

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:

First of all, I want to wish all of our Club members a very Happy Holiday season and a Happy New Year. I hope that most of you are done with your gift shopping for the holidays and now are just waiting for Santa to bring you some holiday gifts later this month. Oh Yes! Do not forget your New Year's resolutions. Perhaps taking up running for the first time to lose some weight? Perhaps training and running a 5k or half marathon for a worthwhile cause? Whatever your resolutions, I hope that you end up meeting your goals for the upcoming year.

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 volunteers to help with the event the morning of the race. Please call me at (954) 442-0129 or e-mail me at FastRalph2@comcast.net if you want to help with the event. For more information about the race, please go to our website www.SouthFloridaStriders.com or go to www.AccuChipTiming.com.

I am happy to announce that in recent weeks we have started using a new membership online registration system with 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.

In the next month or so, we will start planning our Club's annual Picnic. I will keep you abreast of when and where it will be held. We are hoping to stage it around late March to early April 2014.

See you on the roads, Ralph Guijarro.

Strider Smarts presented by Coach

Bob

Hangover Classic, End of An Era

Bill and Sandi have been hosting a New Years Day 5 mile run for the last 25 years. As with all things, sadly it will come to an end in January.

I try not to reminisce too much, although you would never know it from previous articles, but the demise of this much heralded event is significant in many ways. Obviously we have seen many changes, including births, deaths, marriages and divorces, kids growing up and runners growing old. We have gone from a leisurely 7 minute per mile pace to 9's, and yes, even walking. For me, this event marked a couple firsts, like the 1st time I urinated blood to walking 2 miles with a back injury.

My buddy Bill Adams talked me into coming about 23 years ago, and sadly he is one of the deceased ones. Some things you could always count on:

- Great food and drink
- Running with good friends
- Seeing others once more after another year
- Seeing some run after a night of hard partying
- Bill and Sandi welcoming everyone with open arms, open hearts and open house
- Telling war stories, mostly about our marathons, not half's
- Comparing injuries, [only recently for this one]

This long standing tradition will be greatly missed in our community, as most do not race anymore, so where are we to see them? How will we be updated on their health and family and what do we do on Jan. 1st? Sure there is social media, but that cannot take the place of a handshake, hug or holiday kiss.

Bill and Sandi overdid it, putting in countless days of preparation, putting their own New Year Celebration on hold, followed by hours of clean up, all for us, their running family. For this we thank them, and maybe we'll meet in a park or the beach and try to continue this tradition, but it will not be the same. Like others who give so much, their act is a tough one to follow and will be missed.

That said, maybe it is time to start a new tradition, inviting friends for a run followed by a pot luck breakfast. The weather is great, our friends are great and traditions are great. It doesn't need to be as organized and in depth as the Hangover Classic, which came complete with banners, warming trays, coolers, medals, finish line and endless buffet. We runners simply require a good place to meet, run and share our love for running and each other.

I Am A Runner
Coach Bob
Yourcoachbob@aol.com



Bob Dozoretz

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) at 954-442-0129 for more information.

NEW AND RENEWING MEMBERS

1. Al Shamoun
2. Roger Ramos
3. Ron Raymond

