Naperville Riverwalk Commission Public Relations Report December 9, 2019-January 5, 2020

The Naperville Riverwalk was mentioned in 33 articles, 95 social media posts, and 1 broadcast during this time period.

Highlights this month include:

- Pro-Impeachment Rally
- Naper Lights
- Running shoes book

Submitted by Valla Aguilar January 8, 2020

News Report

Date	Headline	URL	Source	Reach
		https://patch.com/illinois/naperville/2019-santa-house-		
02-Jan-2020 10:22AM	2019 Santa House Raffle Winner Announced	raffle-winner-announced	Illinois Patch.com	1034937
		https://www.dailyherald.com/submitted/20191231/ma		
31-Dec-2019 11:17PM	Magical Starlight Theatre to present 'The Wizard of Oz'	gical-starlight-theatre-to-present-the-wizard-of-oz	Daily Herald	908809
	Security stepped up as Chicago rings in New Year with fireworks	https://abc7chicago.com/security-stepped-up-as-		
31-Dec-2019 10:15PM	at Navy Pier, Chicago River	chicago-rings-in-new-year/5801287/	ABC7Chicago.com	2833518
		https://www.chicagotribune.com/suburbs/naperville-		
	Naperville police investigating string of vandalism that includes	sun/ct-nvs-spray-paint-a-graffiti-police-naperville-st-		
30-Dec-2019 02:59PM	slashed tires, red spray-painted symbols	20191230-74syirqs2ff3zpdnl3jf22pvru-story.html	Chicago Tribune	9684105
		https://patch.com/illinois/naperville/naperville-year-		
29-Dec-2019 02:29PM	Naperville Year-In-Review: Jeopardy Champ, 'Ghost' Baby, More	review-jeopardy-champ-ghost-baby-more	Illinois Patch.com	1034937
		https://thevoice.us/the-wizard-of-oz-will-visit-naperville		
24-Dec-2019 02:53PM	The Wizard of Oz will visit Naperville community stage	community-stage/	The Voice	1238
		https://www.dailyherald.com/news/20191223/napervil		
23-Dec-2019 10:01AM	Naperville shop leads Hinsdale native's book on running shoes	le-shop-leads-hinsdale-natives-book-on-running-shoes	Daily Herald	908809
		https://www.mysuburbanlife.com/2019/12/20/week-in-		
20-Dec-2019 10:37AM	Week in Pictures for Dec. 13-19	pictures-for-dec-13-19/d1u3oyh/	MySuburbanLife.com	67772
		https://patch.com/illinois/naperville/magical-starlight-		
19-Dec-2019 10:38AM	Magical Starlight Theatre to present The Wizard of Oz	theatre-present-wizard-oz	Illinois Patch.com	1034937
		https://www.nctv17.com/news/hundreds-gather-for-		
18-Dec-2019 03:02PM	Hundreds Gather for Pro-Impeachment Rally	pro-impeachment-rally/	Naperville Community Television	14130
		https://www.nctv17.com/nctv17-news-		
	Impeachment Rally City Mission Statement Updated IHSA	update/impeachment-rally-city-mission-statement-		
18-Dec-2019 12:29PM	Rescinds Districting System	updated-ihsa-rescinds-districting-system/	Naperville Community Television	14130
		https://patch.com/illinois/plainfield/townhomes-		
18-Dec-2019 12:16PM	Townhomes & Condos For Sale in Plainfield, Illinois	condos-sale-plainfield-illinois-1	Illinois Patch.com	1080191
		https://www.mysuburbanlife.com/2019/12/18/hundre		
18-Dec-2019 10:43AM	Hundreds at rally call for Trump's impeachment	ds-at-rally-call-for-trumps-impeachment/aozw1b8/	MySuburbanLife.com	67772
		https://www.mysuburbanlife.com/2019/12/18/hundre		
		ds-call-for-trumps-impeachment-at-rally-in-		
18-Dec-2019 08:07AM	Hundreds call for Trump's impeachment at rally in Naperville	naperville/aozw1b8/	MySuburbanLife.com	67772

