

The Pace Report,



Just for
you.



SEPTEMBER

UPCOMING EVENTS. GRC

**Every
WEDNESDAY**

Fleet Feet x GRC: THE NIGHT SHIFT

Clock in for the Night Shift and join us every Wednesday evening at 6:15pm from **Uptown Brewing Company** for 1, 3, and 5-mile routes for all paces.

**Every
Saturday**

Coffee Run x The Scullery

Meet us at The Scullery every Saturday morning in September for morning miles, great company, and great coffee!

19th

Saturday Pre Run Yoga!

Start your morning with pre-run yoga! Join us at 7:30am for guided yoga before we head out for a few miles together!

Hi Greenville Run Club!

We're officially in the home stretch for fall race season! As race day gets closer, remember to stay hydrated, listen to your body, and don't overdo it. Trust your training, prioritize recovery, and enjoy the miles!

September Demo Run at The Night Shift

9/30 New Balance Demo

[Shop now](#)



September Birthdays



Happy Birthday to all of our September birthdays!

Join us this Wednesday (9/2) for the first Night Shift Run Club of the month as we celebrate with treats, birthday fun, and a special raffle! Whether you're celebrating your birthday or just looking for a great midweek run, we'd love to have you there!

Clock in, log some miles, enjoy a sweet treat! If September is your birthday month, you'll also be entered into a special birthday raffle! See you Wednesday!

Amalio Santiago	Dominique C Joseph	Mary Moore
Amir Jenkins	Dulce Casas	Matthew Kraynak
Amy Cole	Erica Scott	Mekedes Rizzuti
Andrew English	Hailey Sanders	Michael Finelli
Anna Gates	Heather White	Miranda Alexander
Ashley Kern	Isamar Ponce	Ngozi Obuseh
Beatriz Duran-Magana	Jake Pierce	Nikki Kurtz
Bethany Volkmar	Jaymie Miller	Nora Stinagle
Bidjie Phtaelle Fevrier	Justin Forney	Oliver Pastrana
Brandon Shinosky	Justin Freund	Patrick Fagan
Breon Thomas	Katie Stokes	Susanne Mullis
Bryce Mckeel	Kyle Tillett	Taylor Nelsen
Casey Johnson-Bowers	Lilly McRae	Thomas L Forrest
Danielle McDowell	Luke Lonigro	Tiffany Zumbahlen
Danielle Shackelford	Madelyne Shuey	Tyler Stone
Diane Garcia Joyner	Mary Allen Small	

Strava Segment Challenge Winners for August...

Local Legend: Shawn Jeffries (69 efforts last 90 days)

Fastest Time:

Women: Marina White (1:25)

Men: Tommy Houmard (1:14)

Who's claiming Local Legend and the top spot this month?

Ready for some friendly competition? Each month, we'll feature a new segment to chase!

Hit the segment, climb the leaderboard, and see if you have what it takes to be crowned the Segment Champion or Local Legend! The winners will be crowned the first of the month at The Night Shift.

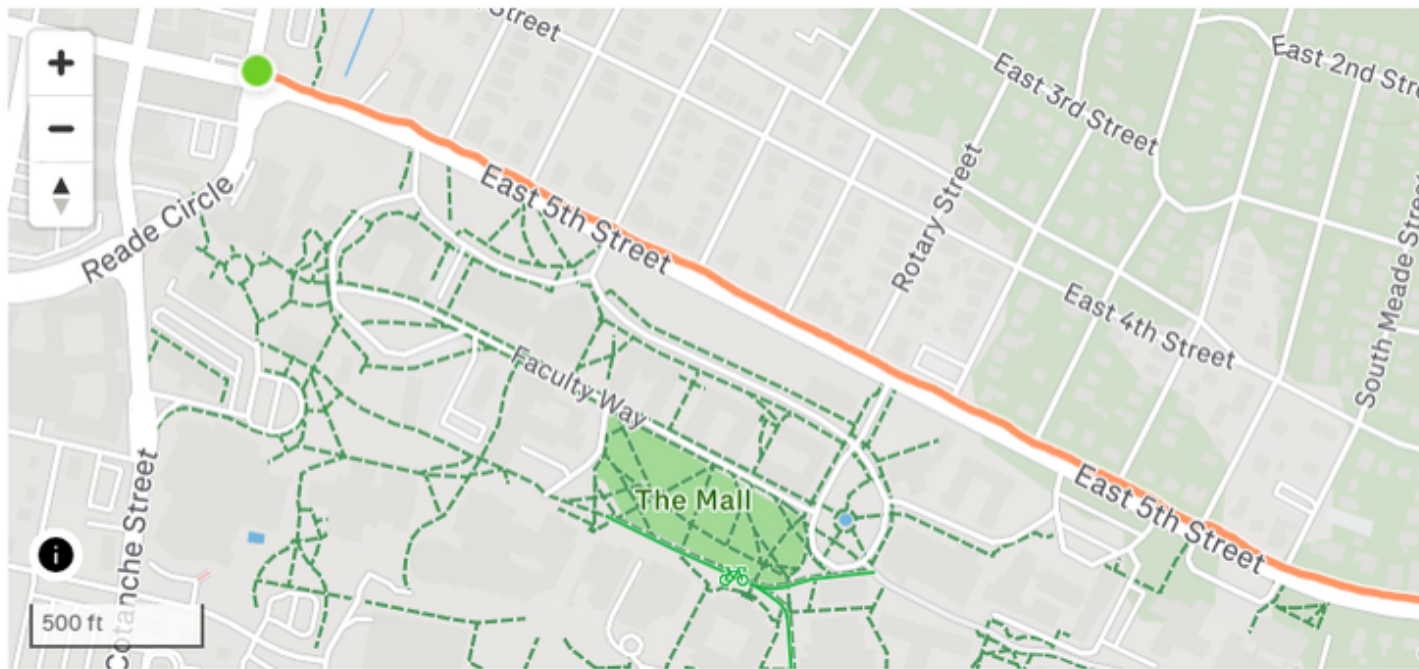
[Run the Segment](#)

5th Sup Dogs to Elm ☆

Run Segment Greenville, North Carolina

Distance	Elevation Gain	Avg Grade	Lowest Elev	Highest Elev	Elev Difference
0.76 mi	19 ft	0.3%	36 ft	55 ft	19 ft

6,615 attempts by 1,084 people | Starred by 4 people



Upcoming Races

Discount Codes:

Ironclad Half Marathon

CODE: 2026GreenvilleRunClub

Keep Going Half Marathon

CODE: GRC

Thanks for being part of our running community.



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