

South Florida Striders



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NEW AND RENEWING MEMBERS

1. David Dalachinsky
2. Elizabeth Santos



Hi fellow Club Members:

With the time change last month, we are now back to running from Charnow Park to the Dania Beach Pier on Wednesday nights at 6:30 PM at Hollywood Beach. If you have not run with our Club in recent months, please come out and join us. Our six mile training runs are of a relaxed nature. You and others have a chance to socialize with your fellow Strider members during the run. For more information about the workout, please contact me at (954) 442-0129 or visit our website www.SouthFloridaStriders.com.

I want to thank Bill Wagner, Sandi Wagner and Christina Weisberg for helping with the planning and setting up of the Striders Picnic held on 3/22/15

at Tree Tops Park. We had a great time out there. It was fun to see a lot of Striders members who I had not seen in a long time.

Our Club helped stage the 2nd Annual TriSickle 5k Run and Walk held on Sunday March 29, 2015 at Central Broward Regional Park in Lauderhill. The event came off well. It was attended by about 120 participants in a chilly Sunday morning. The Foundation for Sickle Cell Disease Research based in Hollywood was able to raise a lot of money for their programs in finding a cure for Sickle Cell disease. I want to thank all of our Club volunteers who helped us make the event so successful. Those individuals' names are listed separately in our section of the Forum. You can check out 5k results for this event in our website and at www.Accuchiptiming.com as well.

Our last managed event of the current running season is the Pill Box Pharmacies 5k Run and Walk being held on Sunday 4/26/15 at 7:30 AM at the Shops of Pembroke Gardens in Pembroke Pines. The event benefits the City of Pembroke Pines' Charter School System. Just like some of other events we've had this year, we expect a large turnout of participants. We need help with course set up and breakdown for the 5k run Please call me at (954) 442-0129 or e-mail me at FastRalph2@comcast.net. I will discuss the outcome of the event in the June 2015 issue of the Running Forum.

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 May 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 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

Ramblings From An Old Runner

Yes, I thought running would keep me forever young, and to a great extent it has, but time has caught up to me. Time always wins in the long run.

Recently I was on a 10 mile run by the beach, and after mile 6, I was fatigued and lamenting how I used to run this effortlessly at a much faster pace. Sure, it was over 10 years ago, and I thought I was Ironman and my pace would slow gradually as I aged over the next 10 years. After all, I was very consistent for years, injury free, and even running faster than ever.

Turning 60 was not pretty, as injuries suddenly appeared, asthma flared up, and running was difficult. Unfortunately that lasted for years until recently, when I started coaching a run/walk group.

To my great surprise, that method really works, and I improved with my training group. Deep inside, I do not like it, as I was supposed to be a runner and run marathons without walking, but run/walk really works. My miles built up fairly quickly, as I tried to be more patient with my latest comeback, even forgoing track, one of my favorite workouts.

So here I am on the beach, another gorgeous afternoon, starting to struggle when it hit me! How fortunate am I to be running 10 miles by the ocean! Yes, I am not gliding along, but I am out there, and am damn glad I am still able to do it. As many of you know, you can run by the beach often and never tire of it, as I have for over 25 years.

Not only the beach, as South Florida offers great areas for running, always something in bloom, green grass and blue skies. Having been a runner up north, running in the winter and early spring was difficult, as it was cold, dreary and dark. Well, it was, for the most part. Weekend runs occasionally were run in sunlight, and those maintenance runs were absolutely necessary to help us through until spring.

So, here I am, an AARP, Social Security and Medicare member still out there running 10 miles on a bright Wednesday evening by the beach. Weekends I am coaching the loyal run/walk athletes and pray to the Running Gods this continues for many more years, even if I do struggle a bit.

I'll take that any day over the alternative.

I Am A Runner
Coach Bob
YourCoachBob@Aol.com



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, 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.

Thank you to volunteers!

The following people helped with the Trisickle 5k Run and Walk (3/29/15) in Central Broward Regional Park in Lauderhill.

Thank you for your help.

1. Bill Wagner
2. Sandi Wagner
3. Fernando Montenegro
4. Michael Hollander
5. Joe Ochipinti
6. Ralph Guijarro