			I	
		https://www.chicagotribune.com/suburbs/naperville-		
	Hundreds turn out for Naperville rally calling to impeach	sun/ct-nvs-impeachment-rally-riverwalk-st-20191218-		
17-Dec-2019 08:03PM	President Donald Trump	I5h3a5oq3feylciyhgcmcrc6di-story.html	Chicago Tribune	9684105
17 Dec 2013 00.031 W	Tresident Bondid Trump	isnsusoqsicyiciyiigemereddi story.iitiiii	Cincago Tribune	3004103
17-Dec-2019 05:53PM	Neighborhood Activities: 12-19-19	https://thevoice.us/neighborhood-activities-12-19-19/	The Voice	812
		https://redtri.com/chicago/best-sledding-hills-in-		
17-Dec-2019 12:18PM	Super Slopes! Where to Go Sledding in Chicago & Beyond	chicago-and-suburbs/	Red Tricycle	763786
		https://patch.com/illinois/frankfort/pro-impeachment-		
17-Dec-2019 10:09AM	Pro-Impeachment Rally Scheduled In Frankfort Tuesday	rally-scheduled-frankfort-tuesday	Illinois Patch.com	1080191
		https://patch.com/illinois/newlenox/s/gy8j4/pro-		
	Pro-Impeachment Rallies Scheduled Across Chicago Area	impeachment-rallies-scheduled-across-chicago-area-		
17-Dec-2019 09:58AM	Tuesday	tuesday	Illinois Patch.com	1080191
		https://www.dailyherald.com/business/20191216/nape		
	Naperville shops catering to guys with Men's Shopping Night	rville-shops-catering-to-guys-with-mens-shopping-night-		
16-Dec-2019 04:54PM	Out	out	Daily Herald	856917
		https://www.chicagotribune.com/suburbs/aurora-		
		beacon-news/ct-abn-ent-five-things-west-1220-		
16-Dec-2019 12:13PM	5 things to do in Fox Valley, Naperville Dec. 20-22	20191216-nowug6apnnaqtnsvuv4va7ij2a-story.html	Chicago Tribune	8931681
		http://www.theherald-news.com/2019/12/13/local-		
16-Dec-2019 05:30AM	Local health events: Dec. 17 through Dec. 24	health-events-dec-17-through-dec-24/a46pyzc/	The Herald-News	115842
		https://www.nctv17.com/news/drop-off-your-wish-list-		
13-Dec-2019 04:47PM	Drop Off Your Wish List at the Santa Mailbox	at-the-santa-mailbox/	Naperville Community Television	23002
		https://www.nctv17.com/news/moser-towers-fate-		
13-Dec-2019 04:47PM	Moser Tower's Fate Pushed to 2020	pushed-to-2020/	Naperville Community Television	23002
		https://patch.com/illinois/naperville/naperville-running-		
13-Dec-2019 02:21PM	Naperville Running Co. helps Park District keep trail open	co-helps-park-district-keep-trail-open-0	Illinois Patch.com	1080191
	New Orleans Continues to Shine for Planners and	http://www.themeetingmagazines.com/ifmm/new-		
13-Dec-2019 10:55AM	AttendeesDecember 13, 2019	orleans-continues-shine-planners-attendees/	The Meeting Magazines.com	2167
		https://www.positivelynaperville.com/2019/12/12/nap		
	Updated / Naperville Festivals & Traditions now through	erville-festivals-traditions-for-november-december-		
12-Dec-2019 09:32PM	December 2019	2019/107591	Positively Naperville	15407
		https://www.positivelynaperville.com/2019/12/12/thin		
		gs-to-do-around-naperville-this-weekend-december-13-		
12-Dec-2019 08:19AM	Things to do around Naperville this weekend: December 13-15	15/108989	Positively Naperville	15407

