

The Runner's Edge Mid-Spring Program

Join us for our 28th Year!

Designed for those who want to:

- *get or stay in shape in a safe, fun, effective way to boost their social, mental, and physical health
- *want to train for the Hospital Hill Half Marathon or any other spring/summer race
- *enjoy the company of others along with a variety of marked, scenic courses
- *experience all the benefits with one of our country's largest & longest running groups!

Length of Program: March 29 – June 14

*Saturday mornings at on safe and scenic routes throughout the city

Program Fees:

	<u>New Member</u>	<u>Alumni Member</u>
Advance Registration (by March 22)	\$130	\$110
Regular Registration (after March 22)	\$140	\$120

What you'll receive:

- *Organized Group Training Runs on Saturday mornings from health related businesses (indoor restrooms)
 - *Pace Groups for all abilities, each led by a pace group leader who ensures that everyone warms up appropriately with multiple mileage options and loop options which allow people doing different distances to run together longer
 - *Aid Stations every 2 miles with water, Gatorade, & treats and multiple mileage options on safe, scenic courses
 - *260 page training handbook, flexible low to high mileage training schedules, weekly informative emails
- Plus! Lots of Race Discounts and Discounts when we meet at The Running Well and Fleet Feet stores

1st Group Workout: March 29, 7:30am, Crow's Coffee, 535 E. Red Bridge Rd., KCMO 64131
*Choose from 1 to 22 miles

About the Coach

Over the past 28 years, Eladio Valdez III has helped hundreds of runners successfully complete their goals. During his 43 years as a runner, he has completed numerous 5K's to marathons, along with 3 Boston Marathons including the 100th in 1996. His education is a Bachelor's Degree in Exercise Science and Health Education at the University of Kansas.

How to sign up:

Venmo me & email entry, mail entry/check to: The Runner's Edge, 904 N. Arroyo Dr., Olathe, KS 66061

*Attend 1st group run to learn more about this program, meet new people, and receive program materials

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

The Runner's Edge Entry Form

Name _____ Address _____

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

Email _____ Age _____

Personal Goal _____ Target Race(s) _____

Number of races at that distance completed _____ Best Time _____ How long have you consistently run or walk? _____

Weekly Mileage last 3 weeks _____ Number of run/walks per week _____ Comfortable Pace/Pace group _____

Emergency Contact Name and Phone Number _____

Release and 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 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 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, Fleet Feet, The 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 _____