

Fleet Feet Sports West Lafayette June Newsletter

Don't forget about the Dads and Grads in your family!!!

Beginning today, Friday June 7th thru Sunday June 9th, get a 10% discount on any apparel purchase of regular price. No other coupons or promotions apply in conjunction with this sale.



We have a wide selection of men's and women's shirts, tanks, shorts, socks, sports bras and accessories and special sale priced items that would make a perfect gift for Father's Day or Graduation!! How about a Garmin watch, a new outfit, a cool running hat or a gift certificate! We've got them all and much, much more!!

Are you looking for an awesome running event this summer? How about three of them?

[Join us for a trail run series along the Wabash River from Fort Ouiatenon!!](#)



We are hosting a series of three trail runs along the scenic Wabash River that will surely be one of the most exciting and beautiful running events in our area this summer! This trail is one of the best kept secrets in Lafayette/West Lafayette and it's a must see and an experience that you will truly enjoy! Each of the trail runs begin and end at Fort Ouiatenon on South River Road. Dates and distances are as follows:

6:30pm., Wed., [June 12th](#) - 5k race

6:30pm., Wed., [July 3rd](#) - 8k race

6:30 pm., Wed., [July 31st](#) - 12k race

Each course is an out and back with a combination of paved and unpaved trails. Water and GatorAde will be provided and available at the start/finish line, but not on the course. It's recommended that you bring a container

should you wish to have refreshments with you while on the course.

Registration will begin at 6:00pm prior to each of the races and the cost is \$5 for any one race, \$10 for all three. All proceeds go to the Wabash River Runners Club.

Looking to transform your body into a lean, mean running machine?

[Registration is now open for our fall training programs!!!](#)



Our fall training programs begin Tues., [July 30th!!](#) We will have a 12 week "No Boundaries" 5k training program and a 12 week half marathon training program. There will be an orientation meeting for both training programs at the store on Thur., [July 25th](#) at 7pm.

5k "No Boundaries" training program

The "No Boundaries" 5k program is an entry level program for walkers, run/walkers and runners that leads up to a 3 mile distance. We start small and work our way up! The program will include 2 weekly runs from the store, **Tues.** nights at 7pm, and **Sat.** mornings at 8am.

Register for our "No Boundaries" program at the store or go to:

[_https://www.signmeup.com/site/reg/register.aspx?fid=C02V7J7_](https://www.signmeup.com/site/reg/register.aspx?fid=C02V7J7)

For more information about the "No Boundaries" program, go to:

[http://www.fleetfeetwestlafayette.com/training/beginner_](http://www.fleetfeetwestlafayette.com/training/beginner)

or call the store at 765-588-6222.

Half Marathon training program

The half marathon training program is ideal for runners who can currently run 5 miles. This program will work its way up to 12 miles and will also include 2 weekly runs from the store, **Tues.** nights at 7pm, and **Sat.** mornings at 8am.

Register for our Half Marathon training program at the store or go to:

[_https://www.signmeup.com/site/online-event-registration/92406](https://www.signmeup.com/site/online-event-registration/92406)

For more information about our Half Marathon program, go to:

<http://www.fleetfeetwestlafayette.com/training/advanced>

or call the store at 765-588-6222.

Don't forget about our free yoga classes to assist with that body transformation!!



The first Wednesday of each month we have a complimentary class at the store led by Marcia Schaller from [M Power Yoga](#). Yoga is fantastic exercise for walkers and runners and we highly recommend you give it a try! Space is limited and classes fill-up so reserve a spot for our next class on Wed., July 3rd by emailing Fatima at fatima8470@gmail.com

Stay up to date with us! Like us on facebook!

www.facebook.com/fleetfeetwestlafayette

Let us help you get to the finish line!

WE INVITE YOU TO JOIN US! BE THE MOVEMENT!

WHERE TO FIND US:

Our store is located next to Jos. A. Bank at University Square (also where Talbot's, Sunspot and Chico's are located), 500 Sagamore Parkway West, West Lafayette.

Hours of operation:

Monday- Friday 10am - 7pm

Saturday 10am - 6pm

Sunday Noon- 4pm

Find us online at www.fleetfeetwestlafayette.com

Like us on Facebook at www.facebook.com/fleetfeetwestlafayette

Contact us by phone: (765) 588-6222