

South Florida Striders



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Hi fellow Club Members:

I hope those of you that attended our annual Club picnic had a lot of fun despite the somewhat inclement conditions. The picnic was potluck, and it was great to see everyone bringing different dishes for all of our members to sample. I want to thank Michele and Bob Willard for letting our Club use their condo so we could have the picnic. I also want to thank our Board members that helped out in organizing the event. We hope to see a lot of our members again at next year's Club picnic.

I wanted to take the opportunity to thank Bill Wagner, Sandi Wagner, Sharon Beal, Steve O'Malley, Arthur Sarakas, Mike Regan, Christina Weisberg, Al Shamoun, Carmen Healy and Michele Sannie-Willard

for serving on our Board of Officers and Directors during 2012- 2013. I am glad to report that all of them will be back on our Board to help guide the Club in the upcoming year. Also, I am glad that Dan Healy and Dmitryi Harlamov have also agreed to join our Board in the upcoming year.

Our Club is in the middle of planning and organizing 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. We are jointly working with the City of Pembroke Pines Charter School system to promote the event. Proceeds from the race benefit the charter schools in that city. Applications are available at local running stores Running Wild in Ft. Lauderdale and Runner's Depot in Davie. Online registration can be done through our website www.SouthFloridaStriders.com. 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. I will do a summary of what happened with the event in the June 2013 edition of the South Florida Running Forum.

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](mailto:RalphGuijarro) at 954-442-0129 for more information.



Striders score big at Riverwalk race

NEW AND RENEWING MEMBERS

- | | |
|-----------------|---------------------------|
| 1. Walt Patten | 4. Michele Sannie-Willard |
| 2. Vic Beninate | 5. Bob Willard |
| 3. Sharon Beal | 6. Ronnie Bronstein |

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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