

### **Thursday Evening Hill Runs**

These runs are sponsored by Extreme Runners. More info can be found below, or on their website at: [www.extremerunners.com/news.php](http://www.extremerunners.com/news.php)

Come join the Running Gang at Extreme Runners for a 1 hour Hill Run Thursday nites starting Thursday, Oct. 21 at 5:30pm. Runs start with a warmup run to the hill. Hills are a great way to increase strength and power. Since hills require more power, doing them will increase your speed. Don't miss out on this opportunity to get ready for next season's races. The first hill workout will be to the Fish Hatchery. Run leaves from Extreme at 5:30pm sharp.

#### **HILL RUN SCHEDULE – FALL 2010:**

1. Thursday, Oct. 21 -Fish Hatchery
2. Thursday, Oct. 28 -The Beast
3. Thursday, Nov. 4 -First Street Square
4. Thursday, Nov. 11 -Fish Hatchery
5. Thursday, Nov. 18 -The Beast
6. Thursday, Nov. 25 -First Street Square
7. Thursday, Dec. 2 -Fish Hatchery
8. Thursday, Dec. 9 - People's Choice
9. Thursday, Dec. 16 -Christmas Lite Run