

R.I.P. RUN - October 28th 5:00pm

This race was started 20 years ago and continues to be a favorite among local runners. Join us for the R.I.P. Run on October 28th.

Join hundreds of runners on a course that begins at Fountain Park in Piqua and runs through Forest Hill Cemetery. It's challenging, beautiful, and has a flavor of Halloween fun!

Top overall winners receive the traditional (and heavy) granite tombstone awards. Age group awards are also available in 5 year increments! Dress up in your favorite costume if you wish, but make sure you are ready to run!

A long sleeve shirt is included if you register by October 21st. Registration is \$25.00

[Click here to Register for the RIP Run](#)



The EPIC 10k - November 5th 3:30pm

The 3rd Annual EPIC 10k is coming quick. If you've ever been a part of this event, you'll know it's a must for your calendar.

Haven't been there before? Here are a few reasons to join us.....

- **Great Course** - The route is a beautiful rolling countryside road race. It's one of our favorite local training routes. Plus we'll be going DOWN the steepest hill for this year's route.
- **Unique Prizes** - Our age group awards and door prizes have certainly been unique in the past. Some of them have even been ALIVE.
- **Post Race Party** - Again this year we'll be featuring a hog roast, the Moeller Brew Barn beer truck, and live music! The meal and the beer are part of your registration.
- **Chance to "Beat Your Age"** - We will once again be handing out special awards and recognition to those that can "Beat Your Age" in a 10k race.
- **Chance for a FREE 3.1 Beer Run Entry** - Once again we will offer an age graded opportunity for anyone that can "Beat the Beer" at our race. If you can beat our beer, you will receive free entry into the 2018 3.1 Beer Run on St Patricks Day.
- **Value** - The registration price is constantly changing but the earlier you register, the better the deal.

It's truly an EPIC event every year. Join us for this fantastic time!

[Click Here to Register for The EPIC 10k](#)



Save the Date!

New Years Eve 2017 / 2018

Details are still coming together but here is what you need to know at the moment

- New Years Eve Trail Race - We'll be running the trails in the dark.
- Time Based Loop Race - This race is whatever distance you can accomplish in a determined time.
- Get your money back - The more you run, the more you earn. Earn a registration refund of \$1.00 for every mile you complete.
- Team Relay Competition will be available.

Make plans to participate in this special night time trail run this New Year's Eve. It's going to turn into a party and for some, it may turn into an Ultra Marathon.

Location, Times, Details, and Registration will be available soon. Keep an eye on our Facebook page and website for details.



Run for Fun & Food - October 21 8:00am

Maybe the big race has passed, maybe that 13.1 is in the books, or maybe you've decided that you want to pick up running for the first time this fall. We're hosting our fall "Run for Fun & Food" group run and breakfast on Saturday October 21st at 8:00am

This event is part of our weekly group run that we host each Saturday morning, but this particular time we are adding breakfast!

Join us for a run (the distance and pace are up to you). After the run we'll serve you up breakfast back at the store. Enjoy the company of some fellow runners and leave with a full belly and a cup of Winan's Coffee. The event is free and doesn't require pre-registration. All are welcome!

[Click here and share it on Facebook with your friends.](#)



Local Races - October 2017

Oct 14 - The Grrr-ate Pumpkin Fest 5k (Bellefontaine) ++
www.cantstoprunningco.com

Oct 15 - Piqua Football Mom's 5k (Piqua) ++
www.cantstoprunningco.com

Oct 23 - Mole Day 5k (Greenville) ++
www.cantstoprunningco.com

Oct 28 - R.I.P. Run (Piqua) ++
www.cantstoprunningco.com

Oct 28 - Run for your life Zombie Run (Union City) ++
www.cantstoprunningco.com

Oct 28 - PCOC 5k Journey (Palestine) ++
www.cantstoprunningco.com

Oct 28 - Keeping Hunger on the Run 5k & Half (Lima) ++
www.cantstoprunningco.com

Nov 5 - The EPIC 10k (Piqua) ++
www.cantstoprunningco.com

Oct 13 - Paint the Town Pink 5k (Troy)
www.speedy-feet.com

Oct 14 - Run for the Rails 5k (Bradford)
www.speedy-feet.com

Oct 21 - 4 Miles for Heart and Health (Versailles)
www.gtraces.com

** - A Shelby County 5k Tour Race

++ - A Can't Stop Running Co timed event

Looking for Local Races coming up in later months? Check out our website for more races and

events! www.cantstoprunningco.com