

GREAT TO BE FIT ...continued

and steps up the training towards specific goals, they should own several types of sneakers, which may include your basic trainer, lighter shoes or racing flats for speed work and racing, and maybe trail shoes for some off road running (or even racing for a nice change of pace). The correct shoe for the distance and type of training is as important as the initial fitting. This too, will help prevent injuries.

Whether you are just starting out in the sport or you are an old pro, the goal should always be to be able to do what we love for the long term. That's why I can't stress enough the importance of spending a few minutes with an experienced fitter and starting off on the right foot (pun intended). Plus, when it comes to matching your running outfit (come on, we all do it), a second set of eyes doesn't hurt either. See you on the roads, hopefully with the proper footwear.

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.

FUN RUNS IN AVENTURA

Every Thursday Night

7:00PM

Runner's Depot - Aventura

20335 Biscayne Blvd, Suite 11

NE Corner of Ives Dairy & Biscayne



Fun Run & Walk Interval Workout
Shape-up with Schiffy
Intro to Running Form
GREAT for Beginners
Stretch & Drinks after the Workout
EVERYONE IS WELCOME!

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