



RunSMART

What Your Body Needs **BESIDES** Running

Read what our 2015 participants have to say...

RunSMART offers benefits for every type of runner! Personally I have experienced a measurable increase in my hip, quad and glute strength. Laurie provides a wealth of knowledge and some of the best running advice I have received.

CHARISMA

RunSMART has helped me cut down on the persistent injuries that plagued my running as well as allowed me to better recover from longer runs. I'm now running distances I never dreamed possible!

MICHELLE

**Michelle ran her first marathon at the 2015 Fox Valley Marathon!*

It's pretty simple...you show up and are coached to do the things you always hear runners should do – but probably won't on your own. Well designed to help prevent injury and keep one running well.

JIM

Train SMART so you can RUN more!

Is weakness, injury or inexperience holding you back from reaching your endurance event goals? This proven conditioning program was created to aid in improving running efficiency while reducing the risk of common ailments such as plantar fasciitis, knee & IT band pain, shin splints and low back pain.

Let our expert, *Laurie Lasseter, RRCA Running Coach, ACE Personal Trainer & multiple marathon runner*, teach you the proper way to incorporate the **most effective training exercises for the foot, ankle, knee, hip complex and trunk** into your routine to get & keep you running your best!

1 Hour Class at Seven Bridges
Saturday 12:30pm

Cost for 6 Weeks
Member - \$96.00
Non-Member - \$126.00

2016 Spring Session
April 9 – June 4, 2016*
***NO CLASS 4/23, 4/30 OR 5/14**

MUST REGISTER AT LEAST 3 DAYS PRIOR TO START OF FIRST CLASS

Healthy Driven
Edward-Elmhurst
HEALTH & FITNESS

TO REGISTER ON-LINE: <https://search.edward.org/classes>
TO REGISTER VIA PHONE/E-MAIL: Jenny Ibrahim (630)646-7913 jibrahim@edward.org
FOR MORE INFORMATION: Carol Teteak (630)646-7920 carol.teteak@edward.org