

# Go! Wednesday

Your guide to getting out, brought to you by the staff of SouthFlorida.com

## Four legs are better than two at this 5K

Runners team up in Sunday's Double Dash

By NICK SORTAL  
Staff writer

The inaugural Double Dash 5K in Hollywood will offer countless possibilities, but here's the gist: The combined times of two 40-year-olds could be better than those of, say, a 60-year-old and a 20-year-old.

Yep, the 3.1-mile race is about teams. Awards will be given to male-male, male-female and female-female teams, and categories will be based on the combined ages of the two runners.

"There are a lot of possibilities, especially for families," race co-director Bob Dozoretz says. "And the other interesting part is that when you're racing, you don't really know who you're competing against."

The age groups are spaced out by 10 years and range from 19-and-younger to 160-plus, meaning the minimum age of each runner is 80.

Keeping with the theme of gender equality, some proceeds from the run will go toward breast cancer and prostate cancer research. Runners without a partner can be paired up by e-mailing Partners@DoubleDash5K.com.

The Double Dash 5K will begin 7:30 a.m. Sunday, Dec. 7, at T.Y. Park, 3300 N. Park Road, in Hollywood. Cost is \$56 per team. Register at SplitSecondTiming.com.

Nsortal@SouthFlorida.com



COURTESY/BOB DOZORETZ

Pairs in the 5K Double Dash don't have to run together, but here race co-directors Monica Patino and Bob Dozoretz enjoy an easy jog.



COURTESY/MITCH SCHNEIDER ORGANIZATION

Ryan Cabrera will perform music from his forthcoming album at holiday festivities Thursday in downtown West Palm Beach.

## Cabrera to spread holiday joy

New music will distance pop singer even farther from his reality-TV days.

By BEN CRANDELL  
Staff writer

When pop singer and one-time reality TV star Ryan Cabrera cranks up his new single, "House on Fire," Thursday night in downtown West Palm Beach, it'll almost feel like home.

Raised in Dallas and forged in the white-hot spotlight of self-inflicted fame, beginning with his breakout on MTV's "The Ashlee Simpson Show" a decade ago and his double-platinum debut album, "Take It All Away," Cabrera has always found his real reality in South Florida.

Cabrera grew up taking extended vacations in Miami, where his paternal grandmother and a large contingent of his father's side of the family kept him in touch with his Colombian roots.

"Every time I'd visit Florida, I'd get the salsa music and Spanish culture," says Cabrera, who can apply an expert roll of the "R" in pronouncing his father's hometown of Barranquilla, and also

can talk the talk when it comes to Latin music.

"I have two favorites: Jerry Rivera and Grupo Niche. Those are the two that remind me the most of my grandmother," he says of the family's recently deceased matriarch. "And I'm a big Juanes fan."

The music Cabrera will perform during Thursday's free festivities to light the holiday tree (made from 600 tons of sand) on the West Palm Beach Waterfront will be pure pop, including new songs that will appear on a five-song EP, "Wake Up Beautiful," due in March, and a more distant album. The release will be his first album in seven years, a period Cabrera says he's spent touring, writing and searching for a new management team (leaving Joe Simpson, Ashlee's dad).

The goal was the antithesis of the glamour with which he's been associated, songs that were "real and honest," he says.

He was rejuvenated writ-

ing "I See Love" in Nashville with Taylor Swift song doctor Nathan Chapman, and then joined forces with Los Angeles producer Justin Gray (John Legend, Amy Winehouse, Mariah Carey) to create what he says will be an eclectic and "friendly album."

Cabrera seems particularly joyful on "House on Fire," a bouncy, radio-ready anthem that he calls a celebration of living in the moment.

"I started to realize how good life can be when you spin things in a positive way. Even when negative things happen in my life, I say, 'OK, I messed up there. How can I learn from that?'" he says. "If you spread that around, soon you're surrounded by people looking at things in a very positive way."

Ryan Cabrera and country singer JT Hodges will perform during holiday tree-lighting festivities at Clematis by Night, 6-10 p.m. Thursday, Dec. 4, in downtown West Palm Beach. Admission is free. Call 561-822-1515 or visit WPB.org/events.

