

A Side Of Pickles Please!

1 message

Mon, Sep 4, 2023 at 8:48 PM



Peachy,

We're talking about Pickleball, the fastest-growing sport! We now carry court shoes that can be used for Pickleball or Tennis. Whether you're new to Pickleball or a seasoned Tennis player, we now carry shoes for this sport at our [Cumming](#), [Kennesaw](#), & [Suwanee](#) locations. You can also [shop online](#) (free shipping on purchases over \$100). Court shoes are designed specifically to provide stability during lateral (side-to-side) movements, so we wouldn't recommend using running shoes for the court.

[SHOP ONLINE!](#)

Ep. 150 - The Big Peach Ride + Run Podcast with Guest Tia Pettygrue

The Big Peach Ride + Run Podcast is hosted by Big Peach Running Co. Director of Marketing, Dave "D2" Martinez. It's marathon season and we're joined by Level 2 RRCA Certified Coach, Tia Pettygrue as she shares what you need to know about marathon training. Listen to the latest episode [here](#).



We invite you to subscribe to [Amazon Music](#), [iTunes](#), [Soundcloud.com](#), [Google Podcasts](#), [Spotify](#), or whatever [RSS](#) Podcast App you choose.

Become A Certified Running Coach

Are you ready to change the game? The Game Changers program aims to bring in more Women of Color as Certified Run Coaches to redefine the experts & leaders in the run industry. This program provides resources and funds so WOC can bring in a wave of change to run leadership and encourages WOC who are ready to boldly change the game to apply. Apply [#linkinbio](#) or find out more [@vcpmitchell](#). Application deadline: September 10, 2023.

Social: IG [@vcpmitchell](#) [#GameChangers](#) and IG post [here](#) for reference.

Website: <https://vcpm.com/game-changers>



APPLY HERE!



SOCIAL RUNS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Alpharetta	6:30 pm		6:30 pm		
Brookhaven		6:30 pm		6:30 pm	
Cartersville				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](#).

Learn How to Crush any Hiking Trail or Trip, Locally or Globally!

Marietta - September 16th, Noon

Founder of [Fit For Trips](#) and local Hiking Strength and Conditioning Coach Marcus Shapiro is speaking on Saturday, September 16, at noon. At the conclusion of the event, attendees will have a greater sense of confidence and excitement around their next hiking adventure, knowing that they can apply the most effective training strategies. Every attendee will receive one 3-level, 12-week Trail Mastery Fitness Program.

FEATURED RACES

Team Maggie's Dream 5k/10k

September 16th - Roswell, GA

Support young adults with cancer and help "Keep their dream of family Alive" by running or walking in Team Maggie's Dream 5K/10K on Saturday, September 16th at King's Court Chapel in Roswell. The mission of [Team Maggie's Dream](#) is to financially assist young women and men to preserve their fertility after a cancer diagnosis. Register [online](#).



Race For Research - Brain Tumor 5k

September 23rd - Atlanta, GA

This family-friendly event takes place in Atlantic Station in Downtown Atlanta and enables the organization to fund vital brain tumor research. You can create a team, participate solo, or walk as a family. Stick around after the race for food, games, and the awards ceremony. Register [online](#).



Care For Cops 5k

September 23rd - Suwanee, GA

Care for Cops is a non-profit organization that has provided financial assistance to over 87 families of fallen Georgia officers since 1999. Care for Cops sends checks directly to families that have lost a loved one in the line of duty. Register [online](#).



Ride For The Westside

September 30th - Atlanta, GA, 8 am-Noon

Join us for the second annual Ride for the Westside, an event to benefit Westside Future Fund (WFF) Quest Community Development Corporation (Quest CDC). This run, walk, bike event supports equitable neighborhood revitalization efforts on the historic Westside. Come out and ride a secure 11-mile bike loop, run a 5k, or take part in the Heritage Walking Tour highlighting historic neighborhood landmarks. There are fun activities for the whole family including food, music, finisher medals, games, and more! Register [online](#).



The Race Half Marathon & 5k

October 7th - East Point, GA

The Race is a road race weekend event that supports black-owned businesses, neighborhoods, and charities, committed to delivering a top-notch, world-class race with excellence at every step. The Race 2023 weekend features a live expo, half marathon, and 5K race, virtual options to participate from your hometown, and Community Impact Service Day. 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! se code: "BP100" to receive \$100 off registration and a \$100 Big Peach Gift Card! Register [online](#).



PACKET PICK-UPS

Harvest Hustle 5k

[Kennesaw](#) - September 7th, 4 pm - 8 pm

9/11 Run to Remember

[Cartersville](#) - September 8th, 10 am - 6 pm

ADMH Run for Health

[Brookhaven](#) - September 9th, 12 pm - 2 pm

RACE PARTNERSHIPS

- September 9: [Harvest Hustle](#)
- September 9: [9/11 Run To Remember 5k](#)
- September 10: [ADMH Run for Health](#)
- September 16: [Team Maggie's Dream 5k/10k](#)
- September 16: [Racetrac's Run for Research 5k](#)
- September 16: [Warrior Way 5k](#)
- September 17: [The Dream Mile](#)
- September 21: [Alpharetta Mayor's Challenge](#)
- September 23: [Race For Research Brain Tumor](#)
- September 23: [Care for Cops 5k](#)
- September 26: [30th Annual Unity 5k](#)

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LOCALLY OWNED  AND OPERATED

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