



11th Annual Firefighter's 5K

Run & Fitness Walk

Sunday, September 7, 2014

Hollywood Beach

Charnow Park on Connecticut St & the Broadwalk

FREE Beach Towel to all Pre-Registered

Register at Runner's Depot or on Active.com

REGISTER NOW

FLANIGAN'S

Rockin'



RIB RUN

10K RACE • OCTOBER 26, 2014

PRESENTED BY
**Runner's
DEPOT**

FREE RIBS & BEER

Save your excuses, *continued*

Don't be blind to the other factors holding you back either, such as weight or mental weakness. Take it from me, excess weight in the wrong places (stomach, waist, hips) holds you back and makes you slower. There is no exception to this and if someone says otherwise, they are ignoring the scientific data and making either themselves or someone else feel better. A healthy and lean body will better perform for you than the opposite. Don't pretend that you don't know how to get there either, or blame it on genetics or any of the other excuses we hear and make every day. Don't be afraid of discipline in your life and be afraid of gluttony. The former will help you in all aspects of life and the latter will derail you from accomplishing anything of substance. And as far as mental toughness is concerned, just stop making excuses. In my own life, to the best of my ability, I finish the workouts I start, run as hard as I can when I put that race bib on, and always try to give my competition the best I have.

Please feel free to send your feedback on this article or suggest future topics or alert me to athletes of interest in the local community by contacting me at spencerrunner@gmail.com or messaging me on Facebook.

~~~ **Join Us** ~~~

**GOLD COAST RUNNERS**  
*weekly training runs!*

*We are a beginner-friendly group!*



**Sunday Morning – Hollywood Beach Broadwalk with the Hollywood Run Club, A-1-A & Garfield Street at Charnow Park. 7:00AM start. All paces, Runners & Walkers. Join us for refreshments & stretching after the run!**

**Tuesday Evening – Hollywood Beach Broadwalk with the Hollywood Run Club, A-1-A & Garfield Street at Charnow Park. 7:00PM start. All paces, Runners & Walkers. Join us for refreshments & stretching after the run!**

**Wednesday Evening – Robbins Park – Hiatus Rd just North of Orange Dr in Davie - 6:00PM start. 4-6 miles. All paces welcome! We meet/park by the 1<sup>st</sup> bathroom.**

**Meet  
Up  
With the  
Weston  
RUN  
CLUB**



**Wednesday Evenings  
Weston Town Center**

Meet by the Bell Tower

**7:00PM**

Stay after for the cool-down  
stretch & refreshments

All paces 3-4 miles

**Thursday Evenings - 17th Street Causeway**

**Ft Lauderdale Run Club - Training Run**

6:30 PM - Starts at Runner's Depot - Ft. Lauderdale

1489 SE 17 St. Causeway, Southport Center (954) 712-9951

All paces, 4-6 miles. Stay after for the cool-down & drinks

**Saturday Mornings – Weston Town Center**

6:00 AM – 5-10 Miles, All Paces, 2 Water Stops

***Runners and walkers, all paces Welcome!***

***For more information call 954-474-4074***