

South Florida Striders



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NEW AND RENEWING MEMBERS

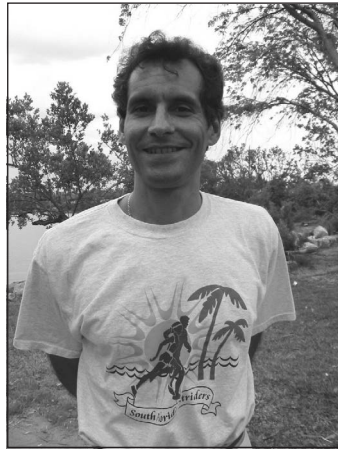
Michael Hollander

Carlos Vela

Michele Sannie-

Willard

Bob Willard



Hi fellow Club Members:

In this month's issue of the Running Forum, you will find the flyer for our 26th Annual Striders Track Social and Pizza Party that will be held on Saturday 7/12/14 from 6 PM to 9 PM at the Cardinal Gibbons High School track in Ft Lauderdale. In case we get rained out that day, the make-up date will be Saturday 7/19/14 from 6 PM to 9 PM. The competitive running events we are offering this year will be the mile, 400 meters, 800 meters and a 4x400 meter relay. There will be awards to the top three males and females in Overall and Masters categories in the mile, 400 meters and 800 meters events. We are

offering awards to the top relay team in male and female categories. We will also have the Keno Mile, which is a prediction run with awards to the top four people who are the best at guessing their finishing time in the event. Awards for this event will be provided by Keno Brothers Jewelers and the Running Wild running store. There will be pizza provided for all participants after the awards ceremony. For more information about the event, go to our website www.SouthFloridaStriders.com or call (954) 442-0129.

I am happy to report our running club has been hired by The Bonnie J. Addario Lung Cancer Foundation located in California, to help stage their event called Your Next Step is the Cure 5K on Sunday, September 14, 2014 at 7:15 AM. This event will take place at Charnow Park in Hollywood, Florida. The funds raised by this event will help the charity with their programs to find a cure for lung cancer through research, awareness, education early detection and treatment. In order to put on this event, we need help from fellow Club members in such areas as course set up and race day registration. Please let me know if you can help us on that date. Please go to our website to obtain more information about the event.

Again, I want to make sure all of our members are aware we are 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 every Saturday through September 27, 2014. We meet in the parking lot of Shelter #1. Please be aware 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 running 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 to get more information on the workout.

See you on the roads, Ralph Guijarro.

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 2014 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@comcast.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.

26th Annual Striders Track Social and Pizza Party

Featuring **KENO** mile prediction run and other track events

Saturday, July 12th 2014 from 6:00p to 9:00p

Medals awarded three deep in Male and Female Open and Masters categories

1 mile, 400 m, 800 m

Medals awarded to top relay team in Male and Female Categories

4 x 400 meters

Special awards for KENO mile



At the Beautiful brand new Rubberized track at Cardinal Gibbons High School, 2900 NE 47th St., Fort Lauderdale, FL

Striders members with active membership can enter the event for free. Your entry fee to the track meet gets you a one year membership with the Striders.

Entry fees: Early registration \$15 adult and \$5 kids 18 & under
Race day fees: \$20 adults and \$10 kids 18 & under

Race day registration will start at 5pm.

Registration:

Name: _____
Address: _____
Phone: _____ E-mail address: _____
Sex: Male/Female

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 or go to www.SouthFloridaStriders.com.