

The Runner's Edge Fall & Christmas Holiday Speed & Hill Sessions

Designed for those who want to:

- *relish our fall weather & get into the holiday spirit to enjoy some amazing Christmas light displays!
- *enjoy invigorating & doable workouts in cool, brisk conditions
- *get faster by incorporating 'sweet spot' effort based training on both hills & flat terrain
- *train with a group while improving all aspects of your speed & strength along with your mental health
- *get in a great workout in a fun & challenging way while improving your 5K to Marathon times!

2 Sessions: Fall = October 17 to November 14 / Holiday = November 28 to December 26

*2 Sessions of 5 workouts each at 6PM at a variety of locations on Tuesday evenings

Program Fees:

Fall Session	\$60
<u>Holiday Session</u>	<u>\$60</u>
*Or, pay for both sessions and save \$25!	\$95

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 will be incorporated to help you improve as a runner along with overall health
- *A variety of innovative sessions that work on all energy systems held at different scenic locations with some of the BEST Christmas Light Displays to bring JOY & ADVENTURE back into your training!
- *Fantastic way to work out your holiday stress and boost your physical, mental, & social health

1st Session: October 17 at 6pm, Emporia State Satellite Campus, 8400 W. 110th St., OP, KS 66210

About the Coach: Since 1997, Eladio Valdez III has helped hundreds of runners successfully complete their goals. In his 40+ years as a runner, he has completed numerous 5K's to marathons along with 3 Boston Marathons including the 100th in 1996. His education includes a Bachelor's Degree in both Exercise Science and Health Education at the University of Kansas.

Registration: 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

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, Fleet Feet, 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 _____