FLEET FEET Sports

Chicago Running Review

Tuesday, February 5, 2013

Meet Your Perfect Match

Valentine's Day is right around the corner! We, here at Fleet Feet Sports – Chicago, are going to have a little fun this year...

We are bringing our friends at **Saucony** and **Stef and the City** together to host an enhanced fun run on **Thursday, February 14th, 6:30pm at our Old Town location** for the **Cupid's Dash: Valentine's Day Fun Run**. **RSVP NOW!**

As you get ready for Valentine's Day, here are a few tips on **how to be more *natural* in your relationship**, whether you are **committed**, **single** or in a **complicated** situation. **Here are a few tips from Stef, of Stef and the City:**

- Ladies, **don't always put on a full face of makeup**. Go more natural especially if you enjoy fitness together. You will want to be comfortable with your significant other with and without makeup!
- For both men and women, **don't be afraid to eat in front of one another**. It's good to have different diet habits from one another. Another bonus: people usually pick up good habits from their significant others after a period of time.
- If you end up meeting someone that isn't as fitness oriented as you are – **don't assume they won't eventually become fitness fanatic**. Let it happen naturally for your significant other and keep doing what makes you happy in the meantime.

Now, let's find your the perfect running shoe match from Saucony!

For those in a committed relationship: Men's and Women's Mirage 3

Stability is what makes a committed relationship work. The Mirage 3 is our lightweight yet stable footwear option from Saucony within the Natural Series. The stability is featured in the 4mm drop (more ground feel/contact), midfoot guidance with a redesigned upper that hugs the foot mile after mile.

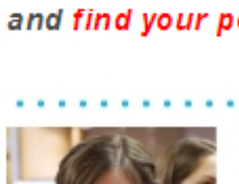
For those who are single: Men's and Women's Kinvara 3

There are no rules or regulations when you are single – you go and come as you please! The Kinvara 3 is the ultimate single person's shoe. It's lightweight with minimal seams and restriction. It's built on a neutral platform so it adapts and responds to your feet.

For those in a complicated relationship: Men's and Women's Virrata

It's complicated – we've all been there! You are just not sure what your relationship status is – but there's something! Meet the newest member of the natural series, Virrata. It's zero drop, yet provides enough cushion to keep you protected. So, it wants to be minimal – and offers you what you want in a minimal trainer BUT, if you need to hammer out some miles, the cushion will protect and support you!

Test the Saucony Natural Series for yourself at the Cupid's Dash: Valentine's Fun Run and find your perfect match!



Blog Post Written by Catherine Moloznik

Running changes everything and the right gear changes running. I participate in races from 5k's to marathons, triathlons, practice yoga, and strength train. I worked as a sales associate in one of the best running stores in the country for over a year. This part time job turned into a full time gig almost 5 years ago as a buyer for Fleet Feet Sports - Chicago focused on footwear, apparel and accessories. I tour the country looking for the latest and greatest that will make you look and perform your best. Here I will share my experience with you!