

# The Runner's Edge

## Mental Health Running Class

### Designed for those who want:

- \*a break from the pandemic stress & embrace the mental health benefits of 'Low (Stress) & Slow (Relaxed)' Running
- \*to experience the fusion of running with the beauty of nature
- \*to 'stop & smell the roses' WHILE running to take a break from the fast pace of life
- \*to learn how to feed their soul through running

### Length of Program: June 10 to September 16

8 Thursday evening sessions at 6:30-7:30pm: June 10 & 24 / July 8 & 22 / August 5 & 19 / September 2 & 16

### Program Fees:

	<u>New Participant</u>	<u>Alumni</u>
Registration (by June 10)	\$90	\$80
*Or, pay for both Thursday 8 session classes (this & the Get and Stay Healthy Class) and save \$25!	\$155	\$135

### What you'll receive:

- \*A peaceful, relaxing experience on an incredibly scenic 3-4 mile run with stops to enjoy the view and take photos
- \*Learn how enjoyable running can be when you replace being in a rush with a relaxing 'go with the flow' mindset
- \*Experience 'bliss' when you combine basic Tai Chi with mindfulness meditation at a scenic spot during the run

**1<sup>st</sup> Workout:** June 10 at 6:30pm, Cedar Niles Trailhead parking lot, 119<sup>th</sup> & Clare Rd., Olathe, KS 66061

\*Join us for a complimentary workout!

### About the Coach

For 23 years, Eladio Valdez III has helped hundreds of runners successfully complete their goals. In 39 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 includes a Bachelor's Degree in Exercise Science and Health Education at the University of Kansas.

**Registration:** Online at [www.runnersedgekc.com](http://www.runnersedgekc.com) or mail to: The Runner's Edge, 904 N. Arroyo Dr., Olathe, KS 66061

**For more information,** contact Coach Valdez at 816-914-1430 or [runnersedgekc@gmail.com](mailto:runnersedgekc@gmail.com)

### ENTRY

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)