



# RELEASE & WAIVER

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 the program including, but not limited to falls, contact with other participants, the effects of 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 form, 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 Valdez III, Garry Gribble's Running Sports, or any sponsor or contributor to this program, any race officials or 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. The 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)

## MAIL YOUR ENTRY AND CHECK TO:

**THE RUNNER'S EDGE**  
6353 Millridge St.  
Shawnee, KS 66218



# THANKS TO OUR SPONSORS

**RUNNING**  
**GARRY GRIBBLE'S**  
**SPORTS**  
**RUN816**

# WHAT PEOPLE ARE SAYING

There is **NO BETTER WAY TO TRAIN** for a race of any distance. I've heard so many success stories over the years that I have been involved in Runners Edge. Coach Eladio prepares you for any length of race safely and effectively. It makes it fun to get up on a Saturday morning, and I have made lifelong friends in this group. » **LISA GORSUCH**

Runners Edge has been **THE BEST DECISION** I've made for my running and health. Since joining, I've achieved my personal best in a 5K, lost over 25 pounds, and have maintained a healthier, stronger, and faster running body than ever before. Eladio is the most knowledgeable running coach I've had the opportunity to work with. His invaluable insights on injury prevention, nutrition, and racing strategies have taken my running to the next level. The group keeps me motivated and combines a fun atmosphere and awesome courses in the KC Metro Area. » **DAN SCHWARTZ**

There is no other running group where people **CARE MORE ABOUT YOU**. Eladio is always there for you and cares very deeply about all his members. We are so lucky to have him. » **BRYAN ROARK**

I am so grateful to have discovered running and Runners Edge. I belong to a group that shares a love of running and that **RESPECTS AND ENCOURAGES** each other's efforts. Saturday morning runs have become a favorite part of my week. » **SUSAN MCCARTHY**

I would highly recommend Runners Edge to anybody. Saturday long runs are planned out and include warming up, hydration stations, and pacers. It makes for an amazingly stress-free run. Everybody is rooting for you whether it's your first 5K or 20th marathon. So much encouragement that **YOU CAN'T HELP BUT HAVE FUN**. You don't have to be a serious runner to be part of the group. With distances starting at 2 miles and pace groups up to 14 minute pace, you can always find a group to run with. There's also a great emphasis on injury prevention and how to take care of your body. What good is it to train for several months only to be derailed because you didn't stretch properly or rest? » **STEVE JOHNSON**

I would recommend Runners Edge to anyone that is looking for a group to run with. It is **GREAT FOR BEGINNERS AS WELL AS VETERAN RUNNERS**. It is different from other groups because there are pacers to warm you up properly so you aren't at risk for injury! There are also useful clinics in various topics! One of the best reasons though is the camaraderie with other runners! It is a great group and it can help you meet your goals, or just maintain your fitness level! » **KRIS BETHAY**

If you sign up for Runners Edge and commit to its programs, I guarantee that you will **TRANSFORM YOUR RUNNING** goals beyond what you currently believe is possible. » **CHRIS BENJAMIN**

Eladio's schedules and knowledge can help you overcome any problem, injury, or first time nerves and help you have a successful race no matter what your goals are. My favorite thing is the support I get from my pace group. They are there for me to share good and bad - my therapy. This group not only helps me **KEEP MY BODY HEALTHY BUT ALSO MY SOUL**. » **RENEE WEILBAKER**

I joined Runner's Edge 10 years ago. With its Saturday long runs, Speed Sessions, Strength, and Mobility Classes, you can sign up for just one activity and still feel **WELCOME**. Runner's Edge is truly a family of **RUNNERS WITH ALL ABILITIES**, ages, shapes, and sizes. Give it a try! » **JENNIFER EVERETT**

