



A Very Successful Expo... and Another Fantastic River Run!



**Thank you to all our
loyal volunteers!**

Inside

Prez Sez	2
Board/Key Members	2
Sponsors	3
2011-12 Board of Directors Nominees	4
Striders at the Races	8
Run to the Sun Volunteers	10
New & Renewing Members	11
Run to the Sun flyer	12
Striders Membership application	13
April Race Calendar	14
Back Page	15

Photos by
Ed Hardy
and
Stan Scarlett



No additional socials planned for April

Prez Sez

By Kellie Howard



Two years ago when I wrote my first message for this column, I answered the question of “Who are the Florida Striders?” by quoting the club’s mission to “Promote and encourage running by educating the community about the benefits of physical fitness and sport.” That is our mission, but as I look back on my two years as President of the Florida Striders, I would also add that my best friends are Florida Striders who truly inspire me to continue to run and serve others.

These best friends are who I see in the very early morning hours when I sometimes have “heavy legs” and make sure that I never running alone. These best friends are the ones that encourage me to have a good race when I have not had a good race in a long time. These best friends always volunteer at the many Strider functions which is why we were able to have such an amazing booth at the River Run Expo and the best tent on race day. These best friends are the ones that make me laugh in the morning, when I’m barely awake enough to say “hello”. These best friends are my Tuesday/Thursday 5:30 a.m. San Marco group where I’m the Junior Assistant Leader, my Friday morning grouped named “Danny and the hot chicks” (which is not to be confused with the fast girls that run in St. John’s County), and my two weekend run groups, the duck pond group and Stephanie’s group. Thanks for being my best friends. I am truly blessed for having this opportunity to serve as President of this great club and for having such great friends. =

Board of Directors’ Summary of Action March 8, 2011

Orange Park Library • 7 PM

I. Call to Order: Kellie called the meeting to order at 7:09 p.m.

Board members present: Kellie Howard, Randy Arend, Lisa Adams, Carol MacDougal, Bill Krause, Ann Krause, Mike Mayse, Greg Wood, Frank Frazier, Vicky Connell, Maria Littlejohn, Glenn Hanna, Scott Hershey. Also present: Darin Bickle

Quorum: Yes

II. Review of Minutes: Motion made, seconded and passed to approve the minutes from the February 2011 meeting.

III. Officer Reports

a. President Report – Kellie Howard

i. Weight Watchers Walk-It Day 5K (May 22, 2011) – RRCA has partnered on this race. Randy stated that we have to bid to become eligible to hold it. Lisa moved to apply for permission to hold this event. Motion was seconded, and passed. Kristie Matherne will be our event coordinator. Hold at Mellow Mushroom

b. Treasurer Report – Randy Arend

February 2011 report presented to the board and there was no discussion.

- Beginning Cash Balance as of February 1, 2011 was \$16,589.41.
- February Income was \$3,248.50.
- February Expenses were \$5,734.25.
- Ending Cash Balance as of February 28, 2011 was \$14,103.66.
- Ending Cash Balance has designated amounts for 100 x 5K World Record and Children’s Running Budgets totaling \$6,601.94. Undesignated cash balance was \$7,501.72.
- Comparable Ending Cash Balance as of February 28, 2010 was \$12,160.91, of which \$1,164.95 was undesignated.

Continued on page 13

2010-2011 Board of Directors & Key Members

(Board Members marked with an *)

President:

*Kellie Howard(H) 732-7377
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Vice President & Resolution 5k Director:

*Dan Adams(C) 505-8849
daniel.adams@jetblue.com

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*Randy Arend(H) 272-3861
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*Mike Mayse(H) 777-6108
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The Back Page Columnist:

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Scholarship Coordinator:

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Run to the Sun Race Director:

Karen McCormick(H) 215-7053
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The Florida Striders Track Club is incorporated as a non-profit organization under the laws of Florida and is granted federal tax exempt 501(c)3 status under the blanket exemption of the RRCA ID#74-2194707. StrideRight is published monthly at P.O. Box 413, Orange Park, FL. Non-profit Organization Bulk Rate postage is paid at Orange Park, FL.

**Please sign the
Strider person or fill out the race
result form at
floridastriders.com**

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2011-20112 Florida Striders Board of Directors Nominees

Dan Adams and his wife **Lisa** were Florida Striders from 1999-2002 and after a few years away on military orders to Pensacola they rejoined the Striders in 2005.



Dan and Lisa have served on the Board of Directors for the last 2 years. In 2011 Dan was the Race Director of the Resolution 5K. Dan enjoys the social aspect of running and feels the Striders provide the perfect combination of camaraderie and support. The



Wednesday track workout at St. Johns Country Day School is his favorite Strider event and going to Mellow Mushroom after the workout is a close second. His

favorite races are the Outback Distance Classic and the Gate River Run. As member of the Board, he has seen first hand the dedication and talent of the Strider volunteers and would be honored to continue to serve with such an impressive group.

Randy Arend became a Strider in 2000 after participating in his first Gate River Run. His enthusiasm for running has grown over the years, in part from



the great camaraderie and advice received from other runners and fellow Striders. He considers running to be beneficial for all who participate, and appreciates the Striders' efforts to provide opportunities for individuals of all ages, abilities, and goals to participate. Randy looks forward to assisting the Striders in promoting and encouraging running in the community. Randy and his wife Krissa have a 19-year old son, Scott.

Dave Bokros has served on the Board of Directors of the Florida Striders Track Club for several years, 3 of them as President. Dave is currently serving



on the Children's Running Committee and as Memorial Day 5k Race Director since 2006. He has run two marathons, countless road races (but surely not as many as Mr. Joe Connolly), and his favorite distance is ten miles. Favorite runs include the National Mall and the Swamp Rabbit Trail in Greenville, South Carolina



Vicky Connell

started out her athletic career as a swimmer in High School. From there she ran occasionally to keep those college pounds off.

