

Happy Holidays!

1 message

Mon, Dec 25, 2023 at 8:06 PM



Peachy ,

Happy Holidays! We hope you're taking some time for yourself and with family this week. As we close out the year, we want to thank you for shopping with us and supporting your local running, walking, fitness, & bike store.

Holiday Hours:

Tuesday - Saturday: Regular store hours (vary by location)

Sunday, December 31st: 12 pm - 4 pm

Monday, January 1st: Closed

Tuesday January 2nd: Regular store hours (vary by location)

An advertisement for shoe deals. On the left, a photograph shows a man and a woman running on a paved path next to a chain-link fence. The man is wearing a white tank top and blue shorts, while the woman is wearing a pink tank top and blue leggings. On the right, the text 'SHOE DEALS!' is written in large, bold, white letters on an orange background. Below this, a green button with white text says 'SHOP ONLINE'. Underneath the button, it says 'Sale shoes are also available in stores.' and at the bottom, in smaller text, '*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	

New Year's Day Group Run

January 1st - 10 am

Start 2024 out on the right foot (and the left) with a group run walk with us! We will meet at the [Dawsonville](#) store and begin at 10:00 am on New Year's Day. Hope to see you there!

Altra FWD Experience Demo Run

January 6th - 9 am

Move forward in 2024 with the Altra FWD Experience! Join us for a morning run and demo this new model. Meet at our [Cumming](#) location with the run starting at 9 am.

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](#).

Free Barre & Run With Pure Barre Brookhaven

Brookhaven - January 14th, 10 am

Join us and [Pure Barre Brookhaven](#) as we partake in a modified Pure Barre class and then go for a 30-minute run/walk led by our team! This will be a great opportunity to start your Sunday morning off right with some stimulating activities. In addition to the Barre and Run, we will also have a raffle for all participants to enter. It's sure to be a blast! RSVP [here](#).

Walk & Learn with Dr. Braswell, DPT

Marietta - January 20th, 7:30 am

Meet local Physical Therapist, Dr. John Braswell PT, from [Functionize Health & Physical Therapy](#) as he leads a 45-minute walking route. He'll answer all your health & wellness questions while you move your body and your mind. RSVP [here](#).

Women's Wellness Night with Origin PT

Brookhaven - January 22nd, 6:30 pm

Ladies, we have a special evening planned just for you! Join us for this informative session with many of our footwear brands with goodie bags and raffles for attendees! Origin PT specializes in Pelvic floor and full-body physical therapy with a specialized focus on sexual health, pregnancy, postpartum, and menopause. RSVP [here](#).

FEATURED RACES

Polar Bear 5k

January 27th - Marietta, GA

This race will be one of the most enjoyable January, cold-weather runs you will ever participate in! The 36th Annual Polar Bear Run is a Peachtree Qualifier road race featuring a flat course in East Cobb County and chip timing through Horizon Race Timing. Come enjoy this super fun winter race with the miles outdoors and the party indoors! Register [online](#).



RACE PARTNERSHIPS

- January 13: [MLK CommUnity Run 5k](#)
- January 15: [Livvy's Love Fun Run](#)
- January 27: [Polar Bear 5k](#)

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LOCALLY OWNED  AND OPERATED

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