

It's Time!

1 message

Mon, Jul 31, 2023 at 8:00 PM



Peachy,

What time is it? If you can believe it, it's time to start thinking about Fall training, especially if you've signed up for a marathon! August is basically here and it's the hottest time of the year so thinking about training for Fall may not be on your radar if staying indoors seems like a better idea than stepping outside. For those of us that signed up for one of the larger Fall marathons, here's a reality check, the Chicago Marathon is in 10 weeks, Marine Corps Marathon is in 13 weeks, and the New York City Marathon is in 14 weeks. Those weeks will fly by if you're not paying attention. So if you haven't started training, start now.

Now is also the time to start thinking about the shoes you're going to train and race in. Now is the time to start looking at your race nutrition/hydration plan. Luckily, we have several events at different locations where you can try out shoes during a run, try out some nutrition, and even talk to a PT about any issues that may be impacting your training. We also have group runs to help motivate you during the summer. Check out the events below or simply stop by any of our locations for help.

Thank You!

We are honored to have been selected as one of "The Best Running Stores" in the country. We wanted to thank you for the nominations you submitted allowing us to be part of this exceptional group of stores. We are grateful for the acknowledgment.

**OFFERS****Brooks Bucks**

Whenever you purchase any pair of shoes at our Big Peach Running Co. locations*, you will receive "Brooks Bucks" which allows you to save \$20 on any Brooks Running apparel (including support tops). Stop by today and take advantage of this promotion.



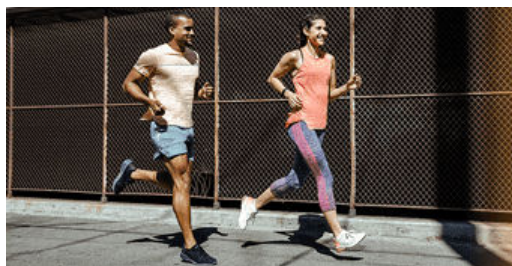
**Offer available at participating Big Peach Running Co. locations while supplies last. Excludes sale items. "Brooks Bucks" can not be redeemed for cash or combined with other offers.*

Runningman Festival

Big Peach Running Co. is going to Runningman Festival this October 17th-19th! 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!](#)





SHOE DEALS!

SHOP ONLINE

Sale shoes are also available in stores.

*Selection varies by location

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!

Posture & Alignment Screening

Marietta - August 5th, 10 am - 2 pm

Posture and alignment are important for runners and walkers to stay healthy and active. Doctors and staff from [Mustard Seed Chiropractic](#) will be at Big Peach Running Co. East Cobb/Marietta to offer complimentary posture scans, neurological neck scans, and chiropractic advice. Stop in between 10 am-2 pm.

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.

XC Kick-off Party!

Marietta - August 12th, 12 pm - 4 pm

It's XC season and Big Peach East Cobb/Marietta and Hoka are throwing a huge kick-off party to celebrate! We'll have giveaways and games (giant Jenga, anyone?) from Hoka and Pit Viper Sunglasses. Kona Ice will be here from 1-3 pm and we'll also be joined by Nathan Sports, Tailwind Endurance Fuel, and Feetures socks, PLUS we'll have Therabody compression boots for trial.

And...there's a dunk tank. That's right, you can dunk friends, family members, teammates, coaches, or maybe even total strangers if you can talk them into it. And, if you need another reason to join the party, we'll have summer apparel specials ranging from 25-50%. Don't be left out!

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! Price increases on August 1st! Register [online](#).



Have A Nice Dazed 3.1 & Confused 1.1

September 30th - Canton, GA

Come together to help celebrate 30 years of Dazed and Confused. The Dazed 3.1 and Confused 1.1 will be the hippest race in Atlanta! Enjoy a screening of the classic film Dazed and Confused. Free food and a post-race 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](#).



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](#)
- August 26: [The Downtown Cartersville 5k](#)

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SHOP ONLINE:



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LOCALLY OWNED  AND OPERATED

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