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We hope that everyone who enters our door will be encouraged on the road to fitness, even if they want to stop by to check us out, find good shoes and apparel, look for running and training advice, attend group runs and clinics or play with us. We look forward to seeing you - stop by and say hello! our Location411 E. Hennepin Avenue Minneapolis, MN 55414 Hours: Monday-Thursday 11-7, Friday 11-6, Saturday 10-5 and Sunday 11-5 until life returns to regularly scheduled programming. Mill City Running is still a goat place for all your running needs. Like us, you're probably running a lot of social deds and your sneaker treads are starting to wear thin. To keep you going, we've developed a touch-free virtual fitting process for your next shoe purchase. Virtually schedule your next fit. Let's keep running together! Dubbed as one of the top 50 running stores in the U.S. in 2015, Minneapolis' Mill City Running is certainly a dream place for any runner. The brown brick interior by the footwear wall and the seating of the vintage stadium beckon each passerby to step inside the running oasis. Located at 411 Hennepin, across the river and beautifully located near the Stone Arch Bridge, this small shop really offers its community. Owner Jeff Metzdorf and his wife Beka met many years ago while working in a running store. One day they are very much owning their own shop and don't dream so secretly. When considering their options, they decided to take the take the cut and open the running store completely from the ground up, bypassing the franchise or buying into an existing space. Mill City Running opened in July 2013 between downtown and Northeast Minneapolis. As Jeff says, There was an opportunity to serve the community, which had a growing population but lacked the presence of specialty stores. After a bit of research, we find that there are many runners in the area and places to run in countless amazing places. From the Stone Arch Bridge to the bottom of the river, to the NE Arts district and the vibrant neighborhoods of the North Loop, you've got a bit of everything within a few miles. If you're a runner on the start line of many races, a 5k weekend warrior, or those eager to start in the first few miles, this is the place that really suits your needs. Whether you're an experienced marathoner or trying to run the first 5K, our goal is to provide the same great service, Jeff enthusiastically said of his community store. Mill City Running boasts one of the deepest shoe fitsln the Twin Cities. You don't have to set up a reservation or call first, just show up at the door and ask! This technology is used to determine the required support level in fully fitted running shoes. It helps to take some of the guessing from trying out new shoes, says Jeff. When Mill City opened, Metzdorf aimed to have a group run open to all abilities and paces each week. From mighty fast sub-7 mylars to hustle midpack runners to eager and excited newbies, there are runs available to all. You can also enjoy fun and exciting themed runs such as donut runs and Christmas cookie runs, offering a special treat for everyone who participates. High on the wall of the store, they will also exhibit Mill City Mile 2015 and provide a spotlight for each runner. Here, runners run a total of miles in a run group, tallying and sharing with everyone who enters the store. Will the total mile run in 2015 at the Run Club?51,203! Here's a quick description of the group run that everyone can participate in: Tuesday at 6 p.m.: beginner-only group runs moderate pace and distance, suitable for those just starting their running journey. Wednesday at 6 p.m.: All ability runs all paces are welcome, with paces varying from 7 minutes/mile to 13 minutes/mile. Let's have a beer later! Friday 6:30 a.m.: Flapjack Friday Mill City Running's biggest run, all the ability and pace. You will be rewarded with their famous post-run pancakes. Every run is free, just show up! Jeff informs us, We like to bring a friend and say try it once. If you don't really like it, don't worry, you don't have to commit to anything. We think you might come back. Jeff's tips for running in the Minnesota winter, when I help someone buy a winter running jacket or pants, I like to be a reminder of how important it is to have some reflexivity in their clothes. Winter in Minnesota should put a lot of miles in the dark. Being seen with either a reflective vest, flashing light, or built with reflectivity on your clothes is priority number one. Wind-proof everything Minnesota requires micro fleece-lined pants to block out the wind. Your jacket, quality running jacket (lined with windwinds) can last you 10 years, so can an absolutely valuable investment. Finally, a pair of warm mittens or gloves can make a big difference. The best winter running mittens cut the wind, have some reflexes and include a soft fabric on the thumb to wipe your nose (seriously, it's great! traction, stability and grip when running in winter my comfort level is proportional to how good the scaffolding is. snow, or more specificallyRunning easily can be a horrible experience. I turn to grippy shoes like trail running shoes or I renovate my existing road running shoes with products like YakTrax that slip on your shoes and have carbide spikes that bite into ice and snow. Mill City Running 411 E Hennepin Avenue, Minneapolis