

6th Annual Summer Running Clinic.



Run Fast, Run Strong, Build Endurance!

- Parachutes** - Improves both running speed and strength
- Hip Flexor Power Builder** - Faster and more powerful forward leg movement
- Speed Foot Ladder** - Improve foot speed, co-ordination & agility
- Big Bertha** - overall strength training

Summer XC Race!



August 17th Hit The Trails Classic High School Scholarship!

Across from Main entrance in FishHawk Opsrey Drive behind "Creative World Early Learning Center"

THE CLINIC

This will be a physically demanding clinic. We will teach you how to run fast, strong and build endurance. You will learn proper nutrition, hydration and injury prevention. Each participant will receive a certificate of completion, personal evaluation and t-shirt at the end of the two week period.

PROGRAM STAFF

Steve Dunn – Owner of Hit the Trails Running. 25 years of running experience, Marathoner, Adventure racer, over 150 races completed. Former Newsome High School XCountry and Track Coach. RRCA Certified running coach.

Larry Bass – Former Riverview High School coach. 30 years coaching experience, Brandon, Bloomingdale, Riverview High Schools, xcountry, track, football. USTA Level 1 certified Triathlon Coach, RRCA Certified Running Coach and ACE Certified Personal trainer. Ironman tri-athlete. Over 250 races completed.

Who should attend?

10+ year olds and High School athletes preparing for fall sports
What are they about? Building Speed, Power & Endurance
Where? Hawk Park in FishHawk Phase one
When? Week 1 August 6th – 10th, 7:30 am -10am
 Week 2 August 13th – 17th, 7:30 am -10am

Cost: Total \$350.00 for the two weeks.

Early Bird Special - \$300 for the two weeks if paid before July 1. The cost is only \$200 for a one week clinic. A \$50.00 non-refundable deposit must be paid before July 1st to reserve your spot and full payment before July 25th.

Payment can be made by cash, check, or credit card at Hit the Trails. A standard waiver will need to be signed by parents if you are under 18.

WHAT TO BRING

Ready to run, proper shoes, towel, dry t-shirt, water bottle.



Clinic Reminders & Updates

If you would like to be reminded of future clinics and programs, contact us through our website or stop by the store and let us know. It'll be our pleasure to add you to our growing list. You'll meet some great people and find the right group to make your training more enjoyable.

Hit the Trails Running

www.hitthetrails.com

Store Hours: Mon - Fri 10 AM - 7 PM Saturday 10 AM - 5 PM
 Sunday 12 PM - 4 PM Before 10 AM - Gone Running
 13433 FishHawk Blvd Lithia, Florida 33547 813-681-6141

