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## Light It Up!

1 message

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Mon, Nov 14, 2022 at 8:04 PM



## Light It Up!



Peachy ,

With the time change a week ago, those of us that run in the evening are definitely running in the dark. For those that run in the morning, you start your run in the dark and finish with some daylight. Whether you run in the morning or in the evening, the majority of runners and walkers are out on the roads in the dark. This can present some hazardous conditions even if you run on sidewalks. If you're running on the road, you want to be visible to drivers and provide them enough opportunity to see you. Stop by any of our stores and make sure you have the proper gear to stay safe!

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**PEACHY BUCKS!**

Earn Peachy Bucks through December 11th. Purchase \$200 or more in merchandise and/or gift cards, and you'll receive BPRC Peachy Bucks that can be used for future purchases! This sweet deal is eligible for in-store and online purchases. Here's how it works - if you spend \$200.00-\$249.99, you'll receive \$20 in Peachy Bucks. Purchase \$250.00-\$299.99 and you'll receive \$25 in Peachy Bucks, and so on.



*Fine print and details: This offer excludes sale rack, gift card redemptions, bikes, and bike-related accessories. Peachy Bucks are earned based on your order Subtotal (pre-tax). Peachy Bucks are for future purchases and may not be applied to the transaction earning the bonus card. This offer runs from November 1 - December 11, 2022. Peachy Bucks will expire on March 31, 2023.*



## Holiday Bike Sale!

Now is the perfect time to get the new bike you or someone you know has been wanting. Whether you're a child or an adult, there's nothing more fun than riding on two wheels (don't tell our Chief Running Officer I said this)! Stop by and pick up a new bike at either the Big Peach Ride + Run location in [Brookhaven](#) or in [Midtown](#). Starting on November 1st through December 31st, all in stock bikes are 20% off. Shop early while selection is available! (Bike and bike related accessory purchases are excluded from earning Peachy Bucks.)

## Ep. 136 - The Big Peach Ride + Run Podcast with Dr. Amanda Smith

Dr. Amanda Smith joins us this week to discuss women's exercise physiology and why women shouldn't train with plans designed for men and why the menstrual cycle plays a role in successful training results. 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.



## Saucony Peregrine 12 Review

With so many new models of trail shoes with higher stack heights, it might be easy to overlook the Saucony Peregrine

12. Our reviewer logged over 100 miles and shares why the Peregrine 12 might be your next trail shoe you should consider. [Read more.](#)



## 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			
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	

## EVENTS

### How To Hate Running Less

**Marietta - Wednesdays, 6:30 pm**

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 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.



### Plantar Fasciitis Monday

**Cartersville - Monday, November 21st 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](#).

## FEATURED RACES

### Chocolate Turkey

**November 20th - Canton, GA**

Join North GA Running Co. and our Official Sponsor, Big Peach Running Co., for our Chocolate Turkey 5k & 1k Fun Run at Etowah River Park in Canton, GA. Register [online](#).



### Run Rudolf 5k

**December 3rd - Suwanee, GA**

Join HappyFeat in your holiday best as we run like Rudolph in a chilly 5K to raise awareness and donations for HappyFeat! Register [online](#).



## Cumming Half Marathon

December 4th - Cumming, GA

Finish the year with this great half marathon! A 5k option is also available for those looking for a shorter distance. Register [online](#).



## Pine Mountain Trail Run

December 4th - Pine Mountain, GA

PMTR is celebrating 42 YEARS and is one of the oldest and storied trail runs in the country. This trail race runs along the beautiful Pine Mountain Trail system of F.D. Roosevelt State Park. Register [online](#).



## Locomotive Half Marathon & 5k

December 11th - Kennesaw, GA

This is the crown jewel of the Locomotive Race Series! Long Sleeve shirts, custom finisher medals! Two amazing courses that both finish to a huge post party! Register [online](#).



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## PACKET PICK-UPS

### Cobb Co. Public Safety

#### Foundation 5k

[Kennesaw](#) - Nov. 17th, 3 pm - 7 pm

[Kennesaw](#) - Nov. 18th, 3 pm - 7 pm

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## RACE PARTNERSHIPS

- November 19: [Cobb County Public Safety Foundation 5k](#)
- November 20: [Chocolate Turkey 5k](#)
- November 24: [Running of the Turkeys](#)
- November 24: [Gobble Wobble 5k/10k](#)
- November 24: [Gobble Jog 5k](#)

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SHOP ONLINE:



800 Peachtree St., Ste. B & C  
Atlanta, GA 30308

Tel: 404.602.9903

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