

The Runner's Edge

Self Rehab for the Soul Class

Designed for those who:

- *want to embrace the mental health benefits of 'Low (Stress) & Slow (Relaxed)' Running
- *want to experience the fusion of running with the beauty of nature
- *want to 'stop & smell the roses' WHILE running to take a break from the fast pace of life
- *want to learn how to feed their soul through running

Length of Program: July 9 to September 3

5 Tuesday evening sessions at 6:15-7:15pm: July 9 & 23 / August 6 & 20 / September 3

Program Fees:

	<u>New Participant</u>	<u>Alumni</u> (current or past RE participant)
Advance Registration (by July 4)	\$70	\$60
Registration (after July 4)	\$80	\$70

What you'll receive:

- *A peaceful, relaxing experience on an incredibly scenic 3-4 mile run
- *Learn how enjoyable running can be when you go with an easy flow
- *Experience 'bliss' when you combine basic Tai Chi with mindfulness meditation at a scenic spot during the run
- *Plus, a 20% discount at both Garry Gribble's Running Sports and the KC Running Company!

1st Workout: July 9 at 6:15pm, Mission Trail Middle School, 1001 N. Persimmon Dr., Olathe, KS 66061

About the Coach

For 22 years, Eladio Valdez III has helped hundreds of runners successfully complete their goals. In 38 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 Exercise Science and Health Education at the University of Kansas.

Registration: Online at www.runnersedgekc.com or 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

ENTRY

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)