



# EUGENE RUNNING COMPANY NEWS

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www.eugenerunningcompany.com

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## EUGENE RUNNING COMPANY

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### HOURS

Mon-Sat 10 am - 7 pm  
Sunday 11 am - 5 pm

### How about an email newsletter?

If you enjoy our paper newsletter, please provide your email to receive our new online version.

Eugene Running Company is trying to get our clients who receive our paper newsletter and announcements to allow us to have their email addresses so they may receive our newsletter and announcements online.

It is Eugene Running Company's policy to go green by saving paper.

Please submit your email at the store, email us at [info@eugenerunningcompany.com](mailto:info@eugenerunningcompany.com) or at our website at [www.eugenerunningcompany.com](http://www.eugenerunningcompany.com).

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Tell a friend...  
running works!

## Quads, hams and glutes – oh, my!

"Baby Boot Camp stroller fitness classes are a lot more than I expected," says Kathy Meldrum, mother of Samantha, 9 months. "I love being sore the next day after the workouts. Baby Boot Camp has really pushed and motivated me."

"It's about meeting other moms and families who are active. It's about setting goals and making time for yourself even while enjoying time out at the park with your kids," says Kat Soentpiet mother of Aynsley, 3, and Gracin, 11 months.

"My son crawls to the door every morning and says 'Baby? Baby?'" because he loves going to class so much" says Amy Cheechov, mom of J.W., 14 months.

"I love that the class is always challenging and the support from the other moms means a lot," says Miranda Capron, mother of Brooke, 14 months.

Because of the great success of classes at Alton Baker Park this summer Baby Boot Camp has launched a Level 2 class this month. Level 2 classes, which require a



jogging stroller, place more emphasis on running and jogging, adding more intensity and duration than the Level 1 course. Core focus and strength training are also increased from Level 1 turning up the intensity so fit Moms can really get a good workout. With less down time between

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## 2008 Eugene Marathon Kickoff Party Sept. 9

Join us at the Eugene Running Company for the 2008 Eugene Marathon Kickoff Party on Sunday, September 9, from 10am to 3pm.

Get 15% off your marathon registration and be eligible for raffle prizes throughout the day. Free Subway



sandwiches and product giveaways are offered.

Meet race director Richard Maher and a star-studded list of guests: Joe Henderson, Kenny Moore, Oregon Track Club Elite coach Frank "Gags" Gagliano and some of Eugene's Olympic runners.

## Second Ladies Night planned for Oct. 3

You are cordially invited to our second annual Ladies Night on Wednesday, October 3, at 7pm. Our women's only event will have free wine tasting and hors d'oeuvres catered by Oakway Wine & Deli. In appreciation of our women customers we'll have special discounts on the season's

newest running apparel, giveaways and great raffle prizes. You'll meet designers and company representatives from Moving Comfort, SportHill, Brooks, Nike and more. Join us for the fun, and bring a friend! Last year we had eighty-eight women in attendance.









