# **Entry** Form

Save time and register online at www.RUNNERSEDGEKC.com

Name _____

Address _____

City _____

State, Zip _____

Phone _____

Email _____

Age _____

Occupation _____

### TRAINING GOALS & BACKGROUND

Personal Goal(s) _____

Target Race(s) _____

Number of races at that distance completed _____

Best time for:
Marathon_____ Half Marathon_____ 5K_____

Longest run/walk in last 3 weeks _____

Pace Group or Comfortable Pace _____

How long have you consistently run or walked?_____

Emergency Contact Name _____

Emergency Contact Number _____

### T-SHIRT SIZE

T-shirt Size: XS S M L XL

**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 the program including, but not limited to falls, contact with other participants, the effects of 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 b aby jogger or a dog. Knowing these facts and in consideration of you accepting my entry form, 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 Valdez III, Fleet Feet, or any sponsor or contributor to this program, any race officials or 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. The Release and Waiver extends to all claims of every kind or nature whatsoever, foreseen, known or unknown. (IF UNDER 18, PARENT'S OR GUARDIAN'S SIGNATURE REQUIRED)

_____
SIGNATURE DATE

MAIL TO: THE RUNNER'S EDGE
904 N. Arroyo Dr., Olathe, KS 66061

# **More** Information

## Coach Valdez

As running coach and director of this program for 30 years, Eladio Valdez III has helped hundreds of runners and walkers complete their goals. As a runner for over 40 years, he has completed many 5K's to marathons along with 3 Boston Marathons including the 100th in 1996. His education includes Bachelor's Degrees in Exercise Science and Health Education at the University of Kansas.

## Contact Us

PHONE: 816-914-1430
EMAIL: runnersedgekc@gmail.com
WEB: www.runnersedgekc.com

## New Members Welcome

We love new members! You're invited to participate in a complimentary workout anytime.

## Thanks to our Sponsors!

Thank you to our sponsors Fleet Feet, The Running Well Store, and Runner's Edge Racing.
We appreciate your continued support!

The Running Well Store

Runner's Edge RACING

FLEET FEET KANSAS CITY

the RUNNER'S edge

# SPRING 2027

## GROUP TRAINING PROGRAM

## Join us for our 30th Year!

» Coach Eladio Valdez III

## **Program** Options

All programs run from January 30 to June 12.

### Marathon/Half Marathon program

DESIGNED FOR THOSE WHO:

» want to complete their first half or full marathon
» want to finish and enjoy another one
» want to improve their time
» want to stay healthy

TARGET RACES INCLUDE:

» Mile for Miles Half Marathon, March 6
» Garmin Olathe Marathon/Half Marathon, April 24
» Lincoln Marathon/Half Marathon, May 2
» Hospital Hill Half Marathon, May 22

### 5K/10K Program

DESIGNED FOR THOSE WHO:

» are a beginner and want to start running or walking
» enjoy running or walking to maintain fitness in a healthy manner
» want to improve their time

TARGET RACES INCLUDE:

» Miles for Miles 5K, March 6
» Garmin Olathe 10K, April 24
» Hospital Hill 5K/10K, May 22

### Walker Program

Many 5K's and half marathons are "walker friendly" thus, walkers receive the same The Runner's Edge benefits. Runners are encouraged to invite walking friends and family members to be a part of this great training program.

## **Participant** Information

Enjoy scenic and safe marked courses from 1 to 22 miles, designed to maximum your run and training.

### 1st Group Workout

JANUARY 30, 7:30AM

» The Running Well Store in Mission

### Group Workouts

Held every Saturday morning at various times and locations in the Kansas City metropolitan area.

**THINKING ABOUT JOINING?**

ENJOY A COMPLIMENTARY WORKOUT OF 1 TO 22 MILES!

Email Coach Valdez at runnersedgekc@gmail.com

### Program Fees

REGISTRATION

| | Alumni | New Participant |
|---|---|---|
| ADVANCED REGISTRATION<br>register by January 1 | $190 | $220 |
| REGULAR REGISTRATION<br>register by January 16 | $210 | $240 |
| LATE REGISTRATION<br>register after January 16 | $230 | $260 |

## **Our** Mission

Now in its 30th year, The Runner's Edge has evolved into a highly effective and enjoyable way to boost your physical, mental, and social health! Whether you are a beginner or veteran, you will benefit from the experience of Coach Valdez, the mutual support and camaraderie of fellow runners and walkers of all abilities, the convenience of marked courses with aid stations, and training schedules to help you achieve your dreams!

## **Program** Benefits

As a member, you'll receive a 20% discount at The Running Well Store and a 10% discount at Fleet Feet when we meet there as well as a 15% discount off many races!

### What you'll receive

» Group training runs on Saturday mornings
» Pacers and pace groups for all abilities
» Training handbook with a comprehensive training system
» Daily training schedules for all levels and target races
» Informative weekly group emails
» High Quality Runner's Edge shirt and other accessories
» Meeting lots of friendly, positive fellow runners!

THE GROUP TRAINING RUNS WILL FEATURE

» Variety of safe and scenic routes throughout the city
» Marked Courses with Mile Markers
» Aid stations with water and Gatorade

THE TRAINING HANDBOOK WILL PROVIDE

» 280 pages of education on nutrition, injury prevention, stretching, cross training, speed work, and more!

THE DAILY TRAINING SCHEDULES WILL OFFER

» Effective low, mid, and high mileage programs that are flexible and practical to safely follow
» Tailored schedules for your target race