

Member Benefits

We offer year-round training; experienced through in-experienced including executives, teachers, moms, professionals, and pretty much anyone and everyone. Sign up as a member for one of our training seasons and here's what awaits you:

- Professional coaching by **West Coast Road Runners** founder and seasoned distance runner Dan Guillory and all the 28 Marathon Certified coaches on staff.
- Detailed training program including online access to schedules, locations, start times, numerous race discounts, etc.
- Customized daily training schedules specific to your race and goals (finishing any half or full marathon, setting a PR, qualifying for Boston or even ultra marathons)
- Diverse, clearly mapped, Saturday morning group training runs all over the San Diego area. With many coaches and many diverse routes where you'll discover parks, neighborhoods and trails that you never knew were in our great city!
- A variety of pace groups with seasoned Pace Group Leaders (sub 7 minute milers to 13-minute milers; AND walkers and everyone in between – *like run/walkers*)
- Aid stations fully stocked with water, Amino Vital and Ultima along the long run routes. Sometimes you'll even get spoiled with gels, pretzels and Gummy Bears too.
- Race-specific training schedule (when to ramp it up, when to cross-train, when to take a rest).
- Member discounts at Road Runner Sports (and most other run stores), Rudy Sunglasses, The League Chiropractic, Ultima and all our great sponsors and even more RACE DISCOUNTS than you will have time to use.
- Weekly training tips and guest speakers covering everything from how to tie your shoes so they stay tied, what to eat pre-race/pre-run to stretching and core workouts.
- Optional weekly speed workouts and core strength training workouts to supplement your training
- Optional weekly runs and walks throughout the county
- Social events with fellow members (happy hours, post-race get-togethers)
- Password for access to the Members Only area of our website. You can check out your training schedules, maps, directions, start times and everything about how to enhance your running.

If you're game for improving your distance running, pick any Saturday to check us out for a complimentary run. You'll know before the end of your first visit how much greater a training group

we are and what we offer is FAR above the rest!

Value

Full and Half Marathon program

Benefits

- Technical running shirt (\$30)
- Customized daily training plan for your race of choice (\$30-\$100)
- Race discounts for members (\$5-15 per race)
- 28 week online training schedule (\$50-\$100)
- 10% Member discount at Road Runner Sports 2 locations (\$20-40+)
- Early bird registration discount (\$10)
- Fully supported Saturday group training runs (\$20 per run)
- Professional coaching support and guidance (\$50 per month)
- Saturday, Sunday, Monday, Tuesday, Thursday organized runs (\$10)
- Tuesday Track Sessions (\$10)
- Member discounts with wellness providers (\$10-35+ per visit/provider)
- Social events and new friends (PRICELESS!)

Speed work program

Benefits

- Over 14 ninety-minute speed workouts (\$10 per workout)
- Professional coaching & gait analysis (\$50-60 per hour for most 1:1 coaches)
- Timed 6-minute time trials (vs. \$25 for a 5K race)
- Social events and new friends (PRICELESS!)