

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

- March 8: Tiger Dash 5K-Boynton
- March 30th: Brain Cancer 5K
- April 13th-Gumbo Limbo 10K/5K
- April 27th: Run From The Rays 5K
- May 3rd: Heroes in Recovery 6K
- June 1st: Run for Ribbons 5k/1 Mile

Board of Directors:

- Carol Virga -President
- Tom Vladimir -Executive Director
- Eddie Ernest-Jones-Board Member
- Casey Gaus-Board Member

Sincere thanks goes out to everyone who participated in or volunteered at the 5 Guys race! As you know, \$ 1.00 per runner was earmarked for the Larry Davis Scholarship Fund. Our Spring Training Groups started on February 8th with an exclamation point!!! The parking lot was full for the kick-off, with many runners hoping to improve their 5K/10K times and about 20 who are hoping just to complete their first 5K. The training group will run through the end of April, so there is still time if you are contemplating joining. There is nothing quite like others to motivate, accelerate and hold you accountable to your training. Enjoy these last vestiges of cooler weather before the sizzling summer sets in to maximize your fitness!



Gumbo Limbo 10K & 1 mile
April 13th-Spanish River Park

Boynton Beach H.S. Athletics
GO TIGERS!
5k Tiger Dash
March 8, 2014

March 8th, 7:30am
Boynton Beach High School
5K Run/Walk

- Accuchip timing.
- Age group awards.

www.5ktigerdash.com

5th Anniversary
SUNDAY, MARCH 30, 2014
John Prince Park, 2700 6th Ave South, Lake Worth, FL

FLORIDA Brain Cancer 5K

Register Online @ FBC5K.org

All participants will receive a 5th Anniversary 2014 FBC5K Finisher Medal!

Accelerating The Cure

REGISTRATION: 6:00AM ■ 5K WALK/RUN: 7:30AM

Presenting Sponsor: RENDINA FAMILY FOUNDATION

Vendor and sponsorship opportunities are available. Contact florida5k@abc2.org

Event proceeds to benefit brain cancer research through **accelerate brain cancer cure**



New Training Groups Now In Session

CAROL'S COUCH POTATO 5K PROGRAM

Designed for beginners, walkers, beginning runners or interval (walk/run) training. Complete your 1st 5K or get back in shape!

Group meets: Monday 6:30am, Thursday 6:30pm & Saturday's 7:00am

5K/10K TRAINING PROGRAM

Designed for all levels of runners & training group alumni to improve your fitness level and race shape!

Group meets: Tuesday 6:30pm(FAU Track), Thursday 6:30pm & Saturday 7:00am

Program runs through April 27th. Register at Runner's Edge. Program includes Run from the Rays 5K on April 27th personalized schedules, coach, group runs, store discounts!