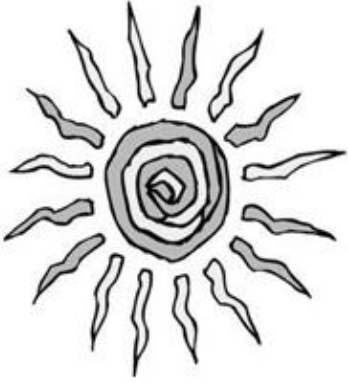


JOIN THE CLUB ... continued

Finding out about local run clubs is as easy as stopping in your local running store or going online. Many of these clubs offer coaching services and store discounts to their members. Running can be a lonely sport at times, but it doesn't have to be. For those who enjoy the company, a run club is a great place to meet and train with like-minded athletes. Hope to see you out there.

Please feel free to send me feedback on this article or suggest future topics or runners of interest in the local community by contacting me at sdwest1102@yahoo.com or messaging me on Facebook.

BEAT THE HEAT! SUMMER TRAINING RUNS



Head out with your friends for an early morning training run before the sun comes up and starts to heat up the day!

Two Runs to choose from... or do both!

TUESDAYS & WEDNESDAYS

Tuesdays • 5:30AM

Runner's Depot - Davie
2233 S University Drive

Out & Back Course • 4 - 6 Miles • Any Pace

Wednesdays • 5:30AM

Runner's Depot - Ft. Lauderdale
1489-1E SE 17th Street

Out & Back Course • 4 - 6 Miles • Any Pace

Gold Coast Runners CLUB MEMBER BENEFITS

- Subscription to this premiere publication - the *South Florida Running Forum*
- Free pair of Thorlo Socks with every membership
- Free Smoothie King Gift Card with every membership
- Discounts from club sponsors: Accelerade, Runner's Depot, and Alex's Bicycle Pro Shop - Free Bike Tune-up when you join or renew your membership - \$50 Value, and 10% off all purchases
- Club running apparel available at very reduced prices
- Discounts on Club races
- Weekly group training runs
- Annual Club track meet or membership race
- Social events including sporting events, parties, family picnics, potluck dinners, themed races, road race trips
- Automatic membership into the RRCA
- The opportunity to meet, train with and build friendships with others in the running community

9th Annual Firefighter's 5K September 9th 7:00AM

Hollywood Beach
Broadwalk

This is the RRCA
5K Florida State
Championship Race

Special Awards to State Champions,
Winning Male & Female Firefighter,
And to the Winning Fire Department

*Proceeds Benefitting the IAFF
Memorial Fallen Firefighter's
Fund and the Muscular
Dystrophy Association*

Free Beach Towel to the first
1,000 Registrants

Register at any Runner's Depot
Store or on Active.com at:

<http://www.active.com/running/hollywood-fl/firefighters-5k-2012>



~~~ Join Us ~~~

Gold Coast Runners weekly training runs!
We are a beginner-friendly group!

Sunday Morning - Hollywood Beach Broadwalk, A-1-A & Johnson Street (Bandshell Stage) 6:30 AM start. All paces, Runners & Walkers. Join us for breakfast after the run!

**Our Wednesday Night fun runs have moved back to
ROBBINS PARK in DAVIE**

**Gold
Coast
Runners
Wed.
Night
Fun Run
NEW
LOCATION**

**Wednesday Evenings
Robbins Park in Davie**

Just north of Orange Drive on Hiatus
Road - Park in the 1st Parking Lot
6:30PM - 7:30PM
Stay after for the cool-down stretch
All paces 4-6 miles

Thursday Evenings - 17th Street Bridge Training Run

This is a GREAT strength-building workout!

6:30 PM - Starts at Runner's Depot - Ft. Lauderdale

1489 SE 17 St. Causeway, Southport Center (954) 712-9951

All paces, 4-6 miles. Stay after for the cool-down & drinks

Runners and walkers, all paces Welcome!

For more information call 954-474-4074