

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

Zero to 5K Program:

February 13th-April 13th!

Other Upcoming Events

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 Splash & Dash 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



GIRLS ON THE RUNS - February 11th – May 18th 2013

Girls on the Run Palm Beach will be starting their Spring Season February 11th 2013. The program is an experiential afterschool program that uses the power of running to prepare girls for a lifetime of self-respect and healthy living. The curriculum creatively incorporates training for a 5k with lessons that encourage third through eighth grade girls to develop essential life skills. Through interactive activities such as running, playing games, and discussing important issues, participants experience the joy of simply being themselves! During the 12-week program, girls are empowered with a greater sense of self-awareness, a foundation in team building and a sense of achievement. The lessons inspire them to be strong, contented and self-confident young women who choose a healthy lifestyle. Contact: Lynn Martin 561-313-9179 direcor@girlsontherunPBC.org



Run for the Animals

Sunday, February 24th

5K Run/Walk, 8am

Okeeheelee Park - WPB

1 Mile
Dog Walk



ZERO TO 5K TRAINING PROGRAM

Program: February 16th-April 13th

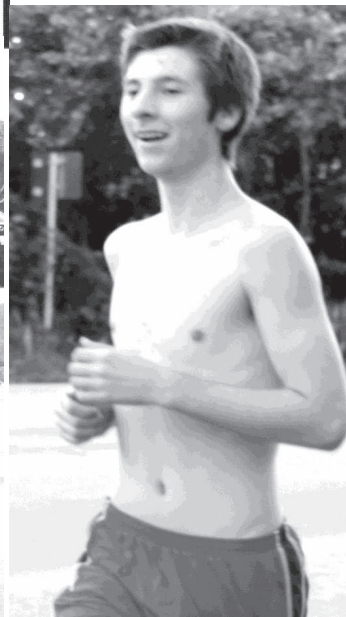
Q&A Meeting: February 13, 6pm

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



FIVE GUYS
BURGERS and FRIES

5K/10K

Benefiting:
Larry Davis
Scholarship
Fund

Spanish River Park. Boca Raton

February 10th, 7:15am

5 year age groups, 3 deep to 75+

Register: Active.com

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