		https://www.dailyherald.com/insights/20191212/naper-		
12-Dec-2019 01:51AM	Naper Lights dazzles downtown Naperville through December	lights-dazzles-downtown-naperville-through-december	Daily Herald	856917
		https://www.nctv17.com/nctv17-news-update/reward-		
	Reward in Corner Pantry Burglary Moser Tower Decision	in-corner-pantry-burglary-moser-tower-decision-		
11-Dec-2019 02:00PM	Postponed D204 Tax Increase	postponed-d204-tax-increase/	Naperville Community Television	23002
		https://www.chicagoparent.com/play/holiday-		
11-Dec-2019 09:30AM	Where to see holiday lights in the Western Suburbs	fun/holiday-lights-western-suburbs/	ChicagoParent.com	77299
10-Dec-2019 05:54PM	Neighborhood Activities: 12-12-19	https://thevoice.us/neighborhood-activities-12-12-19/	The Voice	812
		https://www.chicagotribune.com/suburbs/naperville-		
		sun/ct-nvs-ent-dining-west-1220-20191209-		
09-Dec-2019 10:20PM	MidiCi features pizza for any taste, dietary need	iqqjdjn3sfc3xecqnabdg4lknm-story.html	Chicago Tribune	8931681

Social Media Report

Social Media Report	u ue	Lini	1_		I- •
Date	Headline	URL	Source	Influencer	Reach
02-Jan-2020 05:45PM	257 Box Car Ave Naperville, IL 60540 - Home for sale	http://www.youtube.com/watch?v=ZSkhyRQAwWk	Youtube	Coldwell Banker The Real Estate Group	2
		https://www.positivelynaperville.com/2020/01/02/reserve-tickets-			
	Reserve tickets now for headliners on North Central College	now-for-headliners-on-north-central-college-performing-arts-			
02-Jan-2020 05:32PM	performing arts calendar now through May 2020	calendar-now-through-may-2020/109363	Blogs	positivelynaperville	0
02-Jan-2020 05:08PM	257 Box Car Ave Naperville, IL 60540 - Home for rent	http://www.youtube.com/watch?v=9WQwDTk02WI	Youtube	Coldwell Banker The Real Estate Group	1
	Consider a few calendar listings for January and February	https://www.positivelynaperville.com/2020/01/01/consider-a-few-			
01-Jan-2020 10:05PM	2020	calendar-listings-for-january-and-february-2020/109328	Blogs	positivelynaperville	0
01-Jan-2020 12:11PM		http://twitter.com/dill2dope_/statuses/1212436084363341824	Twitter	@dill2dope_	525
	Security stepped up as Chicago rings in New Year with	https://internewscast.com/security-stepped-up-as-chicago-rings-in			
31-Dec-2019 10:10PM	fireworks at Navy Pier, Chicago River	new-year-with-fireworks-at-navy-pier-chicago-river/	Blogs	internewscastcom	0
30-Dec-2019 09:10PM	WEEKLY ROUND-UP 1-2-1-8	https://bluegrasschicago.com/weekly-round-up-12-31-1-8/	Blogs	andreadellarnold	0
		https://www.positivelynaperville.com/2019/12/29/consider-new-			
29-Dec-2019 06:19PM	Consider New Year's Eve events around Naperville	years-eve-events-around-naperville/109278	Blogs	positivelynaperville	0
		http://fullerbabies.blogspot.com/2019/12/riverwalk-naperville-			
28-Dec-2019 04:00PM	Riverwalk, Naperville, IL	il.html	Blogs	Unknown (noreply@blogger.com)	0
