
This Is Your Year!

1 message

Mon, Jan 6, 2025 at 8:00 PM



Peachy,

It's that time of the year again when we make resolutions. How many of us kept them this past year? Here are two numbers to remember as you start the year: 15 and 22. January 15th is known as quitting day because, on average, that's how long most people stay at their resolutions. If you made it beyond that, pat yourself on the back. If you didn't make it, the number 22 should help. It takes 22 days to create a habit. If you can make it through 22 days of whatever your goal (walking 5,000 steps, stretching each day, running one mile, etc.), then you'll have a greater chance of reaching your resolution or goal for the year!

Need additional help starting the new year on the right foot? Check [out this article](#) on our blog about why setting a goal is better than making a resolution.



Best Walking Shoes: Why Running Shoes Are A Smart Choice For Comfort, Support, and Injury Prevention

Medical professionals recommend taking at least 5,000 steps daily, which can be done by walking. While walking is easier on the body and has less impact than running, wearing any shoe is not always the best option. We explain why running shoes are the best option for walkers or anyone on their feet all day. [Read more...](#)



Our newest location will officially open on January 13th, followed by the Grand Opening on January 18th! You are invited for a fun-filled morning with several of our partners.

Friday, January 17th, 2025

1:00 PM - Ribbon Cutting Ceremony with the City of South Fulton

Saturday, January 18th, 2025

8:00 AM - "We Move Together" Group Run (All runners/walkers welcome)

11:00 AM - Grand Opening & Ribbon Cutting Ceremony hosted in partnership with the Atlanta Black Chambers

We'll have food, prizes, and giveaways from our amazing partners, including Asics, Balega, Garmin, Hoka, Mizuno, New Balance, On, Oofos, Puma, Saucony, and more! Our special guest is [Olympian Jenny Simpson](#)! Jenny will join us, and you'll run alongside her during the morning's activities. Don't miss out on one of this year's best events! RSVP [here](#).



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!

EVENTS

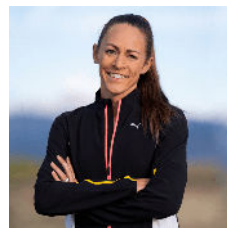
Big Peach & CycleBar - Run Ride Run

January 11th - Marietta, 10:00 AM

We'll meet at Big Peach East Cobb at 10:00 AM for a 1-mile run/walk to CycleBar East Cobb, enjoy a free, high-energy spin class (shoes provided), and finish with a 1-mile run/walk back. It's a fun, free workout to kick off your year with energy and community. Run/walk starts at 10:30 AM—don't miss out! **Reserve your bike now at [CycleBar East Cobb](#)**. First-time riders, create a profile to book!

RUNUSA Tour with Jenny Simpson

Join us as Olympian Jenny Simpson visits Atlanta, GA, as part of her 50-state running tour! She is on a mission to inspire others to live life with a sense of adventure, explore our backyards, and be inspired by the people and places that make this country beautiful. This week, you will have several opportunities to meet and run with Jenny Simpson. All abilities are welcome.



Jenny is a retired American middle and long-distance runner. She won a bronze medal at the 2016 Rio Olympics, gold at the 2011 World Championships, and silver at the 2013 and 2017 World Championships at the 1500-meter distance.

January 14th - Suwanee, 6:30 PM - RSVP [here](#).

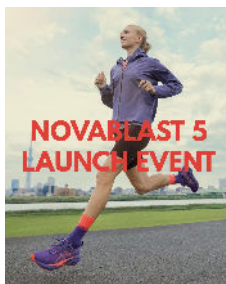
January 16th - Brookhaven, 6:30 PM - RSVP [here](#).

January 18th - South Fulton, 8:00 AM - RSVP [here](#).

Ask A Dietitian with Adidas

January 16th - Brookhaven, 6:30 pm

Join us for a special event with Adidas and try out their new models that are now in stock! There will be giveaways and hot chocolate! We'll also have Alissa Palladino, a Registered Dietitian, talk about how to stay properly fueled in the winter (as well as talk about the benefits of hot chocolate). Receive 10% off your Adidas purchase or on any nutrition products at this event. RSVP [here](#).



Asics Novablast 5 Launch Event

January 25th - Decatur, 8:30 am

Save the date for a memorable morning filled with excitement and fun as you try out the new Asics Novablast 5, Asics Gel-Nimbus 27, Superblast 2, and GT-2000 13. We'll provide post-run coffee from our friends at [The Corner Cup Coffee](#) in Decatur. We'll have an exclusive tee, giveaways, and raffles. During the event, attendees will receive a discount on Asics footwear and a coupon to save on future purchases. RSVP [here](#).

FEATURED RACES

Livvy's Love Run/Walk

January 18th - Stone Mountain, GA

The event will be held at historic Stone Mountain Park. Those who want to stroll around the mountain enjoying the beautiful scenery can choose a fun walk or a timed 5K or 8K run. Funds raised from this event will support Livvy's Love, Inc. foundation activities and projects. Register [online](#).



Polar Bear 5k

January 25th - Marietta, GA

This race will be one of the most enjoyable January, cold-weather runs you will ever participate in! The 37th Annual Polar Bear Run is a Peachtree Qualifier road race featuring a flat course in East Cobb County. Come enjoy this super fun winter race with the miles outdoors and the party indoors! Register [online](#).



RACE PARTNERSHIPS

- January 18th - [Livvy's Love Run 8k/5k](#)
- January 25th - [Polar Bear Run 5k](#)
- February 22nd - [Love Run 5k](#)

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