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## Start The New Year on the Right (or Left) Foot!

1 message

Mon, Jan 8, 2024 at 8:04 PM



Peachy ,

A new year means a new beginning, and we want to help you start the new year on the right (or left) foot! With a few new shoe updates, including the Saucony Ride 17, we suggest you visit your local Big Peach location and try them on to feel what will help you achieve your 2024 goals. We also have weekly social runs open to all abilities, and running is always better with others. Check out the new Dawsonville run/walk group on Saturday mornings (details below).

Of course, we welcome walkers and have a local PT leading a walk from our Marietta location. We also have a special clinic for the ladies with goodies and raffles at our Brookhaven location. All the details are below, and keep an eye on your inbox for more great events and activities to help you stay healthy and active in 2024!

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### Saucony Ride 17 Review

This neutral daily trainer gets an upgraded midsole, now with PWRRUN+! A more cushioned version for everyday running and even those long runs. It also makes for a comfortable walking shoe. Check out the [full review](#), then visit our locations or [shop online!](#)



## 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](mailto: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 9-12 and women who fit a size 7-10 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
Dawsonville					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	

## Dawsonville Group Run/Walk

January 13th - 8 am

Whether you love running, walking, or hiking, we've got the perfect path to get your Soles in Motion! Let's explore together, break a sweat, and make memories that last a lifetime. Ready to embark on this epic journey? Lace-up and join us for our first group run/walk on January 13th! All ages and paces are welcome to participate in our events. We'll meet at Lanierland Park. Click [here](#) for details.

## 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

We have reached capacity for the [Pure Barre Brookhaven](#) class. We are still doing a 30-minute run/walk led by our team with no limit on participants! Please come out and join us. This will be a great opportunity to start your Sunday morning with 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!

### 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](#).

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## 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](#).





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## RACE PARTNERSHIPS

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


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