## Today

### Music

**Lee Ritenour and Dave Grusin:** Grammy-winning guitar god Ritenour teams with veteran Oscar and Grammy-winning jazz keyboardist, producer and composer Grusin. 7 and 9 p.m., Jazziz Nightlife, 201 Plaza Real, Boca Raton, \$50-\$95, 561-300-0730, jazziznightlife.com.

**Palm Beach Symphony:** The "Serenading Chopin" program features works by Grieg, Tchaikovsky and, of course, Chopin. Pianist Agustín Anievas joins the ensemble as soloist. 7:30 p.m., Society of the Four Arts, 2 Four Arts Plaza, Palm Beach, \$40, \$45, fourarts.org.

**Caroling Competition:** The 28th annual event features 30 Miami-Dade and Broward County public, private and parochial schools 7 p.m., Biltmore Way from LeJeune Road to Hernando Street, Miami, free, 305-491-4180, merrickfestival.net.

**The Hot Rod Show:** George Orr comes to life as Rod Stewart 7 p.m., The Field Irish Pub, 3281 Griffin Rd., Dania Beach, free, 954-964-5979, thefieldfl.com.

### Art

**A Flair for Fashion:** An exhibit of ceramic art and couture, 10 a.m., Wiener Museum of Decorative Arts (WMODA) 481 S. Federal Highway, Dania Beach, wmoda.com.

### Theater



Justin Schneyer and Victoria Lauzun in "Plaf" at Del-

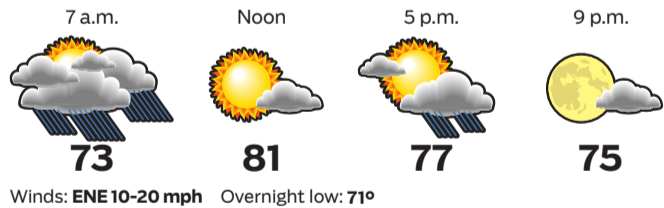
**Plaf** The French singer and cultural icon is celebrated in this powerful musical drama following her rise from the streets of Paris to the international stage. 8 p.m., Delray Square Performing Arts, 4809 W. Atlantic Ave., \$37.50, 561-880-0319, delraysquarearts.com.

## The weather

Latest updates and radar at SunSentinel.com/weather

### Forecast for Wednesday

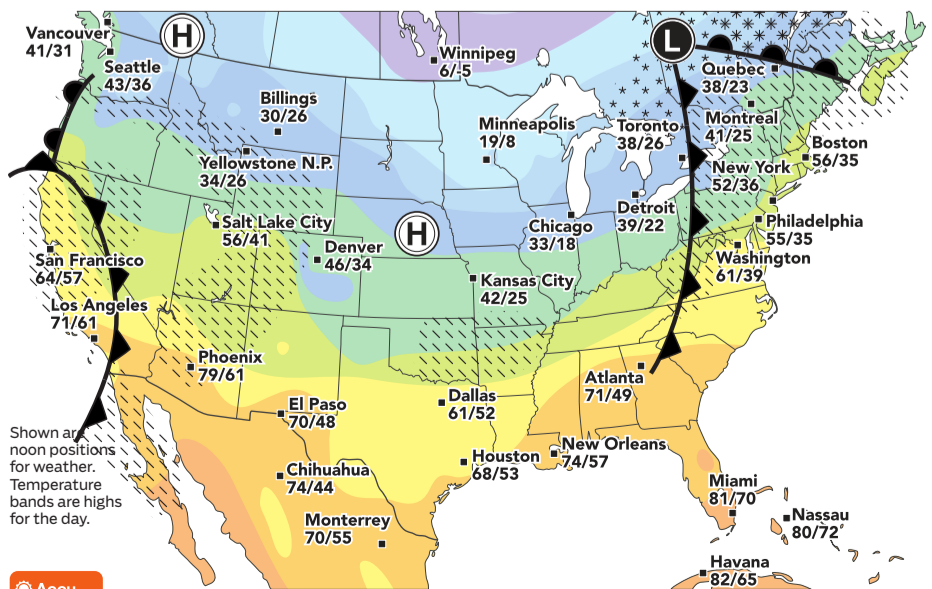
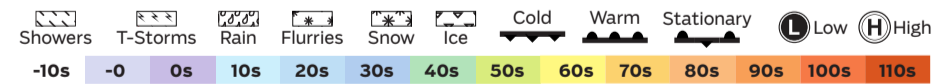
High: 81° RealFeel 82°



