



***“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***

## ***September 2009 Issue***

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**It’s back to school time again! That means the end of summer, but not the end of racing season. In fact, much of the running season is still ahead of us. Some of you will be ramping up your training for a half or full marathon. Some of you will be getting ready for a local road race. Whatever it is you need, we have you covered here at Manhattan Running Company. The Supported Long**

**Run is just the thing for getting that long run out of the way. Come in and check out all the brand new fall gear that is starting to come in. And don’t forget to evaluate how old your current pair of shoes are, before they get too worn down.**

# Brew 2 Shoe

**We wanted to say a special THANK YOU to all of you who came out and participated as a racer or spectator at our Inaugural Brew 2 Shoe 10K. Thanks to all of you we had a successful event with 212 finishers. Through that effort, we were able to raise \$2,000 for the Warrior Transition Battalion on Fort Riley! So, we hope that everyone enjoyed the race and will join us next year to make it even bigger and better!**

## Supported Long Run

### Supported Long Run

**We wanted to have a supported long run this month, but the vast amount of races each weekend is a deterrent. If we have one this month it will take place on September 26th at 7:00 am at Manhattan Running Company. Please let us know if you would be interested in this, so we know if it is worth having or not. 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 and how long you want to go.**

## Manhattan Cross Country Club

Registration is still open for the 2009 Manhattan Cross Country Club. The Club provides age-appropriate distance running for kids in grades 8 and younger. The Club will host the Manhattan Cross Country Festival 5K and Kids Fun Runs on Sept. 19 at Warner Park. For more information, contact Pat Melgares at [melgares@LetsGoRun.com](mailto:melgares@LetsGoRun.com), or visit [www.LetsGoRun.com](http://www.LetsGoRun.com).

# New Product!!

## North Face Apparel, featuring the Trajectory Jacket

Designed to be worn during high levels of aerobic activity The North Face Trajectory Hybrid jacket and its ultra-lightweight, waterproof, windproof, and breathable HyVent DT fabric ward off foul conditions while regulating body temperature and allowing moisture to escape.



## Saucony VIZI PRO Optech LX Sportop

This in your textured mid layer top with an LED flashing light and lots of reflectivity, making it a must have just in time for the darkening days. Being seen won't be a problem in this top!

## Vibram FiveFingers

You may have seen these on TV or print or possibly on someone's feet. They are the Vibram FiveFingers and they are HERE! Named one of the Best Inventions of 2007, they are certainly worth a try. These aren't a replacement for your shoes, but they are a good strengthening tool and look cool as well. Come in and try a pair on!

vibram fivefingers®



COLOR Blue/Grey upper, Camo bottom

FiveFingers KSO

# Upcoming Races!!

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

## **September**

**Sept. 7: Chapman Labor Day (Chapman, KS)**

**Sept. 12: Splash-N-Dash Triathlon (Fort Riley, KS)**

**Sept. 13: Sounds in Kansas City 5K (Shawnee, KS)**

**Sept. 19: Manhattan Cross Country Festival 5K (Manhattan, KS)**

**Sept. 19: Race Against Breast Cancer 5K Run/Walk (Topeka, KS)**

**Sept. 19: 5K Fun Run (St. Mary's, KS)**

**Sept. 19: 3rd Annual Raider 5K/10K (Wamego, KS)**

**Sept. 19: 5K Fun Run for the Mid-America Chapter of the Leukemia and Lymphoma Society. (Lawrence, KS)**

**Sept. 19: Run for the Chimps 4 Mile Run, 1 Mile Run (Kansas City Zoo)**

**Sept. 26: Piotique Run 10K/1 Mile (Clay Center, KS)**

**Sept. 27: 4th Annual Run Your Buns Off 13k/5k/tot trot (Manhattan, KS)**

**Sept. 27: Wildcat Chase (Manhattan, KS)**

**Sept. 27: Brocaw Blazers Youth CC Classic (Manhattan, KS)**

## **October**

**Oct. 3: Chisholm Trail Stampede (Abilene, KS)**

**Oct. 18: 7th Annual Homecoming 5K Race**