**the RUNNER'S edge**  
COACH ELADIO VALDEZ III  
6353 MILLRIDGE ST.  
SHAWNEE, KS 66218

*Healthy Runners.  
Happy Runners*

» COACH ELADIO VALDEZ III

# SPRING 2019



## GROUP TRAINING PROGRAM

*the*  
**RUNNER'S**  
*edge*

A COMPLETE TRAINING PROGRAM  
FOR RUNNERS AND WALKERS OF ALL ABILITIES

**TRAIN FOR A**  
» HALF-MARATHON,  
» MARATHON,  
» ULTRA MARATHON

**OR GET IN SHAPE FOR A**  
» 5K OR 10K

**RUNNING**  
**GARRY GRIBBLE'S**  
**SPORTS**

KANSAS CITY'S PREMIER RUNNING  
GROUP & ONE OF THE LARGEST AND

*most successful  
training programs  
in the Country!*

Celebrating  
OUR  
**22<sup>ND</sup>**  
YEAR!

## OUR MISSION

Now in its 22ND YEAR, **THE RUNNER'S EDGE** Training Program has evolved into a highly effective and positive way to train. Whether you are a beginner or veteran, you will benefit from the experience of Coach Valdez, the mutual support and camaraderie of fellow runners and walkers, the convenience of marked courses along with aid stations, and the structure of training schedules to help you achieve your dreams.

*Simply put,  
you'll either*

**GET OR STAY IN GREAT SHAPE AND HAVE FUN DOING IT WHILE MAKING SOME LIFELONG FRIENDS.**

## THE COACH

As running coach and director of this program for over 20 years, Eladio Valdez III has helped hundreds of runners and walkers complete their goals. As a runner for 36 years, he has completed many 5K's to marathons along with 3 Boston Marathons including the 100th in 1996. His education includes Bachelor's Degrees in Exercise Science and Health Education at the University of Kansas.

## YOUR NEEDS

### MARATHON/HALF MARATHON ULTRA MARATHON PROGRAM

**JANUARY 26 TO JUNE 8**

#### DESIGNED FOR THOSE WHO:

- » want to complete their first half to ultra marathon
- » want to finish another one
- » want to improve their time
- » want to stay healthy

#### TARGET RACES INCLUDE:

- » Rock the Parkway Half Marathon, April 13
- » -Garmin Marathon/Half Marathon, April 13
- » -Hospital Hill Run Half Marathon, June 1

Or, pick your target race and we'll get you ready!

### 5K/10K PROGRAM

**JANUARY 26 TO JUNE 8**

#### DESIGNED FOR THOSE WHO:

- » are a beginner and want to start running or walking
- » enjoy running or walking to maintain fitness in a healthy manner
- » want to improve their time

#### TARGET RACES INCLUDE:

- » St. Patrick's Day 4 Mile, March 16
- » Trolley Run 4 Mile, April 28
- » Hospital Hill 5K/10K, June 1

### WALKER PROGRAM

**JANUARY 26 TO JUNE 8**

More 5K's and half marathons are becoming "walker friendly".

Now, walkers can receive the same benefits **The Runner's Edge**.

Runners are encouraged to invite walking friends and family members to be a part of this great training program.

## PROVEN RESULTS

- » Over 1,300 participants have completed over 3,500 marathons
- » Those who make it to the starting line of a marathon have a 99% success rate of finishing.
- » Over 850 have finished their first marathon, including 62 walkers
- » Marathon P.R.'s have been achieved over 950 times
- » Over 100 participants have qualified for the Boston Marathon
- » Over 900 participants have completed over 4,000 half marathons
- » The average participant signs up more than 3 times
- » The program has grown from 25 to its current average of 200 participants

## PROGRAM BENEFITS

#### WHAT YOU'LL RECEIVE

- » GROUP TRAINING WORKOUTS on Saturday mornings
- » MENTORS and PACE GROUPS for all abilities
- » TRAINING HANDBOOK with a comprehensive training system
- » DAILY TRAINING SCHEDULES for all levels and target races
- » Informative WEEKLY GROUP EMAILS
- » Educational CLINICS and NEWSLETTERS
- » Free Runner's Edge Technical Running Shirt and race discounts
- » Opportunity to meet fellow runners and walkers

