

**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



FLANIGAN'S
Rockin'
RIB RUN
10K Run

presented by:
**Runner's
DEPOT**

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

**FREE Beer, Wine & Award-Winning
Baby Back Ribs!**

Finisher Medals • Trophies • Prize Money

THE RUNNING STREAK, continued

severely) go out and run a mile just to keep a streak alive. Doing this will lead to two things, keeping a meaningless streak alive, and ensuring that your body won't heal as quickly as it would if you just rested for the time needed to heal.

Running is sometimes about achieving something that others believe is unattainable or just not worth it and not always about getting the fastest time or running the farthest distance. Therefore, I understand that a streak sometimes goes beyond just the need or desire to run every day, but that still doesn't make it worth it. Running is a gift and an injury can rob you of that gift temporarily or in some case permanently. Running on an injury is almost never advisable unless it is part of your therapy and running yourself into an injury just isn't smart training. Ditch the long term streak and run for the long term instead!

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.

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!