UP AND DOWN, *continued*

Although, like track training, trail and hill running can also increase the risk of injury. Proper steps to prevent injuries need to be in place, such as proper stretching and warm-up/cool-down. This is especially true when running on the trails, which are very rocky and uneven. If used effectively, getting off the road and on to the trails for a weekly workout can ease the daily pounding that a runner's feet take while running on pavement.

Besides interval work, trails and hills are great for tempo runs and even slower runs used strictly for base and strength building. From a racing standpoint, many South Floridians are at a distinct disadvantage when racing against runners from out of state, as runners in most states have the ability to train on hills just by running out their front door. Besides whatever weather hurdles they may have, out of state runners will typically have a noticeable edge over Floridians in road and cross country races from high school on up.

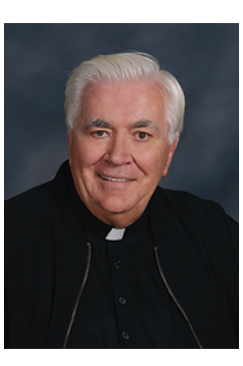
Speaking of racing and Vista View Park, several running races a year are held at the park, including the Vista View 360 put on by Runner's Depot and sponsored by Mitchell & West, LLC. The Vista View 360 is a 6-hour endurance/ultra-race for individuals and relay teams held completely on the approximately 2 kilometer horse-trail, complete with its challenging surface and steep hills. For those on the local racing circuit, races like this offer a rare opportunity to get off the beaten path and participate in a truly unique running event. I've participated in this event both as part of a relay team and individually and found both to be truly rewarding. The next Vista View 360 race is on January 11, 2015 and I strongly encourage you to give it a try. You can register on active.com or at Runner's Depot. Hope to see you out on the hills soon!

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.

GOLD COAST RUNNERS UPCOMING EVENTS

Run Through Central Park

5K Run & Fitness Walk
Sunday, February 8, 2015
7:00AM
Central Park, Plantation



1st Annual Father O'Reilly 5K

5K Run & Fitness Walk
Saturday, April 25, 2015
Bamford Park, Davie

Vista View 360

6-Hour Ultramarathon & Relay
Sunday, January 11, 2015
6:00AM-12 Noon • Vista View Park, Davie

This is a great Individual Challenge or Team Event!

Put up your tent, bring your lounge chairs and have a fun-filled day with your team. Take turns running the loop course and enjoy a break and a snack while your other teammates take their turn. You may exchange the 'baton' as many times as you want - run 1, 2, 3 or more loops at a time... your team's choice!

~~~ 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 1st bathroom~~. **DURING DAYLIGHT SAVINGS TIME!**

Wednesday Evening - Weston Town Center - Meet by the Bell Tower - 7:00PM start. 3-4 miles. 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

Thursday Evenings – Coral Springs Parkland Run Club at Runner's Depot-Coral Springs 5679 Coral Ridge Drive (954) 575-2090. All paces, 3-5 miles. Refreshments and raffles after the run!

Saturday Mornings – Weston Town Center
6:00 AM. 5-10 Miles, All Paces, Water stops every 2.5 miles

Runners and walkers, all paces Welcome!