

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

Shape Up with Schiffy

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

Come run with us!

THE LUCKY 7 MILES OF MARCH TRAINING RUN

Saturday, March 19th • 6:30AM



Runner's Depot-Aventura
Sponsored by Runner's Depot & Saucony

A 7 Mile Training Run
Out & Back course with water stops
VIP Sale for participants after the run!

For more details go to
Runnersdepot.com



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