

The Runner's Edge

Winter Maintenance Program

Designed for those who:

- *want to stay in shape through the holiday season and lower their injury risk for the spring with a solid base
- *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 10 – January 12

*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 27)	\$115	\$100
Registration (received after October 27)	\$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

1st Group Workout: November 10, 7:30 a.m. at the Ward Parkway Garry Gribble's Running Sports
*Choose from 4 to 22 miles

About the Coach

Over the past 21 years, Eladio Valdez III has helped thousands of runners successfully complete their goals. During his 36 years as a runner, he has completed numerous 5K's to marathons, along with 3 Boston Marathons including the 100th 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

*Attend 1st 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

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 _____