



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 .

--Saturday, March 10 Please come and join runners from south Louisiana in the sixth annual Hopefest 5K as they celebrate the life and love of those around them. The 5K is to raise funds for the special needs teens, through St. Thomas More's Options Program. There will be Food, Games, Art, and Fun Jumps for all to enjoy.

-- 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 27<sup>th</sup> @** - All runs are canceled for Margi Gras.

**Wednesday, February 28<sup>th</sup> @ 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 28<sup>th</sup> @ 6:30PM** - CRRC Tap Room, departure 6:30 PM.

**Thursday, March 1<sup>st</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, March 1<sup>st</sup> @ 5:30PM** - Bendel run call coach Tom Hopkins with questions 337-230-2675.

**Saturday, March 3<sup>rd</sup> @ 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, March 4<sup>th</sup> @ 7:00AM** - Flatland Runners Club will meet at Acadiana Park with 1 mile, 5k and 5 mile routes

**Sunday, March 4<sup>th</sup> @ 5:00PM** - Corner Bar, Lafayette. 3 mile route. 1st beer is FREE!!

**Monday, March 5<sup>th</sup> @ 5:00PM** - The Shelter Dog Run: Acadiana Animal Aid, 142 Le Medicin Rd, Carencro. AAA dog staff will match us up with dogs to run around the beautiful campus. (Rotelo's for beer and food afterwards.)