

Free lecture all about running

Alan and Caroline Barichievich, Barton Rehabilitation & Sports Medicine's husband and wife duo and ultra marathon runners duo, will provide a free lecture titled Running, It's Your Journey.

With years of running and rehabilitation experience, the two will provide advice for runners of all levels. Topics will range from how to improve your running performance, proper gear, attire, as well as injury prevention and treatment.

The lecture is Sept. 5 from 6 to 7pm at Kahle Community Center in Stateline.

For more details, call (530) 543.5537.