

Summer Running Clinic & Training Program.

With spring already in full swing it's not too early to start thinking about summer and HTTR is excited about their **Clinics and Programs.**

TRAINING PROGRAM

Who should attend?

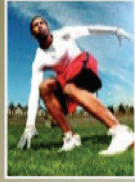
Cross Country, Soccer and Football athletes

What's it about?

Speed, power and endurance running

Where? Hawk Park in FishHawk Phase one

When? June 13th – July 22nd, 7:30 a.m. – 9:00 a.m.
(no training week of July 4th) Standard waiver must be signed by parent



Monday, Wednesday and Friday run meets will be offered from Hawk Park. Running program supplied by HTTR and a Newsome XC/Track runner will lead the runs – \$45.00 per week or the complete program for \$200 with a \$50 deposit by June 12th.

RUNNING CLINIC

Who should attend?

Cross Country, Soccer and Football athletes

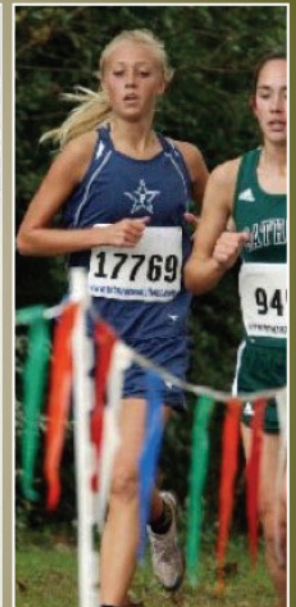
What are they about?

Speed, power and endurance running.

Where? Hawk Park in FishHawk Phase one

When? Week 1 August 8th – 12th
and Week 2 August 15th – 19th
7:30 a.m. -10:00 a.m. both weeks

Cost - \$350 per individual. Standard waiver must be signed by parent \$300 before July 1st, \$200 for one week \$50 deposit before July 1st



FREE TRAINING CLINIC!

Who should attend? Middle School students moving on to High School or new runners.

What's it about? How to train for XC and High School sports over the summer.

Where? Hit the Trails! 13433 FishHawk Blvd.

When? Saturday June 4th - 9:00 a.m.

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.



Summer XC Race! August 19th Hit The Trails Classic High School Scholarship

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

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

