



NEWSLETTER



lululemon Now At Big Peach!

Peachy,

We are happy to announce that we are now stocking lululemon apparel at Big Peach Running Co.! So whether you're running, doing yoga, running errands, or just chillaxin we've got a great selection for both men & women. For a limited time, you can receive a free entry to the lululemon 10k Tour ATL with the purchase of \$100 or more!*

lululemon apparel is available at our Alpharetta, Brookhaven, Decatur, Kennesaw, Marietta, Midtown, & Suwanee locations.

**No discounts on lululemon products. Limited free entries at participating Big Peach Running Co. locations.*

FREE Entry - The Race Half Marathon/5k



Saucony and The Race have partnered to offer you a free entry to The Race with the purchase of any regularly priced* Saucony shoe (\$139.99 and up).

**Cannot be combined with other discounts or offers. Limited availability at participating Big Peach Running Co. locations.*

Ep. 132 - Big Peach Ride + Run Podcast Relaunch

The Big Peach Ride + Run Podcast is hosted by Big Peach Running Co. Director of Marketing, Dave "D2" Martinez. The podcast is being relaunched with D2 as the primary host going forward. The podcast will focus on sharing stories that will motivate & inspire listeners. Before asking others to share their journey, "D2" felt he should he should share his own to kick-off the relaunch. Listen to the latest episode [here](#).

We invite you to subscribe to [Amazon Music](#), [iTunes](#), [Soundcloud.com](#), [Google Podcasts](#), [Spotify](#), or whatever



[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.



Alzheimers Association Kick-Off Walk

Alpharetta & Marietta - September 24th, 9am

Join us at either our [Alpharetta](#) or [Marietta](#) location with a kick-off walk for the [Walk to End Alzheimer's](#) on Saturday, November 5th. We'll have light refreshments and participants on the kick-off walk will receive a 10% discount on September 24th at these two locations.

Alpharetta Women's Half Marathon/5k Clinic

Alpharetta - Sunday, October 2nd, 7:30 am

Join us at our Alpharetta location for the second clinic that will get you prepared for this race! We'll start off the morning with a short run led by Coach Betsy Magato of [Strong Run Coaching](#). Post-run we'll have some coffee and bagels for everyone during a clinic with Jenny Kopach, from [Inspired Mobility PT](#) and Sports Dietician, [Lauren Cicinelli](#), MS, RD, CSSD, LD from Northside Hospital Sports Medicine.

Save \$20 on the Half or \$10 on the 5K with The One Month to Raceday Promo! Offer valid 9/20-9/23.

Use Code: 1MONTH2RUN20 for \$20 off the Half

Use Code: 1MONTH2RUN10 for \$10 off the 5K

Register [online](#).

FEATURED RACES

Refuge Coffee Run

September 24th - Clarkston, GA

Refuge Coffee Co. is a nonprofit coffeehouse, based in Clarkston, GA. The city has served as a refugee resettlement location for a generation. Refuge Coffee started as a way to create job opportunities for refugees and serve as a place welcome to all. This race supports the work of Refuge Coffee which offers a full-time training program for refugees that includes a competitive wage job, English classes, and mentorship. 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](#).

10... 9... 80s Run 5k

October 9th - Kennesaw, GA

The 80's was the BEST decade, and we want to celebrate it once again! Enjoy 80's themed fun throughout, from 80's music, to special photo



ops, and much more! DRESS to IMPRESS! Take part in our costume contest and win cool prizes! So put on your best outfit and have fun! Register [online](#).

America Runs On Kindness

October 1st - December 31st

Join the America Runs on Kindness 500K & 1000K Virtual Challenge. Run, walk, bike, swim, or hike 500 kilometers (310.69 miles) or 1000 kilometers (621.37 miles) wherever you are! Begin October 1st, and track your mileage through December 31, 2022. Do it solo, with a partner, or with a team of up to 5 members. It's up to you how you divide up the miles. You can get your mileage in anywhere! Register [online](#).



PACKET PICK-UPS

Vibha Dream Mile

[Alpharetta](#) - Sept. 23rd, 4 pm - 8 pm

ADMH Run For Health 5k

[Brookhaven](#) - Sept. 23rd, 12 pm - 3 pm

Refuge Coffee Run

[Decatur](#) - Sept.

RACE PARTNERSHIPS

- September 24: [Refuge Coffee Run](#)
- September 25: [Vibha Dream Mile](#)
- September 27: [Unity Run 5k](#)
- October 1: [Run, Walk, or Roll 5k](#)
- October 8: [Run Like Hell 5k](#)
- October 8: [Garden Gallup](#)
- October 15: [100 Black Men of North Metro Atlanta 5K](#)
- October 15: [Muddy Dash](#)
- October 15: [Henderson Trail Marathon](#)
- October 15: [Spooky Spirits 5k](#)
- October 22: [Mission Possible 5k](#)
- October 22: [Alpharetta Women's Half Marathon/5k](#)
- October 22: [Race For Rest](#)
- October 23: [Tipsy Taps 5k](#)
- October 29: [Red Hare JOG-toberfest 5k](#)
- October 29: [Assault on Kennesaw Mountain 5k](#)
- October 31: [Atlanta Halloween Half Marathon](#)

FOLLOW US:



CONTACT US:



SHOP ONLINE:



Alpharetta
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