
Time Is Running Out!

1 message

Mon, Dec 19, 2022 at 8:05 PM



Peachy ,

While time is running out to shop before the holidays, you have plenty of time to sign up for eight different races in the [Dirty Spokes Trail Run Series](#) that runs from January through July! We're happy to be back as a sponsor and offer a FREE race entry to this series with the purchase of a trail shoe*. There are only 10 free entries for each race and they will be given on a first come-first serve basis. The series kicks off on January 7th with the Mayhem on The Mountain course at Sawnee Mountain!

**Receive a free entry into any of the January - July Dirty Spokes Trail Run series with the purchase of trail shoes. Clearance trail shoes are excluded from offer. Free race entries are limited and available while supplies last.*

Holiday

Gifts For Them



BROOKS

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ALL BRANDS

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GARMIN

FORERUNNER 745



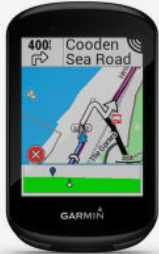


SHOKZ

OPEN RUN MINI



SALOMON

ADVSKIN 5 SET

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 <p>GARMIN EDGE 830</p> <p>Shop Now</p>	 <p>LIV TEMPT 4</p> <p>Shop Now</p>	 <p>GIANT REVOLT ADVANCED 0</p> <p>Shop Now</p>

[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 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.)*

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.



Ep. 138 - The Big Peach Ride + Run Podcast Year-End Reflections

This week, "D2" shares some insight into the state of running & cycling. He also shares his thoughts on improving health and longevity as we age.

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 26th 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

Santa Shuffle 5k & Fun Run

December 24th - Cumming, GA

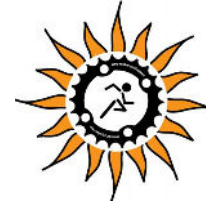
Start your holiday season off right with our Santa Shuffle! Feel free to dress up for this Christmas race. Register [online](#).



Dirty Spokes - Mayhem On The Mountain

January 7th - Cumming, GA

The Dirty Spokes Trail Series is back and it kicks off at Sawnee Mountain! Receive a FREE entry with a purchase of trail shoes! Register [online](#).



PACKET PICK-UPS

Santa Shuffle 5k

[Cumming](#) - Dec. 23rd, 12 pm - 5 pm

RACE PARTNERSHIPS

- December 24: [Santa Shuffle 5k](#)
- January 7: [Euharlee Resolution Run 5k](#)
- January 7: [Dirty Spokes Mayhem On The Mountain](#)
- January 14: [Livvy's Love Fun Run](#)
- January 28: [Polar Bear 5k](#)
- January 28: [Run For Recovery 5k](#)

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