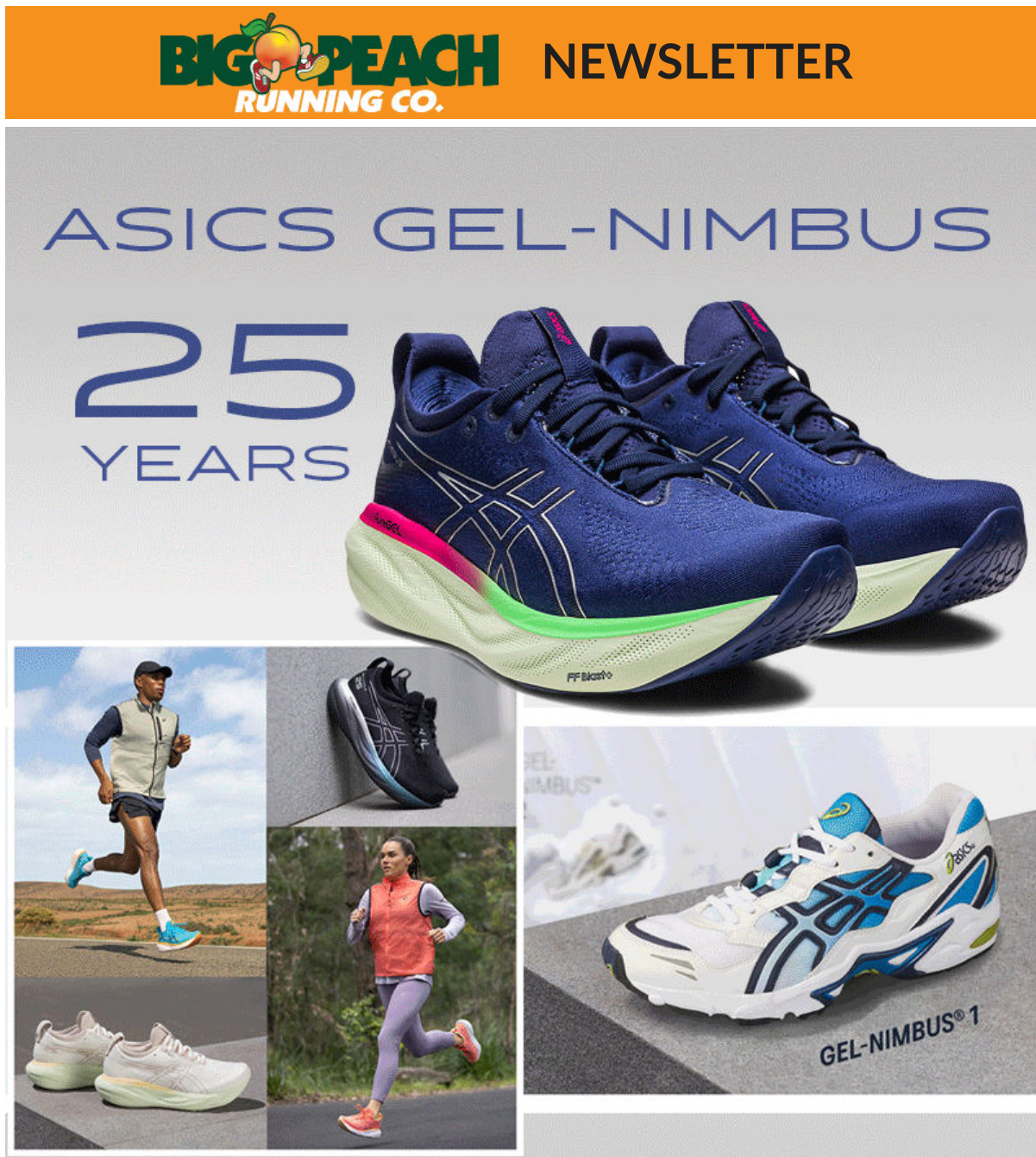

Celebrate A Legend!

1 message

Mon, Feb 13, 2023 at 8:02 PM



Peachy ,

A long time favorite, the Asics Gel-Nimbus 25 celebrates an anniversary that is dear to our hearts. Asics was the first brand we started carrying when we first opened our doors

almost 20 years ago. For many, you may even recognize a few of those models above and even feel a little nostalgic.

We feel this latest version is the best version yet! It retains its soft feel for those long runs and overall comfort with a lightweight FF BLAST™ PLUS ECO midsole that provides an even more cushioned ride. The new PureGEL™ technology improves shock absorption for softer landings and smoother transitions. The upper has also been improved for a more adaptive fit. You really need to visit one of our 9 locations and try it on for yourself!

SHOP NOW!

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 20th 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](#).

Run Free Cross Country Camp

Berry College - Rome, GA - June 26th-30th

Middle School and High School athletes, come join this fun-filled, epic week on the beautiful campus of Berry College! Workshops on form, race strategy, goals, nutrition, and more. There will be adventure challenges, local outings, and some really cool time with an elite coaching staff! Early bird pricing expires on February 14th. First 20 to register receive a pair of Brooks Launch running shoes. [Register now!](#)

FEATURED RACES

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](#).



Move For Grady

May 6th - Bouckaert Farm, Chattahoochee Hills

This event is a fundraiser for the Grady Health Foundation that supports Grady's Frontline Heroes. Cyclists have the option of 10, 25, 50, 65 & 100 miles routes along some of the best places to ride a bike around Atlanta. The trail races take place on private property with plenty of wide-open spaces. Both courses are relatively flat and on easy trails. Perfect for beginners. This is an all-day family event with plenty of post-race activities. Whether you run, walk, or bike, you don't want to miss this event!

Register [online](#).



PACKET PICK-UPS

Suwanee Half Marathon & 5k

[Suwanee](#) - February 19th, 5 pm - 7 pm

RACE PARTNERSHIPS

- February 19: [Suwanee Half Marathon & Old Town 5k](#)
- February 25: [Love Run 5k](#)
- March 4: [Max Stop The Hazing / Fly High 5k](#)
- March 11: [East Cobb Classic 5k & Fun Run](#)
- March 11: [Running of the Leprechauns](#)
- March 11: [Atlanta St. Patrick's Parade 5k Run/Walk](#)
- March 12: [Run for Ronald 5k](#)
- March 18: [Shamrock Shuffle 5k](#)
- March 25: [Water Drop Dash 5k](#)

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