
Let's Hit The Trail!

1 message

Mon, Feb 6, 2023 at 8:05 PM



NEWSLETTER



Peachy ,

If you're looking for something different, a change of pace, and maybe even a little bit of a challenge, then we encourage you to try running on trails. You may not know it, but you

may live with near great trails less than 30 minutes from your house. There's no need to drive up to the North Georgia Mountains to experience the thrill of trail running.

Trails are a great opportunity to work out different muscles that get little work on smooth asphalt. Trail running allows you to slow down and take it easy (and yes, it's okay to walk/hike). You have to slow down your pace on the trails and they're perfect for those slow and easy runs. On most trails, you don't even need a dedicated trail shoe, your everyday trainer should work well (they may get a little dirty especially after some rain). If you enjoy running trails and would like to get a dedicated trail shoe, we can help as we carry a variety of options to fit your feet.

If you like a challenge and are feeling competitive, check out the [Dirty Spokes Trail Run Series](#). They offer two distances at every race that are in that 5k - 10k range depending on the location and course. Trail races are less crowded and more relaxed which means you should feel less intimidated. For more information, check out this [Intro To Trail Running podcast](#) or this [article](#) with some great recommendations for local trails around the Atlanta area.

Ep. 141 - The Big Peach *Ride + Run* Podcast with Guest Vanessa Faye Foerster

This week we're joined by Vanessa Faye Foerster. She quit her job as a CPA, moved out west, and launched a new career as a Life & Mental Endurance Coach and unlocked her potential as an athlete. She shares what she learned so you can do the same. She even challenged "D2" as he prepares for his athletic goals this year!



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 13th 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](#).

Ladies Night

Cumming - Thursday, February 9th 7:00 pm

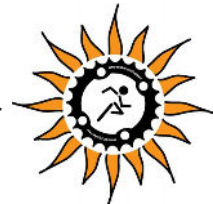
Ladies, you are invited for a fun evening at our Cumming location! The fun starts with a yoga session. We'll also have our friends from Hoka and Handful Activewear with some treats, swag, and raffles! Please RSVP [here](#).

FEATURED RACES

Dirty Spokes-Charleston Park

March 4th - Cumming, GA

Race #3 of the Dirty Spokes Trail Run Series is at Heritage Park with your choice of 6.2 miles or 24.3 miles. Receive a FREE entry with a purchase of trail shoes! Register [online](#).



PACKET PICK-UPS

Galentine's Day 5k

[Midtown](#) - February 10th, 11 am - 7 pm

Walton Raider Chase

[Marietta](#) - February 10th, 4 pm - 7 pm

Sweetheart Sprint

[Suwanee](#) - February 10th, 5 pm - 7 pm

RACE PARTNERSHIPS

- 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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