
Are You Ready To Move For Grady?

1 message

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NEWSLETTER



MOVE FOR GRADY

Peachy ,

Imagine riding your bike along some of the best cycling routes in the metro area or running on private 8,000-acre property on double-track trails, all to support the Grady Health Foundation. Move For Grady will take place on May 6th at the beautiful Bouckaert Farm to support Grady Health Foundation's mission to ensure that every individual in the metro Atlanta community is guaranteed access to world-class, compassionate health care – regardless of their ability to pay. Big Peach *Running Co.* & Big Peach *Ride + Run* are proud to support the Grady Health Foundation.

Bouckaert Farm's 8,000 acres and adjoining neighborhoods offer picturesque routes for our cycling, running, and walking courses. You can find the perfect challenge, no matter your age or ability level.

After your event, stay at the farm for food, fun, live music, and plenty of activities for kids and adults alike. Invite your family to cheer you on and stay for the finish line celebration. You can register [here](#) for any of the cycling, running, or walking events, including virtual options for all routes.

Sign up to run, ride or walk today through Tuesday, January 31, for 23% off registration fees – which include free parking, breakfast upon arrival, a fantastic Finish Line Celebration with lunch, drinks, and live music, and our official 2023 event t-shirt!

After selecting your activity, enter discount code **EARLYBIRD23%** to access the early bird special! Register for the event [online!](#)

Blog - Altra Torin 6 Review

Our reviewer put the Altra Torin 6 through the paces and explains the design around "Balanced Running" as well as the different fits in Altra's lineup. While the Altra Torin 6 is an everyday trainer, is it one you should try the next time you're in need of a new shoe? [Read more](#) to find out what our reviewer had to say or click the thumbnail for a video review!



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, February 6th 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](#).

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.

Ladies Night

Cumming - Thursday, February 9th 7:00 pm

Ladies, you are invited for a fun evening at our Cumming location! The fun starts with a yoga session. We'll also have our friends from Hoka and Handful Activewear with some treats, swag, and raffles! Please RSVP [here](#).

FEATURED RACES

Walter Raider Chase

February 11th - Marietta, GA

Runners, walkers, come one, come all! Come support the Walton Cinder Club for Track and Field and Cross Country. Enjoy a Olympic style track finish and age group prizes! Register [online](#).



Lustgarten Pancreatic Cancer Research Run/Walk

March 26th - Atlanta, GA

The Lustgarten Foundation's Walk for Research is your chance to join thousands of others whose lives have been touched by pancreatic cancer. The event takes place at the Porsche Experience Center. Register [online](#).



PACKET PICK-UPS

Stampede In The Park

Suwanee - February 1st, 5 pm - 7 pm

RACE PARTNERSHIPS

- 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](#)

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