

Live Well San Diego 5K Fitness Challenge



Meet-Up Schedule



The *Live Well San Diego* 5K Fitness Challenge Meet-Up Schedule provides you with free group exercises that you can use as an alternative to running! Use this interactive schedule to view what each of our partners have to offer.

Sirius Fitness

Group Run with Sirius Fitness

When: Saturdays @ 7:15 a.m.

Where: TBD*

What: Roughly 3-mile long group runs with shorter and longer options. All levels welcome!

*Join [Sirius Fitness Run & Fit Club](#) on Facebook for more information.

Race Day Warm-Up @ 7:15 a.m.

Join Coach Nasara of Sirius Fitness in a warm-up to get you ready for the 7:30 a.m. start!

OG Yoga

Yoga Classes

Free classes for race participants August 15 through September 19!

Sign up for any class on the [OG Yoga Schedule](#) with code **LWSD5K**. We recommend doing Restorative Yoga on rest days, but all are great options!

Race Day Cool-Down @ 9:00 a.m.

Join OG Yoga in a cool-down flow after the race, all levels welcome!

Department of Parks and Recreation

Rad Regional Parks

Each month a different regional park is highlighted to help you explore what your County parks have to offer! Park fees are waived, fun events are held, and one lucky participant could win an all-parks parking pass (or similar) prize!

Upcoming Featured Parks

August

Flinn Springs County Park

September

Heritage County Park

Parks 101: First Timer Series

Learn outdoor essentials like how to hike, bike, camp, fish, and more under the direction of a park staff - with all supplies included! Registration required for some events.

Upcoming Events

8/20 - Astronomy 101

@ Jess Martin County Park

8/27 - Ranger-Led Hike/Hiking 101

@ Flinn Springs County Park

9/24 - Kayaking & Fishing 101

@ Lake Morena County Park

Ride On Mountain Bike Challenge

Mountain bike through eight popular trails at six County parks and preserves. Do it solo or with a park guide. No gear? No problem! Rent for free through the program. Registration is required.

Upcoming Rides

8/20 - Bonita Valley to Tiki Hut

Loop @ Sweetwater Summit

Regional Park

9/17 - Tijuana River Valley Tour

@ Tijuana River Valley Regional

Park

