

# South Florida Striders



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## NEW AND RENEWING MEMBERS

1. Walt Patten
2. Christina Weisberg
3. Susan Parkhurst



Hi fellow Club Members:

I am happy to let all of you know the Club will hold its annual picnic on Sunday March 22, 2015 from 12 PM to 4 PM at Tree Tops Park. It is located at 3900 SW 100<sup>th</sup> Avenue (Nob Hill Road) in Davie. We will be using the Satin Leaf Shelter at the park. It will cost \$1.50 per person to enter the park. We will be having raffles for prizes at the picnic. We will be also presenting the Club's new Board of Directors and officers for the upcoming year. Look at the flyer in our section of the Forum for more information on the food and drinks that will be provided at the picnic.

Our Club has 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. This is going to be an afternoon race. The event is going to 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. I will discuss highlights of the race in the April 2015 issue of the Forum.

Our Club will also 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 (954) 442-0129 or e-mail me at [FastRalph2@comcast.net](mailto:FastRalph2@comcast.net). I will also discuss highlights of the race in the April 2015 issue of the Forum.

Another event we are 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 Lauderdale. The 5k run benefits the Foundation for Sickle Cell Disease Research based in Hollywood. We expect a big turnout for this race. We can use some help for this event. Please contact me if you would like to help out.

To all of our members, please remember 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. Please remember 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.

**Picnic Date:**  
Sunday, March, 22nd, 2015  
12:00 Noon to 4 PM

**Location:** Tree Tops Park, Davie. Satin Leaf Shelter.  
There will be an admission fee of \$ 1.50 per person.

#### Directions to the park:

1. From I-95 and/or Turnpike, get off at Griffin Road and head west until you reach Nob Hill Road. Nob Hill Road is about 2 miles west of University Drive. At Nob Hill Road, make a right (head north) and travel about ¼ mile to the entrance to the park.
2. From I-75, get off at Griffin Road and head east until you reach Nob Hill Road. At Nob Hill Road, make a left (head north) and follow the same directions as above.

Course: Different distances available, also trail running.

#### Cost of Picnic:

For Club members: Free. Non-members: Free. Kids 12 & under: Free.

Food: The Club will provide grilled hot dogs, hamburgers, side dishes, sodas, water, etc.. You will need to provide your own beer and wine for the picnic.

Elections: The Club will hold its annual elections at 2:30 PM. Please help us choose the individuals that will help lead the Club for the next year.

Fun and Games: We will hold a raffle for Club merchandise and other prizes. Raffle tickets will be provided to everyone who comes to the picnic.

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_ E-mail address: \_\_\_\_\_  
Number of people attending the picnic: Adults: \_\_\_\_ Kids: \_\_\_\_

RSVP required: Mail to South Florida Striders, c/o Ralph Guijarro, PO Box 822233, South Florida, FL 33082-2233. For more information, call (954) 442-0129.

We will be next to a volley ball court. Bring a ball so we can play.  
Christina will bring the Dutch Shoolen game for some friendly competition.  
Bring an easy chair for lounging.



## 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.