



Eugene Running Company
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**EUGENE
RUNNING
COMPANY**

NEWS

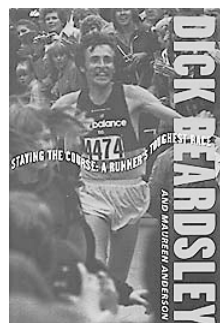
Spring 2006

www.eugenerunningcompany.com

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Marathon Running Camp visits in July

Dick Beardsley is perhaps most famous for his dramatic duel in the sun with Alberto Salazar in the 1982 Boston Marathon. Twenty-four years later he still holds the fourth fastest marathon time ever run by an American.



Dick Beardsley's book, *Staying the Course: A Runner's Toughest Race*.

During his spectacular career as a world class runner, he was the London Marathon champion, twice won the Grandma's Marathon in course record time and set a still-standing course record at the Napa Valley Marathon.

According to the website www.runningnetwork.com/features/beardsley, today is a new millennium and Beardsley's back on course – as a runner, recovering addict and a motivational speaker.

He was in Chicago in February speaking at a Universal Sole fun run and to Chicagoland area specialty running store owners about his experiences as one of the premier U.S. marathoners and promoting his book, *Staying the Course: A Runner's Toughest Race* (University of

Minnesota Press, 2002).

The Eugene Running Company, in partnership with New Balance and *Marathon & Beyond* Magazine, is proud to help bring Dick's running camp for adults to Eugene for the first time ever. There are only a few day camper openings left for this week of fun. For more information contact the Eugene Running Company.

'Jog for Jim' road race held May 14

The Eugene Running Company announces a new road race, put on by the University of Oregon Sports Marketing Department. The "Jog for Jim" is a benefit for the National Parkinson's Foundation. It is held before the Pac 10 Track and Field Championships in Eugene on Sunday, May 14 at 8 am.

This first 5K Run and Walk starts and finishes on the University of Oregon campus. The course goes through the university neighborhood and passes by Hayward Field. There will be overall and age group awards. This family-oriented event includes refreshments, random prize drawings and t-shirts for participants. Entry forms will be available soon.



EUGENE RUNNING COMPANY

116 Oakway Center,
Eugene, OR 97401-5611
541.344.6399

HOURS

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

Free physical therapy clinics

Jeff Giulietti of Eugene Physical Therapy continues to conduct free clinics at the store on the first Friday of the month at noon. Please bring running shorts for your evaluation. Take care of your most important running equipment – your body!

As featured on the Travel Channel!

Check out the video clip on our website of the Eugene Running Company's feature on the Travel Channel last fall.

Group runs

Mondays, 6 pm

Community Run

Tuesdays, 6 pm

Beginners' Group Class

Wednesdays, 6 pm

Free Walking Group

Sundays, 9 am

Bagel Run

Participants assume all risk; please consult a physician prior to beginning a running program.

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**Tell a friend...
running works!**

Lananna speaks on Trials, new season

Committed Partners for Youth, in a follow-up to the successful Truffle Shuffle Road Race, invited Oregon Track Coach Vin Lananna to speak at the Eugene Running Company on February 15.

Committed Partners for Youth is a Lane County based mentoring program with the goal of fostering positive changes in the lives of adolescent youths' lives through goal setting, self discipline and mentoring relationships.

For more than a decade, Executive Director Susie Walsh has been the guardian angel for young people in our community and the Eugene Running Company is honored to participate in the fund raising efforts of this worthy organization.

Vin Lananna is credited with sparking the



Vin Lananna spoke at the store Feb. 15.

wildfire of enthusiasm that is sweeping through Tracktown, USA. He, with the help of Oregon Track Club president Greg Erwin, Nike and other city officials, spearheaded the successful bid to bring the 2008 US Olympic Team Trials to Eugene. Lananna has quickly orchestrated the return of the Duck Track and Cross Country Teams to national

prominence. Vin's presentation was informative and exceptionally entertaining as he described the inside story of the Olympic Trials site selection process. He also brought attention to our beloved Duck team and outlined what promises to be a very exciting time in Eugene. Everyone in attendance extended a very warm welcome to the newest in a long line of Hayward Field coaching legends.

Olympic Marathoner runs with Monday group

Former world class and Olympic Marathoner Anne Marie Letko, formerly Lauck, visited with our Monday Night runners on February 27.

She delighted our group with stories of her career traveling the world as a professional runner.

Anne Marie said the strangest place she's ever run is Indonesia, because of the cultural differences. She also said her favorite place to run in Eugene is Pre's Trail, where she often logged up to 140 miles per week in preparation for her two Olympic Games and World Championships.

In spite of a full day of travel and jet-lag, Anne Marie joined us for our five-mile run, and then we all watched video of her competing in the New York City Marathon.



Anne Marie Letko visited with the Monday Night running group and shared stories of her experiences.

A perfect day for Napa Marathon Team effort

*"When the rains come
and the winds blow,
let your light shine
wherever you go."*

This verse from singer Keb' Mo' backs up the DVD slideshow of the Napa Valley

Marathon Team. Rains came and headwinds blew on the California course, but they didn't overwhelm this team of Oregonians.

On this early March day, some 500 runners either didn't show up, didn't finish or didn't

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