



The Weekly
Newsletter

Future Events and Info

- Come check out the new shoes from On Cloud including: Cloud X, Cloudflyer, and Cloud!

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

-- Saturday, December 9 Cajun Country Run half marathon, 10k and 5k the hallmark of the Cajun Country is the home made alligator head trophies, compliments of CajunBen.com & Greg Girard. This year we have added 10K and 5K road options in addition to the 10K and 5K trail runs. Register early for the best prices!

--Saturday, December 9 Come Home For Christmas 5K & 1 Mile Fun Run Race Start & Finish at Sts. Peter and Paul Catholic Church - 1110 Old Spanish Trail, Scott, LA

-- Saturday, January 20 Krewe de Mardi Gras 5K Cabbage Patch lot @ the corner of St. Landry & Coliseum Road

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

Wednesday December 6th @ 5:00PM - Flatland Runners Club will meet at Shake Daiquiris-n More on the corner of Moss St. and Alexander with 1 mile and 5k routes.

Wednesday, December 6th @ 6:30PM - CRRC Tap Room, departure 6:30 PM.

Thursday, December 7th @ 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, December 7th @ 5:30PM - Bendel run call coach Tom Hopkins with questions 337-230-2675.

Saturday, December 9th @ 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, December 9th @ 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 December 10th @ 7:00AM - Flatland Runners Club will meet at Butcher Switch and Louisiana ave with 1 mile, 5k and 5 mile routes

Sunday, December 10th @ 5:00PM - Corner Bar, Lafayette. 3 mile route. 1st beer is FREE!!

Tuesday, December 12th @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, December 12th @ 5:00PM - UL track is open to all runners.