After college she joined the Army and began to do more serious running, eventually leading to her first marathon. From there she began participating in triathlons. In 2009 she accomplished a longtime goal of completing the Ironman Triathlon in Panama City Beach in 13 hours, 44 minutes. Vicky has coached most of the Strider Running Classes and several Triathlon classes, doing what she loves most, helping other people discover a love of fitness and getting them into better shape. She is currently the Swim Coach at Ridgeview High School and works occasionally at 1st Place Sports in Orange Park. Last year she retired as a Colonel after 27 years in the Army Reserve. Vicky is married to Jim who runs with her occasionally but prefers to get his exercise paddling kayaks and playing the drums with a local rock band. She has two daughters: Tori (21), who is the designer for many of the Strider race t-shirts, and currently preparing for her first triathlon and graduation from FSU and

Marissa (17), who can often be seen volunteering at races, and swims and pole vaults for Ridgeview High School.

Kim Crist began running back in 1982 to get into shape. She fell in love and has been running ever since. She moved to Florida from Virginia



Beach, Virginia in 1996 when her husband retired from the NAVY. She came out to run with the Sunday group from Sun Tire. She was hooked up with Frank Frazier's group. That was the end of that! She would be hooked for life! Kim loves the camaraderie of the Florida Striders. She has been involved with volunteering at many of the local races and will be the Registration coordinator for the "Run to the Sun" event this year. Kim signed up for Bob Boyd's Running class last spring! It was such awesome opportunity training in John Metzgar's speed class. The friends that I made during that class have ended up being some of my best training partners! She also participated for the first time this year in Mike Marino's "World Record Event" It too was a phenomenal opportunity!

Kim is very passionate about running, as well as biking and swimming. Kim is getting ready to complete her 30th marathon/5th Boston on April 18th; she has also completed 6 half-ironman events, and one full ironman. Kim is married to Steve. Steve runs occasionally, but would much rather burn his calories riding a Harley!! We have been blessed with three children, Rob, Nick and Lacey.

Wide World of Running By Jay Birmingham

Jay is off running everyday in Europe, but look for his column in the May issue!

Frank Frazier is one of the older Strider members and while he volunteers for nearly all the Striders races, it is mostly as a walk up volunteer (or he get solicited by a coordinator toward the last minute). Many years ago Frank served on the board in various capacities for several terms. Because he have been around a long time, he seems to be recognized by, and friends of many members of the running community. Frank finds that it is easy for him to become friends of new folks that are showing up at the races or training runs. Because of this visibility he thinks he can be approached by all members of the Striders and bring their concerns to the board. In short, Frank thinks he has enough time now to become more involved with the Striders on a more organized basis.



Glenn Hanna Having lived in Jacksonville since 1990, Glenn has been running off and on since junior high school. He joined the Striders in 2001 to meet other runners and to gear back up on the pavement. He has four grown children, one older son and three "lovely and kinda wacky" daughters. Glenn is the Quality Program/Continuous Improvement Coordinator at a Wire Mill on the Westside of Jacksonville. As a Board of Director, he would like to be more involved in the childrens' running programs and the overall growth of the Striders on getting the word out to all about the benefits of a running lifestyle.



Scott Hershey used to run on a regular basis from his late teens and into his twenties. A couple of years ago his oldest son Drew was on the Wolfson High School Cross Country team. While watching him compete was fun - the urge to start running again wasn't there yet. But after watching his son Drew run the "Festival of



Lights" a couple of years ago he was hooked again. It brought back the memories of races he had run back in the 70s.

After mainly running 5k's and improving his time came the natural progression to longer runs. He found that his training runs by himself were getting stale and lacked motivation. Scott met Kellie Howard at a Bolles Track meet and she suggested joining with her and other Striders for weekly group runs.

Through those group runs he continues to find a wealth of knowledge and training techniques in those runners.

Scott believes in the positive aspects in running, training and competing for all ages.

Scott has been married for over 20 years and has 4 children. Drew, Josh, Tori, and Hope.

Kellie Howard joined the Florida Striders shortly after she moved to Jacksonville at the urging of friends who she ran with at the Bolles School Track. She also liked the bright yellow Strider shirts that her fast friends wore. Lastly, she joined because she supports the Striders message to encourage running at all levels.



She was nominated to the Board in 2006 by Frank Sutton and has served on the Scholarship Committee since being appointed. In 2008, she served as Vice President and in 2009 and 2010 as President. She is a two time Guinness World Record champion with the Florida Striders 10K x 100 and 5K x 100 relays.

She has a bachelor's degree in Economics from the University of Central Florida and a Master of Public Health degree from the University of South Florida. She is employed by Shands Jacksonville Medical Center as the Director of Medical Staff Services.

Ann & Bill Krause moved to Jacksonville from Livonia, MI 5 years ago. It was up there, 17 years ago, that Ann started running. She has run almost every day since! Bill thought she was crazy when she would go out and run in 10 degree weather, until he was bit with the running bug a few years later. It really is a great way to start your day. They would



talk about anything and everything, and before you knew it, they were done with the run, and feeling good. It was nice running up there, but there were a limited number of races each year, and you didn't know very many of the other runners.

Ann and Bill think they average about 35 races a year down here, and they love the camaraderie of the running community. They were accepted and felt like a part of the group from their very first race; the Winter Beach's run in 2006. Everyone is welcome, whether you are an elite runner, or a jogger.

They are honored that you have considered us for the Striders Track Club Board. This is an excellent organization, and they are proud to be members. Ann and Bill was pleased when they found out that the Striders give so much back to the community, especially the kids. They have made a lot of new friends, and they are all healthy. (Notice they didn't say injury free!). Ann and Bill look forward to making many new friends and helping give back to our community.

Maria Littlejohn's passion for running started with the 2003 Gate River Run. Having grown up in Jacksonville she had always been aware of the popularity of this event. Her father had been an avid runner and completed a few of the races during the 80's. Maria is not sure what possessed her to go for it in 2003 but one day she asked a friend if she'd consider doing the Gate River Run with her (via walking) and she agreed. During the race, with all the excitement, they actually got sucked into running/walking the event. This is when she got her first "itch" to become a runner. She then decided she was going to train and run the 2004 Gate. After that Maria got the "fever" and



started racing quite a bit. The fall of that year she joined the Florida Striders. In 2005 things took a turn and she fell off the running wagon for about a year and a half. She started racing again the fall of 2006 and became an active member in the Striders the spring of 2007 when she started attending the Wednesday night speed work at SJCDS track. As she started seeing the payoff from my speed work with a series of PR results in 5k races Maria was once again hooked- this time for good. Now that she has become a running addict there was no going back. She has since completed five half marathons, two full marathons, a sprint triathlon and has had the honor of being one of the relay runners who set the Guinness record for fastest 100 x 10K relay this past December. She has also had the opportunity to spread my passion for running as a group leader for the Striders running class held each spring. Maria is looking forward to serving on the board of directors and encouraging others to engage in healthy active lifestyles.



