

Coming Soon!

Spring Training Group

The Spring Mini Training group is back in January.

Training Group participants aim to complete a mini, or half, marathon in the months of April and May, with a focus towards the Indy Mini*. Reach your goals this Spring with expert advice and group camaraderie.

Look for the Spring Training Group brochure in your email this week.

*Race entry is not included in the training group price, but registration is still open for the 500 Festival Indy Mini

**Happy Holidays from
InRunCo.**

Get Out The Door This Winter

What is the best way to deal with Winter weather? Try something new. Here are five ways you can beat the blahs this season. If you're motivated, go for extra credit.

A new... activity. In Bloomington, you can find Bootcamps, pickup soccer & basketball, racquetball, spinning, and Zumba classes. Injured? Swimming and aqua-jogging are great no-impact activities. Extra credit: Hit the weights and build strength for Spring.

A new... route. Do more and see more! These are some of our favorite sites that have helped us to do just that: www.garminconnect.com, www.mapmyrun.com, and <http://www.usatf.org/routes>. Extra credit: Spread the wealth by contributing your own routes.

A new... group. Be accountable! Schedule a workout time with a friend, because it's harder to push aside a run when you'll catch flack for being a no-show. Come to InRunCo group runs every Monday and Thursday at 6pm. Extra Credit: Sign up for Spring Mini Training Group, which starts in late January. It's a great running support network! Guaranteed A+: Choose active family activities this holiday.

A new... goal. What better way to kick-start your running than a new goal? Try a distance you've never done before, run a faster time, or plan for a destination race. Extra credit: Run to raise money for your favorite charity—win-win!

A new... recipe. Cookies and candycanes and chocolate martinis – oh my! The holiday season is a true test of good eating habits. Diet and nutrition plays a large role in your running, so try out some new and healthy recipes this Winter. Extra credit: Revamp your favorite recipe to make it more diet-friendly for the holidays.



Holiday Picks

Something for everyone, no matter what budget. Items available at InRunCo unless otherwise noted.



Run Auto Decals, \$3-\$5



Marathon Stick, \$30



Custom Shoe Fitting (free) & Running Shoes, starts at \$95



CW-X Compression Tights, \$98



Destination Race, Price Varies
Expedia.com or travelzoo.com



Race Entry, starts at \$15
Mag7RaceSeries.com



Saucony Men's and Women's ViperLite Jacket, \$120-\$110



Massage, Price Varies
Available locally



Run Ornaments, \$8



Nike & Mizuno Cold Weather Gear, Starts at \$15



Headlamps, starts at \$20
JL Waters—Bloomington on the square



Garmin Forerunner 405, starts at \$300



Digital Music Player, Price varies.
Bestbuy.com or buy.com



Nike and Sugoi Arm Warmers, \$20-\$40