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## An Update From Mike!

1 message

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Mon, Mar 27, 2023 at 8:05 PM



Peachy,

Greetings, Friends!

As D2 continues to provide me with the good fortune of penning a Quarterly Update, the faster it seems each Quarter cruises right by! Wow. Even so, I'm sure I'm not the only

person who is happy to be on the front side of Spring and into full swing with Daylight Savings... After all, I'm one of "those guys." More specifically, I'm still that person who can go for his run or walk, while the pollen is .05" thick on anything that is outdoors and the azaleas, dogwoods and native crabapple trees are in full bloom. Look, Mom, no allergies! [Read more for the latest update...](#)

## Altra VIA Olympus Review

At the end of last year Altra released the VIA Olympus, a Max Cushion running shoe. Our reviewer took it for some long runs and shares his insights. Who's is this shoe for and who might be interested in this type of shoe? You'll have to [read the blog post](#) (or [watch the video](#)) to find out.



## 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	

## Brookhaven Group Ride

**Wednesdays, 6:00 pm**

Join us every Wednesday night for a group ride around the Brookhaven area. The ride will be led by members of our team and the Brookhaven Bicycle Alliance. The rides are

open to all abilities with 13-mile & 20-mile routes. With warmer temps and longer days, it's a perfect time to enjoy a ride outside! Course details are available [here](#).

## ASICS Demo Runs

[Marietta](#) - March 28th: We'll have the ASICS Gel-Nimbus 25 for you to try out.

[Midtown](#) - April 4th: Come try out the ASICS Gel-Nimbus 25 or Novablast 3.

[Brookhaven](#) - April 6th ASICS demo shoes available.

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## 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](#).

### 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!](#)

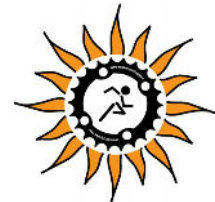
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## FEATURED RACES

### 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](#).



## 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](#).



## 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](#).

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## RACE PARTNERSHIPS

- April 8: [Run Like Hell 5k](#)
- April 22: [Beat The Street 5k](#)
- April 22: [Kings Court Chapel 5k](#)
- April 23: [South River 15k](#)
- April 29: [Girls On The Run 5k](#)
- April 29: [Spring Chicken 5k](#)

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SHOP ONLINE:



800 Peachtree St., Ste. B & C  
Atlanta, GA 30308  
Tel: 404.602.9903

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