Kim Lundy's first ever race was the Strider's very own Autumn Fitness 5K in 2003 and she has been hooked on running ever since. She has been a Strider member for the past 7 years and has served on the Board for the last 4 years. Her focus is on youth programs and she started the Run/Walk Club at Middleburg Elementary and also the club at Oakleaf Village Elementary School which is in its 3rd year. She is active on the Youth Running Committee and the Strider Scholarship Committee. Kim also enjoys inspiring other runners as she is a group leader for the training classes for the Outback Thanksgiving Half Marathon, the GATE River Run and the beginning runners classes. Kim started running the local 5Ks, adding the Gate River Run in her second year of running. She has now completed 4 marathons and continues to enjoy the social aspects as well as the fitness rewards of her Strider membership. She has encouraged her husband, Jack, as well as their children, Stephanie and

Michael, to become runners too. Kim is a Clay County guidance counselor and enjoys working with the students at OVE's Run/Walk Club to encourage a healthy and fit lifestyle.



Carol MacDougall has been associated with the Florida Striders for over 13 years volunteering at most of the Florida Strider Fun Runs as a Clay County Elementary Teacher and P.E. Coach. She became a member of the Striders a year ago. She herself is not a runner (shin splints) but a supporter of all running activities. Competitive swimming is her true love.

Carol is originally from Sarasota where she swam competitively throughout her childhood. She has B.S. Degrees in Physical Education and Recreation and a M.S. Degree in Recreation Management from the University of West Florida in Pensacola. She also has the Florida High School Coaching Endorsement in Swimming. She coached year round (The Bolles School and Navy Jax Swim) and summer league (Magnolia Point and Orange Park Country Club) swim teams in the Jacksonville area for many years prior to teaching Elementary P.E. in Clay County (R.M. Paterson Elementary 1998-2005 and Swimming Pen Creek Elementary 2005-presently). She has also been the Head Swim Coach for Clay High School the past eight years.

Her relationship with the Florida Striders began when she became the sponsor for the Children's Run/Walk Club at R.M. Paterson Elementary. She has been very involved with assisting other elementary Run/Walk Clubs getting their own programs started and supplies them with Mileage Club awards and T-Shirts that are sponsored by the Striders. She has also been assisting the Striders the past three years in the handling of all the computer data for the Children's Hershey Track & Field Games.

Carol is married to Bruce "Mac" MacDougall who retired from the United States Navy in 2000 and is the owner of

Dive/Fishing Charters in St. Mary's. They have one daughter (Melissa) who will be graduating from Clay High this June.

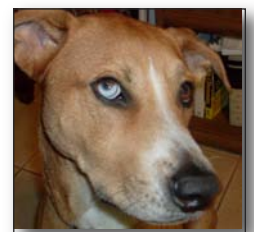


Kristie Matherne moved to Orange Park, Florida in May 2006 from Louisiana. She had recently ran her very first race called the Crescent City Classic 10k in

April 2006. Although Kristie was very new to races and running any distance longer than 2 miles, she knew she had found her passion for running. She was online looking for a running group and a local race when Kristie clicked on the Florida Striders' link to the half marathon class. She was so excited for the opportunity to meet runners in the area; she signed up and counted down the days till the first Wednesday night. Kristie was a little nervous before her first class, but immediately was talking and getting to know my her fellow members. Every Wednesday she looked forward to their guest speaker and running with the group. She completed the Marine Corps 1/2 Marathon in 2006! Kristie knew instantly she was addicted to long distance running and racing. In 2008, she ran her first two marathons (the Breast Cancer Marathon and the Space Coast Marathon) with fellow strider Maria Littlejohn. In 2009, she joined the beginner triathlon class and completed her first sprint and Olympic distance triathlons.

The Florida Striders has given her opportunities to meet new friends and runners, learn a new sport, and improve her running through speed work at the track. As a personal trainer, she on a mission to help families become more active and healthy. Kristie am looking forward to serving on the Board of Directors by getting more involved in the community helping families become more active and helping local runners become more involved in the running community.

Michael J. Mayse moved to Jacksonville in the late



fall of 1994 after retiring from the best damn Air Force on the entire planet. He met Ken Bendy at the Winter Beaches run in 1995 and has been a Strider member ever since, except for a brief period when he moved back to Dayton, Ohio for a couple years. Mike was an avid runner for 30 plus years finishing the Marine Corp Marathon twice, standing up. His personal best marathon time was the 1993 Columbus Marathon with a 3:46 finish, not bad for a fat boy! After all those years of pounding his knees on concrete and asphalt his running days are pretty much over. However, he still enjoys supporting the club and those six mile walks on Sunday mornings with the rest of those worn out Striders with bad knees. Over the years Mike has served the Striders in various positions. He built and maintained the original Strider Website. He was Equipment Coordinator for several years and at one time held the Secondary Illustrious Potentate, more commonly called Vice President position. Currently Mike is the club's Membership Coordinator and StrideRight Distribution Coordinator. Mike looks forward to many more wonderful years of working with the club because of the really great folks in the Strider organization and the valuable services the Strider's provide to the community.

Melissa Saunders

moved to Florida from Maine three years ago. She moved here from a small island in Maine called Mount Desert Island, or Acadia National Park. Florida was not home right away for Melissa until one summer day while she was in Maine visiting her family, she met two people that would change all that. " I was introduced to Bob and Vanessa Boyd while running with a friend. Bob told me all about the Florida Striders and what they had to offer. Soon I started going to the wednesday night track workouts and running and helping with the local strider races. Now Florida is somewhere I can call home, and I think that is truly because of all the wonderful friends I have met in the florida striders." Melissa helps with her



sons run/walk club at his school, she enjoys volunteering at races and running the fun runs with her two small children. Any morning you can easily spot Melissa and Lisa Adams pushing their jogging strollers around Fleming Island. I wonder how many miles they have put on those joggers?!

