

The Runner's Edge 'Learn & Run' Clinic Series Hosted by lululemon

"What No Runner Talks About...But What ALL Runners Should Do"

Clinic Topics:

- Running Lessons Learned the Hard Way: What took me 30 years of running to learn!
- Injuries Suck! Why they are worse than you think and what you can do about them
- How to Transform from an Ego-Honoring to a Body-Honoring Runner
- Why running by time and effort may be better for you than distance and pace
- How to become a body mechanic to better handle the pounding of running

Length of Program: August 1-29

5 Thursday evening sessions at 6:15pm: 30 minute clinic, 40 minute run, 5 minute wrap up session

Program Fees: \$50

*lululemon will provide a special surprise for the first 20 participants who sign up!

What you'll receive:

- *Learn and Practice a NEW way of running that promises to be a healthier and happier way to run!
- *Organized Group Run for all abilities that incorporates strength & mobility
- *The most unique multi-purpose class to boost your running!

All Workouts at: lululemon, 4555 W. 119th St., Leawood, KS 66209

About the Instructor

Eladio Valdez III has helped thousands of runners successfully complete their goals. In his 37 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 health professionals, helping lots of runners the past several years, and experiencing the benefits of these exercises personally, he's excited to share this info with you!

Registration: 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

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

Name _____ Address _____

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

Email _____

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, Lululemon, 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)