LOCAL ROUNDUP

Moreno lecture series for runners concludes Thursday at Cabrillo

By Sentinel staff

Precision Sports Performance Running partnered with Fleet Feet in Aptos this summer to host a three-part lecture series with Jeff Moreno, DPT, OCS, "The Art & Science of Running."

Each lecture so far has been attended by more than 60 recreational, high school and collegiate runners from as far away as Berkeley. The first two lectures have raised close to $1,500 and were donated to Fleet Feet's Project Fit and PR Project which provides spikes, flats and running shoes to athletes at middle schools and high schools throughout Santa Cruz County.

In the first two hour-long lectures, Dr. Moreno discussed the Precision Sports Performance philosophy of movement and taught an enthusiastic audience what it takes to run for a long period of time without injury and pain. He also talked about improving stamina each time a runner sets out to exercise, despite the length or difficulty of the run.

The remaining lecture in the series takes place Thursday at 6 p.m. at Cabrillo College.