

South Florida Striders



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NEW AND RENEWING MEMBER



Hi fellow Club Members:

On Sunday 11/2/14, we will be starting hill training runs at Vista View Park in Davie. We will be doing these runs mostly on trails. We will be there every Sunday morning through the end of March 2015. We will meet there 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.

Please remember we would like see your running related postings in the Facebook page we've had over the last couple of years. It is www.facebook.com/SouthFloridaStriders. 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!

I am happy to report the Bonnie J. Addario Lung Cancer Foundation's Your Next Step is the Cure 5K held on Sunday, September 14, 2014 at Hollywood Beach came off successfully. The event had about 350 registrants. The charity raised a lot of money to fund research programs for finding a cure for lung cancer. You can find the results for the event by going to our website www.SouthFloridaStriders.com. I want to thank the twelve Striders volunteers that helped. Without their help, we would not have been able to stage this event. Their names are listed in a separate section of the Forum.

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. It 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. I will let everyone know in the December 2014 issue of the Forum how both events went. As I am writing this article, we are just a few days away from staging the two races.

Speaking of December 2014, we are getting close to the Christmas holidays and our Christmas Party at Hollywood Beach. This year we will be staging the party at the public parking lot adjacent to the Summit Condo. The date is Wednesday December 17 at 7:15 PM. We will go out for a run at 6:15 PM and gather to eat at 7:15 PM. This party is potluck. Please look for the event flyer in the Forum.

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 in helping people that suffer from this disease and finding a cure for it. Please let me know if you would like to help us with the event. We need at least 10 – 12 volunteers. Applications can now be found at local running stores, and they will be handed out at some area races. You can now register for the event by going to our website.

We have also been hired by H.O.M.E.S., Inc. to help manage their 5k event called The Funky Fun Run on 13th Street. This 5k event is being held on Saturday 2/21/15 at 4 PM in Ft. Lauderdale along sections of NE 13th Street. Yes, that is correct. This is going to be an afternoon race. The event will help the charity raise money for their programs in finding shelter for youths who eventually age out of foster care. It will be an all family affair with music, food and drinks for everyone who comes. You can register for the event by going to our website. We are also in need of volunteers for this. We need 10-12 people. If you can help out, please e-mail me or call me at the number I have already listed in this article.

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) 249-7609 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@bellsouth.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.