



One Week Camps

Session: I June 7th-11th

Session II August 2nd-6th

7:00am-11:30am at Runner's Edge
(3195 N. Federal Hwy. Boca Raton)

*Each day will include a morning run based on your pace & distance abilities followed by stretching, breakfast & clinics.

Topics covered:

- * Training philosophy/schedules
- * Biomechanics / footwear
- * Nutrition, psychology.
- * Cross-training, injuries.
- * Racing tips/strategies for mile-marathon distance.

Cost:

\$199 One Session (1 week, M-F)
\$299 Two One Week Sessions
\$ 99 Conditioning (9 weeks)
\$249 One Session+Conditioning
 Discount for couples, family members and teams (3+).

Summer Conditioning Program:

June 10th - August 19th

Thursday: 6:15pm-7:30pm

Saturday* : 7:00am-9:00am

* 7:00am- Run depending on ability, followed by stretching/clinics.

For the runner looking to stay in shape over the summer, train with people, have structured workouts & a schedule.

All programs include:

- * Coolmax team top and t-shirt.
- * Free entry into Summer's End 5K (August 29th, 6:00pm).
- * Breakfast for week camps.
- * Personalized schedule for summer.
- * Special discounts to Runner's Edge.

Our programs are designed to accommodate a wide range of abilities including new runners, high school & college athletes and accomplished adults who want to learn more about running and racing. Campers will be grouped together by abilities and will discuss a wide range of topics including training philosophy & performance running with South Florida's best runners & coaches. Coach/athlete ratio will be less than 10 to 1.

Staff members:

Jordan Zwick: Camp director, FAU Cross Country Asst. Coach 15:14 5K

Tom Vladimir: Owner Runner's Edge, Former FAU Coach, (sub 3 marathoner)

Carol Virga: Marathon Olympic Trials, 20 Overall Marathon Titles.

Trey Andrews: Former FSU athlete. 14:36 5K & 9.06 3K Steeple Chase.

Michael Burke: FL state 3200 Champion.

Other Staff:

Olympic Marathoner Keith Brantly
 Olympic Marathoner Ronnie Holassie
 Alex Smolka: Head FAU Track/CC coach.
 Rick Rothman: Spanish River High Coach.
 Kenny Schappert, Gene Ulishney, Sonja Friend-Uhl (6 time world team member).



Building a healthy lifestyle in our community through fitness & education

Register online:

www.runningexpo.com

Info (561) 361-1950

Runnersedgejz@aol.com



Summer Running Camp 2010

1 Week Camps
June 7th-11th
or
August 2nd-6th
&
Summer Conditioning Program
June 10 - August 12

All Ages 12+
Youth & Adult Camps

All levels of runners
are welcome! Beginning
runners to college athletes.

Summer Running Camps June-August

Presort Standard
U.S. Postage
PAID
Boca Raton, FL
Permit No. 1767



Checks Payable to: Runner's Edge Foundation
3195 N. Federal Hwy, Boca Raton, FL 33431

Register early-Limited space!

REGISTRATION

Last Name _____ First Name _____ Estimated 5K time _____

Address: _____ Age _____ Sex M F

City _____ State _____ Zip _____ Shift Size S M L XL

Telephone _____ Email _____ June August Conditioning

Waiver of Liability-Read Carefully
I know that running is a potentially hazardous activity. I should not enter this camp unless I am medically able and properly trained and had a recent checkup. I agree to abide by any decision of the camp staff relative to my ability to safely complete the camp. I assume all risks associated with the camp including but not limited to falls, contact with other participants, the effect of the weather, traffic and the conditions of the road, all risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration for you accepting my entry, I for myself, and any entitled to act on my behalf, waive, release and hold harmless the Runners Edge Foundation, Runner's Edge, camp staff, guest speakers, all sponsors, their representatives, and their affiliates from any and all claims or liabilities of any kind arising out of my participation in the event. I grant permission to use any photographs, recordings or any record of this event for any legitimate commercial purpose.

Signature(under 18, parent signature) _____ Emergency Contact # _____