

South Florida Striders



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NEW AND RENEWING MEMBERS

Ron Raymond
Chris Harrington
Mary Ellen Harrington
Joe Ochipinti



Hi fellow Club Members:

I am writing this article right before the holidays in December. I want to take the opportunity to wish Happy Holidays to all of you and your families. May the New Year bring great things to all, and I hope your running will be brighter and better than 2014.

Next month, I will provide a report on what happened with the Jingle Bell Run for Arthritis 5k being held on Saturday 12/13/14 at 7 AM at Tradewinds Park in Coconut Creek. The event benefits the Arthritis Foundation of Broward County. The monies raised will aid the Arthritis Foundation with their programs in helping people that suffer from this disease and finding a cure for it. You can find results for the event at 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. It 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 10-12 volunteers for this event. If you can help out, please e-mail me at FastRalph2@comcast.net or call me at (954) 442-0129.

I am happy to announce our Club will be involved again in the race management and promotion of the third annual Hearts at Work 5k Run and Walk to be held on Saturday 2/28/15 at 7:30 AM at Markham Park in Sunrise. Monies raised from the event will benefit the American Heart Association. If you would like to help out, please contact me at my e-mail address and/or phone number I have provided in this article.

We are still hosting 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. 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 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.

See you on the roads, Ralph Guijarro.

Strider Smarts presented by Coach Bob

Celebration of Life

No, this is not an eulogy. It's more plagiarism from a late night sports talk show called Celebration of Life Through Sports hosted by David Stein. During the show, most callers talk about how their Dad took them to a ball game and how it was one of the highlights of their youth and a great bonding experience. Somehow this show never becomes old and has been on for many years. How can this be?

Guess you know the answer. Some things never get old. We do, but the sport continues and keeps on growing with people of all ages becoming involved and more youth staying in it. I have written about traditions with family and friends, so take a moment to reflect and consider how it has changed your life. Better yet, how has your running changed others?

For us coaches, it is an easy answer, as we lead groups and individuals to new goals, trimmer bodies and new friends, but what about you? How has someone touched your life through running? Did you influence another? Did you join a neighbor or a group on their morning run? Did you invite someone to join you? Are you grateful your child followed in your footsteps, literally?

Hopefully you have had an experience with another, and you should take a moment to thank them. If you reached out, tell them how grateful you are that they have become a part of your life, if only seeing them at a race or weekly run. I am guilty of expecting to see my running buddies each week and taking for granted they will show up, but what if one doesn't? What if they move, meet a non-runner [forbidden to this audience], become too busy or just cannot run anymore? What if anything?

Almost every runner I have met made me realize how fortunate I am to be a part of this community, and maybe it's a gender specific thing, but I never tell them. Natalie, a new runner I met and coach told Jenette and me how fortunate she feels to have met us and become our friend. WOW! How special is that? I have felt this way before, remembering when Bob Barnard and Ralph welcomed us into their clubs, but never told them. Maybe it's easier now with email, but I'm still a man and don't share my feelings well, but maybe you will.



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) 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.