

South Florida Striders



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Newsletter Editor

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Hi fellow Club Members:

Well, it looks like summer is finally over and we can look forward to cooler months ahead. I hope that those of you who have been training hard this summer for fall running events, reap the benefits of all that training with fast times at those events.

I was happy to see close to forty members of our club show up for the Marlins game against the New York Mets on Saturday 9/1/12. It was a thrill to see the new baseball stadium and its beautiful surroundings. Unfortunately, the Marlins lost that evening, but everyone from our Club seemed to have a good time. I want to congratulate Board member Christina Weisberg for planning this great social event. Hopefully, we can do it again next year.

If you do not know yet, our Club has been hired by the Navy League to help manage the 2012 5K Pursuit to Honor Courage Commitment Benefiting the Wounded Warrior Project on Saturday October 13, 2012 @ 7:30 A.M. The event will take place at the Broadwalk in Hollywood Beach (Johnson Street location). Applications are now available at Running Wild in Ft. Lauderdale and Runners Depot in Davie, FL. If you want to register online, you can do so by going to our website www.SouthFloridaStriders.com. We already have enough volunteers for the event. If you have any other questions about the event, please call me at (954) 442-0129 or you can e-mail me at FastRalph2@comcast.net.

Nova Southeastern University has hired the Striders as race managers of the 2012 Shark Shuffle 5k Run/Walk. It will be held on Sunday October 14, 2012 at 7:30 AM at the NSU campus in Davie, FL. This year's event will feature a slightly different 5k route than last year's event. Applications are now available at Running Wild in Ft. Lauderdale and Runners Depot in Davie, FL. If you want to register online, you can do so by going to our website www.SouthFloridaStriders.com. We are in need of an additional five to six volunteers to help in such areas as finish line and course set up and breakdown. Please contact me at the number and e-mail address listed above if you want to help us out.

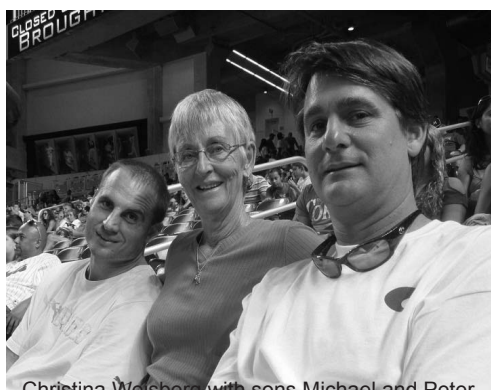
To a lesser extent, our Club will also be involved with the Women in Distress' Safe-Walk 5k Run/Walk to be held at Tradewinds Park on Saturday 10/27/12 at 7 AM. The park is located in Coconut Creek, FL on Sample Road just west of the turnpike. We will be providing some technical support for this event, but we will not be in charge of the management of the event. We need an additional two to three volunteers for the event. Please let me know if you are interested in helping out.

I am happy to report that for the third year in a row, we are going to be involved with the Sickle Cell Disease Association of Broward County to manage the 3rd Annual Cell-ebriation 5k Run/Walk to be held on Saturday 11/3/12 at 7:30 AM at Central Broward Regional Park in Lauderhill, FL. Applications will be available soon, but you can now register online by going to Active.com or by going to our website www.SouthFloridaStriders.com. We are in need of an additional seven to eight volunteers to help in such areas as finish line and course set up and breakdown. Please contact me if you want to help us out.

I am still working on other running events we might be managing in the spring of 2013. As soon as I get final confirmation of our involvement with these events, I will let all of you know.

See you on the roads, Ralph Guijarro.

Sandi and Bill Wagner



Christina Weisberg with sons Michael and Peter



Peter Walton



Susan and Steve O'Malley

Training Runs

Wednesday, 6:15pm Hollywood Broadwalk

Weekly training run at the Hollywood Broadwalk. The run starts at the Bandshell on the Broadwalk at Johnson Street and A1A. All distances and paces. 8.5 mile course.

Thursday, 6:30 PM Running Wild Store

Weekly training run with other local running/walking groups from the Running Wild store in Ft Lauderdale
Distances: 3-6 miles
Contact Ralph Guijarro at (954) 442-0129 for more information.

Saturday, 6:30am Holiday Park

Holiday Park in Ft Lauderdale - park by the gym in the south side of the park.
Distances: 6 miles, 10 miles or more if you like.
Call Sharon Beal at (954) 467-8528 if you need directions.

Sunday, 6:15am Hollywood Broadwalk

Hollywood Beach Broadwalk Bandshell at Johnson Street.
Distances: 11-13 mile courses for faster pace runners.
Contact Ralph Guijarro at 954-442-0129 for more information.

Saturday morning runs at Vista View Park in Davie, FL.

The workouts will be from 7 AM to 8 AM. They will start on 6/2/12 and end on 9/29/12. The park is located at 4001 SW 142nd Avenue in Davie, FL. The entrance is about ¼ mile north of Orange Drive on SW 142nd Avenue (Boy Scout Road).
For more information about the workout, call (954) 442-0129.

NEW AND RENEWING MEMBERS

Joanne Schragger

Peter Weisberg

Brigitte Schreiber

Maria Augustine

MEMBERSHIP APPLICATION

Name _____ Age _____
Address _____
City, State, Zip _____
Phone Number _____

Checks payable to **South Florida Striders, Inc.**

Mail to: South Florida Striders

P.O. Box 822233

S Florida, FL 33082-2233

Student (18 & under) \$10.00

Individual Membership \$20.00

Family Membership \$25.00

Family Member's Names: _____



Please check interests:

- Running
- Walking
- Other _____

Waiver of Liability and Statement of Fitness:

In consideration of my application being accepted, I intend to be legally bound, to hereby, for myself, my heirs and executors, waive release and forever discharge any and all rights and claims for damages which I may have hereafter accrue to me against the South Florida Striders, its respective officers, agents, representatives, sponsors and successors of any and all damages or injuries sustained by me or my equipment which may occur directly or indirectly from participation in club activities. I attest that I am in proper physical condition to participate in club activities.

Signature _____ Date _____

Signature of Parent or Guardian if Athlete is under 18 years of age _____

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