



**Specializing in
Convention/Corporate
Fun Runs and Walks**

Off 'N Running Tours coordinates all the details that add up to a safe and enjoyable event. Our staff sets up a professional staging area to give the participants a true "big race" atmosphere. The descriptions of our products and services allow you to understand our complete package. Our events can satisfy your most competitive runner to your walker just wishing to get in some exercise and fresh air before spending the day inside. This is a great event to build camaraderie and for networking.



OFF 'N RUNNING TOURS
1129 CARDIFF AVENUE
LOS ANGELES, CA 90035



Cheryl Anker,
Race Director

OFF 'N RUNNING TOURS
Fitness Event Director &
Race Management



Keeps you on the Streets



Start Your Convention *OFF 'N RUNNING*

Off 'N Running Tours owner Cheryl Anker, creates, designs and directs fitness events for associations, corporations and conventions in Anaheim, Los Angeles, San Diego, San Francisco, Atlanta, Boston, Chicago, Las Vegas, New Orleans, Orlando, and Washington, D.C. Our specialty is to create corporate Fun Runs and Walks nationwide.

Some of our past and present clients include: American Cataract and Refractive Surgery; American Heart Association; Bausch & Lomb; California Dental Association Foundation; Lymphoma Research Foundation; Oncology Nursing Society; State Bar of California; Younger Chemists Committee

*Our event management includes,
but is not limited to*

- **Course Creation and Measurement**
- **Finish Line Equipment**
- **Timing Services**
- **Sanction and Insurance**
- **Announcer with Sound System**
- **Police Support**
- **County or City Permit**
- **Medical Support (paramedic)**
- **Customized Race Numbers**
- **Water, Replacement Drink, Cups and Coolers**
- **T-shirts**
- **Awards**
- **Race Results**
- **Photography**
- **Timing Clock and Operator**

ADDITIONAL SERVICES PROVIDED

Half Marathon Training Programs in Anaheim and Los Angeles

Half marathon-training program designed for novice runners and walkers

Progressive, slow and safe program to help you reach your half marathon goal

Monthly training schedule with your daily workouts provided online directly to your e-mail address

Online coaching answering your training questions

Shoe clinic, injury prevention workshop, and nutrition clinic

For more information visit our website - www.offnrunningtours.com

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