

Vista View 360



5th Annual Vista View 360 6-Hour Ultramarathon & Relay Sunday, January 11, 2015

Thanks to all for making this a great event!

INDIVIDUAL RESULTS

1st Place Male – Dennis Wallach
2nd Place Male – Nick Schling
3rd Place Male – Mark Cudak

1st Place Female – Helen McKenzie
2nd Place Female – Michelle Matys
3rd Place Female – Kimberly Gates

TEAM RESULTS

1st Place Male Team – Runner's Depot
Miguel Tellez, Jon Williams, Jimmy Villalobos, Carlos Aya

1st Place Female Team – The 'A' Team
Caludia Moreno, Miriam Klein, Kristell Acosta, Engel Ramirez

1st Place Co-Ed Team – Undertrained but Confident
Javier Marquez, Paulo Marchesan, Yadira Hernandez, Felipe Salamanca



GOLD COAST RUNNERS UPCOMING EVENTS



5K Run & Fitness Walk

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

LOSE THE GADGETS, *continued*

you run faster during the race and, in fact, will slow you down. The same is true with a heart rate monitor. The reality is that if you aren't fit or healthy enough to run a race don't enter it as your long-term health is something you should never risk. If you want to use the heart rate as a tool to help you prepare for your next race that makes sense, but if you constantly worry about what your current heart rate is during a race or even training, you mentally won't be in the game and you are probably causing your heart rate to go up by stressing about it.

The bottom line is that running is a simple sport. Sure, as we progress, we learn techniques and benefit from different tools that help us along the way. But at the end of the day, it is just you and the road and no tool, device or gadget will ever change that.

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 spencerruns@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!

**Thursday Evenings - 17th Street Causeway
Runner's Depot Run Club – Ft Lauderdale**
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
Runner's Depot Run Club – Coral Springs**
Starts at Runner's Depot-Coral Springs
5679 Coral Ridge Drive (954) 575-2090
All paces, 3-5 miles. Refreshments and raffles after the run!

**Thursday Evenings - Weston
Runner's Depot Run Club – Weston**
6:30 PM - Starts at Runner's Depot – Weston
1378 Weston Road, Country Isles Plaza (754) 265-7026
All paces, 4 miles. Stay after for the cool-down & drinks

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!