Regina Sooe

Regina started running in 2001 to achieve the goal of completing the Gate River Run before her 30th birthday. She missed her deadline by a few days, but getting that coveted Top 10% medal was amazing and she was hooked. She then decided to sign up for a marathon, and much to her dismay, no one ran at a sensible hour, so she was forced to get up in the wee hours to go long with the Sun Tire group. She didn't know the route, the people, or the proper pacing.....so she just kept quiet and tried to hang on while she enjoyed the lively conversations, which seemed all too personal to be shared at such an early hour. Thanks to these friendly and experienced runners Regina was well prepared for her marathon and hooked on the camaraderie of the Jax running community. 19 marathons and 3 Ironmans later, training and racing were here to stay.



In 2004, Regina decided to use her love of sports to give back as a triathlon coach for Team in Training. She turned couch potatoes into athletes while they raised money to fight blood cancers and made lifelong friends. She has since coached hundreds of athletes to complete their first triathlon or marathon, while raising thousands of dollars. Regina feels strongly about sharing the gift of fitness with others and doing it for a good cause. Since then she has used her love of running to volunteer in many capacities. She feels that it is important to make fitness fun, and not take it all too seriously. She can always be seen at the races with a fun outfit and a smile on her face, whether she is running for fun, or attaining a new PR.

Regina is a lawyer turned Realtor with Watson Realty, and real estate is one of her true passions. When Regina

is not working or training she loves to travel, scuba dive, hike, camp, experience fine wine, and spend time with her husband Darin. Darin proposed to Regina at the finish of the 2008 River Run, so River Run will always be memorable for Regina. Regina and Darin love to run and play with their two spoiled children, Maggie and Bella.

Greg Wood joined the Florida Striders two years ago when he enrolled in the Triathlon Class coached by Vicky Connell and Regina Sooe. A video of his



running resume is posted at on his Facebook page to reintroduce himself to the Striders. Greg lived in Orange Park since the 4th grade. Some of you may have seen him before running local races and training in the Orange Park area. For those of you that don't know Greg, he is pretty easy to pick out of a crowd. A Clydesdale at 6'5", 250+ lbs., he is 35 and not a typical runner. Actually, Greg's dedication for running and training is a product of my passion for Bow Hunting. He and his wife also love to travel; mapping out routes to run in new locations is always a priority.

Having run the River Run several times in his younger days, Greg decided to use running and weight training to get into shape. After achieving milestones in training at several distances, he had to raise the bar and set new goals. 15K led to Half Marathon and then the Tri-2-B-Tuff Challenge 2007. Accomplishing that he realized that he had enough momentum to continue training and check 'Full Marathon' off of his Bucket List.

Greg signed up for the Disney Marathon 09 and while training for the January race decided to enter in the drawing for the ING NYC Marathon (anticipating several years of rejection.) As luck would have it, his name was drawn for the next running in November. From October 2008 to January 2009 Greg ran three Half Marathons and two Full Marathons.

Joining the Striders has given Greg
Continued on next page

a chance to train with others and really helped to keep him engaged in training. He has learned the importance of speed work with the Striders to better his times. Greg has enjoyed working on the board this past year and contributing where he can and hope to continue.

Don Wucker is a third generation native resident of Jacksonville. He is blessed with a wonderful wife, Elizabeth also a runner and 3 children ages 16-21 who are amazing individuals (compared to his own youth they're angels) they make my paternal responsibilities easy. Don is a mechanical engineer with JEA where he helps promote the responsible & efficient use of electricity & water.



Don's passion for running began a couple of years ago when he decided a lifestyle change was overdue. Determined never to reach his 220 pound plateau again he began a habitual regime of running and nutritional lifestyle changes. The word obsessive could easily be used to reflect Don's determination

to institute change. It didn't take long to see the rapid changes that running & dietary changes can make. Within a couple of months he easily lost well over 40 pounds. As the pounds came off, the running pace became faster and the caloric burn rate increased even higher.

Don signed-up for his first running class in preparation for the 2009 Marine Corp 1/2 Marathon with John & Denise Metzgar. Their support & passion was inspiring. He was amazed at how one class and a few good people could affect so much positive change. He soon became addicted to the art/sport of running. The euphoric rush of blood coursing through his body and fresh oxygen filling his lungs was overwhelming. It didn't take long before Don set his sights on marathons. He quickly learned about the importance of strengthening as a result of his first marathon. On his second marathon, Don qualified for Boston. The 2011 Boston Marathon will be his fourth marathon although some nagging injuries will most likely compromise my effort.

Don runs with several different running groups through-out the city weekly and he is always amazed by the good character of individuals involved in our

running community. It is so inspiring to be involved with running groups/classes and to see how lives can be improved. He feels blessed to be involved with such a caring community of outstanding individuals. Don's only regret is that he didn't become involved sooner. =

**The Florida Striders
Track Club would
like to thank
Mike Marino
for all his hard work on
the board of directors**

Group Training Runs

Due to space limitations this month, the Group Training Runs will not be run this issue.

Scan code with your smart phone to view training runs on the web site.



Striders at the Races

Race Results

To get your race results published, fill out the form on floridastriders.com

Turtle Trot St Augustine Beach, FL February 4, 2010

Trish Kabus	43:58
Carolyn Mudgette	43:58

RAK Half Marathon Youth Relay Ras Al Khaimah, United Arab Emirates February 18, 2011

Carter Bradford	19:51 (5K)
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Olustee Festival 5k Lake City, FL February 19, 2011

Jennifer Johnson	39:27
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Swoop The Loop 5K Jacksonville, FL February 20, 2011

Robert Walker	18:20	1st ag
John Kovacs	20:06	2nd ag
Paul Smyth	21:25	1st ag
Don Thieman	24:36	
Nicole Andress	26:56	
Curt Young	28:00	
Bernie Powers	29:13	3rd ag
Virginia Gresham	33:37	
Charles Goodyear	34:55	2nd ag
Fred Haley	36:00	
Kim Kovaleski	36:08	
Tracey Armon	45:14	3rd ag
Joe Connolly	45:40	1st ag

