

# Join the 21K Challenge in 2021!

-As you know, a half marathon is 13.1 miles. This also equates to 21 kilometers, or 21K.

-In 2021, The Runner's Edge will offer a half marathon distance option at our weekly Saturday morning organized group runs twice a month for our Spring, Summer/Fall, and Winter Programs.

-To participate in this challenge, complete either 13 half marathons (13.1 miles) or 21 half marathons (21K) at Runner's Edge group runs and receive a shirt & medal to commemorate your outstanding achievement! Sign up for 1, 2, or all 3 Re Programs and receive a 33% or 66% discount or a complimentary Challenge entry as well as program discounts for a DOUBLE DISCOUNT!

-You can substitute some of your group runs for live half marathon races or solo runs (indoor or outdoor). We'll keep track of your progress throughout the year!

## 13 Half Marathon (13.1 miles) Challenge options

	<u>Fee</u>
Complete 13 half marathons (13.1 miles)	\$131
Complete 13 half marathons + 1 RE Program	\$237 (\$306 value)
Complete 13 half marathons + 2 RE Programs	\$343 (\$481 value)
Complete 13 half marathon + all 3 RE Programs	\$450 (\$591 value)

## 21 Half Marathon (21-21K-in 21) Challenge options

	<u>Fee</u>
Complete 21 half marathons (21K)	\$210
Complete 21 half marathons + 1 RE Program	\$290 (\$385 value)
Complete 21 half marathons + 2 RE Programs	\$370 (\$560 value)
Complete 21 half marathon + all 3 RE Programs	\$450 (\$670 value)

\*Virtual Option – Complete 13 or 21 half marathons on your own (solo or live races) and receive a 50% discount off either challenge (i.e. \$65.50 or \$105).  
Email me for the discount code if registering online



## **What you'll receive:**

- \*A special commemorative shirt and medal!
  - \*Locations and dates of our organized Group Training Workouts on Saturday mornings
  - \*Aid Stations every 2 miles with water & Gatorade on a variety of safe, scenic courses
  - \*Pace Groups for all abilities led by pace group leaders who help you warm up wisely
  - \*Exclusive Monthly emails with progress updates and training tips along with personal coaching
- Plus! A 20% Discount at both Garry Gribble's Running Sports and KC Running Company along with half marathon race discounts

## **How to sign up:**

\*Register online at [www.runnersedgekc.com](http://www.runnersedgekc.com), venmo me & email entry, or write a check & mail to: The Runner's Edge, 1950 W. Surrey St., Olathe, KS 66061

**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 \_\_\_\_\_ Circle RE Programs to Join: Spring Summer/Fall Winter

Emergency Contact and Number \_\_\_\_\_ Shirt Size \_\_\_\_\_

Weekly Mileage last 3 weeks \_\_\_\_\_ Number of runs 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, 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 \_\_\_\_\_