

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 of the mill

By Spencer West



I remember when I first got my treadmill, people telling me that it was going to make a great towel holder or dust collector. That was almost two years ago, and I can assure you it hasn't collected any dust! People come up with such descriptive names for the treadmill, like "dreadmill", that you'd think it was some torture device in disguise as an exercise machine. I take the opposite view of the treadmill and embrace my runs on it. I'm fortunate to have one in my house so I used it on average of about once a week when I either don't have time to go out for a run, the weather isn't conducive to an outside run, or I need a break from the roads. During marathon training, I may run multiple times a week on the treadmill, sometimes even doing a speed workout.

Now a treadmill run alone doesn't really recreate the exact benefits you get to running outside. For instance, you don't have wind resistance when running indoors. The experts say to put the incline on the treadmill to 1.0 to help create the effect of the wind resistance.

Personally, I always put the incline up to a minimum of 1.5, but either way, the added incline does simulate the outdoor experience fairly well. The treadmill does allow you to simulate steep hills, and even downhill if you have a newer model. This can be especially helpful if training in South Florida for a hilly marathon such as Boston or New York.

Although most of my treadmill runs are easy or recovery runs, I have run an occasional speed workout when the weather hasn't permitted me to run it outside. For some reason, running the desired splits on the treadmill is tougher than it is to do outside. In other words, it feels as if you are running much faster than running the same pace outside. The only tip I have for running speed on the treadmill is to pay attention to your feet, making sure you don't step off or slip off the belt.

My wife got me into watching movies or TV shows on the treadmill and, of course, I often listen to music while running. However, I sometimes use the treadmill as a way to increase my mental fortitude. I do this by running with no music and no TV and simply staring at the screen watching the distance and time slowly creep up. You'll be surprised at how quickly the time goes by when doing this, and you'll benefit from the mental toughness you develop from the "torture" you put yourself through while watching the wheels go round and round.

If you have any topics of interest or runners you'd like me to highlight, feel free to email me spencerrunner@gmail.com or message me on Facebook.

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 _____