Ortega River Run Jacksonville, FL February 26, 2011

John Metzgar	27:44	
		Mens Masters
John Wisker	28:59	1st ag
Ben Huron	29:34	3rd ag
John Funk	29:55	PR
Patrick Thompson	30:55	
Robert Walker	31:25	
Mark Grubb	31:47	2nd ag
Randy Arend	32:51	1st ag
Craig Bennett	33:27	
Bruce Holmes	33:30	
Regina Taylor	33:46	
		Womens Masters

Lisa Adams	33:55	1st ag	Jamie Webb	47:58		Holly Wyche	3:26:49	
Donald Wucker	34:04	3rd ag	Roberta McCloskey	48:00		Jamie Wyche	3:26:50	
Denise Metzgar	35:06	3rd ag	Jack Hayes	48:18	3rd ag			
Charlie Hunsberger	35:14		Martin Wilkinson	48:56				
George Thompson	35:25		Steve Lucie	49:11				
Scott Hershey	35:50		Bill Krause	49:27				
Rachel Walker	36:08	1st ag	Bill Krause	49:27		Jacob Skirvin	36:01	PR
Giselle Carson	36:21		Jean Thompson	50:33				
Rosa Haslip	36:24	1st ag	Amy Barlow	50:33				
George White	36:26		Valerie Hamilton	50:47				
Barbara Carrico	36:54		Mamie Davis	51:03				
Alison Ronzon	36:55	3rd ag	Patty Harper	51:11		Craig Bennett	19:56:00	1st ag
Robbie Higdon	36:56		Nancy Pullo	51:25		John Kovacs	20:06:00	1st ag
John Hirsch	37:32		Bernie Powers	51:43		Steve Beard	20:37	1st ag
Paul Smith	37:44	1st ag	Lesley Jones	52:52		George Thompson	20:50	1st ag
Leslie Kindling	37:56		Patricia Czarnecki	53:01		Jay Herring	21:06	2nd ag
Nancy Harms	38:28	3rd ag	Traci Bane	53:09		Bernie Candy	21:09	1st ag
Mike Singletary	38:30		Al Saffer	53:11	1st ag	Guy Jackson	21:22	2nd ag
Miller McCormick	38:43		Savin Blimes	53:26		Barbara Carrico	21:24	2nd ag
Kerri Cook	38:49		Robert Meister	53:41	2nd ag	Randy Abate	21:29	3rd ag
Stephanie Griffith	39:04	1st ag	Michael Martinez	54:13		Barbara Carrico	21:35	
Lawrence Stake	39:40		Bruce McCrosky	54:27				2nd overall female
Ann Krause	39:52	3rd ag	John Gauer	54:29		Randy Pullo	23:43	2nd ag
Elfrieda Wyner	40:00	1st ag	Mark Wynter	55:28		Cole Mandt	24:34	3rd AG
Thomas Pittman	40:13		Carol Palmer	56:12		Tim Wright	25:52	
Sharon Lucie	40:34	2nd ag	Kay Manly	56:13		Tiffany Kovacs	26:55	
Paul Berna	41:02		Jill Wright	56:36		Gary Proctor	26:56	
Cynthia Maerz	41:10		Lisa Myers	57:31		Curt Young	27:57	
Craig Harms	41:21		Cindy O'Rourke	57:57		Bernie Powers	30:41	
Sue Whitworth	41:33		Charles Goodyear	58:47		Al Saffer	31:53	1st ag
Sue Whitworth	41:33		Valerie Buckler	59:31		Jill Wright	32:41	
Danny Weaver	41:36		Fred Haley	1:01:35		Vicki Choinski	32:54	
Danny Weaver	41:37		Gordon Slater	1:01:45		Nancy Pullo	33:49	2nd ag
Vicky Connell	41:45		Dee Robertson-Lee	1:02:11		Charles Goodyear	35:14	2nd ag
George Hoskins	41:54	2nd ag	John Aimone	1:02:43		Freddy Fillingham	35:16	
Kellie Howard	42:08		Freddy Fillingham	1:02:50		Gordon Slater	36:31	3rd ag
Jim Cook	42:28		Barbara Gilbert	1:03:19		Amy Davis	38:33	
Denise Dailey	42:32		Melissa Webb	1:03:28		Dee Robertson-Lee	38:49	
Frank Frazier	42:48	3rd ag	Robin Zipperer	1:06:44				
Tim Wright	43:36		Evan Zillmer	1:07:03				
James Vavrina	43:55		Diane Aimone	1:10:23				
Mark Chorpening	43:56		Michelle Ramos	1:11:46				
Bradley Shepherd	44:09		George Mosely	1:14:12		Patty Dame	46:39	1st ag
Diana Levin	44:55		Tracey Armon	1:17:06		Trish Kabus	1:19:10	
Joseph Strickland	46:03		Joe Connolly	1:28:58				
Glenn Hanna	46:13		Heather Stake	1:30:23				
Harry Edwards	46:29							
Rebecca Taylor	46:30							
Bruce Howard	46:32							
Melissa McCrosky	46:33							
April Martin	46:49							
David Pizzi	46:52		Mercedes Smith	2 :40	PR	Lorna Bradford	40:35	1st ag
Andrea Morrison	46:59		Lynn Capozziello	2:56:46		Bruce Holmes	41:55	1st ag
JoAnne Seach	47:53		Mel Abando	3:23:58		Regina Taylor	42:19	3rd ag
						Stephen Beard	42:34	1st ag
						Donald Wucker	44:41	

