

Running and Cycling are not only forms of exercise but are also great ways to explore your neighborhood.

### Suggested Runs

- S** Start
- F** Finish
- Easy
- Medium
- Hard

### Facilities

1. 24 HR Fitness
2. Bianchi Fitness
3. Live Fit Gym
4. Burn SF
5. Adaba Capoeira
6. Body Fi
7. J+K Studio

### Cross-training

- Swimming Pool
- Mission Cliffs
- Bike Lanes

### Post Workout Snacks

- A** Penguin's
- B** Yotopia
- C** Xanath
- D** Bi-rite Creamery
- E** La Copa-Loa
- F** Humphry-Slocombe
- G** Nubi Yogurt
- Z** Mitchell's

### Hydration

- Drinking Fountain

# MISSION: A STRONGER YOU!!