26-Dec-2019 12:10PM	Top 25 Things To Do In Naperville, Illinois	http://www.youtube.com/watch?v=U2OvMHJINtM	Youtube	City Travel Reviews	12
				,	
26-Dec-2019 09:00AM	Epidemic of Bias	https://napervillemagazine.com/2019/12/epidemic-of-bias/	Blogs	napervillemag	0
	Priced at \$1,700 - 509 AURORA Avenue 313, NAPERVILLE, IL				
23-Dec-2019 04:41PM	60540	http://www.youtube.com/watch?v=WZB8OO7Mwo0	Youtube	Mike Loewer	1
	Naperville shop leads Hinsdale native's book on running	https://mednetnews.com/2019/12/23/naperville-shop-leads-			†
23-Dec-2019 01:10PM	shoes	hinsdale-natives-book-on-running-shoes/	Blogs	Yonatan M	0
25 200 2015 01:10:	5.1005	Immodule Hadres sook on Familia shoesy	2.080	Total and the second se	1
	Naperville shop leads Hinsdale native's book on running	http://suburbannavigator.wordpress.com/2019/12/23/naperville-			
23-Dec-2019 10:44AM	shoes	shop-leads-hinsdale-natives-book-on-running-shoes/	Blogs	illnewswire	0
25 266 2615 2611 17 1111		enep reductimendate matrices sook on ramming eneces,	2.080		1
	DIA EN FAMILIA VIENDO LUCES NAVIDEÑAS NAPERVILLE				
23-Dec-2019 09:27AM	RIVERWALK EN NAVIDAD VLOGS EN ESPAÑOL	http://www.youtube.com/watch?v=QavyPTyOIK8	Youtube	The Cappas Clan	93
20-Dec-2019 04:41PM	257 Box Car Ave Naperville, IL 60540 - Home for rent	http://www.youtube.com/watch?v=gQW7QrRMvPI	Youtube	Coldwell Banker The Real Estate Group	0
20 BCC 2013 04.411 W	Home For Sale: 509 Aurora Avenue , 305, Naperville, IL	mich, // www.youtube.com/ watern: v=gqw/ qriuwivi i	Toutabe	Coldwell Bullice The Real Estate Group	<u> </u>
20-Dec-2019 01:33PM	60540 CENTURY 21	http://www.youtube.com/watch?v=WNRr3Ns4gv8	Youtube	CENTURY 21 - IL	2
20-Dec-2013 01.331 W	Home For Sale: 509 Aurora Avenue , 305, Naperville, IL	mttp.//www.youtube.com/watch:v=vviviti5iv34gvo	Toutube	CENTORY 21 - 1E	
20-Dec-2019 10:35AM	60540 CENTURY 21	http://www.youtube.com/watch?v=e HTRH7vgas	Youtube	CENTURY 21 - IL	1
20-Dec-2019 10.55AW	00340 CENTON 21	Tittp://www.youtube.com/watch:v-e_hitth/vgas	Toutube	CENTORY 21 - IL	1
18-Dec-2019 09:32PM	WEEKLY ROUND-UP 12/19-12-25	https://bluegrasschicago.com/weekly-round-up-12-19-12-25/	Blogs	andreadellarnold	0
10-DGC-2013 03.32PW	Home For Sale: 509 Aurora Avenue , 305, Naperville, IL	intips.//biuegrasschicago.com/weekiy-round-up-12-19-12-25/	PIOR2	anureaueilai noiu	+ "
19 Doc 2010 05:22 PM		http://www.voutube.com/watch?v=2Ntr.fdFUmil.l	Voutubo	CENTURY 21 II	
18-Dec-2019 05:33PM	60540 CENTURY 21	http://www.youtube.com/watch?v=3NtyfdEHryU		CENTURY 21 - IL	9
18-Dec-2019 02:59PM	Hundreds Gather for Pro-Impeachment Rally	http://www.youtube.com/watch?v=uF48CD82g3o	Youtube	nctv17	9
47 D 2040 44 5751		http://twitter.com/HeatherHunny63/statuses/1207178172392857	To other	CHartharthurw.C2	0071
17-Dec-2019 11:57PM		605	Twitter	@HeatherHunny63	8071

