

South Florida Striders



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Newsletter Editor

Sharon Beal
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Hi fellow Club Members:

I am writing this article with a sad and heavy heart this month. Most of you may not be aware, but long time Club member Marv Smith recently passed away after battling health issues for a long time. Marv was a member of our Board for more than a dozen years. He was one of our more active Board members. He was always among the first to volunteer to help out with our running events. A few years ago, he and his wife Trudee were the ones responsible for getting our Club singlets, tank tops and t-shirts emblazoned with our logo. His good nature and love for the sport of running will be missed by all of us that knew him so well. We will miss him tremendously.

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 Street parking garage. Look for our advertisement about the Christmas party in this month's issue of the Running Forum.

The 2012 5K Pursuit to Honor Courage Commitment Benefiting the Wounded Warrior Project was held on Saturday October 13, 2012 @ 7:30 A.M at Hollywood Beach. Please look for results of the event at www.AccuchipTiming.com or in our website at www.SouthFloridaStriders.com. The event had 440 participants and the organizers were very happy with the outcome of the event in its first year. Next year, it is scheduled for Saturday October 13, 2012. Thank you to all of the Club volunteers that helped make the event so successful.

The 2012 Shark Shuffle 5k Run/Walk was held on Sunday October 14, 2012 at 7:30 AM at the NSU campus in Davie, FL. Please look for results of the event at www.SplitSecondTiming.com or in our website at www.SouthFloridaStriders.com. The event had 300 participants and the organizers were very happy with the event. Next year, it is scheduled for Sunday October 14, 2012. Thank you to all of the Club volunteers.

The Women in Distress' Safe-Walk 5k Run/Walk was held at Tradewinds Park on Saturday 10/27/12 at 7 AM. The event had 1200 participants and the organizers were very pleased with the outcome of the event. A date for the event has not yet been established for 2013. Thank you again to all of the Club volunteers.

The 3rd Annual Sickle Cell Celebration 5k Run/Walk was held on Saturday 11/3/12 at 7:30 AM at Central Broward Regional Park in Lauderhill, FL. Please look for results of the event at www.AccuchipTiming.com or in our website at www.SouthFloridaStriders.com. The event had 80 participants. A date for the event has not yet been established for 2013.

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. Susan Parkhurst
2. Bob Dozoretz
3. Jenette Dozoretz

HOLIDAY PARTY

Please join us for our annual holiday truck party, Wednesday, December 19, 2012.

Hollywood Broadwalk. Look for a black truck, parked at the south end of the parking lot between Johnson Street and Michigan Street, East of A1A.
Bring a chair.

First we will have our weekly training run on the Broadwalk starting at 6:15. All distances and paces, followed by a potluck Holiday Party starting at 7PM. Please bring something to eat or drink.

For information call Christina 954 434 9482



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 _____ www.SouthFloridaStriders.com
Signature of Parent or Guardian if Athlete is under 18 years of age _____