



NEWSLETTER

SIZZLING OFFER!

Saucony



ENDORPHIN PRO 3



ENDORPHIN SPEED 3



Peachy,

We're less than one month away from one of the best races of the year with an awesome finish line experience! Kick-off Labor Day with your choice of a 10k or 5k distance followed by a post-race party featuring music, food from Flying Biscuit Cafe, beer from StillFire Brewing, vendors, and more! All proceeds benefit [Miles for CF](#).

If a great and fun race that also helps a worthy organization wasn't enough to get you to sign up, we've got a "Sizzling Offer" that will! Our friends at Saucony have come on board to support the race and will provide a free race entry (\$50 value - limited quantities) with an in-store purchase of the brand new Saucony Endorphin Pro 3*. For those of you that prefer a different option, you'll receive a \$25 Big Peach Running Co. Gift Card (limited quantities) with the purchase of the brand new [Saucony Endorphin Speed 3](#).* Two great options for a fast Peachtree Road Race qualifying course.

**Promotional offer starts 8/09/22 & while supplies last. Can not be combined with other discounts or offers.*

Free entry is for in-store purchases only. Endorphin Speed 3 online orders use code "BPSIZZLER" in the notes section at checkout & receive a \$25 gift card toward your next purchase.

Ep. 131 - The Big Peach Ride + Run Podcast with Dr. Lauren Powell

This week's conversation is with [Dr. Lauren The Culinary Doctor](#), a board-certified family medicine physician and culinary medicine specialist on a mission to end generational health issues in the African-American community. She makes healthy eating accessible and enjoyable for all. Listen to the latest episode [here](#).



We invite you to subscribe to [Amazon Music](#), [iTunes](#), [SoundCloud.com](#), [Google Podcasts](#), [Spotify](#), or any [RSS](#) Podcast App you choose.



SOCIAL RUNS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Alpharetta	6:30 pm		6:30 pm		
Brookhaven		6:30 pm		6:30 pm	
Cartersville					
Cumming		6:30 pm			7:30 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	

The [Cumming Tuesday night runs](#) are at Cherry Street Brew Pub on the 1st and last Tuesday of the month. The [2nd & 3rd Tuesday of the month](#) run are from the Cumming

store location. The [Cumming Saturday morning runs](#) are at the Bethelview Greenway Trailhead.

Brookhaven Group Ride

Wednesdays, 6:00 pm

Join us every Wednesday night for a group ride around the Brookhaven area. The ride will be led by members of our team and the Brookhaven Bicycle Alliance. The rides are open to all abilities with 13-mile & 20-mile routes. Post-ride, we'll gather at Hob Nob in Town Brookhaven for some post-ride food and drinks. Come on out and meet members of our team and the Brookhaven Bicycle Alliance. With warmer temps and longer days, it's a perfect time to enjoy a ride outside!

EVENTS

How To Hate Running Less

Marietta - Wednesdays, 6:30 pm

We get it. Some folks don't like running. At times, it can feel clunky, jarring, and uncomfortable. That's why we're offering "How to Hate Running Less," a 30-minute FREE class with basic instruction, simple drills, and light running designed to change the way running feels and, hopefully, 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.



Brooks Demo Run

Cumming - August 16th, 6:30 pm

Join us for our Tuesday night Social Run with our friend from Brooks! We'll have the brand Brook Ghost 14 and Glycerin 20 for you to try out. We'll also have giveaways, prizes, raffle prizes, snacks, and drinks! Don't miss out on a fun time!

Liv Cycling Virtual Seminar

Save The Date - August 24, 7:30 pm

You're invited to this open event featuring Liv Factory Racing team members [Isabella Naughton](#), [Kaysee Armstrong](#), & Caroline Washam! Big Peach Ride + Run has partnered with the Georgia Cycling Association for the 2022 race season to support the "Girls Ride Program" presented by [Liv Bikes](#). This event is perfect for girls currently competing, those aspiring to compete, and parents wanting to learn more about opportunities for girls in mountain biking.

GEORGIA
CYCLING ASSOCIATION



FEATURED RACES

Annandale Village Extra Mile 5k

August 27th - Suwanee, GA

Proceeds from the race supports Annandale Village's residents.

Annandale Village is an award-winning nonprofit organization based in Suwanee and is dedicated solely to providing progressive life assistance to adults with developmental disabilities and acquired brain injuries so they can maximize their abilities and maintain their independence in the least restrictive environment.



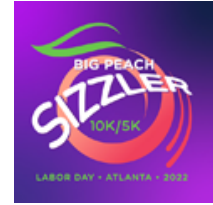
Big Peach Sizzler 10k/5k

September 5th - Chamblee/Brookhaven, GA

Experience the Iconic Course – flat and fast, covering the “friendlier” portion of Peachtree Road from Chamblee through Brookhaven to Buckhead.

Perfect for your first or fastest 10K or 5K.

Enjoy breakfast from Flying Biscuit Café, beer from StillFire Brewing, music, vendors, and more. Proceeds support the work of **Miles for Cystic Fibrosis**. [Register](#) online.



Iron Horse 15k/5k

September 25th - Kennesaw, GA

Take the challenge and step up to the 15K distance at the Iron Horse 15K! Enjoy a great course with lots of support including 8 aid stations and lots of fun!



Not ready to tackle the distance? Run the 5K Express, a bite sized version of the 15K All the great support and fun, with a shorter distance! Register [online](#).

PACKET PICK-UPS

Miles For Margaritas

[Decatur](#)- August 11th, 3 pm - 7:30 pm

Miles For Margaritas

[Marietta](#) - August 12th, 3 pm - 7:30 pm

RACE PARTNERSHIPS

- August 13: [Run With Kenya](#)
- August 13: [Miles To Margaritas](#)
- August 20: [Area 13.1 & Terrestrial 5k/10k](#)
- August 27: [Annandale Village Extra Mile 5k](#)

FOLLOW US:



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