PRE-PLANNED COURSE SUGGESTIONS

Provided by FIT4MOM

LV SANTA RUN.COM
5K VIRTUAL DOWNTOWN COURSE!

LVSANATARUN.COM

Provided by FIT4MOM
Starting at the corner of Carson and Las Vegas Blvd., head South towards the Las Vegas Strip.
- Turn Left onto Hoover Street.
- Turn Left onto 7th Street.
- Turn Left onto Bridger Avenue.
- Turn Left onto 6th Street.
- Turn Left onto Gass Avenue.
- Turn Left onto 9th Street.
- Turn Left onto Fremont Street.
- Turn Left onto Las Vegas Blvd. to return to Carson.
5K Summerlin Course!

LVSantaRun.com

Provided by Fit4MOM
Begin in the Southeast corner of Village Green Park.
Head South on Sandstone Bluffs Dr.
Just past Armands Pine Way turn Left onto the trail.
Turn Left onto Hualapia Way.
After passing Park Run Drive you will take a Left onto the trail through Cottonwood Canyon.
Turn Left onto Town Center Drive.
Turn Left onto Griffith Peak Dr.
Continue on Griffith Peak Dr. until you return to Village Green Park.
5K HENDERSON COURSE!

LVSANTARUN.COM

Provided by FIT4MOM®
Begin in the Northwest corner of Paseo Vista Park.
Head East on Paseo Verde Parkway for just over a mile.
Turn Right onto Armargosa Trail.
Follow Armargosa Trail until you reach S Green Valley Parkway.
Turn Right onto S. Green Valley Parkway.
Take a quick Left to get back on the Armargosa Trail.
Turn Right onto Cozy Hill Circle.
At the traffic circle take the second exit.
Continue on the trail until you return to Paseo Vista Park.
The Fit4Mom Run Club is designed for any level of runner, from beginner to expert. You’ll learn about the fundamentals of running including running gear, running form, injury prevention, pace, etc. We will meet twice per week for group runs along with cross training workouts, and we run rain or shine. The next Run Club starts January 2021. Learn more about Run Club and other fitness programs available at LasVegas.Fit4Mom.com.

JESSICA, OWNER FIT4MOM LAS VEGAS

Find a community to run with! The Fit4Mom Run Club is so much more than just running, it’s relationship building too. Not only do we train together, we take part in fun community events - like the Las Vegas Great Santa Run!

LISA, SUMMERLIN RUN CLUB COACH

Posture is so, so important! And also find a good podcast, you'll surprise yourself at how you can easily finish a run without constantly looking at the mileage or your time.

MARY, HENDERSON RUN CLUB COACH

Make running fun for YOU! Whether that means listening to music, stopping to walk or take pictures, exploring a trail, or running with a friend. Running can be fun for everyone once you find what you love about it.