

# South Florida Striders



## STRIDERS BOARD

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open

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Hi fellow Club Members:

I hope that running is going well for all of you. If you are currently not running, but are cross-training in other sports like swimming and cycling, I hope that is going well too. This time of the year is slow for our Club, since we are done with the racing 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, I can suggest the 4<sup>th</sup> of July races that are put on by Ft Lauderdale Road Runners and Split Second Timing in Weston respectively as good ones you can do.

Here is the latest on our track meet. I have been turned down by Cardinal Gibbons High School to use their track facility this summer for our track meet, because they will be resurfacing their track. Their asphalt track is becoming a rubberized track. I am now aiming to hold our track meet on Saturday August 4, 2012 from 8 AM to 10 AM and am now in talks with Archbishop McCarthy High School in SW Ranches to see if they will allow us the use their track facility for our meet. We have used this facility before for some of our past track meets. The last time we were there was in 2007. If we are not able to secure this track for our meet, then we will be forced to cancel it until the summer of 2013. I will keep you updated.

I am happy to report that Nova Southeastern University has hired the Striders as race managers of the 2012 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 members of our Club.

To a lesser extent, our Club will also be involved with the Women in Distress' Safewalk 5k Run/Walk to be held at Tradewinds Park on Saturday 10/27/12 at 7 AM. The park is located in Coconut Creek, FL on Sample Road just west of the turnpike. We will be providing some technical support for this event, but we will not be in charge of the management of the event.

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.

## TRI NEWS

Another year, hoping all of you are training hard and enjoying it.

Found a list from Men's Health magazine (I assume it will work for women as well), 20 great reasons to do a Triathlon. Here are some.

- You will lose weight.
- You will look and feel years younger.
- You will have more energy.
- You will improve your health.
- You will live longer.
- Mental benefits.
- You will be more productive.
- You will learn to handle stress more effectively.
- You will build self-confidence.
- Your mood will improve.
- Social benefits.
- You will motivate and inspire those around you.

The above definitely work for me, except I am not sure how I will measure "you will live longer", as I did not come with an expiration date. But it makes sense that if I live a healthy lifestyle, my chance of living longer will increase.

Char Davidson wrote: Well, with 12" of titanium and 5 screws in my leg, I am running, swimming and biking well. Hopefully I will complete the Trilogy Triathlon on June 17th!

## 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 954-442-0129 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

Don Kemp	Laurie Milgrim
Vadim Shvartsman	Steve O'Malley
David Dalachinsky	Susan O'Malley
Barbaree King	Jose Arias
Mike Baker	Sylvia Weiner
Ulli Beermann	Debbie Weiner
Wilbur Coleman, Jr.	

Patricia Soden wrote: I was selected to compete in the World triathlon championship this upcoming October in Kailua Kona Hawaii.

April 15, 21<sup>st</sup> Annual Florida Atlantic University Wellness Triathlon. Spanish River Park, Boca Raton.

Swim ¼ mile, Bike 10 miles, Run 3.1 miles.

Walt Patten - 2nd age group.

Hugo Radelat - 5th age group.

TRI and TRI again.

Congratulations, wishing all of you a great and fun season.

Christina Weisberg  
[Trimomcw@aol.com](mailto:Trimomcw@aol.com)

## MEMBERSHIP APPLICATION

Name \_\_\_\_\_ Age \_\_\_\_\_  
Address \_\_\_\_\_  
City, State, Zip \_\_\_\_\_  
Phone Number \_\_\_\_\_

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: \_\_\_\_\_

Please check interests:

- Running
- Walking
- Other \_\_\_\_\_

### 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 \_\_\_\_\_

[www.SouthFloridaStriders.com](http://www.SouthFloridaStriders.com)

Signature of Parent or Guardian if Athlete is under 18 years of age \_\_\_\_\_

