

Fuel For The Long Run!

1 message

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FUEL FOR THE LONG RUN!

Peachy ,

The mornings are starting to feel cooler, and those Fall temps will return soon, which means the Fall race season is among us. Whether you're training for a marathon, a Thanksgiving half marathon, or simply running longer because of the temps, fueling for those longer runs is essential. There are many choices, and no fuel source works for everyone, so trying options long before race day is vital. Please stop by any of our locations and let us help guide you to potential options based on your needs. With a large selection, we'll let you know what works best for you and how much you'll need to consume based on your distance.



Altra Promotion

Purchase any Altra shoe and receive \$10 off any RUNATL or Big Peach Running Co. branded shirt*. This is a limited-time offer. A coupon will be issued with your purchase. Ask one of our Guest Advocates for more details.

**You can use the coupon in-store on the same day or within 60 days. It cannot be used on accessories, hats, or socks, and it cannot be combined with other discounts. Offer available at participating 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 - 6:00 pm

Click [here](#) for details.

Brookhaven Group Ride

Wednesdays, 6:00 pm

Course details are available [here](#).

EVENTS

Dunwoody Scavenger Hunt

September 12th - Dunwoody, 6:30 pm

Our regularly scheduled run is taking a Field Trip to Velvet Taco Perimeter in Dunwoody, joining Active Dunwoody for their September Scavenger Hunt! In addition, we will have Nike joining us to provide an opportunity for participants to try some shoes. This is free to participate in, and will be fun for everyone. This is a great opportunity to explore Dunwoody and meet some new friends. Follow [@activedunwoody](#) on Instagram for more details!

Hoka Skyflow & Kids Mach 6 Demo

September 14th - Cumming, 8:00 am

Join us for a fun run starting at 8:00 am and demo the brand new Hoka Skyflow and bring the kids to try on the Mach 6. It's a 70's theme with raffles and a Flower Power Costume contest. It's a fun event for the whole family!

Injury Screening with Tempo PT

September 17th - Marietta, 6:00 pm

Dr. Morgan from [Tempo PT](#) will be at our weekly Group Run again on Tuesday, September 17th providing free injury screens for runners. This is the perfect for anyone dealing with a nagging injury or that just has questions to help them stay healthy as you prepare for fall races! Pre-register [HERE](#). Dr. Morgan will be here at 6:00pm and the Group Run kicks off at 6:30pm.

Flat Fix Clinic

September 18th - Midtown, 6:00 pm

Join us for a flat-fix clinic at our Midtown store! Learn how to repair and replace a bike tube to finish your ride.

FEATURED RACES

Race for Fox in Crazy Socks

September 14th - Atlanta, GA

Join us at Truist Park for RaceTrac's Run for Research 5K benefiting The Michael J. Fox Foundation. This family-friendly event welcomes runners and walkers of all levels—don your craziest socks! 100% of registration fees support Parkinson's research. Enjoy free food, prizes, and music. Register [online](#).



Team Maggie's Dream 5k/10k

September 15th - Roswell, GA

Participants can run or walk while supporting an amazing cause - Team Maggie's Dream provides financial assistance to young cancer patients hoping to preserve their fertility. Don't miss out on the awesome free t-shirt, chance to win big prizes, discounts for team registration, and more! Register [here](#).



Ride for the Westside

September 28th - Atlanta, GA

Join us for the third annual Ride for the Westside, an event to benefit Westside Future Fund (WFF). This run, walk, and bike event supports equitable neighborhood revitalization efforts on the historic Westside. Come out and ride a secure 11-mile bike loop, run a 5k, or take part in the Heritage Walking Tour, which highlights historic neighborhood landmarks. There are fun activities for the whole family, including food, music, games, and more! Register [online](#).



Bull Mountain Epic

October 5th - Dahlonega, GA

There are Half-Marathon and 50K races offered. Three different 10-13 mile loops all originate from the Bull Mountain parking lot. The trails consist of some technical but mostly runnable single track, making this a tough and challenging North Georgia trail race. Waterfalls, multiple stream crossings, rocky climbs, and blazing-fast descents are just a few of the trail amenities. Register [online](#).



PACKET PICK-UPS

Team Maggie's Dream 5k

[Marietta](#) - September 13th, 1 pm - 6 pm

Care for Cops 5k

[Suwanee](#) - September 13th, 5 pm - 7 pm

ADMH Run for Health

[Brookhaven](#) - September 14th, noon - 2 pm

RACE PARTNERSHIPS

- September 14th - [Care for Cops 5k](#)
- September 14th - [Run For Research](#)
- September 14th - [Team Maggie's Dream 5k](#)
- September 15th - [ADMH Run For Health](#)
- September 21st - [Race For Research](#)
- September 24th - [31st Unity Run 2024](#)
- September 28th - [Harvest Hustle 5k](#)
- September 28th - [Ride For The Westside](#)

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SHOP ONLINE:



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