



Clothing...

There's a saying... "Cotton is rotten." It applies to your running clothes (even your socks)! No cotton! For your clothing, look for items that are marked "dri-fit," or "moisture wicking." The fabric is NOT cotton. These types of fabric pull moisture away from your body and then it dries quickly. While you won't be absolutely dry you will be much more comfortable and less likely to chafe. Chaffing is a condition that some people deal with, and it's painful. The right fabric can help. If you find that you're chaffing even while wearing dri-fit items, you can purchase a product called Body Glide at any sporting goods store. It looks like a container of deodorant, and can make a big difference.

This week for the women, in the Target ad, there are dri-fit shirts on sale in numerous colors for \$6 each. Target has a small athletic department, and you can find these shirts there.

Shoes...

Why are running shoes sooo important? Running shoes are the most important piece of equipment a runner has! A shoe that's perfect for one person may not work for another. Everybody has different shaped feet, strides, and body mechanics. Running in improperly fitted shoes is a leading cause of injuries! So, it's much more than just making your feet happy!

Why do I need to be "fitted"? The professionals at On the Run are some of few around that will take the time to fit your properly! They stand behind their recommendation.

How much can I expect to spend on a pair of running shoes? Between \$100-\$130. This may sound like a significant amount of money...however, it's a relatively small price to pay if you take into account that doctor bills for injuries cost far greater than well fitted shoes!

Running shoes aren't in my budget right now, should I still go? Please go get your feet measured. The professionals at On the Run will make a recommendation for you, even if you don't buy shoes on Saturday. It can be hard to swing this purchase into your budget, but remember improper shoes can cause injuries and make for unnecessarily tired feet.

I can't make it on Saturday. Can I go on my own? Yes! Of course. We will let you know when On the Run officially opens in November.