



# 5K RUN CLUB



May 3rd-October 25th  
Mondays, 5:30pm  
Fridays, 7am



Members: \$125



Register on the MyLSF App  
or online at MYLSF.net  
PT360@LakeshoreSF.com

**LSF Run Club is for beginner to intermediate runners. Join the club and get your running shoes ready!**

Runners will meet in the igloo before heading outside for a dynamic warm-up and then heading out on their outdoor run.

Run Coaches will pace your running as you work to build up to a 5k pace. At the end of the run, members will go through a cool down and stretch. LSF Run Club will participate in several 5k's throughout the summer and fall, by being a member of the run club you get complimentary entry into a race of your choosing!