

Mark your calendars for these Special Upcoming Events!



The Runner's Depot
FIRE HERO 5K RUN
 To Benefit the National Fallen Firefighters Foundation

Sunday, September 6th
7:00AM
 Hollywood Beach - Charnow Park

All pre-registered participants will receive a RACE BEACH TOWEL

presented by **Runner's DEPOT**

To benefit the National Fallen Firefighters Foundation



Register NOW at Active.com or at Runner's Depot

2nd Annual
IVES 5
 5K Run/Walk Through the Park & Health Expo



A one-loop grass course run/walk through the Park
 brought to you by: Lightning Cross Country
 Shape up with Schiffy & the Miami Road Runners Club

Sunday, May 24th • 7:30AM
Ives Estates Park
 20901 NE 16th Ave, Miami

Proceeds will be donated to fight homelessness of American Veterans

Thank you to our Sponsors:







Shape up with **CHIFFY** PacificHealth we power your passion

FLANIGAN'S
Rockin'
RIB RUN



Sunday
November 8, 2015
7:00AM
 Tree Tops Park, Davie

Presented by:



JOIN THE CLUB, continued

Finding out about local run clubs is as easy as stopping in your local running store or going online. Many of these clubs offer coaching services and store discounts to their members. Running can be a lonely sport at times, but it doesn't have to be. For those who enjoy the company, a run club is a great place to meet and train with like-minded athletes. Hope to see you out there.

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.

Speaking of Running Clubs! Check out the Gold Coast Runners and Hollywood Run Club weekly runs below!

~~~ Join Us ~~~ **GOLD COAST RUNNERS** weekly training runs!



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.

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.

Wednesday Evenings – Robbins Park, Davie Just North of Orange Drive on Hiatus Road 6:00 PM – Meet by the bathrooms All paces, 4, 5, or 6 miles. Stay after for the stretch

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 All paces, 4-6 miles. Refreshments & raffles!

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 & raffles!

Thursday Evenings - Weston Runner's Depot Run Club – Weston 6:30 PM - Starts at Runner's Depot – Weston 1378 Weston Road, Country Isles Plaza All paces, 4 miles. Refreshments & raffles!

Saturday Mornings – Weston Town Center 6:00 AM. 5-10 Miles, All Paces, 2 Water Stops

Runners and walkers, all paces Welcome!