

# The Runner's Edge

## Self Rehab for the Body Class

### Designed for those who:

- \*want to learn how to self treat running injuries to speed up the healing process
- \*want to save lots of time & money from seeing health professionals by modeling what they do
- \*want to learn how to be an efficient 'body mechanic' so they can be empowered to do something about their injuries and spend more time running while spending less time frustrated and fearful
- \*want to learn how to run *while* healing and how to avoid aggravating the injury while running

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

5 Tuesday evening sessions at 6:15-7:15pm: July 16 & 30 / August 13 & 27 / September 10

### Program Fees:

New Participant    Alumni (current or past RE participant)

Advance Registration (by July 11)

\$70

\$60

Registration (after July 11)

\$80

\$70

### What you'll receive:

- \*Hands on exercises on how to locate and loosen the tight spots causing your injury
- \*Each class will focus on a specific area and all related injuries and what to do for that area to speed up the healing process
- \*In showing you how to heal from injuries faster, this is the most empowering running class!
- \*Plus, a 20% discount at both Garry Gribble's Running Sports and the KC Running Company!

**1<sup>st</sup> Workout:**    July 16 at 6:15pm, Shawnee Mission South High School Track  
5800 W. 107<sup>th</sup> St., OP, KS 66207

### About the Coach

For 22 years, Eladio Valdez III has helped hundreds of runners successfully complete their goals. In 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 includes a Bachelor's Degree in both Exercise Science and Health Education at the University of Kansas. After consulting with several health professionals and experiencing the benefits of these exercises personally, he is excited to share them with you!

**Registration:** Online at [www.runnersedgekc.com](http://www.runnersedgekc.com) or 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)

### ENTRY

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

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

Email \_\_\_\_\_ Weekly Mileage \_\_\_\_\_

Emergency Contact & Phone Number \_\_\_\_\_

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

List of Past & Present Injuries: \_\_\_\_\_

### 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)