

The Runner's Edge Get & Stay Healthy Class

Designed for those who:

- *want to learn how to self treat running injuries to speed up the healing process
- *want to learn how to be an efficient 'body mechanic' so they can be empowered to *do something* about their injuries and spend more time running while spending less time frustrated and fearful
- *want to learn how to run *while* healing and how to avoid aggravating the injury while running
- *work on strength & mobility exercises to maintain their health and lower the risk of future injuries

Length of Program: June 17 to September 23

8 Thursday evening sessions at 6:30-7:30pm: June 17 / July 1, 15, & 29 / August 12 & 26 / September 9 & 23

Program Fees:

	<u>New Participant</u>	<u>Alumni</u>
Registration (by June 17)	\$90	\$80
*Or, pay for both Thursday 8 session classes (this & the Mental Health Running Class) and save \$25!	\$155	\$135

What you'll receive:

- *Hands on exercises on how to locate and loosen the tight spots causing your injury
- *Each class will focus on a specific area and all related injuries and what to do for that area to speed up the healing process while gaining experience on treating your specific issues
- *A variety of innovative running specific strength exercises to help you stay healthy

1st Workout: June 17 at 6:30pm, SM South High School Track (5800 W. 107th St., OP, KS 66207)

*Join us for a complimentary workout!

About the Coach

For 23 years, Eladio Valdez III has helped hundreds of runners successfully complete their goals. In 39 years as a runner, he has completed numerous 5K's to marathons along with 3 Boston Marathons including the 100th 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 without missing a single run due to injury since 2012, he is excited to share them with you!

Registration: Online at www.runnersedgekc.com or mail to: The Runner's Edge, 904 N. Arroyo Dr., Olathe, KS 66061

For more information, contact Coach Valdez at 816-914-1430 or runnersedgekc@gmail.com

ENTRY

Name _____ Address _____

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

Email _____ Weekly Mileage _____

Emergency Contact & Phone Number _____

Personal Goal _____ Target Race(s) _____

List of Past & Present Injuries: _____

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)