

SAN DIEGO RUNNING SCENE

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GUIDE TO RUNNING:

EVERYTHING YOU NEED TO
KNOW TO GET YOUR RUN
ON IN SAN DIEGO

 SANDIEGO
RUNNING CO.

A photograph of a shoe store aisle, likely a running shoe section. The shelves are filled with numerous pairs of running shoes in various colors and styles, arranged in rows. The perspective is from a low angle, looking down the aisle, creating a sense of depth. The lighting is bright, highlighting the shoes. A semi-transparent blue rectangular overlay is positioned in the center of the image, containing the title text in white. In the bottom right corner, there is a faint, semi-transparent logo for 'SAN DIEGO RUNNING CO.' which includes a stylized running shoe icon.

SAN DIEGO'S BEST RUNNING SHOE STORES

SAN DIEGO
RUNNING CO.

LACE UP, RACE ON



Running shoes. One of the most crucial items a runner can purchase. They can make or break you and we don't say that lightly. Finding the right shoe can seem daunting.... Especially for newbie runners.

Which shoe is good for long runs? Short runs? High arches? Bad hips?

The questions can be endless but speaking with someone who is professionally trained in this department will make a huge difference.

Here are San Diego's top 4 LOCAL speciality running stores!

THE SHOPS

MILESTONE RUNNING

North Park/Pacific Beach

[SEE STORE](#)

ROAD RUNNER SPORTS

4 Locations - San Diego

[SEE STORE](#)

FLEET FEET

Carmel Valley

[SEE STORE](#)

RUNNING CENTER

Carlsbad

[SEE STORE](#)



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MILESTONE RUNNING

Milestone Running has become the social hub of San Diego's running scene! Their customer service goal is to provide all San Diego runners with a pressure-free shopping environment. They make your experience special: not only do they help you find the right shoe, fit and quality but their staff is known to help answer any training questions you have.

They have two locations in North Park and Pacific Beach! At the very least, come check out their stores for their unique running photos and wall murals.

North Park store directions: [here](#).

Pacific Beach store directions: [here](#).



MILESTONE
— R U N N I N G —

ROAD RUNNER SPORTS



Although **Road Runner Sports** is a nationwide store- they are headquartered here in San Diego since 1983! Offering a unique user experience, the “shoe dog” a staff member (or online) can help analyze your foot strike in under 3 minutes.

With Kearny Mesa as their flagship store, you’ll get lost exploring this huge space with endless choices of shoes, gear, nutrition and more. You shop regularly for new running gear? Sign up for their VIP program for exclusive discounts!

Directions to the San Diego/Kearny Mesa location, **here**.

Directions to the Carlsbad location, **here**.

Directions to the Solana Beach location, **here**.

Directions to the South Bay location **here**.

FLEET FEET

Fleet Feet San Diego is a local, family owned and operated store! They also have a unique fit process. The motto? Listen. Watch. Act. Plan. They provide you with the with the right shoes, gear, and knowledge for you to move at your best – whether that's a 10-minute walk, running a marathon, or anything in between. This is also a great place to build your running community, join in the one or more of the fun weekly events!

Check out their Del Mar store location! Directions, [here](#).



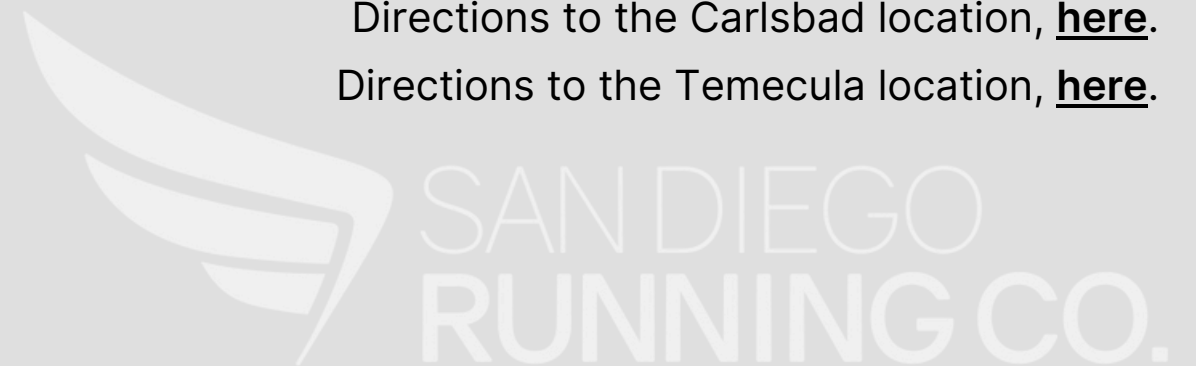


RUNNING CENTER

Running Center was founded in 1977 as a small running specialty store in an old packing house in Rialto, California. Family owned and operated, we are all about making it personal. We know runners and what they need because here at Running Center, we are all runners. We work hard to insure that we have happy customers. Anything less than excellent is not good enough!

