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# Fit Matters.

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August 2010



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Dear Kathy,

## Vibram & Minimalist Shoe Update



Thanks to Teresa Morris for the Minimalist seminar and leading the minimalist runs. We learned alot on the "how to's" of minimalist running.

RGR is expecting a large order of Vibrams-to include Bikala's. Best way to know when we receive the shoes is to sign up on [RGR Facebook](#) or follow [RGR on Twitter](#). We post Vibrams



Save \$10 on your

registration for the San Antonio Marathon/Half Marathon.

Use  
discount

code  
RGRSA

when  
you

[register](#)

Don't wait--Registration rates increase on August 31!!



[Houston Marathon/Half](#) Participants will be announced by August 17.

Good Luck!



Sweet & Twisted Tri

Premier Women's-only tri will be held at Pace Bend Park in Spicewood on August 22. Participate individually or in relay team. 500m swim, 12.8 mile bike and 5k run. [Read more.](#)

shipments as soon as they arrive!

## Rock n' Roll Half Marathon Training Starts August 28th



This 12-week program is great for beginner, intermediate, and advanced half marathoners. Training starts August 28, at 6:30 am. Program includes:

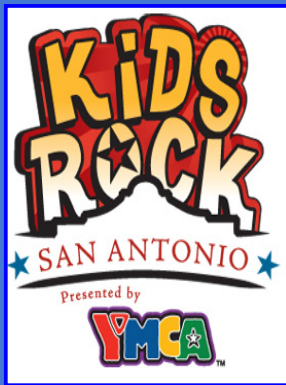
- . Group Runs
- . Educational Sessions
- . Water Stations
- . Discussion Forum
- . Technical T-shirt
- . 20% off RGR Discount
- . Training Log
- . Event Discount

Register at RGR or [online](#).

## TAX FREE WEEKEND



Texas Tax Free Weekend is August 20, 21, & 22. Most shoes, socks, swimsuits, and clothing priced under \$100 are exempt from sales taxes this weekend! Save on: running & walking shoes, cross country flats, shirts, shorts, socks, bathing suits, sports bras, & gloves.



**KIDS ROCK Too!** Kids in grades K-5 can enter a non-timed, non-competitive fun run.

All participants receive an official race number, T-shirt, race goodie bag, colorful finisher's medal post-race refreshments and FREE admission to the San Antonio Zoo after the race!

[Read more.](#)

#### JOIN OUR LIST

Join Our Mailing List!

#### STORE HOURS

Sunday 11 am-6 pm

Mon-Fri 10 am- 7 pm

Saturday 9 am-6 pm

#### FREE RUNS



Free group runs every Tuesday & Thursday at 7:00 pm. All paces welcomed.

Also on Tuesdays at 7:00 pm, Velocity Sports will lead conditioning/drills before the run.

## Rock N' Roll Registration Party August 19



Competitor Group is hosting a Registration Party on Thursday, August 19th from 6:30-8:30 pm at Sports Authority Plaza Del Norte. Register for the marathon or half marathon and receive \$10 off registration and a free shirt! Shirts are limited so get there early. There will be door prizes and refreshments. You can register by credit card, exact cash, or check (payable to Competitor Goup, Inc).

More info is available [online](#).

Can't make it Thursday but still want the discount? No problem, use coupon code RGRSA and save \$10.

Remember, rates increase August 31st.

(Discounts don't apply to the half marathon relay)

## FEATURED PRODUCT: Cool Off

Personal cooling towelettes that renew, refresh, and reenergize. Take it with you during your runs, rides, ect. Cool Off is infused with natural herbs, plant botanicals & essential oils.

Feedback at the store says that it even repels





Run Gear Run was named one of the 50 Best Running Stores in the country two years in a row!

Visit us to find out why!

mosquitoes!

## Dog Walk/Run Hydration Safety



In this heat, it is critical that your dog gets enough water. As Dr Leslie Bauer, DMV,CVA of [Tranquil Pet Veterinary Services](#) puts it: dogs are running in their fur coats and do not sweat. Bring water for both you and your dog. Offer your dog water every 15 minutes but do not force your dog to drink. After your run/walk, offer your dog small amounts of water. Avoid any exercise with your dog after 8 am or before 7 pm.

*WOUNDED  
WARRIOR  
RUN & 5K  
FUN RUN  
September  
18*



[Wounded Warriors Run](#) is an out & back 16 mile run/relay on River Road at Canyon Lake. The relay is divided into 4 legs consisting of 4 miles each. Participants also have the option to run the entire 16 miles. The 5K will also be an out and back run on River Road.

This race is a fundraising event dedicated to supporting the Intrepid Fallen Heroes Fund. Awards will be given to the top individual and team fundraisers.

**SEA WORLD'S RUN FOR THE FUND  
5K, 10K, & FAMILY WALK  
October 2nd**



[Run For the Fund:](#)

Register now to participate in a 10K, 5K, or Family Fun Walk to spring or stroll by sea lions and dolphins, wild birds and reptiles at Sea World. After the event, watch a never before seen Shamu show. Stay for the rest of the day to enjoy Sea World with FREE ADMISSION! The races benefit the [Sea World & Busch Gardens Conservation Fund.](#)

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Thanks for your continued support and patronage! We are honored to be your local training partner.

Sincerely,

Run Gear Run