
Happy New Year!

1 message

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NEWSLETTER



Peachy ,

Happy New Year! Are you excited as we are to start a whole new year? A few of our stores have some great clinics to help you kick off the year with some information to help

make 2023 your best year! Keep an eye out for more clinics and events in our weekly newsletter to help you achieve your 2023 goals.

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, January 9th 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](#).

Play It Safe - Safety & Self Defense Class For Outdoor Activities

Cumming - Thursday, January 12th 7:00 pm

Exercise is your time. It's your place to get away. You deserve to feel safe. Whether you live in a crowded city, a suburban town, or a remote area, you should always be prepared with proper safety equipment and the confidence to help protect yourself against danger.

We are teaming up with [Roman's Kicks & Tricks](#) and New Balance to teach personal protection and self-defense techniques for outdoor activities. Be confident. Be prepared. Be empowered.

This event is open to everyone and FREE but we do ask that you bring a new, unused blanket to support a local homeless charity. RSVP [here](#).

Mental Health Workshop

Kennesaw - Saturday, January 14th 9:00 am

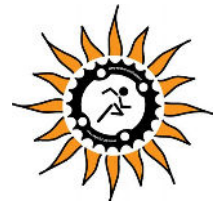
Join Amy and Lydia from [Amy Dickinson Integrative Counseling](#) as they share information on managing your mental health in 2023. We'll also have an optional group run with our friends from Mizuno!

FEATURED RACES

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](#).



Polar Bear 5k

January 28th - Marietta, GA

The Polar Bear Run is in its 35th year, benefitting high school music students who participate in Student Music Mission Trips/Choir Tours. Register [online](#).



Hotlanta Half Marathon, Relay, & 5k

June 11th - Atlanta, GA

Celebrating 10 Years in 2023! Three distances to choose from, a course highlighting some of the most iconic locations in the city of Atlanta, custom SWAG and more. This race benefits [Camp Dream](#). Holiday Pricing is available through January 4th at 11:59 pm. [Register today](#) to save.



PACKET PICK-UPS

Euharlee Resolution Run

RACE PARTNERSHIPS

- 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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