MN www.millcityrunning.com If you missed our 2015 winter RUNway show, check out all the fashions (and personalities) that rocked our RUNway here. Thanks to Carly Danneck for her incredible photos! plus we still have time to donate as we continue to collect new deodorants, underwear and socks (men's & women's, size bes) for YourLink in Mill City, which runs through Saturday! Well, on the show, Kid Fan - Sylvie & Cora Clark The first two models are the incomparable Sylie & Cora Clark, the store's junior friend! Core is 4, loves to eat carrots, and is at school at a children's home in a northeastern neighborhood. Her favorite animal is a pig because it's pink, oh! In her free time Cora enjoys singing and playing pirates, delighting customers at Mill City Running where she buys all her favorite T-shirt fashions! Monkey Bar Whiz, she came second in a popsicle run half a mile into her class. Sylvie paints, writes stories and enjoys her dad's favorite store, Mill City Running! Woman on a rainy day - Gabe Gruenevald If you're a professional distance runner, you don't take a day off because it's outside. So it's for our first model Gabe Gruenewald, the 2014 Indoor National Champion at 3000 meters and a member of Team USA Minnesota. She agreed to slow things down for us tonight, modeling the looks she saw from sponsor Brooks. When the forecast requires a dreadful winter mix, Gabe performs her 800m repeat under the cover of her Brooks Drift Shell, built with water and windproof materials to keep her dry, complete with hidden waterproof pockets to keep her gadgets dry. Full of reflective strips, on-the-othere is sure to find Gabe on a dark and stormy night, even as she zips along faster than her unattended eyes can see. Her shell keeps her warm enough to wear by herself, but every woman on the run knows you can't go without the most important apparel piece of them all - a sports bra. The latest addition to gabe model Moving Comfort, an upright crossback that combines a wide, flat shoulder strap with a fluttering cut for a comfortable, stable & cute package. This is not your grandma's sports bra! (Shout out to grandma in the house in a sports bra!She listened from a strong gust of wind on a day of pale autumn. Finally, Gabe doesn't turn the truck around the bricks in less than a minute for shoes. Her pure flow weighs just 7 ounces and helps keep her on her toes - and before the competition. Mark Moleman our next model goes by many moniker - man on a rainy day. Known to Moleman, Mallborg, or others as Mr. Syrias, tonight he is a marathon man. This indie superhero is famous across america for his musical marathons as well as as recording artists, playing up to 180 hours of music nonstop music. We can support it on Kickstarter in the coming weeks. Welcome to the stage, Mark Moleman! Moleman keeps his gun dry in a Mizuno Breath Thermowind top jacket. Boasting wind and water-resistant impermealite shells and breath thermo interiors, this top creates heat as you sweat, absorb moisture and keep dry. Mark will put it all out in a fast-track short that is part of Saaucony's new Life on the Run collection, found exclusively in Mill City Running. Featuring a wide set leg opening and assembled of warp knit fabric in four ways stretch, this short is versatile enough to be worn for daily runs or on foot days in the gym. A sought after splash of style, drying his feet, is his stance fusion socks. This evil sock brings style and features together to an unlikely place. That hat that Moleman falls into the crowd is Siele GoCap. This lightweight, fast dry COOLick cap protects the rain from the eyes while providing reflective detailing for a slow post-gig run. Cool - Heather Kamp welcomes the former NCAA national champion and current queen of the road mile HeatherKamp to the runway! Tonight Heather features exclusive looks from her sponsor Asics. Native Minnesota, Heather knows the value of staying warm when a temporary presence falls. So she relies on asics thermopolis half zip jackets to keep out the cold. Soft brushed fabric and mock neck heather are protected from the elements. Thermopolis Half Zip features back zip pockets, thumb holes in cuffs and reflective details to keep runners safe in low light conditions. The elite middle distance runner is as good as her feet, and with that in mind Heather keeps her warm and loose at Asics PR. This versatile daily tight heather has a distance with a leg opening on the fastening grip tape and a reflective logo for additional visibility. Heather's shoe of choice for all her daily mileage is the Asics Gel Cumulus 17. Featuring a seamless upper and Asics' famous gel cushion!s has been a favorite of runners for nearly 20 years. What is her shoe dance party you ask? Moving as fast as Heather, things heat up quickly. Asics Everyday Liner Glove provides enough warmth to protect and dry her fingers, with a rubber grip that easily records her mile splits. Cool - Next to the runway is the John Stokekamp Trail and ultrarunning agency John Stormkamp! John wore multiple hats, including the brutal January agony three-time champion Arrowhead 135, and also as race director of the state's most iconic trail races, including Superior, Endless Summer and Afton Traillands. Tonight, we're posed at the 2015 RUNWAY show, with a different kind of anguish on John! Tonight, he represents our cool look. As the saying goes, the devil is in the