

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

Board of Directors

President
Renée Grant

Vice President
Barry Weiner

Secretary
Chuck Kirsch

Treasurer
Renée Grant

Training Director
Caron Schiffman

Social Director
Barbara Bermeo

Runner's Maintenance

If your car stopped working today, you would take it to a mechanic. Imagine the conversation happening this way:

You: It just stopped working. It ran fine for the first few years I owned it. Now it doesn't run at all!

Mechanic: How many miles does the car have?

You: 45,000

Mechanic: When was the last time you had the oil changed?

You: What do you mean?

Mechanic: You do get your car serviced regularly, don't you? Tire balancing and rotation? Alignment? Battery?

You: This is the first time anything's gone wrong with the car.

Mechanic: So you expect your car to just sit in the garage and be driven when you need it? (sigh) Let's have a look...

Replace 'mechanic' with 'doctor' and the car with your body (and maybe lower the mileage a bit!) Does it sound like something you've heard before? Most of us are guilty of this kind of thinking at some point in time. There's a widespread belief that the more miles you run, the better runner you'll be. While there is truth in this statement, there's more to healthy running than just "putting in the miles."

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Welcome New Members

Frida Szkolnik
Marko Djokiz
Mitchell Raisman
Fortuna Dichi Cherem
Luis Rojas
Lew Heller
Everson Luis Feix

Lyedena Morales
Kevin Camara
Lisa Ross
Natalie Hazoury
Mario Ballut
Ricardo Rodrigues Nunes
Sam Marcushamaer

Toffy Bagdadi
Alain Nau
Stacie Fang
Leslyn Jordan
Danielle Studnik
Jason Aronson
Matthew Solari

Guy Stewart III
Jarred Small
Rosana Ajjam
Ivan Camacho
Max Kassel
Felice Lindenbaum
Jamy D'Angelo

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 _____