

RunSMART

What Your Body Needs BESIDES Running



Read what past participants have to say about RunSMART...

A well-planned program run by a true sports training professional with a high degree of knowledge of the human body...don't wait another day to sign up, you won't regret it!

JERRY M.

As someone new to running, participating in RunSMART has helped me build strength & balance while increasing my confidence that I can run without injury. The class camaraderie is motivating too, since the participants are avid and enthusiastic runners!

JULIE

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

RunSMART has made me stronger with no injuries since starting the program...plus you get the bonus of an experienced marathoner to help guide your running journey!

KITTY S.

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

***Based on min. 5 full-paid participants; Trio and Quad pricing available**

Summer 2017 Sessions

May 20 – July 8, 2017*

*NO CLASS 5/27 & 4/1 DUE TO HOLIDAYS
July 22 – August 26, 2017

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 jenny.ibrahim@EEHealth.org

FOR MORE INFORMATION: Carol Teteak (630)646-7920 carol.teteak@EEHealth.org