The Runner's Edge
Summer Youth Running Camp

Designed for those who want their 3-8th grade child to:
*develop healthy habits and improve endurance, strength, and speed to perform better in youth sports
*learn the basics of proper form, warming up, a more enjoyable way of running by time & effort, and more!
*enjoy the safety & company of others along with all sorts of fun & interesting running-related activities
*learn a healthy way to work out their pandemic related stress while boosting their mental, physical & social health

Length of Program: July 6 to August 12 (July 6, 8, 13, 15, 20, 22, 27, 29 & August 3, 5, 10, 12)
*Tuesdays & Thursdays 9-10am at a variety of parks in Shawnee, Lenexa, & Olathe. 12 sessions!

Program Fees:

Advance Registration (by July 1)	$95
Registration (after July 1)	$110

What your child will receive:
*Organized Group Workouts and Helpful Running Tips - all abilities are welcomed!
*Healthy, Fun, Effective workouts on the grass and trails in parks along with strength & mobility exercises
*A unique blend of relaxing breathing exercises with simple movements to help relieve stress

1st Group Workout: July 6, 9:00-10:00am, Buffalo Meadows Park
9650 Lone Elm Rd., Lenexa, KS 66220

About the Coach
Over the past 23 years, Eladio Valdez III has helped hundreds of runners successfully complete their goals. During his 39 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:
*Online at www.runnersedgekc.com or mail entry/check to: The Runner's Edge, 904 N. Arroyo Dr., Olathe, KS 66061
*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 runnersedgekc@gmail.com

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 XS, 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_____