

# The Runner's Edge

## Mid-Spring Session Program

### Designed for those who want to:

- \*get or stay in shape during this pandemic in a safe, fun, effective way to boost their social, mental, and physical health
- \*want to train for the Hospital Hill Half Marathon or any other spring race
- \*enjoy the company of others along with a variety of marked, scenic courses
- \*experience all the benefits with Kansas City's largest & longest running group

### Length of Program: March 27 – June 12

\*Saturday mornings at on safe and scenic routes throughout the city

### Program Fees:

	<u>New Member</u>	<u>Alumni Member</u>
Registration (received by March 20)	\$110	\$95
Late Registration (received after March 20)	\$125	\$110

### What you'll receive:

- \*Organized Group Training Workouts on Saturday mornings with multiple mileage options, staggered pace group start times, and sanitized aid stations for COVID-19 safety & social distancing guidelines
  - \*Pace Groups for all abilities, each led by a pace group leader who ensures that everyone warms up appropriately
  - \*260 page training handbook, flexible low to high mileage training schedules, weekly informative emails
- Plus! A 20% Discount at Garry Gribble's Running Sports & KC Running Company along with race discounts

**1<sup>st</sup> Group Workout:** March 27, 7:30-8am, Garry Gribble's Running Sports, 8700 Ward Parkway, KCMO 64114

\*Choose from 1 to 22 miles

### About the Coach

Over the past 23 years, Eladio Valdez III has helped hundreds of runners successfully complete their goals. During his 38 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:

- \*Online at [www.runneredgekc.com](http://www.runneredgekc.com) or mail entry/check to: The Runner's Edge, 1950 W. Surrey St., Olathe, KS 66061
- \*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 [runnersedgekc@gmail.com](mailto:runnersedgekc@gmail.com)

### The Runner's Edge Entry Form

Name \_\_\_\_\_ Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_ Telephone (d) \_\_\_\_\_ (e) \_\_\_\_\_

Email \_\_\_\_\_ Age \_\_\_\_\_

Personal Goal \_\_\_\_\_ Fall Target Race(s) \_\_\_\_\_

Number of races at that distance completed \_\_\_\_\_ Best Time \_\_\_\_\_ How long have you consistently run or walk? \_\_\_\_\_

Weekly Mileage last 3 weeks \_\_\_\_\_ Number of run/walks per week \_\_\_\_\_ Comfortable Pace/Pace group \_\_\_\_\_

Emergency Contact Name and Phone Number \_\_\_\_\_

### 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, 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 \_\_\_\_\_

Date \_\_\_\_\_