

FREE Entry With Hoka Purchase!

1 message

Mon, Apr 1, 2024 at 8:20 PM



Peachy ,

How often can you ride 5.5 miles on a protected course in downtown Atlanta? Almost never! Move For Grady, supporting Grady Hospital, offers a unique, family-friendly course that starts just steps from where Hank Aaron hit number 715, takes you through revitalized downtown neighborhoods and old and new landmarks, and even includes a glimpse of Grady! High-energy rest stops will keep you fueled along the way, and when you get to the finish line, you can check your bike and enjoy Atlanta's newest party!

This is a great ride for friends, families, or anyone looking to take a spin. Even better, it supports an unquestionably important place to anyone who calls Atlanta home. We proudly support Move For Grady and hope you will join us on April 27th. Other options include 5k and 10k run/walk courses, a 1-mile speed course, and 20- and 62-mile rides. For more details or to register, visit [moveforgrady.com](https://www.moveforgrady.com).

Free Entry With Hoka Purchase!

Starting April 2nd, any regularly priced Hoka shoe purchase qualifies for Free entry to any of the Move for Grady events.* You'll receive a unique code to register online. Grab a pair of new shoes and use them in any of the running events on April 27th!

**This offer is valid on Hoka purchases from April 2nd through the last day of online registration.*

The offer cannot be used for previous Hoka purchases or registrations.

REGISTER NOW!



SOCIAL RUNS

We have fun Social Runs from all of our locations and they're open to everyone and free of charge. Visit our [Social Run](#) page for a complete listing of our weekly runs!

SOCIAL RIDES

Monday Night Safety Ride

Midtown - Mondays - 6 pm

Click [here](#) for details.

Brookhaven Group Ride

Wednesdays, 6:00 pm

Course details are available [here](#).

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.



Move For Grady Training Run with Hoka

April 2nd - Midtown, 6:30 pm

Join our regular Tuesday night run at 6:30 pm and join our friends from the Grady Health Foundation & Hoka! If you're preparing for the 5k or 10k distance at the [Move for Grady](#) event, join us for a fun-filled evening as we help get you prepared through one of the training runs we're offering. This event is open to everyone. We'll also have Hoka onsite with demo shoes for you to try out on the run. RSVP [here](#).

Get Trail Ready for the Ragnar Relay

April 9th - Marietta, 6:30 pm

Join us for an informative session led by experienced Ragnar Trail runners. Our knowledgeable panelists will share invaluable tips and advice to help you conquer the trails and make the most of your Ragnar experience. RSVP [here](#).

Hoka Demo Run

April 9th - Suwanee, 6:30 pm

Join us for our regular group run and test the Hoka Arahi 7 or Mach 6. Arrive early to secure your demo pair.

Move For Grady Training Run with Hoka

April 11th - Brookhaven, 6:30 pm

Join our regular Thursday night run at 6:30 pm and join our friends from the Grady Health Foundation & Hoka! If you're preparing for the 5k or 10k distance at the [Move for Grady](#) event, join us for a fun-filled evening as we help get you prepared through one of the training runs we're offering. This event is open to everyone. We'll also have Hoka onsite with demo shoes for you to try out on the run. RSVP [here](#).

Sip & Shop at Summit Coffee with On Running

April 13th - Roswell, 8:30 am

We're hosting a special event at [Summit Coffee](#) between 8:30 a.m. and 1 p.m. Kick things off with a demo group run/walk at 8:30 a.m., where you can experience the On

shoes firsthand. We'll also set up a pop-up On apparel shop, allowing you to browse and shop for the latest On gear.

As a special treat, participants who pre-register for the event will receive a free coffee courtesy of On Running! Pre-register now by visiting [here](#).

FEATURED RACES

Run The River 5k/10k

April 6th - Marietta, GA

Enjoy a scenic run/walk along the Chattahoochee River as you join fellow runners and walkers in the Choate Construction Run the River Race, benefitting HomeStretch. Register [online](#).



Race Cure Sarcoma

April 6th - Suwanee, GA

This 5K Run/1M Walk is a family-friendly event organized by the [Sarcoma Foundation of America \(SFA\)](#). The goal is to raise funds and awareness for sarcoma research nationally and locally. Register [online](#).



Tillman Honor Run

April 13th - Roswell, GA

Join us for a 4.2-mile run or walk and raise money to support the Tillman Scholar program. Tillman Honor Runs are casual, family-friendly, in-person fun runs. Register [online](#).



Loop The Hooch

April 20th - Suwanee, GA

Loop The Hooch is a 50k running race at Chattahoochee Pointe Park in Suwanee, GA. The trail features a winding 5k gravel/dirt surface loop along the Chattahoochee River. This fast and flat course is great for PRs and first-timers alike. Register [online](#).



REaDy To Run 5k

April 20th - Atlanta, GA

Get REaDy to Run with the Marietta-Roswell Alumnae Chapter (MRAC) of Delta Sigma Theta Sorority, Inc! This fun community event supports SwemKids, which provides swim lessons/water safety, & the Black Mamas Matter Alliance, which advances Black maternal health. Register [online](#).



PACKET PICK-UPS

The Daffodil Dash

[Brookhaven](#) - April 5th, 12 pm - 2 pm

Run The River 5k/10k

[Marietta](#) - April 5th, 12 pm - 6 pm

RACE PARTNERSHIPS

- April 6: [Run The River 5k/10k](#)
- April 7: [The Daffodil Dash](#)
- April 12: [Run Like Hell 5k](#)
- April 13: [Tillman Honor Run](#)
- April 13: [Monkey Wrench Brewing 5k](#)
- April 20: [Beat The Street 5k](#)
- April 20: [South River 15k](#)
- April 20: [Ready To Run 5k](#)
- April 27: [Move For Grady](#)
- April 28: [5k With Me](#)

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