

**Start Early!**

1 message

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Mon, Nov 21, 2022 at 8:03 PM

**Start Early!**

Peachy ,

The holiday season is almost here and we've got some deals to save you money. If you know someone who loves exercising with music or their favorite podcast, Shokz headphones will make a great holiday gift. The bone conduction technology will keep their ears uncovered so they can be more aware of their surroundings for a safer environment. The Open Run Pro & Open Run Pro Mini is now on sale for \$143.95 (regularly priced at \$179.95) through November 28th. Stop by any of our Big Peach Running Co. locations or [shop online](#).

[SHOP NOW!](#)**Black Friday Sale!**

Our Suwanee location is having a Black Friday Sale through the weekend! Start your holiday shopping with Big Peach Running Co. on Friday, November 25th through

Sunday, November 27th and save. Sale shoes as low as \$50!

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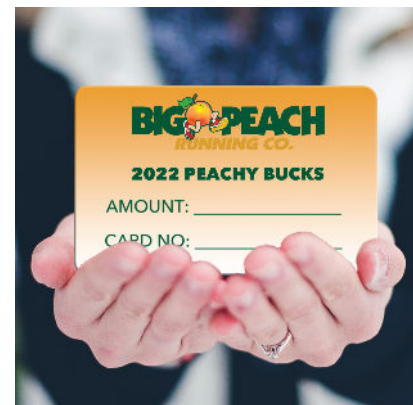
## A Season To Give!

Big Peach Running Co. has partnered with The Sole Project for their annual holiday shoe drive. Drop off gently used shoes at our Brookhaven and Midtown location through December 23rd. The Sole Project is an Atlanta based non profit organization whose mission is to inspire hope and contribute to the wellbeing of those less fortunate. They provide essential needs for everyday life that includes but not limited to shoes, socks, hats, gloves, clothing and hygiene items.



## 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.*

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## 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.)

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## 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.



## 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 28th 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

### Gobble Wobble 5k/10k

## November 24th - Alpharetta, GA

Kick off your Thanksgiving Day with your choice of a 5k or 10k distance and earn your turkey. Register [online](#).



## Cumming Christmas Jingle Jog

### December 11th - Cumming, 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](#).



## America Runs On Kindness

### Through December 31st - Virtual

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! Register [online](#).



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## PACKET PICK-UPS

### Chocolate Turkey 5k

[Cumming](#) - Nov. 19th, 12 pm - 5 pm

### Gobble Wobble 5k & 10k

[Cumming](#) - Nov. 21st, 11 am - 6 pm

### Gobble Wobble 5k & 10k

[Cumming](#) - Nov. 22nd, 11 am - 5 pm

### Gobble Wobble 5k & 10k

[Cumming](#) - Nov. 23rd, 11 am - 5 pm

### Running Of The Turkeys

[Marietta](#) - Nov. 23rd, 11 am - 5 pm

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## RACE PARTNERSHIPS

- December 3: [Run the Lights of Life 5k](#)
- December 4 : [Cumming Half Marathon and 5K](#)
- December 10: [Sleighbells On The Square](#)
- December 11: [Jingle Jog 5k/10k and Fun Run](#)
- December 11: [Jingle Bell Jog 5k](#)
- December 11: [The Cumming Christmas Jingle Jog 5k](#)
- December 17: [Dashing Through the Square 5k](#)
- December 24: [Santa Shuffle 5k](#)

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