

# South Florida Striders



## STRIDERS BOARD

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open

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#### Newsletter Editor

Sharon Beal  
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Hi fellow Club Members:

I want to give a final report on our Club track meet held on 8/4/12 at Archbishop Edward McCarthy High School in Southwest Ranches. We had a light turnout of entrants for the meet. Despite the numbers, everyone that participated seemed to have a good time. We had very competitive running events in both men's and women's categories. New club member Chadd Deo was the winner of the Keno mile. If you want to see track meet results, please check out our website [www.SouthFloridaStriders.com](http://www.SouthFloridaStriders.com). Also, look for results of the event in this month's issue of the Forum. I want to take the opportunity to thank Bill Wagner, Sandi Wagner, Mike Regan, Christina Weisberg and Farid Sahari for helping with the event. I also want to thank corporate sponsors

Keno Brothers Jewelers, California Pizza Kitchen Restaurant and Running Wild for donating awards for the Keno Mile. Thanks too to Archbishop McCarthy High School for allowing us to rent their facility to stage our track meet. In July 2013, we hope to be back at Cardinal Gibbons High School in Ft Lauderdale to stage our next track meet. I will keep you posted about our 2013 meet in future issues of the Forum.

I am happy to report our Club has been hired by the Navy League to help manage the 2012 5K Pursuit to Honor Courage Commitment Benefiting the Wounded Warrior Project on Saturday October 13, 2012 @ 7:30 A.M. The event will take place at the Broadwalk in Hollywood Beach. Applications for the event should be ready by late August 2012. Information on the event will also be available on our website. We are in need of a couple of Club volunteers for the event. Please let me know if you are interested in helping out. You can reach me at (954) 442-0129 or you can e-mail me at [FastRalph2@comcast.net](mailto:FastRalph2@comcast.net).

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. Information on the event will also be available on our website. We are in need of about seven volunteers to help in such areas as finish line and course set up and breakdown. Please contact me at the number and e-mail address listed above, if you want to help us out.

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.



South Florida Striders Track Meet

## 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

Courtney Barron

William Bavier

Jasper Bell

Alan Bloom

Stephen Conti

Chadd Deo

Don Kemp

Edd Kreiling

Curt Liner

Lynn Lloyd

Chris Lloyd

Martin Quinn

Hugo Radelat

Aldo Virano

Janine Virano

Starkey DeSoto

Kate DeSoto

## 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 \_\_\_\_\_ [www.SouthFloridaStriders.com](http://www.SouthFloridaStriders.com)  
Signature of Parent or Guardian if Athlete is under 18 years of age \_\_\_\_\_