

Gold Coast Runners



Gold Coast Runners
c/o Runner's Depot
2233 S. University Drive
Davie, FL 33324
954/474-4074

www.goldcoastrunners.org

BOARD MEMBER REPRESENTATIVES

President

Renee Grant 954/474-4074
Reneeg23@aol.com

Vice President

Chuck Kirsch 954/474-2020
chkfin@bellsouth.net

Secretary

Debi Esposito 954/749-8154
Imagine55@hotmail.com

Treasurer

Sue Mann 954/473-1519
Suean.mann@rsmi.com

Membership

Terri Swanson 954/336-8367
tlsruener@bellsouth.net

Newsletter

Spencer West 786/261-9509
sdwest@110@yahoo.com

Social Events

Myriam VanMalleghem
954/450-9762

paelinck@bellsouth.net
and

Lucy Lanzar 954/471-6752
lucille.lanzar@thefusiongroup.com

At Large

Lou Esposito 954/749-8154
Imagine55@hotmail.com

Hugo Radelat 954/540-7867
trimanhr@gmail.com

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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.*

I RAN MY FALL MARATHON... NOW WHAT?

By Spencer West



Okay, so you have trained for 16 weeks or so throughout the brutal summer for a marathon. You most likely traveled out of town, had the time of your life exploring the city and attending the race expo and pre-race activities, and then poured everything you had out on the marathon course. Now it's over and you're fatigued, nursing sore muscles and probably still of the mindset

that you can't imagine doing it over again for quite some time, if ever. So now what? Do you cut the training back dramatically after you heal (literature says the body fully heals after approximately 26 days) and risk losing the marathon fitness you have worked tirelessly for? Well, that's certainly an option and one utilized by many athletes who train hard for an event and then wait until the next race "cycle" before they start training again to re-gain that marathon fitness all long-distance runners strive for. This approach is commonly used by triathletes who have a designated race season that starts and ends at a certain time, or for runners who live in seasonal climates. In Florida, however, a different approach may be warranted and beneficial for runners.

When I trained hard for my last Fall marathon several years back, an experienced runner I know suggested that I sign up for a local 5K approximately two weeks after the marathon and pretty much guaranteed that I would get that always sought after PR (personal record). I took his advice and signed up for the local Thanksgiving Turkey Trot. During the two weeks before the race I let my body heal and slowly started training again, albeit with a little less intensity. Well, the day came and the running felt easier than I had anticipated and when I crossed the finish line I had my new PR! So I kept going and signed up for other races ranging between 1 mile to the half-marathon, even throwing another marathon in 6 weeks later (which, although I ran a PR, it is not something that I recommend for inexperienced marathon runners due to the obvious risk of injury and over-training). The result was the same, as I checked off PR's in every distance I ran. With this said, I certainly do not advocate signing up for a dozen races once your marathon is done. But, I also do not recommend letting all that hard work and excellent fitness go to waste. Racing can be fun and rewarding when you have the fitness-level to run your best. When you make the trek to the starting line of the marathon after training correctly, you are in absolute tip-top shape and ready to run well in any distance event. It stands within reason, therefore, that once your body heals from the trauma caused by 26.2 miles, your fitness-level is still at its highest and your body is ready to race.

Although racing is not necessary to take advantage of that marathon fitness you worked so hard for, it is a good way to gauge your current fitness-level (similar to running a few tune-up races prior to

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MEMBERSHIP APPLICATION

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

CHECK ONE: Individual Family
 1 Year \$35.00 \$50.00
 2 Year \$60.00 \$75.00
 3 Year \$95.00 \$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 _____
 Name _____ Sex _____ DOB _____
 Name _____ Sex _____ DOB _____
 Name _____ Sex _____ DOB _____

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 _____