

South Florida Striders



STRIDERS BOARD

OFFICERS

President

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

Vice President

Open

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

Thank you to volunteers!

The following people helped with the Pill Box Pharmacies 5k Run and Walk (4/26/15) at the Shops of Pembroke Gardens in Pembroke Pines. Thank you for your help.

Bill Wagner
Sandi Wagner
Onyx Cotto
Valerie Mebane
Bob Dozoretz
Ralph Guijarro

NEW AND RENEWING MEMBERS

Ulli Beerman



Hi fellow Club Members:

Our Club staged the Pill Box Pharmacies 5k Run and Walk on Sunday 4/26/15 at the Shops of Pembroke Gardens in Pembroke Pines. The event benefitted the City of Pembroke Pines' Charter School System. The event went well. It was attended by 350 participants, despite very warm running conditions. I want to thank all of the 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 all 5k results for this event in our website www.SouthFloridaStriders.com and under www.Accuchiptiming.com as well.

Our Club member Don Wennerstrom has informed me of a new social run that his store Running Wild hosts every Thursday night at 6:30 PM in Ft. Lauderdale. It is called the Funky Fun Run. It is an easy paced 5k run from the store to the Westin Beach Resort on A1A. Free Funky Buddha beer and fresh fruit are served after the run at the Westin. A free shuttle from the hotel takes you back to the Running Wild parking lot. Don informed me he's had about 30-40 participants attending every Thursday since this run started. If you want more information about the run, please contact Running Wild at (954) 565-9400.

Please remember we are back to running from Charnow Park to the Dania Beach Pier on Wednesday nights at 6:30 PM at Hollywood Beach. 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.

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 May 2015. We meet there at 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

Wrong Impression

Last month I wrote about how turning older has resulted in injuries, asthma issues and significantly slower times for me.

Also in the same issue, Mark Darley, aka The Brit Runner, wrote in his opening paragraph about himself "Older athlete in South Florida gets into the habit of comparing injuries before deciding which specialists they might seek for repair or advice."

Staying in the same issue, Jay Goldstein, President of NW Broward Road Runners wrote "From being recently injured, the core and flexibility work that you do lets your form hold up and allows your body to withstand the rigors of all those miles."

Speaking for myself and others, we certainly do not want you to think you are destined to come down with injuries. Our point is, as Jay and Mark stated in their articles, that there are ways to reduce and recover quickly if injuries do occur, and that by following their advice you may be able to avoid them altogether.

I pushed myself for almost 20 years before succumbing, and I believe if, and I hate "if's", my asthma had allowed me to train consistently into my 60's, I would have been OK. Constantly taking weeks off and pushing too hard each time I returned, just did not work for me. Of course I never stretched, did core work or pilates; I just ran and tried to hammer out weight workouts. Well, if it worked in my 50's, why not 60's?

The point is, if you train smart, you should be injury-free for many years. You learn to listen to your body, listen to other runners, and listen to good doctors. The other writers in this fine publication all give excellent advice, and you should evaluate them to see if it's for you.

No one has all the answers, and I always tell runners that if I knew how to avoid those 'bad days,' I would be wealthy. I pride myself on keeping runners injury-free, but never guarantee it and feel badly when injuries occur, always trying to think back to see if I could have prevented them and learning from the experience.

Cyclists always tell me that if you are in the saddle long enough, you will go down, either from a stone, car, another bike or something. For many bikers, more than once. Can the same hold true for runners and injuries? I don't know and don't want to say yes. I will say that if you learn from us older, experienced runners, your chances are greatly reduced, and you can enjoy many years of fitness, fun, and [extended] family.

I Am A Runner
Coach Bob
YourCoachBob@Aol.com



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.

SHARE YOUR STRIDERS MEMORIES

Next month's Running Forum will include thoughts from our membership and even previous members about the club and your fond memories. Please send them to Sharon at sharonbeal@bellsouth.net. I will need to have these by June 10th.