

# The Runner's Edge Speed & Hill Sessions

## Designed for those who want to:

- \*get faster by working WITH their body via progressive effort based training on both hills & flat terrain
- \*train with a group while improving all aspects of their speed & strength
- \*experience unique & innovative workouts that are low risk while providing high rewards
- \*get in a great workout in a fun & challenging way while improving their 5K to Marathon times!

## Length of Program: July 9 – October 1

13 evening sessions at 6:15PM at a variety of locations: July 9, 16, 23, 30 / August 6, 13, 20, 27 / Sept. 3, 10, 17, 24 / Oct. 1

## Program Fees:

	<u>New Participant</u>	<u>*Alumni</u> (current or past Runner's Edge member)
Advance Registration (by July 6)	\$115	\$95
Registration (after July 6)	\$135	\$115

## What you'll receive:

- \*Experienced, Effective Coaching and customized workouts to meet your goals
- \*Organized Group Training Workouts for runners of all abilities
- \*Strength & Mobility training will be incorporated to help you improve as a runner
- \*A variety of innovative sessions that work on all energy systems held at different scenic locations to bring a sense of ADVENTURE back into your training!
- \*Plus, a 20% discount at Garry Gribble's Running Sports and Run 816!

*"If your running goals include increasing your speed and optimal race performance, this class is a must do! The sessions are designed around increasing personal strength, mobility, and overall fitness. Each weekly session includes some form of hill repeats and speed play to increase both cardiovascular and anaerobic performance. I am a firm believer that incorporating Tuesday sessions into that routine has played a major part of 2 years and counting of injury free running. This past year I set a marathon PR by 17 minutes qualified for Boston!"*  
Chuck Schuler

*"Coach Eladio's Speed Sessions challenged me both physically and mentally. Each week, I encountered a variety of warm-ups, strength training exercises, and targeted drills to increase my skill level. Since participating in Coach Eladio's Speed Sessions, I have qualified for Boston, and set new 5K, half marathon, and marathon PR's."*  
Amanda Bradford

**1<sup>st</sup> Speed & Hill Session:** July 9 at 6:15pm, IKEA – south lot, 6000 Ikea Way, Merriam, KS 66202

**About the Coach:** Eladio Valdez III has helped hundreds 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 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.

**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)

## The Runner's Edge Entry Form

Name \_\_\_\_\_ Address \_\_\_\_\_  
City, State, Zip \_\_\_\_\_ Telephone (d) \_\_\_\_\_ (e) \_\_\_\_\_ Age \_\_\_\_\_  
Email \_\_\_\_\_ 5K, Half, Marathon PR's \_\_\_\_\_ Weekly Mileage \_\_\_\_\_  
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, 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 \_\_\_\_\_