
Happy New Year!

1 message

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Peachy ,

Happy New Year! Are you excited as we are to start a whole new year? A few of our stores have some great clinics, runs, and events to help 2024 be your best year! Check them out below and keep an eye out for more in the near future.

Big Peach Running Co. Apparel Sale!

Didn't get any *RUNATL* or Big Peach branded shirts for Christmas? Now is a great time to pick some up for yourself and save. All 2022 BPRC apparel is 60% off! (Some exclusions apply. At participating locations.)

Casting Call: Altra Running

Altra Running is casting for a February 20-22 photoshoot in Atlanta. Those cast will be paid. Send your submission to Casting@amandabertany.com. Include your full name, age, shoe size, and running experience. Include a clear headshot (selfies are okay) and a short video of yourself running (can be from a cell phone). Seeking all ethnicities. Men who fit a size 10.5 and women who fit a size 8.5 shoe will be considered. The casting date will be on January 10th. Once booked, expect a full shoot day.



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
Dacula			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	

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](#).

Garmin Event

Kennesaw - January 6th, 2 pm - 5 pm

Did you get a new Garmin watch for the holidays? Not sure how to use it or set up the screens with the data you need? Stop by our Kennesaw location and a Garmin Rep will be on hand to answer all your questions and get your watch set up.

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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