

# The Runner's Edge

## Winter Strength & Mobility Class

### Designed for those who:

- \*want to lower their risk of injury while improving their running
- \*want to experience the effectiveness of a cutting edge 'All-in-I' workout that incorporates mobility, balance, and strength exercises into a 60 minute workout
- \*want a workout that complements their running & is a great precursor to spring training & racing

### Length of Program: November 7 – December 19

7 Tuesday evening sessions at 6:30-7:30pm: November 7, 14, 21, 28 / December 5, 12, 19

### Program Fees:

#### New Participant

#### \*Alumni

Registration

\$85

\$75

\*current or past Runner's Edge participant

### What you'll receive:

- \*Handout on all exercises covered in the sessions to conveniently do some of these 1-2 times/week
- \*Organized Group Training Workouts
- \*The most unique multi-purpose class to boost your running!
- \*Plus, a 20% discount at both Garry Gribble's Running Sports and Run 816!

**1<sup>st</sup> Workout:** November 7 at 6:30pm, 68's Inside Sports, 11301 W. 88<sup>th</sup>, Overland Park, KS 66214

### About the Instructor

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. After consulting with several health professionals and experiencing the benefits of these exercises personally, he is excited to share them with you!

**Registration:** 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)

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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 \_\_\_\_\_ 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)