

City of Laguna Hills Memorial Day Half Marathon and 5k

Training Run and Clinic Series By Road Runner Sports



April 16: 40-Minute Run and Clinic on Running Shoes

May 7: 55-Minute Run and Clinic on Running Nutrition Products

May 21: 65-Minute Run and Clinic on Race-Week Preparation

May 22: Newton Natural Running Symposium and Form Clinic (Starts at 9 a.m.)

Runs start at 8 a.m. from the store with options for shorter/longer courses. Make sure to bring water.

Refreshments and clinics to follow run. All participants will receive a 10% discount (20% if VIP) on day of event.



Road Runner Sports Laguna Hills

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Call 949.855.9252 or visit

www.facebook.com/RRSLagunaHills

