

# *The Runner's Edge*

## **Spring Speed Session Program**

### **Experience High Reward/Low Risk Workouts!**

**Designed for those who want to:**

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

**Length of Program: February 14 – May 23**

15 evening sessions at 6:15PM at a variety of locations: Feb. 14, 21, 28 / March 7, 14, 21, 28 / April 4, 11, 18, 25 / May 2, 9, 16, 23

**Program Fees:**

	<u>New Participant</u>	<u>*Alumni</u> (current or past Runner's Edge member)
Advance Registration (by February 4)	\$135	\$120
Registration (after February 4)	\$155	\$140

**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 20% discount at Garry Gribble's Running Sports!

*"If your running goals include increasing your speed and optimal race performance, this class is a must do! The sessions are designed around increasing personal strength, mobility, and overall fitness. Each weekly session includes some form of hill repeats and speed play to increase both cardiovascular and anaerobic performance. I am a firm believer that incorporating Tuesday sessions into that routine has played a major part of 2 years and counting of injury free running. This past year I set a marathon PR by 17 minutes qualified for Boston!"*  
Chuck Schuler

*"Coach Eladio's Speed Sessions challenged me both physically and mentally. Each week, I encountered a variety of warm-ups, strength training exercises, and targeted drills to increase my skill level. Since participating in Coach Eladio's Speed Sessions, I have qualified for Boston, and set new 5K, half marathon, and marathon PR's."*  
Amanda Bradford

**1<sup>st</sup> Speed Session:** February 14 at 6:15pm, Ward Parkway Garry Gribble's Running Sports.

\*Join us for a complimentary workout!

**About the Coach:** Eladio Valdez III has helped hundreds of runners successfully complete their goals. In his 35 years as a runner, he has completed numerous 5K's to marathons along with 3 Boston Marathons including the 100<sup>th</sup> 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](http://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](mailto:runnersedge@everestkc.net)

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)