

# 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)

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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.*

## A family that runs together

By Spencer D. West



I am finally over the guilt that I've felt for the past several years when I've dragged my kids to early morning races locally and even out of state. What allowed me to get over this guilt? My children's sudden interest in everything running did. After a long day of work and after-work training, it is music to my tired ears to hear both of my children, aged 9 and 6, practically begging to go out with my wife and me for a run. Any parent reading this will know that it's no easy task to pry children away from the television or computer screen. It is also no easy task to convince kids (or even adults) that an extracurricular activity that you may be interested in would be something that would also interest them.

This interest in running with both of my children started when each of them started asking to join either my wife or myself on evening runs. It instantly became something that allowed us to do something active as a family. Before long, both children were up to almost 2 miles of running and were requesting to

take part in an actual race. We signed them up, and watching and helping them run their first 5K this past weekend was something that made me so proud of them that words cannot adequately describe the feeling. It was then that I realized how fortunate I really was to have a healthy family activity that we could all take part in and enjoy throughout the year.

I remember running with a guy several years ago who used to win a lot of local races. He told me that he did not believe that his wife even knew that he was out running in a race. Having a wife that was running for as long as I've known her (long before I was running), it seemed hard to fathom that he wouldn't share this experience with his wife, or that she wouldn't take part in the experience with him. I literally ran into that same guy not too long ago after not seeing him for several years, and he informed me that he had recently gone through a divorce. Now, it would be awfully naïve for me to assume that had they had the same interest in running or other physical activity that they would still be together, but I think I think it does open up some food for thought. Though I think it is fair to say that having common interests in a physical activity, whether it be running or any other athletic endeavor, can only add to the relationship.

Relationships are built on common interests, whether it be marriage, dating or simply friendship. Before my kids showed any interest in running, I remember looking on in envy as several runners I knew would all run races together as a family. I think the same is true for people we are dating or married to as well. Running

*continued on next page*

## Welcome New & Renewing Members

Heidi Caballero  
 Javier Caballero

Sarah Francis

Irene Chan  
 Andrew Derbyshire

### MEMBERSHIP APPLICATION

CHECK ONE:  New Member(s)  Renewing Member(s)  Past Member(s)

CHECK ONE:	Individual	Family	Group	Lifetime
1 Year	<input type="checkbox"/> \$25.00	<input type="checkbox"/> \$35.00	<input type="checkbox"/> 10-24 \$20 each	\$175.00 (individual)
2 Year	<input type="checkbox"/> \$45.00	<input type="checkbox"/> \$55.00	<input type="checkbox"/> 24-49 \$15 each	
3 Year	<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 \_\_\_\_\_