

# South Florida Striders



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Hi fellow Club Members:

I am happy to report that we successfully managed several 5k events for local charities in October 2013. Highlights of the events are below.

The first event that we managed was the Pursuit of Honor, Courage and Commitment Sea Cadet 5k Run and Walk held Saturday 10/12/13 at 7:30 AM at Charnow Park (Garfield Street) on the Hollywood Broadwalk. The event benefitted the US Naval Sea Cadet Corps Youth Development Program and the Wounded Warrior Project. On a nice sunny day, we had about 400 participants for the event. The charity was very happy with our Club's involvement with the event, and they would like us to help them again in

October 2014. If you want to see 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 were also involved with the Shark Shuffle 5k Run and Walk at Nova Southeastern University in Davie, FL. The event helped raise scholarship money for students at the university. On another nice day, we had about 500 participants for the event. The university was very happy with how everything went with the event. They have asked us to come back in 2014. If you want to see results for this event, please go to our website or go to [www.SplitSecondTiming.com](http://www.SplitSecondTiming.com).

The next managed event in our schedule is going to be The American Heart Association and Hearts at Work 5k Run and Walk scheduled on Sunday 1/19/14 at 7:30 AM at Markham Park in Sunrise, FL. The event raises money for The American Heart Association to help in their long term goals of fighting heart disease and helping those people afflicted by it. We need Club help to put on the event. Please call me at (954) 442-0129 if you want to help with this event. For more information about the race, please go to our website or go to [www.AccuChipTiming.com](http://www.AccuChipTiming.com).

I am happy to announce that as of 11/1/13 we have started using a new membership online registration system with [www.RunSignUp.com](http://www.RunSignUp.com). I think 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 went 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 beach 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 Azalea Terrace (south of the Summit Condo) from A1A (Ocean Drive). There are restrooms next to the parking lot. Look for the flyer on the Christmas Party in this month's issue of the Running Forum.

See you on the roads, Ralph Guijarro.

## TRI NEWS



**ROSWITHA SIDELKO** wrote: Turning 60 – a milestone, I could celebrate it with a cruise, a special night out, a weekend in the islands. No, I decided to celebrate that milestone with one last Ironman. Why? I am not sure how many hours of psychoanalysis it would take to figure out, but probably more than the hours I am spending training for this event. Less than one month away, Ironman Western Australia on December 8<sup>th</sup>, here I come with my friend John, who by the way is celebrating his 78<sup>th</sup> birthday with this Ironman. A week goes by with this, look at the training program and then swim, bike and/or run, do weights and core workout every day except the cherished one day off. Never is a day off as wonderful as during Ironman Training. Never can you eat as much as during Ironman training. Never does your car fill up with as many drink bottles, gel wrappers, electrolyte supplements, banana peels, leftover pieces of bars and sweaty clothes as during Ironman training. Never do you have as great an excuse not to do something not appealing as during Ironman training. Never do you lose as many toe nails as during Ironman training.

I am very slow, but I am uninjured and hope to make it within the time limit. If I am lucky and two or less other old ladies show up, and I finish, I may end up on the podium. I thank my husband Steve for putting up with me during this time. Wish me luck; I need it.

**CHAR DAVIDSON** wrote: Did the 3 trilogies with all wins. Yeah, some things do get better with age. Doing the Miami man on November 10, slightly injured from falling off a horse, but we will see what happens. Coach Frank of ITU Concepts has been there for me all the way as a triathlete coach, and Coach Miguel Diez has been there for me as my running coach, so things don't get any better than that. See you at the races  
Thanks so much for sharing. Wishing both of you the best with your upcoming events.

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.

## THANK YOU TO VOLUNTEERS!

We want to thank the following people for their great help in making all of the events we managed recently so successful.

1. Bill Wagner
2. Sandi Wagner
3. Steve O'Malley
4. Robert Leaf
5. Al Shamoun
6. Christina Weisberg
7. Gerry Jackson
8. Dan Healy
9. Carmen Healy
10. Bob Dozoretz
11. Jenette Dozoretz
12. Joe Ochipinti
13. Gladys Guijarro
14. Ralph Guijarro

Thank you, Ralph Guijarro