

Final Days to WIN in Our Speed Lacer Contest!



*Keeping running **fun** since 1989.*

Grand Prix Series - 10 in 2010



In case you haven't heard, we've added a tenth event to the [Run For Your Life Grand Prix Series presented by Asics](#). Runners love this series so much that we wanted to give you another opportunity to run, another opportunity to earn points, another opportunity to have fun! Visit us [online](#) for the 2010 schedule and new scoring information!

Register for All 10 in 2010

Want to guarantee your place in all 10 Grand Prix Series events? Then sign up for all of them now through March 12! [Fill out an application](#) and return with full payment of \$175 either by mail to Run For Your Life Dilworth, or stop by our Dilworth location in person to return application. Complete instructions are on the form.

Shamrock 4-Mile: Registration Now Open!

Greetings!

Like the headline says, we're in the final stretch of our "Speed Lacer" Contest from Run For Your Life and Brooks! Don't miss your chance to win a new iPod, Brooks shoes and clothing! The game is easy - just be the fastest to lace up a new pair of Brooks Adrenaline 10's and win! Come in to any Run For Your Life location to play!

And speaking of speed, race season will be here soon! Registration is open NOW for the 2010 Run For Your Life Grand Prix Series presented by Asics. Plus, we've got our Run For Your Life stores stocked with racing shoes and flats to make this season your fastest ever!

Enthusiastically,

Tim Rhodes,
Owner, President
Run For Your Life

Contest Ends February 6!

"Speed Lacer" Contest from Run For Your Life and Brooks



Think you've got some of the fastest fingers in town? Prove it during the Speed Lacer Contest from Run For Your Life and Brooks Running! Here's how it works: Through February 6, come in to any Run For Your Life location and lace up the all-new Brooks Adrenaline GTS 10 as fast as you can. We'll record your time and compare it to Speed Lacers

from all three stores to find the five fastest male and female times. **First place winners get a shirt, shorts and pair of shoes from Brooks, plus an iPod! Second through fifth win a shirt and shorts from Brooks!** See stores for full details and contest rules. Good luck, and follow the Run For Your Life Speed Lacer Contest on facebook and twitter!

University Store Exclusive



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. Visit us online for all race information or to sign up for the 4 mile run or the Kid's Leprechaun Jog! All events start at the Run For Your Life - Stonecrest location.

Somnio Running Custom Fit



Somnio Running rep Chris Phillips will be in our Run For Your Life - University store this Saturday, February 6 at 1:30pm. Chris will be here to give you the inside scoop on what makes Somnio's individualized fit unique and how it can work for you! No appointment necessary!

Run and Race Faster

Light and Fast Trainers and Racers

Like the old saying goes: the only way to run faster is to run faster. Give yourself the edge to go faster in racing and training in a pair of racing flats from Run For Your Life. Even if you'll never toe the line on race day, research shows that training just once a week in a lightweight shoe can improve your leg turnover speed and strengthen your feet and their supporting musculature. Ask us how to incorporate these shoes into your training and racing plan!

The Saucony Grid Fastwitch 4: Lightweight, light stability racing shoes with an advanced EVA midsole blend that maximizes rebound and durability while minimizing weight. The Saucony Grid Fastwitch 4's are versatile enough for use on those fast training days, 5K's and up to marathon distance!



in heel-to-toe transition!

Mizuno Wave Ronin 2: Neutral racing shoe for athletes looking to summon their "inner competitive nature", the Mizuno Wave Ronin 2 features Mizuno's "SmoothRide" Engineering™ that minimizes the rapid acceleration and deceleration of your foot for a super-smooth ride, and combines both cushioning and stability for a maximum speed

Nike Air Zoom Katana Rac3r III: This super-lightweight performance running shoe is designed for mid- to long distance training and racing. You'll also appreciate its lightweight, breathable upper that fits your foot like a glove. Zoom Air cushioning provides responsive comfort with just a touch of stability for mild pronation control.



adidas adiZero® MANA: The adidas adiZero® Mana is a versatile featherlight running flat that's designed for anything from speed training to marathon racing. You get a highly breathable upper for superior ventilation, excellent cushioning and a highly durable outsole for long distance running and racing.

Brooks® Racer ST 4: Light enough for the 5K but sturdy enough for the marathon, the sleek Racer ST helps shave seconds or even minutes off your time. The DRB midsole backs you up with the support you need to beat your best time every time!



ASICS® GEL-SPEEDSTAR® 4 : All you ASICS® fans will love this race-ready model with faster flexibility and upgraded cushioning from previous models. The ASICS® GEL-Speedstar® 4 features new asymmetrical lacing that eliminates all overlays and fits like it was made just for your feet.

Please check with our stores for sizing, color and availability!

Runner Spotlight

Julio Gonzalez

Here's our friend Julio Gonzalez at this year's Chicago Marathon race expo with one of his running idols. Yep, that's Kathrine Switzer - winner of the 1974 New York City Marathon, author and first



"official" female finisher of the Boston Marathon! Got a story or picture to share from your running experiences? Email Becky@runforyourlife.com

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