

The *Runner's Edge* Boot Camp

Designed for those who:

- *want to experience the effectiveness of a total body strength workout to improve speed
- *want to enjoy a challenging group workout – a collection of the most running specific exercises from Yoga, Pilates, Tai Chi, Karate, Plyometrics, Calisthenics, and yes, Boot Camp!
- *want to lose fat, look more lean, feel very fit, and improve mental toughness

Length of Program: November 25 – January 27

10 Tuesday morning sessions at 5:30-6:30am: Nov. 25, Dec. 2, 9, 16, 23, 30, Jan. 6, 13, 20, 27

Program Fees:

	<u>New Participant</u>	<u>*Alumni</u>
Advance Registration (by November 22)	\$90	\$80
Late Registration (after November 22)	\$100	\$90

*current or past Runner's Edge participant

What you'll receive:

- *Experienced and Effective Coaching
- *Handout on all drills & exercises covered in the sessions
- *Organized Group Training Workouts
- *Largest indoor facility – 75 yards long by 25 yards wide on artificial turf

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

1st Workout: November 25 at 5:30am at 68's Inside Sports Warehouse, 9111 Flint

About the Coach

Eladio Valdez III has helped hundreds of runners successfully complete their goals. In his 26 years as a runner, he has completed numerous 5K's to marathons, including the 100th Boston Marathon in 1996. His education includes a B.S. in both Exercise Science and Health Education at the University of Kansas.

Registration: Online at www.therunnersedge.net or mail: The Runner's Edge, 6353 Millridge St., Shawnee, KS 66218

For more information, contact Coach Valdez at 913-825-1250 or runnersedge@everestkc.net

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, 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)