

» the program

- » YEAR-ROUND programs (spring 2005, summer/fall 2005, 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!
- » Plus, a lot of FUN!!!

» full and half marathon programs spring 2005

Who should participate?

- » Runners training to complete their FIRST half or full 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!!!

Our program is designed to meet the needs of all levels of runners. We have training schedules designed for each level of runner and will assist in individualizing the program based on YOUR needs.

» weekly saturday group runs all programs

- » ORGANIZED and mapped routes (maps handed out to all participants)
- » Simulated race workouts (AID STATIONS, mile markers, etc.)
- » PACE groups (based on size and ability levels of group)
- » SAFE ROUTES!!!

» registration

Mail-in

- » Mail registration and payment to:
Runner's Edge of the Rockies
2738 Central Park Blvd.
Denver, Colorado 80238
Sign up by January 10th and receive a \$15 early bird discount.

In Person

- » Registration will take place following the first two group runs (see below)

» first saturday runs

- » January 22, 2005
Runner's Roost – Denver
1685 S. Colorado Blvd.
Denver, CO 80222
303.759.8455
- » January 29, 2005
Runner's Roost – Aurora
6554 S. Parker Rd.
Aurora, CO 80016
303.766.3411

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

It is recommended that new members attend one of the first two sessions. Due to weather uncertainty during the spring, run locations for Saturday runs will be announced on our website each week.

» program fees

	Alumni	New Members
Half Marathon	\$145	\$170
Marathon	\$165	\$190
A la carte runs	\$10	\$10

Sign up by January 10th and receive a \$15 early bird discount.

» hill and speed sessions

- » 8-10 sessions focus on cardio, strength, speed and technique
- » Emphasis on individualized training
- » Fee: \$45

» 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 jobber 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 _____

Date _____

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

Mail your registration and check to:
Runner's Edge of the Rockies
2738 Central Park Blvd.
Denver, Colorado 80238

distance
running
is an **individual sport...**

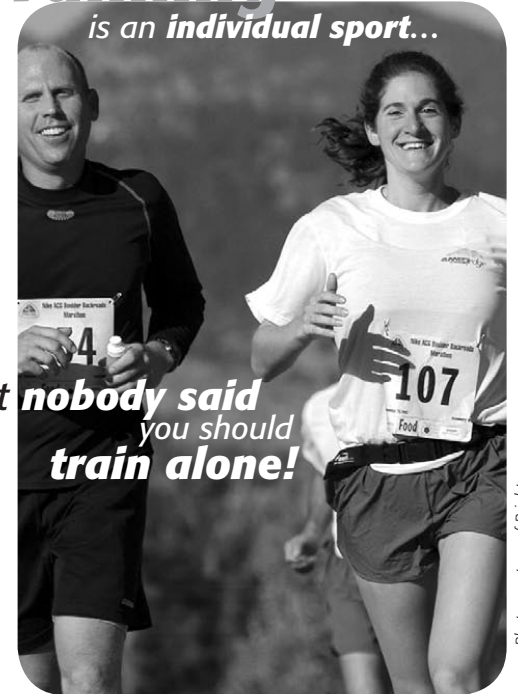


Photo courtesy of Brightroom

but **nobody said**
you should
train alone!

RUNNER'S edge
OF THE ROCKIES

spring 2005
group training program

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 three year-round 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.

contact information

David and Julie Manthey

Runner's Edge of the Rockies
2738 Central Park Blvd.
Denver, Colorado 80238
website: www.RunnersEdgeOfTheRockies.com
email: colomarathoners@earthlink.net
720.318.4149

Please join us for one complimentary run!

thanks to our sponsors!



» **registration form** All Participants Must Complete Waiver on Other Side

NAME

ADDRESS

CITY, STATE, ZIP

PHONE (D)

(C)

E-MAIL ADDRESS

AGE

PERSONAL GOALS (CHECK ONE)

MARATHON

HALF-MARATHON

MAINTENANCE

OTHER

IF OTHER, PLEASE DESCRIBE

TARGET RACE OR GOAL

WEEKLY MILEAGE IN THE LAST FOUR WEEKS

HOW DID YOU HEAR ABOUT US?

MEMBERSHIP

NEW MEMBER

ALUMNI

PROGRAM

HALF-MARATHON

MARATHON

PLEASE MAKE CHECK TO RUNNER'S EDGE OF THE ROCKIES. MAIL TO 2738 CENTRAL PARK BOULEVARD, DENVER, CO 80238
WWW.RUNNERSEDGEOFTHEROCKIES.COM