

# South Florida Striders



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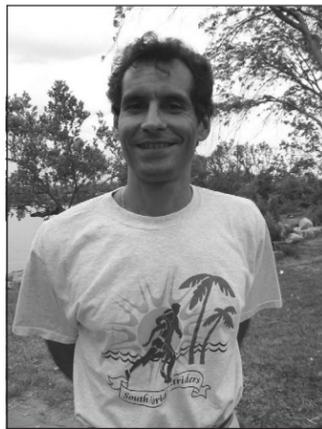
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Hi fellow Club Members:

As I am writing this article, we are in the midst of helping to organize and promote several running events locally. Below is a description of the two events we are involved with. I will have some highlights of the event in my next President's article.

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 results for this event, please go to our website [www.SouthFloridaStriders.com](http://www.SouthFloridaStriders.com) or go to [www.AccuchipTiming.com](http://www.AccuchipTiming.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. To get results for this event, please go to our website [www.SouthFloridaStriders.com](http://www.SouthFloridaStriders.com) or go to [www.SplitSecondTiming.com](http://www.SplitSecondTiming.com).

I am sorry to report that we are not going to be involved this year with the 2013 Celebration 5k Run and Walk scheduled at Central Broward Regional Park in Lauderhill, FL on Sunday 11/3/13 at 8 AM. I told the charity hopefully our Club will be involved with their event in 2014 and wished them great success with their event this year.

I am happy to announce that starting 11/1/13, our Club will be using a new membership online registration system with [www.RunSignUp.com](http://www.RunSignUp.com). I think that you will find the website a bit easier to navigate when you want to renew your membership or if you are interested in becoming a new member of the Striders. Unfortunately, the Abooma online registration system we have used in the past is going out of business effective 10/31/13.

Please make a note that the Striders Christmas Party this year will be held on Wednesday 12/18/13 at 7:15 PM at the Jefferson Street public parking lot behind the Summit Condo in Hollywood Beach, FL. The Summit is located at 1201 South Ocean Drive. You can access the parking lot by entering Jefferson Street (north of the Summit Condo) from A1A (Ocean Drive). There are restrooms next to the parking lot. More information on the Christmas Party will be provided in the December 2013 issue of Running Forum.

See you on the roads, Ralph Guijarro.

## TRI NEWS

Three of our members went to Augusta, Georgia to do Ironman 70.3- John Clidas, Walt Patten and Hugo Radelat. This race was nestled along the banks of the Savannah River.



**John Clidas wrote:** 70.3 Augusta (half-Ironman) --- WOW! By far, this was the most "friendly" 70.3 course I've ever experienced (this was the sixth 70.3 course for me). By friendly, I'm referring to a down-current swim, a truly "gentle" rolling hills bike course through beautiful country roads and, a "flat as a pancake" 13.1 mile run course that was lined with incredibly enthusiastic and supportive spectators. And as if that wasn't enough, the conditions could not have been better on this picture perfect fall day (September 29) - 69 degree wet-suit legal water, and air temperatures in the high 60s to mid-70s with light winds. Weather conditions really don't get more favorable than this. Put all of this together and you have a recipe for a nice PR/PB and a real fun day! This 52 year old was able to shave almost 20 minutes off of his prior PR/PB and finish up with a time of 5:56:37. Many of my friends that also participated in this event also scored their own PR/PBs on this TRIFABULOUS day! I'd also add, in highly recommending 70.3 Augusta, that it is an extremely well organized event that takes place in a community that truly appreciates all of the athletes that come to visit their town. One more time --- WOW! What a great day up in Augusta, GA!

**Walt Patten wrote:** A group of us drove to Augusta, Georgia for the Ironman 70.3 (Half Ironman) race. I was amazed with the amount of support from the city of Augusta. The race was on the local news the entire weekend and everywhere we went, people greeted us and made us feel welcome. The swim was in the Savannah River, with the current - the easiest 1.2 miles I have swam; bike course had enough hills to make it a challenge. We ran multiple laps in the historic district. The restaurants were open with sidewalk tables; it's a very spectator friendly race to watch. It's apparent the race director, staff & volunteers have spent a lot of time planning the race with input from the triathletes. It's the best planned race I have ever done.

Walt placed 5<sup>th</sup> in his age group with a time of 5:47:29.

**Christina Weisberg wrote:** I did the 13<sup>th</sup> annual Mack Cycle Triathlon Trilogy Bonus Round Sprint. This took place on Virginia Key, Key Biscayne. This was my first race at this venue; it is very pretty. The start took place on the sandy beach of Virginia Key, (but there were a lot of rocks on the bottom when getting in). The bike course

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

## NEW AND RENEWING MEMBERS

1. Peter Weisberg
2. Robert Leaf
3. Brigitte Schreiber
4. Doug Lindahl

was 2 loops through the Virginia Key Historic Park, and the run was part trail, part asphalt and part beach. I enjoyed the run, but the bike course was challenging, as there were two races going on, an Olympic distance and a Sprint, and at times the course was too tight for all the bikes. Overall I had a great time, no one else in my age group as usual.

Congratulations to all, Tri and Tri again. Christina Weisberg, Trimomcw@aol.com