

South Florida Striders



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NEW AND RENEWING MEMBERS

- Rose Mary Herrera
- Jimmy Gonzalez
- Peter and Cyndi Scher
- Freddie Richardson
- Dean Cohen
- Carmen and Dan Healy
- Ron Cerrotti
- Mike Regan



Hi fellow Club Members:

Just a quick article this month on what is going with our Club.

Please remember that our Club has a Facebook page. 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.

Our Club has been hired by the City of Pembroke Pines to help with the Pill Box Pharmacies Pines Pursuit to Good Health 5k Run/Walk and ¼ Mile Fun Run. The event is being presented by Jose Maria Vargas University and 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. Applications are available at Running Wild in Ft. Lauderdale and Runner's Depot in Davie. Online registration is now available through our website and on Active.com. We need Club volunteers to help. Please contact me at (954) 442-0129 or e-mail me at FastRalph2@comcast.net if you want to help with the event.

Just a reminder to everyone that starting Saturday June 1, 2013 at 7 AM we will be running again at Vista View Park in Davie to do hill workouts. We meet by Shelter #1 every Saturday from June through September. If you have questions, please let me know.

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 Beach Broadwalk
Hollywood Beach Broadwalk Bandshell at Johnson Street.
Distances: 11-13 mile courses for faster pace runners.
Contact [Ralph Guijarro](mailto:RalphGuijarro@comcast.net) at 954-442-0129 for more information.

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.

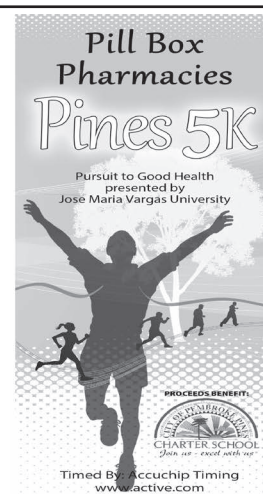
Chip Timing:

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.



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 _____ www.SouthFloridaStriders.com
Signature of Parent or Guardian if Athlete is under 18 years of age _____