



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.

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

-- Sunday, October 29 LOPA 3rd Annual Trail Run for Life 5K/fun run/walk Carencro, LA Cherokee Ridge Horse Farm

-- Saturday, October 7 CRRC Big Pete's 8K Lafayette, LA

--Sunday, October 1 Come join the 8th annual Sugarman Triathlon and see why everyone is talking about this great event! Race starts at 8am Swim, Bike and Run at Sugar Mill Pond! Over 300 people participated in last year's great race.

-- Sunday, September 17 "TRI For Those Who Can't" is a triathlon to benefit the Lions Camp for Crippled Children. The event is a 125m indoor swim, 10 mile bike ride, and 2 mile run in Jennings, LA.

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, September 12<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, September 13<sup>th</sup> @ 6:30PM** - CRRC Tap Room, departure 6:30 PM.

**Thursday, September 14<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, September 14<sup>th</sup> @ 5:30PM** - Horse Farm run call coach Tom Hopkins with questions 337-230-2675.

**Saturday, September 16<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, September 16<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, September 17<sup>th</sup> @ 6:00PM** - Corner Bar, Lafayette. 3 mile route. 1st beer is FREE!!