

# 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

Victor Vasquez

Donna May

Maria Augustine



Hi fellow Club Members:

I am writing this article a few days before our 26<sup>th</sup> Annual Striders Track Social and Pizza Party being held at the Cardinal Gibbons High School track in Ft Lauderdale, FL on Saturday, July 12, 2014. In the next issue of the Forum, I will have highlights of the event. Please go to our website [www.SouthFloridaStriders.com](http://www.SouthFloridaStriders.com) to see results of the track meet. I hope that all of the individuals that participated in the meet had a great time.

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. This event will take

place on **Sunday, September 14, 2014 at 7:15 AM** 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 stage this event, we need help from fellow Club members in such areas as course set up, race day registration and packet pick up. Please let me know if you can help us on that date. You can go to our website to obtain more information about the event. You can also call me at (954) 442-0129 if you would like to volunteer. All volunteers will be treated to breakfast after the 5k run and walk.

In the month of October 2014, we will be staging two 5k run and walk events. The first one will be the Sea Cadet 5k Run/Walk at Charnow Park in Hollywood Beach, FL. The event will take place on **Saturday, October 11, 2014 at 7:30 AM**. The other event will be the Shark Shuffle 5k Run/Walk at Nova Southeastern University in Davie, FL. The event will take place on **Sunday, October 12, 2014 at 7:30 AM**. I will have more information on these two events in the next issue of the Running Forum. As always, we need help to put on these events. Please let me know if you would like to help out.

We are still doing hill training at Vista View Park located at 4001 SW 142<sup>nd</sup> 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](mailto:FastRalph2@comcast.net) if you want to get more information on the workout.

See you on the roads, Ralph Guijarro.

### The Trade-Ins

In 1962, the Twilight Zone had an episode called "The Trade-Ins" involving an elderly couple shopping for younger, replacement bodies.

In the past, I have written about wearing someone else's shoes to run as fast as the previous owner and also about *In Time* where you don't age over 25 but could die if you 'run out of time.'

Now, we have the last and best scenario ever. You simply go to the lab, look over various models, pick out the one you want to be and there you have it!

The exchange is not free and costs \$5,000; I think my '62 Chevy new cost about \$2,000! So, not cheap but once transformed...you are healthy and could work again. You probably should have saved for this but with your younger, replacement body; you could obtain a loan based on your future earnings!

No matter what aches, pains or disease you have, your new body would be fine. All were physically fit and had a full head of hair (something that greatly appealed to me). There were also various models for the ladies, and I have to admit I was curious if you could switch genders. That was never addressed, and I suppose I shouldn't have thought about it too much.

Anyway, just think about this from a runner's point of view. With your experience you could train your new self to be a better runner and probably avoid injury. We still would all be different as we would all train differently and for different distances, so races would still be competitive. However, I am not certain how age groups would be decided. Probably you would be placed in the 25 - 29 AG but again, you would age so slowly that you would beat the 'natural' age groupers.

Hmmm, I kinda like that!

You also had a week to decide if you were keeping your new body. The old man in the show reverted back since he only had enough money for one transformation. I did wonder why he couldn't go back to work and earn another \$5,000 for his old lady, but he was a typical man and decided he would rather lounge around for his remaining years rather than work for another 5 years.

She couldn't do it as he would have died before she could raise enough, but that could have worked out pretty well for her!

Anyway, Jenette and I are saving up for the future, as many concepts from the 1960's have now become main stream. You may not recognize us, but we are the new 25 year olds that just kicked your behinds at the 37<sup>th</sup> running of the Weston 2024 July 4th 5K!

I Am A Runner  
Coach Bob  
[yourcoachbob@aol.com](mailto:yourcoachbob@aol.com)



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 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.