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Stay Fit; Don't Quit!



A Quarterly Insight into the Local Running Scene

Recycle Your Old Shoes

Through our partnership with Sneakers 4 Funds, your old shoes can make a global impact on poverty and help the environment! Just drop off your gently used running shoes to Runners' Wings, and we will send them in to Sneakers 4 Funds who sells the shoes at a low price to small businesses in third world countries, keeping them out of landfills.

Coaching Matters

The Area has some great athletes, but that's because we have some pretty awesome coaches!

The area is very fortunate to have selfless coaches leading the way. Without them, many of our athletes couldn't reach the heights they have! We would like to thank all the area coaches who take time out of their days to work with our local athletes! I can still hear Coach Derosa yelling, "You Gotta Go!" at key moments of track races.

Some local coaches are still competing at high levels themselves! Recently, Woody Snoberger raced a Marathon in Richmond, placing 6th overall in a time of 2:38:25. That's fast!



Western Maryland Did You Know?

A year in review of our local running teams!

2022 has been a year full of running accomplishments and huge milestones for the local area! The local high schools have been phenomenal, bringing multiple state championships back to the area. Among those champions were the Frankfort boys' cross country team. The team had an incredible score of only 33 points to capture it's 2nd Class AA state title in 3 years! Joining them as multi-time state champions were the Northern Garrett girls' cross country team, winning their 3rd 1A State title in a row. Northern continued their success by also earning their first ever 1A State title for the boys' cross country team. In addition, the area saw individual stand out performances. Mary Delaney of Mountain Ridge won the individual title at the 1A State Girls' XC meet. This continues her successful year, having won 2 state indoor track titles in the 1600m and 800m runs and the 1600m state outdoor track title. Mountain Ridge's boys' 4x800m relay team also won the state title with a team of Reis Howard, Casey Culler, Will Stark, and Will Haberlein. The final area state track title came from Avery Miller, winning the 800m run at the outdoor 1A state meet in the Spring. We will enjoy seeing these and other local runners continue to blossom!

On the collegiate side, the Frostburg State men's and women's cross country teams enjoyed a historic season. In the first full season of being in Division II, the teams competed in the NCAA Atlantic Region meet. On the men's side, Justus LePrevost placed 34th with a time of 30:34.8 through 9.5k. LePrevost also earned second team All-Conference for the second year in a row by placing 11th at the MEC Championship. On the women's side, Hannah Muir finished first for the Bobcats, placing 121st with a time of 25:48.5 in the 6k. Hannah and Justus are both from the area having run at Mountain Ridge highschool. Potomac State College also returned to cross country this year and saw immediate success with the women's team win at the Region XX meet and entry to the NJCAA national championship. The team even earned a spot in the top 25 national rankings!

In summary, the local running scene is full of talent and dedication that you need to track (no pun intended) in 2023!

What will we offer at **RUNNERS' WINGS**?



Runners' Wings will offer shoes, insoles, apparel, and other accessories for runners and beyond; We are committed to our community's Fitness Journey!



Personal Service

When you come to Runners' Wings for shoes, we are happy to perform a gait analysis on your feet and stride to find the best shoes for you! Some people are already set with the shoes they love and know what works best for them, but many of us need assistance navigating all the options, including neutral versus stability shoes, drops and widths of shoes, road versus trail shoes, etc. Need help with particular health issues such as plantar fasciitis or bunions? We hope to provide you with answers and products that meet your personal needs and be a breath of fresh air!! Don't see exactly what you want, we can special order shoes from any of our lines. Know someone who has two different sized feet, we have solutions! So if you are training for your next event or just looking for something comfortable to wear day-to-day stop in and check us out!

Best in Brands

Runners' Wings will carry some of the best in brands including Brooks, Asics, Altra, Hoka, and Saucony. These vendors offer a wide variety of different types of shoes that could fit almost any need! They also specialize in athletic apparel and accessories which we will carry and personalize for community pride. Other brands include OS1st, Currex, Superfeet, SpiBelt, and more!

Community Commitment

Western Maryland is a beautiful area to run in and there is regionally a large population of runners. Whether it be the local high school or college teams, or just a group going for an afternoon walk or jog, we hope to shine light on the love of running. We also want to fill the need of being able to try on and locally purchase shoes and accessories important to one's fitness and well-being.

Not Just for Runners

While the name might suggest otherwise, we aren't just a store for runners! We offer shoes, insoles, apparel, and other accessories that are accessible to everyone — from seasoned athletes to first-timers and walkers. It's so important to ensure that what you stand in all day fits your body's needs. We offer orthopedic insoles, diabetic socks, and other accessories to help with ailments. Stop in to see how we can help!



Molly and Maddie Offstein may be on different fitness journeys right now, but they still share the same drive and love of coffee!

M&M's Motivation Corner

"I can't go on; I will go on..."

Sometimes in running (and in life), things don't always go how we hope they will and we can be left feeling a little unsatisfied with our own personal performances or progress made towards goals. In these moments, it can be helpful to focus outward on the success and support of those around us. Whether we are on teams or are thinking about our support networks (e.g., family, close friends, significant others), we can remember that it may not be our best time right now, but it is always the right time to soak up and celebrate the accomplishments and wins of those closest to us! Feeling connected to our teams, families, friends, and communities can help us cultivate our desires for greatness by making us feel like we are a part of something bigger!

Community >>>

Learn more about local running and walking groups & events.

*Running and walking is better with company. Whether you're an experienced athlete or looking to join friendly beginner runner groups to get into the sport, there's a spot for you! Running in groups provides camaraderie, motivation, and a chance to share tips and experience earned together. Seasonally we will offer group runs and walks which you can check on our website & facebook. **We will also link to and support area running groups, races, and events.** And we offer daily **10% Off** to our Local Runners, School Athletes, Healthcare Workers, Veterans, and Seniors.*

Queen City Striders: All Ages

<https://runsignup.com/Club/MD/Cumberland/QueenCityStriders>

Antelopes: This Group is for the local youth

interested in cross country/track. Learn more on their Facebook page or sign up at: <http://www.bullseyerunning.com/antelope-youth-running-club-allegany-county/>

Girls on the Run: Dependent on having

Coaches, girls practice at Route 40 and/or Beall Elementary schools. More info at <https://www.gotrmidmd.org/locations>

