

THE RUNNERS GAIT

We make running cool

The Inside Track #004

Well, hello and good day everyone! Half the year is gone and it looks like its going to be a busy 2nd half given the number of races going on. Along with our exciting race updates, we'll also keep you abreast of the latest products that will be hitting our shelves, so look out for that in the editions to come. For now, let's get cracking on this month's newsletter!

From the Races!

The Sundown Ultra Marathon is a grueling 100km test of endurance and will power. While most of us would never even consider how long it would take us to finish a race that long, there are those amongst us who gladly take on the challenge! One such individual is our very own running man, Sham!



Besides looking disturbingly fresh for someone that just ran 100km in 9hr55min, Sham also

crossed the line in 5th place (Men's Open)!! Weeks of endless mileage had paid off and we want to congratulate Sham once again on his great effort!

To find out more about what goes on in the mind of an ultra-marathoner, just hop over to [this link](#) to read our post race interview with Sham.

This past weekend also saw the 6th running of the GE Women's 10km. A record number of ladies (about 12,000) raced through the CBD area on a scenic and challenging course. The race was won by Eunice Muchiri (Kenya) who absolutely blitzed the course in 35min29sec. Qi Hui was the fastest Singaporean in 2nd place, her time of 38min07sec is also a new women's 10km road race record!

If you missed out on the action, you can have a look at some photos from the race [right here!](#)

What's New in Store: Montane

The weather has been pretty fickle lately but you're running out of excuses to skip your trainings!



Montane is a leading brand for lightweight, breathable multi-sport gear. Their *featherlite*

range of jackets are ergonomically designed to fit the contours of your body so you don't have to worry about excess material getting in the way. Choose from the basic wind resistant jackets or the more advanced water resistant jackets to keep you warm and dry whether you're on the run or on your bike. Best of all, all the jackets roll up into a carrier the size of a tennis ball!

What's New in Store: Raidlight

Continuing the European flavour of this product update, we have Raidlight! Founded by French ultra running star Benoit Laval in 1999, Raidlight has established itself as one of the leading brands for lightweight racing and outdoor gear.



From hydration belts to bumbags, Raidlight offers a unique, high quality option for runners looking for some water on the go.

No water points while running in Macritchie? Sorry buddy, not anymore.

What's New in Store: Over Board

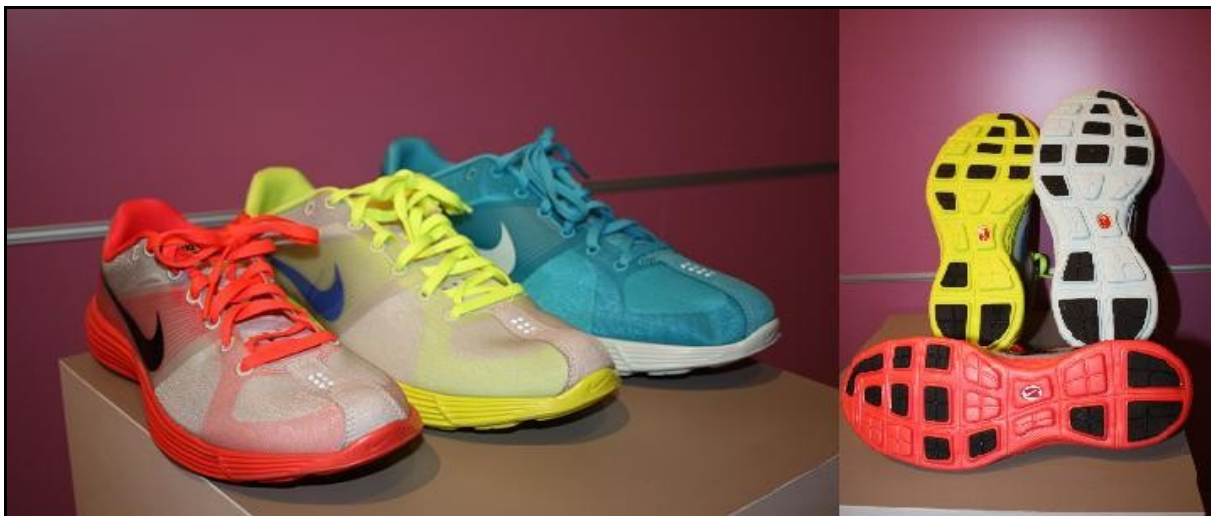
Wannabe bike messengers and those looking for an all weather backpack, your prayers have been answered!

Over Board produces 100% waterproof backpacks perfect for boating and outdoor adventures. These backpacks look pretty cool and can even be fully submerged. You'll never worry about keeping your stuff dry again, which will be extra useful if they don't solve that flooding situation we have going on at Tanglin and Bukit Timah.



Nike LunaRacer+ Update

We've had some time with these shoes since our last newsletter and for those of you that



missed it, you can read our review of these shoes [here](#).

If you're looking for a lightweight pair of shoes with a good amount of cushioning, these babies are right up your alley!

Plus how about this? Buy ANY pair of Nike socks and we'll give you 20% off a pair of Nike Lunaracers.

Triathlon Season

Its about that time of the year when Triathlon Season rolls around. Okay, I just kinda made that up, no one actually calls it 'triathlon season', but I'm hoping it'll catch on. The races pile up thick and fast, the next 3 months will see the Port Dickson Triathlon, OSIM Singapore Triathlon, Cobra Ironman 70.3 Philippines, Tri-Factor Triathlon, Mega-Tri and Desaru Long Distance Triathlon.



From speed laces to race belts to headgear that will keep you cool and looking great, we've got you covered!

