

**Picnic Date:**

Sunday, March, 30th, 2014  
12:00 Noon to 4 PM

**Location:** Tree Tops Park, Davie. Satin Leaf Shelter.

There will be an admission fee of \$ 1.50 per person.

**Directions to the park:**

1. from I-95 and/or Turnpike, get off at Griffin Road and head west until you reach Nob Hill Road. Nob Hill Road is about 2 miles west of University Drive. At Nob Hill Road, make a right (head north) and travel about 1/4 mile to the entrance to the park.
2. From I-75, get off at Griffin Road and head east until you reach Nob Hill Road. At Nob Hill Road, make a left (head north) and follow the same directions as above.

Course: Different distances available, also trail running.

**Cost of Picnic:**

For Club members: Free. Non-members: Free. Kids 12 & under: Free.  
To renew Club membership: Student: \$10, Individual: \$20, Family: \$25.

**Food:** This year's picnic will be potluck. We encourage all of our members, their families and friends to bring a covered dish to the picnic. This way everyone can partake in sampling different dishes made by our own members. The Club will provide sodas, water, etc. You will need to provide your own beer and wine for the picnic.

**Elections:** The Club will hold its annual elections at 2:30 PM. Please help us choose the individuals that will help lead the Club for the next year.

**Fun and Games:** We will hold a raffle for Club merchandise and other prizes. Raffle tickets will be provided to everyone who comes to the picnic.

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_ E-mail address: \_\_\_\_\_  
Number of people attending the picnic: Adults: \_\_\_\_\_ Kids: \_\_\_\_\_

RSVP required: Enclosed is my check for \$ \_\_\_\_\_ made payable to South Florida Striders. Mail to South Florida Striders, c/o Ralph Guijarro, PO Box 822233, South Florida, FL 33082-2233. For more information, call (954) 442-0129.

**We will be next to a volley ball court; bring a ball so we can play.  
Christina will bring the Dutch Shoolen game for some friendly competition.  
Bring an easy chair for lounging.**



**Strider Smarts presented by Coach Bob**

Miami Marathon

Recently I had the privilege to volunteer for the Miami Marathon. I say privilege, as I cannot think of a better way to give back to the running community.

I do realize I am volunteering my time for a 'for profit' organization, but there are 25,000 runners who benefit and appreciate all the volunteers that make the event possible.

The Greater Ft. Lauderdale Road Runners have volunteered for many years to work the start and finish areas, and it takes a tremendous amount of time/talent and coordination to perform their duties correctly. With multiple wave starts and all the runners eager to begin their own races, controlling the start area is extremely important and difficult. However, having an understanding of the procedures and answering the runners many questions greatly alleviates their concerns.



**Bob Dozoretz**

Many runners still believe their race begins promptly when the first gun or wave goes off and are upset and anxious when they cannot start. I found that by simply explaining they are timed strictly on 'net time' and that their race begins when they pass over the starting mat alleviates the worries.

Controlling the wave start is handled very carefully and efficiently; the volunteers walk up to the front of a corral and remove the barriers. We form a human chain; lead the runners slowly up to the start line then wait for a signal to leave. After that wave goes off, we go back to the next corral and repeat the process. No more mass starts and runners bunching up.

After the last wave of runners took off, we left the start area and proceeded to the finish area to prepare for the finishers. This involves racking the medals and setting up the water. Sounds simple, but again takes thought and experience. The medals need to be separated into piles for the half and the full, removed from their boxes and hung properly so the volunteers can hand out the right medal.

The water needs to be positioned at just the correct distance from the finish so runners do not stop and create a traffic jam. This is where I disagreed with Bob Barnard, as I wanted water available as soon as the runners finished, especially on such a brutally hot day. Bob correctly pointed out what would happen: that the runners would stop, drink, discard slippery bottles and create a problem, so he had water about 50 yards away. Perfect.

Medical was nearby with plenty of wheelchairs available, all used frequently due to conditions. Spotters with radios were on the course looking for anyone in trouble as were medical personnel.

Most reading this know that hundreds of volunteers were at water stops for many hours, setting up the cups, pouring water, handing them out and cleaning the area.

I write this to remind everyone that races cannot happen without volunteers. Every club in this newsletter manages events; please consider helping at one race a year. It is greatly appreciated, rewarding and fun.

I Am A Runner  
Coach Bob  
[YourCoachBob@Aol.com](mailto:YourCoachBob@Aol.com)

**33rd Cooper City  
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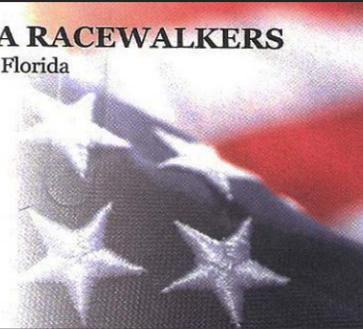
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