

# Lecture centers on all things running

Running: It's Your Journey is the topic of Caroline and Alan Barichievich's May 20 lecture.

The physical therapists with Barton Rehabilitation & Sports Medicine will talk from 6-7pm at Lake Tahoe Community College's board room.

The free talk is for people who run a 5K or more than 100 miles. There will be a review of proper gear and attire, tips to improve running performance, and injury prevention and treatment.