

The Runner's Edge

Gobbler Grind Training Program

Designed for those who want to:

- *get or stay in shape in a safe, fun, effective way to boost their social, mental, and physical health
- *want to train for the Gobbler Grind 5K/10K/Half Marathon/Marathon or any other fall race
- *enjoy the company of others along with a variety of marked, scenic courses
- *experience all the benefits with Kansas City's largest & longest running group

Length of Program: September 10 – November 20

- *Saturday mornings on a variety of safe and scenic routes throughout the city

Program Fee: \$95

What you'll receive:

- *Organized Group Training Runs on Saturday mornings with multiple mileage options and aid stations
 - *Pace Groups for all abilities, each led by a pace group leader who ensures that everyone warms up appropriately
 - *260 page training handbook, flexible low to high mileage training schedules, weekly informative emails
- Plus! A 20% Discount for the Gobbler Grind Marathon/Half Marathon and at Garry Gribble's Running Sports

1st Group Workout: September 10, 7:00 at Performance Rehab, 11160 Lone Elm Rd., Olathe, KS 66061
*Choose from 2 to 22 miles with pace groups from 7 to 14 minute pace

About the Coach

Over the past 25 years, Eladio Valdez III has helped hundreds of runners successfully complete their goals. During 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 is a Bachelor's Degree in Exercise Science and Health Education at the University of Kansas.

How to sign up:

- *Venmo or mail entry/check to: The Runner's Edge, 904 N. Arroyo Dr., Olathe, KS 66061
- *Attend 1st workout to learn more about this program, meet new people, and receive program materials

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) _____

Email _____ Age _____

Personal Goal _____ Fall 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 _____