

# South Florida Striders



## STRIDERS BOARD

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open

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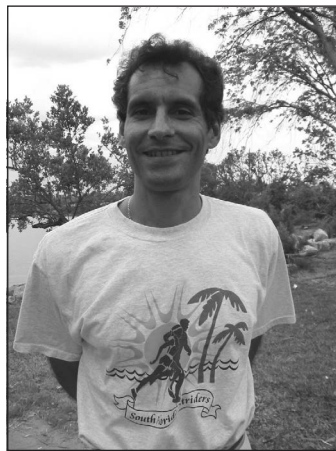
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## NEW AND RENEWING MEMBERS

Bob Becker  
Bill Springer  
Vadim Shvartsman  
Gerry Jackson  
Mike Regan  
Mike Davis  
Marlen Davis  
Ryan Davis  
Jessica Davis



Hi fellow Club Members:

Our Club held its annual picnic on Sunday 3/30/14 at Tree Tops Park in Davie, FL. We had about 28-30 people that attended the picnic. We were blessed with terrific weather that day. We sampled some great food brought to the picnic by our members. Everybody had fun with the raffle we had during the picnic. I believe everyone walked off with a prize. Speaking of prizes, I want to thank Bill and Sandy Wagner for providing a lot of the raffle prizes we had at the picnic. I also want to thank them for bringing the cups, water, sodas, ice, coolers and eating utensils that we used at the picnic. Also

providing raffle prizes in the form of gift certificates was Running Wild and owner Don Wennerstrom. Thank you for your support of our Club. For anyone who wants to see pictures of the picnic go to our Facebook page under South Florida Striders. I want to thank Christina Weisberg and my wife Gladys for taking such good photos at the picnic. I hope to see all of you there next year.

At the picnic, we had elections for our new slate of officers and Board of Directors. Please check our section in the Forum for the names of the people who will represent the Club in the next year. We only had one change in our Board from last year. We want to thank Steve O'Malley for his great help on the Board this past year. We now welcome Gerry Jackson to help us with the Board in the upcoming year. For all others that held posts as officers and Board members, I want to thank you for your service this past year. We could not have accomplished a lot of things without your input.

I want to let you know our running club is working with the City of Pembroke Pines and its Charter School system to organize and manage the Pill Box Pharmacies Pines 5k Run and Walk 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](http://www.SouthFloridaStriders.com) or to [www.Accuchiptiming.com](http://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 with the event. All volunteers that help out will be treated to breakfast after the run.

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 142<sup>nd</sup> 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](mailto:FastRalph2@comcast.net) if you want to get more information on the workout.

As far as our annual Striders Track Meet, we are aiming to put it on sometime in July 2014. Soon, we will be talking to Cardinal Gibbons High School to see when it would be the most convenient time to have it there. I will have more information for you about the meet in the June 2014 issue of the Forum.

See you on the roads, Ralph Guijarro.

## Strider Smarts presented by Coach Bob

### Let's Go For A Run

It's February 1986 in Buffalo. I have been running for 2 years; it's a Wednesday night, 5:30, dark and 25 degrees. Pretty much dry with the streets plowed, a typical evening in the northeast and time to go for my 6-miler.

I double check the outdoor thermometer as the temperature is dropping, and for each 10 degrees I need to add another layer of something. Still hovering around 25, I start with a nylon long sleeve shirt, followed by a polypropylene long sleeve turtleneck, which is covered by another poly shirt. Over my underwear go my wool blend tights and running shorts with a handkerchief tucked in, as my nose will soon become a fountain of



Bob Dozoretz

## 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, 6:00 PM Robbins Park in Davie,

From 3/12/14 thru 11/5/14 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.