

**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

*presented by*  
**Runner's DEPOT**

**All pre-registered participants  
will receive a RACE BEACH TOWEL**

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](mailto: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!***