
New Year, New Shoe For You!

1 message

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Peachy ,

The year has started with several product updates, and a favorite from this past year just got some upgrades. The Asics Gel-Nimbus 26 is now available in stores and [online](#). For those who loved version 25, rest assured that you'll continue to love the new version just as much, if not more. The Gel-Nimbus 26 receives an upgraded dual-compound outsole for improved traction and durability. The new engineered knit upper creates a softer and more supportive midfoot hold. The Asics Gel-Nimbus 26 is more environmentally friendly, with the midsole made with approximately 20% bio-based content from renewable sources.

Fans of the Asics Gel-Nimbus 25 can save as it is [currently discounted](#) (while supplies last).

[SHOP ONLINE](#)

Fueling For Running 101

Recently, Alissa Palladino, a registered dietitian nutritionist and certified personal trainer, came out to our Brookhaven location to share her expertise on fueling for running. Her presentation included nutrition for pre-, during, and post-run fueling to optimize energy, performance, and recovery. If you missed it, she has shared her presentation on our [blog](#).





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
Dawsonville					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	

Dawsonville Group Run/Walk

Saturdays - 8 am

Whether you love running, walking, or hiking, we've got the perfect path to get your Soles in Motion! Let's explore together, break a sweat, and make memories that last a lifetime. Ready to embark on this epic journey? Lace-up and join us for our first group run/walk on January 13th! All ages and paces are welcome to participate in our events. We'll meet at Lanierland Park. Click [here](#) for details.

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](#).

Walk & Learn with Dr. Braswell, DPT

Marietta - Postponed

Meet local Physical Therapist Dr. John Braswell, PT, from Functionize Health & Physical Therapy, as he leads a 45-minute walking route. He'll answer all your health & wellness questions while you move your body and mind. Due to the cold weather expected this weekend, this event will be postponed and rescheduled. Please RSVP [here](#) and we'll reach out to you with the new date.

Women's Wellness Night with Origin PT

Brookhaven - January 22nd, 6:30 pm

Ladies, we have a special evening planned just for you! Join us for this informative session with many of our footwear brands with goodie bags and raffles for attendees! Origin PT specializes in Pelvic floor and full-body physical therapy with a specialized focus on sexual health, pregnancy, postpartum, and menopause. RSVP [here](#).

FEATURED RACES

Walton Raider Chase 5k

February 10th - Marietta, GA

Runners, walkers, come one, come all! Come support the Walton Cinder Club for Track and Field and Cross Country. The Walton Raider Chase 5K will be a celebration of both running and Raider Pride. Enjoy an Olympic-style track finish and age group prizes! Register [online](#).



RACE PARTNERSHIPS

- January 27: [Polar Bear 5k](#)
- February 3: [Stampede In The Park 5k](#)
- February 10: [Walton Raider Chase 5k](#)
- February 10: [Suwanee Sweetheart Sprint](#)
- February 24: [Love Run 5k](#)
- February 24: [Snowball 5k](#)

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