

GET READY!

1 message

Mon, Jun 26, 2023 at 8:02 PM

**NEWSLETTER****GET READY!**

Peachy,

It's almost time! If you're running on July 4th, this is the week you need to pick up your [race day essentials](#). It's always a great idea to wear something patriotic and we've got plenty of choices in tops, bottoms, & even socks to complete your race-day outfit. While looking good is part of it all, you do need to think about some other race-day essentials to make sure you have an enjoyable morning. Make sure you're properly hydrated and have taken in enough electrolytes. Products like [Salt Stick](#), [Nuun](#), & [Tailwind](#) can ensure you're properly hydrated and reduce the chances of cramping along the course. Many people forget about chafing, so applying [Body Glide](#), [Sport Shield](#), or using [Nip Guard](#) on sensitive areas will keep you protected from irritation and make sure you can enjoy the rest of the day. We also recommend that you have a place to carry some items like keys, ID, cash, phone, and your MARTA card. Depending on how much you need to carry, the Nathan [Mirage Pak](#) or [Zipster](#) can carry what you need and keep your hands free. Stop by any Big Peach Running Co. location and we'll help you get ready for this special running day! You can also visit us at the Peachtree Road Race Health & Fitness Expo for those last-minute needs.

RACE DAY ESSENTIALS**RUNATL****SHOP NOW****SOCKS****SHOP NOW****SHORTS****SHOP NOW****SUNGLASSES****SHOP NOW**



SALT STICK
SHOP NOW



NUUN
SHOP NOW



TAILWIND
SHOP NOW



BODY GLIDE
SHOP NOW



SPORT SHIELD
SHOP NOW



NIP GUARD
SHOP NOW



MIRAGE PAK
SHOP NOW



ZIPSTER
SHOP NOW

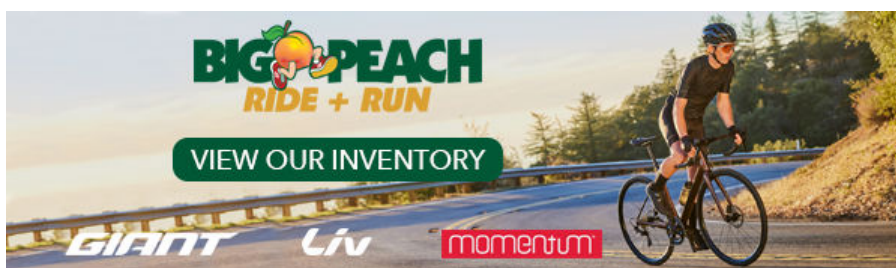
MORE ITEMS!

Peachtree Health & Fitness Expo

July 2nd & 3rd, 10 am - 6 pm

Number pick-up will be at the Georgia World Congress Center in Hall C4.

Visit us at the expo for any last-minute race day needs. Look for our big yellow truck, Big Peach On Wheels!



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
Dacula			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](#).

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

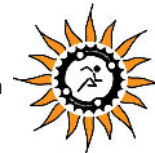
Start your Independence Day off with a 5k, 10k, or 1k Fun Run! Join us for our Run, White & Blue July 4th race at Halcyon! This is a family-friendly event and all of our events are walker-friendly! Virtual options are also available. Register [online](#).



Dirty Spokes Sawnee Mountain

July 8th - Cumming, GA

The final race of the Dirty Spokes Trail Run Series is at Sawnee Mountain Preserve in Cumming with your choice of 4.0 miles or 3.1 miles. Receive a FREE entry with the purchase of trail shoes! Register [online](#).



RACE PARTNERSHIPS

- July 4: [Run, White, & Blue](#)
- July 15: [Run F.A.R. 5k](#)
- July 23: [Hot 2 Trot](#)

FOLLOW US:



CONTACT US:



SHOP ONLINE:



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LOCALLY OWNED AND OPERATED

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