

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.

Board of Directors

President
Reneé Grant

Vice President
Barry Weiner

Secretary
Chuck Kirsch

Treasurer
Reneé Grant

Training Director
Caron Schiffman

Social Director
Barbara Bermeo

Welcome New Members

Rita Elek
Steven Kramer
Suzy Lee
Lloyd Mankes
Anita Czarnecka
Diego Sanchez Navarro
Celine Roy
Brad Cohen

Ben Steinfeld
Sheldon Beda
Mark Basiratmand
Johanna Gorin
Saracho Scorza
Leon Falic
Samuel Szomstein
Jorge Casanova

Raffi Attar
Ingrid Nino
Bill Davidson
Milly Almeida
Valerie Halpern
Allen Solomon
Juliana Farkas
Angelo Buettikofer

Elisabete Lee
Isaac Maya
Elizabeth Rhodes
Karina Jakubowicz
Jacqueline Cogan
Reka Kormendy
Diane & Hermes Nino
Dana Gallup

Sponsors



MEMBERSHIP APPLICATION

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

| CHECK ONE: | Individual | Family | Group | Lifetime |
|------------|----------------------------------|----------------------------------|--|-----------------------|
| 1 Year | <input type="checkbox"/> \$25.00 | <input type="checkbox"/> \$35.00 | <input type="checkbox"/> 10-24 \$20 each | \$175.00 (individual) |
| 2 Year | <input type="checkbox"/> \$45.00 | <input type="checkbox"/> \$55.00 | <input type="checkbox"/> 24-49 \$15 each | |
| 3 Year | <input type="checkbox"/> \$60.00 | <input type="checkbox"/> \$75.00 | <input type="checkbox"/> 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 _____