



"Your Local Running Specialty Store"

122 S. Santa Fe, Salina KS 67401

785-404-6787

www.salinarunningco.com

Mon – Fri. 10 am – 7 pm; Sat 10 am – 5 pm

SRC Newsletter June 2010 Issue

In This Issue

- ❖ **Wall of Fame**
- ❖ **New Product**
- ❖ **Upcoming Races**

Welcome to the first issue of the SRC Newsletter! We are pleased you are signed up to receive this newsletter and hope you enjoy reading about what is going on at SRC.

Summer weather is finally here! Which means, hydration is a key element of your run. Be sure to stock up on your water belts, handhelds and backpacks. Don't forget the electrolyte drinks to go along with those. Perhaps try one

of the wonderful flavors of NUUN! It's surprisingly tasty and only 6 calories!

To reward those people who represent our company when they compete, we are introducing the Wall of Fame. Read more below on this exciting tradition. This month we would also like to start something that will give you a little added bonus for being such loyal customers to SRC. If you are on Facebook and "Like" our company, we will be sending out updates via this page for one day specials. Look for these specials to occur about once a week and be very good deals! (Hint: The first one might have to do with Hydration) If you are not a fan yet, sign up so you don't miss out on this opportunity!

Wall of Fame

We recognize that we already have a lot of really wonderful customers and they are doing great things. To show our appreciation and support in these efforts, we are introducing the Wall of Fame.

This is how the Wall of Fame will work: If you run a race in a Manhattan or Salina Running Company singlet or T-shirt, we would like to put your photo up with your name, race name and time. All you will have to do is send us a copy of the picture (either digital or physical) along with the above information. We will have a 5x7 of these printed and put you up on the wall. That way you will be able to see what wonderful accomplishments our community is achieving! We can't wait to start this tradition!

New Product!

Patagonia Nine Trails:

Think of the Nine Trails as a mountain cross-trainer: a runner that's up for the climbing approach, a scrambler keen on biking single-track. The shoe's wire-brushed rubber toe and heel bumper provide protection from abrasion. X-Dynamic lacing and internal support construction lend a precise and secure fit. Internal support construction fabric secures the midfoot; recycled (20%) EVA anatomical, perforated footbed molds to your foot's contour. Forefoot shock absorption pad and multiple flex grooves provide metatarsal protection and flexibility. Gender-specific, Dupont® foam footframe is ultralightweight. Multi-density sticky rubber outsole with lugs provide 360-degree wet/dry traction in varied conditions.



Upcoming Races!!

For more information on these races, please check our website or call us at the store.

June

June 5: Hospital Hill Half Marathon, 10K/5K (KC, MO) www.hospitalhillrun.com

June 6: Ironman 70.3 Kansas (Lawrence, KS) www.ironmankansas.com

June 9: Poyntz Avenue Mile (Manhattan, KS) <http://www.letsgorun.com/RaceInfo/PoyntzAvenue2010.pdf>

June 12: Festival Fitness Five (Salina, KS) www.riverfestival.com

June 19: Alert Road Race 10K and 1 Mile

June 19: Run-Shunga 5K and 1.5 mile walk (Council Grove, KS) www.run-shunga.com

June 19: Midsummer's Festival 2010 5K and 2 mile Fun Run/Walk (Lindsborg, KS)
www.midsummersfestival.org

June 19: Topeka Tinman Triathlon & Duathlon (Topeka, KS) www.topekatinmantriathlon.com

June 26: Dirty Duo (Kansas Speedway)

June 27: El Dorado Lake Triathlon (El Dorado, KS)

July

July 3: 34th Annual Freedom Run 10K and 1 Mile Fun Run (Junction City, KS)
http://www.sundownsalute.org/Coors_10K.html

July 3: Sabetha Firecracker 5K Run/Walk (Sabetha, KS)
<http://www.runsabetha.com/firecracker/>

July 4: Mass Street Mile (Lawrence, KS)

July 4: Run 4th (Marysville, KS) www.marysvilleonline.net

July 11: Shawnee Mission Triathlon (Shawnee Mission Park, KS)

July 17: Rock the Crossroads (Kansas City, KS)

July 18: Midwest Mayhem Triathlon (Lawrence, KS) www.midwestmayhemtriathlon.com

July 23: Lunar Trek Night Run 10K, 11 Miles, 22 Miles, 50K, 40 Miles, 100K
www.lunartrekrun.com

July 31: Course of Dreams Cross Country 5K (Shawnee Mission Park, KS)

July 31: Women's Triathlon (Smithville, MO) www.winforkctri.org

August

Aug 6: Psycho Night 10K Trail Run (KC, KS) www.psychowvco.com/id50html

Aug 7: 2nd Annual Brew 2 Shoe 10K (Manhattan, KS)
http://www.manhattanrunningco.com/Brew_2_Shoe_10K.html

Aug 14: HMH Fall Fest 5K Walk/Run (Herington, KS) http://www.active.com/event_detail.cfm?event_id=1861645

Aug 22: The Dream Run 5K (Overland Park, KS)

Aug 22: Jackson County Triathlon (Lee's Summit, KS) www.jacksoncountyttriathlon.com

Aug 29: Midwest Meltdown Olympic Distance Triathlon & Duathlon (Paola, KS) www.midwestmeltdowntriathlon.com

September

Sept 25: Manhattan Cross Country Festival 5K & Youth Fun Runs (Manhattan, KS)

www.letsgorun.com

Sept 26: WildKAT Chase 5K (Manhattan, KS) www.k-statethetas.com

October

Oct 9: Council Grove Half Marathon (Council Grove Reservoir Lake, KS)

<http://www.active.com/running/council-grove-ks/historic-council-grove-fun-run-2010>

www.cglifecenter.com

Oct 10: Youth Sprint, 5K Run/Walk, 2 Mile Fun Run/Walk (Council Grove, KS)

www.cglifecenter.com

Oct 16: Waddell & Reed Kansas City Marathon, Marathon Relay, Half Marathon & 5K (Kansas City, MO) www.sportkc.org