

Miami Road Runners



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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

Shape Up with Schiffy

Functional Fitness Workout Interval Run

How to handle those hot summer runs

The heat and humidity have a way of sucking the life force out of a positive running spirit, especially on your longer runs. However, the fact that you're training through the discomfort instead of letting the heat defeat you means you'll be prepared to race this fall, whatever the weather. Here are some strategies to help you survive the heat:

Celebrate the little wins. Look back and reflect on how far you've come this season. When the heat challenges your spirit, it's easy to get bogged down with worries and forget the little wins along the way. Ground yourself in these achievements. They mean that you're going into your race prepared.



Know that slowing down isn't all bad. One of the core purposes of a long run is to spend time on your feet in an aerobic effort to develop the stamina to go the distance without running so hard that you're wiped out for more than a few days. With every run that takes you a little longer than normal, you are banking more time on your feet and building a foundation of endurance for race day. Running more slowly than usual is a blessing in disguise—the longer you're out there, the more your endurance improves. Pace yourself according to your body, run at a conversational effort (able to talk easily), and put your worries about how slowly you're going on the back burner until fall. Slow down to keep your engine cool, add walk breaks if needed, and remember that the extra time will help you on race day.

Remember: That which does not kill us makes us stronger. Heat prepares your body for the demands of the race by teaching it to physically and mentally navigate a demanding run. What does this mean for you? Simply put, all those hot, humbling runs are teaching your body how to push and perform in much harder conditions than what you'll hopefully face on race day.

Join us every Thursday night for a great functional fitness workout and interval run. You'll do some running, learn new strength building techniques that will benefit your running and help keep you injury-free, meet new friends and have a lot of fun while getting in shape! This is a free workout open to everyone of all ability levels. Come out and give it a try!

Sponsors



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Member No. _____

First Name _____ Last Name _____

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Family Member Name _____

Annual Membership: \$35/Individual -or- \$50/Family (up to 3 Family Members)

Make check payable to: **Miami Road Runners Club** c/o Runner's Depot 2233 S. University Drive, Davie FL 33324