

# Miami Road Runners

**CLUB MISSION:** *The purpose of the Miami Road Runners Club is to promote, encourage, and support the sport of running and good health through a network of friends and family in the community.*



## Miami's RRCA Run Club

Join us . . .

**Thursday Evenings  
6:45PM**

**Runner's Depot – Aventura  
20335 Biscayne Blvd**

**Functional Fitness Workout Interval Run**

### Board of Directors

**President**  
Renée Grant

**Vice President**  
Barry Weiner

**Secretary**  
Chuck Kirsch

**Treasurer**  
Renée Grant

**Training Director**  
Caron Schiffman

**Social Director**  
Barbara Bermeo

## Cupping for sports injuries

Cupping is one of the oldest methods of Traditional Chinese Medicine. The earliest recorded use of cupping dates to the early fourth century, when the noted herbalist Ge Hong wrote about a form of cupping in *A Handbook of Prescriptions*. Later books written during the Tang and Qing dynasties described cupping in great detail. Cupping refers to an ancient Chinese practice in which a cup is applied to the skin and the pressure in the cup is reduced so that the skin and superficial muscle layer is drawn into and held in the cup. In some cases, the cup may be moved while the suction of skin is active, causing a regional pulling of the skin and muscle (the technique is called gliding cupping).

The main reason athletes find themselves in a cupping session is to loosen tight muscles and adhesions. Cupping therapy actually pulls adhesions apart and relaxes tight muscles. The skin is pulled into the cup during a treatment session, and doing this causes blood to be pulled into that area, thus increasing blood flow. When the cup is removed, blood flow returns to the area bringing nourishment and accelerating the repair of damaged tissue. The increased blood flow and tugging of skin away from muscles and joints helps to reduce inflammation by allowing the fluids to drain quickly.

Neck pain, back pain, shoulder pain, joint pain, chronic muscle pain or muscle spasm, and plantar fasciitis are the most common athletic complaints that are treated with cupping therapy.

Cupping pairs well with other treatments. Cupping isn't the "fix" everything modality; it is just one more tool in the toolbox of options offered for the treatment of sports injuries.

*David Sontag, L.Ac, Acupuncture Physician (305) 949-2990*

## Welcome New Members

Daniela Bursztyn  
Tulio Maldonado  
Cesar Castro

Leticia Zucolillo  
Olivier Kasner  
Gene Parish  
Natalia Romero

Robert Aschheim  
Martha Irias  
Geovanni Denis

### Sponsors



### MEMBERSHIP APPLICATION

CHECK ONE:	<input type="checkbox"/> New Member(s)	<input type="checkbox"/> Renewing Member(s)	<input type="checkbox"/> Past Member(s)
CHECK ONE:	<u>Individual</u>	<u>Family</u>	<u>Group</u>
1 Year	<input type="checkbox"/> \$25.00	<input type="checkbox"/> \$35.00	<input type="checkbox"/> 10-24 \$20 each
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
			<b>Lifetime</b> \$175.00 (individual)

Make checks payable to: Miami Road Runners Club

Mail to: Miami Road 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 Miami Road 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 \_\_\_\_\_