

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

Shape Up with Schiffy

Functional Fitness Workout Interval Run

Board of Directors

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How to help someone start running

If you've been running for any amount of time, undoubtedly other people have asked you one of two questions (maybe both): **Why do you run? - and - How could I get started?**

While every runner's answer to the first question will vary, the answer to the second question does not. Here are three simple steps that will help you get anyone, whether they're athletic or not, started on the right foot.

Step 1 -The transition from walking to running doesn't have to be a difficult one. All you need to do is leave the ground and land after each step. That, however, is what makes it more stressful on your body, and when something is stressful, taking breaks is important. This is why it's good to mix running with walking as someone progresses into becoming a runner.

Step 2 - The main difference between walking and running is impact. That means whatever protection you may have between you and the ground is rather important, and finding the right pair of shoes is crucial. Your feet aren't as unique as your fingerprints, but they are specific to you. The best source to fit your feet is your local running specialty store like Runner's Depot.

Step 3 - Finding the time to carry out your new running plan can be difficult, but setting aside 30 to 45 minutes for yourself three times a week will pay dividends for years to come. The single most important thing you can do is "book your running time." Enter it on your home calendar, in your smartphone, or wherever you plan your schedule. Treat it like it's a doctor's appointment—no getting out of it. Once you get into this new habit, it will flow smoothly, and those around you will respect this time. If someone wants you during this time, have them join you!

Join us every Thursday night for a great functional fitness workout and interval run. You'll do some running, learn new strength building techniques that will benefit your running and help keep you injury-free, meet new friends and have a lot of fun while getting in shape! This is a free workout open to everyone of all ability levels. Come out and give it a try!



Sponsors



Date ____ / ____ / ____

Member No. _____

First Name _____ Last Name _____

Address _____

City _____ State ____ Zip _____

Phone _____ E-Mail _____

DOB _____ Gender ____ M ____ F Work Phone _____

Family Member Name _____

Family Member Name _____

Annual Membership: \$35/Individual -or- \$50/Family (up to 3 Family Members)

Make check payable to: **Miami Road Runners Club** c/o Runner's Depot 2233 S. University Drive, Davie FL 33324