details and John applies this to the accessories of his choice. To keep his limbs warm John relies on an ultra-soft Plana organic cotton headband of black and Merino wool smart wool liner gloves. John likes to race for days, so literally, he needs to take his hydration for the ride. During the winter, Nathan's ice zip insulated bottle keeps hands warm, but the water is cold. Perhaps the most important limb of them all, John keeps his toes toasted in SmartWool's light cushion mid-crew socks. John sports a Brooks Dash 1/2 zip top with a soft, heathered tech fabric that provides an extra layer of warmth for chilly runs. The half zip allows customizable ventilation as temperatures change over the next 22 hours, 100 miles of running. If your marathon is the type of runner that's only 14 miles too short, you're needing targeted muscle support for the CWX Protite. Offering a patented support web, these half-tights provide warmth as well as a suspension system for hamstrings, reducing the workload on the form. Finally, John wears the Adidas Energy Boost 2 as his race day shoes. This highly cushioned trainer performs as well in Afton State Park as well as the North Loop sidewalks. Rocksteadyrunning.com John's race found in the world. Cold - Kate Raddatz We all know that Minnesotans take pride in making it tough in cold weather. But when you're a TV reporter who needs to start her run before the sun rises, sometimes your good bet is hitting Jim's dread mill. This is life for the model & WCCO reporter Kate Raddatz, who sports Oisel KC tights, a lightweight full-length tight enough for indoor training. HerMotion shoes have a pop technology that encourages midfoot strikes and minimizes bulk. Their discreet profile to easily pack into her convertible Lole Lily tote, which boasts a specific compartment for your running shoes! What else can you cram into this bag? When her workout is on Top of Kate, snuggle up in this super cozy hooded sweatshirt from Lole and return to this extremely chilly tundra we call home. Speaking of the extreme cold tundra, Kate's foot trap isn't sketcheders shape-up, it's a new high cushion from Hoka, lightweight boots. The Tor is designed for hiking, but with its grippy vibram outsole and waterproof Gore-Tex upper, it's also perfect for walking through the slasy streets of the Twin Cities in the middle of winter. Completing Kate's look are Lore's ski-down mitz, the warmest, softest mitten you'll find, and Prana's burnout headband, which can cover her ears as she heads outside to scope out her next scoop. Cold - Jose & Johnny Please welcome our next model, Youthlink Street Outreach Worker Jose & Johnny. Along with reaching out to young people on the streets of Minneapolis, Jose is the coach of a football team made up of homeless youth called UP TOP Street Soccer Minneapolis. Keeping in great shape is so important to football's success that during the winter, Jose wears a Saucony nomad jacket to protect him from the bitter wind, but actually heat up alongside Jose's moves. Minneapolis is far from Jose's birthplace in Costa Rica, but things can get pretty tropical under his jacket with the active comfort base layer of craft that keeps Jose nice & delicious. Everyone knows that footballers have flares for flashes, and Jose is no exception in his craft brilliant hat in green. He matches salmon speed cross trail shoes, where lugs like soccer cleats are perfect for grabbing winter frozen roads, while water-resistant uppers protect Jose's feet from the winter element. Jose is joined on the street and on tonight's runway by Johnny, a 23-year-old peer outreach worker at Youthlink. Johnny offers resources to young people on the street and advice from those who were there, did it, but one of the things Johnny did? worn tights! So let's give it up for how great he is! (The tights johnny sports are Asics Light Show tights, which help johnny to be not only warm but also very visible when running around at night.) Johnny above wears a pearl Izumi fly soft shell hoodie, a run jacket with very warm lightweights, and has a built-in convertible mitt perfect for temps in between. When the weather isFor something more thought-out, Johnny can snuggle up to Smartwool's neck gator, which, when combined with a matching wool headband, transforms into a full-on balaclava, protecting his nose from frostbite and warming his breath to ease breathing. Young kids like to move fast, so Johnny just models the released New Balance 860v6, a lighter, more cushioned ride than previous versions. Let's make a fuss for our guys in tights! Minnesota Cold - Jana Shortal Our next model is known as one of the most versatile TP personalities in the Twin Cities, but what you might not know is that she was once a college distance runner at the University of Missouri Tigers. Jana Shortal, welcome to the stage! Jana stands out in the urban jungle with Nike Lotus Epic Lantite. All animal prints provide a bold look, while the soft brush dry fit fabric sucks out moisture and prevents the cold. The three pockets provide plenty of storage and subtle reflective hits keep them visible in low light. But why stop with one animal print when you can have two? won't pull back from the fashion challenge, Jana rock overlooking her toes in Nike's latest print on the classic cushion Air Pegasus. Jana plays a role in the marriage of styles and features shown in the New Balance Heat Hybrid