

# 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

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## Fitness takes time

*An excerpt from Coach Greg McMillan*

You've set your running and fitness resolutions for 2015 so let's get going! Be aggressive, but remember... Fitness takes time! Greg McMillan advises driven athletes from newbies to Olympic qualifiers who all have one thing in common: "They're used to giving things 110 percent, and they expect that'll achieve fast results," says the exercise scientist and running coach based in Flagstaff, Arizona. "But fitness should sneak up on you." McMillan says performance gains come from training optimally, not maximally. That's because "fitness" really refers to a set of complex biological processes that can't be rushed. Push too hard, too soon, and you'll end up injured and discouraged. "But if you can stack up week after week of consistent training, you will see your fitness level go to places that you may never have thought possible," he says.

**Honor your body's timeline.** "Everybody's ability to adapt and recover is different," says McMillan. Training for 26.2 can take anywhere from 12 weeks to a year or more, depending on your age and fitness baseline. Don't try to keep up with the Joneses—or anybody else.

**Run by time.** McMillan likes to think of training volume in terms of minutes rather than miles logged—it's a more consistent way to prescribe increases to all levels of runners. "If your regular run is 30 minutes, increase by 10," he says. Or bump up your long run by 15- or 30-minute increments. "That should challenge your body without overtaxing it," he says.

**Take time to prevent injury.** Fatigue or soreness should fade within a day, even after long runs. Lingering musculoskeletal pain—in muscles, tendons, bones, or ligaments—indicates that the body's not fully recovering from each workout. The solution? Take a day off from running and maintain fitness on the elliptical, at the pool, or through yoga. "The 'one more day of rest' prescription works 99 percent of the time," says McMillan.

## Welcome New Members

Sami Lewin  
Brent Taylor  
Alan Chapiro  
Manuela Kundrat  
Samuel Szomstein

Neta Teleg-Oren  
Sergio Miranda  
Rafael Guzman  
Fred Logan

Mary Sandoval-Palmer  
Lindy Smiley  
Richie Ganitsky  
Joseph Hadad  
Lisa Hadad

### Sponsors



### MEMBERSHIP APPLICATION

CHECK ONE:	<input type="checkbox"/> New Member(s)	<input type="checkbox"/> Renewing Member(s)	<input type="checkbox"/> Past Member(s)
CHECK ONE:	<u>Individual</u>	<u>Family</u>	<u>Group</u>
1 Year	<input type="checkbox"/> \$25.00	<input type="checkbox"/> \$35.00	<input type="checkbox"/> 10-24 \$20 each
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
			Lifetime \$175.00 (individual)

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 \_\_\_\_\_  
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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 \_\_\_\_\_