



TEAM FORT LAUDERDALE

GFLRRRC
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FROM THE PRESIDENT



May is the time we think of Spring, starting our training for the fall racing season and spending time with or remembering our Mother's on Mother's Day May 12th. As for spring, the last several months have been great training weather but as we all know, the start of summer heat is just a few weeks away... so enjoy this time of cooler weather. As mother's day draws closer, take the time to enjoy some quality time with your mother ... for those of us remembering our mother's, we know that we have an angel watching over us every day, remember the good times and share a story or two with your family.

As I write this month's article, we are preparing for leave this Friday for the 7 Mile Bridge Run on Saturday April 13th and Run Around the Rock 5K in Key West on Sunday April 14th. Many of us are camping at Knights Key on Friday and have hotel rooms in Key West for Saturday night. We will have more on this road trip in next month issue.

Our last event we assisted with was the Women's Wellness 5K on March 30th in Coral Springs what a great event, the proceeds benefited the Lisa Bocard Breast Cancer Fund. We had over 800 participants this year, this event was held in conjunction with the Coral Springs 50th Anniversary celebration and also had a Half Marathon. The volunteers from the Coral Springs Medical Center did a great job again this year along with the clubs 30 volunteers.

Our next event is the Run For The Roses 5K on May 11th @ TY Park in Hollywood ... this is the event that we give the ladies a 5 minute head start in honor of the Mother's Day Weekend. We will have roses for all of the female finishers and a kids fun run and youth mile. We also have \$5 Starbuck Gift Cards for the first (5) Mother's, Grandmother's, and teams of Mother's, Daughters, Son's and other family members. The men seem to enjoy the race as well starting 5 minutes after the women, most of the time, the top 10 female finishers will finish before the 1st male crosses the Finish line.

Save the date for our Freedom 5K on June 29th @ Quiet Waters Park, this is one of the clubs largest events... make plans to join us and we will have more on this event in next month issue.

Run For Fun,
Cynthia

**For the schedule of fun runs
and track workouts, please
visit: www.gflrrc.org**



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