

# Entry Form

Save time and register online at [www.RUNNERSEDGEKC.com](http://www.RUNNERSEDGEKC.com)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

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

Phone \_\_\_\_\_

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 \_\_\_\_\_

## T-SHIRT SIZE

T-shirt Size: XS S M L XL

**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, Fleet Feet, 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. (IF UNDER 18, PARENT'S OR GUARDIAN'S SIGNATURE REQUIRED)

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

MAIL TO: THE RUNNER'S EDGE  
904 N. Arroyo Dr., Olathe, KS 66061

# More Information

## Coach Valdez

As running coach and director of this program for 27+ years, Eladio Valdez III has helped hundreds of runners and walkers complete their goals. As a runner for over 40 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.

## Contact Us

PHONE: 816-914-1430  
EMAIL: [runnersedgekc@gmail.com](mailto:runnersedgekc@gmail.com)  
WEB: [www.runnersedgekc.com](http://www.runnersedgekc.com)

## New Members Welcome

We love new members! You're invited to participate in a complimentary workout anytime.

## Thanks to our Sponsors!

Thank you to our sponsors Fleet Feet, The Running Well Store, and Runner's Edge Racing. We appreciate your continued support!



# SPRING 2025 GROUP TRAINING PROGRAM

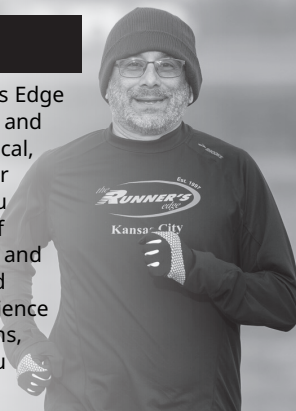


Join us for our  
**28th Year!**  
» Coach Eladio Valdez III



## Our Mission

Now in its 28th YEAR, The Runner's Edge has evolved into a highly effective and enjoyable way to boost your physical, mental, and social health! 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 of all abilities, the convenience of marked courses with aid stations, and training schedules to help you achieve your dreams!



## Program Options

All programs run from January 25 to June 14.

## Participant Information

Enjoy scenic and safe marked courses from 1 to 22 miles, designed to maximum your run and training.

## Program Benefits

As a member, you'll receive a 15% discount at both Fleet Feet and The Running Well Store when we meet there as well as a 15% discount off many races!

### Marathon/Half Marathon program

DESIGNED FOR THOSE WHO:

- » want to complete their first half or full marathon
- » want to finish and enjoy another one
- » want to improve their time
- » want to stay healthy

TARGET RACES INCLUDE:

- » Garmin Marathon / Half Marathon, April 26
- » Running with the Cows Half Marathon, May 10
- » Hospital Hill Half Marathon, May 31

### 5K/10K Program

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 Run, March 15
- » Trolley 4 Mile Run, April 27
- » Hospital Hill 5K/10K, May 31

### Walker Program

Many 5K's and half marathons are "walker friendly" thus, walkers receive the same The Runner's Edge benefits. Runners are encouraged to invite walking friends and family members to be a part of this great training program.

### 1st Group Workout

JANUARY 25, 7:30AM

- » Fleet Feet at Stoll Park

### Group Workouts

Held every Saturday morning at various times and locations in the Kansas City metropolitan area.

**THINKING ABOUT JOINING?**  
ENJOY A COMPLIMENTARY WORKOUT OF 1 TO 22 MILES!  
Email Coach Valdez at [runnersedgekc@gmail.com](mailto:runnersedgekc@gmail.com)



### Program Fees

	REGISTRATION	
	Alumni	New Participant
ADVANCED REGISTRATION register by January 1	\$180	\$210
REGULAR REGISTRATION register by January 19	\$200	\$230
LATE REGISTRATION register after January 19	\$220	\$250

### What you'll receive

- » Group training runs on Saturday mornings
- » Pacers 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
- » High Quality Runner's Edge shirt and other accessories
- » Meeting lots of friendly, positive fellow runners!

### THE GROUP TRAINING RUNS WILL FEATURE

- » Variety of safe and scenic routes throughout the city
- » Marked Courses with Mile Markers
- » Aid stations with water and Gatorade

### 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

- » Effective low, mid, and high mileage programs that are flexible and practical to safely follow
- » Tailored schedules for your target race