Disney - Champion - 5K
Orlando, FL
March 5, 2011

Nocatee Trailblazer 5k
Nocatee, FL
March 5, 2011

Run For Your Life 10K
Palm Coast, FL
March 5, 2011

River Run 15K
Jacksonville, FL
March 13, 2011

2011 Disney's Princess
Half Marathon
Orlando, FL
February 27, 2011

George White	44:56	2nd ag
Nancy Harms	45:17	1st ag
Barbara Carrico	45:50	1st ag
Alison Ronzon	45:56	
John Hirsch	46:08	3rd ag
Craig Harms	50:35	3rd ag
Vicky Connell	51:21	2nd ag
Sue Whitworth	52:00	2nd ag
Nicole Andress	52:40	
Jennifer Halter	53:41	
George Hoskins	53:46	1st ag
Andrew Marchand	55:04	6th ag
Gerry Tyburski	55:28	
John Funk	57:06	PR
Bill Phillips	57:50	1st ag
Matt Ross	58:45	1st ag
Ron Porter	59:47	PR
Bernie Powers	1:00:29	
Benjamin Holland	1:01:17	2nd ag
Jean Thompson	1:01:49	
Bill Krause	1:02:40	
Mamie Davis	1:04:11	
Margaret Tyburski	1:04:20	
Jill Wright	1:06	
Nancy Pullo	1:06:14	1st ag
Valerie Hamilton	1:08:20	
Lesley Jones	1:08:21	
Al Saffer	1:08:53	2nd ag
Pheona Kaiser	1:09:31	2nd ag
Paul Smith	1:13:12	3rd ag
Monica Goddard	1:13:56	
Ann Krause	1:16:26	
Gregg Friend	1:17:23	PR
Patty Dame	1:17:24	PR
Greg Hertzberg	1:18:47	
Charles Goodyear	1:18:57	3rd ag
Mercedes Smith	1:19:00	PR
Sue Whitworth	1:19:06	
Buddy Chadwell	1:19:33	
Danny Weaver	1:20:22	
Randy Pullo	1:26:10	
Ginger Brelsford	1:27:46	
Melissa McCrosky	1:28:14	PR
George Hoskins	1:31:27	
Claudia French	1:32:32	
August Leone	1:33:18	1st ag
Susan Chadwell	1:35:34	
Jennifer Wood	1:38:00	
Bill Krause	1:39:47	
Winney Yaun	1:44:46	
Nancy Pullo	1:46:32	
Richard Vance	1:54:20	
Kristin Friend	1:54:23	PR
Roberta Zukauskas	1:54:32	PR

Barbara Gilbert	1:55 :00	
Annie White-Butler	1:58:00	
Sandy Hertzberg	2:03:57	
Freddy Fillingham	2:11:26	
Mel Abando	2:17:00	
Trish Kabus	2:27:08	
Carolynn Mudgette	2:27:09	

Rock-N-Roll New Orleans Marathon
New Orleans, LA
March 13, 2011

Jerry D. Skirvin	4:12:15	PR
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St Augustine Lighthouse 5K
St. Augustine, FL
March 19, 2011

Trish Kabus	44:47	
Carolynn Mudgette	44:49	

St Patty's Day 5k
Jacksonville, FL
March 20, 2011

Jason Burcham	21:46	2nd ag
Tracy Pfuntner	23:46	1st ag
Glenn Hanna	26:41	2nd ag
Tiffany Kovacs	27:05	
Mark Johnson	27:19	
John Gauer	32:11	1st ag
Jennifer Wood	33:35	
Anne Matthews	34:57	
Dee Robertson-Lee	34:57	2nd ag
Fred Haley	35:26	
Gordon Slater	36:19	2nd ag
Evan Zillmer	40:31	

Tracey Armon	45:37	
Joe Connolly	48:04	

St Patty's Day 10k

George Hoskins	53:46	1st ag
Bill Krause	1:02:40	
Bob Meister	1:03:26	1st ag

OLDER RACES

Soldier Marathon and Half Marathon
Coumbus, GA
November 11, 2010

John Funk	1:23:41	
	2nd overall finisher	

26.2 with Donna
The National Marathon to Finish
Breast Cancer
Jacksonville, FL
February 13, 2011

Danny L. Cole	3:49:44	
Laura Flint	3:49:54	
James Flint	3:56:51	

26.2 with Donna
The National Half-Marathon to Finish
Breast Cancer

Ann Krause	1:49:38	
Bill Krause	2:28:15	=

floridastriders.com

Volunteers
Needed for Run
to the Sun 8K on
April 16th!

The Orange Park Medical Center Run to the Sun 8K and One-Mile Fun Run will be held on Saturday morning, April 16, 2011, at the Orange park Kennel Club, and WE NEED LOTS OF VOLUNTEERS! There are volunteer spots for everyone, including high-schoolers in need of documented service hours. Volunteers needed at race day registration, along the course, and at the finish line. Maximum time commitment would be 7am-10am.

Please contact Karen McCormick at skmac@bellsouth.net or at 904-215-7053 if you are interested =

MINUTES

Continued from page 2

IV. Committee and Director Reports

a. Nominating Committee – Kellie Howard: The committee has slated the new BOD for next year, and it will be the same, except that Mike Marino will not be on it. The new members on the slate are Kim Crist and Don Wucker. The slate will be voted on at the annual picnic.

b. Children's Running Committee Report – Vicky Connell: Vanessa will start attending the meetings.

-Resolution Fun Run: 38 schools represented with a record number of over 1400 attendees.

-Our 8th Hershey Games is on April 9.

Contact Bob to volunteer.

-Run to the Sun, Fun Run 9:30 April 16th. Notice sent to schools for marathon medals: to be distributed in May.

-Celebrate Clay Reinhold application sent out.

-Youth summer track program discussed. Vicky stated she had a long talk with Sherman Smith about the program, and he has decided to go ahead on his own with a summer team and doesn't require Strider sponsorship. Although he invited the Striders to send their own team to practice with his (but conduct their own "meets") he and Vicky agreed that the Striders would simply let anyone who was interested in a summer team know about his and forward the information.

Bottom line is that for now there will be no Youth Strider team, but we will keep contact with Mr. Smith and his team.

