

# Gain More **SPEED,** **AGILITY & POWER.**

## Be One Step Ahead of Your Competition!

**Cost:** \$50 for first session and \$40 for each additional session. Group rates available. A standard waiver will need to be signed by parents if you are under 18.

**Program Instructor:** Steve Dunn — over 25 years of running experience, Marathoner, Adventure Racer, over 150 races completed. Former Newsome High School XCountry and Track Coach. RRCA Certified Running Coach.



## Get Ready For Next Season NOW!

### Build:

- Quick Feet
- Breakaway Speed
- Agility
- Quick, Explosive Sprints
- Leg Turnover

**PEAK PERFORMANCE  
TRAINING!**



**Hit the Trails Running** 



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