

» first saturday runs

Spring Program

» January 23, 2010
 Runner's Roost - Denver
 1685 S. Colorado Blvd.

» January 30, 2010
 Boulder Running Company -
 Greenwood Village
 8505 E. Arapahoe Rd.

Mid Spring Program
 » April 3, 2010
 Location TBD

7:00 AM Orientation and stretching
 7:30 AM Group Run

*David and Julie,
 I am very high on the great run today. Felt great but most of all want to thank you for setting up the course, marking it well and having all the fluids available to us. All we need to worry about is getting from mile to mile. It truly is incredible the support you provide, giving us runners the freedom to focus on our run.*

This also includes the work you put into Tuesday nights. Though they can be tough, it works...

**Jim Lynch, Member since May 2006
 Denver, Colorado**

» contact information

David Manthey

Runner's Edge of the Rockies
 2707 Florence Street
 Denver, Colorado 80238
 www.RunnersEdgeOfTheRockies.com
 Coach@RunnersEdgeOfTheRockies.com
 303.320.EDGE

Please join us for one complimentary run!



» program fees

Please check () the box next to desired session's fees and write-in total at the bottom.

SPRING SESSION January - May	Full/Ultra Marathon	Half Marathon	Speedwork	Walker Program
New Member	<input type="checkbox"/> \$235	<input type="checkbox"/> \$210	<input type="checkbox"/> \$90	<input type="checkbox"/> \$210
Alumni Member	<input type="checkbox"/> \$205	<input type="checkbox"/> \$180	<input type="checkbox"/> \$90	<input type="checkbox"/> \$180
MID-SPRING START April - May	Full/Ultra Marathon	Half Marathon	Base Building (April - May)	Walker Program
New Member	<input type="checkbox"/> \$125	<input type="checkbox"/> \$110	<input type="checkbox"/> \$90	<input type="checkbox"/> \$110
Alumni Member	<input type="checkbox"/> \$110	<input type="checkbox"/> \$95	<input type="checkbox"/> \$75	<input type="checkbox"/> \$95

TOTAL

PLEASE MAKE CHECK PAYABLE TO
 Runner's Edge of the Rockies

» registration

All Participants Must Complete Waiver below

NAME	ADDRESS
CITY, STATE, ZIP	PHONE (D) (C)
E-MAIL ADDRESS	AGE
HOW MANY FULL/HALF MARATHONS HAVE YOU RUN?	MOST RECENT RACE(S)/PR
TARGET RACE	TIME GOAL (IF ANY)
WEEKLY MILEAGE IN THE LAST FOUR WEEKS	
HOW DID YOU HEAR ABOUT US?	
MEMBERSHIP <input type="radio"/> NEW MEMBER <input type="radio"/> ALUMNI	
TECHNICAL TRAINING SHIRTS (SHIRTS ARE GENDER SPECIFIC) <input type="radio"/> X-SMALL <input type="radio"/> SMALL <input type="radio"/> MEDIUM <input type="radio"/> LARGE <input type="radio"/> X-LARGE	

PLEASE MAIL TO 2707 FLORENCE STREET, DENVER, CO 80238
 WWW.RUNNERSEDOFTHEROCKIES.COM

» safety

Safety and injury prevention is our number one priority! We will be running routes that are mapped and marked. To the best of our ability, we will be running routes that are safe and out of the way of traffic. However, all routes will encounter some traffic and other trail-users and will require runners to be alert and aware of turns, traffic and obstacles. Maps will be provided and discussed prior to Saturday workouts. In advance of each run, runners will be held responsible for studying maps to fully understand any risks that may exist. If any runner is uncomfortable with the route mapped, they should discuss their concerns with the coaches.

» release & waiver

I know that running and walking are potentially dangerous activities. I should not participate in the Runner's Edge of the Rockies 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 and trail users, 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 sue, and waive, release, and discharge David C. Manthey or any sponsor or contributor to this program, any official or volunteer, any city or municipality, 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)