
Don't Give Up!

1 message

Mon, Jan 23, 2023 at 8:03 PM



NEWSLETTER



Peachy ,

According to Google, 25% of people quit their New Year's Resolutions within the first week of the year. Most people quit before the end of January, and only 9% actually

succeed in achieving their end result. Because you're already an active individual, you likely fall into that 9% but that doesn't mean you don't struggle at times, especially when it's cold, dark, or rainy.

Here are some links to articles we've written to help you succeed this year. We prefer to set goals rather than resolutions, so check out this blog post, "[Goal Setting: How To Have Your Best Year](#)". Winter is the best time to focus on some strength training to set a solid foundation for improved cycling or running performance, however, January is the time of the year when gyms are packed and if you're not a regular gym goer, you may feel uncomfortable walking into your local gym. Check out this article on "[Fitness Insecurity](#)" for some tips to start building some strength and gaining some confidence.

Of course, [The Big Peach Ride + Run Podcast](#) features a wide range of guests that will not only motivate you but also inspire you to reach your goals. We've got some great guests lined up (check out Lindsay Walter below) and these episodes are perfect for those nice, easy long miles.

Ep. 140 - The Big Peach *Ride + Run* Podcast with Guest Lindsay Walter

This week Lindsay Walter shares her story of growing up with [Alopecia Universalis](#) and how she used running to gain confidence and embrace her alopecia. With over 50 marathons and a few ultra-marathons, she shares some useful tips for all runners.

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 30th 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](#).

Publix Preview Run

Midtown - Saturday, February 4th 7:30 am

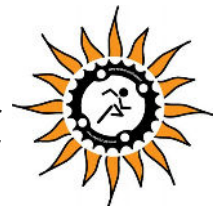
If you're running the Publix Marathon/Half Marathon next month, our Midtown crew is holding a course preview run. Join us along with Maurten! Participants will receive either one Maurten 100 or Maurten 100 Caffeine Gel while supplies lasts.

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

Polar Bear 5k

[Marietta](#) - January 27th, 11 am - 7 pm

Run For Recovery

[Cartersville](#) - January 27th, 10 am - 6 pm

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: [Walter Raider Chase 5k](#)
- February 11: [Galentine's Day 5k](#)
- February 11: [Sweetheart Sprint](#)
- February 25: [Love Run 5k](#)

FOLLOW US:



CONTACT US:



SHOP ONLINE:



800 Peachtree St., Ste. B & C
Atlanta, GA 30308
Tel: 404.602.9903

LOCALLY OWNED  AND OPERATED

[Unsubscribe](#)