

Training Runs, Rides, Events, and More!

Mon, Mar 11, 2024 at 8:06 PM



Peachy ,

Move For Grady is back in Atlanta and will be at Georgia State's Center Parc Stadium! This year, they're introducing the 1-Mile Downhill Dash for those wanting to test their speed and all-out effort. The fastest male & female will each be awarded a \$250 Big Peach Gift Card. So start training and getting in those speed workouts. For those wanting a slower pace or longer distance, there's also a 5k & 10k. Cyclists also have three distance options, including 5.5-, 20- and 62-mile routes.

Big Peach will support participants leading up to the event with training rides and runs to ensure you have the best possible experience. The training runs & rides are open to everyone, but we encourage Move For Grady participants to attend to get you prepared for this great event.

TRAINING RUNS & RIDES

Training Ride

[Brookhaven](#) - March 27th, 6 pm

Training Run with Hoka

[Midtown](#) - April 2nd, 6:30 pm

Training Run With Hoka

[Brookhaven](#) - April 11th, 6:30 pm



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

National Interscholastic Cycling Association

National Interscholastic Cycling Association (NICA) members can receive 25% off Specialized bikes. The offer is on select bikes, and bikes must be ordered through either of our [Big Peach Ride + Run locations](#).



SOCIAL RUNS

We have fun Social Runs from all of our locations and they're open to everyone and free of charge. Visit our [Social Run](#) page for a complete listing of our weekly runs!

SOCIAL RIDES

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.



St. Patrick's Day Parade 5k Course Preview

March 12th - Midtown, 6:30 pm

Come on out for our regular Tuesday night group run, where we'll preview the St. Patrick's Day Parade 5k course. RSVP [here](#).

Brooks Glycerin 21 Demo Run

March 12th - Marietta, 6:30 pm

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.

Injury Screen with Morgan Kamau from Tempo PT

March 14th - Brookhaven, 6 pm

Do you suspect you may be injured? Come talk to our friend Morgan Kamau from Tempo, PT! They can help you figure out what may be nagging you and give you the priceless advice you deserve! Also, stick around to join our regularly scheduled group run!

Wahoo Clinic

March 16th - Brookhaven, 2 pm

Join us and our friends from Wahoo Fitness on Saturday, March 16th, for a clinic on their full range of products! Light snacks and beverages will also be served. The Atlanta Triathlon Club will also host a bike maintenance clinic for those wanting to learn more about this topic.

Carbon Event

March 16th - Kennesaw, 8:30 am

Come out and try the carbon-plated Cloudboom Echo 3 from On Running. This event will take place on the track at Harrison High School. We'll have food, drinks, and a chance to win a free pair of shoes!

Brooks Ghost Max & Glycerin 21 Demo Run

March 17th - Cumming, 10 am

Join our Cumming crew at [The Well](#) for the run, then post-run, 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 for best leprechaun!

Make Some Trail Mix with Alissa Palladino

March 19th - Midtown, 6 pm

Looking for the perfect pre-run or post-run snack? Alissa Palladino, MS, RDN, LD, CPT, will show us how to make trail mix that will keep you fueled for all your active pursuits. Also, join our regularly scheduled group run at 6:30 pm with our friends from New Balance!

New Balance Demo Run

March 19th - Midtown, 6:30 pm

Make some trail mix at 6 pm to fuel your run at 6:30 pm with our friends from New Balance! We'll have the brand-new 880v14, a great daily trainer, and the SuperComp Trainer v2 for those looking for a great racing/marathon shoe!

Flat Fix Clinic with Garmin

March 20th - Midtown, 6 pm

Learn how to fix a bike flat with our team and friends from Garmin. Learn how to get the most out of your Garmin Edge bike computer and how to set it up. Also, learn about safety devices like the Garmin Varia that alert you to approaching vehicles.

