

Free Online Training!

1 message

Mon, Apr 3, 2023 at 8:03 PM



Peachy,

Are you interested in taking your performance to the next level? Big Peach Running Co. has partnered with [RunFree Training](#) to offer you 5 FREE e-Courses when you buy any pair of running shoes. This offer is valid through the month of April with the free 5 online courses available through May 31st. Shop any Big Peach Running Co. location and we'll provide you with a postcard with the free code to register for this limited time offer.

Ep. 145 - The Big Peach Ride + Run Podcast with Guest Carly Harrison

The Big Peach Ride + Run Podcast is hosted by Big Peach Running Co. Director of Marketing, Dave "D2" Martinez. This week Carly Harrison joins us to share her story of being struck by a vehicle while running and what you can do to avoid this from happening to you. 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	
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 Run

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

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

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](#).

Run Your Way Panel

Midtown - April 13th, 6:30 pm

Join us and New Balance for our "Run Your Way" panel at our [Big Peach Ride + Run Midtown location](#). We will have an evening of stories from a variety of local runners, who will share their running journeys, and ultimately guide all those who attend to "Run Your Way". If you are looking for some motivation, this is the event to attend! Light refreshments and beverages will be provided. RSVP [here](#).

Run
your
way.



Run Free Cross Country Camp

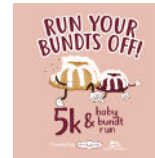
Berry College - Rome, GA - June 26th - 30th

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

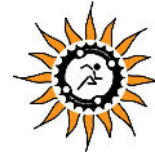
Run Your Bundts Off April 16th - Cumming, GA

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](#).



Dirty Spokes - Allatoona Creek Park April 30th - Acworth, GA

Race #6 of the Dirty Spokes Trail Run Series is at Allatoona Creek Park in Braselton with your choice of 8.55 miles or 4.2 miles. Receive a FREE entry with a purchase of trail shoes! Register [online](#).



Kettle Crush May 20th - Marietta, GA

This 9th annual event is a fundraiser for the Salvation Army Women's Auxiliary that supports The Salvation Army's programs and services. Register [online](#).



PACKET PICK-UPS

Run Like Hell 5k

[Decatur](#) - April 7th, 12 pm - 6 pm

Monkey Wrench 5k

[Suwanee](#) - April 7th, 11:30 pm - 1 pm

RACE PARTNERSHIPS

- April 8: [Run Like Hell 5k](#)
- April 8: [Monkey Wrench 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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LOCALLY OWNED  AND OPERATED

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