

» full and half marathon programs

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!!!

» what you receive

- » YEAR-ROUND programs (summer/fall 2005, winter maintenance, spring 2006)
- » 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!!!

» program details

Base Building Program

Two-month program 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.

Summer/Fall 2005

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

Note: Group workouts for base building and summer/fall program will be held every Saturday. Individuals will follow a customized program during the week.

Hill/Speed Sessions

Ten to twelve Tuesday evening workouts focused on cardio, strength, speed and technique. 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
 2738 Central Park Blvd.
 Denver, Colorado 80238*

In Person

- » Registration will take place following the first Saturday runs of each session.

» first saturday runs

Base Building Program

- » April 2, 2005
*Runner's Roost — Denver
 1685 S. Colorado Blvd.
 Denver, CO 80222
 303.759.8455*

Summer/Fall Program

- » June 11, 2005
*Runner's Roost — Denver
 1685 S. Colorado Blvd.
 Denver, CO 80222
 303.759.8455*
- » June 18, 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 the first session.

» program fees

	New Member	Alumni
Base Building April-May	\$65	\$45
Half June-November	\$170	\$150
Full June-November	\$195	\$170
Hill/Speed 10-12 workouts	\$55	\$55
A la carte	\$10	\$10

Sign up by May 15th and receive a \$15 early bird discount for the half and full sessions.

» 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

summer/fall 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

HILL/SPEED WORKOUTS

YES

T-SHIRT SIZE

SMALL

MEDIUM

LARGE

X-LARGE

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