

# The *Runner's Edge* Spring Boot Camp

## Designed for those who:

- \*want to experience the effectiveness of a total body strength workout to improve speed
- \*want to lose fat, look more lean, feel very fit, and improve mental toughness
- \*want a great overall workout that will complement their running

## Length of Program: February 2 – April 6

10 Tuesday morning sessions at 5:15-6:15am: February 2, 9, 16, 23 / March 2, 9, 16, 23, 30 / April 6

## Program Fees:

	<u>New Participant</u>	<u>*Alumni</u>
Advance Registration (by January 29)	\$90	\$80
Late Registration (after January 29)	\$105	\$95

\*current or past Runner's Edge participant

## What you'll receive:

- \*Handout on all drills & exercises covered in the sessions
- \*Organized Group Training Workouts
- \*Largest indoor facility – 60 yards long by 25 yards wide on artificial turf
- \*Complimentary showers available at 68's Inside Sports

*"I love this class! It's challenging, motivating, fun and a total body workout. It will improve your race performance. You'll be setting new PRs in those upcoming spring races."* Pat Nott

*"This class is the best total workout I've ever taken! It hits all areas and also a good cardio workout. It has also been so helpful when it was explained how certain exercises will help us in our running and even why it is important. That definitely gives me motivation to keep running!"* Jennifer Radmanesh

**What to bring:** Water Bottle, Towel, Biking/Weightlifting gloves (optional), your "A" game!

**1<sup>st</sup> Workout:** February 2 at 5:15am at 68's Inside Sports Warehouse, 9111 Flint

## About the Instructor

Lisa Fleming has been a certified Group Fitness Instructor, through the American Aerobics and Fitness Association for the past 6 years. During that time, she has instructed Weight Lifting and Spinning classes in various health clubs around the city, currently serving as a Spinning Instructor at the Kansas City Country Club and at 68's Inside Sports. Lisa was the instructor for the summer Runner's Edge Boot Camp class. She also serves as the Runner's Edge 11:20 Pace Group Leader.

**Registration:** Online at [www.runnersdgekc.com](http://www.runnersdgekc.com) or mail: The Runner's Edge, 6353 Millridge St., Shawnee, KS 66218

**For more information,** contact Coach Valdez at 816-914-1430 or [runnersedge@everestkc.net](mailto:runnersedge@everestkc.net)

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Entry Form (alumni need only to print name and sign waiver)

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

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

Email \_\_\_\_\_ Target Race/Goal \_\_\_\_\_

## 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, Lisa Fleming, 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)