

**Date:**  
Sunday April 26, 2015  
7:30 AM

**Place:**  
The Shops at Pembroke Gardens  
527 SW 145 Terrace  
Pembroke Pines, FL 33027

**Directions:**  
Just off I-75 at Pines Blvd.

**Entry fees:**  
Early registration for 5k Run and Walk: \$25.00.  
Race day registration for 5k Run and Walk: \$30.00.  
Fun Run registration: \$10.00 (10 years and younger).

**T-shirts:**  
Commemorative t-shirts to all pre-registered entrants. Race day registrants are not guaranteed a t-shirt.

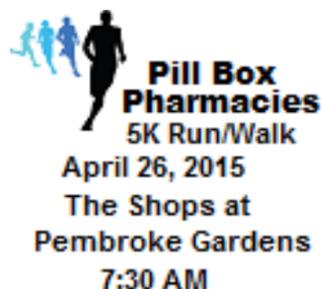
**Awards: (5k Run only)**  
5k Run: For the top three male and female in both overall and master categories. Also awards to top three males and females in age group categories from 12 and under up to 75 and over.

**Course:**  
5k course is measured and certified to USATF specifications.

**Chip Timing:**  
This event is being timed by AccuChip Timing. If you are running or walking the 5k, you must pick up your chip and bib number the morning of the event. If you're doing the ¼ mile fun run, you will see your time on the finish line clock, but you won't be timed with the chip-timing system.

**Registration:**  
Register at [www.active.com](http://www.active.com) For additional information on how to register by mail or online, call Kathleen Kuebler at [KKuebler@PPines.com](mailto:KKuebler@PPines.com) or at 954-431-4146. You can also find information about the event at [www.SouthFloridaStriders.com](http://www.SouthFloridaStriders.com) and at [www.AccuChipTiming.com](http://www.AccuChipTiming.com).

\*The City of Pembroke Pines Charter School system is the largest municipally run charter system in the nation with 7 campuses from K-12 grade and 5,500 students. All campuses are awarded an A rating on the State of Florida A+ Plan.\*



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7. **Line up properly** Fast runners in front, the rest behind. You know who you are. We still see kids and slower runners line up in the front row[s]. This is dangerous and foolish, as most of us have seen someone fall right after the start. Please don't do this. Period!

While I don't think baby joggers belong on the course, they usually line up at the back and are careful passing, so no complaints there.

**Bandits** People who don't pay but participate. I have seen a race delayed to point out 3 bandits. Too bad they weren't embarrassed enough to leave. Bandits drink the water, eat the food and take up space in an event where they don't belong. Period!

9. **Food** Unfortunately, most food is put out all at once. Please remember there are still runners on the course, and others like myself who like to jog after finishing. Food is not for take out. Take what you need to consume for recovery, and leave the rest for others. Besides, going out for breakfast with friends is fun and a nice reward for racing or volunteering.

10. **Headphones** At the Miami Marathon, I was right next to someone and wanted to let him know that the road was now open to traffic. After shouting I had to grab his arm to get his attention. He couldn't hear me. Be careful. Cars can accidentally enter onto a race course and many drivers become angry and impatient. We have all seen it. If you want to listen to music in a race, place a bud in one ear only.

See you at the races!

I Am A Runner  
Coach Bob  
[YourCoachBob@aol.com](mailto:YourCoachBob@aol.com)

## Thank you to volunteers!

Thanks to all the volunteers that helped out with the Funky Fun Run on 13<sup>th</sup> Street (2/21/15) and the Hearts at Work 5K (2/28/15). Thank you for your great efforts in making these events a success.

- |                       |                      |
|-----------------------|----------------------|
| 1. Sharon Beal        | 9. Maria Augustine   |
| 2. Bill Wagner        | 10. Steve O'Malley   |
| 3. Sandi Wagner       | 11. Chris Harrington |
| 4. Christina Weisberg | 12. Jim Hill         |
| 5. Gladys Guijarro    | 13. Gerry Jackson    |
| 6. Ralph Guijarro     | 14. Robert Leaf      |
| 7. Mike Davis         | 15. Victor Vasquez   |
| 8. Marlen Davis       | 16. Donna May        |



## 2015 Tokyo Marathon Another Incredible Marathon and Travel Adventure

If this marathon is not on your "bucket list", then I would strongly recommend that you put it on there! I recently returned from running the 2015 Tokyo Marathon, which was held this year on February 22. I have to say that I was truly "wowed" with this marathon from first entering the Tokyo Big Sight (convention center) where the Marathon Expo was held, straight through to the complimentary bus transportation back to the start area of the point-to-point marathon course.

The organization, the course, the exceedingly high level of volunteer enthusiasm, the crowd support and, the 35,999 other runners (an estimated 90% of which were Japanese) all contributed to making this one of my most memorable marathons. "The Day We Unite" is the theme of the Tokyo Marathon. "TEAM SMILE" is how the Tokyo Marathon Volunteers are "branded". And there is no doubt that the race organizers have brought this theme and brand to life to provide every participant with the conditions for an amazing marathon experience.

The Tokyo Marathon is one of the 6 World Major Marathons (WMM). The WMM is a series consisting of six of the largest and most renowned marathons in the world: Tokyo, Boston, Virgin Money London, BMW Berlin, Bank of America Chicago and TCS New York City Marathon (Abbot World Marathon Majors: <http://www.worldmarathonmajors.com>). The Tokyo Marathon became the sixth member of this series in 2013. Runners who have successfully completed each of the World Marathon Majors are eligible to receive a Six Star Finisher Certificate, if they have completed the Boston, London, Berlin, Chicago, and New York City Marathons from 2006 forward and the Tokyo Marathon from 2013 forward. Although I have now completed all six WMMs, since I was a little ahead of my time completing New York in 2001 and Chicago in 2005, I am not eligible to be officially recognized with one of these "Six Star Finisher Certificates". I suppose I just might have to go back and run New York and Chicago again at some point --- because all runners know that it's all about the t-shirt and in this case, official recognition with a certificate! I guess the good news is that I won't have to qualify for and run Boston again having run Boston in 2006!

In wrapping up, if you enjoy any aspect of traveling (be it as an adventurer, a sightseer or, someone who just likes to experience different cultures), use the Tokyo Marathon (and 10K which is also an option in this event) as a starting point for an amazing travel opportunity. There are so many fantastic places to visit and experience in this part of the world, and Tokyo is a great first stop. Tokyo by itself is a very interesting city to visit. But beyond Tokyo, the options are endless. On this trip, I went on to Malaysia (SCUBA diving off the Malaysian east coast of Borneo) and then Singapore, an ultra modern and culturally diverse country. There's nothing like a fun post-marathon trip with great running friends ---- who you met on a previous marathon trip!

Happy and safe running and traveling to all!

John W. Clidas

The Marathoning Traveler or the Traveling Marathoner?