

Logo Tees are Here! Only \$5 with New Shoes!



Keeping running fun since 1989.

Register for All 10 in 2010



Did you know that you can sign up for all ten events in the [Run For Your Life Grand Prix Series presented by ASICS](#) for just \$175? It's true! That's six 5K's, two 4 Milers, a 10K and a 15K for one price - what a deal! You'll have a guaranteed spot in every event and you'll even get your own bib number for the year! Just [fill out an application](#) and return it to Run For Your Life - Dilworth by Friday, March 12! Visit us online for the 2010 schedule and new scoring information.

Shamrock 4-Mile:
Registration Now Open!



The first race of the [2010 Run For Your Life Grand Prix Series presented by Asics](#) is the [Shamrock 4 Miler](#) on March 20, 2010, so it makes sense to wear green, right? Preregistered runners get the all-new Shamrock tee --in green, of course -- so why not pair it with green knee-high socks or neon green shorts?!

Greetings!

The unpredictable weather this time of year can make it tough to maintain even the best laid running plans. If you're searching for motivation to stick to your plan, take a look at the schedule for the 2010 Run For Your Life Grand Prix presented by Asics. There's sure to be an event (or 2 or 10!) in there to post up on your calendar! Plus, our "Run For You" programs are about to get underway -- read on for registration info. And remember to pop into your favorite Run For Your Life store to check out the new Saucony Guide and enter to win a new big screen TV!

PS: Don't forget; Early Registration for the 2010 Thunder Road Marathon is open online now at www.runcharlotte.com.

Enthusiastically,

Tim Rhodes,
Owner, President
Run For Your Life

In-Store Specials

Logo Tees \$5

Show your pride -- and your favorite running shop -- with a Run For Your Life logo tee! This Friday and Saturday (Feb. 26 and 27), get one for only \$5 with the purchase of any new shoe! Offer good at all three Run For Your Life stores while supplies last!



Saucony "Step In to Win" Guide 3 Sweepstakes.



Come in to any Run For Your Life location and try on the all-new Saucony Guide 3 and you'll get a game card that could instantly win you HUGE prizes from Saucony, including a 50-inch Samsung big screen TV, Garmin Forerunner, iPod nano or other great gear! If it's not the perfect shoe for you, no worries! No purchase necessary to play or win. See your Run For Your Life store for full details on the new Saucony Guide 3 and the

Have fun with it, and we'll see you in green on March 20th!

MORE MUSIC = MORE FUN

We are officially taking requests of songs that you want to hear at the

Shamrock 4 Miler Start Line and Finish Line! Family Friendly songs will be selected, downloaded and BLASTED for your listening pleasure! Go to our facebook page to make suggestions or stop in at Run For Your Life - Dilworth to drop your suggestion in the music bowl!

Early Bird Registration

Begins February 15



Early Bird registration for the 2010 Charlotte Thunder Road Marathon, Half Marathon and 5K is now open! Go to www.runcharlotte.com and register at discounted prices!

2010 EVENT WAIVERS

Participants- Please remember to sign your own entry form waiver before turning it into our Event Staff. Waivers that are not signed by the individual participant will not be entered into the race until the complete signature is captured. The only exception would be parents/legal guardian signing for their minor child.

"Step In to Win" Sweepstakes today!

University Store Exclusive

New Track Spikes in Stock NOW

Check out the new selection of track spikes at our University location! Plus, all current track and field athletes get 10% OFF their purchase!



The new adidas Arriba is a great, all-around running spike for track. Lightweight and super-ventilated, you'll keep your cool with the competition heats up!

Great cushioning meets high-speed traction in the adidas Spider. This lightweight mid-distance spike cradles the foot with insole foam for a glove-like fit you've got to experience!



Run For You

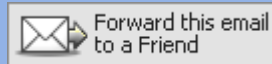
Sessions Begin Soon!

Next session of classes for our "Run For You" program begin March 15th and 16th.

Three different levels: Beginner One, Beginner Two, and Intermediate, and three different locations: Dilworth Stonecrest/Piperglen, and University! Email dexter@runforyourlife.com for details!



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