



# SPEED & AGILITY

## Get Ready for Next Season NOW!

www.hitthetrails.com  
813-681-6141  
16144 Churchview Drive  
Suite 105  
FishHawk Park Square



**Hit the Trails**  
RUNNING AND OUTDOOR GEAR

### Cost:

**\$50.00** an hour or **\$200.00** for five 1 hour sessions. **Group rates are available.** 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.

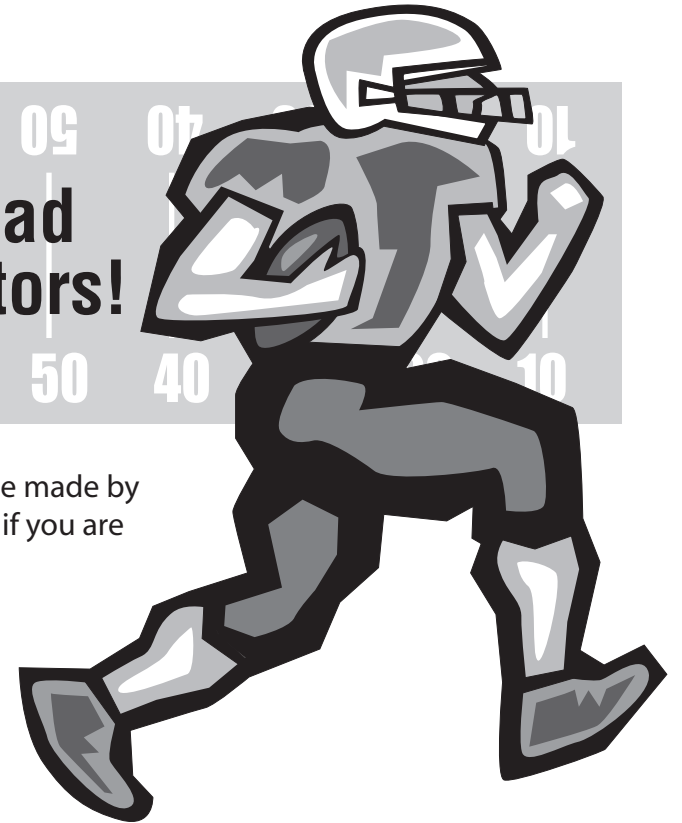
### Program Staff:

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

**Larry Bass**- Riverview High School coach. 30 years coaching experience, Brandon, Bloomingdale, Riverview High Schools, xcountry, track, football. Over 250 races completed. Ironman tri-athlete.

### Build:

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



**Build Speed, Power and Endurance**