Intro to Trail Running

Hit The Open Trails With Us
And Find Adventure

Trail Checklist:

- **Warm Up**
- **Skill Lesson**
- **Trail Run**
- **Cool Down**
- **Post Run Workout**

Fee: $60

Duration: 6 Week Program

Start Date: Sunday July 10th

Location: Edgewater Park, Cleveland

Time: 10:00AM

**Learn the skills & techniques to conquer the trails
&
Connect your Mind & Body to Move**