Directions to the Carlsbad location, [here](#).

Directions to the Temecula location, [here](#).



NOW THAT YOU HAVE YOUR NEW SHOES . . .

CHECK OUT THE SDRC BLOG FOR THE [TOP 5 RUNNING SPOTS IN SAN DIEGO](#), PLUS DISCOVER MORE MUST-RUN ROUTES BY READING BELOW!



Penasquitos Canyon

Located less than two miles from the highway are the beautiful trails of Peñasquitos Canyon...



Mission Bay Park

New to San Diego? Been here a while but looking for a new place to log some miles? Brand new to running and don't know where to begin? Well you've come to the right place!...



Balboa Park

At 1,200 acres, Balboa Park is hailed as the largest urban cultural park in North America, with plenty of amazing places to run.



Mission Trails

This extensive trail system offers a solid challenge with a build-your-own-adventure type of flair. Take on the 5 Peak Challenge and enjoy expansive views along the way.



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PENASQUITOS CANYON

- Difficulty: 7
- Destination: 8
- Distance: 12 miles (out and back)

GET OUT THERE!

Explore the stunning Peñasquitos Canyon trails, just a stone's throw from the highway. This 12-mile out-and-back route follows the picturesque Peñasquitos Creek, offering a mix of challenging climbs and flat stretches. Don't miss the Peñasquitos Creek Waterfall, best seen in spring. Convenient parking just minutes from I-5. Restrooms available at both entrances.



Mission Bay Park

Mission Bay Park is the perfect location for all levels of running. It features multiple locations to start from, tons of grassy space, bathrooms along the route, plenty of parking and space to easily run 2 to 20 miles!

Most Popular Starting Locations:

- De Anza Cove Park
- Runners Bathroom – *(that's right it is actually called the "Runners Bathroom" on google maps!)*
- Tecolote Shores – *(home of the San Diego Resolution Run!)*

Popular Routes:

- 8 Miles – Bay Loop from Runner's Bathroom
- 5 Miles – Fiesta Island Loop from Tecolote Shores
- 3 Miles – De Anza Cove Out and Back

Most importantly with Mission Bay Park is it is an open canvas for all sorts of distances and loops!



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Balboa Park

- Difficulty: 6
- Destination: 9
- Distance: 12 miles (out and back)

With 1,200 acres, Balboa Park stands as North America's largest urban cultural park. Offering diverse terrain, it's a haven for runners. Cross Cabrillo Bridge, explore museums, and tackle trails along Bridle and Florida Canyon for a challenging 12-mile out-and-back route. Expect some invigorating hill climbs. Pass the iconic San Diego Zoo and snap a pic with Rex the Lion. Don't miss the colossal Moreton Bay Fig Tree. Return through expansive grassy fields. Balboa Park caters to all preferences, from flat to hilly terrain. We vote for hills!

Mission Trails

- Difficulty: 10
- Destination: 10
- Distance: Various

Dun-dun, dun-dun-dun-dun (queue “Jaws” theme song). These trails will have no mercy on your legs, yet leave you coming back for more. You could find a new bend to explore every time you traverse these hills – or should we call them mini-mountains? Rocky, hilly paths offer an incline right from the start, as well as the occasional creek crossing to keep things interesting. Steep, grueling climbs give you what you came for, if you dared attempt to run these routes. Silver lining? The acclaimed challenge does not disappoint. Views atop the peaks are well worth your effort. Pick your peak: Cowles, Pyles, Kwaay Paay, North and South Fortuna. Or, summit them all to check off the 5-Peak Challenge!



NOW, TIME FOR FRIENDS

LET'S TAKE A LOOK AT SOME OF OUR FAVORITE SD RUNNING CLUBS!



PACIFIC BEACH RUN CLUB

One of the newest run clubs to San Diego.
Every Saturday morning and Wednesday
night in, you guessed it, Pacific Beach!

And a fun Instagram follow! [@PBRUNCLUB](#)

PACIFIC BEACH
RUN CLUB





San Diego

Track Club

Club members converge to participate in structured interval workouts in a fun, supportive environment.

