

UPCOMING EVENTS



3rd Annual

Father O'Reilly

5K RUN & FITNESS WALK

Saturday, April 29th • 7:00AM
Vista View Park • Davie

Flat, fast course! NO HILLS!

Please arrive early as this will be a well-attended event

You will need to pay an entrance fee to the park
\$1.50 PER PERSON

Early Packet Pick-up will be held Friday, April 28th at the Runner's Depot-Davie store from 10:00AM - 5:00PM.



Gold Coast Runners

Marathon & Half-Marathon Training Programs

BOSTON BOUND – Qualifier Training For those who are interested in training to Qualify for the Boston Marathon

This coached Training Program is designed to take you to your next level of running fitness and help you qualify for a future Boston Marathon (2018 or later)

28-WEEK TRAINING PROGRAM

GCR MARATHON & HALF-MARATHON TRAINING PROGRAM

For those who want to do their first Half or Full
Marathon or better their time from their previous race

16-WEEK TRAINING PROGRAM

Both Programs begin Saturday, February 25th

Weston Town Center * 6:30AM

1675 Market Street, Weston

Meet in the alcove next to Tarantella Restaurant

Register at Runner's Depot or on Active.com

For more information e-mail Renee@runnersdepot.com

Join us for a Group Run
with your Friends!



Sunday Morning – Hollywood Beach Broadwalk with the Hollywood Run Club, A-1-A & Garfield Street at Charnow Park. 7:00AM start. All paces, Runners & Walkers.

Sunday Morning – Vista View Park, Davie
On Boy Scout Road (142nd Ave.) just North of Orange Drive. 7:00AM start. All paces. Up to 13 miles or as many as you'd like. Run the 1.25 mile trail loop with hills. A great workout! Park by Shelter #1.

Tuesday Evening – Hollywood Beach Broadwalk with the Hollywood Run Club, A-1-A & Garfield Street at Charnow Park. 7:00PM start. All paces, Runners & Walkers.

~~**Wednesday Evenings – Robbins Park, Davie**~~

~~**Just North of Orange Drive on Hiatus Road**~~

~~6:00 PM – Meet by the bathrooms~~

~~All paces, 4, 5, or 6 miles. Stay after for the stretch~~

~~**Only held during Daylight Savings Time!**~~

Thursday Mornings – Vista View Park, Davie
Just North of Orange Drive on Boy Scout Road

6:00 AM – Private GCR Hill Training

All paces, any distance. Enjoy an early morning workout on the hills before the park opens!

Thursday Evenings - 17th Street Causeway
Runner's Depot Run Club – Ft Lauderdale

6:30 PM - Starts at Runner's Depot - Ft. Lauderdale
1489 SE 17 St. Causeway, Southport Center

All paces, 4-6 miles. Refreshments & raffles!

Thursday Evenings – Coral Springs-Parkland
Runner's Depot Run Club – Coral Springs

Starts at Runner's Depot-Coral Springs
5679 Coral Ridge Drive (954) 575-2090

All paces, 3-5 miles. Refreshments & raffles!

Thursday Evenings - Weston

Runner's Depot Run Club – Weston

6:30 PM - Starts at Runner's Depot – Weston
1378 Weston Road, Country Isles Plaza

All paces, 4 miles. Refreshments & raffles!

Saturday Mornings – Weston Town Center

6:00 AM. 5-10 Miles, All Paces, 2 Water Stops

Runners and walkers - All paces Welcome!