



TEAM FORT LAUDERDALE

FROM THE PRESIDENT

GFLRRC

www.gflrrc.org

BOARD OF DIRECTORS

President:

Cynthia Raes Barnard

954-782-0519

Cynthia@gflrrc.org

Vice-President:

Tom Coccia

954-752-7047

tom@gflrrc.org

Treasurer:

Ellen Bor

Ellen@gflrrc.org

Secretary:

Lisa Mullins

Lisa@gflrrc.org

954-612-8596

Editor: Jamie Martinez

Jamie@gflrrc.org

At-Large:

Robert Hendrick

954-714-8465

CoachRobert@gflrrc.org

Bob Barnard

954-782-0519

bob@gflrrc.org

E-Newsletter: Denise Raska

Denise@gflrrc.org

954-610-9872

Membership: John Stallings

954-234-1806

John@gflrrc.org

Social Networking:

Sonya Smith

954-391-1986

Sonya@gflrrc.org

At-Large

Open

VOLUNTEER POSITIONS

Photographer:

Sonya Smith

COACHES

Saturday & Wed

AM Track:

Robert Hendrick 954-714-8465

CoachRobert@gflrrc.org

Sunday:

Tamara Klopenstein

CoachTamara@gflrrc.org

Walking Coaches:

Roseanne Elakman

954-782-2237

Roseanne@gflrrc.org

Bob Barnard

954-782-0519

bob@gflrrc.org

Cross training:

Kurtis Raes

Coachkurtis@gflrrc.org

754-224-7779



Grandma says "See the President's Message" on the club's website:

www.gflrrc.org



- DATE: Saturday August 3rd & Sunday August 4th
- TIME: 6 AM
- PLACE: Saturday (Galleria Mall) / Sunday (Sullivan Park) see directions at [www:gflrrc.org](http://www.gflrrc.org)
- REASON: Kick Off Training for the Fall Racing Season
- RRCA Certified Coaches available both days
- FOOD: Continental Breakfast After Run / Walk
- Club Tech T's - \$5



**TEAM FORT LAUDERDALE
Rise & Shine Weekend Training**



Cordially Invites You To Our

Date: August 10th

Time: 6:00pm

Place:

One Stop CrossFit @

4553 NE 6th Ave

Oakland Park FL, 3334

Reason: GFLRRC's Cross Training Coach Kurtis from One Stop Cross Fit is sponsoring this part

- Food
- Drinks
- Music
- Crossfit Games
- Raffle

Cost—Open to Members & Non Members

- Free if you RSVP before August 5th to

Cynthia@gflrrc.org



BIRCH STATE PARK - AUGUST 17TH 2013

For the schedule of fun runs and track workouts, please visit:

www.gflrrc.org



Party hosted by



LIKE US on Facebook!!!

