

South Florida Striders



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Newsletter Editor

Sharon Beal
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Hi fellow Club Members:

Wow! It is now August and it is still too hot out there. I can't wait for the fall season to get here soon enough for better training weather. For those of you who may not be aware, we are running at Vista View Park on Saturday mornings from 7 AM to 8 AM. The park is located at 4001 SW 142nd Avenue. We meet next to Shelter #1 by the restrooms. You need to pay \$1.50 per person to get into the park. This is a seasonal workout we will do every Saturday through 9/29/12.

I am happy to report that Archbishop Edward McCarthy High School has approved the rental of their track facility to our Club for our annual meet. We are holding the meet on Saturday August 4, 2012 from 7 AM to 10 AM. We will meet there at 7 AM

to get set up. The first event will go off at 8 AM. I expect we will get done by 10 AM. We have mile, 800 meters, 400 meters, 200 meters and 100 meter events. Medals will be given to winners of these events. We will also have the Keno Mile. Fabulous awards will be given to the individuals who are the best at estimating their time in this event. If you want to participate, please check our ad in this month's issue of the Forum. We do need Club volunteers to help with the event. Please call me at (954) 442-0129 if you want to do so.

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 late August 2012. As soon as I have them available, I will notify all of you.

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.

FLORIDA MARLINS GAME WITH THE SOUTH FLORIDA STRIDERS.

Join the Striders for a fun evening at the new Marlins Stadium. September 1, at 7:10 PM to watch the Marlins VS the NY Mets.

Tickets are \$ 20.00 and we have a block of seats on the Vista level, box 320.

Please contact me by e-mail Trimomcw@aol.com or 954 434 9482.

I have to finalize this by August 8.



Hope to see you there, Christina

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](mailto:Ralph.Guijarro@954-442-0129) 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

1. Bill Wagner
2. Sandy Wagner
3. Farid Sahari
4. Rosie Sidelko
5. Steve Sidelko
6. Amilcar Noguera
7. Vic Beninate



Eduardo Brandel

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 _____

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

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