The Runner's Edge

Mid-Spring Speed Session Program

Experience High Reward/Low Risk Workouts!

Designed for those who want to:

*experience unique & innovative workouts that produce results with low risk
*want to train with a group while improving all aspects of their speed, stamina, and strength on hills
*want to primarily improve Half Marathon/Marathon times, but also 5K/10K times

Length of Program: March 29 – May 24

9 evening sessions at 6:15PM at a variety of locations: March 29 / April 5, 12, 19, 26 / May 3, 10, 17, 24

Program Fees:	New Participant	*Alumni (current or past Runner's Edge member)
Advance Registration (by March 22)	$90	$80
Registration (after March 22)	$100	$90

What you'll receive:

*Experienced, Effective Coaching and customized workouts to meet your goals
*Booklet on all speed & strength training workouts covered in the sessions
*Organized Group Training Workouts: different pace groups for runners of all abilities
*Plus, a 25% discount at Garry Gribble's Running Sports!

"Anyone interested in a PR in the Half or Full should definitely attend these Speed Sessions. I used to think I was pretty disciplined and completed speedwork on my own. However these individually tailored, expert led sessions provide the right balance, group setting and camaraderie that encourages one to complete workouts you never would have thought possible on your own."
Paul Crider

"My best 5K time was 24:00. I thought that was the fastest I could ever run. I had heard about how speed sessions were the greatest thing on earth but I have to admit that I was skeptical. After my first speed season, I was able to run a 22:10 5K. I shaved almost 2 minutes off my time! I am hooked! I would recommend speed sessions to anyone who wants to achieve a PR!"
Grete Ruder

1st Speed Session: March 29 at 6:15pm, SM East Track, 7500 Mission Rd., PV, KS 66208
*Join us for a complimentary workout!

About the Coach: Since 1997, Eladio Valdez III has helped hundreds of runners successfully complete their goals. In his 34 years as a runner, he has completed numerous 5K's to marathons along with 3 Boston Marathons including the 100th in 1996. His education includes a Bachelor's Degree in both Exercise Science and Health Education at the University of Kansas.

Registration: Online at www.runnersedgekc.com or mail to: The Runner's Edge, 6353 Millridge St., Shawnee, KS 66218

For more information, contact Coach Valdez at 816-914-1430 or runnersedge@everestkc.net

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Entry Form (alumni need only to print name, list P.R., and sign waiver)

Name_____ Address_____
City, State, Zip_____ Telephone (d)_____ (e)_____ Age____
Email_____5K/Trolley Best Time_____ Weekly Mileage_____
Emergency Contact & Phone Number _____
Personal Goal_____ Target Race(s)_____

Release and Waiver:

I know that running is a potentially dangerous activity. I should not participate in this program unless I am medically able and properly trained. I also know that traffic will be on the course routes. I assume the risk of running in traffic. I also assume any and all other risks associated with participating in this program including, but not limited to falls, contact with other participants, the effects of the weather, including heat and/or humidity, cold, wind, snow, rain, or ice and the conditions of the roads, all such risks being known and appreciated by me. I understand that I am solely responsible for my own safety while traveling to and from or participating in this program. To ensure a safer environment for myself and all other participants, I will not wear headphones, or run or walk with a baby jogger or a dog. Knowing these facts and in consideration of you accepting my entry from, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf covenant not to sue, and waive, release and discharge, Eladio J. Valdez III, The Runner's Edge, Garry Gribble's Running Sports, USA Track & Field, or any sponsor or contributor to this program, any race officials, volunteers, their representatives, successors or assigns, from any and all claims of liability for death, personal injury or property damage of any kind or nature whatsoever arising out of or in the course of my participation in this program. This Release and Waiver extends to all claims of every kind or nature whatsoever, foreseen, known or unknown.

Signature_____ Date_____
(If under 18, parent's or guardian's signature required)