



TEAM FORT LAUDERDALE

FROM THE PRESIDENT

GFLRRRC

www.gflrrc.org

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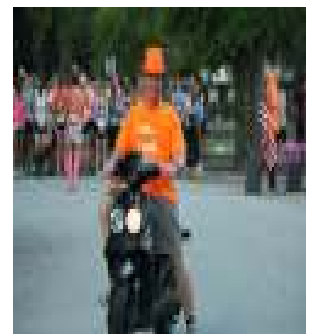
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Happy 4th of July ! this month we celebrate our independence and freedom thanks to our wonderful military! When you have an opportunity, make sure to thank them and their families for their service. With July, brings out many club members training for the Fall Racing Season. Many will take summer vacations with their families and it is important to continue your training while on vacation. So, remember to check out other clubs in your vacation area at www.RRCA.org web site. The welcome visitors and can show you where the best running / walking areas are. Enjoy your summer!

On May 11th, we held the Run For The Roses 5K @ TY Park in Hollywood. The women had a 5 minute head start on the men in honor of Mother's Day. The men didn't mind, they enjoyed trying to catch up with the lead women ... we had six women finish before the first male finished. Congrats to our overall winners Tami Karsen & Mark Williams. Each lady received a silk rose as they finished and we had special gifts for all the mothers. The Black Race T-Shirts were well received... and the ladies volunteer Hot Pink shirts were an even a bigger hit. Thanks to everyone that participated and volunteered to make this such a nice event.



Our June 29th Freedom 5K is looking like it is going to be a very large event ... it is one of the last scored events of the summer, so don't miss out to test your summer racing skills. We will have patriotic beads for all the finishers and special medals for the best patriotic attire worn during the run / walk. The Kids Fun Run and Youth Mile are really fun for the whole family ... hope to see you there.

We are in the planning stages of some special events for August that will be posted on our Facebook page and the clubs web site. Look for more details about them soon.



Our last summer event will be the Miami Marathon Kick Off 5K on August 17th @ Birch State Park. This is a family fun run / walk that many use to kick off their marathon training. This 5K is an opportunity to see your progress for your summer training, although we do not have awards for this event, we will have mile and finish clocks. We will have more on this event in



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

LIKE US on Facebook!!!



MIAM MARATHON AND HALF MARATHON KICK OFF 5K
BIRCH STATE PARK - AUGUST 17TH 2013

FREEDOM 5K 2013
June 29th - Quiet Water Park

ONE STOP CrossFit
www.onestopcrossfit.com
Club Cross Training Coach Kurtis, has a strength training class every Wednesday Evening. Check his web site for more details.