

# 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](http://www.runnersedgefoundation.org)

**Thursday nights 6:30pm**

## Upcoming Events

**July 20th**-Full/Half Marathon Training groups start - 6am.

**August 25th**-Summer's End 5K, 6p

**Sept 21st**- Freedom 5K-WPB

**October 12th**-AVDA 5K/10K

**October 27th**FAU Homecoming 5K

**November 3rd**-PAL Half Marathon

**December 4th**-PAL Holiday Mile

**December 14**-It's A Wonderful Run

## Board of Directors:

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**Tom Vladimir** -Executive Director

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Checks were presented to the winners of the second annual Larry Davis Scholarship Awards at the Runners Edge store in Boca Raton prior to the recipients heading off to their respective colleges.

The scholarship committee's number one choice, Reagan Fuhr from Cypress Bay High School in Weston, received \$2,000 with joint runners up, John Hackett and Morgan Rodriguez from Cardinal Gibbons High School in Fort Lauderdale, each being awarded \$1,000.

Tom Vladimir and Carol Virga from The Runners Edge handed over the checks in a brief ceremony at the store that paid tribute to Larry Davis, a dedicated local road runner who died last year from Mesothelioma, an incurable form of cancer that is linked with exposure to asbestos. Larry was a familiar figure at 5k, 10k and half marathons in South Florida, often winning his age division. Larry said that running kept him focused for much of his six-year battle with the deadly disease.

The Scholarship, overseen by The Runner's Edge Foundation, is Larry's legacy to the South Florida running community and is open to high school seniors, with an interest in running, preparing to move on to college. Applicants must have an above average GPA and the intention of continuing with track or cross country at college.

Tony Frost, from the scholarship committee, said that the quality of this year's entrants was "outstanding" and Larry, his long-time running buddy, "would be proud" of everyone who had applied for an award.

Two other students, Julianne McAdams from Cypress Bay High School and Allison Ridenour from Calvary Christian Academy were awarded \$150 Runners Edge gift certificates in recognition of their impressive applications.

The winners: Reagan Fuhr, Cypress Bay to University of Florida, Cross Country 4 years; Track 4 years. Coached by Joe Monks, Reagan says, "I didn't make the Middle School track team but I kept running and made the team in 7th grade. After four years of running both cross country and track I know that I will never stop. I have participated in two half marathons and one day I hope to run in the Boston marathon. Although I may not be the fastest runner, I feel I have just as much heart as an Olympic gold medalist." Reagan will be joining UF's running club, and in her 1,000-word essay to the Scholarship Committee, concluded, "For runners like me, the shoe is our equipment, our uniform and our protection. I would choose my nastiest running shoes that I wore to the State cross country meet over glossy red heels any day...."

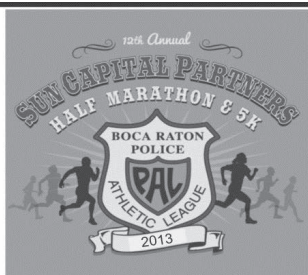
John Hackett, Cardinal Gibbons to Barry University, Track 3 years; Cross Country 2 years. Coached by Jeremiah Whitfield, John says, "I owe much of my success in high school to the lessons I learned from running. I went from bottom of the junior cross country team to varsity captain. At the same time track taught me competition and made me become more ambitious. Not just in running, but in everything I do."

Morgan Rodriguez, Cardinal Gibbons to University of North Florida, where she will run Track and Cross Country Track 4 years, team captain 2 years; 3200m State Qualifier, 800m City Champion; Cross Country 4 years, team captain 2 years; 2 time District Champion. Coached by Glen Lee in Cross Country and Jeremiah Whitfield in Track, Morgan says, "During the season, track or cross country, I have practice 6 days a week. My team is great; we all push each other and, when someone has a bad day, we do our best to cheer them up. Race days, however, are different; it is all about performing to the best of my abilities, and all of the statistics, times and names disappear, leaving me only my goals. Running has become unbelievably important to me over the last four years and I don't know if I'll understand why I run until I can't run any more. I don't plan on stopping anytime soon."



## Full/Half Marathon Training Group Starts July 20th

*Saturday 6am runs, Thursday night runs & conditioning classes 6:30pm, personal schedules, pacing groups, store discounts on all purchases, reduced race entry fees, Gatorade on course, training singlets, coaches to run with, meet new friends and training partners! We are the largest training group in Palm Beach County. All levels of runners welcome from first timers to Boston Marathon qualifiers. We offer the most professional program run by runners!*



**Half Marathon & 5K Run**  
**November 3rd, 6:30am**

Spanish River Park, Boca Raton

\*Long sleeve tshirts.

\*Pancake breakfast,

\*Custom police medals

\* Don't pay expensive for profit race fees! [active.com](http://active.com)



**Thursday Fun Runs**

**6:30pm**

@ Runner's Edge

All levels of runners

welcome!

**Distance range**

**From 3-5 miles**



**Sunday, August 25, 6:00pm**

**Runner's Edge-Boca Raton**

[www.active.com](http://www.active.com) \$10.00

T-shirts To 1st 200 Runners

**Free Post Run BBQ**

**No-scoring/awards!**

