



The Weekly  
Newsletter

## Future Events and Info

- **Geaux Run Cajun Cup 10K & 1 Mile Fun Run**  
Saturday, November 11 2017. Sign up is open now, and the price will increase August 30.

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

- Sunday, August 20 MPCS Triathlon 200-yard swim | 8-mile bike | 2-mile run it is perfect for all fitness levels...whether you are new to triathlons or wanting a tune-up before a larger event! Only 350 spots!
- Saturday, October 1 CRRC Big Pete's 8K Lafayette, LA
- Saturday, August 12 Tour De Scott Tri Dat 300m Open Water (Pond) swim – 13mi bike – 5K run
- Saturday, September 4<sup>th</sup> Cajun Road Runners Al Comeaux 10 Miler Lafayette, LA Revived 10 miler to get you ready for half marathons

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, August 8<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.

**Wednesday, August 9<sup>th</sup> @ 6:30PM** - CRRC Tap Room, departure 6:30 PM.

**Thursday, August 10<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.

**Thursday, August 10<sup>th</sup> @ 5:30PM** - Horse Farm run call coach Tom Hopkins with questions 337-230-2675.

**Saturday, August 12<sup>th</sup> @ 7:00AM** - 7am Saturday morning, Great Harvest Bread Co.! Come out for a nice run, enjoy the company of friends, and snack on some bread. There will also be some mimosas and there's a rumor of bloody mary's as well. See you then!

**Saturday, August 12<sup>th</sup> @ 6:00AM** - Red Lerille's Health Club, 8-10 mile route. Departs from the rear of Red's parking lot, near entrance to Horse Farm. All are welcome.

**Sunday, August 13<sup>th</sup> @ 6:00PM** - Corner Bar, Lafayette. 3 mile route. 1st beer is FREE!!