

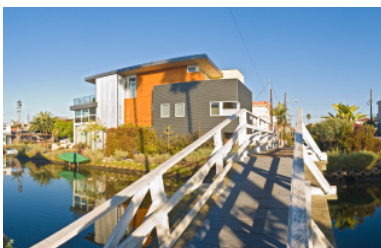
## CITY RUNNING GUIDE: LOS ANGELES

### FUN RUN

#### Venice (1.9 miles)

Keep your eye on the sights during this beginner-friendly run.

#### Highlights:



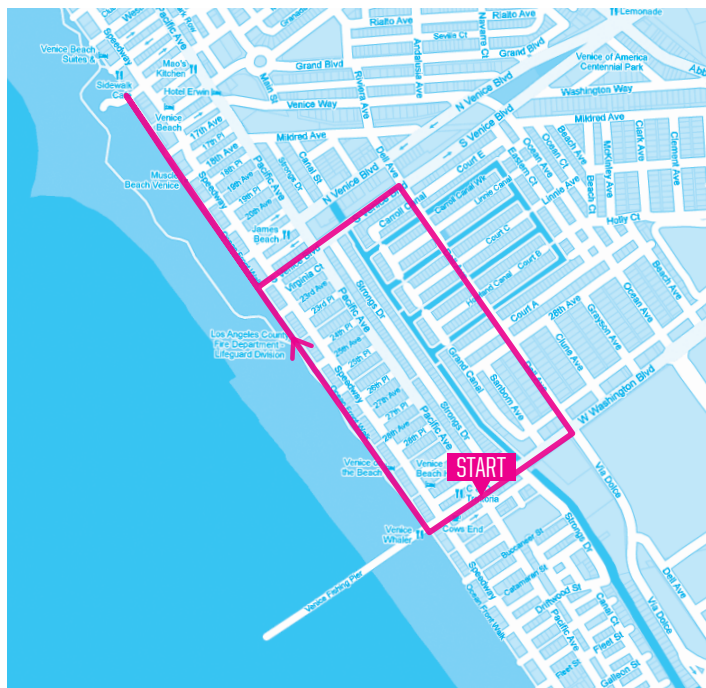
- About a mile into your run, see who's flexing at historic **Muscle Beach**.
- You'll pass through the postcard-pretty **Venice canals**.

#### Trainer Tips:



**Dress for success.** Wearing just a sports bra on top will encourage you to engage your core while you run, says trainer **Angela Parker of Body Inspired Fitness**. If you're modest about your midriff, a form-fitting top will do.

**Check your hands.** New runners tend to clench their fists, which locks up the shoulders. Relax your grip and let arms swing naturally with your stride.



Click map for more information.

#### Run Reward:



Enjoy the outdoor seating and people watching at **The Cow's End** where you can order a fresh pressed juice or açai-and-granola breakfast. (34 Washington Blvd.)

#### Rev Up With REVLite

New Balance presents its lightest trainer yet! The **neutral 890** is a new kind of lightweight shoe. Did they leave something out to make it so light? Nope, it's actually what they added. REVLite, a new midsole foam compound with the durability of foams that are 30% heavier, but nearly 1/3 less weight. Which means way more excellent!



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## ZEN RUN

### Temescal Canyon Loop (4 miles)

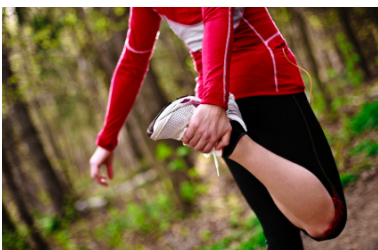
Go off the beaten path with this scenic trail run (you can park in the lot on Temescal Canyon Road, just past Sunset).

