

2nd Annual



Sunday, March 29, 2015 | 7:00 AM

Central Broward Regional Park
3700 NW 11th Place Lauderhill, FL 33111

Organized by the Foundation for Sickle Cell
Disease Research to benefit the Sickle Cell Care
and Research Network outreach program.

For more information call 954-397-3251
Registration available online at
www.fscdr.org/TriSickle

Live entertainment by



Strider Smarts presented by Coach Bob

Deflategate and Running

We have all heard way too much about the Boston Patriots allegedly deflating footballs in cold weather games so they would be easier to throw and catch. The investigation is ongoing. However Brady, Belichick, and the Patriots appear to be innocent.

Cheating is nothing new in sports, even in ours. Drugs are still turning up in world class runners and possibly always will continue to be. I personally was cheated by a runner who cut a course short just to beat me and 'win' a pair of shoes, and some runners literally cut corners.



Bob Dozoretz

Yes, they are cheating themselves and our sport, but after all the accusations prior to the Super Bowl, I may have stumbled on some grey areas to, shall we say, gain a competitive advantage!!

When I was working at the running store, Reebok came out with an inflatable running shoe – seriously. It had an inner bladder and a small button to pump air in, to have the shoe mold to your foot, and it worked, just didn't sell too well.

What if I pumped in helium? A well cushioned, supported lighter than air shoe! Damn, what a concept! I'd make a fortune and all legal!

Why stop there? Lightweight shirts, heavy duty, warm, and again, lighter than air! Yes, I'm on a roll now!

Doubt I will get into shorts, tights or capris. What happens when you sit down, or worse, have a puncture? Way too much liability.

Like the hat idea. Large bladder molded to your head, insulated material, helium keeping your head upright. Sounds great to me.

Now the evil Patriots may be in trouble for deflating footballs, so there must be something we could deflate to gain a competitive advantage. Got it!

Simply locate your competition, verify they are wearing BIG clothes [Bob's Inflatable Gear] covertly remove a pin attached to your bib, line up directly behind them, and, well, you know.

Just keep looking over your own shoulder.

I Am A Runner
Coach Bob
YourCoachBob@Aol.com

MARATHON OF THE TREASURE COAST

5k - 13.1 - 26.2

MARCH 1, 2015

BBQ Blues
CELEBRATE STUART ON THE ST. LUCIE 1914-2014
RC RUNNING SEE YA PARK AND EARLY!

ENJOY A SPECTACULAR WEEKEND
OF RUNNING, WALKING AND MUSIC
ON THE BEAUTIFUL WATERWAYS OF
FLORIDA'S TREASURE COAST!

- **GEAR UP AND WIND DOWN** at the Expo & After-Party at the 3-day BBQ & Blues Music Festival
- **TGM FEATURES:** Cash Prize Purse, Commemorative Tech Shirt, Stocked Goodie Bag, Bottle-Opener Medal, Relay, Challenge Medal, 3-Day Music Festival, beer at the finish line, 5K, Kids Race, memories for a lifetime.

- **STRIVE FOR THE SPECIAL TREASURE COAST CHALLENGE MEDAL** (5K Saturday & Half Sunday) or TC Challenge Series (5K 2/14, 10K 2/21, Half 3/1)
- **VIRTUAL RACE:** Register and run your distance anywhere, over any interval of time, then post your results on our FB page to earn the amazing Half, Full, or Challenge medal

REGISTER NOW: www.treasurecoastmarathon.com

SAVE \$10 BEFORE PRICE INCREASE ON JANUARY 31!!