



**Help Empower Georgia Girls!**



**BIG PEACH**  
RUNNING CO.

**10% OFF\***

SHOP 9.28.22 AND SUPPORT  
GIRLS EMPOWERING MOVEMENT

MENTION THIS PROMO OR USE CODE GEM10 ONLINE

Peachy,

Wednesday, September 28th is National Women's Health and Fitness Day and Big Peach Running Co. is partnering with [Girls Empowering Movement](#) (GEM) to support the health and wellness of middle school girls across Georgia.

GEM empowers girls at over 100 sites - schools, Boys and Girls Clubs, and Girl Scout troops to create sustainable habits for better long-term physical and mental health. Girls receive leadership training, custom programming, resources, tools, and on-going support.

By empowering girls to lead and create new physical activity programs designed by girls for girls, GEM is creating opportunity for every middle school girl in Georgia to build confidence and wellbeing through movement.

Shop with us on Wednesday, September 28th and mention the code **"GEM10"** to receive 10% off your purchase. We'll then donate 5% of the sale to support the Girls Empowering Movement Program.

*\*Discount applies to regularly priced items. Discount code is only valid on 9/28/22. Other discounts or offers cannot be combined. lululemon products are excluded from this offer.*

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## 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.*

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## 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! Follow us on Instagram [@bigpeachrideandrun!](#)

## 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.



## 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](#).

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## FEATURED RACES

### The Race

**October 1st - East Point, GA**

The Race is a road race weekend event that supports black owned businesses, neighborhoods, and charities, committed to delivering a top-notch, world-class race with excellence at every step. The Race 2022 weekend features a live expo, half marathon and 5K race, virtual options to participate from your hometown, and Community Impact Service Day. Register [online](#).



### Garden Gallop

**October 8th - Kennesaw, GA**

The Garden Gallop is race #5 in the Kennesaw Grand Prix Series. Register online. Proceeds from the race go towards Gilbert Gardens in Kennesaw. Register [online](#).



### Big Pumpkin

**October 15th - Roswell, GA**

This event raises funds and awareness for The Cottage School. Since 1985, TCS has been serving students with special learning differences, grades 4-12. More than ever, families are seeking teaching methods for their students who learn differently. The goal is to get the message to



those who need us. Funds raised will be used for campus improvements over an extended period of time. As a 501(c)3 non-profit organization we work hard to make every dollar count, with proceeds from this event we will make an even greater learning space for our students to thrive. Register [online](#).

## Run Your Bundts Off 5k October 22nd - Canton, GA

Join North GA Running Co. and our Official Sponsor, [Nothing Bundt Cakes -Woodstock, GA](#), for our **RUN YOUR BUNDT'S OFF 5K & BABY BUNDT RUN** at **Etowah River Park in CANTON, GA** benefitting [WarAngel Farms!](#)

Everyone is welcome to run/walk!

Of course, you will be rewarded at the end of the race with a bundtini made especially for you by [Nothing Bundt Cakes!](#) Register [online](#).



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## PACKET PICK-UPS

### Unity Run 5k

Cartersville - Sept. 27th, 12 pm - 5 pm

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## RACE PARTNERSHIPS

- 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 15: [Big Pumpkin](#)
- October 22: [Mission Possible 5k](#)
- October 22: [Alpharetta Women's Half Marathon/5k](#)
- October 22: [Race For Rest](#)
- October 23: [Topsy Taps 5k](#)
- October 29: [Red Hare JOG-toberfest 5k](#)
- October 29: [Assault on Kennesaw Mountain 5k](#)
- October 31: [Atlanta Halloween Half Marathon](#)

FOLLOW US:



Alpharetta  
678.739.4616

CONTACT US:



Brookhaven  
404.816.8488

SHOP ONLINE:



Cartersville  
470.888.2987

Cumming  
678.771.82.70

Decatur  
404.377.7370

Kennesaw  
678.903.0022

Marietta  
770.579.0444

Midtown  
404.502.9903

Suwanee  
678.896.5012

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