
Play It Safe!

1 message

Mon, Jan 9, 2023 at 8:06 PM

BIG PEACH
RUNNING CO.

NEWSLETTER

JAN 12
7 pm - 9 pm

Free
PLAY IT SAFE

**SAFETY & SELF-DEFENSE CLASS
FOR OUTDOOR ACTIVITIES**

BIG PEACH
RUNNING CO. - CUMMING

ROMAN'S
Kicks & Tricks
ENRICHMENT PROGRAM

B
new balance

Peachy ,

Everyone should enjoy their run and feel safe but as we've learned that's not always the case and we want to ensure that you are able to "Finish Your Run". Our team in Cumming has teamed up with [Roman's Kicks & Tricks](#) and New Balance to teach

personal protection and self-defense techniques for outdoor activities. You are invited and we encourage you to bring a friend. Start the year with the tools and skills to keep you safe. Details for this event are below.

Double Down On Your Resolutions Sale!

Have you ever thought "I love running but would love to try cycling?" or "I love cycling but would love to try running?" Well, have we got the deal for you! We want to help you **Double Down On Your Resolutions!** From 1/2/23 to 3/31/23, we will be including a free pair of running shoes with any in-stock bike purchase*. Yes, you read that right. Our goal is to see you out there riding or running, and we want to make sure you are equipped to do both!

**Purchased bike must be in stock. Free running shoes must be in stock. Brookhaven and Midtown locations only.*

MLK Holiday Weekend Sale!

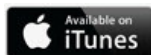
If you didn't get what you wanted over the holidays or you have a Big Peach Gift Card or Peachy Bucks burning a hole in your pocket, this is the perfect time to use it. The sales starts on Friday, January 13th through Monday, January 16th. Keep an eye on your inbox for more details!

Ep. 139 - The Big Peach *Ride + Run* Podcast with Guest Emily Labutta

This week, Big Peach team member, Emily Labutta shares how she started running and progressed to running three 100-mile races in 2023. We also dive deep into the mindset required to accomplish that distance as well as how running has mentally transformed her. It's a great conversation you don't want to miss, even if you have no interest in running 100 miles! 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. 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

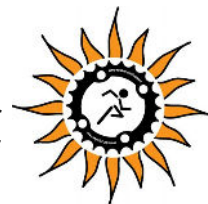
Kennesaw - Saturday, January 14th 9:00 am

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 - Heritage Park February 4th - Watkinsville, GA

Race #2 of the Dirty Spokes Trail Run Series is at Heritage Park with your choice of 7.5 miles or 2.8 miles. Receive a FREE entry with a purchase of trail shoes! Register [online](#).



PACKET PICK-UPS

Livvy's Love Fun Run

[Decatur](#) - Jan. 13th, 3 pm - 7 pm

RACE PARTNERSHIPS

- January 14: [Livvy's Love Fun Run](#)
- January 28: [Polar Bear 5k](#)
- January 28: [Run For Recovery 5k](#)
- February 4: [Stampede In The Park 5k](#)
- February 11: [Tartan Trot 5k/10k](#)
- February 11: [Galentine's Day 5k](#)
- February 25: [Love Run 5k](#)

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