

MARK YOUR CALENDAR

FLANIGAN'S
Rockin'

RIB RUN
10K RACE • OCTOBER 26, 2014

PRESENTED BY
**Runner's
DEPOT**

FREE RIBS & BEER

Upcoming Don't-Miss GCR Events

Firefighter's 5K

Sunday, September 7, 2014
Hollywood Beach Broadwalk at Charnow Park



Vista View 360 Ultramarathon & Relay

Sunday, January 11, 2015
Vista View Park in Davie



10th Annual Run Through Central Park 5K

Sunday, February 15, 2015
Central Park in Plantation

Betting the House on running, *continued*

for the USAT duathlon rankings, He's won his age group in many races, including the highly competitive Seven Mile Bridge Run in the Keys and has also continued to set new PR's as he goes. He loves the obstacle races and in January 11th of this year, he placed ninth overall out of over seventeen hundred participants in the 9.5 mile Superhero Scramble Race.

For anyone who has met John, they are well aware of his tremendous physique, which isn't always typical for competitive runners. Recently, John was approached at the gym by someone he knows who convinced him to enter a bodybuilding competition. John assumed he would not stand a chance against many of these bodybuilders who compete regularly, but he was wrong. The same competitive drive that has allowed him to do so well in racing, also brought him to a third place in the over forty division in his very first competition.

John House has used running and competing to not only help him deal with tremendous stress, which thankfully is no longer an issue in his business, but he also realizes how much competing not only helps with his own health but how much charitable organizations benefit from people competing in these races and helping raise the much needed funds. John's future running goals are to keep getting more and more competitive in his current age division and for those in the 60-64 age division, you better get ready!

Please feel free to send your feedback on this article or suggest future topics or alert me to athletes of interest in the local community by contacting me at spencerruner@gmail.com or messaging me on Facebook.

~~~ Join Us ~~~

Gold Coast Runners weekly training runs!
We are a beginner-friendly group!

Sunday Morning – Hollywood Beach Broadwalk with the Hollywood Run Club, A-1-A & Garfield Street at Charnow Park.
7:00AM start. All paces, Runners & Walkers. Join us for refreshments & stretching after the run!

Tuesday Evening – Hollywood Beach Broadwalk with the Hollywood Run Club, A-1-A & Garfield Street at Charnow Park.
7:00PM start. All paces, Runners & Walkers. Join us for refreshments & stretching after the run!

Wednesday Evening – Robbins Park – Hiatus Rd just North of Orange Dr in Davie - 6:00PM start. 4-6 miles. All paces welcome!
We meet/park by the 1st bathroom.

**Meet
Up
with the
Weston
RUN
CLUB**

Wednesday Evenings Weston Town Center

Meet by the Bell Tower
7:00PM

Stay after for the cool-down
stretch & refreshments
All paces 3-4 miles

Thursday Evenings - 17th Street Causeway Ft Lauderdale Run Club - Training Run

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

Saturday Mornings – Weston Town Center

6:00 AM – 5-10 Miles, All Paces, 2 Water Stops

Runners and walkers, all paces Welcome!

For more information call 954-474-4074