



Sports Science Lecture Series Starts at Coastal Sports and Wellness Medical Center

Coastal Sports & Wellness Medical Center announces free monthly Sports Science Lecture Series focusing on sports physiology, injury treatment, prevention and commentary on the latest research for endurance athletes such as triathletes, cyclists, and runners.

San Diego, CA, May 08, 2008 --(PR.com)-- Coastal Sports & Wellness Medical Center announces their monthly "Sporting Science Lecture" series focusing upon specific topics in endurance sports training for triathletes, runners and cyclists. The first lecture on "Exercise Physiology 101 for Endurance Athletes - Are You Training or Just Working Out?" features Dr. John M. Martinez, Medical Director and Team Physician with USA Triathlon.

Future topics in the free lecture series include running biomechanics, round table discussion with local running, cycling and triathlon coaches and injury prevention and treatment.

For more information about upcoming lectures and events at Coastal Sports & Wellness Medical Center, please visit <http://www.coastalsportsmedicine.com>

About Coastal Sports and Wellness

Coastal Sports and Wellness Medical Center is a 12,000 square foot sports medicine facility that provides a comprehensive approach to the medical and sports injury care of athletes and active patients.

The Center includes primary care sports medicine and chiropractic physicians, physical therapists, sports-specific personal trainers and massage therapists.

Other services at the Center include a Cycling Performance and Fit Center, featuring former Olympic cyclist John Howard, San Diego's first Computrainer Multi-Rider cycling class and the Sports Performance Testing section with video gait analysis, VO2 max and lactate testing.

Coastal Sports and Wellness is located in the Sorrento Valley area of San Diego, California at 4010 Sorrento Valley Boulevard.

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