

Fall RUNATL Shirts Are Here!

1 message

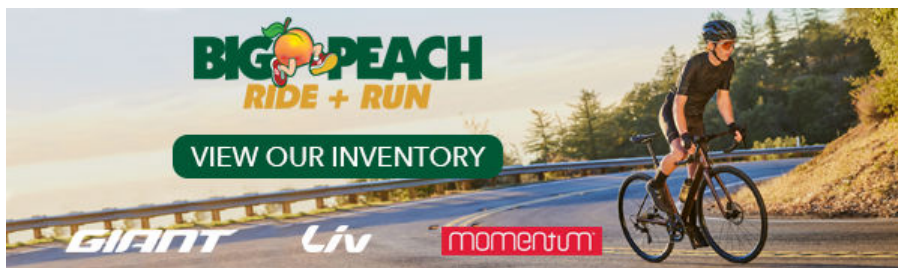
Mon, Oct 16, 2023 at 11:03 PM



Peachy ,

Cooler temps are here and it's time to bring in the long-sleeved shirts. These new shirts are sure to be your favorite! The ultra-soft material will make your runs more enjoyable due to the moisture-wicking properties that dry quickly. With several color options, we're sure you'll be able to find one you'll love (maybe even two 😊)! The shirts are available in-store and online so stop by today before they sell out! Don't forget to check out our entire Big Peach collection [here](#).

SHOP ONLINE



SOCIAL RUNS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Alpharetta	6:30 pm		6:30 pm		
Brookhaven		6:30 pm		6:30 pm	
Cartersville				6:00 pm	
Cumming				7:00 pm	8:00 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	

Brookhaven Group Ride

Wednesdays, 5:30 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. With cooler temps, it's a perfect time to enjoy a ride outside! The final ride of the season will be on October 25th. Course details are available [here](#).

Cartersville Thursday Night Run at Drowned Valley Brewing

Thursdays, 6:00 pm

Join us Thursday nights at 6:00 p.m. for a group run at [Drowned Valley Brewery!](#)

EVENTS

How To Hate Running Less

Marietta - Wednesdays, 6:30 pm

"How to Hate Running Less" is a 30-minute FREE class with basic instruction, simple drills, and light running designed to 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.



Plantar Fasciitis Monday

Cartersville - Mondays, Noon

This event is weekly and for anyone with Plantar Fasciitis or any foot issues. You can sign up here but it is not required to attend. Get personalized help from Jay Stephenson including how to massage and treat your Plantar Fasciitis. RSVP [here](#).

Spooky Run

Midtown - October 17th, 6:30 pm

Come join us for a Spooky Tuesday Group Run! We will have our friends from Brooks Running demoing the new Ghost Max (and many more shoes to try) and [Squeeze Massage Midtown](#) will also be on-site to showcase some of the services they offer! Also, costumes are encouraged, though not required! It's sure to be a fun evening!

New Steel - Run & Book Signing

Brookhaven - October 28th, 7:00 am

We are super excited to have the author of [New Steel](#), Chris Bystriansky. The book, chronicles his challenges in dealing with 2 hip replacements, only to overcome those challenges and finish 2 Ironman Triathlons! We'll have a run led by the Chattahoochee Road Runners and Atlanta Triathlon Club followed by a conversation with the author. RSVP [here](#).

A Ghostly Maximus, Scary Fun, Sunset Hike

Cumming/Sawnee Mountain - October 28th, 6:00 pm

Come dressed in your spookiest or goofiest Halloween costume for a chance to win prizes including the new Brooks Ghost Max! Trick or Treat along the trail! - Bring a bag to collect your treats! Remember- No Littering! Meet at [2500 Bettis Tribble Gap Rd., Cumming, GA](#) with the hike starting at 6 pm.

FEATURED RACES

Big Pumpkin 5k

October 21st - Roswell, GA

The Cottage School is pleased to present the [Big Pumpkin 5K Run](#) at Riverside Park in Roswell. The Big Pumpkin 5K is for everyone who runs, walks, rolls, or strolls. The course is fast, flat, and family-friendly! Participants are encouraged to dress in costume for a chance to win prizes. Register [online](#).



Nightmare On Main

October 28th - Kennesaw, GA

The Nightmare on Main 5K is the final race of the 2023 Kennesaw Grand Prix Series. Get your Halloween costume ready to hit the road! Register now and bring your family out for a fun-filled active morning in Kennesaw. Register [online](#).



Gobble Wobble 5k/10k/Fun Run

November 23rd - Alpharetta, GA

Kick off your Thanksgiving Day with a great race! 5K & 10K participants will receive a super-soft lightweight hoodie and custom medal! Kids Fun Run participants will receive a lightweight hoodie and a fun run medal. Register [online](#).



PACKET PICK-UPS

Duck Duck Goose 5k

[Brookhaven](#) - October 19th, 4 pm - 7 pm

Race for Rest

[Midtown](#) - October 19th, 11 am - 6 pm,
5 pm - 7 pm

Big Pumpkin 5k

[Marietta](#) - October 20th, 12 pm - 7 pm

RACE PARTNERSHIPS

- October 21st: [Big Pumpkin 5k](#)
- October 21st: [Duck Duck Goose 5k](#)
- October 21st: [Race for Rest](#)
- October 28th: [Nightmare on Main 5k](#)
- October 28th: [Run to Serve](#)
- October 28th: [Mercer PA Creepy Crawly 5k](#)
- October 29th: [Atlanta Halloween Half Marathon & 5k](#)

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SHOP ONLINE:



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LOCALLY OWNED  AND OPERATED

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