
Enjoy Winter Running!

1 message

Mon, Jan 16, 2023 at 8:07 PM



NEWSLETTER



Peachy ,

Georgia weather is crazy with some days down right frigid and others a bit cool. It can be hard to know how to dress in the Winter. But don't let cold weather keeping you from

running. If you have the proper gear and layer properly, you'll be comfortable on your run and stick to your running goals. Below is a guide you can use to help determine what you should wear based on various temperatures. Keep in mind that some people feel chilly in 70-80° weather while others run hotter. Another basic guide is to dress like it's 20° warmer than it shows on the thermometer.

What To Wear

50-55° - Shorts and tech t-shirt can still be worn as you'll warm up even though it may feel cold at the start. A light water resistant jacket is perfect for those light rain days.

40-50° - Long sleeve tech shirt, tights/capri with either a light jacket or half zip.

35-45° - Long sleeve tech shirt, full length tights, vest or light jacket, and gloves.

25-35° - Base layer top, full length tights/pants, medium weight performance fleece or jacket, gloves, and hat.

Tips

- Skip the cheap athletic wear. Invest in good quality running clothes.
- For base layers, consider a snug-fitting merino wool blend top. Merino wool is light and has warming properties.
- Have a good, light jacket that offers wind-blocking panels and is water-resistant.
- Look for merino wool blend socks. Your feet will thank you.
- Optional - a lightweight vest that will keep the core warm. If it has wind-blocking material, even better.
- Gloves with wind-blocking panels or coverings, bonus if they have reflective features.
- Hat/skull cap or headband (fleece-lined for really cold temps)
- Tights for 35-45° temps/fleece-lined tights with wind-blocking panels for 32° and 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.*



Saucony Endorphin Speed 3 Review

The previous versions of the Endorphin Speed have been well-received by many runners including many on our team. Many have chosen the Endorphin Speed over the Pro due to the reduced cost as well as having a similar feel especially previous versions as they were similar. Will long time fans still enjoy the Endorphin Speed 3? [Read more](#) to find out!

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 23rd 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](#).

Plantar Fasciitis Clinic

Cumming - Thursday, January 26th 6:30 pm

Join us for a FREE clinic all about Plantar Fasciitis at our Cumming location! If you've experienced Plantar Fasciitis, then you know how uncomfortable that can be. Join your host, Alex Rodriguez, and Dr. Mark Snyder from Village Podiatry for this clinic to help treat your Plantar Fasciitis. RSVP [here](#).

FEATURED RACES

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](#).



RACE PARTNERSHIPS

- 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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