

# 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.*

## UP AND DOWN

By Spencer D. West



When most runners think of speed-training an image of a beautifully manicured track comes to mind. While it is true that track-work and other interval training can be essential for gaining speed and even endurance for distances ranging from the 5K through the marathon, it is certainly not the be all/end all to building a good speed base. One of the most underused speed-training tools, especially in South Florida, is the use of regular hill training workouts within a training plan. Any runner who regularly does hill training will tell you that hill-training increases both speed and endurance, and also does more to build leg strength than any other running activity you can engage in.

Here in South Florida, we have few options when it comes to training on hills in an outdoor setting. For those runners who have access to gym-quality treadmills, the treadmill can be a very effective tool in getting quality hill training in. Outdoors, bridge running can also be very beneficial. However, nothing beats the quality of training that comes from running on actual hills with varied steepness and conditions. That's why local readers are lucky to have Vista View Park, which I train at weekly and have talked about in many of my articles.

In way of history, Vista View Park is a converted landfill that operated in Davie from 1964 through 1987. Following a monumental clean-up and conversion effort overseen by the Environmental Protection Agency, Vista View opened its gates to the public in July 2003. It truly is a runner's paradise, as the park offers true rock and woodchip lined trail running with steep hills, as well as several paved hills with fairly steep grades for hill interval work. There are also paved flat roads that offer the ability to recover as well as practice the conditions you will face in many out of state races by combining the flats and hills.

Since most plans call for 2-3 quality workouts a week, with the remaining days used for recovery and/or easy workouts, working hills into one workout per week on the quality days should be the goal. Although, like track training, trail and hill running can also increase the risk of injury. Proper steps to prevent injuries need to be in place, such as proper stretching and warm-up/cool-down. This is especially true when running on the trails, which are very rocky and uneven. If used effectively, getting off the road and on to the trails for a weekly workout can ease the daily pounding that a runner's feet take while running on pavement.

*continued on next page*

## Welcome New & Renewing Members

Linda Rouse

Kelsey O'Brien

Anabela Ramon Killian

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