

Gold Coast Runners



Gold Coast Runners
 c/o Runner's Depot
 2233 S. University Drive
 Davie, FL 33324
 954/474-4074
www.goldcoastrunners.org

BOARD MEMBER REPRESENTATIVES

President
 Renee Grant 954/474-4074
Reneeg23@aol.com

Vice President
 Chuck Kirsch 954/474-2020
ckkfm@bellsouth.net

Secretary
 Delia Esposito 954/749-8154
Imagine55@hotmail.com

Treasurer
 Sue Mann 954/473-1519
Susan.mann@xmi.com

Membership
 Terri Swanson 954/336-8367
tswanson@bellsouth.net

Newsletter
 Spencer West 786/261-9509
scwest@1102@yahoo.com

Social Events
 Myriam VanMalleghem 954/450-9762
paelinck@bellsouth.net

and
 Lucy Luzzar 954/471-6752
lucille.luzzar@thefusiongroup.com

At Large
 Lou Esposito 954/749-8154
Imagine55@hotmail.com

Hugo Radelat 954/540-7867
trimaob@gmail.com

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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.*

Take time off, or don't take time off

By Spencer West



Most runners will experience various aches and pains after and sometimes during training. This is normal and usually not a concern. Sometimes those pains become a little more concerning and the question is what to do in terms of running when they do. Obviously a doctor needs to be consulted whenever an injury becomes painful enough to prevent normal physical activity or you suspect that the pain you are feeling just isn't your run of the mill discomfort but an actual strain, tear or broken bone. But, for the normal running-related mild injuries (sore hamstring, mild calf strain, plantar fasciitis, for example), the question people wrestle with is whether to shut it down for a few days, weeks or sometimes even months. This is a both an individual judgment call as well as potentially a call a doctor will have to make. However, I will share my personal philosophy in terms of the way I approach training through these types of mild injuries.

I try to run through my mild running injuries. Saying that, I am not recommending that you tough it out just for the sake of toughing it out. Clearly, you have to know your own body and make decisions that best suit you and your health. When it comes to my reasoning for trying to work through the mild pain and discomfort, it's simply my intimate knowledge of how quickly we lose fitness with time off (even 2 weeks off will typically rob your body of the fitness you've gained with a steady training plan), as well as the fact that often times the inactivity exacerbates the mild injury as a result of less blood flow to the area and the loss of strength in the area you are trying to heal. That said, I certainly do recommend taking extra days off, cutting runs short and skipping workouts (especially on the track) while you are experiencing real discomfort or pain. I am just not the biggest fan of taking prolonged periods of time off unless your condition will lead to a serious injury or it already is serious.

I also know that running is a mental sport and not just a physical one. It is easy to focus on discomfort and pain during a run, even the easy runs, because it is normally there in some shape or form. If you focus on finishing the task at hand, often times it will help improve your mental strength and, of course, your physical stamina. Not to mention that a consistent training structure is

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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
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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 _____