

# South Florida Striders



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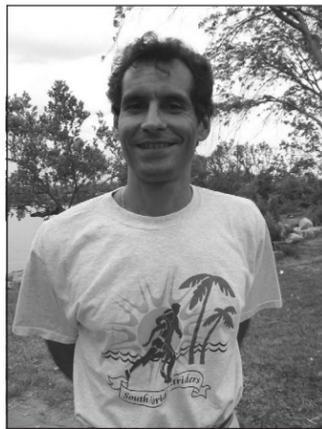
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Hi fellow Club Members:

Now that we have entered the slow part of the running season here in South Florida, I hope that all of you are kicking back a little bit in your training to give your body some recovery from the long running season that just ended. If you still need to train hard during the summer months, you can always try some other sports like swimming and biking. They are both complimentary sports to running in that they keep your heart rate up and help you stay in shape. With these two sports, your legs do not take such a strong pounding like you do with running. Also, remember that it is important to stay hydrated during exercise. With our hot summers down here, you do not want to get heat exhaustion.

I am happy to let you know that our Club will be staging the 25<sup>th</sup> Silver Anniversary Track Social and Pizza Party on Saturday 7/13/2013 from 5 PM to 9 PM at Cardinal Gibbons High School in Ft. Lauderdale, FL. The school just re-surfaced its track, and it is now a rubberized surface. Here is your chance to try it out. We will have different running distances for those of you who want to compete or just have some fun. We will also be staging the always popular Keno Mile Prediction Run. Special prizes will be awarded to the top guessers of their time in the Keno Mile. Medals will be handed out to the top three male and female finishers in open and master divisions in all other running events. We will have a pizza party after the awards ceremony. So make sure to stick around and have some fun with us. Please check out the flyer for this event in our section of the Forum to obtain more information. If you have questions about the track social, please contact me at (954) 442-0129.

See you on the roads, Ralph Guijarro.

## 25th Annual Silver Anniversary Track Social and Pizza Party

Featuring **KENO** mile prediction run and other track events

**Saturday, July 13<sup>th</sup> 2013 from 6:00p to 9:00p**

Medals awarded three deep in Male and Female

Open and Masters categories

**1 mile, 100 m, 200 m, 400 m, 800 m**

Special awards for KENO mile



**At a Beautiful brand new Rubberized track at Cardinal Gibbons High school. 2900 NE 47<sup>th</sup> St. Fort Lauderdale, FL**

Register at Running Wild or Runners Depot locations until July 11<sup>th</sup> or by mail

Striders members with active membership can enter the event for free.

Entry fees: Early registration \$15 adult and \$5 kids 18 & under

Race day fees: \$20 adults and \$10 kids 18 & under

Race day registration will start at 5pm.

#### Registration:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail address: \_\_\_\_\_

Sex: Male/Female

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 or go to [www.SouthFloridaStriders.com](http://www.SouthFloridaStriders.com).

### **BolderBoulder 10K**

By Walt Patten

This was my third BolderBoulder 10K; the first since the course change. The new course was a nice improvement. With 45,000 registered runners, the start was changed to a wide 4 lane road, adjacent to a mall, with lots of free parking.

We drove over from Highlands Ranch the morning of the race and had no problem parking at the mall. Across the street is an IHOP restaurant with coffee and facilities. I jogged two blocks to the starting area and Carol walked a little over a mile to the finish (University of Colorado football stadium). The warm up routines by some runners were quite entertaining. I'd call it a combination of skipping, bounding and high stepping – sure haven't seen this in Florida!

The course is mostly flat – Florida runners have no problem. Each wave starts every 2 minutes, based on actual prior race times. I was free to run my pace from start to finish. The course has plenty of entertainment & refreshments; numerous bands with a variety of music (Mumford, Elvis, Adele, Blues Brothers & Springsteen), belly dancers, jello shots, cotton candy & beer. As you near the finish (inside the CU Stadium), you pass by the music of the Colorado Bagpipe Society playing next to the "kilted" bronze statue of Frank Shorter.

Southwest & Frontier have nonstop flights to Denver; Boulder is about a 45 minute drive – recommend the BolderBoulder 10K as a destination race.

Walt Patten

### 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 at 954-442-0129 for more information.

### New and renewing members of the South Florida Striders:

1. David Dalachinsky
2. Vincent Dinolfo
3. Ulli Beermann
4. Margarida Berman
5. Tim Nicholls
6. Mary Nicholls