

UP AND DOWN ...continued

Besides interval work, trails and hills are great for tempo runs and even slower runs used strictly for base and strength building. From a racing standpoint, many South Floridians are at a distinct disadvantage when racing against runners from out of state, as runners in most states have the ability to train on hills just by running out their front door. Besides whatever weather hurdles they may have, out of state runners will typically have a noticeable edge over Floridians in road and cross country races from high school on up.

Speaking of racing and Vista View Park, several running races a year are held at the park, including the Vista View 360 put on by Runner's Depot. The Vista View 360 is a 6-hour endurance/ultra-race for individuals and relay teams held completely on the approximately 2 kilometer horse-trail, complete with its challenging surface and steep hills. For those on the local racing circuit, races like this offer a rare opportunity to get off the beaten path and participate in a truly unique running event. I've participated in this event both as part of a relay team and individually and found both to be truly rewarding. The next Vista View 360 race is on January 13, 2013 and I encourage you to give it a try. In addition to the Cash Prizes, there are 4 Airline Ticket Vouchers up for grabs to anyone (male or female) who breaks the course record this year! You can register on active.com or at Runner's Depot. Hope to see you out on the hills soon!

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 sbwest1102@yahoo.com or messaging me on Facebook.

November is National Running Safety Month

As autumn swings into full gear, leaves change color, the air grows crisp and the sun sets earlier. For runners, this means more early morning and evening miles spent training in the dark.

While the cooler temps of fall are perfect for setting new race PRs, running in the dark can be risky as you are not visible to other cars, runners and cyclists. Running with high-visibility apparel and accessories can make all the difference. And, remember these simple Safety Tips: Be visible, run against traffic, keep your ID on you, stay on well-lit paths, run with a friend or, better yet, with your favorite running group!

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

Vista View 360



Sunday, January 13, 2013

Vista View Park - Davie • 6AM - 12 Noon

This loop course is a 1.24 mile dirt/mulch trail around Vista View Park. Runners complete as many loops as they can within the 6-hours.

CASH PRIZES - ULTRAMARATHON

1st Place (M/F) - \$360 • 2nd Place (M/F) - \$100 • 3rd Place (M/F) - \$50

spirit
airlines

FREE SPIRIT AIRLINE TICKET VOUCHERS TO ANYONE WHO BREAKS THE COURSE RECORD!

Title Sponsor ➔

MITCHELL & WEST LLC
ATTORNEYS AT LAW

~~~ 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 CENTRAL PARK in PLANTATION**

Gold Coast Runners Wed. Night Fun Run Central Park

Wednesday Evenings Central Park in Plantation
Just north of Broward Blvd. on Central Park Drive - Meet by the track
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