

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
Sueann.mann@stmi.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 Luzzari 954/471-6752
lucille.luzzari@thefusiongroup.com

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

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

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.*

Power in numbers

By Spencer West



In running, there are many types of runs, but three real staples: the easy run, the long run and the workout. Of these three, many people fear the dreaded workout. For the long runs, most runners link up with other runners running similar distances and understand the value of company during the run. However, it isn't always the same for

workouts. Although completing workouts and even long runs on your own has its benefits in terms of mental toughness and discipline, it is hard to replace the benefit you get from completing workouts with other runners who are your speed or, ideally, faster.

Unlike many other runs, even tempo runs, workouts on the track really depend on you hitting certain splits and keeping the rest time even throughout. When running solo, it becomes easier to justify not pushing as hard when you start getting tired and your rest is at real risk of being extended, thereby diminishing the value of the workout. Remember, workouts are not races but they are very hard efforts that are designed to get you ready to race. The more disciplined you are in workouts, the better you feel and perform on race day.

This brings me to the point of my article. Every track in town, no matter the hour, has runners either on the track or running nearby. Linking up with other runners can be daunting if new to running or if you are one of the solo warriors I describe above. That said, your local running stores and running groups are a great place to start when looking for local talent to run with. Running stores will have info on the local running groups, including their own, and the internet and Facebook are obviously good tools as well. Some running groups are more social and some have a greater focus on speed and improvement. Both offer value, but I would suggest searching for a group that has at least some element of competitiveness if your goal is to improve your own running and find others to help you on that journey.

Running isn't rocket science, but there is a science to it. Doing your own research, hiring a coach, and good old fashioned trial and error are all valuable tools. However, having others help in your own self-improvement is advisable when completing some of your harder workouts. Also, developing a healthy competitive comradery with runners you train with is never a bad thing,

Continued on next page

MEMBERSHIP APPLICATION

CHECK ONE: New Member(s) Renewing Member(s) Past Member(s)

CHECK ONE: Individual Family
 1 Year \$35.00 \$50.00
 2 Year \$60.00 \$75.00
 3 Year \$95.00 \$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 _____