



# TEAM FORT LAUDERDALE

FROM THE PRESIDENT

## GFLRRRC

[www.gflrrc.org](http://www.gflrrc.org)

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### VOLUNTEER POSITIONS

#### Photographer:

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#### COACHES

##### Saturday & Wed

###### AM Track:

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#### Cross training:

Kurtis Raes



### PRESIDENTS MESSAGE

I would like to wish you all a Happy Saint Patrick's Day! This month is always a reminder of my Mom, who gave me my Irish roots. She also taught me the importance of family, so as I look at this month's photo of my son Kurtis and grandson Kristian I realize how special it is to share each new holiday with my family. I feel so lucky to have them in my life.

January kicked off with the 5K 4 Kids on January 12<sup>th</sup> ... the Saint Anthony's Knight of Columbus did a great job again this year. They raised some awareness and needed funds for the Jessica June Children's Cancer Foundation [www.jjccf.org](http://www.jjccf.org) and the Saint Anthony Foundation for Education [www.studentsachievemore.com](http://www.studentsachievemore.com) ... thank you everyone the support this event.

This year we again participated in the ING Marathon Expo, Tropical 5K and Marathon / Half ... out weekend started on Friday with our club having a booth at the expo, on Saturday we participated in the Tropical 5K and volunteered to cheer our members and participants on the course. On Sunday, we had over 50 volunteers help with the Start and Finishline for the Marathon. THANK YOU everyone that ran, walked or volunteered this year ... we could not of done it without you !

As I write this our February events are yet to come. With the A1A Expo starting on Friday February 15<sup>th</sup>, our A1A 5K on Saturday the 16<sup>th</sup> and the water stop we man on Sunday for the Marathon ... the following weekend we produce the 5K For A Better Day with American Heritage High School at Birch State Park. Look for more about these events in next months issue...

Our two March events are Saint Patrick's 10K on March 9<sup>th</sup> @ Tradewinds Park and the Women's Wellness 5K on March 30<sup>th</sup> in Coral Springs. This is the first year for the Saint Patrick's 10K, it has been a 4 mile run for many years and many runners have asked us to consider making it a 10K. We hope you will support this change. Don't forget to wear your green ... Women's Wellness 5K is being held in conjunction with the 50<sup>th</sup> Anniversary of the City Of Coral Springs. There is also a half marathon being held the same morning. We hope that you will join us for one of these two great events. Look for more in next month's issue...

Run For Fun,

Cynthia

**For the schedule of fun runs and track workouts, please visit: [www.gflrrc.org](http://www.gflrrc.org)**



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February 23<sup>rd</sup>  
Broward Health Medical Center

please visit: [www.gflrrc.org](http://www.gflrrc.org)



benefiting the Lisa Boccia Breast Cancer Fund

March 30<sup>th</sup>, 2013

please visit: [www.gflrrc.org](http://www.gflrrc.org)



March 9<sup>th</sup> - Tradewinds Park

please visit: [www.gflrrc.org](http://www.gflrrc.org)