
Move For Grady Is Back! Back In Atlanta!

1 message

Mon, Jan 29, 2024 at 8:07 PM



Peachy ,

Move For Grady is back in Atlanta and will be at Georgia State's Center Parc Stadium! Come ride, run, or walk with us and stay afterward to celebrate crossing the finish line. 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 – it's easy to support Grady in the best way for you.

Big Peach will support participants leading up to the event with training rides and runs to ensure you have the best possible experience. Keep an eye out for more details!

- Three different cycling distances – including 5.5-, 20- and 62-mile routes
- Two different run/walk distances – a 5K, 10K, and a new, competitive 1-mile race that will kick off the morning
- Fully supported routes with plenty of rest and water stops and course marshals
- A fantastic Finish Line Celebration with plenty of food, drinks, music, and fun activities

REGISTER NOW!

New Product Alert: Hoka Arahi 7

The new Hoka Arahi 7 is perfect for those needing additional stability through the patented J-Frame technology. The tongue is now plusher for a softer and more premium feel. Available at select Big Peach Running Co. locations and [online!](#)



SHOP NOW



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!

Mizuno Wave Rebellion Pro 2 - Demo Run

Kennesaw - February 6th, 6:30 pm

Join us for the first of five demo runs that make up "The Great Carbon Event," allowing you to demo the latest carbon-plated super shoes! This week's featured shoe is the Mizuno Wave Rebellion Pro 2! We'll have a total of 5 events with different carbon-plated shoes. You'll be able to win a \$200 Big Peach Gift Card when you attend all 5 events. RSVP [here](#).

Train Smarter for Your Next Half or Full

Marietta - February 10th, Noon - 1 pm

Join us for an informative session to get you prepared for your best half-marathon or marathon. Guest speakers include Sports Dietitian [Lauren Cicinelli](#), Certified Run Coach [Betsy Magato](#), and a representative from [Nathan Sports](#) (portable hydration) and [Tailwind](#) (on-course fueling). Plus, you'll have a chance to win a free entry to the 2024 [Area 13.1 Half Marathon](#)! Space is limited, so [register today](#)!

FEATURED RACES

Mount Yonah Vertical Race

February 17th - Cleveland, GA

The race course follows the Yonah Mountain hiking trail up to the mountain's summit. The trail is runnable in some sections, rocky and rooty in others, and a few spots require scrambling over boulders. Register [online](#).



Suwanee Half Marathon & Old Town 5k

February 18th - Suwanee, GA

The Suwanee Half Marathon course will challenge you but it will also give you a great mix of flat along with the Suwanee hills. The races benefit the Suwanee Public Arts program. Register [online](#).



Running of the Leprechauns

March 9th - Atlanta, GA

This race takes place along the Chattahoochee River in Roswell. Running of the Leprechauns is raising money to support the "Friends of Roswell Police Department", which raises money to support local families and seniors in need throughout the year and holidays. Register [online](#).



PACKET PICK-UPS

Stampede in the Park 5k & Fun Run

[Suwanee](#) - February 1st, 5 pm - 7 pm

RACE PARTNERSHIPS

- February 3: [Stampede In The Park 5k](#)
- February 10: [Walton Raider Chase 5k](#)
- February 10: [Suwanee Sweetheart Sprint](#)
- February 18: [Suwanee Half Marathon & Old Town 5k](#)
- February 24: [Love Run 5k](#)
- February 24: [Snowball 5k](#)

FOLLOW US:



CONTACT US:



SHOP ONLINE:



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

LOCALLY OWNED  AND OPERATED

[Unsubscribe](#)