Quilted Jacket. This lightweight jacket combines new balance thermal technology with Polartec insulation to capture warmth and core moisture. Sleek quilting and stylish seams provide a flattering silhouette. Keep the Jana looking hot when the temperature is cold. From sub-zero runs to assignments, this reporter keeps her numbers warm with Saucony Rammit, a wind-and-water-resistant mit that keeps her hands toasty on the coldest days of a Minnesota morning. Don't look past those soft fleece nose wipes! Her look is topped with a super-tech Hi-Fi smart wool headband to keep her dry and visible even in a blizzard. Welcome to the catwalk, the man who represented the United States at the Pan Am game and is now representing minneapolis city's 3rd District, your city councilman, Jacob Frey! The unrepentable cold of the state of his adopted home state in Minnesota does not keep this Virginian hiding by air in January. Jacob has plans to defeat the incumbent Old Man's Winter and he hopes he can take your support to the next. As any elected official knows, it's all about covering your ass. Jacob keeps his bottom toast in Sauconino Nomad pants in true black. Wind and water repellent flex shellKeep the weather messy at bay. The soft, ultra-breathable-fleece liner sucks moisture and is soft to touch. The front and back reflectances keep an watch over Jacob on the bustling streets of Minneapolis. Jacob, from the East Coast, shouted Hey Buddy Outta! more than a brightly colored jacket. I don't know anything to say. The Gold Rush New Balance Heat Hybrid Jacket keeps Jacob visible in a quilted grip-stop nylon shell with subtle reflective detailing. Minnesota's cold does not stand a chance as Polar Tech Alpha Insulation puts an immediate end to any cold streak. Jacob prevents neck chills with a versatile craft multifunctional neck warmer. It's a tool without Minnesota runners with the ability to fully transition from turtlenecks to neck walkers to balaclavas. The job of shaking hands and kissing babies requires warm protection of hands. Congressman keeps his toast at Craft Keep Warm Gloves. Hi-biz detailing and thumb terry cloth nose wipes are two must haves in cold weather. The final ingredient in Jacob's five-point plan to bring back winter is his Gore-Tex Brooks Ghost. This popular neutral cushion shoe receives winter treatment by wrapping it in a high-performance Gore-Tex membrane. The same great shoes get Jacob voting this winter with a waterproof, breathable upper. Brent Nelson & Mari Steinbach – Athleisure Finally, we introduce you to the world's celebrities on the Mill City race team, as well as their living lovers, Brent Nelson & Mari Steinbach. These two can be found regaining mill city singles in almost every road race in town, but today they are testing their gear to cheer! From Sauckony's exclusive Life on the Run series, speed demon jogger pants may be technical enough to run, but we're honest - all you want to do is slip into these babies and relax on the sidelines. The sidelines are not content for Brent to surpass his appearance in a black New Balance heat hybrid jacket, so a sleek and sexy piece that attracts attention both on the run and on the runway. Brent layered the jacket over nike element hooded long sleeves and made with the softest of fabrics for extra warmth on days when you don't want to sacrifice the style of substance. Even in winter, bright sunshine can be blind. Brent wears mirrored lenses and Tifesi sunglasses that repel water and sweat to ensure he finds his sweet on the race course. And kick around with a pair of Saucony originals on a day when his main activity is supporting his runner Brent. Grid 9000 offers a retreat into the style of the 1990s.The cushion you need, not the teenager an any more. Thank you Brent! So let's go back to Mali, where asics long-sleeved fissana tops are flattering enough for casual wear, but breathable mesh panels have a cut that cools her down as this cheer team starts heating things up. To stand on the sidelines of the midsummer race, Nike's ultralight polyfill vest keeps Mari's core toast warm while allowing her arms the freedom to set the High-5 PR. Do you need a mid-race gel handoff? Mari warmed one up for you with her flip belt, so it's light and flat, so you can keep both hands free for a fist pump because you have enough space to store your phone, keys and cash without noticing that you're wearing it. She cooks high 5 and Mill City Love Mari shouldn't be afraid of patches of ice or hairpin turns thanks to her Pearl Fountain M3 trail shoes, so favorite winter running shoes thanks to properties like Mali herself - soft on the sole but aggressive where it counts! Finally, Mary never misses an opportunity to take charge of her team regardless of temperature, and this Mill City Pom hat makes it easy! Now, at the end of the day, you can have a fist bump, but the real key to being a successful cheerleader is to have someone to cheer on someone special - and a killer sign. So, let's check out the two of you - let's check out that sign: looks like a sign of success - and another successful RUNway show! and community partner YouthLink, tonight's volunteers, especially model coordinator Jered Tucker, as Fulton Brewery hosted this event. And thanks to all the models for your help in realizing this. See you all in the spring!-Mishka & Jeff Jeff

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