

# Join the Runner's Edge 2022 Challenge!

Choose 1, 2, or even all 3 of the following challenges!

- 1) **500 Mile Club** = Complete 500 miles of once-a-week long runs in 2022
- 2) **100 Hour Club** = Complete 100 hours of once-a-week long runs in 2022
- 3) **12 or 20x22 Milers** = Complete twelve (one per month) or twenty 22 milers in 2022

-In 2022, The Runner's Edge will offer up to 22 miles twice a month for our Spring, Summer/Fall, and Winter Programs at our weekly Saturday morning organized group runs and up to 16 miles the remaining group runs.

-To participate, accumulate your totals at Runner's Edge group runs and receive a shirt & medal to commemorate your outstanding achievement at the end of the year! Sign up for 1, 2, or all 3 Runner's Edge Programs and receive a \$50, \$100, or \$150 discount off the 2022 Challenge along with additional full membership benefits (weekly informative emails, training schedules, training handbook, race discounts & running store discounts to GGRS and KCRC!)

-You can substitute some of your group runs for races (yes, a marathon or ultra will count as a 22 miler!) or solo runs (indoor or outdoor). We'll keep track of your progress throughout the year!

## 2022 Challenge options

	<b>Fee</b>
1) Participate in up to 12 group runs throughout the year	\$180
2) Participate in up to 20 group runs throughout the year	\$260
*3) Participate in Spring Program + up to 12 additional runs	\$340 (\$390 value)
*4) Participate in Spring & Fall Programs + up to 4 additional runs	\$420 (\$520 value)
*5) Participate in all 3 RE Programs	\$480 (\$630 value)

\*Receive additional full RE membership benefits for noted programs in addition to participating in the year long challenge the rest of the time without them (except 5<sup>th</sup> option in which you'll receive full membership benefits all year) / 1<sup>st</sup> & 2<sup>nd</sup> options allow you to attend up to 12 or 20 group runs for the year but you without membership benefits

\*\*Virtual Option – Complete 1, 2, or all 3 challenges on your own (solo or live races) for \$99.

## **What you'll receive:**

- \*A special commemorative shirt and medal!
- \*Locations and dates of our organized Group Training Workouts on Saturday mornings
- \*Aid Stations every 2 miles with water & Gatorade on a variety of safe, scenic courses
- \*Pace Groups for all abilities led by pace group leaders who help you warm up wisely
- \*Exclusive Bi-Monthly emails with progress updates, encouragement, and training tips along with personal coaching

## **How to sign up:**

\*Register online at [www.runnersedgekc.com](http://www.runnersedgekc.com), venmo me & email entry, or write a check & mail to: The Runner's Edge, 904 N. Arroyo Dr, 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 \_\_\_\_\_ Shirt Size \_\_\_\_\_

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

Email \_\_\_\_\_ Age \_\_\_\_\_ Circle RE Programs to Join: Spring Summer/Fall Winter

Emergency Contact & Number \_\_\_\_\_ Circle Challenge(s): 500 Miles 100 Hours 12 or 20x22 Miles

Weekly Mileage last 3 weeks \_\_\_\_\_ Number of runs per week \_\_\_\_\_ Pace Group \_\_\_\_\_

## **Release and Waiver:**

I know that running and walking are potentially dangerous activities. 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 or walking 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 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, 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 \_\_\_\_\_