**PLUS! A 20% DISCOUNT AT GARRY GRIBBLE'S RUNNING SPORTS AND A 20% DISCOUNT AT RUN 816**

#### THE GROUP TRAINING WORKOUTS WILL FEATURE

- » Variety of safe and scenic routes throughout the city
- » Marked Courses with Mile Markers
- » Aid Stations with water, Gatorade, and other goodies

#### THE TRAINING HANDBOOK WILL PROVIDE

- » 280 pages of education on nutrition, injury prevention, stretching, cross training, speed work, and more!

#### THE DAILY TRAINING SCHEDULES WILL OFFER

- » Low, mid, and high mileage programs that use our innovative High Reward/Low Risk training system
- » Tailored schedules for your target race



## PARTICIPANT INFORMATION

#### PACKET PICK UP

» January 12, 7:00-9:00am, Garry Gribble's Running Sports at the Ward Parkway Center, 87th & State Line Rd.

**ENJOY A COMPLIMENTARY WORKOUT AT 7:15AM OF 1 TO 20 MILES!**

#### 1ST GROUP WORKOUT

» January 26, 7:15am, Garry Gribble's Running Sports at Stoll Park Plaza, 119th & Quivira Rd.

**GROUP WORKOUTS WILL BE HELD EVERY SATURDAY MORNING AT VARIOUS TIMES AND LOCATIONS IN THE KANSAS CITY METROPOLITAN AREA.**

#### FIRST GROUP WORKOUT MILEAGE\*

PROGRAM	MILEAGE	PROGRAM	MILEAGE
5K / 10K	1 - 8	Marathon	4 - 20
Half Marathon	1 - 14	Ultra Marathon	16 - 20

\* mileage will vary depending on the target race and the low, mid, or high mileage training schedules

#### PROGRAM FEES

	REGISTRATION					
	ADVANCED		REGULAR		LATE	
	entry postmarked by December 22		regular register by January 12		register after January 12	
	New	Alumni	New	Alumni	New	Alumni
5K / 10K	\$200	\$170	\$220	\$190	\$240	\$210
HALF MARATHON	\$220	\$190	\$240	\$210	\$260	\$230
MARATHON / ULTRA	\$240	\$210	\$260	\$230	\$280	\$250

**NEW MEMBERS ARE ALWAYS**  
**Welcome**  
**TO JOIN!**

We invite you to participate in a complimentary workout anytime.

For more information, contact Coach Valdez at: 816-914-1430 or [runnersedge@everestkc.net](mailto:runnersedge@everestkc.net) or visit our website at

[WWW.RUNNERSEDGEKC.COM](http://WWW.RUNNERSEDGEKC.COM)

## ENTRY FORM

Save time and register online at [WWW.RUNNERSEDGEKC.COM](http://WWW.RUNNERSEDGEKC.COM)

#### PERSONAL INFORMATION

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State, Zip \_\_\_\_\_

Telephone (d) \_\_\_\_\_

(e) \_\_\_\_\_

Email \_\_\_\_\_

Age \_\_\_\_\_

Occupation \_\_\_\_\_

#### TRAINING GOALS & BACKGROUND

Personal Goal(s) \_\_\_\_\_

Target Race(s) \_\_\_\_\_

Number of races at that distance completed \_\_\_\_\_

Best time for:

Marathon \_\_\_\_\_ Half Marathon \_\_\_\_\_ 5K \_\_\_\_\_

Longest run/walk in last 3 weeks \_\_\_\_\_

Pace Group or Comfortable Pace \_\_\_\_\_

How long have you consistently run or walked? \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_

Emergency Contact Number \_\_\_\_\_

#### RELEASE INFORMATION & T-SHIRT SIZE

Approval to publish contact information in Directory: yes no

T-shirt Size: XS S M L XL

(Sign Waiver on Other Side)