

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

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

Other Upcoming Events

August 26th– Summer's End 5K
Run 6:00pm Runner's Edge

September 9th-Freedom 5K Walk/
Run. City Commons WPB 7:30am

October 21st-FAU Homecoming
5K Run & 1 mi, 5:15pm for Autism.

Nov 4th Sun Capital Half Marathon

Nov 17th Food For Poor-7am

Dec. 5th-PAL Holiday Mile 7pm

Dec 8th Take Stock Children 5K

Dec 8th It's A Wonderful Run

Dec 16th Parkland 5 Miler/2mile

Jan 12th-Eye Run-YMCA 5pm

Board of Directors:

Carol Virga -President

Tom Vladimir -Executive Director

Sara Gomez-Board Member

Mike Stone-Board Member

Anya Vages—Board Member



Natural Running-

The first week of August, Runner's Edge staff were invited to Newton Headquarters in Boulder, CO for a summit that focused primarily on the 'Natural Running' movement. We attended daily clinics on natural running and meetings on the science and recent research behind it. At this point, many shoe companies such as Newton, Saucony, New Balance, and Brooks (as well as some smaller vendors) have begun to modify their flagship shoes to incorporate a lower heel to toe drop, or ramp angle. According to studies, this lower angle helps promote a more natural forward (or midfoot) contact point with the ground, akin to not having footwear on at all. However, it is still advised to protect one's feet to some degree from the pavement and concrete we face daily in our runs. Natural running emphasizes a quick cadence, forward lean from the ankles, a lifting of the lower leg (not a push-off), and a midfoot landing. If you are interested in learning more, please contact the Runner's Edge for info on our running clinics.



Palm Beach's Largest Training Group

Train for a Half/Full Marathon or 5K/10K!

Saturday's 6am, Thursday 6:30pm.

Program features expert coaches, personal schedules, reduced race entry fees, membership SF Running Forum, Gatorade/water along course & food after runs. We have a massage therapist on hand after long runs, showers, pace leaders and much more! Program runs until February 2013! Call w/questions 561-361-1950 or Tvladimir@aol.com!



There are some big changes to the 12th Annual Boca Raton PAL Half Marathon on Nov. 4th. Sun Capital has signed on as the title sponsor again this year & U.S. Coast Guard approves closing A1A bridge for event. A new course has been designed taking runners over the bridge and down to the Deerfield Beach border for the 1st time in the race history. Register today at www.active.com!



5K RUN/WALK

September 9th, 7:30am
Flagler Drive, West Palm

* Accuchip timing

* 5 year - 3 deep awards

* register www.active.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!

