

Experience Relief!

1 message

Mon, Sep 25, 2023 at 8:10 PM



Peachy ,

Plantar Fasciitis is one of the most common injuries we see and we know how uncomfortable it can be and how it can affect your quality of life. We've carried various products to help alleviate discomfort and now those products are combined into a complete kit to help you experience relief. The different products are designed to be used throughout the day with specific instructions on when to use them taking out the guesswork and reducing the time it takes to get back comfortably on your two feet.

Here's a note we got from a Physical Therapist after one of her patients received help from us and purchased the OS1st Plantar Fasciitis Kit.

Kelly, I have to brag on the staff at Big Peach. Emily suggested the PF recovery kit. It was about \$90 (\$99.99). It included a sleeve to wear during the day and a tighter one for the night, a pair of socks for after. It's Monday and I have to say ... About 80% Pain-free. The night sleeve was hard to keep on all night long, but 3 nights did the trick. I continued to stretch like you suggested but am so relieved. Thanks again for helping me.

God Bless you, Mary

Stop by one of our locations to learn more about this kit or [shop online](#).

SHOP ONLINE



All Day Running Co. Duffel Bag

Whether you're traveling, going to the gym, or need a bag for the office that allows you to pack your running gear, the All Day Running Co. Duffel Bag will be your all-in-one solution! It is made of a TPU waterproof material to keep the contents dry in inclement weather and also includes a padded compartment for a large-size laptop. The duffel can easily convert to a backpack. It also meets airline requirements to fit in an overhead bin. It's perfect for short trips or weekend getaways. The bag can also be personalized with finisher patches to show off your accomplishments.

SHOP ONLINE



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](#).

Cartersville Thursday Night Run at Drowned Valley Brewing

Thursdays, 6:00 pm

Join us Thursday nights at 6:00 p.m. for a group run at [Drowned Valley Brewery!](#)

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](#).

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](#).

Ladies Night & Yoga**Cumming - October 4th, 7:00 pm**

Cathi Thompson will be leading a yoga session for all bodies and abilities. She is a registered yoga teacher with certifications and practicum in Grounded Kids, special populations, and athletes. As a marathon runner and Ironman 70.3 triathlete, Cathi believes in mindful movement to strengthen the mind while improving wellness and performance within the body. She continually strives to allow space for her clients to grow into their true authentic selves, optimizing each individual's full potential with resilience, confidence, and gratitude. RSVP [here](#).

Hiking Tips Presentation**Kennesaw - October 5th, 6:30 pm**

Founder of [Fit For Trips](#) and local Hiking Strength and Conditioning Coach Marcus Shapiro will present tips to make you more experienced at hiking! You'll learn about hydration and hiking boots. Every attendee will receive one 3-level, 12-week Trail Mastery Fitness Program. RSVP [here](#).

"Biscuits & Gratitude" Hoka Demo Run/Walk**Cumming - October 7th, 7:30 am**

Join us at Sawnee Mtn. Biscuit for a run/walk demo with Hoka! We'll have the Gaviota 5 and Bondi 8 available for you to try on. Participants will have to park across the street in the gravel parking lot at the school. We will have a gratitude board for participants to write down what they are thankful for and Hoka will provide breakfast!

Electro-Muscle Stimulation Demo**Marietta - October 7th, 12 pm - 3 pm**

[Strongvibe](#), East Cobb's first whole-body EMS studio, will be offering demo sessions for their electro-muscle stimulation. They are a woman-owned boutique studio that uses EMS to get their clients stronger faster, without the wear and tear of traditional strength training.

FEATURED RACES

Ride For The Westside

September 23rd - Atlanta, GA

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](#).



Spooky Spirits 5k

October 14th - Suwanee, GA

Run, jog or walk the course with five 3 oz. "spirit" stations pouring samples of ready-to-drink cocktails guaranteed to quench your thirst. Plus, receive a full 12 oz. cocktail at the finish line. 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](#).



Big Pumpkin 5k

October 21st - Roswell, GA

The Cottage School is pleased to present the [Big Pumpkin 5K Run](#) at Riverside Park in Roswell. The Big Pumpkin 5K is for everyone who runs, walks, rolls, or strolls. The course is fast, flat, and family-friendly! Participants are encouraged to dress in costume for a chance to win prizes. Register [online](#).



PACKET PICK-UPS


Ride For The Westside


[Midtown](#) - September 30th, 4 pm - 8 pm


RACE PARTNERSHIPS


- September 26: [30th Annual Unity 5k](#)
- September 30: [Ride For The Westside](#)

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