



NEWSLETTER

## Get Noticed!



Peachy,

The days are shorter and you definitely want to get noticed. With less daylight and if you're running in the early morning or evening, you don't want to blend into the background. Make sure you're visible to motorists especially if you're running on the road and there are no sidewalks. Make sure to stop at intersections especially when you see approaching vehicles, you never know when a driver will be distracted and won't have eyes on the road. And don't forget to stop by one of our stores and pick up gear that will provide you illumination, reflectivity, and visibility so you can finish your run safely.

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## Start A Career With Big Peach Running Co.!



We're looking to add new team members to all of our locations! Are you looking for a fast-paced, energetic, exciting place to work? Big Peach Running Co has a place for you! We are always looking for new faces to join our team as part or full-time Guest Advocates. If you are a passionate walker, runner, hiker or cyclist who likes to help others, we'd love to talk to you. Retail experience not necessary. In addition to a competitive hourly wage, you will receive generous employee discounts, free products based on availability, free or discounted local race entries, a vibrantly fun work environment, and much more. Group Medical, Dental, & Vision plans and a Retirement Account are available for eligible full-time employees. Take a look at our [online](#) application and send us your resume.

Apply Now!

## 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](#).

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# SOCIAL RUNS

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



### Group Run with Inspired Mobility

#### Marietta - Tuesday, October 11th 6:30 pm

Join Jenny Kopach and Lisa Kubes, physical therapists from Inspired Mobility PT right here in East Cobb, this Tuesday before and after our run to talk about all things feet and foot care. Building intentional awareness and strength from your foundation is a key component to running well. Jenny and Lisa will be on hand to give a short informational session and answer any questions you may have on preventing or managing all of your foot pains!

For more information about their practice or to contact them directly, visit [inspiredmobilitypt.com](http://inspiredmobilitypt.com) or @inspiredmobilitypt

## Plantar Fasciitis Monday

**Cartersville - Monday, October 17th 12:00 pm**

This event is weekly and for anyone with Plantar Fasciitis or any foot issues. You can sign up here but it is not required to attend. Get personalized help from Jay Stephenson including how to massage and treat your Plantar Fasciitis. RSVP [here](#).

## Group Run with Brooks

**Marietta - Tuesday, October 18th 6:30 pm**

It's a Halloween themed social run with our friends from Brooks! There will be raffles, drinks, and snacks after the run. We'll have the latest Brooks Glycerin & Ghost shoes for you to try out on your run. Join us for a good time!

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## FEATURED RACES

### 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](#).



### Alpharetta Women's Half Marathon & 5k

**October 23rd - Alpharetta, GA**

On Sunday, October 23, 2022 Alpharetta, Georgia will host the annual Alpharetta Women's Half Marathon and 5K Presented by Altra and INNOVO, finishing in the family-friendly atmosphere at Avalon in the heart of the community. From walkers to runners, everyone can find their place at the Alpharetta Women's Half Marathon! Register [online](#).



### Boos & Brews Beer Mile

**October 29th - Alpharetta, GA**

Join us for some spook-tacular fun at our Beer Mile hosted by Cherry Street Brewpub at Halcyon! Put on your costume and try our beer mile! You'll get to enjoy a brew sample (apple juice for the kids) with each lap to make the mile AND receive a Large Finisher Pour! Children run for free with Adults in the 10 AM wave! Come one, come all! Registrants for the Beer Mile must be 21 in order to receive any alcohol. Register [online](#).



## Iron Horse 15k & 5k November 13th - 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](#).

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## PACKET PICK-UPS

### Muddy Dash

[Decatur](#) - October 14th, 12 pm - 7 pm

### Henderson Trail Marathon

[Decatur](#) - Oct. 14th, 4 pm - 7 pm

### Big Pumpkin 5k

[Marietta](#) - Oct . 14th, 3 pm - 7 pm

### Spooky Spirits 5k

[Suwanee](#) - Oct . 7th, 4 pm - 7 pm

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## RACE PARTNERSHIPS

- 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 5k](#)
- October 22: [Run Your Bundts Off!](#)
- October 22: [Mission Possible 5k](#)
- October 22: [Race For Rest](#)
- October 23: [Alpharetta Women's Half Marathon/5k](#)
- October 23: [Topsy Taps 5k](#)
- October 29: [Boos & Brews Beer Mile](#)
- 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:



[Alpharetta](#)  
678.739.4616

CONTACT US:



[Brookhaven](#)  
404.816.8488

SHOP ONLINE:



[Cartersville](#)  
470.888.2987

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Suwanee  
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