### John Matthews' outlook

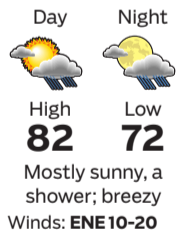
Today will be partly sunny and windy with a chance of showers. Look for mostly cloudy skies tonight with a small chance of showers.

WPEC chief meteorologist, PO Box 198512, West Palm Beach, FL 33419. Email: jmatthews@cbs12.com

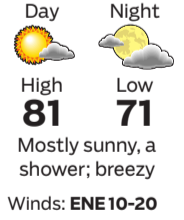


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### Thursday



### Friday



### OUTDOOR PLANNER

#### Southeast Florida tides

Wednesday	High		Low	
	Time	Time	Time	Time
Bahia Mar Y.C.	5:45a	5:56p	12:06p	---
Bkrs Hlvr-Inside	6:47a	6:58p	12:40a	1:10p
Boca Raton	6:13a	6:24p	12:10a	12:40p
Boynton Beach	6:55a	7:06p	1:10a	1:40p
Delray Beach	7:14a	7:25p	1:10a	1:40p
Fort Pierce	5:36a	5:47p	11:32a	11:53p
Hillsboro Inlet	5:34a	5:45p	11:36a	11:57p
Hollywood Beach	6:27a	6:38p	12:44a	1:14p
Jupiter Inlet	5:40a	5:51p	11:24a	11:45p
Lake Worth Inlet	5:05a	5:16p	11:14a	11:35p
Laud-by-the-Sea	5:16a	5:27p	11:20a	11:41p
Port Everglades	5:21a	5:32p	11:24a	11:45p

#### Thursday

Bahia Mar Y.C.	6:38a	6:46p	12:27a	12:57p
Bkrs Hlvr-Inside	7:40a	7:48p	1:31a	2:01p
Boca Raton	7:06a	7:14p	1:01a	1:31p
Boynton Beach	7:48a	7:56p	2:01a	2:31p
Delray Beach	8:07a	8:15p	2:01a	2:31p
Fort Pierce	6:29a	6:37p	12:23p	---
Hillsboro Inlet	6:27a	6:35p	12:27p	---
Hollywood Beach	7:20a	7:28p	1:35a	2:05p
Jupiter Inlet	6:33a	6:41p	12:15p	---
Lake Worth Inlet	5:58a	6:06p	12:05p	---
Laud-by-the-Sea	6:09a	6:17p	12:11p	---
Port Everglades	6:14a	6:22p	12:15p	---

#### Boating conditions

Area	Wind	Seas	Cond.
St. Aug to Jupiter Inlet	ENE10-20	4-8	Heavy
Jupiter Inlet to Key Largo	ENE10-20	3-5	Mod.
Key Largo to Dry Tortugas	ENE12-25	4-7	Mod.
C. Sable to Tarpon Sprgs	ENE10-20	1-3	Light

#### UV Index

**5** Moderate  
45 minutes to burn  
The higher the AccuWeather.com UV Index™ number, the greater the need for eye and skin protection.

