

South Florida Striders



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NEW AND RENEWING MEMBER

1. Al Shamoun
2. Isaac Izquierdo
3. Bob Dozoretz
4. Jenette Dozoretz
5. Doug Lindahl



Hi fellow Club Members:

Just a reminder that on Wednesday 12/17/14 at 7:15 PM, we will be having our Club's Annual Christmas Party at Hollywood Beach. This year we will be staging the party at the public parking lot adjacent to the Summit Condo. We will go out for a 4-6 mile run at 6:15 PM and gather to eat at 7:15 PM. This party is potluck. Please look for the event flyer in this issue of the Forum.

In the month of October 2014, we staged two 5k run and walk events. The first one was the Pursuit of Honor, Courage and Commitment 5k Run/Walk at Charnow Park in Hollywood Beach. The event took place on Saturday 10/11/14 at 7:30 AM. The event attracted 480 participants, and it was a great success. That is the highest number of entrants ever for this event. We also had terrific weather. I want to thank all of the club volunteers to that helped. I hope you enjoyed the volunteer breakfast we had after the run. We look forward to being involved with this event again in 2015.

The other event we staged recently was the Shark Shuffle 5k Run/Walk at Nova Southeastern University in Davie. It took place on Sunday 10/12/14 at 7:30 AM and attracted 340 participants. Another great success. The weather on this date was just as good as the other 5k event we managed the day before. Thank you again to all of the club volunteers. I hope you enjoyed the volunteer breakfast we had after the run. Race organizers have asked us to be involved again with this race next year.

We have already started hill training runs at Vista View Park in Davie. We will be doing these runs mostly on trails. We are there every Sunday morning through the end of March 2015. We meet at 7 AM in the parking lot of Shelter #1. There is a \$1.50 charge to get into the park. 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. The distances we will be running will be from 6 to 13 miles. The trail we are 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.

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. The event 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. We need at least 10 - 12 volunteers for the race. Applications can be found at local running stores, and they are being handed out at area races. You can now register for the event by going to our website www.SouthFloridaStriders.com.

Our Club has 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 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. The event will be an all family affair with music, food and drinks for everyone who comes. You can register by going to our website. We are also in need of volunteers for this event. We need 10-12 volunteers. 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.



HOLIDAY PARTY

Please join us for our annual holiday party, Wednesday, December 17, 2014 at 7:15PM. Our new location will be on the beach, adjacent to the Summit Condo in Hollywood Beach. The Summit is located at 1201 South Ocean Drive. From A1A(Ocean Drive) turn on Azalea Terrace (south of the Summit), then turn into the parking lot. Please bring a chair.

First we will have our weekly training run on the Broadwalk starting at 6:15 PM. All distances and paces, followed by a potluck Holiday Party starting at 7:15 PM. Please bring something to eat or drink. For information call Christina (954) 434-9482.



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@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.