

South Florida Striders



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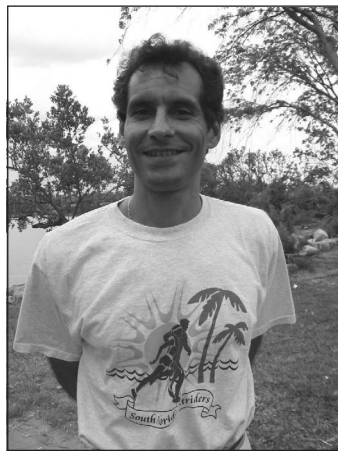
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NEW AND RENEWING MEMBERS

Billy Canavan
Freddie Richardson



Hi fellow Club Members:

I want to let all of you know our running club has been hired by the City of Pembroke Pines and its Charter School system to organize and manage the Pines 5k Pursuit to Good Health scheduled for Sunday 4/27/14 at 7:30 AM at Walter C Young Middle School in Pembroke Pines, FL. Monies raised from this event will be used for school programs tied to the Charter School system. Along with the 5k Run that will be held on a certified USATF 5k course, there will be a ¼ mile fun run for younger kids. To get information about the event, please go to our website www.SouthFloridaStriders.com or to www.Accuchiptiming.com. You can also call the City of Pembroke Pines Parks Dept. at (954) 431-4146 to

get more information about the event. We are expecting a field of between 250-300 participants for this event. Club Volunteers will be needed to help put on the event. Please call me at (954) 442-0129 to let me know if you can help. All volunteers that help out will be treated to breakfast after the run.

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.

Very soon the racing season will be coming to a close, and it will be time for some of our members to get back to hill training at Vista View Park located at 4001 SW 142nd Avenue in Davie, FL. Yes, it is that time of the year again! Starting Saturday May 31 and through Saturday September 27, 2014, we will be meeting at the park at 7 AM to do hill training. We welcome people of all abilities. In the early part of the summer, we tend to do easy workouts. Later in the summer, we start doing some harder workouts, as we approach the start of the racing season. We hope Club members that live in western Broward will join us for the workout. Water and restrooms are available at the park. Please call me at (954) 442-0129 or e-mail me at FastRalph2@comcast.net if you want to get more information on the workout.

See you on the roads, Ralph Guijarro.

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:

- 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 ¼ mile to the entrance to the park.
- 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.**



Training Runs

Wednesday, 6:30 PM 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, 6:30 PM 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, 6:30 AM 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, 6:15 AM 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.

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.