

» first saturday runs Spring Program

- » January 19, 2008
Runner's Roost – Denver
1685 S. Colorado Blvd.
- » January 26, 2008
Boulder Running Company
8116 W. Bowles

Mid Spring Program

- » March 22, 2008
Runner's Roost – Lakewood
437 S. Wadsworth

7:00 AM Orientation and stretching
7:30 AM Group Run
8:00 - 10:00 AM Sign-up and Packet Pick-up

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 and Julie Manthey

Runner's Edge of the Rockies
2707 Florence Street
Denver, Colorado 80238
www.RunnersEdgeOfTheRockies.com
colomarathoners@earthlink.net
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.

Sign up by January 12th and receive a \$10 early bird discount for the half and full sessions.

SPRING SESSION January - May	Full/Ultra Marathon	Half Marathon	Speedwork	Personal Online Training Log*	Full-Package Discount**
New Member	<input type="checkbox"/> \$230	<input type="checkbox"/> \$205	<input type="checkbox"/> \$90	<input type="checkbox"/> \$155	<input type="checkbox"/> -\$25
Alumni Member	<input type="checkbox"/> \$200	<input type="checkbox"/> \$175	<input type="checkbox"/> \$90	<input type="checkbox"/> \$155	<input type="checkbox"/> -\$25
MID SPRING BASE BUILDING April - May	Full/Ultra Marathon	Half Marathon	Base Building (April - May)	Personal Online Training Log*	
New Member	<input type="checkbox"/> \$115	<input type="checkbox"/> \$100	<input type="checkbox"/> \$85	<input type="checkbox"/> \$70	
Alumni Member	<input type="checkbox"/> \$100	<input type="checkbox"/> \$85	<input type="checkbox"/> \$70	<input type="checkbox"/> \$70	
Online Only Membership Options Year-Round	One-Time Setup Fee	Personal Online Coaching			
New Member	<input type="checkbox"/> \$25	<input type="checkbox"/> \$50/month			
Alumni Member	N/A	<input type="checkbox"/> \$50/month			
Walker Program January - May	Half Marathon				
New Member	<input type="checkbox"/> \$205				
Alumni Member	<input type="checkbox"/> \$175				

* If registering for Personal Online Training Log, it must be purchased in addition to Full or Half Marathon program

** Membership, Speedwork and Online

» registration

All Participants Must Complete Waiver below

TOTAL

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

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 NEW MEMBER ALUMNI

TECHNICAL TRAINING SHIRTS (SHIRTS ARE GENDER SPECIFIC) X-SMALL SMALL MEDIUM LARGE 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 and pedestrians. However, all routes will encounter some traffic and will require runners to be alert and aware of turns, traffic and obstacles. Maps will be discussed during all weekly Saturday runs. 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, 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 and Julie A. Manthey or any sponsor or contributor to this program, any official or volunteer, 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 _____

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

Date _____

David and Julie, I wanted to say a BIG THANK YOU to you both! Becoming a member of Runner's Edge was the BEST thing I have ever done for my marathon running! Not only was running with the group great, but the training regime left me well prepared for my race. Further, a week before the race I sat down and read, and then re-read (many times) your pacing strategy for the race. You know what? It really worked!!!...

Dina Clark, Member since June 2005
Denver, Colorado

» program details

Spring 2008

Five-month program (January - May) designed to effectively prepare runners for a fall full or half marathon. Ideal for first-time and experienced distance runners.

Base Building Program

Two-month program (April - May) of low mileage build-up designed to prevent injury and prepare runners for summer distance training. Ideal for beginners or runners who require a few additional months of preparation.

Speed Sessions

Twelve + Tuesday morning or evening workouts focused on cardio, strength, speed and technique. (Workout schedule subject to seasonal weather.) Special emphasis will be given to individual training during these workouts.

» registration

Mail-in

- » Mail registration and payment to:
Runner's Edge of the Rockies
2707 Florence Street
Denver, Colorado 80238

On-line

- » You can register on-line via our website at:
www.RunnersEdgeofTheRockies.com.

» our mission & vision

Runner's Edge of the Rockies is based out of Denver, Colorado. Our mission is to help our participants reach their potential by training smart, safely, and effectively, whether it is their first or fortieth marathon. The vision of our program is that all of our runners will receive the encouragement and support they deserve as they work towards achieving their goals.

» get in shape

Runner's Edge of the Rockies offers year-round training sessions. Train for a full or half marathon...or just stay in shape!

» new members

New members are always welcome to join. We invite you to participate in a complimentary workout. For information on weekly runs, visit our website at www.RunnersEdgeOfTheRockies.com.

thanks to our sponsors!



...We were so excited to have a marathon go so well and it really left us flying on cloud nine for at least a week. Now we're already picking out the next race, and looking to you guys and the group of Runners Edge runners to bring another PR our way in the spring...

Josh Kail, Member since June 2006
Denver, Colorado

distance
running
is an individual sport...



but nobody said
you should train alone!

RUNNER'S edge
OF THE ROCKIES

2008 group training
programs

www.RunnersEdgeOfTheRockies.com

» full, half and ultra marathon programs

Who should participate

- » Runners training to complete their FIRST half, full or ultra marathon
- » Runners training to IMPROVE their marathon time
- » Veteran runners looking to run with a GROUP
- » Experienced runners shooting for a PERSONAL RECORD or BOSTON!!!

» what you receive

- » YEAR-ROUND programs (spring 2008, summer/fall 2008, winter maintenance)
- » Proven RESULTS for beginner and veteran runners
- » FOUR levels of training based on experience and specific race goals
- » Organized GROUP training workouts every weekend
- » VARIETY of marked routes, multiple aid stations, detailed maps, etc.
- » Organized mid-week TRACK and HILL workouts (spring and summer/fall sessions only)
- » Daily training SCHEDULES
- » Mentoring, coaching and SUPPORT from marathon veterans
- » DISCOUNTS at local Denver-area running stores!
- » Online coaching options available
- » Plus, a lot of FUN!!!

Dave and Julie, you are exceptional. I've never imagined when I first joined that I could have had so much fun and success with Runners Edge of the Rockies. Between the insanely helpful info in the running binders, the personalized training schedules, the group training tips, the varied run locations, the killer support on the training runs, and the individual advice, I'd recommend Runner's Edge to anyone who has not trained with a group, as well as very seasoned runners who have trained with a group that they are not satisfied with....

Jim Turosak, Member since May 2006
Denver, Colorado