



The Weekly  
Newsletter

## Future Events and Info

- Come check out our new Garmin watches including the **Forerunner 25** and **Forerunner 35**

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

-- Saturday, April 7 Merrill Lynch Running of the Bulls 5K and 1 Mile Geaux Run. The 8th annual race will be held in River Ranch Town Square on Saturday April 7th at 7:30pm, proceeds will benefit Camp Bon Coeur. The course will be up and down Camellia Boulevard with a finish in River Ranch Town Square. Race day registration will start at 5:30pm. The 1 Mile fun run will begin at 7:15pm and the 5K at 7:30pm.

-- Saturday, April 21 Community Connect 5K the race will take place starting at the Good Hope Baptist Church on Willow Ave. Come and enjoy a great day of exercise, endurance, fellowship and community togetherness. The 5K course is a certified course.

-- Saturday, April 28 Corporal Matthew Richard annual 5K memorial run The Cpl. Matthew Richard Memorial Foundation is formed in an effort to ensure that the sacrifices made by Cpl. Matthew Richard, USMC and all who serve our country with pride: past, present and future - are never forgotten.

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, March 27<sup>th</sup> @ 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, March 27<sup>th</sup> @ 5:00PM** - UL track is open to all runners.

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

**Thursday, March 29<sup>th</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 29<sup>th</sup> @ 5:30PM** - Bendel run call coach Tom Hopkins with questions 337-230-2675.

**Saturday, March 31<sup>st</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, April 1<sup>st</sup>** - All runs are canceled for Easter

**Monday, April 2<sup>nd</sup> @ 6:00PM** - 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.)