



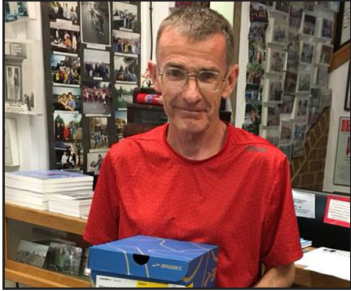
RUNNING RAGGED

An update on how Ragged Mountain is helping our community to stay comfortably on the move

We're so proud and thankful for our FAMILY OF CUSTOMERS...



Gwen Hairston



Kevin Lounsbury



Tom Nash and Leah Connor



Lee Lynch Family

Gwen Hairston, who will coached her last Agnor-Hurt relay team, as she's retiring this spring after a long and amazing career of spreading the gospel of exercise.

Kevin Lounsbury, who recently passed his 2400th straight day in a row of running! Now, that's dedication!

Leah Connor and **Tom Nash**, who made it to the top of the legendary Montalto 5K for the 10th straight year!

Another Three Generation Ragged Mountain family, as **Lee Lynch**, who has been a loyal customer since 1982, and his daughter and granddaughter all now wear Ragged Mountain shoes. Thanks for 36 years of family support, Lee!

A huge round of applause to **Bob Burger**, **Winston Brown**, and **Steve McCoy** for helping us with our annual Middle School Meet. we had close to 750 kids form 20 Central Virginia Middle Schools at UVa's beautiful Lannigan Field!

Congrats to **Cass**, **Charlie**, and **Alec** on organizing a meet for the ages as 2,200 athletes from 135 high schools competed at the 53rd Annual Dogwood Track Classic!

Congrats to **John Moody**, who started last July with a half mile walk and 65 pounds heavier, on finishing his first half this April at the "Park to Park", with a stellar 9:30 pace!

And way to go to our **Carin Ward**, who worked at Ragged for many years when she was in high school and college back in the 90's, on her high school team he coaches in San Francisco on finishing second at the Dogwood!



Bob Burger, Winston Brown, and Steve McCoy



Cass, Charlie, and Alec



John Moody



Carin Ward

UPCOMING AREA EVENTS

Upcoming fund raiser races we're involved with:

4 our Freedom 5K
Saturday, June 2



United Way Relays (4x800)
Saturday, June 16



Independence Day 5K
Wednesday, July 4



PR for Public Radio 5K
Saturday, July 28



KID FRIENDLY, FAMILY oriented events we're supporting this SUMMER:

Bruce Barnes Downhill Mile
Sunday, June 3



"Saturdays in the Park" at the Y
Saturdays in July (7, 14, 21 & 28)



CTC Summer Track Meet
Thursdays in July (5, 12, 19, 26)



MARATHON & HALF-MARATHON TRAINING PROGRAM

Looking to run your first long distance race? Or wanting to improve on a previous effort? Looking for running company and potential life long training partners? Want to train on beautiful courses? Then come join us for the CTC's summer training program for a fall marathon or half marathon of your choice. Visit www.cvillettrackclub.org to register.



www.raggedmountainrunning.com

WHAT'S NEW AT RAGGED MOUNTAIN



Olukais

Our staff and customers love Olukais so much that they sometimes have a hard time saying goodbye to an old pair, like our Andrew who finally replaced his beloved first pair after 8 years of continuous use!



Kid's Shoes

Loads of inexpensive and supportive KID'S Shoes upstairs at our KID'S Shop!



Branded Apparel

New Ragged Mountain apparel is arriving weekly with fun colors, styles, and logos!



Astrals

Our nifty new Astral outdoor shoes are able to withstand the demands of both the river & the trail, ventilated outer sole "sticky like tar". Environmentally friendly with no PVC foam. Great for casual wear, too!! Our nifty new Astral outdoor shoes are able to withstand the demands of both the river & the trail, ventilated outer sole "sticky like tar". Environmentally friendly with no PVC foam. Great for casual wear, too!!



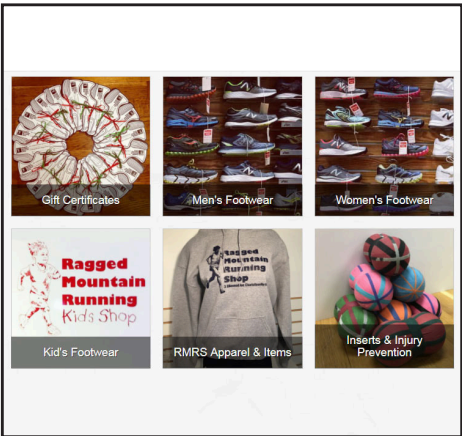
Tevas

Happy Hot Weather Feet with our cool new collection of Teva's!



FREE HOME DELIVERY

Can't make it down to see us in person? In a pinch for time? Then let us deliver right to your doorstep...no drones, just simple old-fashioned delivery on four wheels! Call 434.293.3367 or email alec@raggedmountainrunning.com.



SHOP ONLINE

5% on ALL online store items: As a way of showing our appreciation for your support of our family business, please use the coupon code "Elliewood" at checkout to receive 5% on all shipped/home delivered items (excluding gift certificates).



CONGRATULATIONS!

We're grateful to Lawren and Alec for bringing us Emme, our first granddaughter, this spring!

A great big thanks to our Ragged Mountain UVa staff for a wonderful school year! Enjoy your summer vacation!



Ragged Mountain Running Shop
3 Elliewood Ave Charlottesville Va

15% OFF SHOES + 25% OFF SOCKS*

*With shoe purchase and receive a FREE smartphone card holder with that shoe purchase.
Expires 6/16/18.



HOURS:

Monday–Wednesday: 9:00am–6:00pm
Thursday: 9:00am–7:00pm
Friday: 9:–00am–6:00pm
Saturday: 9:00am–5:00pm
Sunday: Closed for Family Day
434.293.3367

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