

New Shoe Drop!

1 message

Mon, Sep 18, 2023 at 8:07 PM



Peachy ,

A long-time favorite gets an update that's sure to get your stamp of approval! The weight has been reduced and the midsole is updated with a full-length FF BLAST™ PLUS cushioning unit and PureGEL™ technology. This translates to a more energized toe-off with a cloud-like softness underfoot that makes it a versatile stability trainer for any distance! The heel-to-toe transition is now also smoother due to an increased heel bevel. Along with a wider base at the heel and forefoot, it provides a stable platform while still providing a soft landing for improved comfort you'll notice. Stop by any of our locations or [shop online](#).

SHOP ONLINE



The Fit Run Shop

We have worked with [Functionize Health & Physical Therapy](#) to provide you with an extension of our fit process. The team at Functionize offers a 50-minute fitting assessment that includes going over brand preference, prior injuries, anatomical make-up, and running volume/intensity. You'll be able to test out various models of shoes while being evaluated by a Physical Therapist. Your running form will be analyzed for any weaknesses or imbalances. A before and after video gait analysis for comparison to see how the shoes affect your gait, suggestions to improve running efficiency, and a copy of their Running Readiness Checklist are also included. Whether you're struggling with pain, beginning your running journey, or competing as a life-long runner, Functionize can help you find a shoe you like and perform well in. You'll also receive a discount to Big Peach so you can purchase the shoe that works best for you. Learn more about [The Fit Run Shop](#).



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 cooler temps, 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](#).

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!

Discover Dunwoody Scavenger Hunt

Dunwoody - September 28th, 6:30 pm

The Thursday night Brookhaven social run moves to Dunwoody on September 28th for a fun Scavenger Hunt! It is free to participate and open to all ages. This is a collaboration with Active Dunwoody, Big Peach - Brookhaven, Brookhaven Run Club, & Discover Dunwoody. The event starts and ends at [Chupito's Azteca Grille \(map\)](#). Scavenger Hunt starts at 6:45 pm and ends at 7:45 pm. Winners and prizes will be announced at 7:50 pm.

Book Chat & Signing

Marietta - September 30th, 12:00 pm

You're invited to a chat and book signing with Nichole Dandrea-Russert, author of [The Vegan Athlete's Nutrition Handbook: The Essential Guide for Plant-Based Performance](#). It's for all types of athletes from weekend warriors to fitness enthusiasts to professional athletes who are plant-curious, transitioning toward a plant-forward diet, or want to refine their existing plant-based nutrition plan. Nichole Dandrea-Russert, MS, RDN, has been a registered dietitian nutritionist for 28 years, specializing in heart disease, diabetes, sports nutrition, and women's health. RSVP [here](#).

FEATURED RACES

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](#).



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](#).



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! Use code: "BP100" to receive \$100 off registration and a \$100 Big Peach Gift Card! Register [online](#).



Fast Bananas Trail Race

November 11th - Serenbe, GA

Experience fun, banana-gins, nature, community, and trails. The race distances will be 5k & 10k on trails. There will also be a 1-mile fun run for kids (ages 5-12). Parents have the option to accompany their child during the Mado Mile if they would like. Make sure you plan on spending some time in Serenbe after the rave for post-race events including a recovery class with Serenbe Yoga + Bodyworks, local beer from Cochran Mills Brewery, and food trucks! Register [online](#).



PACKET PICK-UPS

Alpharetta Mayor's Challenge 5k

[Alpharetta](#) - September 19th, 11 am - 2 pm & 4 pm - 7 pm

Alpharetta Mayor's Challenge 5k

[Alpharetta](#) - September 20th, 11 am - 2 pm & 4 pm - 7 pm

Race for Research - Brain Tumor 5k

[Brookhaven](#) - September 20th, 11 am - 3 pm

Race for Research - Brain Tumor 5k





[Marietta](#) - September 21st, 4 pm - 7 pm


Care for Cops 5k


[Suwanee](#) - September 22nd, 5 pm - 7 pm

RACE PARTNERSHIPS

- September 21: [Alpharetta Mayor's Challenge](#)
- September 23: [Race For Research - Brain Tumor 5k](#)
- September 23: [Care for Cops 5k](#)
- September 26: [30th Annual Unity 5k](#)


FOLLOW US:    

CONTACT US: 

SHOP ONLINE: 

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LOCALLY OWNED  AND OPERATED

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