



The Weekly
Newsletter

Future Events and Info

- The Mizuno Inspire is on sale for \$85!!!

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

-- Sunday, January 28 Beignet Boogie 5K and 1 mile run Boogie your way through the streets of Abbeville and celebrate your finish with a delicious beignet breakfast! We will have music, face painting and fun jumps....fun for the whole family!!

--Monday, February 12 get ready for Mardi Gras with "The REAL Fun Run." The run has over five "adult hydration stations" along the route. Distance options are 3, 5, and 8 miles, and we provide a party bus so you don't have to miss out on any of the festivities along the run. Wear a costume to win great prizes!

-- 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

Thursday, January 11th @ 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, January 11th @ 5:30PM - Bendel run call coach Tom Hopkins with questions 337-230-2675.

Saturday, January 13th @ 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, January 13th @ 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, January 14th @ 7:00AM - Flatland Runners Club will meet at Butcher Switch and Louisiana ave with 1 mile, 5k and 5 mile routes

Sunday, January 14th @ 5:00PM - Corner Bar, Lafayette. 3 mile route. 1st beer is FREE!!

Tuesday, January 16th @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 16th @ 5:00PM - UL track is open to all runners.

Wednesday, January 17th @ 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, January 17th @ 6:30PM - CRRC Tap Room, departure 6:30 PM.