

# South Florida Striders



## STRIDERS BOARD

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open

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#### Newsletter Editor

Sharon Beal  
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Hi fellow Club Members:

I am writing this article in early October 2012, but it still feels like summer here in South Florida. I have already raced a couple of times in warm steamy weather, and the results have not been great. I am crossing my fingers that Mother Nature will soon send a couple of cold fronts our way to bring us some relief from the warm conditions. I may have to travel upstate this year to run a race in cooler weather. Any good 5k or 10k's any of you can recommend to me in central Florida?

Our club will be hosting its annual Christmas party on Wednesday 12/19/12 at 7 PM after our regular 6-mile run. We will be meeting at the south end of the parking lot, just east of the Johnson St. parking garage. Look for our advertisement about the Christmas party in the December issue of the Running Forum, coming out next month.

By the time you get to read this article, the 2012 5K Pursuit to Honor Courage Commitment Benefiting the Wounded Warrior Project scheduled for Saturday October 13, 2012 @ 7:30 A.M at Hollywood Beach will be over. Look for results of the event at [www.AccuchipTiming.com](http://www.AccuchipTiming.com) or in our website at [www.SouthFloridaStriders.com](http://www.SouthFloridaStriders.com). I will write a short highlight of the event letting you know what happened with the race.

Also, the 2012 Shark Shuffle 5k Run/Walk was held on Sunday October 14, 2012 at the NSU campus in Davie, FL. Look for results of the event at [www.SplitSecondTiming.com](http://www.SplitSecondTiming.com) or in our website at [www.SouthFloridaStriders.com](http://www.SouthFloridaStriders.com). I will write a short highlight of the event letting you know what happened with the race.

Please don't forget our Club will 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 won't be in charge of the management of the event. We need an additional two to three volunteers for this event. Please let me know if you are interested in helping out. You can contact me at (954) 442-0129 or e-mail me at [FastRalph2@comcast.net](mailto:FastRalph2@comcast.net), if you want to help out.

I am happy to report we are going to be involved with the Sickle Cell Disease Association of Broward County to manage the 3<sup>rd</sup> Annual Sickle Cell Celebration 5k Run/Walk to be held on Saturday 11/3/12 at 7:30 AM at Central Broward Regional Park in Lauderhill, FL. Applications are now available at Running Wild in Ft. Lauderdale and Runner's Depot in Davie. You can also register online by going to Active.com, [www.AccuchipTiming.com](http://www.AccuchipTiming.com) or by going to our website [www.SouthFloridaStriders.com](http://www.SouthFloridaStriders.com). We are in need of volunteers to help in such areas as course set up and breakdown and course monitoring. Please contact me at the number and e-mail address listed above, 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.

### 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](mailto:Ralph.Guijarro@954-442-0129) 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

1. Dmitriy Harlamov
2. Alan Miller
3. Matt Kiss
4. Doug Lindhal
5. Al Shamoun

## MEMBERSHIP APPLICATION

Name \_\_\_\_\_ Age \_\_\_\_\_  
Address \_\_\_\_\_  
City, State, Zip \_\_\_\_\_  
Phone Number \_\_\_\_\_

Please check interests:  Running  
 Walking  
 Other \_\_\_\_\_

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: \_\_\_\_\_



### 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 \_\_\_\_\_ [www.SouthFloridaStriders.com](http://www.SouthFloridaStriders.com)  
Signature of Parent or Guardian if Athlete is under 18 years of age \_\_\_\_\_