



TEAM FORT LAUDERDALE

FROM THE PRESIDENT

GFLRRRC

www.gflrrc.org

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VOLUNTEER POSITIONS

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COACHES

Saturday & Wed

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June 16th is Father's Day, another great photo this month of my son, Coach Kurtis and my grandson Kristian. If you think that you love our children, just wait until you have Grandchildren. The joy and love you see in your child for their children makes your love even stronger for your grandchild. Enjoy the time you what with them, be it Skype or in person... there is nothing better! Remember life is about making memories.

Our April road trip was to the 7 Mile Bridge Run on April 13th and the following day to Key West for the Run Around The Rock 5K / 15K. Many Team Fort Lauderdale Members arrived in the Keys on Friday and camped out @ Knights Key or stayed in local hotels. We had much better weather this year for the campers Ha Ha Ha. After the race some of us drove the 45 miles to Key West, stayed the night and ran or walked the race the next morning. We had a really wonderful time on Saturday and Sunday leaving the island around 3 PM... I hope more of our members will join us again next year. Even if you don't get in to the 7 Mile Bridge Run, you can run the 5K or 15K in Key West the following day ... a great time was had by all, check out the photos on the clubs FaceBook page.

Run For The Roses is this weekend at TY Park in Hollywood. This event we give the ladies a 5 minute head start before the guys take off... fitting as it is on Mother's Day Weekend. We have special awards and gifts for all the women, mothers and grandmothers. More on this event in next month issue.

June 29th is our Freedom 5K @ Quiet Waters Park in Deerfield. You can register at Runner's Edge in Boca or on the clubs web site. There will be special awards for those that wear Patriotic attire while participating in this event as well as are usual themed awards for age groups and overalls. There will be Kids Fun Runs, a Youth Mile and patriotic decoration everywhere ... hope to see you there in your Red White & Blue.

Run For Fun,

Cynthia

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



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CLUB CROSS TRAINING @ ONE STOP CROSSFIT ... The clubs Cross Training Coach, Coach Kurtis has changed his company name from Functional Fitness to One Stop CrossFit ... new web site