

New Big Peach Ride + Run Shirts!

1 message

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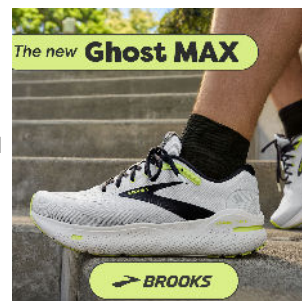
Peachy ,

We now have Big Peach bike shirts featuring Peachy on a unicycle! These are the same shirts that we use for our *RUNATL* & *RUNGA*, a lightweight, moisture-wicking material that is also very soft to the touch. Now you can show off your love of biking with this new collection available at our Big Peach Ride + Run locations in [Brookhaven](#), [Midtown](#), and [online](#)!

SHOP ONLINE

Brooks Ghost Max

It's the same Brooks Ghost that is a favorite among runners but now offers more protection and Max cushioning. The GlideRoll Rocker and lower offset (6mm) can benefit people with plantar fasciitis, metatarsalgia, and Morton's neuroma. If you're simply looking for a soft and comfortable shoe for walking or running, this shoe could be for you!



[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, 5:30 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! The final ride of the season will be on October 25th. 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](#).

Marietta, Margaritas, & Max Marietta - October 10th, 6:30 pm

Our Brooks Guru Kyle will bring the fun to the group run with Margaritas and Max ... the all-new Brooks Ghost Max! Come experience this new MAX cushion shoe that offers MAX protection! We'll have prizes, raffles, snacks, and a margarita bar.

Spooky Run Midtown - October 17th, 6:30 pm

Come join us for a Spooky Tuesday Group Run! We will have our friends from Brooks Running demoing the new Ghost Max (and many more shoes to try) and [Squeeze](#)

[Massage Midtown](#) will also be on-site to showcase some of the services they offer! Also, costumes are encouraged, though not required! It's sure to be a fun evening!

FEATURED RACES

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 14th - 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

Spooky Spirits 5k

[Suwanee](#) - October 13th, 4 pm - 7 pm

Henderson Trail Marathon

[Decatur](#) - October 13th, 4 pm - 7 pm,
5 pm - 7 pm

Kappa Delta Shamrock 5k

[Kennesaw](#) - October 13th, 12 pm - 6 pm

RACE PARTNERSHIPS

- 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](#)

FOLLOW US:

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SHOP ONLINE:

BIG PEACH
RUNNING CO.

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

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