

New RUNATL Shirts!

1 message

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Spring RUNATL Collection!



Peachy,

With temps warming up and the "Peachtree" right around the corner, now is the time to pick up one (or more) of our Spring RUNATL shirts or tanks. These shirts feature the new EcoTech lightweight performance fabric that wicks moisture and is also UPF50+ to protect you from the sun's rays. The shirts are also sourced from environmentally sustainable recycled polyester. We also have new shorts for both men & women. They're available at most locations and [online](#).

SHOP NOW!

Hotlanta Half Marathon News & Notes!

Early Packet Pickup At Arches Brewing
Saturday, June 3rd, 2 pm - 5 pm

Come on out to [Arches Brewing](#) in [Hapeville](#) for early number pick up. Our mobile unit, Big Peach On Wheels will be on site for your race day needs.



Save 10% on New Balance!

Our friends at New Balance are sponsoring the Hotlanta Half Marathon/Relay & 5k and are offering 10% off* on New Balance shoes from May 29th through June 11th! Prepare yourself for a great race in a great pair of New Balance shoes. The offer is available [online](#) and in-store, simply mention this code: **NBHOT10 to receive 10% off your purchase.**

**Can not be combined with any other offers or used on SALE merchandise.*

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. 149 - The Big Peach Ride + Run Podcast with Guest Martinus Evans

The Big Peach Ride + Run Podcast is hosted by Big Peach Running Co. Director of Marketing, Dave "D2" Martinez. We're joined by Martinus Evans, who started running after his doctor called him fat at 300 pounds. He's now inspiring others to take up running. 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				7:00 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](#).

Yoga with Ashley Marietta - Saturday, June 10th - Noon

Join us at our East Cobb location for a free yoga session with Ashley from [PeakZen](#). Reserve your spot [here](#).

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

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](#).



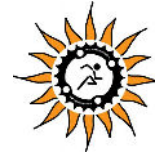
Summer Sun Run June 10th - Kennesaw, GA

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](#).



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](#).



PACKET PICK-UPS

Feathers 5k

[Brookhaven](#) - June 1st, 3:30 pm - 7 pm

River Run For Hope

[Marietta](#) - June 2nd, 11 am - 7 pm

Bartow Co. Lions Club Roar Run

[Cartersville](#) - June 2nd, 10 am - 2 pm

RACE PARTNERSHIPS

- June 3: [River Run For Hope](#)
- June 3: [Feathers 5k](#)
- June 3: [Bartow County Lions Club Roar Run](#)
- 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](#)
- June 17: [Possum Trot 10k](#)
- June 18: [Run 4 Dad 5k](#)
- June 25: [Race To Cure All Colors 5k](#)

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SHOP ONLINE:



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LOCALLY OWNED  AND OPERATED

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