Hi,

Nike's Colin Kaepernick ad has really polarised public opinion. We've seen pictures of people burning their Nike trainers ... and pictures of long queues of shoppers at Nike stores.

So, I've got two pieces of advice – one for each side ...

#1: If you're going to burn your Nikes, remember to take them off first.

#2: If you want to buy Nikes, jump on over to:

https://www.forrunnersbyrunners.com/nike.html?utm_source=nl&utm_medi um=email&utm_campaign=ck

and use voucher code XXXX to get an extra 15% off all Nike products this weekend.

The offer is available until 11pm Sunday (UK time).

Have a great weekend,

Seamus