

South Florida Striders



STRIDERS BOARD

OFFICERS

President

Ralph Guijarro
(954) 442-0129
fastralph2@comcast.net

Vice President

Al Shamoun
(954) 292-2321
ALShamon1@Yahoo.com

Treasurer

Bill Wagner
(954) 962-0998
runsandi@bellsouth.net

Secretary

open

Membership Director

Mike Regan
(954) 829-2969
mregan60@gmail.com

Newsletter Editor

Sharon Beal
(954) 249-7609
sharonbeal@bellsouth.net

Board of Directors

Christina Weisberg
(954) 434-9482
trimomcw@aol.com

Arthur Sarakas
(954) 253-7239
UltrRnr@aol.com

Sandi Wagner
(954) 962-0998
runsandi@bellsouth.net

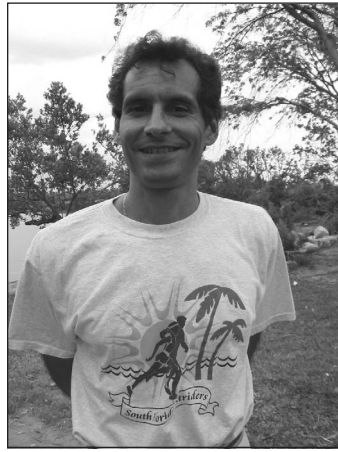
Carmen Healy
(954) 825-5272
CHealy@Broward.edu

Dan Healy
(954) 825-5495
DHealy@Broward.org

Gerry Jackson
(954) 478-5342
gerardjacks@aol.com

NEW AND RENEWING MEMBERS

1. Billy Canavan
2. Bob Becker
3. Nathan Adams



Hi fellow Club Members:

With the recent time change to summer hours, we are now back to running from Charnow Park to the Dania Beach Pier on Wednesday nights at 6:30 PM at Hollywood Beach. I look forward to not having to run in the dark anymore for another 8 months. If you have not run with our Club in recent months, please come out and join us. Our six-mile training runs are of a relaxed nature. You and others have a chance to socialize with your fellow Strider members during the run. For more information about the workout, please contact me at (954) 442-0129 or visit our website www.SouthFloridaStriders.com

Our Club help staged the Funky Fun Run on 13th Street in Ft. Lauderdale on 2/21/15. The event came off well. It was attended by about 200 participants in a mild Saturday afternoon. The charity H.O.M.E.S, Inc. was able to raise a lot of money for their programs in finding shelter for youths who eventually age out of foster care. I want to thank all of our Club volunteers who helped our Club make the event so successful. Those individuals' names are listed separately in our section of the Forum. You can check out 5k results for this event in our website and under www.Accuchiptiming.com as well.

Our Club staged the Hearts at Work 5k at Markham Park on 2/28/15. The event with about 170 participants went well. The American Heart Association was able to raise a lot of money for their programs in finding a cure for heart disease. I want to thank all of our Club volunteers who helped make the event so successful. Those individuals' names are listed separately in our section of the Forum. You can check out 5k results for this event in our website and under www.Accuchiptiming.com.

Another event we are involved in this month is the 2nd Annual TriSickle 5k Run and Walk being held on Sunday March 29, 2015 at 7 AM at Central Broward Regional Park in Lauderhill. The 5k run benefits the Foundation for Sickle Cell Disease Research based in Hollywood. We expect a big turnout for this race. We can use some help for this event. Please contact me if you would like to help out.

Our last managed event of the current running season is the Pill Box Pharmacies 5k Run and Walk being held on Sunday 4/26/15 at 7:30 AM at the Shops of Pembroke Gardens in Pembroke Pines. The event benefits the City of Pembroke Pines' Charter School System. Just like some of other events we've had this year, we expect a large turnout of participants. We need a lot of help with course set up and breakdown. Please contact me if you can help.

We are still doing hill training runs at Vista View Park in Davie. We run mostly on trails. We are there every Sunday morning through the end of April 2015. We meet 7 AM in the parking lot of Shelter #1. There is a \$1.50 charge to get into the park. Please remember the park is located at 4001 SW 142nd Avenue in Davie. We welcome people of all paces and running abilities. Water and restrooms are available at the park. The distances we will be running will be from 6 to 13 miles. The trail we are running on is about 1.25 miles long. 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.

Strider Smarts Presented by Coach Bob

At The Races

I am assuming most of you who read this participate in races - locally or out of town events. I wish to share some thoughts:

1. In a smaller event, say 500 or less, try to find the race director before you leave and thank them. They have spent many hours planning the event for little or no pay.
2. Thank the volunteers who came out early, set up, stayed for clean-up and handed out water and food. They deserve your appreciation.

3. Criticism Most directors and sponsors appreciate constructive criticism, but please don't bitch. If the course was short, too little water, not enough food, no toilet tissue, let them know. E-mail is best, so tell them what you think would improve the event. Tamarac Turkey Trot is a good example. 20 years ago it was a poor event that now has over 1500 participants and is a well organized race. Cynthia of GFLRRC has a great reply to anyone who complains too loudly. She says 'You're right, and please help us at our next race by volunteering and showing us how to make it better'.

4. Volunteer Yes, everyone begs for them, but it can be fun and a way to give something back. You stay involved without actually participating or paying for the entry. It's also a great way to meet other like-minded souls and gives you the opportunity to see the other side of races.

5. Sponsors They probably never see much feedback, and I think they would appreciate it. It may be hard to find the right person in a large corporation like Publix, but the smaller local ones deserve your thoughts. It could be a car dealer, printer, restaurant, store, etc.

Please let them know you appreciate their support of local events and charities.

6. Scoring Rick Stern of Split Second timing could write a book about this, but please note the scorer is usually not the director. Rick, Al Harding with AccuChip or any other company wants to get it right and will try to accommodate your questions, but please be patient. We are blessed down here with many electronic scoring companies, but problems can occur, usually with participants, not equipment.



Bob Dozoretz

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) 249-7609 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, 7:00 AM Vista View Park

Seasonal workout from November 2014 through April 2015. Distances 10-13 miles. All paces welcome. Contact Ralph Guijarro 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.