

Who are you cheating anyway? *Continued*

Ms. Seo had only two acceptable decisions to make on February 19, 2017, tough it out or drop out. When she chose to cut the course, she went beyond cheating herself and moved into the realm of cheating others. This is simply unacceptable and is not something that anyone has a right to do. Such decisions, although not usually on the level of this cheating scandal, can and will permanently ruin your reputation. The only two acceptable choices Jane had on that day would've allowed her to fight another day in total anonymity. The choice she ultimately made, unfortunately for her, did not.

No matter how hard you work leading up to a race, especially a destination race, expect that something may go wrong. The weather may be hotter, colder or more humid than expected. It may rain, snow, or sleet. The hills may be steeper than the race's website advertised. But ultimately, you are racing in the same conditions that everyone else is. If you didn't do the work to allow you to do as well as others at your level than you have cheated yourself. If you did the work but you are just having a bad day, chalk it up to that and live to race another day. But when you cut that course, give your bib to someone else to qualify you for something, or come up with some other method to cheat someone other than yourself, you better be prepared to live with the consequences.

Work hard, race hard and party hard after you seize what you've earned. Don't cut corners in training or on race courses!

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.



Gold Coast Runners

Marathon & Half-Marathon Training Programs

BOSTON BOUND – Qualifier Training

**For those who are interested in training to Qualify
for the Boston Marathon**

This coached Training Program is designed to take you to your next level of running fitness and help you qualify for a future Boston Marathon (2018 or later)

28-WEEK TRAINING PROGRAM

GCR MARATHON & HALF-MARATHON TRAINING PROGRAM

**For those who want to do their first Half or Full
Marathon or better their time from their previous race**

16-WEEK TRAINING PROGRAM

It's not too late to start! Contact us today!

Weston Town Center * 6:30AM

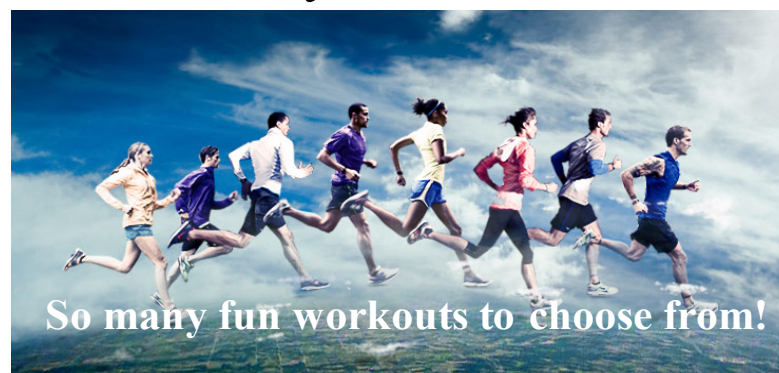
1675 Market Street, Weston

Meet in the alcove next to Tarantella Restaurant

Register at Runner's Depot or on Active.com

For more information e-mail Renee@runnersdepot.com

Join us for a Group Run with your Friends!



**Sunday Morning – Hollywood Beach Broadwalk
with the Hollywood Run Club, A-1-A & Garfield
Street at Charnow Park. 7:00AM start. All paces,
Runners & Walkers.**

Sunday Morning – Vista View Park, Davie
On Boy Scout Road (142nd Ave.) just North of Orange
Drive. 7:00AM start. All paces. Up to 13 miles or as
many as you'd like. Run the 1.25 mile trail loop with
hills. A great workout! Park by Shelter #1.

**Tuesday Evening – Hollywood Beach Broadwalk
with the Hollywood Run Club, A-1-A & Garfield
Street at Charnow Park. 7:00PM start. All paces,
Runners & Walkers.**

~~**Wednesday Evenings – Robbins Park, Davie**~~

~~**Just North of Orange Drive on Hiatus Road**~~

~~6:00 PM – Meet by the bathrooms~~

~~All paces, 4, 5, or 6 miles. Stay after for the stretch~~

~~**Only held during Daylight Savings Time!**~~

Thursday Mornings– Vista View Park, Davie

Just North of Orange Drive on Boy Scout Road

6:00 AM – Private GCR Hill Training

All paces, any distance. Enjoy an early morning
workout on the hills before the park opens!

Thursday Evenings - 17th Street Causeway

Runner's Depot Run Club – Ft Lauderdale

6:30 PM - Starts at Runner's Depot - Ft. Lauderdale

1489 SE 17 St. Causeway, Southport Center

All paces, 4-6 miles. Refreshments & raffles!

Thursday Evenings – Coral Springs-Parkland

Runner's Depot Run Club – Coral Springs

Starts at Runner's Depot-Coral Springs

5679 Coral Ridge Drive (954) 575-2090

All paces, 3-5 miles. Refreshments & raffles!

Thursday Evenings - Weston

Runner's Depot Run Club – Weston

6:30 PM - Starts at Runner's Depot – Weston

1378 Weston Road, Country Isles Plaza

All paces, 4 miles. Refreshments & raffles!

Saturday Mornings – Weston Town Center

6:00 AM. 5-10 Miles, All Paces, 2 Water Stops

Runners and walkers - All paces Welcome!