



239 Newport Drive
Port Moody, BC V3H 5C9
T 604 461 8330
info@runnersden.ca

store hours

Mon to Thurs	10:00-6:00
Fri	10:00-8:00
Sat	9:30-5:30
Sun & Holidays (Spring)	11:00-5:00
Sun & Holidays (Fall)	12:00-5:00

the right fit



runnersden.ca



get active. stay active.

Whether you're a first-time walker or seasoned marathoner, we have a clinic to help you reach your fitness goals.

One-Step-One program that's perfect for the first-time runner.

Walking programs for all levels and abilities.

5km & 10km clinics to help increase your strength and speed.

Marathon and half marathon programs suited to the beginner, intermediate and advanced runner.

Other specialty clinics, like our run yoga clinic and good form running clinic, are also available. Stop by our store to find out more or visit us online at runnersden.ca.



Tri-Cities Chamber of Commerce
Small Business of the Year 2007



meeting all your running and walking needs under one roof

Service At the runners' den, service means everything. Our fit experts know how to evaluate the movement and biomechanics of your feet, ensuring the shoe you select offers the best fit and function. Whether you walk, run or just want a good fitting pair of shoes, let us help you find the right shoe for your needs.

Selection As the finest specialty running and walking shop in the Tri-Cities, we take pride in offering customers the widest selection of running and walking shoes for every foot size and shape.

Satisfaction Your satisfaction is our first priority. From footwear to fitness apparel, our friendly and knowledgeable staff will help you find what you need. This dedication to service excellence is why our customers keep coming back.

service | selection | satisfaction

This is our commitment to you.

What giving back to our community looks like at the runners' den

Annual recipient of the Evening of Caring plaque for donations made to the Eagle Ridge Hospital Foundation

Hundreds of shoes donated each year to a variety of charities

Actively supporting local school programs designed to get kids active

Sponsoring running and walking events around the Tri-Cities

Thank you for supporting our locally owned business.

Specialty fittings Whether you have hard to fit feet, wear orthotics or have a foot ailment, we will help you find the right fitting shoe. We work closely with local chiropractors, physiotherapists, acupuncturists, massage therapists and foot doctors to ensure we know how to meet your specific needs.

Our promise We're not satisfied until you're satisfied. Our fit guarantee ensures you will keep coming back, while our price guarantee lets you know you're getting the best price. The runners' den will match a competitor's regular or sale price when the competitor has your shoe and size in stock.

