

South Florida Striders



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Hi fellow Club Members:

I got back several weeks ago from St Augustine after running in the Matanzas 5000 5k Run. This is a famous race that I always wanted to participate in since my late 20's. However, due to one reason or another, I was not able to partake in it until this year. This race is organized by the Ancient City Road Runners. It had a very fast field made up of men that run in the 14:00 minute range and women running in the 16 minute range. The prize money offered in this race attracts a lot of the best runners in North and Central Florida. The race was very cold as temperatures were in the low 40's. I was glad to see fellow Striders Dan Healy and Curt Liner do well in the event. My race did not go so well. However,

Gladys and I stuck around an extra day to do some sightseeing up there. It was great to visit the old Spanish Castillo de San Marcos. I had not seen it in twelve years. I recommend this race to anyone in South Florida who wants to run a fast 5k and also do some sightseeing in the country's oldest city.

I am happy to report the American Heart Association and Hearts at Work 5k Run and Walk held on Sunday 1/19/14 at 7:30 AM at Markham Park in Sunrise, FL went very well. On a very cold morning, we had about 190 entrants for the event. The event raised a lot of money for The American Heart Association to help with their long term goals of fighting heart disease and helping people afflicted by this illness. With the help of six other Striders volunteers, we did a great job in the race management of the event. The names of all volunteers are listed in this month's issue of the Forum. The charity is looking forward to working with our Club again in the 2015 version of the event. If you want to check out the race results, please go our website www.SouthFloridaStriders.com or go to www.AccuChipTiming.com.

I am happy to announce that in recent months 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.

Our Club will be holding its annual picnic on Sunday 3/30/14 from 12 PM to 4 PM at Tree Tops Park in Davie, FL. We will be meeting at the Satin Leaf Shelter inside the park. This will be a potluck picnic, so if you are interested in showing off some of your culinary skills, this is a great time to do it. The Club will be providing water, soft drinks, ice and all eating utensils. Please look at the flyer in our section of the Forum for more information on the picnic. You can also go to our website to obtain information on the picnic.

See you on the roads, Ralph Guijarro.

THANK YOU TO VOLUNTEERS!

We want to thank the following people for their great help in making the Hearts at Work 5K run/walk so successful.

1. Bill Wagner
2. Sandi Wagner
3. Bob Dozoretz
4. Jenette Dozoretz
5. Robert Leaf
6. Gerry Jackson
7. Ralph Guijarro

Thank you, Ralph Guijarro



"Striders took home many trophies at the Run Through Central Park 5K in Plantation"

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.

RACE MANAGEMENT

The South Florida Striders pride themselves on their ability to organize running and walking events that are considered first-rate. We have been managing events since 1979 when we were originally known as the Miami Shores Running Club.

Our good relationship with the local media allows us to get our event results published the very next day. Results are posted to our web site the day of the event. Our Club prides itself in making sure that all events that we manage are smooth running. This experience assures that race participants want to return the following year.

If you would like more information about our services, please contact Ralph Guijarro (Club's Race Management Director) at (954) 442-0129 or by e-mail.