

South Florida Striders



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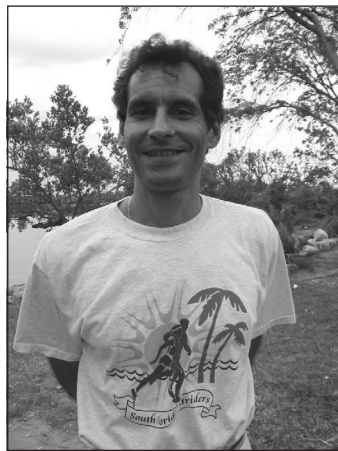
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Hi fellow Club Members:

I want to report that the 25th Silver Anniversary Track Social and Pizza Party held on Saturday 7/20/13 at Cardinal Gibbons High School was a great success. We had about 24 participants in 5 different competitive events and in the social Keno Mile. If you want to see the results of the track meet, please go to our website www.SouthFloridaStriders.com. I have listed the names of all Club members that helped with the event in our section of the Forum. Thanks to all of you for making the event such a success. I want to give special thanks to Dan Healy for his involvement in securing the use of the school track for our social track meet. I want to thank Coach Austin Scott and his staff for allowing our Club the use of their facilities for the meet. I also want to thank

sponsors Running Wild and Keno Brothers Jewelers for their support of the Keno Mile. We hope to have all of you back to our track meet in July 2014. Please make sure to talk up our meet with people that you know. We want to make next years Track Social the biggest one we've ever had.

If you do not know yet, we have moved the start and finish of our Wednesday night runs at 6:15 PM to Charnow Park (Garfield Street). This park is located next to Florio's Italian Restaurant on the Broadwalk about three blocks north of Johnson Street and the Hollywood Beach Bandshell. You will need to park your car at the Garfield Street parking garage. The reason for the change in location is because of the construction of the Margaritaville hotel and restaurant project at Johnson St. The whole project will take about 27 months to build. We hope to someday return to the Bandshell location for our 6 mile training runs, once construction has been completed.

As far as our Sunday morning training runs that start at 6:15 AM, we will still meet there for the time being despite the construction. There should be some street parking available on the north side of Johnson Street at that time on Sunday mornings. If for some reason we cannot meet there anymore, then we will move the workout to Garfield Street and Charnow Park.

I want to make all of you aware of the upcoming events our Club will be involved with this fall. On 10/12/13 at 7:30 AM, we will be managing the Pursuit of Honor, Courage and Commitment Sea Cadet 5k Run and Walk at Charnow Park (Garfield Street) on the Hollywood Broadwalk. The next day (10/13/13) at 7:30 AM, we are also going to be involved with the Shark Shuffle 5k Run and Walk at Nova Southeastern University in Davie, FL. We need Club volunteers to help with these two events. Please let me know if you can do so by calling me at (954) 442-0129. You can get information for these two events by going to our website www.SouthFloridaStriders.com.

See you on the roads, Ralph Guijarro.

THANK YOU TO VOLUNTEERS!

I want to thank all of the Strider volunteers that helped with the 25th Anniversary Track Social and Pizza Party on 7/20/13 at Cardinal Gibbons High School.

1. Bill Wagner
2. Sandi Wagner
3. Christina Weisberg
4. Robert Leaf
5. Dan Healy
6. Carmen Healy
7. Robert Leaf
8. Joe Ochipinti
9. Steve O'Malley
10. Michael Regan
11. Arthur Sarakas
12. Mary Ellen Harrington

Thank you, Ralph Guijarro



22nd Huntington Disease Triathlon

Training Runs

Wednesday, 6:15pm Hollywood Broadwalk

Weekly training run at the Hollywood Broadwalk. The run starts at Charnow Park (Garfield Street). This park is located next to Florio's Italian Restaurant on the Broadwalk, about three blocks north of Johnson Street and the Hollywood Beach Bandshell.. All distances and paces. 8.5 mile course.

Wednesday, 6:15pm Robbins Park in Davie,

From 2/13/13 thru 11/6/13 with Tim Nichols.

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.

Saturday, 7 AM Vista View Park

Seasonal hill workout from June to September 2013
Distances 5-7 miles. All paces welcome.
Contact Ralph Guijarro at (954) 442-0129 for more information.

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:RalphGuijarro@gmail.com) at 954-442-0129 for more information.

NEW AND RENEWING MEMBERS

- | | |
|--------------------------|-------------------|
| 1. Sharon Beal | 15. Nicholas |
| 2. Jean-Louis Beaudonnet | Rischar |
| 3. John Clidas | 16. Brianna |
| 4. Mariela Contreras | Rischar |
| 5. Emily Daycock | 17. Luis Souza |
| 6. Maria del Sol | 18. Manuel Torres |
| 7. James Hill | 19. Spencer West |
| 8. Anthony Lopez | 20. Julie West |
| 9. Noli Malave | 21. Madison West |
| 10. Jo-Anne Miller | 22. Patrick West |
| 11. Kim Ottaviani | 23. Angela Ahmet |
| 12. Martin Quinn | 24. Emre Ahmet |
| 13. Carl Rischar | 25. Eren Ahmet |
| 14. Lisa Rischar | 26. Jasmine |
| | 27. Ahmet |
| | 28. Hugo Radelat |