South Florida Striders

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Hi fellow Club Members:

I want to wish a Happy New Year to all of you.

As we start 2013, I am happy to report that our Club has started a Facebook page, so our Club members can interact with each other, post photos, and learn of the latest happenings with our managed events and social events. Club member Dmitriy Harlamov was kind enough to establish the Facebook page for all of us to use. The direct link to the page is: http://www.facebook.com/#!/SouthFloridaStriders?fref=ts. You can also access the page by going to our website www.SouthFloridaStriders.com and clicking on the Facebook logo in our Home Page. Please visit the page and let me know if you like it. We would welcome all of you to become friends of the Striders in Facebook.

Speaking of social events, our Club's annual picnic will be held on Sunday April 7, 2013 in the afternoon at Michele and Bob Willard's condo on the Galt Ocean Mile. This is the location where we had our picnic in 2012. I want to thank the Willard family for offering their home again as a location for our 2013 Club picnic. I will release more details on the picnic in future editions of the Running Forum.

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. Online registration for the event is now up and running. You can register for the event through our website www.SouthFloridaStriders.com or at www.AccuchipTiming.com. We expect to have race applications ready sometime in late January. We are expecting a lot of participants for this event. We will need Club volunteers for this event. 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 has also been hired to help 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 for the event should be available in late February 2013. You will be able to register for the event at the two websites already listed in this article. We need Club volunteers for this event. Please contact me if you would like to help with the event.

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 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. Karen Leone
2. Joe Ochipinti
3. Jackie Kroupa
4. Mary Asher
5. John Glass

Strider's Holiday Party on Hollywood Beach

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