

# Gold Coast Runners



**Gold Coast Runners**  
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[www.goldcoastrunners.org](http://www.goldcoastrunners.org)

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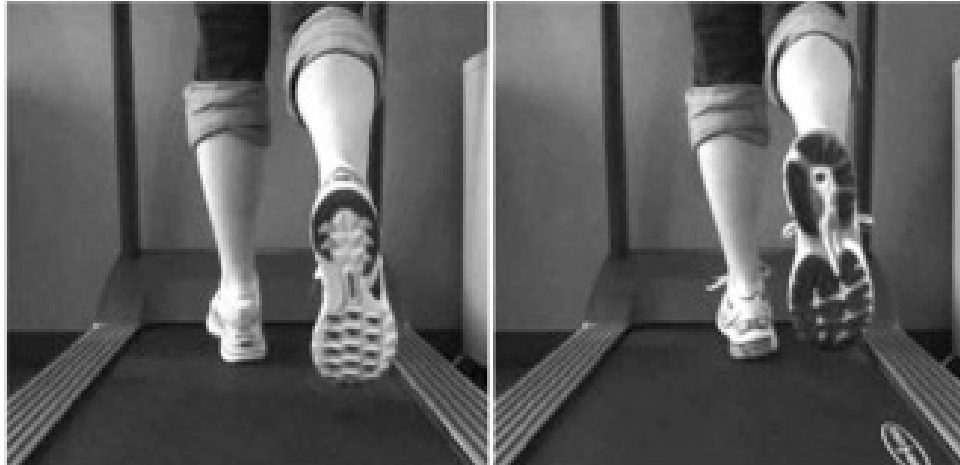
### Sponsors



**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.*

## IT'S GREAT TO BE FIT

By Spencer D. West



It's usually the first step every new or returning runner makes when they decide to start running: buy a new pair of running sneakers (that, and pick out matching running clothes of course). This is not a decision that should be taken lightly. The wrong choice in footwear can lead to painful miles on the road and also

injuries that can sideline any runner (from novice to elite). Besides injuries that can be caused from running in the wrong running shoes, a runner's performance in training and races can also be hindered.

The good news is that finding the right footwear is as easy as visiting your local running specialty store (avoid the big box stores at all costs). There you can be fitted properly for the perfect shoe for your size, gait, and style of running. This is done through a process called "fitting" which combines gait analysis with trained store personnel watching you walk, and if available, jog on a treadmill. Runner's Depot in Davie, for instance, has two state of the art treadmills with cameras (along with the flat screen monitors to view your stride while running), so they can properly analyze your gait and choose the correct shoe for your needs. Although not a complicated process, this analysis must be done by someone trained to know what to look for and how to use the information they gather from the analysis to put you in the best footwear for your specific goals. Just like runners don't all fit into the same mold when it comes to their running style, foot shape and size, neither do their training and racing goals. For instance, an experienced marathoner or even an ultra runner who puts enormous amounts of miles on sneakers will need a different type of shoe (more durable and able to withstand and respond to the demands of high mileage) than a runner who is focusing primarily on speed or shorter distances, who would want a lighter racing or minimalist shoe.

For most new runners, the first choice in footwear will be a very important decision, but so to will be the trial and error period as you test out different brands, and styles. Once a runner gains more experience

*continued on next page*

## Welcome New & Renewing Members

Reneé Mucha	Keishia Harvey	Jeffrey Klok
Richard Shea	Courtney Harvey	Mark Pratt
Reneé Rosenthal	Vandana Tikoo	Kimberley Spence
Mauricio Hervas	Laura Sullivan	Robin Massey
Emily Schmitt Lavin		René Harrod

### MEMBERSHIP APPLICATION

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

CHECK ONE:  Individual  Family  Group  Lifetime

<b>1 Year</b>	<input type="checkbox"/> \$25.00	<input type="checkbox"/> \$35.00	<input type="checkbox"/> 10-24 \$20 each	\$175.00 (individual)
<b>2 Year</b>	<input type="checkbox"/> \$45.00	<input type="checkbox"/> \$55.00	<input type="checkbox"/> 24-49 \$15 each	
<b>3 Year</b>	<input type="checkbox"/> \$60.00	<input type="checkbox"/> \$75.00	<input type="checkbox"/> 50+ \$10 each	

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 \_\_\_\_\_  
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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 \_\_\_\_\_