

We're Bananas!

@Fastbananasrun



Peachy,

At least one of us is now part of [Fast Bananas](#). What is Fast Bananas? It's a new project and resource for runners and our own [Steve DeMoss](#) is a contributor and a Fast Banana! It's more than just a resource, it's a community for runners with experts in several fields including Physical Therapists, Dietitians, Coaches, and other medical experts that specialize in running & sports. If you're committed to improving your running and having fun along the way, this is a great resource to explore.

Ep. 133 - Big Peach Ride + Run Podcast with Guest Jen Raby

The Big Peach Ride + Run Podcast is hosted by Big Peach Running Co. Director of Marketing, Dave "D2" Martinez. We are joined by Jen Raby, a Personal Trainer to debunk some fitness & diet myths as well as share her personal journey and relationship with alcohol. 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 Saturday morning runs](#) are at the Bethelview Greenway Trailhead.

Brookhaven Group Ride Wednesdays, 5:30 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.



FEATURED RACES

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](#).



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](#).



Anything Is Possible November 6th - Kennesaw, GA

Travel through time and party all night! The race starts at 1:50 am on the night Daylight Savings Time changes... the change happens in the middle of the run, and you will FINISH BEFORE YOU START! Enjoy an amazing light, sound and special effects show on the course then finish to a super fun post race party! ALL participants get a one of a kind AIP pajama pants and awesome finisher medal! Register [online](#).



PACKET PICK-UPS

Run Like Hell 5k

[Midtown](#) - October 6th, 12 pm - 6 pm

Garden Gallop

[Kennesaw](#) - Oct. 6th, 4 pm - 8 pm

Run Like Hell 5k

[Decatur](#) - Oct . 7th, 12 pm - 6 pm

RACE PARTNERSHIPS

- 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: [Cartersville 10k & 5k](#)
- October 29: [Red Hare JOG-toberfest 5k](#)
- October 29: [Assault on Kennesaw Mountain 5k](#)
- October 31: [Atlanta Halloween Half Marathon](#)

FOLLOW US:



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[Marietta](#)
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CONTACT US:



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SHOP ONLINE:



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