

THE RUNNERS GAIT

We make running cool

The Inside Track #005

Hi everyone! We know we've made you wait a bit for this latest edition of our newsletter, but we were waiting on some new products to drop. They're here now and we're ready to get them out to you right away!

From the Races!

The OSIM Singapore International Triathlon celebrated its 10th anniversary this past July. And while there weren't any festivities to partake in, The Runner's Gait was represented by Wille, who took part in the Standard Distance (1.5km swim/40km bike/10km run) event.



It was choppy in the swim, hot on the bike and just tiring on the run! In the end, Wille beat out some tough competition to win the 25-29yrs AG for the 2nd year in a row in a time of 2:09:03sec!

To read about Wille's race in detail, you can click on [this link](#) here!

What's New in Store: New Balance Minimus

They're here!

NB MINIMUS



The Minimus is available in 2 models, one for the road and one for the trail.



Women's on the left, Men's on the right

- model: Minimus Road
- weight: 230g (men's US9); 205 (women's US8)
- heel drop: 4mm
- price: **\$155.00**

Designed as a lightweight shoe that would get the runner's foot into a more 'natural' position than a traditional shoe would. The RevLite cushioning helps to keep the shoe's weight down and provide a responsive ride. But given that there is simply so little 'shoe', runner's should proceed with caution and run their way slowly into these shoes. The Minimus utilises far less cushioning than most runners would be used to, so be sure to ease into it!



Women's on the left, Men's on the right

- Model: Minimus Trail
- weight: 215g (men's US9); 180g (women's US8)
- heel drop: 4mm
- vibram outsole
- price: **\$155**

While the road version of the Minimus had a lot of wiggle room courtesy of a wide toe box, the trail version boasts a much more glove-like fit. A vibram outsole provides excellent traction and durability. The Minimus Trail gets you even closer to the ground than the road variant and they do have a nice 'feel' to them. However, if you're wondering where the protection against rocks and what-not is hiding, I'm afraid the answer is that there simply isn't much. Unlike the lightweight MT101 which used a RockStopper plate for protection, the Minimus Trail leaves you pretty much to your own devices. If you're going off road in these, be sure to take it easy (especially at the start) and avoid as many sharp objects as you can (easier said than done I know!) while your feet get accustomed to these minimalist trail shoes.

But wait! There's more!

New Balance has also launched an exclusive Minimus Tee to go along with their shoes. Using the Lightning Dry fabric, these tees will have you looking and feeling cool. The Minimus Tees are available at The Runner's Gait in 3 different colours.



Available in Green, Red, Orange

These tops are available in store for \$29.00 each. However, when you purchase a pair of New Balance Minimus, you will have the option of purchasing a Minimus Tee for just \$10.00!

Minimus Shoe + Minimus Tee = **\$165.00!** (but only while stocks last!)

What's New in Store: New Balance 1190

The latest offering from New Balance to use the weight-saving Revlite compound is the 1190. The 1190 is an upgrade to an old favourite, the 905.

The 1190 is chock full of a lot of New Balance's premium features so your feet are in for a treat! Revlite, N-ergy (NB's most advanced shock absorption compound), Ndurance for extra durability and ABZORB for excellent cushioning along the entire length of the last, it's all there!

The 1190 also has a nice, no-sew upper for extra comfort and a medial post for a little more

support. If you're looking for a speedy shoe for those high mileage days and even the occasional bit of speed work, you will want to add this shoe to your list of possibilities.



Men's



Women's

- weight: 255g (men's US9); 220g (women's US8)
- heel drop: 12mm
- price: **\$195.00**

The Runner's Gait – New Balance Minimus Promo!!

To tie in with the launch of the New Balance Minimus, we've got something special for our customers.

The first 5 customers to buy a pair of New Balance Minimus from us here at The Runner's Gait, will each receive a complimentary Running Form Analysis (worth \$90.00)!

The next 10 customers to buy a pair of New Balance Minimus from The Runner's Gait will each receive a complimentary Basic Gait Analysis (worth \$30.00)!

Sweet!

Compressport: The No.1 Compression Gear



Want to know how Compressport stacks up against the other leading brands in the compression gear arena?

Just follow [this link](#) to find out!



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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