

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.*

ULTRA-PREPARED

By Spencer D. West



To be successful in a race, your head has to be in the game, not just from the word GO but also in the months of training leading up to the race. The meaning of success varies depending on the person, but most would agree that finishing the race is the key to success. I've written many articles about race preparation for different distances ranging from the 5K to the marathon. However, no running distance exemplifies the need for proper preparation quite like the ultra-marathon.

We have many fine ultra-runners in South Florida, and one of them is a true up and comer in the ultra-world, Andrei Nana. Andrei, a 36 year old lawyer, hails from Transylvania (yes, that Transylvania) and currently lives in Hollywood, Florida. Over the last couple of years, I've had the pleasure to speak with Andrei about his training and racing and have watched him evolve as a runner who is now competing at a high level, even in international races. Over the span of several years, Andrei has completed 20 ultra-races, including placing third overall in the Keys 100 in May of this year. He has the rare distinction of only having one DNF in ultra-racing, which was his very first race. Since that time, he's trained and prepared for races to ensure that would not happen again.

After the Keys 100, Andrei made the bold proclamation that he would focus his time and energy in races of 150 miles or more, and would make the prestigious Spartathlon in Greece his next race. Many consider the Spartathlon as the toughest ultra-race in the world, as it requires runners to not only qualify for the race, but also maintains strict time-split guidelines on the actual course. Participants are literally pulled off of the race course if they don't make their time splits. The Spartathlon revives the footsteps of Pheidippides, who many may know as the ancient Athenian long distance runner and inspiration for the modern marathon.

First is the physical training itself, which for ultra-running can take upwards of two years (three to reach a competitive level) to get your body to a point where it is capable of withstanding the

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Welcome New & Renewing Members

Gil Bonwitt
Leo Mercedes
Chris Kucharik

Diane Scully
Win Spears
Myrna Delgado

Kira Turchin
Gabriella Tello
Jennifer Mann

MEMBERSHIP APPLICATION

CHECK ONE:	<input type="checkbox"/> New Member(s)	<input type="checkbox"/> Renewing Member(s)	<input type="checkbox"/> Past Member(s)
CHECK ONE:	<u>Individual</u>	<u>Family</u>	<u>Group</u> <u>Lifetime</u>
1 Year	<input type="checkbox"/> \$25.00	<input type="checkbox"/> \$35.00	<input type="checkbox"/> 10-24 \$20 each \$175.00 (individual)
2 Year	<input type="checkbox"/> \$45.00	<input type="checkbox"/> \$55.00	<input type="checkbox"/> 24-49 \$15 each
3 Year	<input type="checkbox"/> \$60.00	<input type="checkbox"/> \$75.00	<input type="checkbox"/> 50 + \$10 each

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 _____