

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

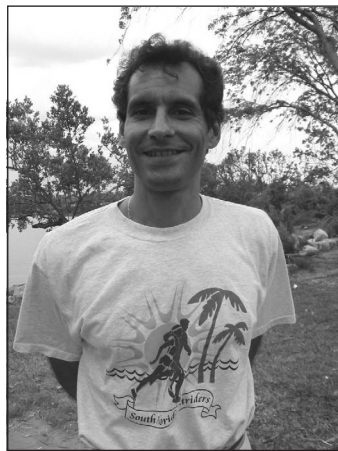
(954) 825-5272

HealyDaniel@att.net

Dmitryi Harlamov

(954) 573-3191

yelodim@gmail.com



Hi fellow Club Members:

Over the next five to six weeks, our Club is going to be very busy with running events we are helping to manage and promote. We need your volunteer help to make them a success. You can call me at (954) 442-0129 or e-mail me at FastRalph@Comcast.net to let me know if you can lend us a hand. The events we are going to be involved with are listed below.

The first event coming up on our calendar is the Pursuit of Honor, Courage and Commitment Sea Cadet 5k Run and Walk scheduled for Saturday 10/12/13 at 7:30 AM at Charnow Park (Garfield Street) on the Hollywood Broadwalk. The event benefits the US Naval Sea Cadet Corps Youth

Development Program and the Wounded Warrior Project. There will be awards for overall, masters and different age groups in both male and female categories. To get more information about the event and to register online, please go to our website www.SouthFloridaStriders.com.

The next day (10/13/13) at 7:30 AM, we are also going to be involved with the Shark Shuffle 5k Run and Walk at Nova Southeastern University in Davie, FL. The event helps raise scholarship money for students at the university. There will be awards for overall, masters and different age groups in both male and female categories. Like the Sea Cadet 5k Run and Walk, you can get information about the event and registration online by going directly to our website.

As of right now, I am waiting to find out if the 2013 Celebration 5k Run and Walk to benefit sickle cell disease research is going to be held at John Prince Park in Lake Worth, FL or in Central Broward Regional Park in Lauderhill, FL. I can tell you the event will definitely be held on Saturday 11/2/13 at 7:30 AM at one of these two locations. I will let you know in the next newsletter where exactly the event is going to be staged.

If you do not know yet, we have moved 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. You will need to park your car at the Garfield Street parking garage. The reason for the change in location is because of the construction of the Margaritaville hotel and restaurant project at Johnson St. The whole project will take about 27 months to build. 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 at the Hollywood Bandshell on Johnson Street despite the construction. There are about 25 parking spots available on the north side of Johnson Street. The City of Hollywood has also set up temporary restrooms next to the construction site. I hope to see all of you there.

See you on the roads, Ralph Guijarro.



South Florida Striders at the Firefighters 5K AT Hollywood Beach
Peter Weisberg, Christina Weisberg, Ron Cerrotti and Vic Beninate

Congratulations to South Florida Strider Brian Keno!
On 9/8/13 he completed the Lehigh Valley Marathon
in 2:58:47, placing first in the 50-54 age group.

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@comcast.net) at 954-442-0129 for more information.

NEW AND RENEWING MEMBERS

1. Alan Bloom
2. Curt Liner
3. Maria Augustine
4. Joanne Schragger
5. Steve Sidelko
6. Rosie Sidelko