such as Strength Training, Nutrition, Injury Prevention and the benefit of Technical Apparel. There will also be special sales available that night. For more information on this event, check out the flyer on our website or call us at 785-320-6363.

## Supported Long Runs

**We would like to make the Supported Long Run a monthly tradition. For those of you who braved the snow, cold and wind, we hope you enjoyed it! For those of you who missed it, we hope you will join us this month for our next supported long run. It is scheduled for March 21, 2009 at 7:00 am. We will once again have water and Gatorade along with breakfast when you finish. Please email us @ [events@manhattanrunningco.com](mailto:events@manhattanrunningco.com) if you are interested.**

## New Product!!

 We are now Manhattan's Exclusive Speedo Dealer. We carry everything from suits and goggles to paddles and kickboards. Come in and check out our selection.



B.O.B. Strollers are now available. We have a single child stroller in the store as well as the catalog to choose from.

Pearl Izumi Cycling and Triathlon Gear is now in stock. So get ready for those triathlons with some new apparel!



The New Balance 904 is ready for your feet! This lightweight trainer is packed with just the right mix of cushioning and support for those days when you need to feel fast!

# Deal 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!!

When you purchase any pair of shoes you will receive **30% off** of any winter apparel items. This includes, long sleeve tops, pants, hats and gloves. So be sure and take advantage of this great deal!



**30% off**



**Great Deal!!**

# Group Runs:

**Every *Tuesday* and *Thursday* at 6pm, come join us!!**

## **Running Clinics starting in April**

- **6 week session, 1 day a week for 90 minutes**
- **\$10 per week**
- **Group runs, discussions on training and racing, dynamic stretching and plyometrics**
- **This is for beginners and intermediate and advanced runners, workouts will be tailored to each individual**
- **If you are interested in these clinics email us at [events@manhattanrunningco.com](mailto:events@manhattanrunningco.com).**