

***The Runner's Edge* Garmin Marathon & Half Marathon 5 for 50 Special**

Enjoy full membership benefits by participating in 5 group runs or workouts for just \$50 for any of our Programs!

Saturday Main Program – March 11 to April 22

- *Meets on Saturday mornings at 7:15am for long runs at a variety of health related businesses
- *Benefits include organized group runs with multiple mileage options of 2-22 miles and pace groups that range from 7 to 14 minutes a mile, training schedules, training handbook, weekly informative emails, lots of race discounts, a 20% discount at Garry Gribble's Running Sports, and more!
- *Reap the Rewards of our Body Honoring High Reward/Low Risk Training System

Tuesday Speed Sessions – March 14 to April 18

- *Meets on Tuesday evenings at 6:15pm at a variety of locations for one-of-a-kind workouts
- *Benefits include organized group speed workouts for all abilities (17 to 38 minute 5K times), a race prediction finish time chart from the mile to the marathon along with suggested pace guidelines for all workouts, weekly informative emails, and a 20% discount at Garry Gribble's Running Sports
- *You won't get more bang for your buck anywhere else with our cutting edge speed workouts that work on multiple energy systems in a single workout while also improving your neuromuscular system!

Wednesday Injury Free Run Classes – March 15 to April 19

- *Meets on Wednesday evenings at 6:15pm at a variety of locations for great all purpose workouts
- *Benefits include an innovative class designed to address common weak areas to boost your running and a 20% discount at Garry Gribble's Running Sports
- *Since running tightens muscles in ALL runners – we show you how to conveniently loosen back up with foam rolling, dynamic stretches, and muscle flossing
- *This total body strength class focuses on building up your hips, glutes, and core which are crucial to lower the risk of injury and help you go faster for a given effort

How to Sign up: Mail entry & check to: The Runner's Edge, 6353 Millridge St., Shawnee, KS 66218

For more information: Contact Coach Valdez at 816-914-1430 or runnersedge@everestkc.net

*anyone is welcome to enjoy a complimentary workout!

The Runner's Edge Entry Form

Name _____ Address _____

City, State, Zip _____ Telephone (d) _____ (e) _____

Email _____ Age _____

Personal Goal _____ Spring Target Race(s) _____

Number of races at that distance completed _____ Best Time _____ How long have you consistently run or walk? _____

Weekly Mileage last 3 weeks _____ Number of run/walks per week _____ Comfortable Pace/Pace group _____

Emergency Contact Name and Phone Number _____

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, Raul Flores, The Runner's Edge, Garry Gribble's Running Sports, The 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 _____