-Lisa expressed concern about some schools using run/walk clubs as a resource program and, with the potential for 100 percent participation, the number of marathon medals that may be required. Kellie suggested for the Children's Running Committee come up with some ideas about the growing numbers for medal requests and participation to present at next month's meeting.

c. Social Update – Glenn Hanna

i. March – River Run (March 12th)

ii. April – Annual Meeting (April 3rd): He's reserved Fretwell Park at Cecil

Continued on page 15

New, Renewing and Expiring Memberships

NEW MEMBERS

Robert Baltzegar	3/31/12
Charity Barron	3/31/12
Lori Bennet	3/31/12
Irmalee Carroll	3/31/12
Kimberly & Roger Carter	3/31/12
Susan Chadwell	3/31/12
Sarah Clark	3/31/12
Jason & Amy Dean	3/31/12
Josh & Chelsea Dillaberry	3/31/12
Valene & Brad Hamilton	3/31/12
Melissa & Robert Hersh	3/31/12
Gloria McNeil	3/31/12
Susan Miller	3/31/12
James Miller	3/31/12
Richard & Cyndi Nunn	3/31/12
Christine Vaughn	3/31/12
Emily & Charles Webb	3/31/12
Judith Westley	3/31/12
Carrie & Adam Wetzel	3/31/12
Velvet Wilson	3/31/12

RENEWING MEMBERS

Dan & Lisa Adams	3/31/12
Vernon Allen	3/31/12
Terry & Elda Bell	3/31/12
Everett Crum	3/31/14
Judith Daniel	3/31/12
Elena Etter	2/28/12

Paul & Gene Geiger	3/31/12
Darren & Leslie Glenn	4/30/12
Jason Gross	2/28/12
Gerald Grubesky	3/31/12
Sandra Henney	3/31/12
Bruce Howard	3/31/13
Lesley Jones	2/28/12
Frances Kennedy	3/31/14
Harry Klug	4/30/12
Mark Lay	3/31/12
Kay Manly	2/28/12
Melissa McCrosky	3/31/12
Christina McDonough	3/31/12
Erin O'Leary	3/31/12
Tracy Pfuntner	3/31/12
Bill Phillips	1/31/12
Keith & Gayla Poythress	3/31/14
Edward Schmidt	3/31/14
Robert Shields	5/31/12
Kristin Smith	3/31/12
James & Debbie Smith	3/31/14
George Thompson	3/31/12
Gerry & Margaret Tyburski	3/31/13
George White	3/31/13

MULTI-YEAR MEMBERSHIPS

Vicky, Jim, Tori & Marissa Connell	3/31/12
Teri Detwiler	3/31/12

Gil Flores	3/31/12
Debbie & Robbie Higdon	3/31/13
George Hoskins	3/31/12
Ann & Bill Krause	3/31/12
Beth Maurer	3/31/13
Dick & Elke Miller	3/31/12
Kathy Murray	3/31/12
Sandy Rosenberg	3/31/12
Al Saffer	3/31/13

EXPIRING MEMBERSHIPS

Lesleigh Box	2/28/11
Pam Davis	2/28/11
Patrick Gaughan	2/28/11
Mark Gonzales	2/28/11
Evan Gould	2/28/11
Patty Harper	2/28/11
Ed Kelly	2/28/11
Kimberly Pierce	2/28/11
Paul Smyth	2/28/11
Timothy Straub	2/28/11
Jamee Leann Weir	2/28/11 =

We have not finished reviewing all the membership forms received at the GRR Expo and Hospitality Tent. If you signed up as a new member or renewed your membership it will appear in next month's StrideRight.

In our continuing efforts to improve communications we are adding another feature to our monthly report. We have added the membership expiration date. This will allow you to double check my work and ensure I get it right. If your name does not appear in this column or you think something is in error with your renewal date please email me at floridastriders.com or call Mike Mayse (904) 777-6108.

Orange Park Medical Center



April 16, 2011



Run to the Sun 8K

Presented by
Sun Tire Inc



Saturday, April 16, 2011

8K - 8:00AM

FUN RUN - 9:30AM

Orange Park Kennel Club

455 Park Ave., Orange Park



Benefiting Local Elementary School Run/Walk Clubs

**Technical Shirts Guaranteed to
all Pre-registered 8K Runners!**

ENTRY FEES

	<u>Striders/Military</u>	<u>Non Striders</u>
Until April 6 th	\$16.00	\$18.00
April 7 th – 15 th	\$19.00	\$21.00
Day of Race	\$25.00	\$25.00

- \$2.00 OFF if you *preregister* with your own ChampionChip
- Sorry, there are no refunds!
- **Register by Mail** Please make checks payable to "RTTS 8K" and mail with completed entry form to RTTA 8K, 3931 Baymeadows Rd, Jacksonville, FL 32217
- **Register Online** - more info at www.floridastriders.com
- Day of Race Registration starts at 6:30 AM
- **Race Director:** Karen McCormick (904) 275-7053, skmac@bellsouth.net

AWARDS

Top 3 Males & Females , Top Masters & Grand Masters, plus Male & Female Age Group awards for the Top 3 finishers in each age groups as follows: 10 and under, 11-13, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 and 70-74, 75-79, 80 & over. (No multiple awards). Awards Ceremony at 10 AM



THE COURSE / TIMING

The 8K course starts at Wells Rd & US 17. and finishes at the Kennel Club. It is a USATF Certified Course (FL-02015DL) along the beautiful St. Johns River on River Road. The race will be timed using the ChampionChip (chip must be worn on your shoe or ankle during the race). Do not wear your personal chip if you sign up on race day.

FUN RUN

A FREE One-Mile Fun Run starts at 9:30 AM in the field behind the Kennel Club. There is no charge for the Fun Run, but you must register to participate. Complete an entry form on race day or bring in a completed entry form. Please do not mail in Fun Run entry forms.

PACKET PICKUP

Be sure and check the box on the entry form where you plan to pick up your packet. Packets will be available at the following 1st Place Sports locations on Thursday, April 14th and Friday, April 15th from 10:00 AM-6:00 PM.

- 3931 Baymeadows Rd, Jacksonville, FL 32217
- 2016 San Marco Blvd, Jacksonville, FL 32207
- 424 South Third St, Jacksonville Beach, FL 32250
- 2186 Park Avenue, Orange Park, FL 32073

All packets not picked up at the above location will be moved to the Kennel Club for race day pick up starting at 6:30AM.



