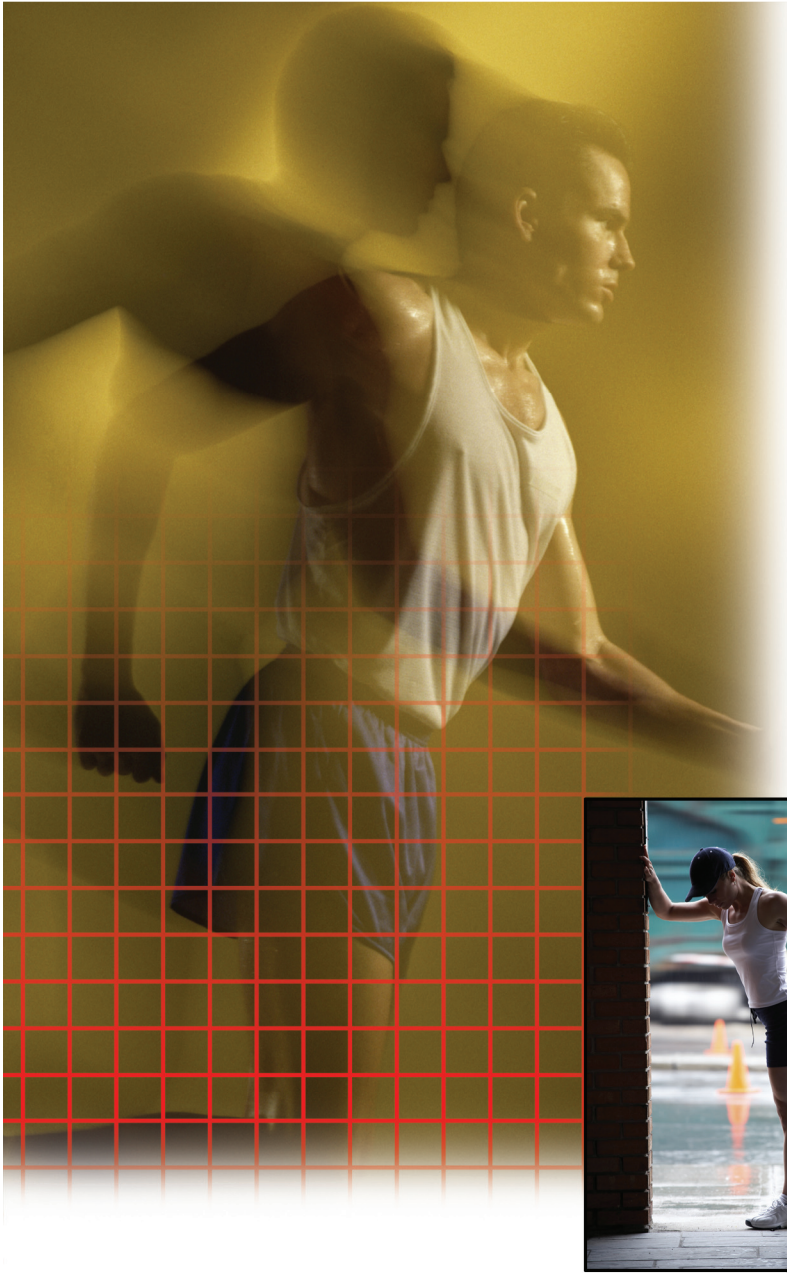


# Let's Hit the Trails!

Let us help you reach your running goals with customized and personal training



16144 Churchview Drive  
Suite 105, Lithia FL  
(Located in Park Square/Fishhawk Ranch)

813-681-6141 • [www.hitthetrails.com](http://www.hitthetrails.com)

**Hit the Trails**   
RUNNING AND OUTDOOR GEAR

## HIT THE TRAILS – COACHING

Are you just starting to run and want to learn to train properly? Do you want to move to the next level in your running? Do you want to complete a race but don't know where to start? Hit the Trails coaching offers a fully personalized training program based on your needs and for whatever race distance you want to complete. Our running programs are designed for runners of all abilities.

## COACHING 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.

## GROUP TRAINING PROGRAM:

Do you have a group of friends that want to complete a race together? I can put together Group training rates and programs. Contact Hit the Trails.

## PRIVATE COACHING:

\$50 Per Hour - private consultation includes training run and evaluation.

## SESSIONS:

All sessions include, three different workouts to build endurance, power and speed. Evaluation of your running form, Strength training exercises, nutrition and race preparation, personal program to meet your goals.

- \$135.00 - three training run sessions
- \$175.00 - four training run sessions
- \$200.00 - five training run sessions

## PAYMENT METHOD:

Payment can be made via check, cash or Visa, MasterCard or Amex by telephone or visiting Hit the Trails.

## PAYMENT POLICY:

1. Payment must be paid in advance
2. No refunds for any reason
3. Training programs and nutritional material are property of Hit the Trails.
4. Communication between Athlete and coach are confidential