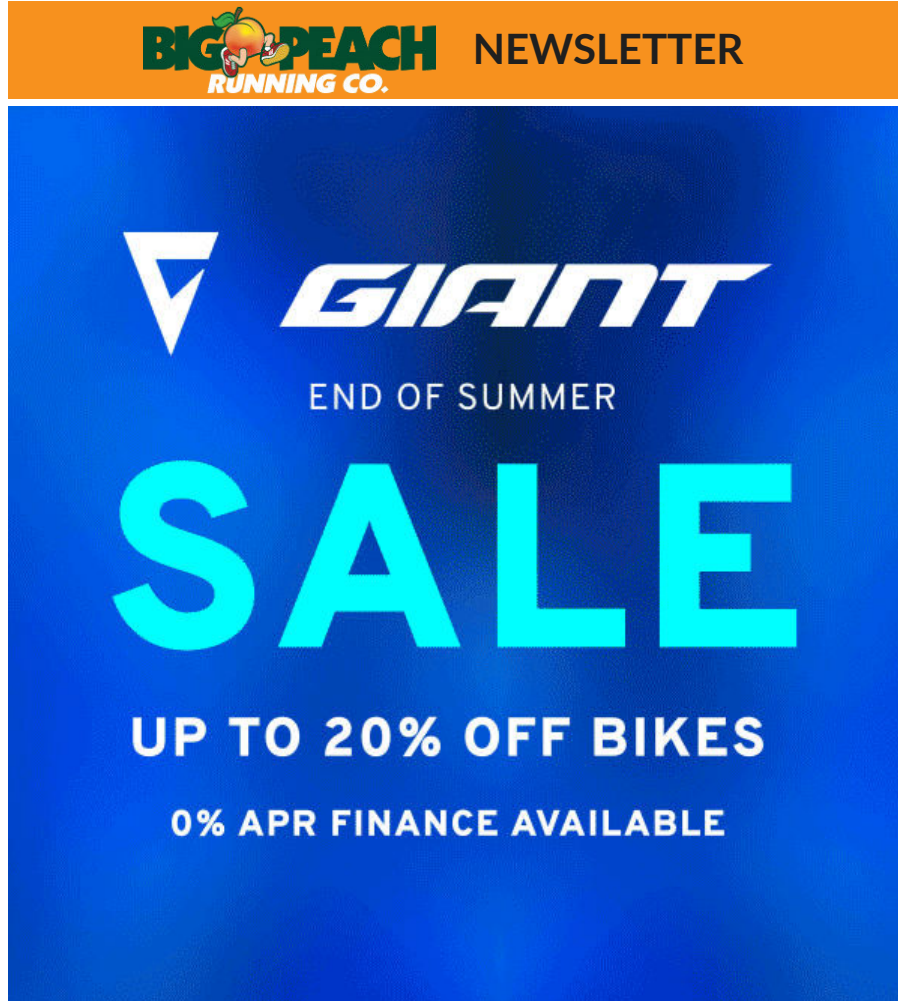


Ride Into Fall!

1 message

Mon, Sep 11, 2023 at 8:08 PM



BIG PEACH NEWSLETTER
RUNNING CO.

GIANT
END OF SUMMER
SALE
UP TO 20% OFF BIKES
0% APR FINANCE AVAILABLE

Peachy ,

The days may be getting shorter, but the adventures are just getting started! Now is the perfect time to grab a new ride at the Giant, Liv, & Momentum Bikes End of Summer Bike Sale with performance road and mountain bikes on sale now. Get as low as 0% APR financing with Affirm and find a bike designed for your style. Trail, street, or neighborhood cruising - we've got you covered to close out the season. Visit our [Brookhaven](#) & [Midtown](#) locations!



VIEW INVENTORY

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.

Running Man Festival

Big Peach Running Co. is going to the 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!](#)



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](#).

Bike Fix-It Class

Midtown - September 14th, 6 pm

Learn how to keep your bike in peak condition, change a tire, perform basic troubleshooting, dispel common misconceptions, and more. Followed by a Q&A and 1-on-1 consulting with the host (come with questions!). 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. RSVP [here](#).

Ask A PT

Marietta - September 21st, 6:30 pm

Come join Dr. Morgan Kamau from Tempo Physical Therapy to talk about knee pain while running and ways to help treat it. There will be time for Q&A during this workshop. Stay race-ready for your fall marathon!

FEATURED RACES

Paladin Pacer 5K Trail Race

September 16th - Cumming, GA

Be ready for scenic dirt trails, grass, and hills... guaranteed to be one of the most fun courses close to home. In addition, the 1-mile fun run has over 150 kids, so bring your little ones too! You don't want to miss this awesome race that is fast becoming one of the best around. Register [online](#).



Racetrac's Run For Research 5k

September 16th - Atlanta, GA

This fun, fantastic, family-friendly event is open to runners and walkers of all levels and will be Saturday, September 16th at Truist Park. All proceeds, including 100 percent of registration fees, will be donated directly to [The Michael J. Fox Foundation for Parkinson's Research](#). Register [online](#).



Mayor's Challenge

September 21st - Alpharetta, GA

Lace up your shoes and join us in beautiful downtown Alpharetta for an incredible night of Fun, Running, Friendly Competition, and Fundraising to benefit local and international charities supported by the Alpharetta Rotary. 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](#).



10k/5kShe Power

October 8th - Alpharetta, GA

The SHE Power 10K & 5K is an event designed to empower women of all ages and abilities (Sorry guys, no men allowed in this one). Join us and celebrate your strength, your beauty, and your determination...one mile at a time! We gather together to focus on how good it feels to be in motion because it's all about SHE Power! Register [online](#).



PACKET PICK-UPS

Racetrac's Run for Research 5k

[Marietta](#) - September 13th, 2 pm - 7 pm

Warrior Way 5k





[Kennesaw](#) - September 14th, 4 pm - 8 pm


Team Maggie's Dream 5k/10k
[Marietta](#) - September 15th, 1 pm - 7 pm


The Dream Mile
[Alpharetta](#) - September 15th, 4 pm - 8 pm

RACE PARTNERSHIPS

- 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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