

Strider Smarts presented by Coach Bob

**'Get Thee Behind Me'
Luke 4:8**

I never quote the Bible nor am I a religious man, but when St. Luke, one of the Apostles said it 2000 years ago, he probably was referring to people following him and his teachings. But... maybe he was running races with his fellow Apostles and competitors and shouted that as he was passing by them. Well, could be, as he was a compatriot of Paul, who obviously was coaching him, and he often went to Rome where we know they had many races.



Quite a stretch on my part, and 'Get Thee Behind Me' sounds a bit harsh to blurt out to a fellow runner, but.....

One lady I coach recently ran the half in Miami, and as she was approaching some male runners, she screamed to her running mate, "let's suck the life out of them"! Now that's kind of rough, cruel and competitive, but she did, and after passing them, never looked back or was caught by them.

Bob Dozoretz

Jenette once was at the start of a race and saw a lady wearing shorts with 'Jersey Girl' on the back. Obviously from New Jersey. No one knew her here, and normally my wife would introduce herself, welcome her to So. Florida and wish her a good race. Not that day. Jenette promptly told me she was going to 'kick that Jersey ass all the way back home'. She didn't, but sure tried.

Another lady I coach listened intently as I was instructing her on how to hold off a man trying to pass her in a race. I told her it was OK to let him come close to catching her and then to pick it up to discourage him. She liked that idea and used it successfully, but one day she confided in me that she changed that strategy. Now she lets him pass so she can zip past him a few strides later! I never thought of that and was quite surprised.

By the way, it's ok for another lady to pass a lady, but never a man.

Now I am as competitive as they come, always trying to pass the person ahead of me. I want to pass all women, younger racers and anyone foolish enough in my age group to challenge me. Unfortunately, age, asthma and reality sets in, but I still want to compete and certainly am smart enough not to challenge anyone, except in my own mind. I'll admit to telling one competitor just before a race on a hot day 'It's really hot already and it will be tough out there'. I happen to be a good heat runner and he wasn't, so I beat him which I usually don't!

The next time you line up at the start, never underestimate the ladies in the pack, as they are out to beat you, destroy you mentally and savor in their accomplishments. Apparently, same goes for the Apostles, but if you happen to see one, running well should be your least concern.

Go get 'em, ladies!

I Am A Runner
Coach Bob

Striders picnic

Sunday, April 7, 2013

12:00 noon to 4pm

Place:

Playa Del Mar Condominiums
3900 Galt Ocean Drive
Ft Lauderdale, FL

Directions: Take I-95 to East Oakland Park Blvd exit. Go east on Oakland Park Blvd to North Ocean Blvd (A1A). Make a left on North Ocean Blvd and go north to NE 36th Street. At NE 36th Street, make a right to Galt Ocean Drive. Make a left on Galt Ocean Drive and drive north to Playa del Mar Condos at the address listed above. There is plenty of parking available at the condo for up to 50 guests.

Cost of Picnic:

For Club members: Free. Non-members: Free. Kids 12 & under: Free.

To renew Club membership: Student: \$10, Individual: \$20, Family: \$25.

Food: This year's picnic will be potluck. We encourage all of our members, their families and friends to bring a covered dish to the picnic. This way everyone can partake in sampling different dishes made by our own members. Food will be served at 1 PM.

Drinks: The Club will provide sodas, water, etc. You will need to provide your own beer and wine for the picnic.

Elections: The Club will hold its annual elections at 2:30 PM. Please help us choose the individuals that will help lead the Club for the next year.

Fun and Games: We will hold a raffle for Club merchandise and other prizes. Raffle tickets will be provided to everyone who comes to the picnic. All guests will have access to beach, pool and restrooms.

YES! I will be there!!!

Name: _____

Address: _____

Phone: _____ **E-mail address:** _____

Number of people attending the picnic: Adults: ____ **Kids:** ____

RSVP required: 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.



COME WALK, RUN AND CELEBRATE

THE 12th ANNUAL LOU GEHRIG'S DISEASE 10K RUN AND 5K RUN/WALK



Saturday, May 11, 2013
7:30 a.m. • Coconut Grove, FL

Registration Fees: By May 10th: \$30,
Children Under 14: \$15, Race Day: \$35
New for 2013: VIP Race Experience: \$100

**To Register Visit:
www.alsrecovery.org**

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Proceeds from the race will be used to further the quality of ALS patient care in South Florida. *Sponsors as of 2/8/2013