

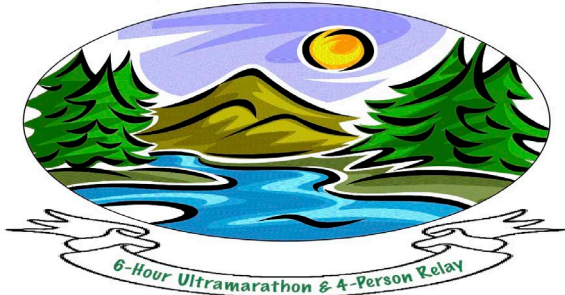
Run, and Repeat, *continued*

Repetition is also the key to long term success in running as well as staying as injury free as possible in this sport. You must know that injuries happen no matter how careful you are but that doesn't mean you should run in fear. Instead, have faith in the training plan you have selected after careful self-analysis or research or from working with a coach. Also, have faith that completing the workouts, runs and mileage will work. That doesn't mean that missing a day for a needed break or taking an extra rest day ahead of a race or for an event you can't miss is fatal to any plan you are following, it just means that your general habit should be getting the job done every time you lace up your sneakers or set out to do something ahead of time. Give yourself a chance to succeed, and repeat.

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 spencerrunner@gmail.com or messaging me on Facebook.

GOLD COAST RUNNERS UPCOMING EVENTS

Vista View 360



Vista View 360

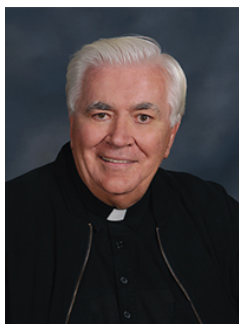
6-Hour Ultramarathon & Relay
Sunday, January 11, 2015
6:00AM-12 Noon
Vista View Park, Davie



5K Run & Fitness Walk

Run Through Central Park

5K Run & Fitness Walk
Sunday, February 8, 2015
7:00AM
Central Park, Plantation



1st Annual Father O'Reilly 5K
5K Run & Fitness Walk
Saturday, April 25, 2015
Bamford Park, Davie



10K RACE • OCTOBER 26, 2014

PRESENTED BY
**Runner's
DEPOT**

Congratulations to our Winners!

Male Overall

Stephen Pifer
Ethan Clary
Christopher Mills

Female Overall

Laura Pifer
Alice Henley
Marlene Persson

Male Masters

Ronnie Holassie

Female Masters

Carol Postigo

~~~ 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. DURING DAYLIGHT SAVINGS TIME!

Wednesday Evening - Weston Town Center - Meet by the Bell Tower - 7:00PM start. 3-4 miles. 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

Thursday Evenings – Coral Springs Parkland Run Club at Runner's Depot-Coral Springs 5679 Coral Ridge Drive (954) 575-2090. All paces, 3-5 miles. Refreshments and raffles after the run!

Saturday Mornings – Weston Town Center
6:00 AM. 5-10 Miles, All Paces, Water stops every 2.5 miles

Runners and walkers, all paces Welcome!