Triathlon Workshop

Aside from gear, we've got something else that will help you get the most out of your upcoming races! We will be conducting a 2-part workshop on 23 – 24 July 2011! Resident triathlete Wille Loo will be on hand to take you through the workshop. Wille is a certified triathlon coach and you can learn more about him in the interview in the next section!

- ⤴ **Session 1:** Swimming – Open water. Probably the most daunting part of a triathlon for most participants. We'll break it down and give you the confidence to get your race off to a flyer!
- ⤴ **Session 2:** Transitions, Bike/Run, Nutrition. Don't worry, no brick training here! We'll cover the essentials and of course tips & tricks that will save you time and keep you ahead of the pack.

It's \$30 per person for the whole workshop or \$20 per session (a la carte). The attendance

for the workshop will be capped at 20 people. We'll post more information later this week on our blog.

To register for the workshop, just email us at sales@therunnersgait.com.sg with the topic "Triathlon Workshop" and leave us your full name, contact number and any other information you'd like to share! Alternatively, just give us a call at **64567868** and we'll take it from there.

Getting to Know Us: Wille

We introduced you to the ultra-marathon running Sham in last month's newsletter, with some triathlons around the corner, its time to get acquainted with Wille Loo. He was the fastest overall age grouper at the OSIM Triathlon 2010 and fastest Singaporean at the Aviva 70.3 in 2010 & 2011.



Let's start with the basics. How long have you been doing triathlons and which is your favourite leg? This is my 7th year in the sport. Even though I have a swimming background, cycling is the most enjoyable.

Which distance do you race? I started out racing olympic distance triathlons (1.5km swim/40km bike/10km run) but I'm focusing on the 70.3 half ironman distance (1.9km/90km/21km) now.

Any advice for people thinking of moving up to the longer distances for triathlon? Don't rush! A lot of us are in a hurry to do the longest possible distance (i.e. Ironman). The distance will always be there, there's a lot to learn at the shorter distances. And trust me, the shorter the distance, the more tiring it is!

Any race day must-haves? I actually have a whole routine on race day that includes a pre-race stop at the portaloos (mobile toilet). I have particular drinks in my bottles for various distances but this season I'll be racing with Compressport gear to see if it gives me an edge!

If you could win one race, what would it be? Eventually, I'd like to be the Ironman World Champion, so I guess Kona! Otherwise, I think I'd like to win a big race in Australia, they are super quick!

Why don't the dudes wear speedos to race anymore? I actually have no idea! I think its a classic look and I hope it makes a come back! I'm trying to work up the courage to resurrect the look at one of the local races this year...complete with cotton headband!

Have you ever been 'chicked' during a race? Yeah, lots of times! I try not to let it happen, but I'm not embarrassed if it does.

What's up for the next few months? I'll be racing the local triathlons, OSIM and TriFactor, and also the Desaru Long Distance Triathlon. My big race is the Cobra 70.3 Philippines in August, I'm really hoping to have a good crack at that one!

Wille loves talking about triathlon to anyone who will listen to him and is extremely excited about the upcoming Triathlon Workshop. He also rides with a small group on Saturday mornings from Longhouse at 6am so be sure to say hi if you're up at that hour!

Upcoming Race: No Frills Series 10km & 15km

The Runner's Gait will be supporting the **No Frills Series 10km & 15km** run organised by Running Guild on 13 August 2011.

Tired of paying an arm and a leg to take part in a race? The guys at Running Guild are doing their part to put an end to that with their \$13 race entries! There are also prizes for the top 10 male and female individuals, as well as the top 3 teams!

Grab your friends and head on over to <http://www.runningguild.com> to register!

July Special: Feeling Lucky...Punk?

All this month, every purchase of a pair of shoes here at The Runner's Gait entitles you to one entry into our July Sweepstakes!

Entries are open from now till **31 July 2011!** On 1 August 2011, we will pick the name of one lucky customer and he or she will **win a pair of shoes of their choice!**

That's right folks, buy one pair of shoes and you stand to win ANOTHER pair of shoes. No restrictions, no gimmicks, the winner gets to pick any pair from our awesome range of shoes.

Good Luck!

Compressport: The No.1 Compression Gear



Interested in compression gear but not sure where to start? Let us help you out!

A picture is worth a thousand words.

Compressport 63
2XU: 58
CEP: 22
Booster: 15
Zoot: 10
Skins: 8
Zensah: 5
DeSoto: 4
SLS-3: 3
LG: 3
Herzog: 2
Ziglaris: 2
Orca: 1
Other: 9

Officially counted as **Number ONE** Compression Calf Sleeves by **LAVA** Magazine,
for the IronMan World Championship in Kona, HAWAII 2010

thank you

In 3 short years, Compressport has established itself as the must-have brand of Compression for runners, cyclists and triathletes alike.

Just pull on a pair of Compressport and you'll know what the world is raving about.

Remember to check in at our Facebook page, <http://www.facebook.com/therunnersgait>, for our latest updates!

Our blog, <http://wemakerunningcool.wordpress.com>, is where you'll find announcements, product updates, shoe reviews and heaps more!

How to Get Here!

The Runner's Gait is located just off Upper Thomson Road at 99B Soo Chow Walk. We are just behind the UOB Bank (Thomson Branch), Kampong Chicken and Ritz Apple Strudel, before Thomson Plaza.

If you're bus-sing it, you can hop on 52, 162, 165, 166, 167, 410, 855 or 980.



Don't forget to bring your running gear and old running shoes for a better analysis of your running needs. And some snacks for Sham and Wille because finding the best products for our customers is hungry work!

See you soon!

The Runner's Gait

99b Soo Chow Walk, S(575384)

opening hours

Monday: closed

Tuesday – Saturday: 11am – 7pm

Sunday: 11am – 3pm

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