

# Sports shop to host trail running demo day

With races such as the Western States 100 Endurance Run, Tahoe Rim Trail Endurance Runs, and Tahoe 200, Lake Tahoe is a hotbed for trail running.

However, it is also safe to say that trail running can be hard on the body and lead to injuries. The right footwear can make a huge difference in keeping the stress down on a runner's body.

Hoka One One and Altra Running will be at Alpenglow Sports in Tahoe City for a two-part trail running demo weekend on Aug. 22-23.

While the event is free, a credit card is required to demo shoes. The event is designed for participants to pick-up shoes, take them to their favorite trailhead, and put them to the test. Shoes will be available to demo from 9am-3pm.

For more info, call 530.583.6917.