

Running + Live Music + Yoga + Camping = FUN!

1 message

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Peachy,

Big Peach Running Co. is going to Runningman Festival this October 17th-19th! Join us for this first-of-a-kind 3-Day running festival featuring 5k, 10k, 13.1, 26.2, & 50k races! It's more than running races, it's a 3-day festival featuring:

- Sauna, Cold Plunge, Yoga, Breathwork
- The World's Largest Sauna Party with DJs
- World-class speakers and coaches
- 100's of creator & brand activations
- Live art installations from trending artists
- Camping & glamping
- And so much more!

This offer is exclusive to our subscribers, register and use code: **"BP100"** to receive \$100 off registration and a \$100 Big Peach Gift Card! Don't miss out on the experience everyone will be talking about.

[REGISTER NOW!](#)



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](#).

New Balance Demo Run

Midtown - August 1st, 6:30 pm

New Balance will be on-site at our Midtown Group Run with SuperComp Trainer V2 demos to try! This is the update to the fantastic do-it-all SuperComp Trainer, so it's sure to be a joy to run in. Pairs will be limited so be sure to arrive early to secure your size!

Ask A PT

Brookhaven - August 3rd, 6:00 pm

On the first Thursday of each month, we will have our friends from [Adapt Physical Therapy](#) on-site to answer any questions you may have regarding nagging injuries, how you can improve your strength and mobility, and many more! Come with questions and they will have answers!

Asics/Believe In The Run Summer Hydration Tour

Brookhaven - August 10th, 6:00 pm

Asics and [Believe in the Run](#) will be on-site to discuss with runners the importance of hydration, as well as have demos of the new Asics Gel-Kayano 30! Runners will have a chance to take home a custom water bottle and tank/tee, as well as try out products from Skratch Labs and Nix Biosensors for real-time information on sweat rate and composition! RSVP at [this link!](#)

Day of Fun At Big Peach Ride + Run

Brookhaven - August 12th, Starting at 7:30 am

Join us on August 12th at Big Peach Ride + Run Brookhaven as we celebrate all that we love about the Pedestrian Active Lifestyle. We have an action-packed day planned for our guests, so it is something you won't want to miss! We'll have a group run at 7:30 am, a group ride at 8:30 am, a Barre class at 9:00 am, and more! Click [here](#) for all the details.

FEATURED RACES

Button Down Dash**August 5th - Suwanee, GA**

Toss your coat and tie, kick off your wingtips, and race for an active community at the 10th Annual Button Down Dash 5K! This race is part of the Suwanee Running Series. Complete 5 races and receive a complimentary limited edition finisher shirt from the City of Suwanee and Big Peach Running Co. Register [online](#).

**Dog Days 5k****August 5th - Marietta, GA**

The "Dog Days" 5K honors the heat and humidity of summer and over the years, the Rotary Club of East Cobb has donated more than \$600,000 from race proceeds to local and international service projects. All participants will band together to raise money for Rotary charities.

Register [online](#).

**Area 13.1 /10k/5k****August 19th - Roswell, GA**

The Area 13.1 and Terrestrial 5k/10k is an Out of this World Running Event. This is a night race in Roswell on one of the most popular flat and fast courses to run in the state of Georgia - perfect for a PR!

There will be music, food trucks, vendors, and [Gate City Brewing](#) at the FUN after-party in Riverside Park. Register [online](#).

**PACKET PICK-UPS****Covington Century**

[Midtown](#) - July 27th, 11 am - 2 pm

Covington Century

[Brookhaven](#) - July 28th, 11 am - 2 pm

RACE PARTNERSHIPS

- August 5: [First Responder 5k Run/Walk](#)
- August 5: [Button Down Dash](#)
- August 5: [Dog Days 5k](#)
- August 5: [Bulldog Dash 5k](#)
- August 13: [Area 13.1 Half Marathon & 5k](#)
- August 26: [Hot Pursuit Glow Run](#)
- August 26: [Annandale Village Extra Mile 5k](#)

FOLLOW US:

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