

# 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.*

## A weighty matter

By Spencer West



The issue of weight in athletics is one of those topics that most people tip-toe around or just seem to avoid altogether. That is a mistake in my view as I think it's important to explore and discuss how excess weight and even undernourishment can limit potential in running and other cardiovascular activities. The topic of weight in athletics shouldn't be confused with discussions you see elsewhere that focus more on aesthetics or general health. People who are both overweight and underweight can certainly put up decent numbers in running and other endurance sports and even have generally good numbers health-wise.

However, this non-scientific article will focus more on what I have both personally experienced as well as what I find myself observing when running or watching others run.

People will often ask questions of other runners like "how are you so fast" or "how can you run such long distances without major injury". The answers to these questions, of course, vary depending on the runner (the runner's genetic make-up, the runner's background in the sport, etc.), but a few common traits do exist with the runners that are asked these questions. For instance, typically faster runners or those "endurance beasts" we all admire run very efficiently.

Efficiency in running starts with the runner's form when running and racing. Although good form certainly is not linked solely to a person's weight, it must be said that the trimmer (without being too trim) and more efficient a person's body is, the easier it will be for that runner to work on their own biomechanics and, more importantly, work on improving their overall form. Remember though, weight is not simply a number that you can pick off a chart because everyone is built differently. For instance, many top triathletes I know have larger frames and weigh more than your typical competitive runner, yet many of these athletes can run circles around other runners despite their heavier weight. Usually this has to do with the higher weight being in the form of muscle, but not always. Genetics also comes into play with speed, but efficiency can be taught and is perhaps the best tool available to increase both speed and endurance. Knowing this, runners should explore the easiest way to improve their form, and speaking from experience, I can say that first and foremost, the more efficient your physical body is, the easier it will be to improve your form.

*Continued on next page*

## 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
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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 \_\_\_\_\_