



The Weekly
Newsletter

Future Events and Info

- The **Mizuno Inspire** is on sale for \$85 and the **Hoka Arahi** is on sale for \$98!!!

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

-- Saturday, March 3 The Speedy Linguine 5K to help raise funds for the Comeaux HS Band. You can purchase \$10 bracelets for a spaghetti cook-off being held that day in the Comeaux HS student parking lot .

--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!

-- Sunday, March 4 Zydeco Marathon & 1/2 is a full and half marathon running event held in Lafayette, Louisiana. Lafayette is world reknown for our rich heritage, awesome cajun food, and, of course, Zydeco music. Zydeco Marathon combines a fun, safe, and memorable run with our Finish Line Festival, bringing all that Lafayette is known for straight to you after your run. Zydeco Marathon & 1/2 is a USATF sanctioned event on a certified course.

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, February 13th @ - All runs are canceled for Mardi Gras.

Wednesday, February 14th @ 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, February 14th @ 6:30PM - CRRC Tap Room, departure 6:30 PM.

Thursday, February 15th @ 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, February 15th @ 5:30PM - Bendel run call coach Tom Hopkins with questions 337-230-2675.

Saturday, February 17th @ 6:30AM - 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, February 18th @ 7:00AM - Flatland Runners Club will meet at Acadiana Park with 1 mile, 5k and 5 mile routes

Sunday, February 18th @ 5:00PM - Corner Bar, Lafayette. 3 mile route. 1st beer is FREE!!

Store Hours

Tuesday, February 13th - Closed for Mardi Gras
February 14th - 16th - 9:30AM-5:30PM
February 17th - 10:00AM-3:00PM