

# 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**

**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

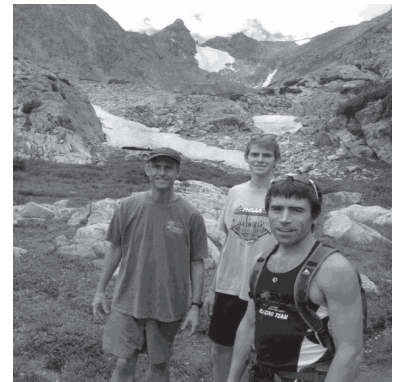
Train for a Half/Full Marathon or 5K/10K!

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](mailto: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](http://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](http://www.active.com)



*Summers End 5k Fun Run*

**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!**

