



NEWSLETTER

Is Fall Near?



Peachy,

Labor Day marks the unofficial end of Summer and while Fall actually doesn't start until September 22nd, we are getting hints of cooler temps this week. Despite the rain and humidity, the highs will only reach into the mid-80s and we'll actually see the lows in the mid to high 60s! Since they're now available, grab a Pumpkin Spice Latte and start looking for those long sleeve shirts because cooler temps will be here before you know it.

BLOG POST



VO2 Max Test- What Can You Learn

A VO2 Max test details how much oxygen is used during exercise and determines the maximum oxygen you can consume during exercise. How would an average person benefit from taking a VO2 Max test?

Our Director of Marketing volunteered to be a guinea pig to find out. [Read more...](#)

PRODUCT SPOTLIGHT

On Running Cloudgo

If you're looking for a lightweight & comfortable running shoe with cushioning to make running easier, then take a look at the new [On Running Cloudgo!](#)

The engineered mesh upper is made with 85-90% recycled materials to help reduce waste and improve sustainability.

This lightweight trainer is comparable to the Brooks Ghost, New Balance 880, Saucony Ride, and other neutral category shoes.



SOCIAL RUNS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Alpharetta	6:30 pm		6:30 pm		
Brookhaven		6:30 pm		6:30 pm	
Cartersville					
Cumming		6:30 pm			7:30 am
Decatur			6:30 pm		
Kennesaw		6:30 pm			

Marietta		6:30 pm		7:30 am
Midtown		6:30 pm		7:30 am
Suwanee		6:30 pm	6:30 pm	

The [Cumming Tuesday night runs](#) are at Cherry Street Brew Pub on the 1st and last Tuesday of the month. The [2nd & 3rd Tuesday of the month](#) run are from the Cumming store location. The [Cumming Saturday morning runs](#) are at the Bethelview Greenway Trailhead.

Brookhaven Group Ride

Wednesdays, 6:00 pm

Join us every Wednesday night for a group ride around the Brookhaven area. The ride will be led by members of our team and the Brookhaven Bicycle Alliance. The rides are open to all abilities with 13-mile & 20-mile routes. Post-ride, we'll gather at Hob Nob in Town Brookhaven for some post-ride food and drinks. Come on out and meet members of our team and the Brookhaven Bicycle Alliance. With warmer temps and longer days, it's a perfect time to enjoy a ride outside!

EVENTS

How To Hate Running Less

Marietta - Wednesdays, 6:30 pm

We get it. Some folks don't like running. At times, it can feel clunky, jarring, and uncomfortable. That's why we're offering "How to Hate Running Less," a 30-minute FREE class with basic instruction, simple drills, and light running designed to change the way running feels and, hopefully, make it feel lighter, smoother, and EASIER. It's open to everyone (Walkers, Runners, Kids). Come ready for light drills and running outside in our East Cobb location.



FEATURED RACES

Care For Cops

September 10th - Suwanee, GA

Care for Cops is a non-profit organization that has provided financial assistance to over 87 families of fallen Georgia officers since 1999. Care for Cops sends checks directly to families that have lost a loved one in the line of duty. Register [online](#).



Be The Light 3k/6k

September 10th - Gainesville, GA

Be The Light event was created to help bring awareness to the horrible disease called mental health, if we can ALL find our light within and share that light...what a Glow Party that would be!!! Our minds are a dark place to be, learning how to see the light and be the light can be an



amazing awakening within, Let's start with our students in our very own community. Register [online](#).

Refuge Coffee Run

September 24th - Clarkston, GA

Refuge Coffee Co. is a nonprofit coffeehouse, based in Clarkston, GA. The city has served as a refugee resettlement location for a generation. Refuge Coffee started as a way to create job opportunities for refugees and serve as a place welcome to all. This race supports the work of Refuge Coffee which offers a full-time training program for refugees that includes a competitive wage job, English classes, and mentorship. Register [online](#).



Iron Horse 5k/15k

September 25th - Kennesaw, GA

Take the challenge and step up to the 15k distance at the Iron Horse 15K! Enjoy a great course with lots of support including 8 aid stations and lots of fun!



Not ready to tackle the distance? Run the 5k Express, a bite sized version of the 15k All the great support and fun, with a shorter distance! Register [online](#).

PACKET PICK-UPS

911 Run To Remember

[Cartersville](#) - Sept. 9th, 10 am - 6 pm

Be The light 3k/6k

[Cumming](#) - Sept. 9th, 12 pm - 5 pm

Great Locomotive Chase

[Kennesaw](#) - Sept. 9th, 4 pm - 8 pm

RACE PARTNERSHIPS

- September 10: [Great Locomotive Chase](#)
- September 10: [Be The Light 3k & 6k](#)
- September 10: [911 Run To Remember](#)
- September 11: [SagerStrong Stadium Fun Run](#)
- September 17: [Warrior Way 5k](#)
- September 17: [Team Maggie's Dream 5k/10k](#)
- September 24: [Refuge Coffee Run](#)
- September 27: [Unity Run 5k](#)

FOLLOW US:

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