

# The Runner's Edge

## Winter Maintenance Program

### Designed for those who:

- \*want to freshen and loosen up while staying in shape through the holiday season
- \*want to set themselves up for a great year in 2018 by learning healthy running habits
- \*enjoy the company of others and the convenience of aid stations on a variety of scenic, marked courses
- \*are training for a winter/early spring marathon or half marathon

### Length of Program: November 11 – January 13

\*Saturday mornings at 7:30 a.m. on safe and scenic routes throughout the city

### Program Fees:

	<u>New Member</u>	<u>Alumni Member</u>
Early Registration (received by October 28)	\$115	\$100
Registration (received after October 28)	\$135	\$120

### What you'll receive:

- \*Organized Group Training Workouts from health related businesses (indoor restrooms) on Saturday mornings
  - \*Aid Stations every 2 miles with water and Gatorade with multiple mileage options on safe, scenic courses
  - \*Pace Groups for all abilities with loop options which allow people doing different distances run together longer
  - \*Course maps, low risk/high reward training schedules, and off season training tips to get and stay healthy
- Plus! A 20% Discount at both Garry Gribble's Running Sports and Run 816

**1<sup>st</sup> Group Workout:** November 11, 7:30 a.m. at Garry Gribble's Running Sports, 119<sup>th</sup> & Quivira  
\*Choose from 4 to 22 miles

### About the Coach

Over the past 20 years, Eladio Valdez III has helped hundreds of runners successfully complete their goals. During his 35 years as a runner, he has completed numerous 5K's to marathons, along with 3 Boston Marathons including the 100<sup>th</sup> 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 \_\_\_\_\_

Emergency Contact and Number \_\_\_\_\_

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 \_\_\_\_\_