

The Runner's Edge

Winter Strength & Mobility Class

Designed for those who:

- *want to lower their risk of injury while improving their running
- *want to experience the effectiveness of a cutting edge 'All-in-I' workout that incorporates mobility, balance, and strength exercises into a 60 minute workout
- *want a workout that complements their running & is a great precursor to spring training & racing

Length of Program: November 13 to January 29

10 Tuesday evening sessions at 6:30-7:30pm: November 13, 20, 27 / December 4, 11, 18 / January 8, 15, 22, 29

Program Fees:

New Participant

*Alumni

Registration

\$120

\$100

*current or past Runner's Edge participant

What you'll receive:

- *Handout on all exercises covered in the sessions to conveniently do some of these 1-2 times/week
- *Organized Group Training Workouts
- *The most unique multi-purpose class to boost your running!
- *Plus, a 20% discount at both Garry Gribble's Running Sports and Run 816!

1st Workout: November 13 at 6:30pm, 68's Inside Sports, 11301 W. 88th, OP, KS 66214

About the Instructor

Eladio Valdez III has helped hundreds of runners successfully complete their goals. In 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 includes a Bachelor's Degree in both Exercise Science and Health Education at the University of Kansas. After consulting with several health professionals and experiencing the benefits of these exercises personally, he is excited to share them with you!

Registration: Mail to: The Runner's Edge, 6353 Millridge St., Shawnee, KS 66218

For more information, contact Coach Valdez at 816-914-1430 or runnersedge@everestkc.net

Entry Form (alumni need only to print name, list P.R., and sign waiver)

Name _____ Address _____

City, State, Zip _____ Telephone (d) _____ (e) _____ Age _____

Email _____ Weekly Mileage _____

Emergency Contact & Phone Number _____

Personal Goal _____ Target Race(s) _____

Release and Waiver:

I know that running is a potentially dangerous activity. 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 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 all 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, 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 _____

(If under 18, parent's or guardian's signature required)