

The Heat Is On! 🌞🔥

1 message

Mon, Apr 24, 2023 at 8:02 PM



The Heat Is On!



Peachy,

It's heating up in the ATL and so is the [Hotlanta Half Marathon](#) course! Prices are about to increase after April 28th so don't delay. This is considered a destination race with many coming from across the country and overseas! As a way to help prepare those that have already registered train or those not sure what to expect on the course, "D2", our Marketing Director previewed the course by bike and points out the hills you need to be prepared for, the areas where you can recover, and even make up some time. Anyone who lives and runs in Atlanta knows that you can't escape the hills but with the proper training, this course can be fun, especially if you know what to expect. Check out [the video](#) as "D2" gives you a tour of the city and shows you the course map, and the elevation profile to make sure you have a memorable race day with a fantastic finish line celebration along with our friends from New Balance.

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

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

[Alpharetta](#) - May 3rd : [Precision Fuel & Performance](#) will join us this evening to talk about their sweat tests, how to fuel, & hydrate for your best performance.

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](#).

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

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](#).



Fit City 5k

May 13th - Kennesaw, GA

The Fit City 5K is the opening race of the 2023 Kennesaw Grand Prix Series. How about setting a goal to run your first 5K? Or if you are a runner, how about setting your PR on an amazing, fast and flat course inside the city limits of Kennesaw? [Register now](#) and bring your family out for a fun-filled active morning in Kennesaw!



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 April 28th. Register [online](#).

PACKET PICK-UPS

Girls On The Run 5k

[Marietta](#) - April 27th, 10 am - 7 pm

Spring Chicken 5k

[Kennesaw](#) - April 27th, 3:30 pm - 7:30 pm

Ready To Run 5k

[Marietta](#) - April 27th, 4 pm - 8 pm

Move For Grady

[Decatur](#) - April 29th, 10 am - 6 pm

Move For Grady

[Brookhaven](#) - April 30th, 12 pm - 5 pm

Move For Grady

[Midtown](#) - May 1st, 10 am - 7 pm

RACE PARTNERSHIPS

- April 29: [Girls On The Run 5k](#)
- April 29: [Spring Chicken 5k](#)
- April 29: [Ready To Run 5k](#)
- **May 5:** [Max's Moon Run 5k](#)
- May 6: [Move For Grady](#)
- May 6: [Tacos and Tequila 5k](#)
- May 6: [Crimson Run/Walk 5k](#)
- May 6: [Mustang Trot 5k & Fun Run](#)
- May 6: [Crabapple Derby Dash](#)
- May 7: [Cookie Crusher Half Marathon & 5k](#)

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SHOP ONLINE:



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

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