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1 message

Mon, Mar 13, 2023 at 8:38 PM

NEWSLETTER



Peachy,

Whether you like listening to your favorite music or podcast (maybe even the Big Peach *Ride + Run* Podcast), Shokz are great due to being lightweight and they're open-ear which means you can still be aware of your surroundings. Their best-in-class bone conduction technology delivers audio through your cheekbone while still maintaining premium sound quality in a lightweight and comfortable form factor. This week you can save up to \$30 on OpenRun Pro, OpenRun, OpenMove, or OpenSwim. This offer is available through March 19th. Visit any of our locations to experience them for your self or shop online.

SHOP NOW!

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

"How to Hate Running Less" is 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](#).

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!

Run Safety Event

Brookhaven - Thursday, March 16th - 6:30 pm

Join us for our regular Thursday night run with our friends from Brooks!

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. RSVP [here](#).



Walk MS

Brookhaven - Wednesday, March 22nd -6 pm

Join us and Walk MS for some fun time together, exercise, & stretching tips by expert PTs at Northside Hospital. Plus an exclusive shopping experience for all your walking and exercise needs.

Pelvic Health Runner's Clinic

Cumming - Thursday, March 30th -7 pm

Join us to learn about pelvic floor dysfunction and how to improve your athletic performance with Dr. Stephanie Hope with [Apex Wellness Providers](#). [Register now!](#)

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! [Register now!](#)

FEATURED RACES

Ripple Run 5k

March 19th - Brookhaven, GA

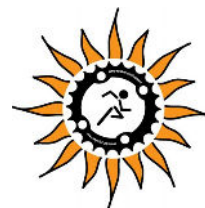
Join us in lovely Blackburn Park in Brookhaven for a Sunday morning 5K that starts at 9:30am and is a Peachtree qualifier! The race benefits Pebble Tossers, an organization that empowers and equips youth to lead through service. Register [online](#).



Dirty Spokes - Road Atlanta

April 1st - Braselton, GA

Race #5 of the Dirty Spokes Trail Run Series is at Road Atlanta in Braselton with your choice of 9.10 miles or 4.55 miles. Receive a FREE entry with a purchase of trail shoes! 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](#).



Chick-Fil-A Big Peach Half Marathon & Duck Dash 5k

May 13th - Cartersville, GA

This Half-Marathon/5K tandem promises to deliver a first-class running environment that you and your friends will want to be a part of. The 2nd annual running of the Half-Marathon will be combined with the 18th running of the legendary "Duck Dash 5K," with proceeds from BOTH races going to benefit [Advocates for Children](#)! Register [here](#).



PACKET PICK-UPS

Chamblee Bulldog Dash

[Brookhaven](#) - March 16th, 3 pm - 7 pm

Race For Refuge 5k

[Midtown](#) - March 16th, 3 pm - 7 pm

Kiwanis Shamrock 5k

[Suwanee](#) - March 17th, 4 pm - 7 pm

Ripple Run

[Brookhaven](#) - March 18th, 1 pm - 3 pm

Shamrock Shuffle 5k

[Kennesaw](#) - March 16th, 10 am - 1 pm

Kappa Delta Shamrock Shuffle 5k

[Kennesaw](#) - March 17th, 12 pm - 6 pm

Ripple Run

[Marietta](#) - March 18th, 10 am - 12 pm

RACE PARTNERSHIPS

- 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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