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## Spring In Our Step!

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Mon, Mar 20, 2023 at 8:16 PM



## NEWSLETTER



Peachy,

Today officially marks the start of Spring and we're here for it! Let's hope the last of the cold weather is behind us and warmer days ahead. With the time change last week, the start of Spring, and increasing daylight hours, we'll start to enjoy the outdoors a bit more. That may mean doing a race or two, enjoying a relaxing walk through the neighborhood, or dusting off the bike and taking a spin around the block. Whatever you enjoy, our locations are here to help. Stop by and check out some of the newer shoe models or if you're looking for a new two wheel steed, we can help you enjoy this Spring weather.

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**Ep. 144 - The Big Peach *Ride + Run* Podcast with Guest Rebecca Serna**

The Big Peach Ride + Run Podcast is hosted by Big Peach Running Co. Director of Marketing, Dave “D2” Martinez. This week Rebecca Serna with [Propel ATL](#) joins us to discuss their mission to make Atlanta's streets safe, inclusive, and thriving spaces for people to ride, walk, and roll. 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](#).

### 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!](#)

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## FEATURED RACES

### Water Drop Dash

**March 25th - Roswell, GA**

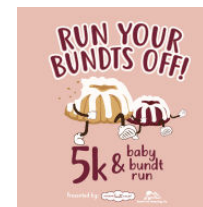
Join us for a flat, fast and scenic Peachtree Qualifier that follows the Chattahoochee River on a course that starts and finishes at the Chattahoochee Nature Center, Atlanta's "Nature Destination" with 127 acres of forest, wetland and river habitat. Register [online](#).



### Run Your Bundts Off

**April 16th - Cumming, GA**

Come and join our friends at North GA Running Co. and the official sponsor, [Nothing Bundt Cakes](#) for the 6th annual **Run Your Bundts Off 5k & Baby Bundt Run!** Register [online](#).



### Hotlanta Half Marathon, Relay, & 5k

**June 11th - Atlanta, GA**

Experience the unique HOTLANTA Half Marathon Course spotlighting some of Atlanta's most iconic locations. Conquer the hills and embrace the warmer temps of early June to earn your Finisher Medal.



Celebrate your success at the post-race party in beautiful Pemberton Place. Enjoy music, refreshments, vendors, and more. Register before the price increase on March 28th. Register [online](#).

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## PACKET PICK-UPS

### The Daffodil Dash

[Brookhaven](#) - March 24th, 12 pm - 2 pm

### Water Drop Dash

[Marietta](#) - March 24th, 11 am - 6 pm

### Care For Cops

[Suwanee](#) - March 24th, 12 pm - 2 pm

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## RACE PARTNERSHIPS

- March 25: [Water Drop Dash 5k](#)

- March 25: [Care For Cops 5k](#)
- March 26: [The Daffodil Dash](#)

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