

South Florida Striders



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NEW AND RENEWING MEMBER

John Clidas (2 years)



Hi fellow Club Members:

I do not know if most of you are aware, but our Club has had a Facebook page over the last couple of years. It is www.facebook.com/SouthFloridaStriders. Over the last few months, I seem to be only one posting to our page. I would like to encourage others from our Club to also post sports related stories or others matters. We would love to find out if you have run a recent marathon, ran a personal best, have a new type of training regimen, etc. The posts do not have to be solely about running. You can also talk about other sports like triathlons, walking, bicycling, canoeing, etc. Please use the page to let others know how you are doing!

By the time you read this article later this month, we will have completed our first managed running event of the season. In the November 2014 issue of the Forum, I will talk about the Bonnie J. Addario Lung Cancer Foundation's Your Next Step is the Cure 5K held on Sunday, September 14, 2014 at Hollywood Beach. You will be able to find results for the event in the Striders' website. The event helped the charity raise funds for their programs to find a cure for lung cancer through research, awareness, education, early detection and treatment.

In the month of October 2014, we are staging two 5k run and walk events. The first one will be the Pursuit of Honor, Courage and Commitment 5k Run/Walk at Charnow Park in Hollywood Beach. The event will take place on Saturday 10/11/14 at 7:30 AM. The other event will be the Shark Shuffle 5k Run/Walk at Nova Southeastern University in Davie. It will take place on Sunday 10/12/14 at 7:30 AM. We are expecting large turnouts for both events. Please let me know if you can help us out. We need help in such areas as course set up and course monitoring. You can call me at (954) 442-0129 or e-mail me at FastRalph2@comcast.net if you want to help out. If you just want to participate in both 5k events, please go to our website www.SouthFloridaStriders.com to obtain the information.

I am happy to report we have been hired by the Arthritis Foundation (Southeast Region) to manage a 5k for them on Saturday 12/13/14 at 7 AM at Tradewinds Park in Coconut Creek. The name of the event is the Jingle Bell 5k Run and Walk for Arthritis. It will help raise money for the Arthritis Foundation which helps people that suffer from this disease and also finding a cure for it. Please let me know if you would like to help us. We need at least 10 – 12 volunteers for the event. Applications can now be found at local running stores. Soon you will be able register online on our website. We are still setting it up.

Even though we are winding down our Vista View Park hill training runs on Saturday mornings in September 2014, I am happy to report that our Club has decided to start a new Sunday morning workout at the park 11/2/14 through 3/29/14. We will meet at 7 AM in the parking lot of Shelter #1. There is a \$1.50 charge to get into the park. Please remember the park is located at 4001 SW 142nd Avenue in Davie. We welcome people of all paces and running abilities. Water and restrooms are available at the park. The distances we will be running will be from 6 to 13 miles. The trail we will be running on is about 1.25 miles long. 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.

Strider Smarts presented by Coach Bob

We're Still Out There

This article is about 7 older runners who are still out on the roads and at the races. No one is looking for recognition, congratulations or acknowledgment; they are all doing it for themselves. Please remember the point of this article is you, not them.

Bill is 75, was truly a great runner who many of us looked up to and wanted to beat someday. He races frequently, both in So. Florida and New Hampshire, his summer home. He once won 7 Mile Bridge, but if you could drag that admission from him, all he would say is that the runners ahead of him came back to him, not that he caught them. That's humble.

Bill is still out there, much slower and training with aches and pains but still winning his age group.

Vic loves running, period. He struggles now with acid reflux, which severely limits his speed, but still races frequently. He loves the competition and does not like it if he wins his age group by minutes, as he would rather chase you down. He has overcome hamstring and other issues over the past 40 years and continues to train 5 days/week, hoping for the stomach issues to subside, so he can once again run a respectable time.

Al is unique. He's fast for a 70+ year old and easily wins his age group, continues to train hard, limiting his distance for quality workouts. Lately he has had his share of ailments, but will either run through them or rest them while riding a stationary



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) 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.

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