

# Gold Coast Runners



**Gold Coast Runners**  
 c/o Runner's Depot  
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 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.*

## SHIRT OFF YOUR BACK

By Spencer D. West



Recently I found myself in a bit of a tough spot for a runner. I had just fought rush-hour traffic after a long day at work so that I could meet a small group of runners for our weekly training run, when I discovered that in my frantic rush to pack my running gear that morning, I hadn't packed the most important running accessories of all, my running shoes. Here I was all dressed in my running clothes, but minus the sneakers. If I was researching another topic, say barefoot running, I guess this wouldn't be a bad thing. However, I desperately needed to get a stress relieving run in and was getting close to packing it in and heading home defeated.

As I was searching my trunk for an old pair of sneakers, another runner (and fellow writer for this paper) I know, Bob Dozoretz, a/k/a "Coach Bob" to many a runner, happened to be driving by and stopped to ask me what I was doing looking through my trunk with no sneakers on. I informed him of my predicament and he, without a moment's hesitation, literally offered me the sneakers off his feet (well, in his trunk to be specific, but you get the point...). The size was wrong, but with the extra socks he was also carrying and that he graciously offered me as well, I made it work. I thanked him and quickly hit the trails to salvage my run.

I told the story about the sneakers to the guys I was running with and they didn't seem terribly surprised by the gesture. The subject soon changed to other topics of the day, including the devastating storm that had just hit the northeast and the possibility that the New York City Marathon might be canceled. The opinions as to whether NYC made the right call on their ultimate decision to cancel the NYC Marathon vary greatly, but one thing for certain is that many of the runners who ended up making the trip to New York donated their time and money to help those displaced by Super Storm Sandy.

Several days after Coach Bob lent me his spare sneakers, I was running a solo long-run in the mid-afternoon sun (in my own sneakers once again) and found that most of my run was consumed with thoughts of the selfless acts of the runners in NYC in assisting with the relief efforts and just the general feeling of comfort it gave me hearing many of the stories these runners had. These thoughts then turned

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## Welcome New & Renewing Members

Jose Pagunsan      Jennifer LaVecchia      Valentina Inbloom  
 Sandra Beamsderfer      Anthony LaVecchia      Elizabeth Cartright

### 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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 Name \_\_\_\_\_ Sex \_\_\_\_\_ DOB \_\_\_\_\_  
 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 \_\_\_\_\_