

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.*

CLIMATE CONTROL

By Spencer West



Stop complaining about the heat! Instead, use it to your advantage. After all, every region of the country offers training advantages and disadvantages. Most of the country looks forward to the summer so that they can really amp up the training and start racing a lot, similar to what we do in the winter and cooler months.

Certainly the weather in South Florida in the summer cannot really be described as pleasant, but it certainly

offers distinct training opportunities for runners looking to improve while some of their rivals are in "off-season." After all, it's no secret that most road-racers look at the summer months as a time to rest up and recharge. Although resting and recharging are essential in any training plan, I think many runners simply lose their fitness during this time, which makes it that much more difficult to gain it back once the weather improves. I recommend a different approach to training over the summer, and it involves lots of running, however different from "racing season".

Anyone who strives for that one good marathon or really fast 5K knows (or learns through trial and error) that a high-mileage base, is a well-known secret for successful professional and non-professional runners alike. Knowing this, most runners start a 12-16 week training plan for a fall or winter marathon, which usually means the end of July or beginning of August as the preferred time to start a marathon or other long distance plan. The problem with this approach is that most plans assume that the runner following the plan has a weekly mileage base equal to at least the minimum weekly mileage of the plan. If you drastically drop your mileage in the summer, you will start your plan at a disadvantage. Instead, use the summer's sweltering heat to your benefit so that you enter your long distance race plan with a head start over your fellow runners who have been kicking back over the summer, gaining weight and losing valuable fitness.

The racing season's unofficial ending leading into the "summer break" happens on Memorial Day when large hoards of road racers lace up their racing flats prior to enjoying BBQ's and beers. While I agree that Memorial Day is the perfect day to stop racing for the season, I don't believe that it is the date to stop training. If anything, it is the time of year to start a different type of training than

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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 _____
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 Name _____ Sex _____ DOB _____
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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 _____