

The Runner's Edge Strength & Mobility Class

Designed for those who want to:

- *improve their strength, balance, and mobility in a fun and exciting manner!
- *learn the most effective mobility exercises to get healthy faster
- *learn both general and running specific strengthening exercises to boost their running
- *focus on areas most runners neglect to lower their risk of injury while improving their quality of life

Length of Program: June 13 to August 15

9 Thursday evening sessions at 6:15pm: June 13, 20, 27 / July 11, 18, 25 / August 1, 8, 15

	<u>New Participant</u>	<u>Alumni</u>
Program Fees:	\$105	\$90

What you'll receive:

- *Organized Group Training Strength, Balance, & Mobility Workout for all abilities
- *A variety of strength training workouts using all sorts of portable and inexpensive equipment
- *Instruction on how to properly foam roll to loosen up for your runs
- *How to locate and loosen your tight spots with muscle flossing to speed up the healing process
- *Held at a variety of scenic locations to enjoy the great outdoors
- *The most unique multi-purpose class to boost your running!

1st Workout: June 13 at 6:15pm, Black Hoof Park at Lake Lenexa
9053 Monticello Rd., Lenexa, KS 66220

About the Instructor

Eladio Valdez III has helped thousands of runners successfully complete their goals. In his 42 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 health professionals, teaching this class for several years, and experiencing the benefits of these exercises personally, he's excited to share them with you!

Registration: Venmo, Check, or Cash – hand in 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

The Runner's Edge Entry Form

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)