		https://gopillinois.com/uncategorized/december-17-evening-			
17-Dec-2019 08:46PM	December 17 Evening Edition	edition-4/	Blogs	jheathusmc	0
		http://twitter.com/AROD17452127/statuses/12070429358266572			
17-Dec-2019 03:00PM		81	Twitter	@AROD17452127	22
17-Dec-2019 11:03AM		http://twitter.com/mjb144/statuses/1206983230538342401	Twitter	@mjb144	41
17-Dec-2019 10:55AM		http://twitter.com/nikithaballari/statuses/1206981285895385088	Twitter	@nikithaballari	246
		http://twitter.com/CindyMundell/statuses/120697697005723238			
17-Dec-2019 10:38AM		5	Twitter	@CindyMundell	733
	S	https://foxvalleymagazine.com/santa-house-on-naperville-			
17-Dec-2019 08:16AM	Santa House on Naperville Riverwalk	riverwalk/	Blogs	foxvalleymag	0
17 Dec 2010 12-F0AAA		http://twitter.com/fosterthewill88/statuses/12068289442862735	Turithan	Of a starth avvillop	200
17-Dec-2019 12:50AM		http://twitter.com/wheatlanddems/statuses/12067971015622860	Twitter	@fosterthewill88	289
16-Dec-2019 10:43PM		80	Twitter	@wheatlanddems	143
10-Dec-2013 10.431 W			TWILLET	Wifeatianddeins	143
16-Dec-2019 09:25PM		http://twitter.com/Travelbug21/statuses/1206777339071401989	Twitter	@Travelbug21	419
10 BCC 2013 03.231 W		http://twitter.com/IndivisiblePRow/statuses/12067762531535011	TWICCO	W Travelbugzi	713
16-Dec-2019 09:20PM		86	Twitter	@IndivisiblePRow	40
16-Dec-2019 09:19PM		http://twitter.com/NwsofaKym/statuses/1206775968578330624	Twitter	@NwsofaKym	80
		http://twitter.com/ACE_Naperville/statuses/12067626705542594		- ,	
16-Dec-2019 08:26PM		58	Twitter	@ACE_Naperville	626
16-Dec-2019 07:54PM		http://twitter.com/IndivisibleIL/statuses/1206754477266677760	Twitter	@IndivisibleIL	4850
		http://twitter.com/NancyKellyMart1/statuses/1206753587881291			
16-Dec-2019 07:50PM		777	Twitter	@NancyKellyMart1	208
16-Dec-2019 07:43PM		http://twitter.com/PersistList/statuses/1206751820162502656	Twitter	@PersistList	1076
46.0 2040.07.44044		http://twitter.com/IndivChi_South/statuses/12067511936760463			4020
16-Dec-2019 07:41PM		36 http://twitter.com/JVHootenhagen/statuses/12067242704932290	Twitter	@IndivChi_South	4920
16 Doc 2010 05:54084		Inttp://twitter.com/JVHootennagen/statuses/1206/242/04932290	Twitter	@ IVHootonhagan	108
16-Dec-2019 05:54PM		http://twitter.com/planting_pam/statuses/120672403673629901	Twitter	@JVHootenhagen	108
16-Dec-2019 05:53PM		In the state of the partition of the state o	Twitter	@planting_pam	133
10 DCC 2013 03.331 W		http://twitter.com/IndivisibleNap/statuses/120672299565972275	· willer	e planting_pain	133
16-Dec-2019 05:49PM		2	Twitter	@IndivisibleNap	807
				C	557
	Naperville shops catering to guys with Men's Shopping Night	http://suburbannavigator.wordpress.com/2019/12/16/naperville-			
16-Dec-2019 05:01PM	Out	shops-catering-to-guys-with-mens-shopping-night-out/	Blogs	illnewswire	0
	13 Unconventional Knowledge About Art Painting Decor Des	https://painterlegend.com/13-unconventional-knowledge-about-			
	Plaines That You Can't Learn From Books Art Painting	art-painting-decor-des-plaines-that-you-cant-learn-from-books-art-			
16-Dec-2019 01:01PM	Decor Des Plaines	painting-decor-des-plaines/	Blogs	Tina Astuti	0

