

# Speed...Not just for fast people

A photograph of three men running on a track. The man in the foreground is wearing a black sleeveless shirt and grey shorts. The man in the middle is wearing a white t-shirt with black accents and black shorts. The man in the background is wearing a yellow long-sleeved shirt and black shorts. They are all running towards the left of the frame. The background is a grassy field with trees and a cloudy sky.

## Starting in May

Studies prove you can't fulfill your potential unless you train fast.

Let our USTAF certified coaches individualize workouts to help you achieve your goals! Whether you're running a 5K or a marathon, workouts are designed for YOUR ability!

Warm-up begins 6:00 pm at Crystal Lake South High School.

**RoadRunner** membership required

email confirms date, time, and location

For information contact [HBRoadRunners@sbcglobal.net](mailto:HBRoadRunners@sbcglobal.net)