

Running Into The Holidays!

Mon, Dec 4, 2023 at 8:04 PM

BIG PEACH NEWSLETTER RUNNING CO.

Holiday

Gifts For Them

Peachy ,

We've got another week of gift ideas for that runner or cyclist in your life! If you need to drop hints for yourself, print this out, circle the items you want, and leave it for someone to find. You only have one week left to take advantage of our Peachy Bucks promotion!

[Shop online](#) or any of our [10 Big Peach locations](#). We offer convenience to make this a stress-free shopping experience. Don't forget our [Big Peach Gift Cards](#) make a great gift for those individuals who are hard to shop for.



BROOKS
GHOST MAX

[Shop Now](#)

BIG PEACH
RUNNING HAT

[Shop Now](#)

THERABODY
THERAGUN MINI

[Shop Now](#)

TRIGGER POINT
TRAVEL FOAM ROLLER

[Shop Now](#)

ALL DAY RUNNING
DUFFEL BAG

[Shop Now](#)

BALEGA
ULTRA LIGHT NO SHOW

[Shop Now](#)



PARK TOOLS
BIKE REPAIR STAND

Shop Now



LIV
DEVOTE 2

Shop Now



GIANT
TCR ADVANCED DISC 2

Shop Now

Peachy Bucks



Peachy Bucks are back!!! Start your holiday shopping early and get rewarded with Peachy Bucks.

This offer starts on November 1st and goes through December 11th. Purchase \$200 or more in merchandise and/or gift cards, and you'll receive BPRC Peachy Bucks that can be used for future purchases! This sweet deal is eligible for in-store and online purchases.

Here's how it works - if you spend \$200.00-\$249.99, you'll receive \$20 in Peachy Bucks. Purchase \$250.00-\$299.99 and you'll receive \$25 in Peachy Bucks, and so on.

Fine print and details: This offer excludes sale racks, gift card redemptions, bikes, and bike-related accessories. Peachy Bucks are earned based on your order Subtotal (pre-tax). Peachy Bucks are for future purchases and may not be applied to the transaction earning the bonus card. This offer runs from November 1 - December 11, 2023. Peachy Bucks will expire on March 31, 2024.

Ep. 153 - The Big Peach Ride + Run Podcast
New York City Marathon Race Recap

The Big Peach Ride + Run Podcast is hosted by Big Peach Running Co. Director of Marketing, Dave “D2” Martinez. This week, "D2" shares his experience at the New York City Marathon, including his training leading up to the race and his results. 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.





SHOE DEALS!

SHOP ONLINE

Sale shoes are also available in stores.

**Selection varies by location*

	SOCIAL RUNS					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	
Alpharetta	6:30 pm		6:30 pm			
Brookhaven		6:30 pm		6:30 pm		
Cartersville				6:00 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	

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](#).

Pre & Post Race Nutrition with Alissa Palladino MS, RDN, LD, CPT

Brookhaven - December 5th, 6:00 pm

Join us as we learn pre- and post-race nutrition's do's and don'ts with our friend Alissa Palladino. She will be on-site to run through her recommendations and provide answers to any questions that attendees bring along! We will also have our regularly scheduled group run at 6:30 pm! This will be a fun and informative evening, so join us! RSVP [here](#).

Hoka Holiday Run

Midtown -December 5th, 6:30 pm

It's the most run-derful time of the year, so join us for a fun holiday run! Post-run will include hot chocolate and treats. We encourage you to dress up for the festivities and wear an ugly Christmas sweater or other Christmas-themed attire to enter the raffle from Hoka! We'll have the Hoka Clifton 9 and Mach X to demo.

Recovery Clinic with Dr. Kacy L. Seynders, PT, DPT, OCS

Midtown - December 12th, 6:00 pm

Join us as we learn the proper way to recover with our friend Dr. Kacy Seynders from [Precision Performance and Physical Therapy](#). If you have a massage device or foam roller that you are unsure how to maximize potential, this clinic is for you. Kacy will showcase the best ways to use the products we offer so they can aid you in recovery. We will follow the clinic with our regularly scheduled group run! This will be a fun and educational evening, so be a part of the fun! RSVP [here](#).

Group Run with Altra

Marietta - December 12th, 6:30 pm

Grab your ugliest sweater and join us for a festive group run. You can experience a run in the new Altra Via Olympus 2 on a route with amazing holiday light displays! We'll celebrate the run with egg nog, cookies, and a prize for the ugliest sweater!

Gear Up & Go!

Marietta - December 13th, 6:30 pm

Join us for a holiday event at Big Peach Running Co. Marietta with our friends from [Sparkle Wellness](#) and Brooks. We'll have a hot chocolate bar, Run Merry cocktails, a giveaway from Brooks for the first 50 attendees, and special one-night-only discounts! Gift wrapping services will be available. [RSVP](#) to reserve your spot!

FEATURED RACES

Ugly Sweater 5k

December 9th - Suwanee, GA

What a holly jolly (or Grinchy) time to run in the cooler weather of Georgia and wear your ugliest sweater (or costume), and have a great time with friends. Special awards will be presented for the Ugliest Sweater and the Ugliest Sweater team/group! Register [online](#).



Cumming Christmas Jingle Jog

December 10th - Cumming, GA

Join us for the annual Jingle Jog at our new location, The Cumming City Center! Get in the holiday spirit with this fun event - there will be awards for race times, prizes for the best costume, decorated stroller, most festive, and more! Register [online](#).



Dashing Through the Square 5k

December 16th - Marietta, GA

Get ready to dash through the square! Join us to run or walk the 5K and enjoy the magical holiday atmosphere of the Marietta Square. This is the perfect way to get in the holiday spirit with some exercise and community fun to support the PEARL Foundation. Make sure to wear your most festive, fun holiday gear! The more sparkle, the better! Register [online](#).



PACKET PICK-UPS

Sleigh Bells on the Square

[Kennesaw](#) - December 8th, 11 am - 6 pm

Ugly Sweater 5k

[Suwanee](#) - December 8th, 5 pm - 7 pm

Jingle Jog

[Cartersville](#) - December 8th, 10 am - 5 pm

Cumming Christmas Jingle Jog

[Cumming](#) - December 9th, 12 pm - 5 pm

Dashing Through the Square

[Kennesaw](#) - December 10th, 1 pm - 4:30 pm

RACE PARTNERSHIPS

- December 9th: [Sleigh Bells on the Square](#)
- December 9th: [Ugly Sweater 5k](#)
- December 9th: [Jingle Jog 5k/10k & Fun Run](#)
- December 10th: [Cumming Christmas Jingle Jog](#)
- December 16th: [Dashing Through the Square](#)
- December 17th: [Santa Hustle 5k](#)
- December 24th: [Atlanta Jingle Bell Jog 5k](#)
- December 24th: [Santa Shuffle 5k](#)

FOLLOW US:

CONTACT US:

SHOP ONLINE:

BIG PEACH
RUNNING CO.

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

LOCALLY OWNED AND OPERATED

[Unsubscribe](#)