



## **Fleet Feet Sports West Lafayette October Newsletter**

**The Boilermaker Half-marathon and 5k is almost here!!**

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Our fall training program participants are on week 10 of their training...that's only three weeks until they are ready to rock n' roll at the Boilermaker half-marathon and 5k race. We are proud and can't wait to CHEER, cheer, and cheer them ON.

Come run this great local race with us! In its second year, the race does benefit the Purdue Life Athletes Success Program, a free summer youth development program for underserved Tippecanoe county children.



The Fall 5k Training Program Group - Goal Race: Boilermaker 5k

### **Other Upcoming Events**

**Mark your calendars. We'd love to see you there!**

### **Complimentary Basic Yoga Class Wed. 10/2!**

Our final basic yoga class for this year is this Wed., [October 2nd](#) at 7:15 pm to 8:00 pm. The class is taught by Marcia Schaller and will be held at the M

Power Yoga Studio on 1020 Sagamore Parkway, West Lafayette, IN. .

Please RSVP via our website:

<http://www.fleetfeetwestlafayette.com/events/free-yoga-for-runners>

OR call the store at (765)588-6222.

**Wednesday, October 16: Fleet Feet Sports Night at Tenley Studio**

This will be the last complimentary Barre Yoga Class (Tenley Method) of the year for Fleet Feet Sport's customers and friends at Tenley Studio. This class will be taught by Cathy Kastens from 7:15 pm - 8:00 pm. It's a great way to try a different type of yoga or get in a quick 45 min. workout!!

Please RSVP via our website:

<http://www.fleetfeetwestlafayette.com/events/free-barre-yoga-for-runnerswalkers>

OR call the store at (765)588-6222.

**TBD October: Diva Night**

This night is dedicated to celebrating Divas. Sorry guys, this is a girls only night filled with pampering, freebies, refreshments, and desserts. Like us on facebook for updates on this event!!

**Tuesday, November 5th: Brooks Night Life Run 6:30 pm**

Short days and long nights shouldn't force you to cut your runs short. We

want you to be safe, and a big part of being safe is being visible! So come join us and our Brooks rep for tips on night life running, a test run in Brooks Night Life gear, raffle, surprise visitor, and more!

### **Thur., Nov. 28: Race Against Hunger 5k and 1 mile walk/run**

The **Thanksgiving** Day no-registration-fee Race Against Hunger 5k is back for it's second year. Non-perishable food items or monetary donations are encouraged and will be donated to Food Finders Food Bank.

Volunteers are needed for timings between 8 am and 12 pm in registration, collecting food from participating, directing runners on course, loading food trucks, and cleaning up. If you are interested in volunteering please contact Fatima at: [fatima.fleetfeetwestlafayette@gmail.com](mailto:fatima.fleetfeetwestlafayette@gmail.com)

### **Free-Sock-Fridays**

For a limited time, every **Friday** on facebook we'll give our GREAT customers and facebook fans a chance to win a free pair of Balega or Feetures! socks. Check out our facebook page about the how-to!!

## We had a splendid September!

### A visit from a 2004 Olympian....

On September 24, 2013, New Balance representative Grant Robison, Olympian and 2003 NCAA 1500 m champion stopped by at our store for an NB shoe wear test. Oh what a splendid adventure we had! We ran in new balance shoes, grilled Grant about Good Form Running and other running related issues, raffled away a pair of NB shoes, and snagged an autograph from GR. Thanks to new balance and Grant for giving us a FANTASTIC night at Fleet Feet Sports West Lafayette!



**...and there was Fleet Feet Sports Night at Tenley Studio !!**

A BIG thanks goes out to Cathy Kastens for showing us how Barre Yoga is DONE. We had a great workout in a charming studio with a fun instructor!



**Our latest adventure took us to the Look Good Feel Good Community Health Fair w/ Carry the Torch Walk.**

We had a fun time with the Greater Lafayette community and all the Purdue athletes. Be sure to find us at local events. You never know if you could be our next shoe raffle winner!!

**We love working with the Greater Lafayette area in improving our health and fitness. So we make sure we have the best and latest products to help to do that. Here are a few of the products that have recently debuted at our store:**

### **Mizuno Breath Thermo Apparel Collection**

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These apparel items are lightweight pieces that are made with a fiber that is knitted directly into the garment that converts moisture to heat to keep the runner warm and comfortable.

### **CW-X stability tights**

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The tights are made with a CW-X Support Web™ that bands together the muscles and ligaments of the lower leg to stabilize the knee and reduce vibration for increased efficiency. They feel fabulous!

### **Superfeet Carbon Insole**

This new insole from Superfeet combines an ultralight foam layer with a carbon fiber-reinforced stabilizer cap for a new level of light weight performance. Great for all athletic shoes, including spikes, soccer cleats, football shoes, basketball shoes and of course running and walking shoes!

This shoe is great for the runner who is looking for a roomy shoe, but is also dearly loved by walkers for its flat supportive outersole, and those in particular with custom orthotics. It has been a great hit with our female customer, so we decided to bring them in for all of you guys too!!

## **Men's Brooks Dyad 7**

This shoe is great for the runner who is looking for a roomy shoe, but is also dearly loved by walkers for its flat supportive outersole, and those in particular with custom orthotics. It has been a great hit with our female customer, so we decided to bring them in for all of you guys too!!

## **Nike Zoom Structure+ 17 shield**

The Nike Zoom Structure+ 17 Shield Men's Running Shoe features a water-repellent upper and highly reflective elements to help you stay dry and visible on your run. This is how they look in dark conditions when hit by light. You won't be missed!



**Here's to GREAT health, happiness, and a PR  
at the Boilermaker Half-marathon and 5k**



For daily updates of what is going on with us, "like" us on Facebook!!

[www.facebook.com/fleetfeetwestlafayette](http://www.facebook.com/fleetfeetwestlafayette)

### **WHERE TO FIND OUR STORE:**

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.

**WE INVITE YOU TO JOIN US! BE THE MOVEMENT!**

Find us online at [www.fleetfeetwestlafayette.com](http://www.fleetfeetwestlafayette.com)

Like us on Facebook @ [www.facebook.com/fleetfeetwestlafayette](http://www.facebook.com/fleetfeetwestlafayette)

Contact us by phone: (765) 588-6222

email: [greg@fleetfeetwestlafayette.com](mailto:greg@fleetfeetwestlafayette.com)

Hours of operation: Monday- Friday 10 a.m. - 7 p.m.

Saturday 10 a.m. - 6 p.m.

Sunday Noon- 4 p.m.