

Can't Wait Until Warmer Weather!

1 message

Mon, Jan 22, 2024 at 8:04 PM



Peachy ,

We've had some frigid mornings over the last week, and we all wish for warmer temps and Spring weather. The official start of Spring is still 2 months away, but at least this week, we'll get a little warmer, with temps reaching into the high 60s! Unfortunately, that does include a few days with a high percentage of rain. Our stores have plenty of cold and wet-weather clothing to keep you comfortable as you get those daily steps in. Stop by any of our locations to check out the latest in athletic apparel (or comfortable work-from-home attire 😊).

New Product Alert: Mizuno Wave Inspire 20

Celebrate the 20th generation of the Wave Inspire. It features MIZUNO WAVE shape to support your arch, MIZUNO ENERGY midsole for added cushion and energy return, and an anatomical plate shape that promotes a stable, propulsive run every time.

[SHOP ONLINE](#)

SOCIAL RUNS

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

Monday Night Safety Ride

Midtown - Mondays - 6 pm

The first ride is on February 5th! Big Peach Safety Ride is a social 10-mile ride around the city, focusing on safety. It's an enjoyable 6-9 mph pace, keeping all participants collected. Share laughs and stories, and meet new friends as we tour beautiful Atlanta. Lights, helmets, bells, horns, and bright clothing are strongly recommended. For more details and to view the routes, click [here](#).

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](#).

Big Peach Dawsonville Ribbon Cutting

Dawsonville - February 1st, 11 am

Join us for the official "Ribbon Cutting" ceremony with the Dawsonville Chamber of Commerce! We will serve light refreshments and have small "goodie bags" available for our Guests.

Walk With A Doc

Marietta - February 3rd, 7:30 am - 8:30 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 mind. Please RSVP [here](#).

U.S. Olympic Marathon Team Trials Run & Watch Party

Midtown - February 3rd, 7:30 am - 2 pm

Join us for a morning packed with awe and excitement as we watch the U.S. Olympic Marathon Team Trials with our friends from Asics! We will kick off the morning with our regularly scheduled social run. When we return, we will open our eyes to the magic happening in Orlando to see who will represent the U.S. at the marathon distance in the 2024 Olympics! Even though our eyes will be glued to the action, we will also offer 10% off on all "speed shoes" that day! Come for the run, stay for the fun!

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. Enjoy this super fun winter race with the miles outdoors and the party indoors! Register [online](#).



Suwanee Sweetheart Sprint

February 10th - Suwanee, GA

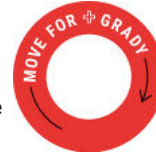
The Rotary Club of North Gwinnett is pleased to host the 13th Annual Suwanee Sweetheart Sprint 5k and Fun Run. The race is a Peachtree Road Race qualifier and boasts tons of fun, including medals for each age group, the fastest dog, the most senior finisher, and a Valentine-themed costume contest. Register [online](#).



Move For Grady - Ride Run, Walk

April 27th - Atlanta, GA

When you register for Move For Grady, you help ensure that everyone in our community has equitable access to quality healthcare. And with three cycling distances and three run/walk options to consider – we've made it easy to support Grady in the best way for you. Whether you're a runner or a cyclist, there's an event for you! Register [online](#).



PACKET PICK-UPS

Polar Bear 5k

Marietta - January 26th, 12 pm - 7 pm

RACE PARTNERSHIPS

- January 27: [Polar Bear 5k](#)
- February 3: [Stampede In The Park 5k](#)
- February 10: [Walton Raider Chase 5k](#)
- February 10: [Suwanee Sweetheart Sprint](#)
- February 24: [Love Run 5k](#)
- February 24: [Snowball 5k](#)

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