

Gold Coast Runners



Gold Coast Runners
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CLUB MISSION: *The purpose of the Gold Coast Runners is to promote, encourage, and support the sport of running and walking through a network of people and resources engaged to educate the community on the benefits of the sport.*

HUMBLE PIE

By Spencer West



I recently ran a race with a runner, and sometimes training partner, who was much faster than the rest of the field in the race. I always knew that the faster runner was not only incredibly talented but was also equally as humble. You know the type, never brags about his own accomplishments at the expense of others, never belittles people who aren't

as fast as he is and more importantly, never misses an opportunity to help other runners. In this race, he joined a fellow training partner and a few other guys in the front pack

The name of this runner is not important and I doubt he would want it shared. The intent of the runner is important though, and should be a model for others to follow. We all know the opposite type who brags about every accomplishment at the expense of others, belittles people (knowingly or unknowingly) whenever the opportunity arises, and misses many opportunities to actually selflessly help other runners along the way (this doesn't include helping other runners for the sole purpose of bragging about the fact that they're helping!).

In this race in particular, the faster runner took it upon himself to set the pace (our pace, not his) for roughly the first part of the race. In the process, he helped block out the wind, set a relaxing tone, and earned his continued respect as not only a longtime champion but also a humble competitor. He did all this before slipping away and easily winning the race. You see, runners like this have confidence and realize that not every race is about obliterating the competition. That is not to say that if he had taken off from the start and ran minutes faster that I would take any issue with that; just the opposite, I would applaud it. On the other hand, this particular runner has had a running career full of success and hard earned victories and isn't looking for the admiration of others as some false sense of entitlement.

Witnessing, first hand, what this runner did reinforced what I already believed. We, as runners, have so much to prove to ourselves and others, but we also have a tremendous opportunity to help others along the way, especially after we have accomplished so much, whatever those individual accomplishments are—big or small. If you join a slower or newer runner for a workout, don't brag

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MEMBERSHIP APPLICATION

CHECK ONE: New Member(s) Renewing Member(s) Past Member(s)

CHECK ONE: Individual Family

1 Year	<input type="checkbox"/> \$35.00	<input type="checkbox"/> \$50.00
2 Year	<input type="checkbox"/> \$60.00	<input type="checkbox"/> \$75.00
3 Year	<input type="checkbox"/> \$95.00	<input type="checkbox"/> \$115.00

Make checks payable to: Gold Coast Runners

Mail to: Gold Coast Runners c/o Runner's Depot 2233 S. University Drive, Davie FL 33324

Name _____ Sex _____ DOB _____
 Name _____ Sex _____ DOB _____
 Name _____ Sex _____ DOB _____
 Name _____ Sex _____ DOB _____

Address _____

City _____ State _____ Zip _____

Phone (H) _____ Phone (W) _____

E-Mail Address _____

I would like to help out on the following team(s): Races Membership Newsletter Social Events Fund Raising

How did you hear about the Gold Coast Runners? _____

Upon submission of this application, I agree to assume all risks associated with participation in any activity of the Gold Coast Runners. I release all sponsors, officers, employees and any person assisting on a volunteer basis from any claims of liability resulting from my participation. Parental signature required for minors.

Signature _____ Date _____