

# 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**

September 16 – October 21, 2017

October 28 – December 16, 2017

\*NO CLASS 11/4 AND 11/25

**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](mailto:jenny.ibrahim@EEHealth.org)

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