

# Runner's Edge Foundation

Fun Runs & Events at  
A 501-3 non-profit



Located within

## Runner's Edge

3195 N Federal Highway  
Boca Raton, FL 33431

561-361-1950

www.runnersedgefoundation.org

**Thursday nights 6:00pm**

**Saturday's 6:00am-Full/  
Half Marathon Training  
Programs.**

### Other Upcoming Events

Jan 5th-Eye Run-YMCA 5pm  
Jan 19th BRCS Torch Run 7:30am  
Feb 10th-Five Guys 5K/10K-7am  
Feb 24th—Run for Animals WPB  
March 3rd-Autism Speaks 5K,WPB  
April 7th Gumbo Limbo 10K-Boca  
April 7th, Brain Cancer 5K-JP Park  
April 27th Healthy Kids Day 5K  
June 2nd Run For Ribbons 5K

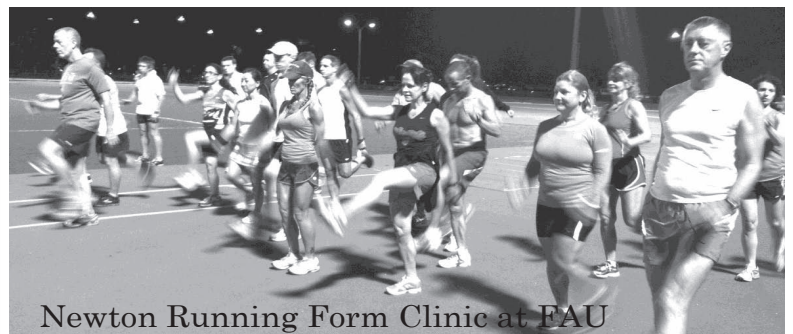
### Board of Directors:

Carol Virga -President  
Tom Vladimir -Executive Director  
Sara Gomez-Board Member  
Mike Stone-Board Member  
Anya Vages—Board Member  
Fred Alger– Board Member



Dear Friends of Runner's Edge Foundation,

We are thankful for your generous support which has enabled our Foundation to raise funds for many worthy causes in 2012. We wish you and your loved ones many blessing and joys this Holiday season and hope you are enjoying special moments as well as many satisfying runs! We look forward to seeing you on the roads and at the races in 2013 and for some of you who want a beginners program for yourself or to recommend to your friends, please inquire about our Zero to 5K program which begins in February. All the Best in 2013! Tom & Carol



Newton Running Form Clinic at FAU



Saturday, January 19th  
Boca Christian School

**5K Run/Walk, 7:15am**

- \*Accuchip timing
- \*Hot breakfast!
- \*1K kids run.

www.active.com



### ZERO TO 5K TRAINING PROGRAM

**Program: February 16th.-April 28th**

**Q&A Meeting: February 7th, 7pm**

**Designed for the beginner looking to train for their 1st 5K using Walk/Run training methods. Individual training programs, group leaders, store discounts & great coaches.**

**Program director: Fred Alger**

**Cost: \$99**

**Call for info: 561-361-1950**



## HOLIDAY 5K FUN RUN

**Saturday, Dec. 22th**

**7:00am -Free!**

**Runner's Edge**

**Food, drinks &**

**special sale after**



January 5, 2013

**Saturday, January 5th**

**5K Run, 1 Mile 5:00pm**

**YMCA - Boca Raton**

- \* Post Run BBQ!
- \* Awards 3 deep in 5 year age groups 14 & under to 70+. Top 3 overall.
- \* Timing by accuchip. \$25 to register
- \* Register online www.active.com.
- \* free kids races, bounce house.



Proceeds to Camp Quest for  
blind & disabled children