

# South Florida Striders



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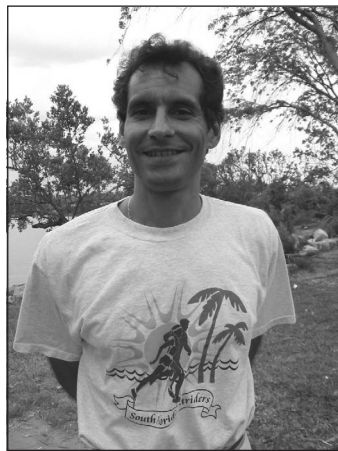
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Hi fellow Club Members:

I hope all of you celebrated well the holidays with your families and friends. I just got back from a vacation trip to Orlando with my family members for the New Year's Day Holiday. With all the walking I did in different theme parks, I only had enough energy to run a few miles every other day. I had never been up to Orlando during that time of the year. I was shocked to see how many people were at the theme parks. I spent a lot of time waiting in line for the most popular rides. My longest wait was about 90 minutes trying to partake in the Transformers 3D Ride at Universal Studios. It was well worth the wait. It was a thrilling ride. I wouldn't mind waiting another 90 minutes to go on it again. The theme parks offered what they called the Express Pass to avoid waiting in line like everyone else. However, I found the prices

for the Express Pass too expensive for my wallet. Probably the worst ride I got on was one called Poseidon's Fury at Universal Studios. It was a 70 minute wait and it is not all that it was cracked up to be. The whole thing had very cheesy special effects. You walked out of there feeling you wasted your time waiting in line for this ride.

I want to take this opportunity to congratulate Bill and Sandi Wagner for a wonderful 26 years of hosting and organizing their Annual New Year's Day Party and Five Mile Run. It was one of the few opportunities to see a lot of people from the running community in a social setting that did not involve being at a race. I admire the Wagners' work in setting up tables, chairs and tents for the party each year and then having it to tear it all down and putting everything away. The food spreads at these parties was always great. Unfortunately, I was not in town for the last New Year's Day Party this year, but I am happy to have attended at least 12-13 of these parties over the years.

By the time you get this Running Forum, we will be done with the American Heart Association and Hearts at Work 5k Run and Walk that was held on Sunday 1/19/14 at 7:30 AM at Markham Park in Sunrise, FL. The event raised money for The American Heart Association to help with their long term goals of fighting heart disease and helping people afflicted by this illness. I will highlight the event in the March '14 issue of the Running Forum. If you want to check out the race results, please go our website [www.SouthFloridaStriders.com](http://www.SouthFloridaStriders.com) or go to [www.AccuChipTiming.com](http://www.AccuChipTiming.com).

I am happy to announce that in recent weeks we have started using a new membership online registration system with [www.RunSignUp.com](http://www.RunSignUp.com). I think you will find the website a bit easier to navigate when you want to renew your membership or if you are interested in becoming a new member of the Striders. Unfortunately, the Abooma online registration system we have used in the past went out of business effective 10/31/13.

We are currently planning our Club's annual Picnic. I will keep you abreast of when and where it will be held. We are hoping to stage it around late March to early April 2014.

See you on the roads, Ralph Guijarro.

## Running Cruise

During Christmas week, I was fortunate to be hired to coach on a 7 day running cruise in the Caribbean with 4 ports of call. I was concerned that Jenette and I would not enjoy being on a ship for that period of time. However this was an excellent opportunity to discover if we did, if we liked working with the organizers and if this is something we would like to continue doing.

Well, we loved it and so did the runners. Most were from up north, so naturally they liked the weather, the ship and the ports, and running in the different ports was an added bonus.

Organizing group runs on these islands was challenging for several reasons. Clearance is required by each country that is being entered, so the time of disembarkation is not set in stone. Once that is done and you have arrived on shore, all the runners need to meet and head off as a group. While this worked, most often the runs started later than scheduled, but everyone understood the circumstances.

Another challenge was running to Dunn's River Falls, a beautiful and unique waterfall in Ocho Rios, Jamaica. The Jamaicans drive on the opposite side, so we ran facing traffic, carefully crossing the street while looking out for a few erratic cars and taxis that were not too concerned with us, but we were fine.

Running on Norwegian's private island in the Bahamas was a great experience, as the water and scenery were just like the pictures we had seen. With postcard weather, snorkeling, sunbathing and a continuous buffet that demanded seconds, we really enjoyed a perfect day.

A few more stops provided additional areas to explore while running. Shore excursions were plentiful and geared to different interests and levels of ability. The ship had a great workout room, complete with a variety of classes, and top notch entertainment, along with excellent food. You could easily eat all healthy foods or indulge a bit, depending on your preference, and befriending other runners is always a great experience.

I have accepted the invite to coach on next years cruise that will stop at 5 different ports and if you have ever considered taking a running cruise vacation I know you'll enjoy it. Runners, scenery, no cell phones, great weather and food make for an unforgettable experience.

I Am A Runner  
Coach Bob

[YourCoachBob@Aol.com](mailto:YourCoachBob@Aol.com)



Bob Dozoretz

## 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@aol.com) at 954-442-0129 for more information.

## NEW AND RENEWING MEMBERS

1. Isaac Izquierdo
2. Jackie Lowther Kroupa
3. Gail Beiley