
Happy 4th of July!

1 message

Mon, Jul 3, 2023 at 8:02 PM



Peachy,

Many of you will be getting up early and making the trek down to Lenox Mall for the Atlanta Journal-Constitution Peachtree Road Race and we hope you have a great experience and time after you cross the finish line. Keep in mind that we've had some really hot days and humidity has been the highest so far this year. Make sure you're hydrating along the course and if you need to slow down, it's okay to do so. We want you to enjoy the rest of the day with friends and family at a cookout or watching fireworks later in the day.

HOLIDAY HOURS

July 4th - Closed

Our stores will be closed on Tuesday, July 4th to celebrate our nation's independence. We will resume regular hours on Wednesday, July 5th. Have a safe holiday!



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](#).

BTS Nutrition Consultation

Marietta - July 8th, 9 am - 1 pm

Representatives from [BTS Nutrition](#) will be at Big Peach Running Co. East Cobb/Marietta with information on their coaching and nutrition services. They will be offering free in-body scans with a quick consult. Their team has a ton of experience working with endurance athletes of all backgrounds. Stop by and talk to them about how they can help you reach your nutrition and fitness goals!

FEATURED RACES

Big Peach Sizzler 10k/5k

September 4th - Chamblee/Brookhaven, GA

Experience the Iconic Course – flat and fast, covering the “friendlier” portion of Peachtree Road from Chamblee through Brookhaven to Buckhead. Perfect for your first or fastest 10k or 5k. Stay after the race for the Post Race Biscuits & Beer Party! Register [online](#).



Runningman Festival

October 17th-19th - Kingston, GA

Come for this first-of-a-kind 3-Day running festival featuring 5k, 10k, 13.1, 26.2, & 50k races! Experience running, live music, the world's largest sauna, cold immersion, camping, yoga, and so much more! Register [online](#).



RACE PARTNERSHIPS

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

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