

# South Florida Striders



## STRIDERS BOARD

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Hi fellow Club Members:

If you have not heard by now, the South Florida Striders will be merging into the Gold Coast Runners Club by 8/1/15. The reason for this decision was due to our decreasing membership and the lack of attendance to our weekly training workouts. This decision was not an easy one for our Board of Directors and Officers. We weighed the pros and cons of doing this now. The majority of individuals that helped lead this Club over the last 8-10 years have been the same. There were almost no new individuals coming to our Board to help guide our club. A lot of the old Board members were burning out, and this led to people not coming back to serve on our Board.

We decided to merge with Gold Coast Runners because our Board thought they were the best fit for members of our Club. Most of their members are based in the Hollywood and Davie area like our members. Most of their training workouts are also based in these two cities. Gold Coast Runners has agreed to take on Striders members with still active memberships. You will still be able to get the South Florida Running Forum as a member of this club. The Gold Coast Runners will also keep promoting our Wednesday night run at Hollywood Beach, our Saturday morning run at Ft Lauderdale's Holiday Park and our Sunday morning run at Vista View Park in Davie.

As for me, it is a very sad day seeing the end of the Striders. I have been involved with the Club for over 30 years. The Club started out as the Miami Shores Running in 1979 and became the South Florida Striders in 1994. Over the years, I have enjoyed the camaraderie of fellow Striders in training and discussing subjects that involved our great sport. I will also miss the fun of planning and organizing running events that helped bring in a lot of revenue for our Club. However, I will not be going away altogether. I will still be attending these weekly workouts and will be competing in local races trying to get my next age group PR.

There are a lot of people I want to thank who helped the Club over the years. I want to mention Sharon Beal, Mike Regan, Bill Wagner, Sandi Wagner, Arthur Sarakas, Christina Weisberg, Michelle Sannie, Dan Healy, Carmen Healy and Al Shamoun for their contributions to our Board in the last few years. I also want to thank Brian Keno, Robin Ramos, Joe Ochipinti, Bob Dozoretz and Jenette Dozoretz for their contributions to past Club Boards in the 90's and early 2000's. However, a special thanks goes to my wife Gladys who has endured my many Club meetings and races I've managed over the years to help move this club forward. She is glad to have me back on a full time basis, now that I won't be spending so much time tending to club matters.

I know there are a lot of Club volunteers who have helped out the Club over the years. There are too many individuals to mention. I also want to thank them for giving their time to make the Club such a great organization.

Please feel free to contact me at (954)442-0129 or e-mail me at [FastRalph2@comcast.net](mailto:FastRalph2@comcast.net) if you have

### **Strider Smarts presented by Coach Bob**

Recently I volunteered at a local 5k, just another small 5k, and here are some of the issues we encountered:

The city truck arrived on time, but picked up the incorrect trailer that had all the registration stuff, food, tables, etc.

Before returning with the correct trailer, the truck broke down. It arrived one hour late.

Two restaurants said we could use their restrooms. One opened late, the other refused.

Police were so late we set up the course, some on the streets, without them.

The DJ with the sound system was great and plugged into a lamppost. When the lights went out as the sun rose, the power went out. Fortunately, the scoring company had a battery backup.

After the race started, the police directed runners onto a wrong turn, forcing 5 runners to come across the finish from the wrong side. A frantic call corrected this.

After the 5K race, there was a kids fun run. Just prior, someone required medical attention. An ambulance was called and had to enter the same course the kids were running on. All turned out OK.

All this was out of the director's control. She had made the proper arrangements and had everything lined up and confirmed. Just goes to show you stuff happens, and rarely are the runners aware of all that occurs and what can occur. I always said there are 100 factors in every race and if one goes wrong, it's a bad event.

Please find the director at your next event and throw them a Thank You. Most of the time, they deserve it. If you want to criticize, just send an email and they will appreciate your comments.

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

## NEW AND RENEWING MEMBERS

Michael Hollander