

# Miami Road Runners



## 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**

### Board of Directors

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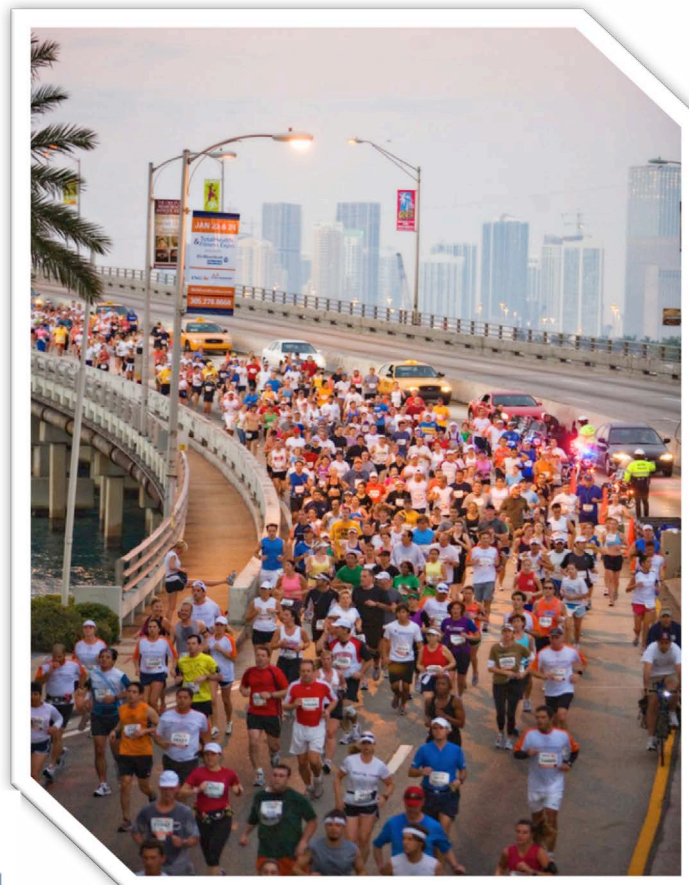
**Social Director**  
Barbara Bermeo

## Kick your running up a notch for MIA

With just about three months left til the big day, the Miami Marathon and Half Marathon, now is the time to start training. Come out and let the Miami Road Runners Club and Runner's Depot get you there!

If you are not already a member of the MRRC, now is the time to join. Join us at Runner's Depot in Aventura every Thursday night at 6:45 for a wonderful training run and workout with Coach, Caron "Schiffy" Schiffman. She will guide you and inspire you to do your best! Even if you're not training for a marathon or half marathon, she will be there to get the best out of you each week. Don't be shy. Everyone is welcome. All levels of ability are welcome. We will make you feel comfortable and make sure you get to know each other. You may even find a training partner to connect with for other weekly workouts.

Stick around after the workout for refreshments, stretching and often a speaker or clinic. Please give us a try. We look forward to seeing you!



## MIAMI MARATHON AND HALF MARATHON™

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



Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Member No. \_\_\_\_\_

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-Mail \_\_\_\_\_

DOB \_\_\_\_\_ Gender \_\_\_\_\_ M \_\_\_\_\_ F Work Phone \_\_\_\_\_

Family Member Name \_\_\_\_\_

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