#### Highlights:



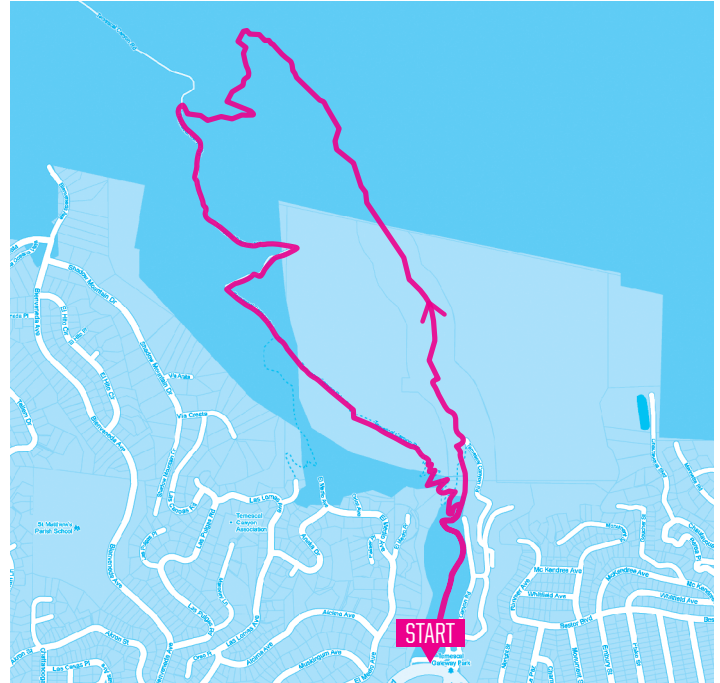
- Enjoy an **ocean view** from high above the beach.
- A **waterfall** marks the trail's halfway point.

#### Trainer Tips:



**Start slow.** To warm up, run at an easy pace for a few minutes (or a full song on if you're listening to music), then do some gentle stretching for a minute or two, about half a song, says Parker.

**Breathe easy.** Most people take quick, shallow breaths when they're running—especially during the steep parts. Steady your breathing by inhaling through your nose and exhaling slowly through your mouth or nose.



Click map for more information.

#### Run Reward:



Take a cue from famous locals Jennifer Garner and Kate Hudson and do brunch at **Cafe Vida**—try the organic egg white veggie scramble. (15317 Antioch St.)

# CITY RUNNING GUIDE: LOS ANGELES

## LONG RUN

### Beverly Hills/West Hollywood (6.2 miles)

Test your 10-K readiness with this A-list run. The wide streets of Beverly Hills will make you feel right at home—if your home is a multi-million dollar mansion.

#### Highlights:

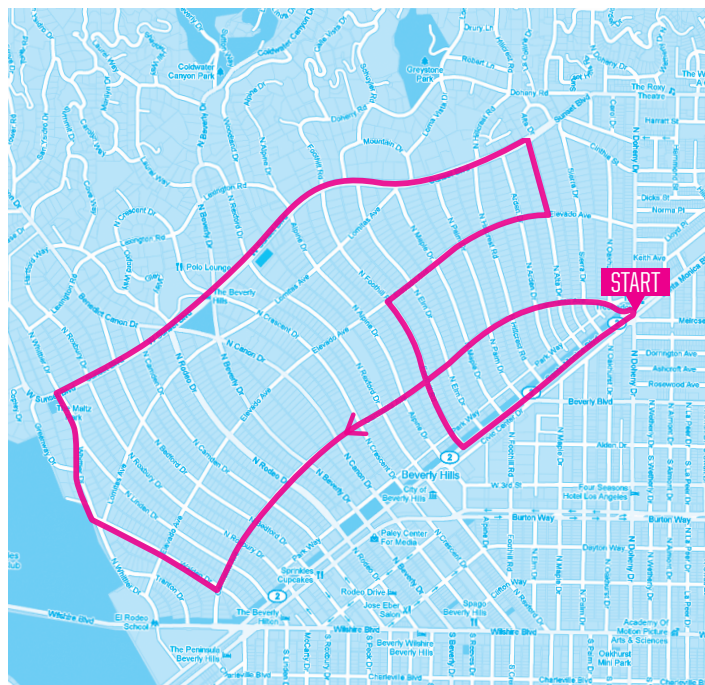


- Since it opened in 1912, **The Beverly Hills Hotel** has been a destination for Tinseltown's elite.
- **The Spadena House** looks like something straight out of a fairy tale. (516 Walden Dr.)

#### Trainer Tips:

**Don't stand still.** If you're stuck at a light, keep the momentum going with plyometric exercises such as jump squats or even burpees, suggests Parker.

**Stretch it out.** To open hips, do the "standing pigeon": Place right ankle on top of left knee and sit down into leg. Hold for five slow breaths, then switch.



Click map for more information.

#### Run reward:



To help your body rebuild muscles, have a high-protein snack an hour after the run. Visit nearby **Body Factory** for a green protein smoothie. (8591 Santa Monica Boulevard)