Miami Road Runners

CLUB MISSION: *The purpose of the Miami Road Runners Club is to promote, encourage, and support the sport of running and good health through a network of friends and family in the community.*

Miami's RRCA Run Club

Join us. . .

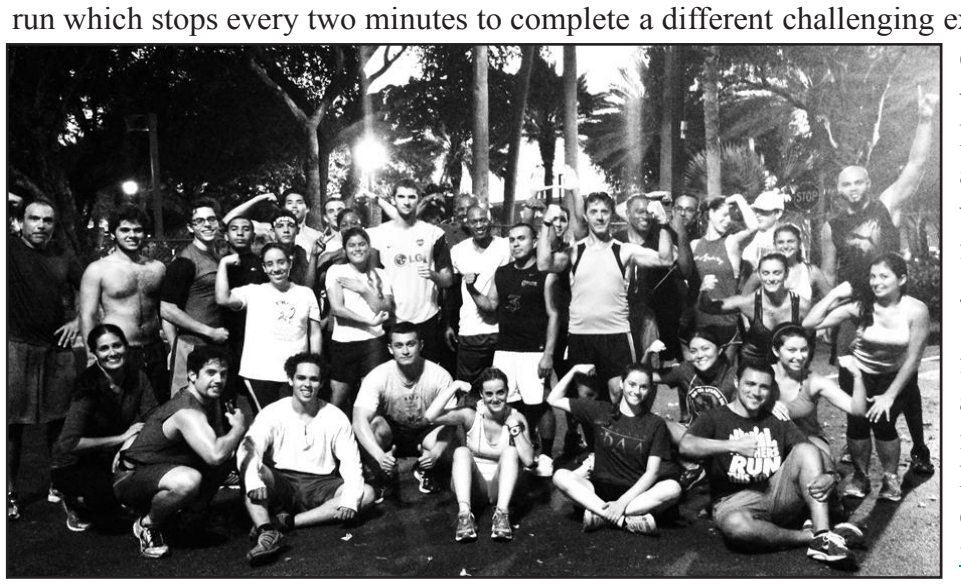
Thursday Evenings

6:45PM

Runner's Depot – Aventura
20335 Biscayne Blvd
Functional Fitness Workout Interval Run

MRRC Shape Up with Schiffy Workout

The Miami Road Runner's Club is a newly formed club from Runner's Depot in Aventura. The club has quickly grown and includes runners of all ages and all abilities. Miami Road Runner's Club offers a group run on Thursday nights at 6:45pm lead by Coach Caron "Schiffy" Schiffman. Caron has been in the fitness field for over 34 years, and is a health and physical education teacher and coach, athlete, triathlete and personal trainer. The Thursday night runs, known as "Shape up with Schiffy", are a combination of Cardio fitness, endurance, and strength training. The workout routine includes an interval run which stops every two minutes to complete a different challenging exercise. Miami Road Runner's Club is beginning to hold track workouts at Dr. Michael Krop High School on Monday nights at 6:45pm. The Monday night workouts will also include good form running techniques. A group run will also be held on Saturday mornings; call the store for more information. All levels are welcome. For more information, "like" Miami Road Runner's Club on Facebook or e-mail Caron Schiffman at fit4life55@aol.com.



Welcome New Members

Rita Elek	Ben Steinfeld	Raffi Attar	Elisabete Lee
Steven Kramer	Sheldon Beda	Ingrid Nino	Isaac Maya
Suzy Lee	Mark Basiratmand	Bill Davidson	Elizabeth Rhodes
Lloyd Mankes	Johanna Gorin	Milly Almeida	Karina Jakubowicz
Anita Czarnecka	Saracho Scorza	Valerie Halpern	Jacqueline Cogan
Diego Sanchez Navarro	Leon Falic	Allen Solomon	Reka Kormendy
Celine Roy	Samuel Szomstein	Juliana Farkas	Diane & Hermes Nino
Brad Cohen	Jorge Casanova	Angelo Buettikofer	Dana Gallup

MEMBERSHIP APPLICATION

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

CHECK ONE:	Individual	Family	Group	Lifetime
1 Year	☐ $25.00	☐ $35.00	☐ 10-24 $20 each	$175.00 (individual)
2 Year	☐ $45.00	☐ $55.00	☐ 24-49 $15 each	
3 Year	☐ $60.00	☐ $75.00	☐ 50 + $10 each	

Make checks payable to: Miami Road Runners Club
Mail to: Miami Road 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 Miami Road 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 _____

Board of Directors

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Reneé Grant

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Caron Schiffman

Social Director
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