#### Pollen level

**13** low  
CAUSE: Palm trees  
Source: Florida Center for Allergy & Asthma Care

#### Lawn-watering restrictions

**Hallandale Beach and Lake Worth**  
Water once per week Odd address:  
Monday; Even address: Thursday

**Rest of Broward and Miami-Dade counties**  
Water twice per week Odd address:  
Wed., Sat.; Even address: Thur., Sun.

**Palm Beach County**  
Water twice per week Odd address: Wed. and Sat.; Even address: Thur. and Sun.

#### Sun & Moon

Full:	Dec 6	Last:	Dec 14	New:	Dec 21	First:	Dec 28	Sunset ton.	5:29 p.m.	Sunrise tom.	6:53 a.m.
								Moons set tod.	3:33 p.m.		
								Moons set tod.	3:54 a.m.		

### AROUND FLORIDA

City	Today	Thursday
Daytona Beach	71/61/pc	76/62/pc
Ft. Myers	82/63/s	82/63/s
Gainesville	79/54/pc	78/56/pc
Jacksonville	77/53/pc	75/55/pc
Naples	82/64/s	81/65/s
NASA	77/63/pc	76/64/pc
Orlando	80/62/pc	80/63/s
Pensacola	74/55/pc	74/55/pc
Tallahassee	77/51/pc	78/55/pc
Tampa-St. Pete.	79/62/s	78/63/s
Vero Beach	78/64/sh	78/64/pc

### US CITIES

Anchorage	30/22/pc	Los Angeles	71/61/sh
Atlanta	71/49/pc	Miami	81/70/pc
Atlantic City	55/38/c	Milwaukee	31/16/s
Baltimore	57/33/c	Minneapolis	19/8/s
Boston	56/35/sh	New York City	52/36/c
Buffalo	39/26/sf	Norfolk	65/43/pc
Burlington, Vt.	45/30/r	Oklahoma City	48/39/c
Charlotte	68/47/pc	Philadelphia	55/35/c
Chicago	33/18/s	Phoenix	79/61/pc
Cincinnati	46/26/pc	Pittsburgh	42/26/c
Cleveland	41/26/c	Portland, Ore.	43/38/pc
Dallas	61/52/c	Raleigh	67/46/pc
Denver	46/34/pc	Richmond	66/40/c
Des Moines	34/18/s	Rochester, N.Y.	42/29/sf
Detroit	39/22/pc	St. Louis	46/27/pc
El Paso	70/48/pc	Salt Lake City	56/41/c
Hartford, Conn.	54/31/sh	San Diego	68/62/sh
Honolulu	81/70/pc	San Francisco	64/57/r
Houston	68/53/c	San Jose	64/54/r
Indianapolis	41/23/pc	Santa Fe	58/34/pc
Kansas City	42/25/pc	Seattle	43/36/pc
Las Vegas	63/52/c	Wash., D.C.	61/39/c

### AROUND THE WORLD

City	Today	Thursday	
<b>Latin America</b>			
Acapulco	88/73/s	Calgary	27/9/pc
Bogota	69/48/pc	Edmonton	19/10/pc
Buenos Aires	84/64/s	Halifax	51/40/r
Cancun	82/72/pc	Montreal	41/25/s
Caracas	88/76/r	Ottawa	39/22/sn
Guadalajara	78/43/s	St. John's	33/31/pc
La Paz	82/63/s	Toronto	38/26/sf
Mexico City	71/41/s	Vancouver	41/31/pc
Monterrey	70/55/s	Winnipeg	6/5/s
Panama City	88/75/r		
Rio de Janeiro	89/75/s	<b>International</b>	
Santiago	89/56/pc	Athens	68/57/r
Sao Paulo	87/68/s	Baghdad	71/51/s
Veracruz	79/63/pc	Beijing	32/17/s
		Berlin	32/29/pc
		Budapest	41/35/c
		Cape Town	78/60/r
		Dublin	43/32/pc
		Geneva	40/35/pc
		Helsinki	36/31/c
		Jerusalem	68/53/pc
		London	48/38/pc
		Madrid	51/36/pc
		Moscow	25/20/pc
		Paris	37/34/s
		Rome	63/55/r
		Seoul	34/17/c
		Stockholm	35/32/c
		Sydney	87/72/r
		Taipei	71/60/r
		Tokyo	55/46/s

Weather: s-sunny, pc-partly cloudy, c-cloudy, f-fog, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, tr-tracer