

# 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) 249-7609  
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

1. Larry Byrne
2. Walter Baldwin
3. Robert Leaf



Hi fellow Club Members:

I hope all of you enjoyed a terrific and wonderful holiday with all of your friends and families. I am looking forward to this year to see what new and exciting things will occur with the sport of running here in South Florida and with the South Florida Striders. Hopefully, you are thinking like me. You will try to get a new PR at a targeted race, finish an event for a worthy cause or just use run to stay in shape. Let's see what happens in 2015.

I am happy to report that the Jingle Bell Run for Arthritis 5k held on 12/13/14 at Tradewinds Park was a success. We had about 100 entrants for the event. The run raised a lot of monies for the Arthritis Foundation of Broward County. The monies raised

will help the charity with their programs in helping people that suffer from this disease and finding a cure for it. We had 10 Club volunteers that helped with the event. I want to thank those individuals for their valuable assistance with the 5k run.

Our Club has also been hired by H.O.M.E.S., Inc. to help manage their 5k run called The Funky Fun Run on 13<sup>th</sup> Street. This 5k is being held on Saturday 2/21/15 at 4 PM in Ft. Lauderdale along sections of NE 13<sup>th</sup> 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 to the 5k. You can register for the event by going to our website. We are also in need of 10-12 volunteers for this race. If you can help out, please e-mail me at [FastRalph2@comcast.net](mailto: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 in need of five volunteers for the 5k run.

Another event we will be involved with in the near future is the 2<sup>nd</sup> Annual TriSickle 5k Run and Walk being held on Sunday March 29, 2015 at 7 AM at Central Broward Regional Park in Lauderhill. The 5k run benefits the Foundation for Sickle Cell Disease Research based in Hollywood. We expect a big turnout for this race. Like the other two events mentioned in this article, we can use your help to set up the course and other odd jobs on race day.

To all of our members, please remember that we still run on Wednesday nights at 6:30 PM out of Charnow Park in Hollywood Beach and on Saturday mornings at 6:30 AM at Holiday Park in Ft. Lauderdale. We encourage you to come out and support these two great workouts that we offer during the week. If you want more info on them, please contact me.

We are still doing hill training runs at Vista View Park in Davie. We run mostly on trails. We are there every Sunday morning through the end of April 2015. We meet there 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 142<sup>nd</sup> 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](mailto:FastRalph2@comcast.net) if you want to get more information on the workout.

See you on the roads, Ralph Guijarro.

## Thank you to volunteers!

Thanks to all the volunteers that helped out with the Jingle Bell Run for Arthritis 5k held on Saturday 12/13/14 at Tradewinds Park in Coconut Creek. Thank you for your great effort in making the event a success.

1. Bill Wagner
2. Sandi Wagner
3. Jenette Dozoretz
4. Bob Dozoretz
5. Monica Patino
6. Gerry Jackson
7. Curt Liner
8. Walter Baldwin
9. Joe Ochipinti
10. 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, 7:00 AM Vista View Park

Seasonal workout from November 2014 through April 2015. Distances 10-13 miles. All paces welcome. Contact Ralph Guijarro 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.