Alpharetta Group Run at Jekyll Brewing

March 20th - Alpharetta, 6:30 pm

Join us for an 80s-themed demo run with our friends from New Balance! The new 880v14 will be available to try on during the run. We'll meet at the [Jekyll Taproom](#), and we highly encourage 80s-themed costumes.

Brookhaven Run Club 4th Anniversary Celebration

March 21st - Chamblee, 6:30 pm

We're taking the run off-site and starting at [Contrast Artisan Ales](#) in Chamblee. We will have a variety of vendors and partners out there, so there will be plenty of fun! Prizes and giveaways will be available, but you've got to show up for those!

Women's History Event

March 21st - Kennesaw, 7:30 pm

Join us as we honor the women in our lives and our community. We'll have Taylor Werner, a Puma Elite Team Member, Liz Rock, Trail Blazher co-founder, a yoga session, a pelvic floor health clinic, a women's running coach, and nutrition tips for women! RSVP [here](#).

Get Ready For Your First (or Next) Triathlon

March 23rd - Marietta, 2 pm

Whether it's your first or next triathlon, join us! the [Atlanta Triathlon Club](#) will cover the basics to get ready for your first (or next) triathlon. [Georgia Multisports Productions](#) will join to answer race-specific questions and for a drawing for FREE race entries. RSVP [here](#).

Hoka Demo Run

March 23rd - Cumming, 8:30 am

Join us for a shake-out run to prepare for the [Run Your Bundts Off 5k](#) race with our friends from Hoka! We'll have the Hoka Arahi 7 and Mach 6 for you to try out.

Big Peach Ride + Run Social Ride

March 24th - Buckhead, 2 pm

Join us and [Propel ATL](#) team for a 6-mile social ride along Buckhead's PATH400. Meet the local biking community and celebrate the connections along PATH400! Learn about updates and future connections along PATH400. RSVP [here](#).

Trail Running Film Fest

March 24th - Suwanee, 6 pm

Runners come for a great night of films, inspiration, and community. The festival will be hosted at Monkey Wrench Brewing with \$5 beer specials and plenty of fun and games before the films. There is also a group run at 5 pm. Click [here](#) for more details.

FEATURED RACES

Atlanta St. Patrick's Day Parade 5k

March 16th - Atlanta, GA

Run or walk before one of the country's oldest St. Patrick's Parades! The route begins and finishes on Peachtree Road and winds through Midtown and Piedmont Park! Register [online](#).



Water Drop Dash 5k

March 16th - Roswell, GA

This is a flat, fast course that is Peachtree Road Race certified! In-person and virtual options are available for the 5K and Fun Run. Sign up and chase down those leaks! Register [online](#).



Kiwanis Shamrock 5k

March 16th - Suwanee, GA

Join us to raise funds for our Don Lee Memorial scholarships, which benefit three local high school students. Register [online](#).



Run Your Bundts Off

March 24th - Cumming, GA

Join us and the Official Sponsor, [Nothing Bundt Cakes](#), for the 7th annual RUN YOUR BUNDT'S OFF 5k & Baby Bundt Run! Enjoy a "bundtini" after the race made by Nothing Bundt Cakes! Register [online](#).



Care For Cops 5k/Walk

March 30th - Suwanee, GA

Care for Cops sends checks directly to families that have lost a loved one in the line of duty. Register [online](#).



PACKET PICK-UPS

Cherry Blossom Festival 5k

[Brookhaven](#) - March 14th, 1 pm - 7 pm

Refuge Run 5k

[Midtown](#) - March 14th, 4 pm - 7 pm

Water Drop Dash 5k

[Marietta](#) - March 15th, 11 am - 6 pm

Atlanta St. Patrick's Parade 5k/Walk

[Midtown](#) - March 15th, 11:30 am - 1 pm

Suwanee Kiwanis Shamrock 5k

[Suwanee](#) - March 15th, 5:30 pm - 7 pm

RACE PARTNERSHIPS

- 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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CONTACT US:



SHOP ONLINE:



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

LOCALLY OWNED  AND OPERATED

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