

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.*

Run and Repeat

By Spencer West



Running is simple, put on a comfortable pair of running sneakers, put one foot in front of the other, and repeat. In running and life itself, repetition is usually the key to success, as long as you are repeating good form and habit. A big part of being successful in life and running is showing up. The rest is hard work and dedication, which

includes sticking with a tried and true plan and seeing it through to the end, which means your goal race in the short term and a lifetime of healthy running in the long term. It really is that simple as long as you are willing to give yourself a chance to succeed.

To prove my point, look at all the successful runners you know or read about. Do they follow the latest running fads or change direction midway through their training plans? Of course not and neither should you. When you start running it is about finding out whether the sport is a good fit for your personality. As you progress, you start to learn more about the sport and what works for you individually. Don't doubt your instincts, don't follow fads and don't quit workouts or training plans midstream. Instead, work through your respective training plans and workouts, both the good and bad ones, and finish what you start. Unless you get injured or you are truly following the wrong plan, repetition is always the key to success.

It is a pet peeve of mine when I see people stop midway through a workout for no specific reason other than it is difficult or they're tired or the myriad other excuses people make when not wanting to allow them the opportunity to succeed. That's what it really boils down to, you either suffer a little in workouts or you suffer in your goal race; the choice seems simple to me. Besides the few workouts you have per week, one of which will probably include your long run, the rest of the battle is just showing up. Showing up in running means getting your easy or "junk miles" in and not skipping them just because you feel they're not as important as your workout; they are! Not only is mileage the key to strength in running, so too is habit (aka repetition).

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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 _____