

# *The Runner's Edge*

## Summer Youth Program

### **Designed for those who want their 3-5<sup>th</sup> grade/6-8<sup>th</sup> grade child to:**

- \*develop healthy habits which will help them perform well in youth sports as well as later on if they choose to run as an adult
- \*learn the basics of proper form, warming up, a more enjoyable intuitive way of running by time & effort, etc.
- \*enjoy the safety & company of others

**Length of Program:** July 10 – August 2 (July 10 & 12, 17 & 19, 23 & 25, July 30 & Aug. 2)

\*Tuesdays & Thursdays 9:00-10:00AM for 3-5<sup>th</sup> graders & 10:15-11:15AM for 6-8<sup>th</sup> graders

### **Program Fees:**

	<u>Child of New Member</u>	<u>Child of Alumni Member</u>
Advance Registration (by July 3)	\$85	\$75
Registration (after July 3)	\$95	\$85

### **What your child will receive:**

- \*Organized Group Workouts where all abilities are welcomed
- \*Healthy, Fun, Effective running & training tips
- \*A Runner's Edge shirt AND Runner's Edge water bottle!

**1<sup>st</sup> Group Workout:** July 10 > 9-10am for 3-5<sup>th</sup> graders / 10:15-11:15am for 6-8<sup>th</sup> graders  
Roe Park, 10400 Roe Ave., Overland Park, KS 66207

### **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 entry/check to: The Runner's Edge, 6353 Millridge, Shawnee, KS 66218
- \*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) \_\_\_\_\_

Parent Email \_\_\_\_\_ Grade & Age \_\_\_\_\_

Personal Goal \_\_\_\_\_ Fall and/or Spring Sports \_\_\_\_\_

Select Shirt Size: Youth S, M, L, or Adult S, M, L: \_\_\_\_\_

### **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 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, Run 816, 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 of Parent/Guardian \_\_\_\_\_

Date \_\_\_\_\_