

South Florida Striders



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NEW AND RENEWING MEMBERS

Sharon Beal
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Bryan Huberty
Alice Henley
Elaine Rancatore
Alicia Kelley
Jasper Bell
Jon Williams
Michael Stone
Don Wennerstrom



Hi fellow Club Members:

I am back from my trip to Europe. It was great traveling with my wife through Spain, visiting different cities and famous landmarks. I also enjoyed the great cuisine. This is one of the things I will miss the most from the trip. I could not get enough sangria and paella!

As you are aware, we held our annual track meet on Saturday 7/12/14 at Cardinal Gibbons High School track in Ft Lauderdale, FL. I am happy to report we had a very successful track meet attended by twenty participants. For the first time, we had a 4x400 meter relay competition that went off well. The mile competitions and the Keno mile were very exciting also. Please check out the results for the meet in our website www.SouthFloridaStriders.com. I want to thank Cardinal Gibbons High School for the use of their facility, Brian Keno from Keno Brothers Jewelers for providing awards for the Keno mile and Don Wennerstrom from Running Wild for providing gift certificates for the Keno mile. I also want to thank Joe Monks for providing track officiating services for our Club at the track meet. However, without assistance from our Club volunteers, this event would not have been possible. The names of the volunteers are listed separately in this issue of the Forum.

Our first running event of the season is coming up soon. The Bonnie J. Addario Lung Cancer Foundation, located in California, is staging Your Next Step is the Cure 5K on Sunday, September 14, 2014 at 7:15 AM at Charnow Park in Hollywood Beach. The funds raised by this event will help the charity with their programs to find a cure for lung cancer through research, awareness, education, early detection and treatment. In order to stage this event, we need help from fellow Club members in such areas as course set up, race day registration and packet pick up. Please let me know if you can help us on that date. You can go to our website to obtain more information about the event. You can also call me at (954) 442-0129 if you would like to volunteer. All volunteers will be treated to breakfast after the 5k run and walk.

In October 2014, we are staging two 5k run and walk events. The first one will be the Sea Cadet 5k Run/Walk at Charnow Park in Hollywood Beach. The event will take place on Saturday 10/11/14 at 7:30 AM. The other event will be the Shark Shuffle 5k Run/Walk at Nova Southeastern University in Davie. It will be on Sunday 10/12/14 at 7:30 AM. We are expecting large turnouts for both events. Please let me know if you can help us out. We need help in such areas as course set up and course monitoring. You can call me at the same number listed above if you want to help.

I am happy to report we have been hired by the Arthritis Foundation (Southeast Region) to manage a 5k for them on Saturday 12/13/14 at 7 AM at Tradewinds Park in Coconut Creek. The name of the event is the Jingle Bell 5k Run and Walk for Arthritis. It will help raise money for the Arthritis Foundation, helping people that suffer from this disease and finding a cure for it. Please let me know if you would like to help us.

For those of you who are interested in running the Optime 5kRun and Walk scheduled for Sunday 9/21/14 at 7:30 AM at Markham Park in Sunrise, we have been given a club discount code that can be used when you pre-register for the event. The discount code is O5KDSCT. You will get a 20% discount from the normal pre-registration entry fee. The event benefits the Young Art Museum in Davie for programs they design for young children and their families. I hope you will take advantage of this discount offered to the South Florida Striders.

We are into our final summer month of hill training at Vista View Park located at 4001 SW 142nd Avenue in Davie. Please remember we will still meet there on Saturday mornings at 7 AM through September 27, 2014. We meet in the parking lot of Shelter #1. There is a \$1.50 charge to get into the park. We welcome people of all abilities. In the early part of the summer, we tend to do easy workouts. Later in the summer, we start doing some harder workouts as we approach the start of the running season. Water and restrooms are available at the park. Please call me at (954) 442-0129 or e-mail me at FastRalph2@comcast.net if you want to get more information on the workout.

See you on the roads, Ralph Guijarro.

Thank you to volunteers!

Thanks to all the following club members that helped out with the Striders' 26th Annual Track Social and Pizza Party held on 7/12/14 at Cardinal Gibbons High School. They are:

1. Bill Wagner
2. Sandi Wagner
3. Joe Ochipinti
4. Steve O'Malley
5. Christina Weisberg
6. Arthur Sarakas
7. Carmen Healy
8. Dan Healy
9. Mike Regan
10. Gerry Jackson
11. Michael Hollander

Training Runs

Wednesday, 6:30 PM 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, 6:00 PM Robbins Park in Davie,

From 3/12/14 thru 11/5/14 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, 6:30 AM 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 2014
Distances 5-7 miles. All paces welcome.
Contact Ralph Guijarro at (954) 442-0129 for more information.

Sunday, 6:15 AM Hollywood Broadwalk

Hollywood Beach Broadwalk Bandshell at Johnson Street.
Distances: 11-13 mile courses for faster pace runners.
Contact [Ralph Guijarro](mailto:RalphGuijarro@comcast.net) at 954-442-0129 for more information.

RACE MANAGEMENT

The South Florida Striders pride themselves on their ability to organize running and walking events that are considered first-rate. We have been managing events since 1979 when we were originally known as the Miami Shores Running Club.

Our good relationship with the local media allows us to get our event results published the very next day. Results are posted to our web site the day of the event. Our Club prides itself in making sure that all events that we manage are smooth running. This experience assures that race participants want to return the following year.

If you would like more information about our services, please contact Ralph Guijarro (Club's Race Management Director) at (954) 442-0129 or by e-mail.