

Gold Coast Runners



Gold Coast Runners
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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.*

Good timing

By Spencer D. West



When I first started running, I knew nothing about GPS watches, such as the ever popular and reliable Garmin watch brand. At that time, I would simply measure my estimated pace by the amount of songs that I would hear on my iPod (back then, I figured 3-4 average songs would equal a mile) on a route I measured using my car's odometer a day or two before. As I grew more sophisticated in my running, I turned to online mapping programs for runners (I used mapmyrun.com the most, but currently there are many reliable satellite driven online programs for mapping your route either after or in advance of your run). These methods worked fine for my initial entry into running, but eventually I wanted to know my exact mileage and, more importantly, my pace. So, I shelled out a few hundred dollars for a Garmin (which I am proud to say that I still own and use to this day) and entered the world of GPS watches...and never looked back. With that said, satellite watches have their time and place and are not necessarily for everyone or every run.

The first problem I had when I started using my Garmin watch, was not taking my eyes off it. I'm sure every reader who uses a satellite watch knows exactly what I'm talking about. Every few seconds during a run, that urge comes on to look down at the instant pace and distance, as if that will help get you through the run. This habit became all the more evident when I started running with others, some of whom insisted on sticking with their trusty old Timex stopwatch and pressing the lap button every mile when my watch would give it's little beep signifying another mile gone by. There are certainly some workouts where it is important to keep a close eye on the pace and distance, but for the most part, the Garmin should just be used another tool at your disposal to help keep track of your progress and keep you honest, pacing wise, when running long runs and tempo runs. When doing fast interval work and racing, concentrating on the watch can waste energy and be detrimental to your performance. The more you perform specific key workouts, such as tempo runs, long runs, and interval work, you will inevitably become more accustomed to the effort needed, as opposed to having to concentrate on a watch to give you the exact pace.

I recall racing in a triathlon relay (where I had the running portion) in Miami, when a top runner I know helping pace someone in the race, yelled at me to stop looking at my watch and race! He continued to yell at me until I actually took his advice and stopped looking at my watch every few seconds. He talked to me after the race, and explained to me that I was hurting my racing performance with my constant glances at my watch, and losing precious seconds within the race. He, of course, was right and I finally cured myself of this bad habit by

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Welcome New & Renewing Members

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 Jennifer Caruso
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 Donna Carlson

MEMBERSHIP APPLICATION

CHECK ONE: New Member(s) Renewing Member(s) Past Member(s)

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

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 _____