

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 6:30pm

Upcoming Events

- August 25th-Summer's End 5K, 6p
 - Sept 21st- Freedom 5K-WPB
 - October 12th-AVDA 5K/10K
 - October 17th: Ladies Night 7-9pm
 - October 27thFAU Homecoming 5K
 - November 3rd-Sun-Capital PAL Half Marathon & 5K Run, 6:30am
 - December 4th-PAL Holiday Mile
 - December 14-It's A Wonderful Run
- Board of Directors:**
- Carol Virga -President
 - Tom Vladimir -Executive Director
 - Eddie Ernest-Jones-Board Member
 - Sara Gomez-Board Member
 - Katie Heibeck-Board Member
 - Casey Gaus-Board Member



Runner's Edge 2013-2014 training session has launched with a bang! Over 130 enthusiastic runners along with 16 coaches have taken to AIA early every Saturday morning to beat the heat and train for upcoming marathons and half marathons. With about 40% alumni leading the way, the 60 % first timers are responding positively, increasing their distance and speed each week. For the first year we have partnered with Synergy Fitness and they have added the dynamic of core and strength training to our already demanding Thursday night speed workouts. Thanks to Mark and Alex for enhancing our training group with your knowledge. We certainly recognize that it is not easy to faithfully train for distance, especially in our South Florida summer climate, but being a part of a group can certainly help with accountability. Congratulations to our group for great attendance so far!



Thursday Fun Runs

6:30pm @ Runner's Edge

All levels of runners welcome
Distance range from 3-5 miles

Full/Half Marathon Training Group

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

- *New course 2013 does not loop by finish.
- *Free dozen donuts to half finishers, 1/2 dz 5K.
- *New larger custom police medal.
- *Hot Pancake breakfast after run.



5K RUN/WALK

September 21th, 7:30am
Flagler Drive, West Palm

- * Accuchip timing
- * 5 year - 3 deep awards
- * register www.active.com
- * www.operationhomefront.net/florida/



www.runnersedgeboca.com



Summers End 5k Fun Run

Sunday, August 25, 6:00pm
Runner's Edge-Boca Raton

www.active.com \$10.00

T-shirts To 1st 200 Runners

Free Post Run BBQ

No-scoring/awards!

