# South Florida Striders

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Hi fellow Club Members:

I returned from an out of town trip just in time to write my article for this month's Forum. This time of year is slow for our Club since we are finished with the running season and many of our thoughts turn to taking a vacation over the summer. School is out as well and I know many of you will have your hands full keeping an eye on your kids during the summer break. If you are still interested in doing some local 5k's in the upcoming few weeks, there are the July 4th races put on by Ft Lauderdale Road Runners in Deerfield Beach on June 30th and Split Second Timing in Weston on July 4th. These are both great events.

I am already in talks with Cardinal Gibbons High School in Ft Lauderdale about using their facility for our annual track meet in July 2012. This year, I am aiming for a Saturday morning start time of 8 AM for our track meet. This way, we avoid the afternoon showers that always seem to plague our track meet. So far, I am waiting to see if the school will decide whether or not their asphalt track is going to be replaced with a rubberized track this summer. If they proceed with the track renovation, then we will have to look for another location for our summer track meet. I will keep you updated.

Nova Southeastern University has established the date of the next Shark Shuffle 5k Run/Walk. It will be held on Sunday October 14, 2012 at 7:30 AM at the NSU campus in Davie, FL. This year's event will feature a slightly different 5k route than last year's event. Applications for the event should be available sometime in August 2012. As soon as I have them available, I will notify everyone from our Club.

I am still working on other running events we might be managing in the fall of 2012. As soon as I get final confirmation of our involvement with these events, I will let all of you know.

See you on the roads, Ralph Guijarro

**Training Runs**

**Wednesday, 6:15pm**
**Hollywood Broadwalk**
Weekly training run at the Hollywood Broadwalk. The run starts at the Bandshell on the Broadwalk at Johnson Street and A1A. All distances and paces. 8.5 mile course.

**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.

**Sunday, 6:15am**
**Hollywood Broadwalk**
Hollywood Beach Broadwalk Bandshell at Johnson Street.
Distances: 11-13 mile courses for faster pace runners.
Contact Ralph Guijarro at 954-442-1029 for more information.

**Saturday morning runs at Vista View Park in Davie, FL**.
The workouts will be from 7 AM to 8 AM.
They will start on 6/2/12 and end on 9/29/12.
The park is located at 4001 SW 142nd Avenue in Davie, FL.
The entrance is about ¼ mile north of Orange Drive on SW 142nd Avenue (Boy Scout Road).
For more information about the workout, call (954) 442-0129.

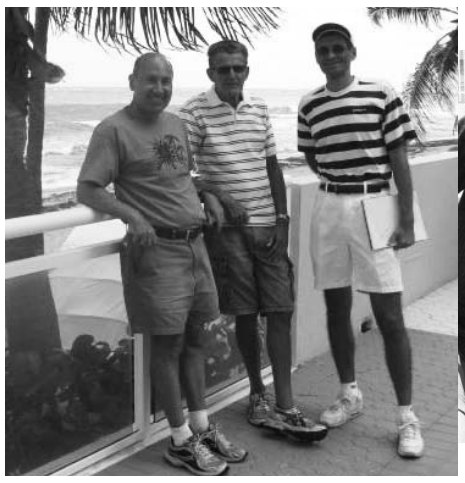
**NEW AND RENEWING MEMBERS**

1. Bill Springer
2. Laurie Milgrim
3. Herb Milgrim

A handsome group of Striders

Ready to eat!

**Striders Annual Picnic**
**April 15, 2012**



Bob, Al, and Ralph

Farid, Robert, Regine

Sharon, Christina, Jenette, Gladys

## MEMBERSHIP APPLICATION

Name _____ Age _____
Address _____
City, State, Zip _____
Phone Number _____

Please check interests:
- Running
- Walking
- Other _____

Checks payable to **South Florida Striders, Inc.**
Mail to: South Florida Striders
P.O. Box 822233
S Florida, FL 33082-2233

| | |
|---|---|
| Student (18 & under) | $10.00 |
| Individual Membership | $20.00 |
| Family Membership | $25.00 |

Family Member's Names: _____

**Waiver of Liability and Statement of Fitness:**
In consideration of my application being accepted, I intend to be legally bound, to hereby, for myself, my heirs and executors, waive release and forever discharge any and all rights and claims for damages which I may have hereafter accrue to me against the South Florida Striders, its respective officers, agents, representatives, sponsors and successors of any and all damages or injuries sustained by me or my equipment which may occur directly or indirectly from participation in club activities. I attest that I am in proper physical condition to participate in club activities.

Signature _____ Date _____
Signature of Parent or Guardian if Athlete is under 18 years of age _____

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