



The Weekly  
Newsletter

## Future Events and Info

- All sale shoes are **40% Off** till Saturday, July 7<sup>th</sup>. Come get a pair before they are gone!

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

-- Saturday, August 11 The Tour De Scott is a triathlon geared for all levels of participants ranging from beginners to experts. The first leg of the triathlon is a 300 meter pond swim; the bike is about 13 miles through the heart of the city as well as its beautiful scenic roads, and 3 miles on foot down and back on the frontage road in front of some of Scott's newest businesses.

-- Saturday, August 18 MPCS Triathlon 200-YARD SWIM | 8-MILE BIKE | 2-MILE RUN It is perfect for all fitness levels...whether you are new to triathlons or wanting a tune-up before a larger event! Only 350 spots available and they fill up quickly! Participants can sign up as an individual or a relay team.

<http://www.milesperret.org/Fundraisers/mpcs-triathlon>

-- Sunday, September 9 Cajun Man Triathlon, this race is a tradition! 1/2 mile of swimming in Airport Lake, 20 miles of pedaling on the roads of Lafayette Parish, and 3.1 miles on foot through the grounds of the Lafayette Regional Airport. @ 2503 Southeast Evangeline Thruway. Whether a beginner or an experienced triathlete, this is the race for you!

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](http://www.geauxrun.com)

## Group Runs

**Tuesday, July 3<sup>rd</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, July 3<sup>rd</sup> @ 5:00PM** - UL track is open to all runners.

**Wednesday, July 4<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, July 4<sup>th</sup> @ 6:30PM** - CRRC Tap Room, departure 6:30 PM.

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

**Thursday, July 5<sup>th</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.)

**Saturday, July 7<sup>th</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, July 8<sup>th</sup> @ 7:00AM** - Flatland Runners Club will meet at Acadiana Park with 1 mile, 5k and 5 mile routes.

**Sunday, July 8<sup>th</sup> @ 6:00PM** - Corner Bar, Lafayette, Three mile route, 1st beer is FREE!!