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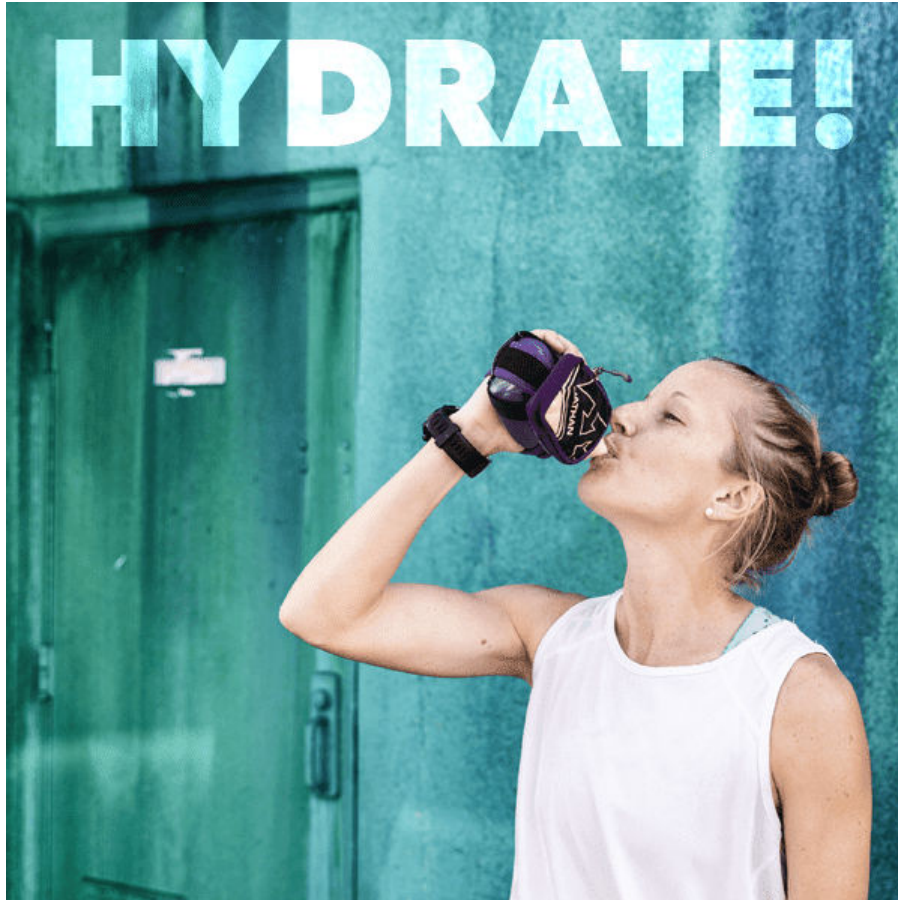
**It's Not The Heat, It's The Humidity!**

1 message

Mon, May 15, 2023 at 8:15 PM




**It's Not The Heat, It's The Humidity!**




Peachy,

Can you feel it in the air? That's right. Humidity has returned and with the increasing temperatures in the next few weeks, it's going to make your runs a bit more challenging, and even simple activities leave you feeling a bit sweaty. Make sure you're taking in enough fluids and the best way to do that is to carry a bottle while you run. Of course, there are other options too. A waist belt or a vest allows you to carry more fluids for those really long runs or hikes. Also, make sure that you're drinking throughout the day too. Water improves recovery and reduces muscle damage as well as other things that benefit your overall health and fitness. Check out the items below to help keep you hydrated and visit our [website](#) or stores for more options.




NATHAN  
SPEEDSHOT  
PLUS

**SHOP NOW!**



NATHAN  
EXOSHOT  
2

**SHOP NOW!**



NATHAN  
VAPORAIR 2  
LITE 4L

**SHOP NOW!**

**MORE HYDRATION**

### 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. 148 - The Big Peach Ride + Run Podcast with Guest Rachael Fenich

The Big Peach Ride + Run Podcast is hosted by Big Peach Running Co. Director of Marketing, Dave "D2" Martinez. We're joined by Rachael Fenich, President of the Georgia Chapter, of the National Multiple Sclerosis Society to talk about MS and how to manage it through medication as well as through exercise and diet. 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	

## 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](#).

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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](#).

### 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!](#)

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## FEATURED RACES

### 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 June 1st. Register [online](#).



### River Run For Hope

June 3rd - Roswell, GA

The competition will be fierce for the 14th Annual River Run for Hope 5K/10K/1Mile. The race takes place on a mostly flat, certified course along the scenic Chattahoochee River with usually mild temperatures of late Spring. Register [online](#).



## Summer Sun Run June 10th - Kennesaw, GA

The Summer Sun Run 5K is the second race of the 2023 Kennesaw Grand Prix Series. It is a fast and flat course inside the city limits of Kennesaw. Register [online](#).



## PACKET PICK-UPS

### Trot To Clot 5k

[Midtown](#) - May 18th, 4 pm - 7 pm

### Trot To Clog 5k

[Kennesaw](#) - May 18th, 4 pm - 7 pm

### Kettle Krush 5k

[Marietta](#) - May 18th, 4 pm - 7 pm

### Kettle Krush 5k

[Marietta](#) - May 19th, 11 am - 2 pm

### Brookhaven Bolt 5k

[Brookhaven](#) - May 19th, 4 pm - 8 pm

### The Hacker Run 5k & Doggie Dash

[Cumming](#) - May 20th, 12 pm - 5 pm

## RACE PARTNERSHIPS

- 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](#)

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