

The Runner's Edge & Garry Gribble's Running Sports

Waddell & Reed Kansas City Marathon/Half Marathon Group Training Run

Date: September 18

Event Schedule: 6:00-6:20am – Late Registration / Meet the Kansas City Marathon Pacers
6:30am – Marathon Training Group Run
6:30-6:50am – Late Registration /Meet the Kansas City Half Marathon Pacers
7:00am – Half Marathon Training Group Run

Location: Garry Gribble's Running Sports, Ward Parkway Center

Parking: Western half of parking lot or satellite parking lot on the west side of State Line Rd.

Group Workout Fees:	<u>New Member</u>	<u>Alumni Member</u> (past Runner's Edge member)
Registration (received by September 14)	\$20	\$15
Late Registration (received after September 14)	\$25	\$20

What you'll receive:

- *An organized group training workout with several miles on the actual marathon course
- *Aid Stations every 2 miles with water and Gatorade
- *Mileage options of 8 to 16 miles for half marathoners and 16 to 22 miles for marathoners
- *Pace Groups for all abilities
- *Opportunity to run with the official marathon and half marathon pacers to learn about their pacing strategy
- Plus! A 25% Discount at the Ward Parkway Garry Gribble's Running Sports (1 day only)

How to sign up:

- *Mail entry and check to: The Runner's Edge, 6353 Millridge, Shawnee, KS 66218
 - *Or, register before the marathon group run at 6am or half marathon group run at 6:30am
- For more information**, contact Coach Valdez at 816-914-1430 or runnersedge@everestkc.net

Entry Form

Name _____ Address _____
City, State, Zip _____ Telephone (d) _____ (e) _____
Email _____ Age _____ Sept. 18 Mileage _____
Personal Goal _____ Marathon/Half Marathon Pace team choice _____

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, Garry Gribble's Running Sports, 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 _____