



PRESS RELEASE

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RANCHO LA PUERTA UNVEILS DYNAMIC RUNNING PROGRAM

Features Include the Roadrunner, Coyote and Cottontail Trails, Fitness Classes, and Running Recovery Treatments

TECATE, Baja California, Mexico (March 14, 2017) - [Rancho La Puerta](#), world-renowned fitness resort and spa in Tecate, Mexico just south of San Diego, announced its debut of its new Running Retreat Program featuring numerous trails, a running clinic, and a variety of fitness classes and recovery treatments designed to keep runners in peak performance year round. Casual and competitive runners alike can cross-train, skill-build, stretch and recover throughout a journey that empowers one's true self.

The program entices trail-runners, parkour enthusiasts, half-marathoners and more to explore Rancho La Puerta's vast grounds and take to the foothills of Mount Kuchumaa to train across numerous advanced trails at different altitudes and lengths. After a challenging three to nine-mile run at leisure or led by running concierge Martin Ruiz, guests can recharge with organic farm-fresh cuisine, flexibility and strength classes, and restorative spa treatments geared specifically toward runners.

"Whether you're a cross country or a trail-runner, we think The Ranch is the ideal place for a 'Run-cation'," says the resort's Running Concierge Martin Ruiz. "You'll train on scenic trails, and then recover with daily stretch classes and healing spa services."

Advanced runners can find a challenging, nine-mile run on the Cottontail Trail amidst the valleys and peaks of Mount Kuchumaa, while beginners can learn the basics of running beside a personal guide – each providing a unique experience among the majestic scenery. Run-cation guests can supplement their running routines with tailored

classes including strength training, muscle release with foam rollers, circuit training, invigorating yoga, and core workouts focused on increasing stamina. Additionally, guests can restore muscles with spa treatments designed for trail-running athletes including the Sports Recovery Massage, Ranch Classic Massage, Runner's Reflexology, and more.

For more information on Rancho La Puerta's new Running Program, please visit www.RanchoLaPuerta.com/running-retreats or call 800-443-7565.

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About Rancho La Puerta

Founded in 1940 and the first true fitness resort and spa in North America, Rancho La Puerta, welcomes guests to 4,000 private acres of gardens, mountains and meadows with an approach to wellness that strikes a true mind, body and spirit balance. Facilities, programs, and amenities are all available for exclusive use by guests during three-, four- or seven-day stays. Inclusive rates cover accommodations, fitness classes, hikes and activities, gourmet vegetarian meals (seafood options included), activities and special presentations. Spa treatments, personal training sessions and cooking classes at The Ranch's La Cocina Que Canta cooking school are available à la carte throughout the course of a stay.

Situated at the juncture of the Laguna and Sierra Juarez mountain ranges, Rancho La Puerta is located 3 miles from the Tecate, Baja California, U.S.-Mexico border and within an hour and a half drive of downtown San Diego.