



The Weekly  
Newsletter

## Future Events and Info

- Last year's sale shoes are all \$55 including **Brooks, Mizuno, Hoka, and Sketchers!** Get them before they are gone!

## Upcoming Races Compliments of Lafayettefitness.org and the Cajun Road Runners Club

--New Orleans Rock 'n' Roll Marathon February 4-5, 2017 formerly known as the Mardi Gras Marathon. Because of the city's low-lying elevation, the course is almost uniformly flat. Also, the weather in New Orleans at this time of year is usually cool and comfortable with low humidity.

-- Zydeco Marathon & Half March 12, 2017 Downtown Lafayette, LA Starts at 7:00 AM Zydeco Marathon & 1/2 is a full and half marathon running event held in Lafayette, Louisiana. Lafayette is world renowned for our rich heritage, awesome cajun food, and, of course, Zydeco music.

-- Saturday, February 4<sup>th</sup> 2017 Cajun Road Runners Al Comeaux 10 Miler 130 Park Lane Lafayette, LA US 70508 This is another race which has been revived by the club and much needed in our community. Placed on the calendar before many of the spring marathon and half marathons. Perfect for the build up on the training schedule. The event is held at Picard Park in Milton Louisiana.

We thank you for choosing Geaux Run as your running specialty store. If we can assist you in anything running related with either advice or information, please don't hesitate to stop by or give us a call. Our mission is to help you reach your running or fitness goals.

Cheers,  
The Geaux Run Team  
(337) 706-8763  
www.geauxrun.com

## Group Runs

**Tuesday, January 10<sup>th</sup> @6:00pm** Happy's Running Club will be hosting their weekly group run at the Burger Smith in River Ranch. The run starts at 6:15pm but try and get there earlier.

**Tuesday, January 10<sup>th</sup> 6:00PM** - CRRC is hosting "Torture" Tuesday, but don't let the name scare you away. Tuesday's at the track are hard workouts, but also a fun time with fellow runners and friends. They meet at the ULL Track and Field Complex near Cajun Field. You can bring your favorite workout or you can "wing it" and join with other runners in their workout. Tom Hopkins will be leading the workout with instructions for all different levels Jim Gonsoulin will be there about 6:30 mixing up a few health smoothies.

**Wednesday, January 11<sup>th</sup> @ 6:30pm** - CRRC Tap Room, departure 6:30 PM.

**Wednesday, January 11<sup>th</sup> @ 6:30pm** - RWB Runs in New Iberia. Park in Bouligny Plaza. Depart from Bourbon Hall.

**Thursday, January 12<sup>th</sup> @ 6:30PM** - The Corner Bar in Youngsville has a weekly Thursday run at 6:30pm. The group meets in the parking lot in front of Corner Bar. There is a 3 mile and 4 mile route that involves the Sugar Mill Pond Neighborhood. Be sure to stay for post run refreshments - The first drink is free - courtesy of Corner Bar (Draft beers only). Hosted by team RWB

**Saturday January 14<sup>th</sup> @ 7:00AM** - in the lobby of Our Lady of Lourdes Regional Medical Center at 4801 Ambassador Caffery. Lourdes Running Group is a fantastic way to get moving whether you're a first-time runner, looking for a running buddy, or gearing up to tackle a half marathon this spring.

**Sunday, January 15<sup>th</sup> @ 5:00PM** - Corner Bar, Lafayette. 3 mile route. 1st beer is FREE!!

**Monday, January 16<sup>th</sup> @ 6:00 PM** - Monday At DeanO's - 2312 Kaliste Saloom Road, 1-6 mile routes for everyone, 6:00 start time..."NO Dues, COOL Shirts, GREAT People!" All levels encouraged to attend! Go to our page, select Files, select Mondays At DeanO's Group Run - Routes, then select the route and distance YOU want to run!