

## GREAT TO BE FIT ...continued

and steps up the training towards specific goals, they should own several types of sneakers, which may include your basic trainer, lighter shoes or racing flats for speed work and racing, and maybe trail shoes for some off road running (or even racing for a nice change of pace). The correct shoe for the distance and type of training is as important as the initial fitting. This too, will help prevent injuries.

Whether you are just starting out in the sport or you are an old pro, the goal should always be to be able to do what we love for the long term. That's why I can't stress enough the importance of spending a few minutes with an experienced fitter and starting off on the right foot (pun intended). Plus, when it comes to matching your running outfit (come on, we all do it), a second set of eyes doesn't hurt either. See you on the roads, hopefully with the proper footwear.

Please feel free to send me feedback on this article or suggest future topics or runners of interest in the local community by contacting me at [sdwest1102@yahoo.com](mailto:sdwest1102@yahoo.com) or messaging me on Facebook.

## FUN RUNS IN AVENTURA

### Every Thursday Night

7:00PM

Runner's Depot - Aventura

20335 Biscayne Blvd, Suite 11

NE Corner of Ives Dairy & Biscayne



**Fun Run & Walk Interval Workout**  
**Shape-up with Schiffy**  
**Intro to Running Form**  
**GREAT for Beginners**  
**Stretch & Drinks after the Workout**  
**EVERYONE IS WELCOME!**

## Gold Coast Runners CLUB MEMBER BENEFITS

- Subscription to this premiere publication - the *South Florida Running Forum*
- Free pair of Thorlo Socks with every membership
- Free Smoothie King Gift Card with every membership
- Discounts from club sponsors: Accelerade, Runner's Depot, and Alex's Bicycle Pro Shop - Free Bike Tune-up when you join or renew your membership - \$50 Value, and 10% off all purchases
- Club running apparel available at very reduced prices
- Discounts on Club races
- Weekly group training runs
- Annual Club track meet or membership race
- Social events including sporting events, parties, family picnics, potluck dinners, themed races, road race trips
- Automatic membership into the RRCA
- The opportunity to meet, train with and build friendships with others in the running community

**9th Annual  
Firefighter's 5K  
September 9th  
7:00AM  
Hollywood Beach  
Broadwalk**



**This is the RRCA  
5K Florida State  
Championship Race**

**Special Awards to State Champions,  
Winning Male & Female Firefighter,  
And to the Winning Fire Department**

*Proceeds Benefitting the IAFF  
Memorial Fallen Firefighter's  
Fund and the Muscular  
Dystrophy Association*

Free Beach Towel to the first  
1,000 Registrants

Register at any Runner's Depot  
Store or on Active.com at:

<http://www.active.com/running/hollywood-fl/firefighters-5k-2012>



## ~~~ Join Us ~~~

**Gold Coast Runners weekly training runs!**  
**We are a beginner-friendly group!**

Sunday Morning - Hollywood Beach Broadwalk, A-1-A & Johnson Street (Bandshell Stage) 6:30 AM start. All paces, Runners & Walkers. Join us for breakfast after the run!

**\*Our Wednesday Night fun runs have moved back to  
ROBBINS PARK in DAVIE**

**Gold  
Coast  
Runners  
Wed.  
Night  
Fun Run  
NEW  
LOCATION**

**Wednesday Evenings**  
**Robbins Park in Davie**  
Just north of Orange Drive on Hiatus  
Road - Park in the 1st Parking Lot  
6:30PM - 7:30PM  
Stay after for the cool-down stretch  
All paces 4-6 miles

**Thursday Evenings - 17th Street Bridge Training Run**  
This is a GREAT strength-building workout!  
6:30 PM - Starts at Runner's Depot - Ft. Lauderdale  
1489 SE 17 St. Causeway, Southport Center (954) 712-9951  
All paces, 4-6 miles. Stay after for the cool-down & drinks

**Runners and walkers, all paces Welcome!**  
**For more information call 954-474-4074**