

# The *Runner's Edge* Reclaim Your Running Strength & Mobility Class

## Designed for those who want to:

- \*lower their risk of injury to give them the freedom to do whatever they want with their running
- \*experience the effectiveness of a cutting edge 'All-in-I' workout that incorporates mobility, balance, and strength exercises to improve their running by reworking their running form from the inside-out

## Length of Program: May 14 – June 18

6 Tuesday evening sessions at 6:15pm: May 14, 21, 28 & June 4, 11, and 18

## Program Fees:

	<u>New Participant</u>	<u>*Alumni</u>
Advance Registration (by May 11)	\$70	\$60
Registration (after May 11)	\$80	\$70

\*current or past Runner's Edge participant

## What you'll receive:

- \*Organized Group Training Strength & Mobility Workout for all abilities
- \*The most unique multi-purpose class to boost your running!
- \*Plus, a 20% discount at Garry Gribble's Running Sports and Run 816!

**1<sup>st</sup> Workout:** May 14 at 6:15pm, Mill Valley High School Track  
5900 Monticello Rd., Shawnee, KS 66218

## About the Instructor

Since 1997, Eladio Valdez III has helped thousands of runners successfully complete their goals. In 36 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 health professionals, teaching this class for several years, and experiencing the benefits of these exercises personally, he's excited to share them with you!

**Registration:** Mail to: The Runner's Edge, 1950 W. Surrey St., Olathe, KS 66061

**For more information,** contact Coach Valdez at 816-914-1430 or [runnersedgekc@gmail.com](mailto:runnersedgekc@gmail.com)

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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 \_\_\_\_\_  
(If under 18, parent's or guardian's signature required)

Date \_\_\_\_\_