
Is It Spring Yet?

1 message

Mon, Mar 6, 2023 at 8:09 PM



NEWSLETTER



Peachy,

It's certainly been feeling like Spring but we're still a few weeks away. The official start of Spring is on March 20th but we do spring our clocks forward on March 12th, which is fast approaching! Meteorologist still predict some cold weather in the near future so don't put away those long sleeves and running tights away.

In the meantime, check out some of the great events, clinics, group runs, and informational sessions below to get you ready for Spring.

Ep. 143 - The Big Peach *Ride + Run* Podcast with Guest Jay Stephenson & Mikayla Newman

The Big Peach Ride + Run Podcast is hosted by Big Peach Running Co. Director of Marketing, Dave “D2” Martinez. This week Jay Stephenson is back and he brings a friend, Mikayla Newman. They discuss training and nutrition while debunking some myths and providing some great advice.



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 - Mondays, Noon

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](#).

Mizuno Demo Run

Marietta - Tuesday, March 7th 6:30 pm

Come on out to our East Cobb location for our weekly group run this week and try out the Mizuno Wave Inspire 19. If you need a shoe with some stability, make sure

to arrive early and get the right size and then head out with the group and see if this model works for you.

Beginners Run Group Info Session **Cumming - Tuesday, March 7th 7:00 pm**

Are you new to running? Would you like a training program specifically for beginners? Then you're in luck! Our Cumming location is hosting an info session on their 12-week program that includes 2 group runs per week, in-store clinics, discounts, and a free race entry! Stop by on Tuesday, March 7th at 7 pm to learn more. This program starts on March 11th.

Puma Demo Run **Kennesaw - Tuesday, March 14th 6:30 pm**

Come join our Kennesaw team for the first evening run of the year in daylight! Our friends from Puma will be available with demo shoes for you to try on. The fun ramps up with a scavenger hunt with cool prizes followed by post-run refreshments!

Self Defense For Runners **Marietta - Saturday, March 18th - Noon**

Join us at our East Cobb location where instructors from [Precision Krav Maga](#) will teach simple and effective ways to fight back against an attacker who tries to harm or abduct you during a run. Don't be a victim, learn how to defend yourself and go home safely. 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

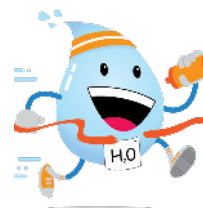
Shamrock 5k & Fun Run **March 12th - Cumming, GA**

Join us for the inaugural Shamrock 5k & Fun Run. Break out your green attire and join us at the Cumming City Center for what is sure to be a fun and festive event. Everyone is welcome to run/walk! Register [online](#).



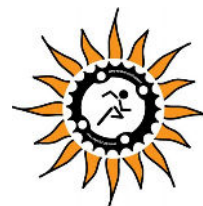
Water Drop Dash **March 25th - Roswell, GA**

The 11th Annual Water Drop Dash 5k is a fast and flat course along the banks of the beautiful Chattahoochee River in Roswell, Georgia! Register [online](#).



Dirty Spokes - Iron Hill March 4th - Cartersville, GA

Race #4 of the Dirty Spokes Trail Run Series is at Red Top Mountain with your choice of 7.5 miles or 3.8 miles. Receive a FREE entry with a purchase of trail shoes! Register [online](#).



PACKET PICK-UPS

East Cobb Classic 5k & Fun Run

[Marietta](#) - March 9th, 10 am - 2 pm

Running of the Leprechauns

[Marietta](#) - March 10th, 1 pm - 6 pm

Atlanta St. Patrick's Parade 5k

[Midtown](#) - March 10th, 11 am - 1 pm

Atlanta St. Patrick's Parade 5k

[Midtown](#) - March 10th, 4 pm - 8 pm

RACE PARTNERSHIPS

- 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 18: [Kappa Delta Shamrock Shuffle 5k](#)
- March 18: [Chamblee Bulldog Dash](#)
- March 18: [Kiwanis Shamrock 5k](#)
- March 18: [Race For Refuge 5k](#)
- March 19: [Ripple Run](#)
- March 25: [Water Drop Dash 5k](#)
- March 25: [Care For Cops 5k](#)

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