16-Dec-2019 11:03AM	Naperville Park District Board Meeting - December 12, 2019	http://www.youtube.com/watch?v=llnig72aqto	Youtube	Naperville Park District	2
	14 Small But Important Things To Observe In Flower Basket	https://flowernifty.com/14-small-but-important-things-to-observe-			
15-Dec-2019 08:52PM	Aurora II Flower Basket Aurora II	in-flower-basket-aurora-il-flower-basket-aurora-il/	Blogs	Tina Astuti	0
	The Latest Trend In The Flower Basket Aurora II The Flower	https://flowernifty.com/the-latest-trend-in-the-flower-basket-			
15-Dec-2019 07:38PM	Basket Aurora II	aurora-il-the-flower-basket-aurora-il/	Blogs	Tina Astuti	0
		https://chicagodivebar.com/illinois/best-attractions-and-places-to-			
15-Dec-2019 07:24PM	Best Attractions and Places to See in Naperville, Illinois IL	see-in-naperville-illinois-il/	Blogs	chicagodivebar	0
		http://twitter.com/badgalsophiphi/statuses/12059688023217070			
14-Dec-2019 03:52PM		08	Twitter	@badgalsophiphi	429
13-Dec-2019 04:45PM	Drop Off Your Wish List at the Santa Mailbox	http://www.youtube.com/watch?v=0hUnuc7OWPo	Youtube	nctv17	2
13-Dec-2019 03:23PM		http://twitter.com/DuPageCU/statuses/1205599185426358272	Twitter	@DuPageCU	1039
	What Should We Do This Weekend? Chicago, IL December	https://whatshouldwedotodaychicago.com/what-should-we-do-			
13-Dec-2019 06:27AM	12th - 14th, 2019	this-weekend-chicago-il-december-12th-14th-2019/	Blogs	emilldesign	0
	Home For Sale: 511 Aurora Avenue , 503, Naperville, IL				
12-Dec-2019 12:35PM	60540 CENTURY 21	http://www.youtube.com/watch?v=I37DfbRzWuc	Youtube	CENTURY 21 - IL	1
12-Dec-2019 04:20AM	1056 North Mill Street	http://www.youtube.com/watch?v=9HVS08xSW_8	Youtube	Jeanne Jordan	0
11-Dec-2019 11:35PM	WEEKLY ROUND-UP: 12/12 - 12/18	https://bluegrasschicago.com/weekly-round-up-12-12-12-18/	Blogs	andreadellarnold	0
	Home For Sale: 511 Aurora Avenue , 503, Naperville, IL				
10-Dec-2019 10:06AM	60540 CENTURY 21	http://www.youtube.com/watch?v=AzcvaxD98oE	Youtube	CENTURY 21 - IL	2
	Priced at \$325,000 - 511 Aurora Avenue 503, NAPERVILLE, IL				
09-Dec-2019 06:43AM	60540	http://www.youtube.com/watch?v=fH5vgY4fUec	Youtube	Mike Loewer	0

