



TEAM FORT LAUDERDALE

FROM THE PRESIDENT

GFLRRC

www.gflrrc.org

BOARD OF DIRECTORS

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At-Large

Open

VOLUNTEER POSITIONS

Photographer:

Sonya Smith

COACHES

Saturday & Wed

AM Track:

Robert Hendrick 954-714-8465

CoachRobert@gflrrc.org

Sunday:

Tamara Klopenstein

CoachTamara@gflrrc.org

Walking Coaches:

Roseanne Elakman

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Bob Barnard

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Cross training:

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754-224-7779

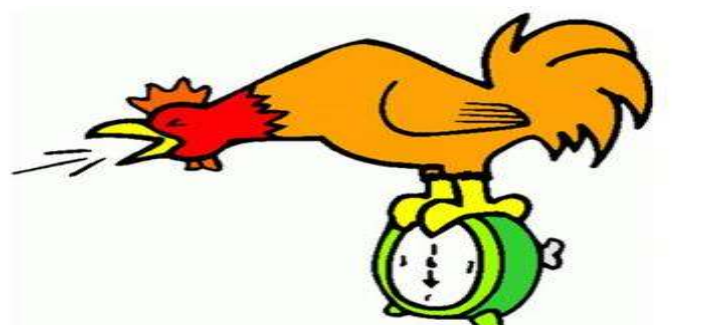


Grandma says "See the President's Message" on the club's website:

www.gflrrc.org



- DATE: Saturday August 3rd & Sunday August 4th
- TIME: 6 AM
- PLACE: Saturday (Galleria Mall) / Sunday (Sullivan Park) see directions at [www:gflrrc.org](http://www.gflrrc.org)
- REASON: Kick Off Training for the Fall Racing Season
- RRCA Certified Coaches available both days
- FOOD: Continental Breakfast After Run / Walk
- Club Tech T's - \$5



TEAM FORT LAUDERDALE Rise & Shine Weekend Training



Cordially Invites You To Our

Date: August 10th

Time: 6:00pm

Place:

One Stop CrossFit @

4553 NE 6th Ave

Oakland Park FL, 3334

Reason: GFLRRC's Cross Training Coach Kurtis from One Stop Cross Fit is sponsoring this part

- Food
- Drinks
- Music
- Crossfit Games
- Raffle

Cost—Open to Members & Non Members

- Free if you RSVP before August 5th to

Cynthia@gflrrc.org



KICK OFF 5K

BIRCH STATE PARK - AUGUST 17TH 2013

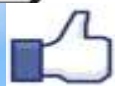
For the schedule of fun runs and track workouts,

please visit:

www.gflrrc.org



Party hosted by



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