

▶ OUR MISSION

Now in its 33rd session, **The Runner's Edge** Training Program has evolved into a highly effective and positive way to train. 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, the convenience of marked courses along with aid stations, and the structure of training schedules to help you achieve your dreams. Simply put, you'll either get or stay in great shape and have fun doing it while making some lifelong friends.

▶ YOUR NEEDS



MARATHON/HALF MARATHON/ ULTRA MARATHON PROGRAM

June 27 to October 31

Designed for those who:

- want to complete their first half to ultra marathon
- want to finish another one
- want to improve their time

Target Races Include:

- Lewis & Clark Half Marathon/Marathon, September 13
- Chicago Marathon, October 11
- Kansas City Half Marathon/Marathon, October 17

Or, pick your target race and we'll get you ready!

5K/10K PROGRAM

June 27 to October 31

Designed for those who:

- are a beginner and want to start running or walking
- enjoy running or walking to maintain fitness
- want to improve their time

Target Races Include:

- Race for the Cure 5K, August 9
- Labor Day 5K, September 7
- Zoo 4 Mile Run, September 19
- Kansas City 5K, October 17

WALKER PROGRAM

June 27 to October 31

More 5K, half marathons and marathons are becoming "walker friendly". Now, walkers can receive the same benefits **The Runner's Edge** offers along with the support and guidance of walker-specific clinics and handouts. Runners are encouraged to invite walking friends and family members to be a part of this great training program.

Target Races Include:

- Race for the Cure 5K, August 9
- Zoo 4 Mile Run, September 19
- Kansas City 5K/Half Marathon, October 17

Walker Program Fees – same as 5K/10K, Half Marathon, and Marathon programs

▶ THE COACH



As **running coach and director of this program**, Eladio Valdez III has helped over a thousand runners and walkers complete their goals. During his 27 years as a runner, he has completed many 5K's to marathons, including the 100th Boston Marathon in 1996. His education includes Bachelor's Degrees in Exercise Science and Health Education at the University of Kansas.

▶ THE BENEFITS OF THE PROGRAM



WHAT YOU'LL RECEIVE

- GROUP TRAINING WORKOUTS on Saturday mornings
- MENTORS 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
- Educational CLINICS and NEWSLETTERS
- Free **Runner's Edge** Technical Running Shirt
- Opportunity to meet fellow runners and walkers

Plus! A 20% DISCOUNT at Garry Gribble's Running Sports

THE GROUP TRAINING WORKOUTS WILL FEATURE

- Variety of safe and scenic routes throughout the city
- Marked Courses with Mile Markers
- Aid Stations with water, Gatorade, and energy gels

THE TRAINING HANDBOOK WILL PROVIDE

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

THE DAILY TRAINING SCHEDULES WILL OFFER

- Low, mid, and high mileage programs that will more closely pick up where you left off coming into the program
- Tailored schedules for your target race

▶ PROGRAM FEES

	PROGRAM		
	5K / 10K	HALF MARATHON	MARATHON/ ULTRA
ADVANCE REGISTRATION – entry postmarked by May 29			
New / Alumni Member	\$190 / \$160	\$230 / \$190	\$250 / \$210
PACKET PICK UP REGISTRATION – register at one of packet pickup times			
New / Alumni Member	\$210 / \$180	\$250 / \$210	\$270 / \$230
LATE REGISTRATION – register after June 17			
New / Alumni Member	\$230 / \$200	\$270 / \$230	\$290 / \$250

▶ PROVEN RESULTS

- Over 1,000 participants have successfully completed over 2,500 marathons
- Those who make it to the starting line of a marathon have a 99% success rate of finishing.
- More than 700 have completed their first marathon, including 62 walkers
- Marathon P.R.'s have been set nearly 700 times
- More than 80 participants have qualified for the Boston Marathon
- Over 600 participants have successfully completed nearly 1,600 half marathons
- The average participant signs more than 3 times
- The program has grown from 25 participants to its current average of 375 participants in the last 6 years

▶ PARTICIPANT INFORMATION



PACKET PICK UP

• June 13, 7:30-9:30 a.m., Harmon Park Shelter, 78th & Delmar

Enjoy a complimentary workout at 6 or 6:30am of 1 to 12 miles!

• June 17, 6:00 – 7:00 p.m., Garry Gribble's Running Sports at Stoll Park Center, 119th Street & Quivira Road

ORIENTATION MEETING

June 17, 7:00 – 7:45 p.m., Garry Gribble's Running Sports at Stoll Park Center, 119th Street & Quivira Road

1ST GROUP WORKOUT

June 27, 6:30 a.m.

Garry Gribble's Running Sports, Ward Parkway Shopping Center

Group Workouts will be held every Saturday morning at various times and locations in the Kansas City metropolitan area.

