

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
tsrunner@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.

FIT TO BE A HERO

By Spencer D. West



Every Thursday evening you can find me and another local athlete, Josh Rains, running the trails and hills of Vista View Park in Davie. On the last Thursday of August, Josh joined me and another runner and as we ran we talked about the usual tribulations of the day and our plans for the weekend. Josh usually spends more time listening than talking and this day was no exception. However, very uncharacteristically, Josh cut his workout short and told me to call him after I finished my run so he could tell me the "crazy" day he had. The next morning I heard about his day, and crazy doesn't adequately describe it. While most of us were eating our lunch on that Thursday, Josh was busy saving a total stranger's life.

Josh, a former store manager of the Runner's Depot in Ft. Lauderdale, makes his ninety mile commute to work each day on Alligator Alley to a remote jobsite for his employer, Harry Pepper & Associates. Anyone who has traveled this long stretch of highway is familiar with the endless bordering wetlands of the Everglades, and its famous inhabitants that gave the roadway its equally famous name. On this particular Thursday, Josh headed out to lunch on the "Alley" and soon ran into a small traffic back-up and noticed people out of their cars staring and pointing into the water at the side of the road. He stopped his own vehicle when he saw what turned out to be an eighteen-wheeler sinking in the water. Upon exiting his vehicle, he soon learned that the now sinking truck had been heading Eastbound towards Miami when it crossed over to the other side of the road before crashing into the water.

Josh asked where the driver of the truck was and was told that he was still in the truck. Without a second thought, Josh quickly took off his boots, emptied his pockets and dove into the water and started looking for the driver's door to the truck that was steadily sinking. Unable to locate the door handle, he came up for air and asked if anyone was familiar with big rigs. An older truck driver told him where to look and Josh was able to engage the latch. However, due to the water pressure he was unable to pull the door open no matter how much force he used. While he was pulling he could hear the driver inside the vehicle yelling and banging on the door. Josh yelled to the driver that he would get him out. At this point, the older truck driver also jumped in and pulled Josh while Josh was pulling the door. It still wouldn't budge. He also tried to use a hammer to crack the windows but it was no use under the water. Josh knew that time was critical at this point and began to fear that they would not be able to free the driver.

continued on next page

Welcome New & Renewing Members

Sharra Phillips	Michael Gottlieb	Crystal Martinez
Michael Potter	Jeannie Rasabi	Mark O'Brien
René Harrod		Paula Randazzo

MEMBERSHIP APPLICATION

CHECK ONE:	<input type="checkbox"/> New Member(s)	<input type="checkbox"/> Renewing Member(s)	<input type="checkbox"/> Past Member(s)
CHECK ONE:	<input type="checkbox"/> Individual	<input type="checkbox"/> Family	<input type="checkbox"/> Group
1 Year	<input type="checkbox"/> \$25.00	<input type="checkbox"/> \$35.00	<input type="checkbox"/> 10-24 \$20 each
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
			<input type="checkbox"/> Lifetime \$175.00 (individual)

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 _____