

I Want To Ride My Bicycle! 🚲 🎵

1 message

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Enjoy The Ride!



Bicycle, bicycle, bicycle
I want to ride my bicycle, bicycle, bicycle
I want to ride my bicycle
I want to ride my bike
I want to ride my bicycle
I want to ride it where I like
- Queen

Peachy,

The weather has been enjoyable and it's typically when we dust off the bike and start enjoying the outdoors on two wheels. I'm always reminded of the Queen song, "Bicycle Race" as it reminds me of the joy of being on the bike, leaving everything behind and even feeling like a kid again. Whether you're new to cycling, getting back into it, or an avid cyclist our Big Peach Ride + Run locations can guide you to all things bike. We even have a weekly ride from our [Brookhaven location](#) (details below) that I thoroughly enjoyed last week along with a group of 15-20 other cyclists. I also recorded a podcast for those considering a new bike but unsure how to [shop](#) for one or want a better understanding of what to expect when shopping for a bike. Checkout the podcast link below. I've got a more in-depth blog post coming soon!

If you've been itching to get out for a nice ride, I'd recommend you join me at the [Move For Grady](#) event on May 6th. It's one of the best events and you can also bring the whole family. With a 5k & 10k off road running race, a kids race, multiple ride distances, activities, food, and live music, it's a full day of fun where you can also get in a nice workout. Spring is here so get out and enjoy it. I'm going to enjoy riding my bike with this Queen song playing in my head and leaving all my worries behind. "I want to ride my bicycle, I want to ride it where I like ... 🎵"
- Dave "D2"

Free Online Training!

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: Buying A Bike

The Big Peach *Ride + Run* Podcast is hosted by Big Peach Running Co. Director of Marketing, Dave "D2" Martinez. With the warmer weather more people will enjoy the outdoors and even consider purchasing a new bike. This week "D2" goes over what you should think about when buying a bike. 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	8:00 am
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	

Demo Runs

[Alpharetta](#) - April 19th: Join us at [Jekyll Brewery](#) with On Running and try out the new Cloudsurfer.

[Marietta](#) - April 20th: Brooks is back with more fun! Join us at [Schoolhouse Brewing](#) (Marietta Campus) for a scavenger run!

[Alpharetta](#) - April 23: [StretchLab from Johns Creek](#) will join us this evening with a complimentary Full Body Stretch

[Kennesaw](#) - April 25: Join us at [Horned Owl Brewing](#) for a On Cloudsurfer demo run.

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](#).

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](#).

Kennesaw Grand Prix Series Kick Off Party Kennesaw, Georgia - April 20th, 4 pm - 8 pm

The Kennesaw Grand Prix Series is back and we're proud to return as a sponsor! There are 4 races in the series with the first one on May 13th. Join us at the Adams Park Recreation Center (2600 Park Drive, Kennesaw, GA 30144) this Thursday for the kick off party. For more information on the series and races, check out the [website](#).

RunSource Fast Bananas Marietta - April 22nd, Noon

Dr. Kate Edwards from [Precision Performance PT](#) will be here to talk about RunSource, an online video library for *runners*, built by *running experts*. RunSource integrates the physical, mental and emotional aspects of running and includes runner-specific instruction for yoga, strength training, meditation and, yes, footwear selection (from the experts at Big Peach, of course!). It's an interactive community where you can consult with the experts any time you want! RSVP [here](#).

The Best Diet For Runners: Intermittent fasting? Keto? Vegan?

Marietta - April 29th, Noon

If you are confused about figuring out what the best diet is for runners, you're not alone. There are so many diets out there, each with a different view on the best way to fuel your body. We will talk through some of the most common questions about diets for runners, and what you can do in your day to day life to feel your best on your next run. RSVP [here](#).

Presented by Certified Sports Dietician, [Lauren Cicinelli](#) from Northside Hospital.

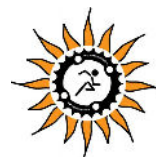
Run Free Cross Country Camp Berry College - Rome, GA - June 26th - 30th

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

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](#).



The Plus Strut 5k Run/Walk May 6th - Atlanta, GA

The Plus Strut™ is the first ever 5K run / walk for plus size women, in North America. This event was created to encourage and embrace a demographic of women, that are seldom seen doing activities of this type. Register [online](#).



Cookie Crusher Half Marathon/5k/Fun Run May 7th - Cumming, GA

North GA Running Co presents the 2nd Annual Cookie Crusher Half Marathon, 5k & Fun Run! Crush the course and enjoy a sweet reward at the end. 100% of donations made go toward Shepherd Center Atlanta and their renowned program that helps American military veterans who have sustained mild to moderate Traumatic Brain Injury & Post-Traumatic Stress Disorder during post-9/11 service. Register [online](#).







PACKET PICK-UPS


Beat The Street 5k


South River 15k

RACE PARTNERSHIPS

- April 22: [Beat The Street 5k](#)
- April 23: [South River 15k](#)
- April 29: [Girls On The Run 5k](#)
- April 29: [Spring Chicken 5k](#)
- April 29: [Ready To Run 5k](#)


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