

Don't Forget Mom!

1 message

Mon, May 8, 2023 at 8:05 PM



NEWSLETTER

Mother's Day Gift Ideas!



BROOKS
DISTANCE 2.0 SHIRT

SHOP NOW!



BIG PEACH
4" RUNNING SHORTS

SHOP NOW!



GARMIN
FORERUNNER 265

SHOP NOW!



SHOP NOW!

Peachy,

Mother's Day is fast approaching and you don't want to be "that person" shopping for cards & flowers at the convenience store the night before. We've got a great selection of ideas in our stores and [online!](#) Mother Runners love new running apparel and we've got a great selection from [Brooks Running](#). We also have our own [Big Peach/RUNATL collection](#) to choose from as well as several [electronic offerings including GPS watches](#). Always a fantastic option is one of our [Big Peach Running Co. Gift Cards](#) that are perfect for all occasions.

Regardless of what you choose, make sure to treat Mom on her special day!

Free Online Resource

During the month of May, you'll receive a code with a purchase of shoes that will give you a month of free access to a [video library](#) with all the tools you'll need to remain healthy, improve your performance, and enjoy running even more!

Fast Bananas is also hosting a trail race at Serenbe in November. [Click](#) to learn more.

Ep. 147 - The Big Peach Ride + Run Podcast: What Is Gravel Cycling?

The Big Peach Ride + Run Podcast is hosted by Big Peach Running Co. Director of Marketing, Dave "D2" Martinez. This week we dive into Gravel Cycling, its history, and why it's become so popular within the last few years. "D2" also shares his first gravel race experience and why you should consider this new adventure. 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.



SHOE DEALS!

SHOP ONLINE

Sale shoes are also available in stores.

**Selection varies by location*

	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

Marietta- May 9th: Join our East Cobb location for a 90's theme group run with Pit Viper sunglasses and wear a demo pair on your run! Dress in your best 90s gear for a chance to win a free pair of Pit Vipers. We'll have food, drink, schwag, and so much fun!

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](#).

Bike Maintenance Basics Class Midtown - May 17th, 6 pm

Join us at our [Midtown Ride + Run location](#) for a FREE 30-40 minute class as part of [Midtown Alliance Bike To Work Week!](#) Learn how to keep your bike in peak condition, change a tire, perform basic troubleshooting, dispel common misconceptions, and more. Followed by a Q&A session and 1-on-1 consulting with the host (come with questions!). Please [RSVP](#).

Prepping For Peachtree: Tackling Tendon Pain Marietta - May 20th, 11:00 am

Join us at our East Cobb location to discuss common tendon injuries runners deal with and the best way to treat these injuries with Dr. Morgan Kamau, Owner/Physical Therapist at [Tempo Physical Therapy & Performance](#). Specializing in runners and endurance athletes to keep them doing what they love. Dr. Morgan is a former D1 XC/track athlete for UGA where she earned her degree in Exercise and Sport Science. She received her Doctorate in Physical Therapy from Duke University and now also coaches high school XC & track for her alma mater, Roswell High School.

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!](#)

Running Reset Retreat Blue Ridge, GA - July 20th - 23rd

Registration is now open for this long weekend focused on trail running for women. Expect some of the most potent forms of self-care into a long weekend retreat designed to reset your body, mind, and soul.

What's Included

- Lodging
- Meals
- Guided runs and outdoor activities
- 15 miles of trail running over 3 days and a paddle board yoga class
- Mindfulness-based workshops to help you reset your body and mind

[Sign up](#) now or get [more information](#).

FEATURED RACES

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!



PACKET PICK-UPS

Kirkwood Spring Fling 5k

[Decatur](#) - May 11th, 4 pm - 6 pm

Fit City 5k

[Kennesaw](#) - May 11th, 4 pm - 8 pm

Up River Musicfest and 5k

[Kennesaw](#) - May 11th, 4 pm - 6:30 pm

Old 4th Ward 5k

[Midtown](#) - May 12th, 10:30 am - 2 pm

Go Gray For Cure 5k

[Cartersville](#) - May 12th, 4 pm - 7 pm

Go Gray For Cure 5k

[Suwanee](#) - May 12th, 5 pm - 7 pm

Chick-Fil-a/Big Peach Half/5k

[Cartersville](#) - May 12th, 10 am - 6 pm

RACE PARTNERSHIPS

- May 13: [Chick-Fil-A/Big Peach Half Marathon/5k](#)
- May 13: [Go Gray For A Cure](#)
- May 13: [Upriver Music Fest and 5k](#)
- May 13: [Kirkwood Spring Fling 5k](#)
- May 13: [Fit City 5k](#)
- May 20: [Kettle Krush 5k](#)
- May 20: [Brookhaven Bolt](#)
- May 20: [Trot-To-Clot 5k](#)
- May 20: [The Hacker Run 5k & Doggie Dash](#)
- May 29: [4th Annual Memorial Day Classic 5k](#)
- May 29: [Memorial Day 5k/10k/15k](#)

FOLLOW US:



CONTACT US:



SHOP ONLINE:



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LOCALLY OWNED  AND OPERATED

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