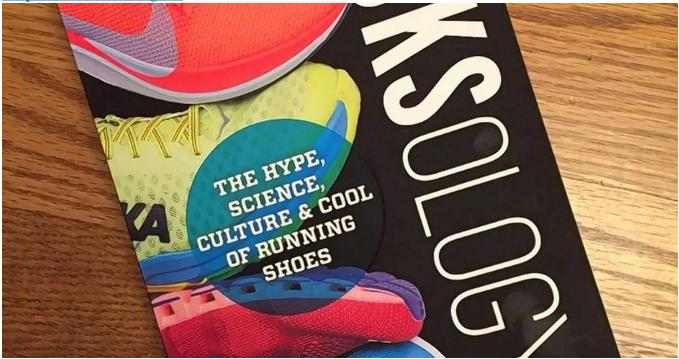
Broadcast Report

Date	Headline	URL	Source	Reach
		https://app.meltwater.com/mwTransition?url=https%3A%2F%2Fmms.tveyes.co		
		m%2Fmediaview%2F%3FstationId%3D6465%26startDateTime%3D1576656305		
		%26dur%3D296490%26highlightRegex%3D%255CbRiverwalk%255Cb%7C%255		
		CbNaperville%255Cb%26utcOffset%3D-		
		21600000&urlCategories=tveyes&analytics=false&transitionToken=eyJ0eXAiOiJ		
		KV1QiLCJhbGciOiJIUzUxMiJ9.eyJob3N0bmFtZSI6Im1tcy50dmV5ZXMuY29tIn0.Q		
		RoNIsNogYT2Wdx4xmVSONkzXXQfdVqFDKMttdbtSVnZNs9Rdaj2jJE2i_olumAePf		
18-Dec-20	WBBM-AM (Radio) at December 18th 2019 2:05 AM	mukApIr78tnFUHohJibg	WBBM-AM (Radio)	0

Naperville shop leads Hinsdale native's book on running shoes

Posted by illnewswire December 23, 2019 Leave a comment on Naperville shop leads Hinsdale native's book on running shoes





A new book about running shoes starts with the author's observations about the footwear of people jogging along Naperville's Riverwalk.

There are two women in ponytails, one wearing Brooks Ghosts, another ASICS GEL-Kayanos; there is an older man in a beat-up pair of blue New Balance trainers and a Cubs fan wearing Hoka Bondi 5s.

Shoes like these, designed for runners of all types, are the subject of the book "<u>Kicksology: The Hype, Science, Culture & Cool of Running</u> <u>Shoes</u>" by Hinsdale Central alum and running journalist Brian Metzler.

Metzler, 50, said he chose the riverfront path to set the scene for his book because it's located in a community he calls "the consummate place of recreational running."

Naperville factors heavily into the book's opening chapter, which weaves in stories from Kris Hartner's 19-year-old business, Naperville Running Company. Metzler called the small chain of stores in Naperville and Wheaton "one of the very best running shops in the country."

Metzler said he and Hartner have connected throughout their careers in the running industry, with Hartner saying the two have "shared nerd thoughts and shoe discussions over the years." So when the author was looking for a place to illustrate the ways specialty stores bring the culture of running to the masses, he chose Naperville Running Company.

The company, Metzler said, brings together the best of the classic mom and pop running stores, selling passion for the sport, with a sense of business savvy that has allowed it to adapt and survive in the era of online shopping.

"My take for running stores is it's more than a place to buy shoes. It's also a place to really feel and touch and immerse yourself in running culture," Metzler said. "You can come out having spent zero dollars and be motivated for health and fitness and your next activity."

In the preface to "Kicksology," Metzler tells of his early shoe shopping experiences at the Competitive Foot in Western Springs and the pairs that made him feel fast and helped turn him into a runner.

He ran throughout high school at Hinsdale Central, qualifying for state twice and setting 13 school records before he graduated in 1987, he said. And he made it onto the cross-country team as a walk-on athlete while he was studying for his journalism degree at the University of Illinois at Urbana-Champaign.

Metzler later went on to run marathons and ultramarathons and write — about shoes and other running topics — for "Runner's World,"

"Running Times," "Men's Health," and a magazine he founded, "Trail Runner."

"He's truly an expert in this realm," Hartner said. "He's truly of the culture. He gets it."

Metzler said he met with publisher Velo Press about his "Kicksology" idea two years ago and started writing it in early 2018.

"In theory, it's somewhat of a lifetime work," he said.

It follows other books he's written including "Natural Running," "Run Like a Champion," and "Running Colorado's Front Range."

"Kicksology" features essays about favorite shoes by professional runners Deena Kastor, Kara Goucher, Dave McGillivray, Karl "Speedgoat" Meltzer, Scott Jurek and Jenny Simpson.

Hartner said he's not selling the book in his stores — he'll leave that to nearby Anderson's Bookshop, he said. But some of his employees have read it, one without even realizing their workplace was included in the text.

"I'm a fan of the book. It's very specific to our industry and the shoes that I like more than any other shoes," Hartner said. "So for me, it was a neat thing and quite an honor for him to feature our stores."

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