FIRST GROUP WORKOUT MILEAGE*

5K /10K Program:	1 – 6 miles
Half Marathon Program:	1 – 14 miles
Marathon Program:	6 – 20 miles
Ultra Marathon Program:	20 miles

* mileage will vary depending on the target race and the low, mid, or high mileage training schedules

▶ NEW MEMBERS ARE ALWAYS WELCOME TO JOIN!

We invite you to participate in a complimentary workout anytime.

For more information, contact Coach Valdez at: **816-914-1430** or runnersedge@everestkc.net or visit our website at www.runnersedgekc.com

▶ THANKS TO OUR MAJOR SPONSORS



▶ RUNNER'S EDGE ENTRY FORM

▶ Save time and register online at: www.therunnersedge.net

PERSONAL INFORMATION

Name _____

Address _____

City _____

State, Zip _____

Telephone (d) _____

(e) _____

Email _____

Age _____

Occupation _____

TRAINING GOALS & BACKGROUND

Personal Goal(s) _____

Target Race(s) _____

Number of races at that distance completed _____

Best time for Marathon _____

Best time for Half Marathon _____

Best time for 5K _____

Weekly Mileage last 3 weeks _____

Number of run/walks per week _____

Longest run/walk in last 3 weeks _____

Pace Group or Comfortable Pace _____

How long have you consistently run or walked? _____

RELEASE INFORMATION & T-SHIRT SIZE

Approval to publish contact information in Directory: yes no

T-shirt Size: XS S M L XL

(Sign Waiver on Other Side)

▶ **RELEASE WAIVER**

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 baby 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, Raul Flores, Garry Gribble's Running Sports, 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.

Signature _____

Date _____

(If under 18, parent's or guardian's signature required)

Mail your entry and check to:

The Runner's Edge
6353 Millridge St.
Shawnee, KS 66218

▶ **WHAT PEOPLE ARE SAYING**



I would recommend this to anyone looking for a life changing experience! You get physically fit while meeting people of all ages, backgrounds, and abilities. Eladio's training tips, manual, and routes are the absolute best, and he's a master motivator. Saturday mornings have never been so fun!

Kristi Whiteside, age 39
finisher of 3 half marathons

Runner's Edge provides a structured and fun way to train for a marathon. The program is realistic and attainable for people who lead busy lives. The group support and variable pace groups lend themselves to all ages and abilities. I have been running road races since 1978, but didn't run my first marathon until 2004. Runner's Edge adds a "smart" element to training.

Todd Dicus, age 51
Veteran runner

I felt extremely prepared for my first marathon experience. With the Saturday long runs and Eladio's training advice, I didn't hit the much dreaded "wall". I had a blast running and now feel confident that I could run many more marathons!

Jill Ballmer, age 33
1st time marathoner

A born skeptic, I questioned the idea of running at 1 to 1½ minutes per mile slower than my goal pace. After one session with Runner's Edge, I am a believer. I ran the Twin Cities Marathon for the second time in two years and took 21 minutes off my time, making my goal pace and qualifying for Boston. Woohoo!!!

Herschel Davis, age 49
Boston Marathon Qualifier

At age 66, I decided to enter my first marathon, but had no idea how to do it. Eladio's training program was perfect. He taught me exactly what to do to finish the marathon successfully. I have continued with Runner's Edge and completed 3 more marathons.

Barb Hise, age 66
Walker

The Runner's Edge training program works for every goal. The variety of workouts will get you across the finish line recreationally or competitively.

Nathan Price, age 27
Sub 3 hour marathoner

For many years, the only distance I thought I could run was a 5K. With Runner's Edge, I learned that if you train properly, there's almost nothing you can't accomplish. I ran my first 10K, half marathon, and marathon in my first year with Runner's Edge, and I have no plans of stopping anytime soon.

Michelle Keller, age 35
Run/Walk Pace Group Leader

Runner's Edge is my choice for an exercise program because it gives me what I need. A structured fitness program that is challenging but forgiving. I can train as seriously as I wish or just maintain fitness and either way have a peer group for support with an organized and dependable program. The group is wonderfully diverse and friendly to older runners like my wife and I.

John Burnett, age 59
Finisher of 11 marathons

the RUNNER'S edge
Coach Eladio Valdez III
6353 Millridge St.
Shawnee, KS 66218

▶ "Runner's Edge is the perfect combination of running, whatever your goal, and camaraderie. After 6 years of running with the group, I keep coming back for more"

Pam Miller, age 39
Veteran of 11 marathons

the **RUNNER'S**
edge



FALL 2009
group training program

Train for a Half-Marathon, Marathon,
Ultra Marathon or get in shape for a 5K or 10K

One of the largest and most successful
training programs in the Country!

A complete training program for runners
and walkers of all abilities

▶ "TAKING YOUR TRAINING TO THE NEXT LEVEL"
COACH ELADIO VALDEZ III

RUNNING
GARRY GRIBBLE'S
SPORTS