



The Weekly
Newsletter

Future Events and Info

- Mizuno Riders are on sale for \$80, and the On Cloudflyers are on sale for \$120! Come get a pair before they are gone!

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, November 4 Jungle Gardens 7K Trail, 5K Run & 1 Mile Run Avery Island, LA This race benefits the St. Judes Children Hospital

-- Saturday, October 14, 2017 Footprints Forever River Ranch Town Square 1 Mile Fun/Run Walk – 8:00 AM 5K – 8:30 AM

-- Saturday, October 14 at Festivals Acadiens et Créoles 3, 5 and 7 miles options + run-paddle-run duathlon 1.5, 2, 1.5 miles. The official run of Festival Acadiens et Creoles

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, October 10th @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, October 10th @ 5:00PM – UL track is open to all runners.

Wednesday, October 11th @ 6:30PM – CRRC Tap Room, departure 6:30 PM.

Thursday, October 12th @ 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, October 12th @ 5:30PM - Horse Farm run call coach Tom Hopkins with questions 337-230-2675.

Saturday, October 14th @ 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, October 14th @ 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, October 15th @ 6:00PM – Corner Bar, Lafayette. 3 mile route. 1st beer is FREE!!