

# TRI NEWS



First I want to remind all of you that on July 29th we will have the 21st year of the Huntington's Disease Triathlon. This is a 100% charity event, and your money will go directly to the research to help find a cure for this inherited degenerative brain disorder. It will be at the Marine Stadium on the Rickenbacker Causeway, and I know several of you will be doing this one. Personally I believe that I have only missed 2 of the 21, as it is a well-run race and for a good cause.

**Walt Patten wrote:** I did the July 4th Triathlon at Tradewinds Park. The swim was a lot better than I anticipated; the water is an ugly green, but there was no odor or bad taste. We are probably a little spoiled from the great ocean swims. The bike was a little crowded and numerous packs of riders developed. The race results showed a dozen riders were DQ'd - not surprising. The run was a nice two loop course. Overall, it's a good race and a nice way to start out Independence Day.

St. Anthony's - Clearwater, Florida: After canceling the swim several times the past few years, I believe they have solved the rough water problem. The days of "we swim no matter what" are gone. The new swim course hugs the shoreline in a more protected area. The bike and run courses are the same. It's one of the premier races in Florida, and I would recommend it.

Walt placed 1<sup>st</sup> age group at Tradewinds Park and 6<sup>th</sup> age group at St. Anthony's.

**Eduardo Brandel wrote:** My season started later this year, as I started my practices in March, due to personal trips and work. To speed up my practices and have a race target to work on, I signed up for Tri-Miami at Key Biscayne on May 20th. It was a day before my birthday and the best results I ever had in that race. I ended up in 7th place overall and 1st place in my age group. The best birthday gift I could get. :) This result has boosted my energy to train even harder, and on June 17th I raced again at Key Biscayne, Trilogy #1 and finished in 6th place overall and 2nd place in my age group. I am feeling strong now to go even further, and in August I am travelling to Burlington VT to race at Nationals.

When I was younger, I raced for the Brazilian team, but now after years living in the USA, it will be my first time trying to represent Team USA. June 17, Trilogy #1 Key Biscayne. We had 5 athletes participating.

Char Davidson, 1<sup>st</sup> age group, Farid Sahari, 9<sup>th</sup> age group, Christina Weisberg 1<sup>st</sup> age group and Eduardo Brandel, see above. Mary Nicholls took 1<sup>st</sup> overall in the Duathlon. Congratulations to all.

TRI AND TRI AGAIN.

Christina Weisberg. Trimomcw@aol.com



Christina Weisberg, Mary Nicholls, Char Davidson



Farid Sahari, Christina Weisberg

## Strider Smarts presented by Coach Bob

### I Am A Runner

Ok, we all know I am, and much has been written about what makes a runner a runner, so this is a reminder what makes us runners, as we push through mid-summer's climatic challenges.

### **I am a runner because:**

I enter races.

I race hard.

I race to my limits, which vary week to week, year to year, that I've learned to accept.

I want to race faster.

I like to race out of town, seeing new runners and cities.

I respect and listen to my body.

My weekly runs have structure: track, hills, tempo, long, recovery.

I like how running makes me feel.

I like how running makes me look.

I like how running makes my medical check-ups look good.

I buy shoes based on feel and function, not looks.

I buy apparel based on feel and function, as well as looks.

I sometimes just go out and run and really enjoy it.

I feel some defeat if I need to walk.

I really do plan my diet around running.

All my friends are runners. Sad but true.

I belong to 3 running clubs.

I read many runner magazines.

I own 6 pair of running shoes and wear them all.

I cringed when I worked at the store and someone would ask for Tennis shoes or Sneakers.

I watch TV broadcast of races, including marathons and track events.

Because I can.

I Am A Runner

Coach Bob

**YourCoachBob@aol.com**



**Bob Dozoretz**

## 2012 South Florida Striders Club Track Meet

### **Date:**

Saturday, August 4, 2012

7:00 AM to 10:00 AM

First event starts at 8:00 AM

### **Place:**

Archbishop Edward McCarthy High School Track

5451 South Flamingo Road

Southwest Ranches, FL

### **Directions:**

Take I-95 to westbound I-595. Once on I-595, head west to Flamingo Road exit. Take Flamingo Road south about 5-6 miles until you reach the high school. The school is located on the west side of Flamingo Road between Griffin Road and Stirling Road. The track is located at the back of the school.

### **Entry Fees:**

For all adult participants, the cost will be \$20.00. For all participants 18 & under, the cost will be \$10.00. For one entry fee, you can participate in as many events as you want. Your registration also gets you a one year membership with the South Florida Striders. Race day registration will be available on the day of the event.

### **Awards:**

One Mile: Top three Open M/F, top three Masters M/F, 800 meters: Top three M/F, 400 meters: Top three M/F, 200 meters: Top three M/F, 100 meters: Top three M/F. Keno Mile: First place will receive a 14k Gold Runner courtesy of Keno Brothers Jewelers. **\*\*Bonus\*\*** - Diamond Chips with the 14k Gold Runner to the winner if their actual time equals their prediction (to the second). Second and Third places will receive dinners for two to California Pizza Kitchen Restaurant at the Pembroke Lakes Mall location in Pembroke Pines. Fourth, Fifth and Sixth places will receive Running Wild gift certificates for \$40, \$30 and \$20 respectively. Awards will be given out at the track after we are done with all of the events.

### **Registration:**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Sex: Male/Female

Enclosed is my check for \$\_\_\_\_\_ made payable to South Florida Striders. Mail to: South Florida Striders, c/o Ralph Guijarro, PO Box 822233, South Florida, FL 33082-2233. For more information, call (954) 442-0129 or go to [www.SouthFloridaStriders.com](http://www.SouthFloridaStriders.com).