

# The Runner's Edge

## Winter Maintenance Program

### Designed for those who:

- \*want to stay in shape through the holiday season
- \*want to set themselves up for a great year of training in 2012
- \*enjoy the company of others and the convenience of aid stations on a variety of marked courses
- \*are training for a winter/early spring marathon or half marathon

### Length of Program: November 12 – January 14

\*Saturday mornings at 7:00 a.m. on safe and scenic routes throughout the city

### Program Fees:

	<u>New Member</u>	<u>Alumni Member</u>
Registration (received by October 29)	\$110	\$95
Late Registration (received after October 29)	\$130	\$115

### What you'll receive:

- \*Organized Group Training Workouts on Saturday mornings
  - \*Aid Stations every 2 miles with water and Gatorade
  - \*Pace Groups for all abilities
  - \*Course maps, training schedules, and off season training tips
- Plus! A 20% Discount at Garry Gribble's Running Sports and a Runner's Edge clothing item

**1<sup>st</sup> Group Workout:** November 12, 7:00 a.m. at Garry Gribble's Running Sports, Independence Commons  
\*Choose from 4 to 22 mile distances

### About the Coach

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

### How to sign up:

- \*Mail to: The Runner's Edge, 6353 Millridge, Shawnee, KS 66218 or register online at [www.runnersedgekc.com](http://www.runnersedgekc.com)
  - \*Attend 1<sup>st</sup> workout to learn more about this program, meet new people, and receive program materials
- For more information**, contact Coach Valdez at 816-914-1430 or [runnersedge@everestkc.net](mailto:runnersedge@everestkc.net)

### The Runner's Edge Entry Form

Name \_\_\_\_\_ Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_ Telephone (d) \_\_\_\_\_ (e) \_\_\_\_\_

Email \_\_\_\_\_ Age \_\_\_\_\_

Personal Goal \_\_\_\_\_ Winter/Spring Target Race(s) \_\_\_\_\_

Weekly Mileage last 3 weeks \_\_\_\_\_ Number of run/walks per week \_\_\_\_\_ Pace Group \_\_\_\_\_

### 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, Raul Flores, The Runner's Edge, Garry Gribble's Running Sports, 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 \_\_\_\_\_