

# Gold Coast Runners



**Gold Coast Runners**  
 c/o Runner's Depot  
 2233 S. University Drive  
 Davie, FL 33324  
 954/474-4074  
[www.goldcoastrunners.org](http://www.goldcoastrunners.org)

## BOARD MEMBER REPRESENTATIVES

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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.

## FIT TO BE A HERO

By Spencer D. West



Every Thursday evening you can find me and another local athlete, Josh Rains, running the trails and hills of Vista View Park in Davie. On the last Thursday of August, Josh joined me and another runner and as we ran we talked about the usual tribulations of the day and our plans for the weekend. Josh usually spends more time listening than talking and this day was no exception. However, very uncharacteristically, Josh cut his workout short and told me to call him after I finished my run so he could tell me the "crazy" day he had. The next morning I heard about his day, and crazy doesn't adequately describe it. While most of us were eating our lunch on that Thursday, Josh was busy saving a total stranger's life.

Josh, a former store manager of the Runner's Depot in Ft. Lauderdale, makes his ninety mile commute to work each day on Alligator Alley to a remote jobsite for his employer, Harry Pepper & Associates. Anyone who has traveled this long stretch of highway is familiar with the endless bordering wetlands of the Everglades, and its famous inhabitants that gave the roadway its equally famous name. On this particular Thursday, Josh headed out to lunch on the "Alley" and soon ran into a small traffic back-up and noticed people out of their cars staring and pointing into the water at the side of the road. He stopped his own vehicle when he saw what turned out to be an eighteen-wheeler sinking in the water. Upon exiting his vehicle, he soon learned that the now sinking truck had been heading Eastbound towards Miami when it crossed over to the other side of the road before crashing into the water.

Josh asked where the driver of the truck was and was told that he was still in the truck. Without a second thought, Josh quickly took off his boots, emptied his pockets and dove into the water and started looking for the driver's door to the truck that was steadily sinking. Unable to locate the door handle, he came up for air and asked if anyone was familiar with big rigs. An older truck driver told him where to look and Josh was able to engage the latch. However, due to the water pressure he was unable to pull the door open no matter how much force he used. While he was pulling he could hear the driver inside the vehicle yelling and banging on the door. Josh yelled to the driver that he would get him out. At this point, the older truck driver also jumped in and pulled Josh while Josh was pulling the door. It still wouldn't budge. He also tried to use a hammer to crack the windows but it was no use under the water. Josh knew that time was critical at this point and began to fear that they would not be able to free the driver.

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## Welcome New & Renewing Members

Sharra Phillips

Michael Gottlieb

Crystal Martinez

Michael Potter

Jeannie Rasabi

Mark O'Brien

René Harrod

Paula Randazzo

## 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 \_\_\_\_\_