

# ITA Runs

On Monday, Wednesday, and Friday at 7 am, we will organize runs with Prof. Peter Gerstoft from the Scripps Institute of Oceanography. The runs will start at the beach in front of the La Jolla Shores Hotel (see pictures below). Each run will offer an easy option and then split according to interest and stamina.

**Monday:** Enjoy the one-mile beach stretch, running a few times back-and-forth.

**Wednesday:** Easy beach run again. Or a run to La Jolla Cove where we will see seals, sea lions, pelicans and crashing waves; about 3 mile in total, flat.

**Friday:** Easy beach run again. Or a run to Mount Soledad with the beautiful view of San Diego, La Jolla; 4.5 miles in total, very steep.

We will run only in good weather (likely every day). Note that the beach is cold in February mornings.

Meet in front of La Jolla Shores Hotel at 7am.

