

# 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

- January 25th-Take Stock in Children 5K- FAU Boca Raton, 10am
- February 1st-Snowflake Run 5K-St Paul School 7:30am
- February 9th- Gift of Life 5K-FAU 8:00am
- February 15th- Five Guys 10K/5K & 1 mile. Spanish River 7:15am
- March 30th: Brain Cancer 5K
- April 13th-Gumbo Limbo 10K/5K
- June 1st: Run for Ribbons 5k/1 Mile

### Board of Directors:

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

We all were saddened to hear of the untimely death of our former Runner's Edge employee and Marathon Training coach Fred Alger. Fred was a running enthusiast who enjoyed sharing his love of our sport with anyone and everyone. Beyond all else, he **loved** training with people and going to races. In the year that he was with us, he reached out and helped many new runners and gave inspiration and motivation to countless others. He was always the first to step up and lend a hand with our races, our store events and our running programs. He was the founder of our Zero to 5K training program in 2012 which had a class of over 20 first time 5K runners. The Runner's Edge Foundation would like to keep Fred's memory and spirit alive by offering a Coaches Award in his name. If you know of a coach who has had a profound impact and influence on a team or group of runners, either youth or adults, please submit your nominations to Tom at [tvladimir@aol.com](mailto:tvladimir@aol.com) or Carol at [runedge@aol.com](mailto:runedge@aol.com). The winning coach will receive a plaque and a year's supply of running gear from the Runner's Edge.



St. Paul Lutheran Church & School  
February 1st  
February 1st, 7:30am  
St Paul School  
Boca Raton  
[www.stpaulboca.com/snowflake](http://www.stpaulboca.com/snowflake)

Spanish River Park. Boca Raton  
February 15th, 7:15am  
5 year age groups, 3 deep to 75+  
Register: Active.com  
[www.runnersedgeboca.com](http://www.runnersedgeboca.com)

Benefiting:  
Larry Davis Scholarship Fund  
the Y YNCA



## New Training Groups Start February 6th 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 6am, 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

**Information meeting Thursday February 6th—7:00pm**

Program runs February 8th-April 26th. Register on [www.active.com](http://www.active.com) or at Runner's Edge. Program includes Run from the Rays 5K on April 26th personalized schedules, coach, group runs, store discounts!