



***"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 - 7 pm; Sat 10 am - 5 pm***

# ***MRC Newsletter***

## ***October 2009 Issue***

### **In This Issue**

- ❖ **Nike Ladies Night**
- ❖ **Supported Long Run**
- ❖ **Fall Shoe Sale**
- ❖ **Junction City Group**
- ❖ **New Products**
- ❖ **Upcoming Races**

**Welcome to Fall everyone! The weather is changing and starting to get cooler. The days are getting shorter as well. That doesn't mean your training has to take a backseat though. With the fall marathon's on the horizon and lots of local races to enter, now is a good time to test your fitness. To help you do that, we have all of our fall and winter apparel in, as well as, the reflective**

**gear you need to be safe on the roads. Come in and check out our wonderful selection!**

# ***Nike Ladies Night!!***

**Yes! Ladies Night is back! If you didn't get a chance to come to our Ladies Night last time because of the weather, then I hope you plan to make it this time. It will be held on Friday, October 23, 2009 from 7:00 pm – 9:00 pm. The night will be for women only and topics tailored to fit the needs of women. We will have 2 speakers and conclude with a Nike fashion show. Food and drinks will be provided, so all you need to bring is yourself.**

**The first speaker will be Ginny Barnard, (Riley County Extension Agent) who will cover, "Nutrition while Training". The second speaker will be Julie Gibbs, (Health Educator from the Riley County Health Dept. and Certified Personal Trainer) who will cover, "Resistance Training: Fitting it into your Schedule". The night will end with a Nike Fashion Show, highlighting how to dress for winter running. There will also be an opportunity to purchase products after the program ends.**

**Space is limited, so please email us at [events@manhattanrunningco.com](mailto:events@manhattanrunningco.com) to reserve your spot today!**

## Supported Long Run **Supported Long Run**



**With such a good response to September's Long Run, we are still hoping to have an October Long Run. The only concern this month is the amount of people doing the KC Marathon on Oct. 17<sup>th</sup>. With that occurring right in the middle of the month, we are unsure how many people will still want to go long. So, if you want the long run this month, let us know! The 10<sup>th</sup> or 24<sup>th</sup> would be the most likely dates for this run.**

**Please email us at [events@manhattanrunningco.com](mailto:events@manhattanrunningco.com) if you plan to attend and how long you want to go.**

## Junction City Running Group

There are a group of people meeting three times a week in Junction City to go for a run. They meet Monday, Thursday and Saturday at 9:30 am. Jogger Strollers and friendly dogs welcome. If you have questions about those runs, you can email Christina Ison at [c.m.ison@gmail.com](mailto:c.m.ison@gmail.com).

# Fall Shoe Sale!

To prepare you for your fall training, we are having a few early season sales. For the next month, you can find the following styles on sale! Hurry in, because sizes are limited and once they are gone, that's it!

Asics Kayano-15 **Reg. Price** \$139.99 **Now** **\$119.99**  
Asics DS-Trainer 14 **Reg. Price** \$109.99 **Now** **\$99.99**  
Mizuno Wave Elixir 4 **Reg. Price** \$104.99 **Now** **\$94.99**  
Mizuno Wave Creation 10 **Reg. Price** \$134.99 **Now** **\$99.99**  
New Balance 1063 **Reg. Price** \$124.99 **Now** **\$109.99**  
North Face Rucky Chucky **Reg. Price** \$109.99 **Now** **\$89.99**  
Nike Equalon 3 **Reg. Price** \$134.99 **Now** **\$114.99**  
Saucony Triumph 6 **Reg. Price** \$124.99 **Now** **\$109.99**

# New Product!!

## Vibram FiveFingers

I know we talked about these last month, but they are actually here now! We have 3 styles, the Classic, the Sprint, and the KSO or Keep Stuff Out. So if you would like to see what all the craze is about, come by and try a pair on!

vibram® livellingers®



COLOR: Blue/Grey upper, Cane bottom

FiveFingers KSO

# Upcoming Races!!

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

## October

- Oct. 3: Chisholm Trail Stampede (Abilene, KS)
- Oct. 4: Sandrat Trail Run (Lawrence, KS)
- Oct. 4: Sedalia Duathlon (Sedalia, MO)
- Oct. 10: Jared Coones Memorial Pumpkin 5K Run/Walk (Olathe, KS)
- Oct. 10: Market to Market (Omaha, NE to Lincoln, NE)
- Oct. 10: WOW Run 5K/1 mi. (Lawrence, KS)
- Oct. 17: Waddell & Reed Kansas City Marathon (Kansas City, MO)
- Oct. 18: 7th Annual Homecoming 5K Race (Manhattan, KS)
- Oct. 18: Hays Half Marathon and 5K (Hays, KS)
- Oct. 18: Wichita Marathon (Wichita, KS)
- Oct. 24: BC Raven Run 5K (Atchison, KS)
- Oct. 24: Fields of Promise 5K (Lawrence, KS)

## November

- Nov. 7: Mahaffie Half Marathon (Olathe, KS)
- Nov. 7: Yam Jam 5K/10K (Garnett, KS)
- Nov. 8: Turkey Trot 5K (Rock Springs, KS)
- Nov. 8: Turkey Trot 5K (Lawrence, KS)
- Nov. 21: 34<sup>th</sup> Annual Wichita Turkey Trot 10 Miles/2 Miles (Wichita, KS)
- Nov. 22: Gobbler Grind Marathon, Half Marathon & 5K (Overland Park, KS)
- Nov. 26: Thanksgiving Day 5K & Family Stroll (Overland Park, KS)
- Nov. 26: RunLawrence Thanksgiving Day 5K (Lawrence, KS)
- Nov. 28: Rescue Run 4 Mile Run/Walk (Topeka, KS)

## December

- Dec. 6: 2<sup>nd</sup> Annual Winter Runderland 10K and 10K Relay (Manhattan, KS)