
Remember And Honor

1 message

Mon, May 22, 2023 at 8:04 PM



REMEMBER AND HONOR



Peachy,

Memorial Day is on May 29th and is the unofficial start of Summer but it is a day to remember and honor those that served in the U.S. Military and lost their lives while defending our country and freedom.

We will have regular business hours throughout the weekend but will be open from 10 am - 4 pm to observe this holiday on Monday, May 29th.

Weekend Holiday Sale

Starting on Friday, May 26th through Monday, May 29th, visit your local Big Peach Running Co. location for discounts on closeout items like shoes. Selection varies by location with limited availability on sizes, colors, and models. Closeout deals can also be found on our [online store](#).

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.



The AJC Peachtree Road Race Is Almost Sold Out

The Atlanta Journal-Constitution Peachtree Road Race is the largest 10K in the world. It attracts runners and walkers from around the world. Peachtree is for Everyone! However, this year's race is almost sold out! Secure your spot before it's too late. [Sign up now](#) and make this July 4 one to remember!



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	

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](#).

Orange Theory Fitness with Big Peach East Cobb & Brooks Running

Marietta - Saturday May 27th, 7:15 am - 12:15 pm

Join Heather from Big Peach East Cobb and Kyle from Brooks Running to demo a pair of Brooks Ghost 15 or Brooks Glycerin 20 during your workout at Orange Theory Fitness [East Cobb \(1401 Johnson Ferry Road\)](#).

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

FEATURED RACES

Memorial Day 5k/10k/15k

May 29th - Marietta, GA

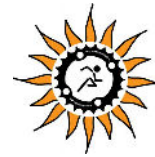
Come join the race and pay tribute to those that have served and continue to serve and protect our country! The race is offering all Active and Retired Military a "Complimentary race (5K, 10K, or 15K)". Register [online](#).



Dirty Spokes - Haw Creek Park

June 10th - Cumming, GA

Race #7 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 the purchase of trail shoes! Register [online](#).



Navigator 5k & Fun Run

June 10th - Alpharetta, GA

Kick off your summer with St. Brendan's NaviGator 5k & Fun Run! Donations and race proceeds will benefit Good Samaritan of Forsyth. Register [online](#).



PACKET PICK-UPS

4th Annual Memorial Day Classic 5k

[Midtown](#) - May 28th, 12 pm - 5 pm

Memorial Day 5k/10k/15k

[Marietta](#) - May 28th, 1 pm - 5 pm

RACE PARTNERSHIPS

- May 29: [4th Annual Memorial Day Classic 5k](#)
- May 29: [Memorial Day 5k/10k/15k](#)
- June 3: [River Run For Hope](#)
- June 3: [Feathers 5k](#)
- June 10: [NaviGator 5k & Fun Run](#)
- June 10: [Summer Fun Run](#)
- June 10: [Run The River 5k/10k](#)
- June 10: [K9 5k](#)
- June 11: [Hotlanta Half Marathon/ Relay & 5k](#)

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