

South Florida Striders



STRIDERS BOARD

OFFICERS

President

Ralph Guijarro
(954) 442-0129
fastralph2@comcast.net

Vice President

Al Shamoun
(954) 292-2321
ALShamon1@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) 253-7239
UltrRnr@aol.com

Sandi Wagner
(954) 962-0998
runsandi@bellsouth.net

Carmen Healy
(954) 825-5272
CHealy@Broward.edu

Dan Healy
(954) 825-5495
DHealy@Broward.org

Gerry Jackson
(954) 478-5342
gerardjacks@aol.com

NEW AND RENEWING MEMBERS

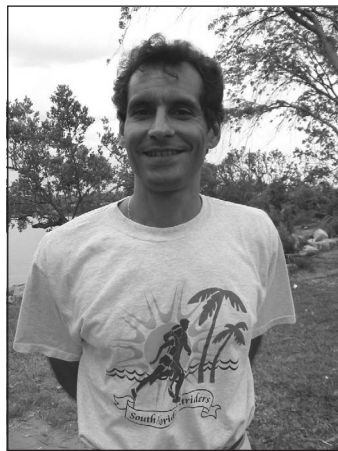
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Hi fellow Club Members:

In last month's issue of the Forum, I thanked a lot of the Board members that helped lead the Club over the last 12 months. However, in error, I omitted an individual that has been instrumental in helping lead this Club over the last decade. That individual is Michele Sannie-Willard. I want to thank her for her input and ideas to make our Club better. Even though she will not be part of our Board this coming year due to her current studies to become a nurse, we look forward to having her back on board in the summer of 2015 once she graduates. Good luck with your studies, Michele!

Just a quick recap of the Pill Box Pharmacies Pines 5k Run and Walk held on 4/27/14 at Walter C Young

Middle School in Pembroke Pines, FL. We had about 350 participants in both the 5k Run and the ¼ mile kids run. According to the City of Pembroke Pines, a lot of money was raised from this event that will be used for school programs tied to the Charter School system. Along with me, there were seven other Club members that helped me manage the event that day. I want to thank all of these volunteers that helped make the event so successful. The names of these volunteers are listed separately in our section of the Forum. After the race, we all enjoyed a nice breakfast at Romeu's Cuban Restaurant in Davie, FL. If you want to get the results for the 5k event, please go to our website www.SouthFloridaStriders.com.

I want to make all of our members aware we are back to doing hill training at Vista View Park located at 4001 SW 142nd Avenue in Davie, FL on Saturday mornings at 7 AM. We will be there from Saturday May 31 through Saturday September 27, 2014. We meet in the parking lot of Shelter #1. Please be aware that there is a \$1.50 charge to get into the park. 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. 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 more information on the workout.

I am glad to report the 26th Annual Striders Track Meet will be staged on Saturday 7/12/14 from 6 PM to 9 PM at the Cardinal Gibbons High School track. In case we get rained out that day, the make up date will be Saturday 7/19/14. We are still working on planning the events we will have for this year's track meet. We are definitely bringing back the competitive mile and the very well known Keno Mile. Look for more information about the meet in our website and in the July 2014 issue of the Forum.

See you on the roads, Ralph Guijarro.

TRI NEWS



Char Davidson wrote: May 4 was my 1st Tri of the season. Multirace has new owners, and what a fantastic job they did. This was on Virginia Key, Key Biscayne. Beautiful weather, perfect course and great people. So much fun. I did get 1st in my age group (60-64), but need more competition, so any of you 60+ women thinking of doing a Tri, now is the time. Love it!!!

On April 19, Tim and Mary Nicholls participated in the Egg Hunt Duathlon. Run 1.5mi - Bike 11mi - Run 1.5mi. This was in CB Smith Park in Pembroke Pines. Tim placed 1st overall male and Mary 1st overall female.

May 10 - Tim and Mary participated in the Cape Coral Yacht Club Sprint Triathlon. Tim was 2nd overall male and Mary was 4th overall female.

Ron Cerrotti, our great runner in the (70-74) age group, decided he would like to try a triathlon one day. The problem was that Ron did not know how to swim. That did not stop Ron, and he started swimming lessons. Last Saturday he did his 1st ocean swim, and he will work on his swimming until he feels ready to do a Tri. Love his determination and look forward to the day he will do a Tri with me.

St. Anthony's Triathlon - April 27, 2014, St. Petersburg, FL

From Walt Patten:

I participated in another St. Anthony's Triathlon this year. I've done this race over 15 times and enjoy the event for the large size - over 3,000 athletes. This year, they had a sprint course to complement the Olympic race; I did the Olympic course.

For the first time, I had access to VIP parking on race morning. We normally have to drive the side streets at 5:00 am, to find parking, and it can be up to a mile away. My good friend, Barry Westmark, lives in the St. Petersburg area and was able to get VIP parking. We drove right up to the race start and were directed to a private parking lot - so nice to have friends with benefits!

The swim was a little more difficult this year; quite a few of us were a couple minutes slower due to the waves. The over 60 age group had a late start time (8:10 am), and it was a little hot on the run, but the views of the bay were great. Once again, they did a terrific job running the event, and I'm looking forward to next year.

Congratulations to all. Tri and Tri again.
Christina Weisberg, Trimomcw@aol.com

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 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.