



High School Clinics 2015

Clinics Start at 6:30pm Followed by a Run at 7:00pm

EVERY MONDAY THROUGHOUT THE SUMMER

Date	Topic	Speaker
June 1	Summer Running (A Good Start for a Strong Finish)	Dr. Bowerman Two Time Olympic Trials Qualifier Cardiologist, Former High School Coach
June 8	Taking Care of the Body (Arms, Legs & Abs...Oh My!!)	Dr. Jeremy Hall PT Solutions
June 15	Basic Strength Training For Runners. Take The First Step (Muscles to drive the running machine)	Lynn Gray
June 22	Energy (Food - why bother?)	Dave Rittenour Coach - Sickles H.S. XC
June 29	Focus for Mental Toughness (Mind over matter)	Don Bly Coach - Hillsborough Harriers Middle School XC Team
July 6	Cross Training For Runners (It's not just a running thing)	Ali Lund TRX & Cross Training Specialist
July 13	Focus to Run Faster (Your pace or mine?)	Lyle Jacon Coach - TRC Racing Team & Team In Training
July 20	The Right Running Shoe (Shoes for all occasions)	Bill Davison Certified Podorthist & Owner of the Running Center
July 27	TBD	



STORE HOURS

Mon - Thur: 10 AM - 7 PM • Fri - Sat: 10 AM - 6 PM • Sun: 12 noon - 4 PM

14308 N Dale Mabry Hwy, #E, Tampa, FL 33618 (813) 908-1960

Located between Fletcher Ave. and Bearss Ave. in the Landmark Plaza along with Chuck E. Cheese Pizza

www.runcenter.com