



## RUN TO THE RACKS!

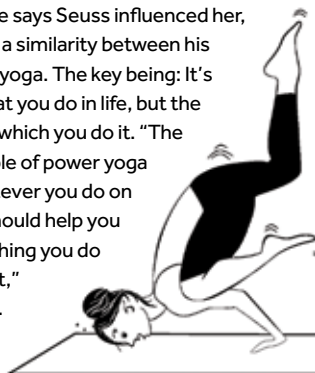
Listen up, stylish exercise fiends: the **Ridgefield Running Company** now carries Lululemon athletic apparel and accessories for both women and men. "Their supreme quality fabrics are run technical and beautifully constructed, ready for you to sweat in," says Ridgefield Running Co. owner Megan Searfoss, who also runs the shop Everywear on Main. The Danbury Road running shop decided to partner with the beloved, stylish, and high-quality athletic brand to bring local runners the attire they need and want to keep on running year round without sacrificing fashion.

Written by  
Margaret May

## LYN I AM

"Make each movement matter, and each matter glow. The more that you practice, the more you will grow!" Wise words from Lyn Gerfin Kehoe's newly released book *Om, the Poses You'll Do!* illustrated by Katie Morgan. Kehoe is owner of **Lyn Kehoe Power Yoga Studio**, in the Marketplace, and had been posting similar Dr. Seuss-like, yoga-related insights on her blog and turned them into this handy little book. Kehoe says Seuss influenced her, as she sees a similarity between his writing and yoga. The key being: It's not just what you do in life, but the process by which you do it. "The core principle of power yoga is that whatever you do on your mat should help you with everything you do off your mat," Kehoe says.

—ANNIE  
RENAUD



## On the Green

The Golf Performance Center is one of the Northeast's leading golf academies, with junior and adult programs focused on developing long-term athletic skills for dedicated, competitive golfers. Enrollment in GPC's academies, now open for the 2018-19 year, provides athletes access to expert, certified coaches, team gear, and playing privileges at Salem Golf Club in North Salem. GPC uses equipment such as

which employs wire-diagnose efficiency in golf swing. [thegolfperformancecenter.com](http://thegolfperformancecenter.com) —CAROLINE SUOZZI



## Lawyer for the People

Longtime Ridgefielder **Glen Kutler** (center) has been recognized by Pro Bono Partnership, a nonprofit organization that works with attorneys to provide free legal services to nonprofits. Kutler volunteered for nine groups in 2017, helping nonprofits build playgrounds in low-income communities, provide hearing aids for those who could not otherwise afford them, and establishing a farmers market in an area where it is hard to find good quality, fresh food. —CAROLINE SUOZZI



## Singing Camp

**A Contemporary Theatre (ACT) of Connecticut performs *Mamma Mia!* through July 1 to sold-out audiences. This has been the first show in the newly renovated, state-of-the-art theater. Along with performances, ACT will be offering summer camps for rising first to 12th graders. The theater has multiple camp sessions throughout the summer, each with a different theme and ending in a performance. There is a New Musical Workshop, a Showcase Workshop, and a Youth Choir camp. *Evita* begins in October. [actofct.org](http://actofct.org)**

## Riffing for a Clue

The Ridgefield Independent Film Festival (RIFF) will take place October 18 to 21. Among the non-film-related activities: a popcorn tasting contest, celebrity softball, foliage tours, and a scavenger hunt. RIFF organizers are seeking sponsors for the scavenger hunt. Sponsors would act as clue locations—attracting participants into their place of business. [riffct.org](http://riffct.org)