

**The Power of Food!**

1 message

Mon, Jan 20, 2025 at 8:18 AM



Peachy,

At the start of each year, society buzzes with resolutions centered around health, primarily focused on exercise and diet. However, have you ever considered the incredible power of food as medicine? The right balance of nutrition doesn't just enhance your athletic performance—it can also extend your lifespan and significantly cut down on medical expenses.

Instead of the all-too-common cycle of embarking on a fad diet only to abandon it weeks later, think of food as a crucial ally in your quest for wellness. By adopting this mindset, you'll naturally make healthier eating choices throughout the entire year.

To guide you on this transformative journey, we've crafted a comprehensive article filled with insightful information on how to leverage food for a healthier and longer life. For athletes eager to elevate their performance, explore the information below and consider joining us in a groundbreaking study designed to optimize both your nutrition and athletic prowess. Together, we can unlock your full potential!

### Join a Cutting-Edge Nutrition & Training Study!

Are you a runner looking to optimize your performance and nutrition? We're seeking participants for a 12-week study exploring the impact of diet and exercise on performance and body composition.

#### Eligibility:

- Male or female, 20-50 years old
- Runs 20-40 miles per week
- Access to a fitness-tracking device
- No diagnosed eating disorders, cardiovascular, or metabolic diseases
- Not taking prescribed micronutrient supplements

#### Commitment:

- Three lab visits (approx. 2 hours each) at Berry College (Rome, GA) or Kennesaw State University (Kennesaw, GA)
- 12-week exercise training and dietary intervention
- Daily (5 min) and weekly (10 min) surveys

#### Benefits:

- 3 DEXA body composition scans (value: \$900)
- 2 VO2 max tests (value: \$300)

- Customized diet & training plan with expert coaching (value: \$1,000)
- Free daily protein supplements (value: \$500)

This is your chance to gain professional insights, improve your performance, and join a supportive community—free of charge! Spots are limited—secure your place today!

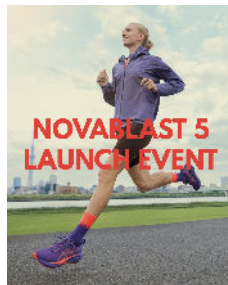
JOIN STUDY



## 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



### 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, 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](#).



### HOKA Bondi 9 Tour

Join the journey through your favorite BPRC group runs and be one of the FIRST to experience the all-new Bondi 9.

#### Win a FREE pair of Bondi 9s!

Lace up and test out the Bondi 9 at any scheduled demo event. Sign in and complete a quick post-run survey to secure your entry. Each event you attend earns you a raffle entry. The more events you attend, the better your chances of winning. Three winners will be announced at the end of the tour. Make sure to RSVP!

#### Tour Stops:

- January 21st, 6:30 pm - [Midtown](#)
- February 11th, 6:30 pm - [Kennesaw](#)
- February 19th, 6:30 pm - [Decatur](#)
- February 25th, 6:30 pm - [Marietta](#)
- February 27th, 6:30 pm - [Suwanee](#)

March 4th, 6:30 pm - [Brookhaven](#)  
March 15th, 8:00 am - [Cumming](#)  
March 24th, 6:00 pm - [Braselton](#)



## Galentine's Party

**January 30th - Cumming, 7:00 pm**

Calling all the ladies! We've got our Galentine's Party with some fun things planned for you!

- A yoga session led by our very own Jordan! Make sure you bring your mat!
- ASICS will be there with giveaways! A Goodie Bag will be up for grabs, and one lucky lady will go home with a FREE pair of shoes!
- Mocktails to sip on as you mingle!
- A raffle for a Cupid Shuffle 5K race entry!

We have planned all this and more for you! Don't miss the fun; we hope to see you there! RSVP [here](#).

## On Cloudsurfer 2 Demo Run

**February 1st - Cumming City Center, 8:00 am**

At Big Peach, we are all about finding a reason to get outside! So what better way to celebrate National Play Outside Day than with a demo of the On Cloudsurfer 2! We'll have the On Cloudsurfer 2 to demo and some other fun surprises! RSVP [here](#).

## Puma Demo Run

**February 11th - Decatur**

Join us for a fun demo run and our friends from Love Run 5k! Learn more about this great race benefitting Women's Resource Center to End Domestic Violence. Post-run, you'll enjoy food, beverages, prizes, and more! RSVP [here](#).

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## FEATURED RACES

### 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](#).



### Walton Raider Chase 5k

**February 8th - Marietta, GA**

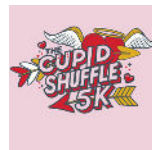
Runners and walkers of all levels, don't miss the 45th Annual Walton Raider Chase 5K, hosted by the Walton Cinder Club for Track and Field and Cross Country. This long-standing Marietta tradition promises a fast, mostly flat course with an exciting Olympic-style finish on the Walton High School track. Sign up today and be part of this special event! Register [online](#).



### The Cupid Shuffle 5k

**February 9th - Cumming, GA**

The Cupid Shuffle 5K Run/Walk kicks off your Valentine's Day week with a heart-racing blend of fun, fitness, and festive vibes. Join us on Sunday, February 9, 2025, for a lighthearted 5K that is runner, walker and family-friendly. Run or walk solo, as a couple, or with your crew of Galentines and Palentines. Register [online](#).



### Love Run 5k

**February 22nd - Decatur, GA**

Please join DeKalb County District Attorney Sherry Boston for the 10th Annual Love Run 5K, commemorating Teen Dating Violence Awareness Month. All proceeds will benefit the Women's Resource Center to End Domestic Violence. Register [online](#).



## PACKET PICK-UPS

### Polar Bear Run 5k

[Marietta](#) - January 24th, 11 am - 7 pm

### Stampede In The Park

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

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## RACE PARTNERSHIPS

- January 25th - [Polar Bear Run 5k](#)
- February 1st - [Stampede In The Park](#)
- February 8th - [Walton Raider Chase 5k](#)
- February 9th - [The Cupid Shuffle 5k](#)
- February 22nd - [Love Run 5k](#)

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