

Gold Coast Runners



Gold Coast Runners
 c/o Runner's Depot
 2233 S. University Drive
 Davie, FL 33324
 954/474-4074
www.goldcoastrunners.org

BOARD MEMBER REPRESENTATIVES

President

Reneé Grant 954/474-4074
Reneeg23@aol.com

Vice President

Chuck Kirsch 954/474-2020
cbkfin@bellsouth.net

Secretary

Debi Esposito 954/749-8154
Imagine55@hotmail.com

Treasurer

Sue Mann 954/473-1519
Susan.mann@rsmi.com

Membership

Terri Swanson 954/336-8367
tlsruener@bellsouth.net

Newsletter

Spencer West 786/261-9509
sdwest@1102@yahoo.com

Social Events

Myriam VanMalleghem 954/450-9762
paelinck@bellsouth.net
 and
 Lucy Lanzar 954/471-6752
lucille.lanzar@thefusiongroup.com

At Large

Lou Esposito 954/749-8154
Imagine55@hotmail.com

Hugo Radelat 954/540-7867
trimanhr@gmail.com

Sponsors



CLUB MISSION: *The purpose of the Gold Coast Runners is to promote, encourage, and support the sport of running and walking through a network of people and resources engaged to educate the community on the benefits of the sport.*

JOIN THE CLUB

By Spencer D. West



Getting the motivation to run in the summertime is not easy. Running early or after the sun goes down helps, but the heat and humidity are always there. Running alone often makes it that much tougher to meet your training goals. In a perfect world a running partner would always be available at the same time you are, and their training would mirror yours.

However, in the real world finding the perfect training partner sometimes takes as much work as finding the motivation to lace up the sneakers and head out the door. Luckily, in South Florida there is a solution to the training partner dilemma, your neighborhood run club.

Almost every local running store, such as Runner's Depot, has a run club that meets multiple times per week, both in the mornings and after work, where runners of all abilities can be found. Often days will be designated for different types of workouts such as track and hill work, tempo runs, and long runs. Run clubs are also great when on vacation. Often, I'll call the local running store or run club when traveling out of town and find out when they meet so I can join in on a run or two while away. It's a great way to meet other runners and also gain helpful training knowledge from experienced runners.

Typically, these run clubs will be led by a certified coach or at least a runner with a good working knowledge of running. Having other runners to run with and getting coaching and other useful advice are great motivational tools during some of the toughest months of the year to train. Having others to train with make the miles fly by, even on the toughest days. Run clubs can be especially useful for new runners and runners training for their first long distance race as well.

continued on next page

Welcome New & Renewing Members

Randy Wolpert

Michael Hsiao

Katherine Hsiao

MEMBERSHIP APPLICATION

CHECK ONE: New Member(s) Renewing Member(s) Past Member(s)

CHECK ONE: Individual Family Group Lifetime

1 Year	<input type="checkbox"/> \$25.00	<input type="checkbox"/> \$35.00	<input type="checkbox"/> 10-24 \$20 each	\$175.00 (individual)
2 Year	<input type="checkbox"/> \$45.00	<input type="checkbox"/> \$55.00	<input type="checkbox"/> 24-49 \$15 each	
3 Year	<input type="checkbox"/> \$60.00	<input type="checkbox"/> \$75.00	<input type="checkbox"/> 50+ \$10 each	

Make checks payable to: Gold Coast Runners

Mail to: Gold Coast Runners c/o Runner's Depot 2233 S. University Drive, Davie FL 33324

Name _____ Sex _____ DOB _____
 Name _____ Sex _____ DOB _____
 Name _____ Sex _____ DOB _____
 Name _____ Sex _____ DOB _____
 Address _____
 City _____ State _____ Zip _____
 Phone (H) _____ Phone (W) _____
 E-Mail Address _____

I would like to help out on the following team(s): Races Membership Newsletter Social Events Fund Raising

How did you hear about the Gold Coast Runners? _____

Upon submission of this application, I agree to assume all risks associated with participation in any activity of the Gold Coast Runners. I release all sponsors, officers, employees and any person assisting on a volunteer basis from any claims of liability resulting from my participation. Parental signature required for minors.

Signature _____ Date _____