

Gold Coast Runners



Gold Coast Runners
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Sponsors



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.*

Don't race home after the race

By Spencer West



It takes almost an entire year of planning to put on a race. I know this firsthand as a once a year race director. No detail is too small, from securing the venue, certifying the course, obtaining the necessary sponsors, designing the t-shirts and awards, etc. Besides the race participants themselves, the sponsors are the biggest reason for a race's success. Besides

providing the necessary funding to put on the race, sponsors often provide giveaways for raffles, free product samples at the race and in the swag bag, and contribute greatly to the awards that are presented to the overall and age group winners. Long before I was putting on my own 5K, or winning or placing in races, it was always a pet peeve of mine when I would see people leave immediately upon finishing the race, skipping the awards presentation altogether. Knowing what I know now, it bothers me even more now.

Obviously not everyone will win the race or place within their age group, but that shouldn't dissuade them from watching the awards presentation and cheering on the runners who did place. Oftentimes, the awards presentation is where the sponsors will raffle off great prizes; they do so as an added incentive so you stay through the awards. This is not to say that all runners have to stay after the race until the bitter end, but I do think it is important to try to participate as much as possible in the post-race festivities. It is especially important for award winners to stay to receive their award. Unless it is just not possible to stay, it is bad form to leave and not be there to go up to receive your award when your name gets called. Be proud of what you've accomplished and, more importantly, be respectful to the race directors and sponsors who worked hard to put on an enjoyable and competitive event.

Thinking back through all the races I've done (173 as of writing this article), I cannot think of one non-marathon and certainly no local races where I left before the awards ceremony. I'm as busy as

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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 _____