

South Florida Striders



STRIDERS BOARD

OFFICERS

President

Ralph Guijarro
(954) 442-0129
fastralph2@comcast.net

Vice President

Al Shamoun
(954) 292-2321
AlShamoun@yahoo.com

Treasurer

Bill Wagner
(954) 962-0998
runsandi@bellsouth.net

Secretary

open

Membership Director

Mike Regan
(954) 829-2969
mregan60@gmail.com

Newsletter Editor

Sharon Beal
(954) 467-8528
sharonbeal@bellsouth.net

Board of Directors

Christina Weisberg
(954) 434-9482
trimomcw@aol.com

Arthur Sarakas

(954) 545-9724

UltrRnr@aol.com

Michele Sannie-Willard

954-288-0079

MicheleSannie@bellsouth.net

Steve O'Malley

(954) 771-0190

SteveRuns2@yahoo.com

Sandi Wagner

(954) 962-0998

runsandi@bellsouth.net

Carmen Healy

(954) 536-0688

HealyDaniel@att.net

Dan Healy

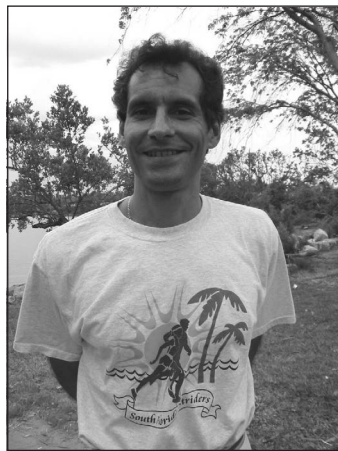
(954) 825-5272

HealyDaniel@att.net

Dmitry Harlamov

(954) 573-3191

yelodim@gmail.com



Hi fellow Club Members:

A few weeks ago, a cowardly terrorist act was perpetrated at the finish of the Boston Marathon. A lot of people were injured, and three others were killed by the explosions. A lot of the injured people face a hard road to recovery. The City of Boston has established the charity One Fund Boston to help the victims of the bombing. If you want to make a donation, please go www.OneFundBoston.org to do so. Your financial help will go a long way in aiding these victims get back to a semblance of a normal life.

In last month's article, I forgot to thank Don Wennerstrom from Running Wild for providing gift certificates for our Picnic raffle. I want to take the opportunity now to do so. As always, his store is a

great supporter of our Club.

In April 2013, our Club staged the Pines Pursuit to Good Health 5k Run/Walk and ¼ Mile Fun Run with the City of Pembroke Pines Charter Schools. I am happy to report the event went well. We had about 300 participants. The event helped raise monies for different educational programs for the Charter Schools. If you want to check results of the event, please go to our website www.SouthFloridaStriders.com. I want to thank Club volunteers Bill Wagner, Robert Leaf, Steve O'Malley, Gerry Jackson and Dmitriy Harlamov for helping with the event.

Just to let you know, our Club's leadership is working hard in planning our annual track meet in July 2013 somewhere in Ft Lauderdale. We hope to have the location of the track and event date finalized in the next two weeks. More information about the meet will be provided in the July 2013 issue of the Forum.

See you on the roads, Ralph Guijarro.

TRI NEWS



Tri season is in full swing, and yes we are swimming in the ocean again, and we are getting out on our bikes. Most of us are first runners, but through the years we have become faster and better bikers and swimmers. Triathlons can be a lot of fun, but there is a lot of training involved if you want to be in front with the overall athletes or in your age group.

Walt Patten wrote: I did St. Anthony's Triathlon a couple weeks ago. The swim was shortened due to rough waters; wish they wouldn't do that. I have never witnessed such crowd support. It really made us feel good to do the race, with so many people cheering; I guess it's a response to the Boston tragedy. Overall, I was happy with my race; faster on the bike than last year.

On April 14 Walt did the 21st Annual FAU Wellness Triathlon and took 2nd in his age group.

Hugo Radelat wrote: On April 28th, I participated in The 30th

Anniversary of the St. Anthony's Triathlon in St. Petersburg Fl. It's always a very large and competitive field. Due to the strong winds, the swim had to be shortened. I was happy with my performance even though I just missed the podium by 48 seconds! The party starts when you cross the finish line, and we did just that!

Farid Sahari wrote: I did Nautica Triathlon in South Beach last month as part of a team relay. I was the runner, and we finished second. Well organized, a lot of participants. I liked it. Too expensive.

Tim Nicholls wrote:

I did the Marineland duathlon in St. Augustine and the TriMiami duathlon, took first overall in both. On May 25th I will be racing in the ITU USA world duathlon qualifier in Minnesota, and the top 6 overall qualify for the world championships in August.

Congratulation to all and hope to be out there soon too.

Tri and Tri again

Christina.

Trimomcw@aol.com



Hugo Radelat and Walt Patten after the St. Anthony's Triathlon

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.

Saturday, 7 AM

Vista View Park

Seasonal hill workout from June to September 2013
Distances 5-7 miles. All paces welcome.
Contact Ralph Guijarro at (954) 442-0129 for more information.

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:Ralph.Guijarro@bellsouth.net) at 954-442-0129 for more information.

NEW AND RENEWING MEMBERS

1. Bill Springer
2. Jimmy Villalobos
3. Jose Barrios
4. Wilbur Coleman, Jr.
5. Gerard Jackson
6. Bert Soden
7. Patricia Soden

Social Get Together

6/21/13

South Florida Striders

5 to 7 pm

334 Arizona St

Hollywood, FL 33019



Start Summer in a happy mood

with Blues Fridays

at Taco Beach Shack