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## Run Safer!

1 message

Mon, Jul 22, 2024 at 8:02 PM



Peachy ,

As runners, when we hear news of a woman who was assaulted or killed while out running, we're faced with the reality that something we enjoy can end in tragedy. While precautions can be taken, running alone, especially in the dark, poses a risk. We recently spoke with [Running Mate](#), which is proactively working to make running safer.

After being assaulted twice while running, Dena Lewis embarked on a mission to find a solution for safe running and created the app. Running Mate is the first-ever run-share app that provides real-time, on-demand, and verified safe running "mates" whenever needed. Both runners and mates undergo thorough background checks to ensure safety, and mates are compensated for their services. Running Mates has launched in other cities and will launch in Atlanta next month. Running Mate will host a [Glow Run](#) on Wednesday, August 28th, at Piedmont Park to launch the app in Atlanta. If you're interested in being a running mate, this is a great opportunity to get paid to run, knowing you're contributing to a safer running environment.

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## 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](#).

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## 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.



### Injury Screening with Tempo PT

July 23 - Marietta, 6:00 pm

Dr. Morgan from [Tempo PT](#) will be on-site, providing free injury screens for runners. This is perfect for anyone with a nagging injury or questions to help them stay healthy as they prepare for fall races! Pre-register [here](#). Injury screening will start at 6:00 p.m., and the Group Run kicks off at 6:30 p.m.

### On Cloudfurfer Next Demo

July 23 - Kennesaw, 6:30 pm

Join us at this group run to try on the Cloudfurfer Next. Arrive early to ensure you have a pair to try out.

### Flat Fix Clinic

July 24 - Midtown, 6:00 pm

Join us for a flat-fix clinic at our Midtown store! Learn how to repair and replace a bike tube to finish your ride.

### Hoka Skyflow Demo Run

July 30 - Kennesaw, 6:30 pm

Join us for our weekly demo run and try the new Hoka Skyflow! Using a super-critical EVA, it offers an extra cushy, springy ride and a supportive, heel-focused Active Foot Frame that cradles the foot.

### Asics Demo Run

July 30 - Marietta, 6:30 pm

Get ready to hit the pavement with our Group Run and test drive the latest ASICS models! Our ASICS rep, Grace, will be on hand with demo sets of the Gel Kayano 31, Novablast 4, and the Metaspeed Sky. Refuel post-run with complimentary snacks and drinks.

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## FEATURED RACES

## Area 13.1 Half Marathon - 10k - 5k

August 17th - Roswell, GA

Recently voted the 2024 Best Half Marathon in GA and Top 50 in the USA, this intergalactic event features flat and fast courses with minimal elevation gain, perfect for setting new PRs. Finishers receive an alien head medal, custom race shirt, and free beer for 21+ runners. The fun continues post-race with live music, food trucks, vendors, and more! Register [online](#).



## Running Mate Glow Run 5k





August 28th - Atlanta, GA


Join us at Piedmont Park for a 5k run or walk. Your registration includes a drink ticket at Park Tavern, a T-shirt, and glow gear. Running Mate provides real-time, on-demand, and verified safe running "mates" whenever you need them. Both runners and mates undergo thorough background checks to ensure safety. Register [online](#).




## RACE PARTNERSHIPS

- August 3rd - [Button Down Dash 5k](#)
- August 3rd - [Dog Days 5k](#)
- August 17th - [Area 13.1](#)
- August 24th - [Annandale Village Extra Mile 5k](#)
- August 24th - [Hot Pursuit 5k](#)


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