**Spike Night**



**North Gwinnett High School**

**Track Team Spike Night @ Big Peach Running Co. Suwanee**

Wednesday, February 12, 2020

5:00pm-7:00pm

* Get fitted for your running shoes.
  + Did you know?
  + In Track & Field, overuse injuries are quite common. The most common injury that occurs in track are shin splints and knee injuries. Getting fitted for the proper training shoes (along with your spikes) can reduce your risk of injury by up to 29%.
* Get your Spikes (sprint, mid distance, distance, throw).
* Special ***15% discount*** on all spikes and ***10% discount*** on trainers on Spike Night for athletes and parents (excluding sale items).



Big Peach Running Co. Suwanee

320 Town Center Ave., Ste. C-3

Suwanee, GA 30024

(678) 869-5012