

# South Florida Striders



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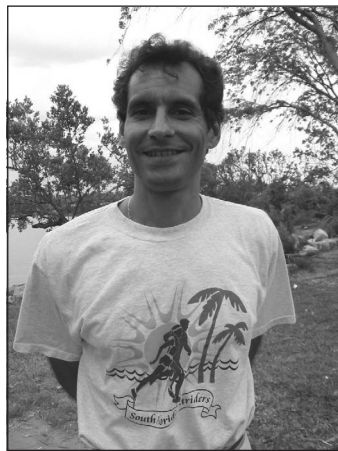
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### Hi fellow Club Members:

Effective 7/10/13, we will be moving the start and finish of our Wednesday night runs at 6:15 PM to Charnow Park (Garfield Street). This park is located next to Florio's Italian Restaurant on the Broadwalk, about three blocks north of Johnson Street and the Hollywood Beach Bandshell. The reason for the change in location is because the construction of the Margaritaville hotel and restaurant project gets underway on 7/9/13. The old Johnson Street Parking Garage, the east lot next to the garage and some street parking on both Johnson Street and on Michigan Street will be fenced off for construction. The whole project will take about 27 months to build. You will need to park at the Garfield Street parking garage built about 5 years ago. We hope to someday return

to the Bandshell location to do our 6 mile training runs, once construction has been completed.

As far as our Sunday morning training runs that start at 6:15 AM, we will still meet there for the time being despite the construction. There should be some street parking available on the north side of Johnson Street at that time on Sunday mornings. If for some reason we cannot meet there anymore, then we will move the workout to Garfield Street and Charnow Park.

By the time you read this article, we will have completed the staging of our Club's 25<sup>th</sup> Silver Anniversary Track Social and Pizza Party on Saturday 7/13/13 from 5 PM to 9 PM at Cardinal Gibbons High School in Ft. Lauderdale, FL. I will give you some of the highlights of the competitive events in our track meet and the social Keno Mile. If you want to see the results of the track meet, please go to our website [www.SouthFloridaStriders.com](http://www.SouthFloridaStriders.com).

See you on the roads, Ralph Guijarro.

## 400 Miles on the Erie Canal Path

I had never heard this kid's song: "I've got a mule her name is Sal.....". Many miles into our adventure, I sometimes wished I had a mule, but Christina did not like this song, so I could only hum it over and over in my head. Everything fell into place in June to be able to do this ride on the Erie Canal path from Buffalo to Albany in Central NY. Who can you call and give them one and a half weeks notice to accompany you on an unplanned, 400 mile bike ride? I only know Christina, and it took some pleading.

Off we went on June 21<sup>st</sup>. And what an adventure it turned into. We slept in the one and only, now defunct Santa Claus school. We camped at an intersection on the grass of lock 30. Local patrons helped us lug our heavy bikes into a bar in a small town so we could enjoy a mid-afternoon beer. We ate a lot of fried food. We left in the mornings whenever we woke up. Our tent got flooded at a trailer park campsite. We slept in luxurious beds in Little Falls. We got permission from the town council of Herkimer to sleep under a pavilion next to a cemetery, because all the roads were flooded. Christina ate huge ice creams in small cafés. We learned that flash floods in that part of the country mean a LOT of mud. We saw closed main roads and bridges. We biked into the closed trail, and yes, had to drag our bicycles through 2 inches of mud for 3 miles. We were treated like royalty in every single town, rest stop, motel, bar and restaurant. I am in awe at the construction and engineering it took to build this canal in 1817. They used shovels.

Yes, we bicycled almost 400 miles and our average speed, well, I won't tell you. It suffices to say that we were happy to make it before darkness to our destinations. And like the song says: "you always know your neighbor, you always know your pal, if you've ever navigated the Erie Canal".  
Roswitha Sidelko

## TRI NEWS



July 4<sup>th</sup>, Independence Day Triathlon/Duathlon, in Tradewinds Park, Coconut Creek, FL.

Brian Keno wrote: Alexa Keno placed 2nd in her age (20-24F) division at Multirace July 4th triathlon in Tradewinds Park in a time of 1:11:50. It was her first triathlon in 4 years for this recent graduate of the Florida State University. Look for her to be a staple at the local triathlons, now as she is back full time from college.

Tim Nicholls wrote: 4th of July duathlon, 1st overall. Next up - world championships. The Duathlon consisted of a .75 mile run, 10 mile bike and another 3 mile run.

Congratulations to all.

TRI AND TRI again.  
Christina Weisberg,  
Trimomcw@aol.com

## Training Runs

### Wednesday, 6:15pm Hollywood Broadwalk

Weekly training run at the Hollywood Broadwalk. The run starts at Charnow Park (Garfield Street). This park is located next to Florio's Italian Restaurant on the Broadwalk, about three blocks north of Johnson Street and the Hollywood Beach Bandshell.. 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:RalphGuijarro@bellsouth.net) at 954-442-0129 for more information.

## NEW AND RENEWING MEMBERS

1. Sandy Wagner
2. Bill Wagner
3. Chris Harrington
4. Mary Ellen Harrington
5. Jana Croft
6. Don Kemp
7. Farid Sahari