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## Give The Gift of Health and Fitness!

1 message

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Mon, Dec 5, 2022 at 8:03 PM

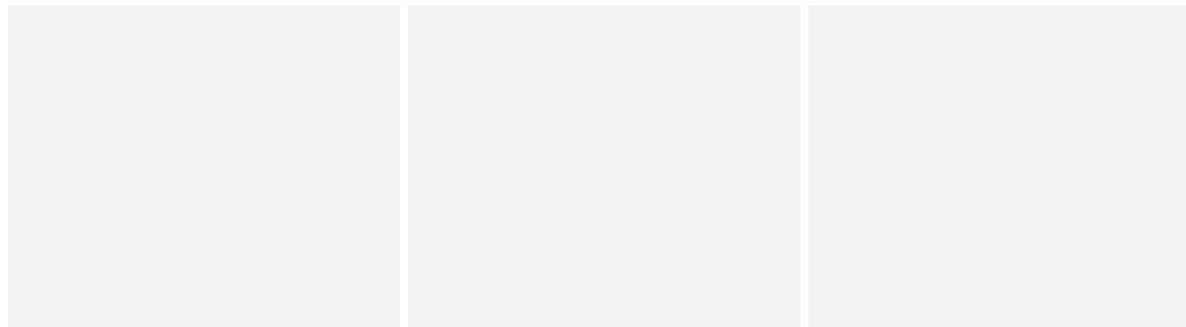


Peachy ,

We've got another week of gift ideas for that runner or cyclist in your life! If you need to drop hints for yourself, print this out, circle the items you want, and leave it for someone to find. You only have one week left to take advantage of our Peachy Bucks promotion!

[Shop online](#) or any of our [9 Big Peach locations](#). We offer convenience to make this a stress free shopping experience. Don't forget, our [Big Peach Gift Cards](#) make a great gift for those individuals that are hard to shop for.

*Holiday*  
Gifts For Them





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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 or 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 is limited to shoes, socks, hats, gloves, clothing and hygiene items.

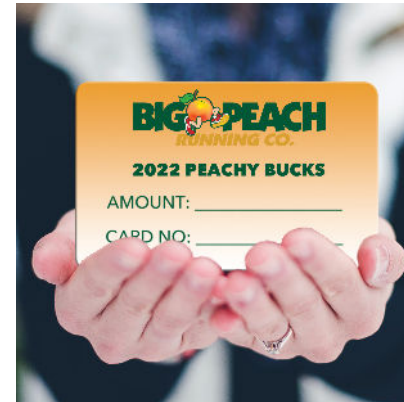


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## PEACHY BUCKS - FINAL WEEK!

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](#). Sale runs (or rides) 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. 137 - The Big Peach Ride + Run Podcast with Tes Sobohemin Marshall

Big Peach Alum Tes Sobemehin Marshall joins us this week to discuss her experience at the Detroit Free Press Marathon (and why it should be on your bucket list) and hustling as a local race director at [Run Social Atlanta](#). 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, December 12th 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](#).

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## FEATURED RACES

### Cumming Christmas Jingle Jog

**December 11th - Cumming, GA**

Get in the holiday spirit with this fun event - there will be awards for race times, prizes for the best costume, decorated stroller, most festive and more!! Register [online](#).



### Jingle Bell Jog

**December 11th - Atlanta, GA**

An annual running event that champions all things associated with the festive winter holidays! All participants will receive a Santa Suit costume! Register [online](#).



### Santa Shuffle5k

**December 24th - Cumming, GA**

Start your holiday season off right with our Santa Shuffle! Feel free to dress up for this Christmas race. 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

Jingle Jog 5k/10k & Fun Run  
[Cartersville](#) - Dec. 9th, 10 am - 6 pm

Sleighbells On The Square  
[Kennesaw](#) - Dec. 9th, 11 am - 6 pm

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## RACE PARTNERSHIPS

- 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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