

FIT TO BE A HERO ...continued

A local Collier County Sheriff's deputy arrived at the scene and immediately began to assist but ran into the same problems that Josh and the other civilian were having as he did not have the proper tool for breaking glass underwater. Soon more Collier County Sheriff deputies arrived as did Florida Highway Patrol officers. A sergeant who came on the scene requested that Josh get out of the water because he did not want to have him possibly drowning on the scene. What the sergeant didn't know but what he soon was told by Josh and witnessed firsthand, was that Josh was probably the strongest swimmer on the scene, having trained endless hours in the pool and open water in preparation for competing in triathlons and the 70.3 Miami last October. Josh remained in the diesel-filled water and provided assistance to the numerous officers that were in the water when they got fatigued. During this time, police kept a watchful eye on at least one alligator spotted near the rescue area, but luckily the gator kept its distance.

Soon a pair of divers arrived with the proper glass-breaking tool (a must for anyone that travels on that stretch of road and now carried by all employees of Josh's company at their Everglades location). The first diver quickly made entry into the cab of the truck but when coming up to the surface yelled that there was no driver in the truck. Josh explained that there was definitely a driver in there and that they needed to go back in. The second diver went into the murky water and soon came up with the driver, who appeared lifeless. Upon getting him to land, the driver was frothing from the mouth but making no other movement. Immediate life support measures were taken and while the life support helicopter was landing in the middle of the roadway, the driver started showing signs of life. Once the driver was airlifted to the hospital, the deputies and highway patrolmen all thanked Josh and the other civilian for their heroic efforts, as did several of the civilian onlookers. When Josh last checked, the driver was in serious condition but expected to survive.

Josh explained to me that he "wouldn't stand there and do nothing, knowing that a man with a family was in the water and would die if nothing was done." He stated that he was surprised that other onlookers made no effort to jump in; as for him jumping in was the only choice. Growing up in South Florida, Josh swam pretty well as a child and teenager, but didn't begin serious training until last year when he suffered a running injury and was forced to dramatically reduce his running after having surgery on his knee (Josh was a very competitive local runner in distances ranging from the 5K to the half-marathon). While recovering from his surgery, Josh, always a competitor decided that he would try his hand at triathlons and aggressively started training on a road bike and swimming at the YMCA in Weston. His first triathlon was a lesson in humility and it was obvious that he needed major work on his swim, so he focused the next several months on cutting minutes off his swim time. The hard work of endless laps in the pool and open water practice paid off, and Josh cut minutes off his swim in subsequent triathlons and is now competitive in the multi-sport events, which comes to no surprise to me as I have trained with Josh for the last couple of years and know his work ethic. It also comes of no surprise that he would risk his life for another. He is the meaning of the phrase "he'd give the shirt off his back" to the people that know him... and of course to the driver he saved.

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 subvest1192@yahoo.com or messaging me on Facebook.

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

Congratulations to our
State Champions!



THE WINNERS ARE:

1st Place Male Overall
Agustin Rey

1st Place Female Overall
Kristen Tenaglia

Master's Male Winner
Chris Oesch

Master's Female Winner
Jenny Garcia

Grandmaster's Male Winner
Mickey Hooke

Grandmaster's Female Winner
Victoria Crisp

Senior Grandmaster's Male Winner
Louie Molina

Senior Grandmaster's Female
Winner
Eileen Schneider



~~~ 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
Robbins
Park**

**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