They welcome runners to try out a workout or two for free before joining the club.



[Learn More Here](#)

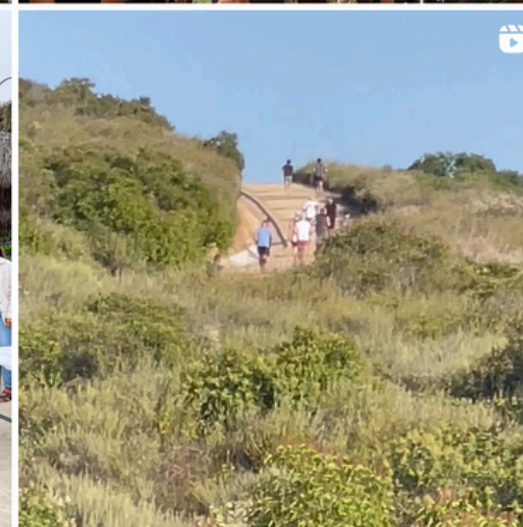
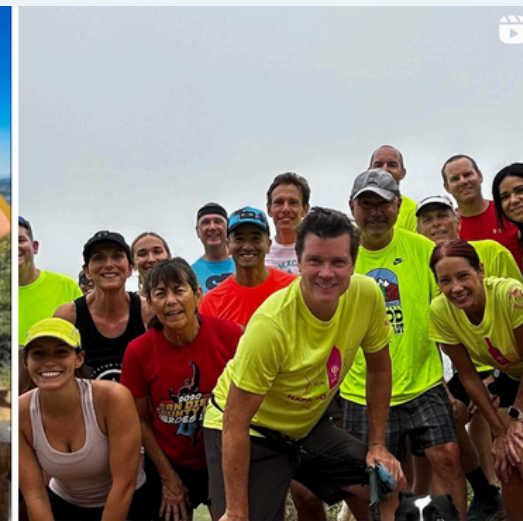
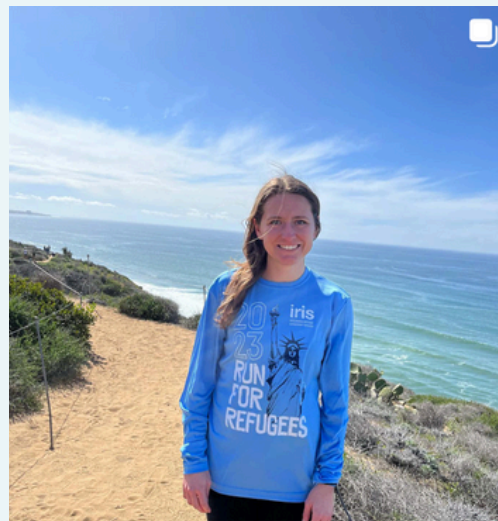
[@SANDIEGOTRACKCLUB](#)

Run North County

Run North County is a FREE community hub for all runners and walkers in North County San Diego.

A one-stop shop for North County group runs throughout the week. Find the North County weekly group run list [HERE](#).

FOLLOW



RUN NORTH COUNTY
SAN DIEGO, CA

Milestone Running Club

This epic club has a few days to choose from! Mondays, Wednesdays, Saturdays and an monthly mountain run!

MILESTONE
— RUNNING —



Monday Night Run Club



Hump Day Run Club



Saturday Endurance Runs
& Coffee



Mountain Monthly

LAST, BUT NOT LEAST:

AIR &
SPACE
MUSEUM



ON YOUR MARK, GET SET... **RACE!**

SAN DIEGO'S MUST-RUN RACES

RACE
CALENDAR

**CHECK OUT
THE FULL
SAN DIEGO
RUNNING
CALENDAR
HERE!**



5K

San Diego Leprechaun Run - MAR
Carlsbad 5000 - APR
O'side Turkey Trot - NOV
San Diego Santa Run - DEC



10K

Coronado Valentine's Day 10K - FEB
Beach & Bay 10K - APRIL



**HALF
MARATHON**

San Diego Half Marathon - MAR
La Jolla Half Marathon - MAY
AFC Half Marathon - AUG
Pacific Beach Half Marathon - OCT



**FULL
MARATHON**

Carlsbad Marathon - JAN
Rock 'n' Roll San Diego - JUN



**OTHER
DISTANCES**

Navy Bay Bridge Run - MAY
Crown City Classic 12K - JULY
Balboa Park 8 Miler - AUG

