

Springing Forward!

1 message

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BIG PEACH NEWSLETTER RUNNING CO.



Peachy ,

Can you believe it? Clocks spring forward next Sunday, and Spring officially starts on March 19th! If you've been hibernating during the Winter and are itching to get outside for your rides, runs, or simply your own enjoyment, it's time to start thinking about spending some time outdoors. We have a calendar full of events with our team as well as races for you to join in on in almost every corner of the Atlanta Metro area. We look forward to seeing you out there.

Product Alert: Saucony Guide 17

This daily trainer has been fully transformed from top to bottom! While designed for those who need support, neutral runners will also enjoy it. Support and stability are achieved through a wider base and higher sidewalls that cradle the foot. The PWRRUN midsole provides a soft, plush ride for your everyday runs.

Stop by one of our [locations](#) to experience it yourself.
Available at select locations. Check online for availability.



SHOP NOW

BIG PEACH
RIDE + RUN

TRADE-IN DAY

presented by

BIG PEACH



We will accept trades toward a new bike for a very limited time (2 days)! Even if you don't plan on a new bike now, you will be provided a Big Peach Gift Card with the trade-in amount that you can use toward the purchase of any of our products in our stores at the time of your choosing. Trade-ins will be taken at our Big Peach Ride + Run locations only.

MIDTOWN

800 Peachtree St., Suites B & C
Atlanta, GA 30308

March 22nd, 10 am - 6 pm

BROOKHAVEN

705 Town Blvd, Ste. Q340
Brookhaven, GA 30319

March 23rd, 9 am - 6 pm

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

Join us every Monday night for a social 10-mile ride at 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](#).

Brookhaven Group Ride

Wednesdays, 6:00 pm - Starts March 13th!

Join us every Wednesday night for a group ride around the Brookhaven area. The ride will be led by members of our team and the Brookhaven Bicycle Alliance. The rides are open to all abilities with 13-mile & 20-mile routes. Course details are available [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.



Talk With A Doc

March 9th - Marietta, 12 pm - 2 pm

Stop by Saturday, March 9th, between 12:00-2:00 pm and "Talk with a Doc" at Big Peach Running Co. East Cobb/Marietta. Dr. John Braswell, PT of [Functionize Health & Physical Therapy](#), will be in store to answer your questions about injury prevention, recovery, and more related to running and an active lifestyle. RSVP [here](#).

Trail Demo Run with Altra

March 9th - Dahlonega, 8 am

Get ready to hit the trails at [Lake Zwerner](#) at our Demo Run/Hike with Altra. And don't just come alone – bring a buddy (or two)! Before we head out, slip into a pair of Altra Timp 5 trail shoes for a test run; it's your golden ticket to experience the trail in style and comfort. Demo shoes are optional but get there early to guarantee your size. Show up, lace, and let's embrace the joy of running and hiking as one inclusive pack!

Move For Grady Training Ride

March 11th - Midtown, 6 pm

We're teaming up with the Move For Grady event and our weekly Monday Night Safety Ride. Whether you're training for this cycling event, are a beginner rider, or want a casual

social ride, come out and join us this evening. Ride & course details [here](#).

Brooks Glycerin 21 Demo Run

March 12th - Marietta, 6:30 pm

Feeling lucky, runners? Join us at the East Cobb/Marietta location, and you might just "run lucky" and find some treasure! We'll celebrate St. Patrick's Day a little early with a fun-themed event in partnership with Brooks Running. Come try out the new Glycerin 21, enjoy some festive surprises along the route, and take your pick between 3 and 5-mile options with runners of all paces welcome.

New Balance SuperComp Elite v4 Demo Run

March 12th - Kennesaw, 6:30 pm

Come check out the latest in carbon-plated racing shoes! Demo the New Balance SuperCom Elite v4 and find out if this is the shoe for your next PR! Arrive early to ensure your size.

Wahoo Clinic

March 16th - Brookhaven, 2 pm

Join us and our friends from Wahoo Fitness on Saturday, March 16th, as they'll be doing a clinic on their full range of products, including the GPS computers - ELEMNT Roam & ELEMNT Bolt, Kickr Bikes, and Trainers! Whether you train indoors or prefer to ride outdoors, Wahoo has the gear you need to take your bike fitness to the next level! Light snacks and beverages will also be served.

Brooks Ghost Max & Glycerin 21 Demo Run

March 17th - Cumming, 10 am

Join our Cumming crew at [The Well](#) at The Cumming City Center and celebrate St. Patrick's Day! The run will start at 10 am, and we will meet back at The Well, where the first round of beers for those who participated will be on Brooks. Everyone is encouraged to dress in their favorite green costume for St. Patrick's Day...there will be a prize for the best-dressed leprechaun!

FEATURED RACES

East Cobb Classic 5k

March 9th - Marietta, GA

The timed 5K is USATF certified and an Atlanta Journal-Constitution Peachtree Road Race qualifying event: age group and overall awards for the timed 5K. The Fun Run is a fun-filled obstacle course about 1/4 mile long. Fun Run participants receive a finisher medal. Register [online](#).



Run The River 5k/10k

April 6th - Roswell, GA

Enjoy a scenic run/walk along the Chattahoochee River as you join your fellow runners and walkers in the Choate Construction Run the River Race benefitting HomeStretch. Register [online](#).



Loop The Hooch

April 20th - Suwanee, GA

Loop The Hooch is a 50k running race at Chattahoochee Pointe Park in Suwanee, GA. The trail features a winding 5k gravel/dirt surface loop along the Chattahoochee River. This is a fast and flat course, making the race great for PRs and first-timers alike. Register [online](#).



Chick-fil-a & Big Peach Running co. Half Marathon & 5k

May, 18th - Cartersville, GA

The 3rd Annual running of the Half-Marathon will be combined with the 19th running of the legendary "Duck Dash 5K," with proceeds from BOTH races going to benefit [Advocates for Children](#). Register [online](#).



PACKET PICK-UPS

East Cobb Classic 5k

[Marietta](#) - March 7th, 10 am - 2 pm

Running of the Leprechauns

[Marietta](#) - March 8th, 12 pm - 6 pm

Run For Ronald McDonald House

RACE PARTNERSHIPS

- March 9: [Running of the Leprechauns](#)
- March 9: [East Cobb Classic 5k](#)
- March 10: [Run for Ronald McDonald House Charities](#)
- March 16: [Water Drop Dash 5k](#)
- March 16: [Suwanee Kiwanis Shamrock 5k](#)
- March 16: [Refuge Run 5k](#)
- March 16: [Atlanta's St. Patrick's Parade 5k/Walk](#)
- March 16: [Cherry Blossom Festival 5k](#)
- March 23: [Noonday Shanty 5k](#)
- March 23: [The Explorer Dash 5k & Fun run](#)
- March 24: [Run Your Bundts Off](#)
- March 30: [Care for Cops 5k Run/Walk](#)

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SHOP ONLINE:



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

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