

Strider Smarts presented by Coach Bob

Past, Present and Future

I try not to live in the past, but sometimes it's a good thing, and for some of us older runners, a very good thing.

Speaking for my friends and myself, when we were starting out, every run was exciting. We could not wait to lace up our relatively poor quality shoes and hit the roads and would wonder if this run would be slightly faster or if we could go just a bit farther. We were learning about ourselves, our bodies and mind. We were learning how to run smarter, race smarter, dress and eat better. It was new, exciting and great! Every race was like a party, as you saw familiar faces, ran your best, were absolutely thrilled to win a real trophy [not a medal] and discuss the next event. We would be setting new PR's, form impromptu training sessions, and always, always, go out for breakfast afterward.



Bob Dozoretz

Living in the present, we still have the love of running, but it's not the same. Gone are the days of PR's, marathon training and setting new goals. We run to stay in shape, see each other, talk about our ailments and reminisce about runners we never see anymore. Sure, we still race and win age group awards, but mostly 5K's, with an occasional 10K or half thrown in. Our groups are smaller, as many have left the sport, and some have left the earth. Breakfast is still a priority, as it should be, as that's the beauty of our sport – our friends have become part of our family. Some of the 'rookies' look up to us, while others wonder what are we doing out there. Sometimes I wonder that myself, as the good runs are eluding me more often.

Looking ahead, we cannot fathom a life without running, as it's a part of us. I personally admire the older runners, still in great shape and racing their best, and I've always envisioned myself becoming one of these icons, thinking I would be faster as they were slowing considerably. Now reality has set in, but only to a small degree, as I am in denial. I still believe I will someday regain my speed, strength and stamina to compete with the big boys, but as the years pass, I am still waiting. I'm teased by the rare good run, where the miles fly by, my breathing is rhythmic and all is right with the running gods. This gives me hope, but races force me back to reality. I'm still young, only in my 60's, with many years left to run and race. Yes, I want to compete into my 70's and 80's, like many others, still having fun and enjoying breakfast at the local diner with my wife and friends.

I Am A Runner
Coach Bob
Yourcoachbob@aol.com



Saturday, March 23rd | 7AM

5 Mile, 5K, & Kids' Fun Run

Now in its 13th year, the Riverwalk Run is one of Fort Lauderdale's most popular races!

We invite you to participate in this annual tradition! The race course begins in downtown Fort Lauderdale at Huizenga Plaza, and stretches along the New River and the historic neighborhood of Rio Vista.

Join us on

Thursday, March 14th | 6PM

for the

Riverwalk Run Race Party at Bimini Boatyard

Register today at www.riverwalkrun.com

Date:

Sunday April 28, 2013
7:30 AM

Place:

Walter C. Young Middle School
901 NW 129th Avenue
Pembroke Pines, FL 33026

Directions:

From I-95: Take Hollywood Blvd/Pines Blvd exit and head west to NW 129th Avenue. Make a right on NW 129th Avenue and head north to NW 9th Street. The Walter C Young Middle School will be on your right.

From I-75: Take Pines Blvd East exit in Pembroke Pines. Go east on Pines Blvd to NW 129th Avenue. Make a left on NW 129th Avenue and head north to NW 9th Street. The Walter C Young Middle School will be on your right.

Entry fees:

Early registration for 5k Run and Walk: \$25.00.
Race day registration for 5k Run and Walk: \$30.00.
Fun Run registration: \$10.00 (10 years and younger).

T-shirts:

Commemorative t-shirts to all pre-registered entrants. Race day registrants are not guaranteed a t-shirt.

Awards: (5k Run only)

5k Run: For the top three male and female in both overall and master categories. Also awards to top three males and females in age group categories from 12 and under up to 75 and over.

Course:

5k course is measured and certified to USATF specifications.

Chip Timing:

This event is being timed by AccuChip Timing. If you are running or walking the 5k, you must pick up your chip and bib number the morning of the event. If you're doing the ¼ mile fun run, you will see your time on the finish line clock, but you won't be timed with the chip-timing system.

Registration:

For additional information on how to register by mail or online, call Mary Jordan at MJordan@PPines.com or at (954) 447-1701 or visit www.Active.com. You can also find information about the event at www.SouthFloridaStriders.com and www.AccuChipTiming.com.

The City of Pembroke Pines Charter School system is the largest municipally run charter system in the nation with 7 campuses from K-12 grade and 5,500 students. All campuses are awarded an A rating on the State of Florida A+ Plan.

5th ANNUAL
MEMORIAL 5K RUN/WALK
7:30am SUNDAY, MARCH 24, 2013
MARKHAM PARK, SUNRISE

PRE-REGISTRATION FEES
ADULT - \$30
CHILD 10-18 Y/O - \$15
ADD \$5 ON RACE DAY

MOISTURE WICK T-SHIRT
SLING BAG & LAPEL PIN
TO FIRST 300 REGISTERED

CUSTOM MEDALS FOR
TOP THREE MEN AND WOMEN
IN SEVERAL CATEGORIES

TIMING PROVIDED BY ACCUCHIP
REGISTER ONLINE AT
WWW.KENDRASKISSES.ORG
OR AT ANY RUNNER'S DEPOT

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RUNNER'S DEPOT
DRW

ALL PROCEEDS BENEFIT LOCAL CHILDREN BATTLING CANCER
VISIT WWW.KENDRASKISSES.ORG FOR MORE INFORMATION