
Celebrate 25!

1 message

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Peachy,

Asics is celebrating 25 years of the Gel-Cumulus and it's the best version yet! Past Cumulus lovers will love this version even more and everyone else should stop by one of our locations and try them on for yourself to appreciate the 25 years of innovations and improvement in this new version. Using Asics full-length FF Blast™ Plus in the midsole while adding 2mm of height, it has the most underfoot cushioning to date. The upper is also made up of 90% polyester from recycled materials for a more environmentally friendly product. If you like a soft and plush shoe to make those miles easier on your feet, you should try out the Asics Gel-Cumulus 25 today.



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](#).

Girls Night Out

Marietta - June 22nd: 5:00 - 7:30 pm

Grab a friend and join us for a fun-filled Girls' Night Out at Big Peach in East Cobb/Marietta.

- Jessica Reale, PT with [Southern Pelvic Health](#)
- Jacynta with [Sparkle Wellness](#)
- Yoga with [Dr. Kelly Marcuzzi](#)
- [Alpharetta Women's Half Marathon](#)
- Mini Facials with [Oyme](#)
- Massages by [The Now Massage of Roswell](#)
- Run Bra Fittings with [Brooks Running](#)
- Charcuterie from our neighbors at [Cleaver & Cork](#)
- Wine from [Oak St. Bottle Shop](#)
- Raffles and one-night-only specials!

Please RSVP [here](#).

Mental Health Awareness Event

Marietta - Saturday, June 24th: 12 pm - 2 pm

Stop by and meet mental health counselors Lydia and Tai from [Amy Dickinson Integrative Counseling](#), who specialize in Trauma, LGBTQ, and other presenting

concerns. Lydia and Tai will be sharing information about mental health, warning signs, and the new 988 number for mental health crisis. Marnie the therapy dog will be present, and they will be making stress balls for your take home use.

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!](#)

National Play Outside Day!

Cumming - July 1st: 8 am

Come out and celebrate National Play Outside Day with us and our friends from On Running. The run is open to all abilities including walkers, dogs, and strollers. We'll have the On Running Cloudsurfer for you to try out. We'll also have some post run breakfast and drinks.

Peachtree Shakeout Run

Kennesaw - July 2nd: 8am

Join us and Puma Elite Runner [Annie Frisbie](#) for a 2-mile shakeout run at 8 am. After the run, we'll have a Q&A session, post-run food, and refreshments. We'll also have some giveaways from Puma and the Puma Deviate 2 to demo. We'll be meeting at [Aviation Park](#) and introducing Annie at 7:45 am. The run will start at 8 am.

FEATURED RACES

Run, White, & Blue

July 4th - Alpharetta, GA

Start your Independence Day off with a 5k, 10k, or 1k Fun Run! Join us for our Run, White & Blue July 4th race at Halcyon! This is a family-friendly event and all of our events are walker-friendly! Virtual options are also available. Register [online](#).



Fast Bananas Trail Race

November 11th - Serenbe, GA

Please join us for fun, banana-gins, nature, community and trails. The race distances will be 5k & 10k on trails. This year we will also have a 1-mile fun run for kids (ages 5-12). Register [online](#).



PACKET PICK-UPS

Race to Cure All Colors 5k

[Midtown](#) - June 24th, 12 pm - 3 pm

RACE PARTNERSHIPS

- June 25: [Race To Cure All Colors 5k](#)
- July 4: [Run, White, & Blue](#)
- July 15: [Run F.A.R. 5k](#)
- July 23: [Hot 2 Trot](#)

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