

Gold Coast Runners



Gold Coast Runners
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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.*

Emily's Story

By Spencer D. West



After the act of terrorism we all witnessed last month in Boston and seeing the uniting factor it had on runners and non-runners alike throughout the country, I was left with the belief that next year's race will feature many inspirational stories about people that lost limbs and suffered other devastating injuries from the bombings and still find ways to overcome the odds and lace up a pair of sneakers to tackle the famed 26.2 mile course. Inspirational stories, especially in athletics, are so powerful because they can transform a negative or even heart-wrenching situation into a story that inspires others in ways the inspirational figure may never know. These are the people I look for when writing this monthly column, and for a long time I've been meaning to write one about a well-deserving staple in the local racing circuit, Emily Daycock.

Emily has suffered from debilitating seizures since she was ten months old after being born two-months premature. As an epileptic, suffering seizures that would occur 2-3 times per year and leave her hospitalized for a week at a time, Emily was not your poster child for someone who would have any success in athletics. Add to that the fact that Emily was enrolled in the Exceptional Student Education program since pre-school, and the odds just weren't in her favor that she would participate in traditional county-wide sports. Life is thankfully not ruled by odds.

In her early teens, Emily was started on seizure medication that finally reduced her seizures to the point that she suffered her last seizure in December 2006. The medication was not without its side effects though, and Emily gained about fifty pounds as a result. This is where running entered Emily's life and has never left since. Like many others before her, Emily started running with the simple goal of losing weight. She also had dreams of playing high-school basketball, a sport that she excelled at as a child while playing the neighborhood kids. Emily's recreational start to running quickly turned to her joining the cross-country high-school practices after school as a non-team member.

Over the next couple of years, Emily not only took off the weight, but she transformed herself into a legitimate "lettered" Broward County All-Star athlete in three varsity sports for Hollywood Hills High-School (basketball, flag football and cross country). She was the leading free throw shooter for many of the basketball games and often had fans of not only her own team but also the opposing teams cheering for her. In cross country, she achieved her greatest success by becoming the fastest female on the team. She was such a standout cross-country runner that her coach had her train more with the boys than the girls on the team. In her senior year, Emily was awarded the Heart of a Champion Award and also received a Broward County Athletic Association \$1,000.00 scholar-athlete award.

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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

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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 _____