

Update Your Video Gait Analysis!

1 message

Peachy <peachy@eletter.bigpeachrunningco.com>
Reply-To: Peachy <peachy@bigpeachrunningco.com>
To: Peachy <peachy@bigpeachrunningco.com>

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Our Video Gait Analysis Is Free!



Peachy,

Achieving your running or fitness goals is a lot easier when you have the proper shoes to reach those goals. At Big Peach Running Co. we understand that running isn't always easy and whether you're running regularly, a new runner, or starting a new fitness routine, the correct footwear and gear can help make it easier and more enjoyable.

While you may have already been through our award-winning Fit Process, we always recommend that you come back periodically and revisit the Video Gait Analysis. If you've been running consistently, you may have improved your running efficiency and therefore you may have a more efficient gait. If so, this could mean a different shoe may help you enjoy your running even more. Or maybe life got in the way and you've been unable to run as consistently as before. In this case, perhaps a shoe that provides more protection and helps make those miles just a little bit easier is the way to go. Regardless of your running background, come in for an updated Video Gait Analysis and fitting. Remember, our complete Fit Process is always free! Check out [this page](#) to learn more about our free Video Gait Analysis and Fit Process!

Big Peach Sizzler 5k/10k



Our friends at Saucony have come on board to support the race and will provide a free race entry (\$50 value - limited quantities) to the [Big Peach Sizzler 5k/10k](#) 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.

Big Peach Sizzler 50/50 Raffle

Purchase raffle tickets [online](#) for a chance to receive 50% of the proceeds! Raffle is open through September 5, 2022, at 1 pm EST with the drawing being held on September 5, 2022 at 2 pm EST. You do not have to be present to win.

PRODUCT REVIEW

Saucony Endorphin Pro 3

Over the last few years there has been a lot of buzz around "Super Shoes", especially for elite athletes or for those looking to get onto a podium. But will a "Super Shoe" like the Saucony Endorphin Pro 3 work for an average runner?

We had 3 of our reviewers with different backgrounds review the latest version and you might be surprised by their thoughts. Read the complete review [here](#).



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.



Altra Demo Run

Marietta - August 23rd, 6:30 pm

Come on out and demo the new Altra Torin 6 during our regularly scheduled social run. All abilities are welcome!

Liv Factory Racing Virtual Event

Save The Date - August 24th, 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. Register for the webinar [here](#).

GEORGIA
CYCLING ASSOCIATION

Liv

12-hour Treadmill-a-Thon

August 26th, 7:00 am

Music Executive Ric Ross and founder of the non-profit [Music Education Group](#) is hosting a 12-hour Treadmill-a-Thon to benefit programs for Georgia's youth. MEG was formed to bring music, film and digital media-based education to underserved youth and provide every child in Metro Atlanta with an equal opportunity for music education. [Learn more...](#)

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. Register [online](#).



Summer Steamer 10k/5k

September 3rd - Kennesaw, GA

This is race #2 in the Locomotive Series. Heat up the race on these blazing fast courses, then cool off with some great summer fun! The post-party will be a block party with music, ice cream trucks, and great summer fun for the whole family!



All finishers receive an awesome train car finisher medal - the 2nd piece in the Train Series Medals! Register [online](#).

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](#) before the price increase on August 25th!

911 Run To Remember September 10th - Cartersville, GA

Join us for a unique race in celebration of the lives of those that gave so much and enjoy the pre-race presentation of the colors by the Cartersville Fire Department Honor Guard in honor and memory of the events from that fateful morning. Runners will pass through a Fire Truck bay in Station #1 where they will be greeted by cheering Firefighters and other First Responders while grabbing water for the return trip to the finish line! Register [online](#).



PACKET PICK-UPS

Annandale Village Extra Mile 5k
Suwanee - August 25th, 4 pm - 7:30 pm

RACE PARTNERSHIPS

- August 27: [Annandale Village Extra Mile 5k](#)
- September 3: [Summer Steamer](#)
- September 5: [Big Peach Sizzler 5k & 10k](#)
- September 5: [Labor Day Donut Dash 5k & 10k](#)
- September 10: [Great Locomotive Chase](#)
- September 10: [Be The Light 3k & 6k](#)
- September 10: [911 Run To Remember](#)
- September 11: [SagerStrong Stadium Fun Run](#)
- September 17: [Warrior Way 5k](#)
- September 24: [Refuge Coffee Run](#)
- September 27: [Unity Run 5k](#)

FOLLOW US:



[Alpharetta](#)
678.739.4616

[Cumming](#)
678.771.82.70

[Marietta](#)
770.579.0444

CONTACT US:



[Brookhaven](#)
404.816.8488

[Decatur](#)
404.377.7370

[Midtown](#)
404.502.9903

SHOP ONLINE:



[Cartersville](#)
470.888.2987

[Kennesaw](#)
678.903.0022

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