



5K RUN CLUB



May 1st-October 30th
Wednesdays 6pm

Followed by Wine Down Wednesday
on the Harvest rooftop.

Fridays 6am

Followed by fruit and coffee in the
1320 Market.



Members: \$125



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

**Lakeshore 5k 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. Lakeshore 5k 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! (Race schedule coming soon.)
All Run Club participants receive a 5k Run Club
dry-fit shirt!