

The Runner's Edge

Mid-Spring Training Program

Designed for those who want to:

- *train for Hospital Hill Run or any other spring race in a safe and intelligent way with our High Reward/Low Risk system
- *enjoy the company of others and convenience of aid stations along with a variety of marked, scenic courses
- *experience the benefits of a highly successful training plan with Kansas City's largest running group

Length of Program: March 25 – June 17

*Saturday mornings at 7:15 a.m. on safe and scenic routes throughout the city

Program Fees:

	<u>New Member</u>	<u>Alumni Member</u>
Early Bird Registration (received by March 18)	\$115	\$100
Registration (received after March 18)	\$135	\$120

What you'll receive:

- *Organized Group Training Workouts on Saturday mornings with multiple mileage options
 - *Aid Stations every 2 miles with water and Gatorade – no need to carry your own water!
 - *Pace Groups for all abilities, each led by a pace group leader who ensures that everyone warms up appropriately
 - *260 page training handbook, flexible low to high mileage training schedules, weekly informative emails
- Plus! A 20% Discount at Garry Gribble's Running Sports and lots of race discounts

1st Group Workout: March 25, 7:15 a.m. at Garry Gribble's Running Sports
11908 W. 119th St., Overland Park, KS 66213
*Choose from 2 to 22 miles

About the Coach

Over the past 19 years, Eladio Valdez III has helped hundreds of runners successfully complete their goals. During 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 is a Bachelor's Degree in Exercise Science and Health Education at the University of Kansas.

How to sign up:

*Register online at www.runnersedgekc.com or mail entry/check to: The Runner's Edge, 6353 Millridge, Shawnee, KS 66218

*Attend 1st workout to learn more about this program, meet new people, and receive program materials

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

The Runner's Edge Entry Form

Name _____ Address _____

City, State, Zip _____ Telephone (d) _____ (e) _____

Email _____ Age _____

Personal Goal _____ Spring Target Race(s) _____

Number of races at that distance completed _____ Best Time _____ How long have you consistently run or walk? _____

Weekly Mileage last 3 weeks _____ Number of run/walks per week _____ Comfortable Pace/Pace group _____

Emergency Contact Name and Phone Number _____

Release and Waiver:

I know that running and walking are potentially dangerous activities. 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 or walking 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 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 my 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, Raul Flores, The Runner's Edge, Garry Gribble's Running Sports, The 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 _____