South Florida Striders

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Newsletter Editor
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Hi fellow Club Members:

Just a reminder that our Club's annual picnic will be held on Sunday April 7, 2013 in the afternoon at Michele and Bob Willard's condo on Galt Ocean Drive. Their address is 3900 Galt Ocean Drive in Ft Lauderdale. Galt Ocean Drive is one block east of A1A. There is guest parking available at their condo. Last year's picnic was held between 12 PM and 5 PM. Our board has not yet finalized the hours for this year's picnic. In the April '13 issue of the Forum we will release the final details of the Club picnic. We will also be sending an e-mail blast to all of our members with information about the picnic.

I also want to remind all members that we will elect our new Officers and Board of Directors for the upcoming year at the Club picnic. If you are interested in being involved in a leadership position, you are more than welcome to join us. Please e-mail me at FastRalph2@Comcast.net or call me at (954) 442-0129 if you want to be considered for an Officer or Board position.

Please remember that our Club is now on Facebook. You can go the page and interact with other Club members, post photos, and learn of the latest happenings with our managed events and social events. Club member Dmitriy Harlamov was kind enough to establish the Facebook page for all of us to use. The direct link to the Facebook page is: http://www.facebook.com/#!/SouthFloridaStriders?fref=ts. You can also access the page by going to our website www.SouthFloridaStriders.com and clicking on the Facebook logo in our Home Page. Please visit the page and let me know if you like it. We would welcome all of you to become friends of the Striders on Facebook.

Unfortunately, the JFS 5K Run / Walk to Save a Life that was scheduled for Sunday, March 3, 2013 @ 7:30 A.M has been postponed to a future date in 2013. Jewish Family Services of Broward County informed me that as soon they get the new date for their 5k event, they will tell me.

Our Club has been hired to help manage and promote the Pines Pursuit to Good Health 5k Run/Walk and ¼ Mile Fun Run. The event will be held on Sunday April 28, 2013 at 7:30 AM at Walter C. Young Middle School located at 901 NW 129th Avenue in Pembroke Pines, FL. The event was originally scheduled to be held at CB Smith Park. However, due to a conflict, the event had to be moved to the new location. Applications and online registration for the event will be available in February 2013. Look for information on this event in the ad we are running in our section of this month's Forum. We need Club volunteers to help with this event. Please contact me at (954) 442-0129 or e-mail me at FastRalph2@comcast.net if you want to help with the event.

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.

Wednesday, 6:15pm
Robbins Park in Davie,
From 2/13/13 thru 11/6/13 with Tim Nichols.

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.

NEW AND RENEWING MEMBERS

1. Billy Canavan
2. Larry Byrne
3. Roger Ramos
4. Dean Cohen

"Striders enjoy a post Saturday morning run breakfast at Einstein's"

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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