

# Gold Coast Runners



**Gold Coast Runners**  
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**CLUB MISSION:** *The purpose of the Gold Coast Runners is to promote, encourage, and support the sport of running and walking through a network of people and resources engaged to educate the community on the benefits of the sport.*

## Who are you cheating anyway?

By Spencer West



In terms of famous cheaters, New York City's Jane Seo may now be second only to the infamous Rosie Ruiz (who reportedly lives in South Florida, by the way). The A1A Marathon, although a great local race, is hardly the Boston Marathon, but the casual observer would have no way of knowing that last month when the race made

international news for a cheating scandal in its half marathon.

Cheating doesn't start in the actual race. Instead, it starts in the training, or lack thereof. Any runner who races, whether they admit it or not, likes the glory of getting up on the podium or otherwise being recognized for their athletic achievement. Why shouldn't they? When you work hard and do your best, it is nice to be recognized for that effort; it's called human nature. I am one of those runners who enjoy training as much as I enjoy racing. Sure, I loathe the long lonely miles of marathon training, but I also long for the hard workouts as I know that those will allow me the best chance of succeeding in races.

I think this is the fork in the road where ordinary hard working runners converge with those who would rather take credit for something without doing the hard work it takes to earn that credit. It is an individual choice, after all, as nobody calls out anyone for cheating themselves on the track, road or treadmill. That is what is occurring when someone cheats themselves enough times; they have chosen their path at the fork in the road. The path for being the best you can be at any race, at any distance, in any conditions, is to put the hard work in day after day, month after month and year after year. If you're not willing to do this, don't expect anything in return come race day.

From what I've read about Jane Seo, the Harvard graduate and food blogger for the Huffington Post appears to be a talented runner who got caught up in the need to be better than what she was capable of on the day of the A1A Half Marathon, which was unseasonably hot and humid. She probably put in the hard work prior to toeing the line, and I'll venture to guess that she had no plans on pulling off an elaborate cheating scandal prior to realizing that she simply couldn't run the time she had convinced herself she needed to run for some self-justification or to impress others.

I don't think Jane Seo should be vilified any more that she already has been. Instead, scandals like this should remind all of us that beyond putting in the hard work during training, we also need to not let any decision we have on race day ruin or tarnish our reputations!

*Continued on next page*

### MEMBERSHIP APPLICATION

CHECK ONE:  New Member(s)  Renewing Member(s)  Past Member(s)

CHECK ONE: Individual Family

1 Year	<input type="checkbox"/> \$35.00	<input type="checkbox"/> \$50.00
2 Year	<input type="checkbox"/> \$60.00	<input type="checkbox"/> \$75.00
3 Year	<input type="checkbox"/> \$95.00	<input type="checkbox"/> \$115.00

Make checks payable to: Gold Coast Runners  
 Mail to: Gold Coast Runners c/o Runner's Depot 2233 S. University Drive, Davie FL 33324

Name \_\_\_\_\_ Sex \_\_\_\_\_ DOB \_\_\_\_\_  
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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 Gold Coast 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 \_\_\_\_\_