

Awaken Energy!

1 message

Mon, Oct 2, 2023 at 8:12 PM



Peachy ,

It's marathon season and if you're looking for some new "drip" (that's what the kids call it 🤪) to sport this season, check out these new arrivals from Hoka. The "Awaken Energy" collection is available for both men & women. Ladies get a classic tank with an ultra-breathable, single-layer mesh that features a racerback silhouette. The men's version is a classic tee with both versions sporting multi-color thread in the seams to make these tops stand out among other basic black tops. Both shorts include zippered pockets at the waist to carry your running essentials. The ultralight windbreaker is perfect for these cool mornings with a subtle pop of color on the back. It also packs down into its own zippered pocket when things get warm or when packing for a trip and space in your luggage is limited. Available at our [Decatur](#), [Kennesaw](#), and [Midtown](#) locations or [online](#).

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](#).

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

The Race

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, 5K race, virtual options to participate from your hometown, and Community Impact Service Day. Register [online](#).



She Power 10k/5k

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](#).



Nightmare on Main

October 28th - Kennesaw, GA

The Nightmare on Main 5K is the final race of the 2023 Kennesaw Grand Prix Series. Get your Halloween costume ready to hit the road! Register now and bring your family out for a fun-filled active morning in Kennesaw. Register [online](#).



We Run ATL

November 12th - Atlanta, GA

Movers+Pacers is celebrating 10 Years of running and impacting the Atlanta community and what better way to celebrate than with a 10K! Run through the West End passing by HBCUs Morehouse, Spelman, Clark Atlanta, and Morris Brown while also getting to enjoy some miles along the Westside Beltline. Register [online](#).



PACKET PICK-UPS

Run, Walk, or Roll 5k

[Kennesaw](#) - October 5th, 5 pm - 7 pm





Miles for Bethany


[Brookhaven](#) - October 6th, 11 am - 2 pm,
5 pm - 7 pm


RACE PARTNERSHIPS

- October 7th: [Miles for Bethany](#)
- October 7th: [Run, Walk, or Roll 5k](#)
- October 14th: [Spooky Spirits 5k](#)
- October 14th: [Henderson Trail Marathon](#)
- October 14th: [Kappa Delta Shamrock 5k](#)
- October 21st: [Big Pumpkin 5k](#)
- October 21st: [Duck Duck Goose 5k](#)
- October 21st: [Race for Rest](#)
- October 28th: [Nightmare on Main 5k](#)

- October 28th: [Run to Serve](#)
- October 28th: [Mercer PA Creepy Crawly 5k](#)
- October 29th: [Atlanta Halloween Half Marathon & 5k](#)


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SHOP ONLINE: 

BIG PEACH
RUNNING CO.

800 Peachtree St., Ste. B & C
Atlanta, GA 30308
Tel: 404.602.9903

LOCALLY OWNED  AND OPERATED

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