

South Florida Striders



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Hi fellow Club Members:

I hope all of you are enjoying the holidays. As we wind down the year, I hope you celebrate in moderation in these festive times. May 2013 bring you many personal bests, not just in running but in your professional endeavors as well.

Our Club has been recently hired to help promote and market a new event called the Tap 'N' Run 4k Run/Walk scheduled for Saturday 1/12/13 at 2 PM in downtown Ft. Lauderdale. The premise of the race is that you get to run a 4k event where having an alcoholic beverage is encouraged before, during and after the event. There are chug stations along the route where beer and water will be provided to all participants. Dressing up in costumes will

be encouraged. There will be finishers' medals in the shape of bottle openers to all participants that finish this "tough" event. T-shirts will be handed out to all participants. The event will be professionally timed for everyone that wants to run a 4k seriously or for those who want to laugh at how long it took them to finish the 4k event while sipping suds. This is the link to get information for the event: <http://www.tapnrun.com/FtLauderdale>. I hope to see a lot of our Club members participating that day.

Our Club has been hired to help manage and promote the JFS 5K Run / Walk to Save a Life on Sunday, March 3, 2013 @ 7:30 A.M. The event will take place at Markham Park in Sunrise, Florida. The event benefits Jewish Family Services of Broward County. Applications and online registration should be up and running sometime in late January 2013. You will be able to register through our website www.SouthFloridaStriders.com or at www.AccuchipTiming.com. We expect a lot of participants for this event. We will need Club volunteers, so please let me know if you want to help by calling me at (954) 442-0129 or e-mailing me at FastRalph2@Comcast.net.

Our Club will be helping to manage and promote the Pines Pursuit to Good Health 5k Run/Walk. The event will be held on Sunday April 28, 2013 at 7:30 AM at CB Smith Park in Pembroke Pines, FL. Applications and online registration should be available in a couple of months. You will be able to register at the two websites already listed in this article. We need Club volunteers, so contact me if you would like to help.

See you on the roads, Ralph Guijarro.

TRI NEWS



First, I am wishing you all a happy Holiday Season and a happy New Year.

With 2013 at our doorstep, some of you may want to try something new, and doing a triathlon can be that new venue. People of all fitness levels and ages compete in triathlons and prove that when you put your mind to it, anything is possible. It is great to set a goal and be motivated to train and eat right. It also provides a great social atmosphere and a way to make new friends.

Tim Nicholls wrote: My first duathlon in over a year since coming off 2 stress fractures and lower leg surgery. Thanksgiving Day duathlon placed 1st overall.

This duathlon was at Tradewinds Park, and I wish Tim all the best. Great to hear you are back out there.

Roswitha Sidelko wrote: Nothing exciting to report. Just swimming, biking, water running and limping along as I feel like. No pressure. If it is cold, I don't have to get up at 5 am. If it is too cold, I don't have

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

1. Ron Raymond
2. Mark Roseman

to swim. If my body feels like stretching, I go for a swim. If I feel like doing a brick, I do it. It actually is a lot of fun. Of course, any one of these activities followed by breakfast is fantastic.

Congratulations to Tim and to all of you. Tri and Tri again.

Christina Weisberg Trimomcw@aol.com

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 _____

