

**It's Getting Hot!**

1 message

Mon, Jun 24, 2024 at 8:01 PM



Peachy ,

It's officially Summer, and you're going to feel it. Temps this week will reach the high 90s, and the humidity is back. Ensure you drink plenty of water throughout the day, and carry some water when running. We recommend adding some electrolytes to your water as you'll lose minerals through your sweat. Several products like Maurten and Tailwind include carbs, calories, and electrolytes to fuel your run. Stand-alone electrolyte products can be added to water or taken as a chew or capsule. One of our favorite products is Nuun. The tablets dissolve in water, adding flavor and fizz, making them a great substitute for sodas, which are high in sugar and contain caffeine. These sodas act as moderate diuretics and contribute to dehydration.

Dehydration reduces energy levels and can also lead to heat-related injuries like heat cramps, heat exhaustion, or, in severe cases, heatstroke. Prolonged dehydration can lead to urinary and kidney problems. In severe cases, it can lead to seizures or low blood volume, causing a drop in blood pressure and the body's oxygen. Please consult with a medical professional if you think you're experiencing severe symptoms from dehydration. Prevention is the best practice, so stop by one of our stores to learn more about these products or [shop online](#).

SHOP 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 - 6:00 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.



### Asics Demo Run

June 26th - Alpharetta, GA

Join us at our Alpharetta store for a Hawaiian-themed group run to celebrate Summer and demo the latest Asics shoes.

### Puma Peachtree Shakeout Run

July 2nd - Brookhaven, GA

Join us as we celebrate the upcoming Peachtree Road Race and the Puma Deviate Nitro 3 release, a true "do it all" shoe! We will kick off the evening with a nice, easy 3-mile shake-out run. Be sure to arrive early to get a Puma Deviate Nitro 3 to try! Afterward, we will return to the store for giveaways, refreshments, and more. This is a great way to get the juices flowing before your Peachtree Road Race! RSVP [here](#).

## FEATURED RACES

### Summer Hustle 5k

June 30th - Alpharetta, GA

The ALPHA.5K.SERIES is presented by The City of Alpharetta Health and Wellness team through Recreation, Parks, and Cultural Services. The course is mixed with hills and flat surfaces through the Alpharetta Wills Park Trail. This family-friendly environment is perfect for walkers, beginners, and advanced runners. Register [online](#).



## Big Peach Sizzler 10k/5k





September 2nd - Chamblee/Brookhaven, GA


Experience the Iconic Course—flat and fast, covering Peachtree Road's “friendlier” portion from Chamblee through Brookhaven to Buckhead. It's perfect for your first or fastest 10k or 5k. Stay after the race for the Post-Race Biscuits and beer Party! We're currently offering a FREE entry with the purchase of any regularly priced ASICS shoe. Register [online](#).




## RACE PARTNERSHIPS

- July 4th - [Run, White & Blue](#)
- July 20th - [Run F.A.R. 5k](#)


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LOCALLY OWNED  AND OPERATED

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