

# 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**  
Reneé Grant

**Vice President**  
Barry Weiner

**Secretary**  
Chuck Kirsch

**Treasurer**  
Reneé Grant

**Training Director**  
Caron Schiffman

**Social Director**  
Barbara Bermeo

2nd Annual

# IVES 5

**5K Run/Walk Through  
the Park & Health Expo**



**A non-technical, off-road run/walk through the Park**

brought to you by: Lightning Cross Country

Shape up with Schiffy & the Miami Road Runners Club

**Sunday, May 24th • 7:30AM**

**Ives Estates Park**

20901 NE 16th Ave, Miami

All proceeds will be donated to the fight against Childhood Obesity

### 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 \_\_\_\_\_  
 Name \_\_\_\_\_ Sex \_\_\_\_\_ DOB \_\_\_\_\_  
 Name \_\_\_\_\_ Sex \_\_\_\_\_ DOB \_\_\_\_\_  
 Name \_\_\_\_\_ Sex \_\_\_\_\_ DOB \_\_\_\_\_

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 \_\_\_\_\_