FLORIDA STRIDERS MEMBERSHIP APPLICATION

New Renewal

Last Name _____ First _____ MI _____
 Address _____ Apt. # _____ # in Family _____ Spouse's Name _____
 City _____ State _____ Zip _____ Your DOB _____ Spouse's DOB _____
 Home Phone _____ Work Phone _____ Occupation _____ Employer _____
 Email _____
 Signature _____ Date _____

Annual Dues

- Family \$20 (2 years \$40, 3 years \$60)
- Single \$15 (2 years \$30, 3 years \$45)
- Junior (under 18) \$10 (2 yrs \$20, 3 yrs \$30)
- Senior (over 65) \$10 (2 yrs \$20, 3 yrs \$30)

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road or the traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, The Florida Striders Track Club, and all sponsors, their representatives and successors from all claims and liabilities of any kind arising out of my participation in these club activities, even though that liabilities may arise out of negligence or carelessness on the part of the persons named in this waiver. Rev. 12/01

Mail Application with dues to: Florida Striders
8559 Boysenberry Lane E. • Jacksonville, FL 32244

TITLE SPONSOR



PRESENTING SPONSOR



SPONSORS



RUN TO THE SUN 8K & FUN RUN official race form APRIL 16, 2011

Please indicate where you plan to pick up your race packet:
Store pickup is 4/14 or 4/15

Baymeadows Jax Beach Orange Park San Marco Day of Race

Official Use Only

First Name _____ Last Name _____ ChampionChip _____ (cannot be used for day of race registration)
 Age on Race Day _____ Sex M F T-Shirt Size S M L X Email Address _____
 Street Address _____ Apt. # _____ 8K Fun Run
 City _____ State _____ Zipcode _____ Strider Military
 Telephone Number _____ Make Checks Payable to: RTTS 8K
 Mail to: 3931 Baymeadows Road, Jacksonville, FL 32217 Method of Payment: \$ _____
 Payment by credit card only at Active.com - link at FloridaStriders.com Cash Check Amount Paid with Entry

BY MY SIGNATURE I ACKNOWLEDGE THAT: Participating in an organized running event is a potentially hazardous activity. I will not participate unless physically and medically able. I agree to abide by all decisions of race officials relative to my ability to safely complete the race course. I assume all risks associated with participating in this event including but not limited to: Slip/trip/fall, contact with other participants, weather conditions, traffic and conditions of the road/surface, all such risks being known and accepted. Having read this waiver and in consideration of entry into this event being accepted, I, for myself and anyone named or entitled to act on my behalf, waive and release members and volunteers of the Florida Striders Track Club (FSTC), Road Runners Club of America (RRCA), the town of Orange Park and all sponsors, their representatives and successors, from all claims and/or liabilities of any kind arising out of my participation in this event, including any liability that may arise out of negligence or carelessness by persons or organizations named in this waiver. I agree and grant permission that should circumstances arise, I defer to race officials and/or qualified persons as to my need to be examined and/or treated medically during the race. I agree that race officials and/or qualified persons have the right to disqualify and remove me from the race course should I be suffering from a life threatening condition. I further grant to Releasees the right to use any and all photographs, images, or accounts of this event in any manner that it feels appropriate. I agree to abide by all RRCA Guidelines, including but not limited to: No use of headphones or any other device that limits awareness of the participant or any type of wheeled conveyance (including use by handcapped or physically disabled participants). Animals are prohibited from the race course unless for the use and assistance of handicapped or physically disabled participants.

Please sign here. (Parent must sign if participant is under 18 years of age)

Date Signed _____

April 2011 Race Calendar

Published as a service. Accuracy is not guaranteed. For an expanded list of races in the North Florida area visit Ken Bendy's North Florida & Selected Areas Race Calendar <http://www.ameliastrandrunners.com/kbendy/rrcocal.htm>. If you would like your race listed please email kbendy@aol.com

for a NF list, with web links, see <http://www.ameliastrandrunners.com/kbendy/rrcocal.htm>

DATE	EVENT	TIME	LOCATION	CONTACT
April 9	8th Annual Hershey Track & Field Championships		Orange Park High School	Must pre-register by 4/5
April 10	1st Annual H54H Race for Hope 5K	8:00 a.m..	University of N. FL 1 UNF Dr, Jax	(321) 438-7708 High Fives For Hope, Inc.
April 16	Orange Park Med. Ctr. Run to The Sun 8k	8:00 a.m.	Orange Park Kennel Club	Florida Striders Track Club (904) 215-7053
April 16	Guns & Hoses 5K	7:30 a.m.	Yates YMCA 221 Riverside Ave, Jax	(352) 63-2475 DRC Sports
April 16	Run with the Lions Beaches Chapel School 5K	8:00 a.m.	610 Florida Blvd. Neptune Beach	1st Place Sports (904) 731-1900
April 16	Inaugural Fill My Cup 5K	8:00 a.m.	Losco Regional Park 10931 Hood Rd. S, Jax	(404) 895-2590 Fill My Cup Ministries
April 17	Jacksonville Symphony River Classic 4 Mile	6:30 p.m	Fl. Times Union Ctr for the Performing Arts 300 Water Street, Jax	1st Place Sports (904) 731-1900
April 21	FL Native Endurance Company Corporate 5K	6:30 p.m.	Metropolitan Park Jax	1st Place Sports (904) 731-1900
April 23	Whole Foods Earth Day 5K	8:30 a.m.	Whole Foods Market San Jose Blvd., Jax (Mandarin)	(904) 318-8104 Milestone Race Authority
April 30	Spartan Run 5K	8:00 a.m.	St. John's Country Day School (Moody Road Gate Entrance) Orange Park	(904) 731-1900 1st Place Sports
April 30	Shannon Miller Lifestyle Women's 5K Run	8:00 a.m.	Jacksonville Landing Jax	(904) 652-4316 1st Place Sports
April 30	17th Annual Shrimp Festival 5K Run	8:00 a.m	Main Beach Fernandina Beach	(904) 261-1080 1st Place Sports

For a complete list of North Florida races, go to <http://www.ameliastrandrunners.com/kbendy/rrcocal.htm>

The Back Page

BY GAIL PYLIPOW



SPRING is in the air and now as I am writing this article, today is the first day of spring and my oldest son's 13th birthday! I officially have a teenager in the house! The mornings are beautiful, the days are gorgeous and the nights cool down nicely. Pick any time of day to run and it is enjoyable. I am still leery about running with my IT Band issue. I'm giving it to the end of March, then I'll try again and hope there's no pain. For those of you who have had this problem you know what I mean. It was so frustrating to be at the Gate River Run and not be able to run. Oh well, there'll be another race next year.

Please remember to use the on-line reporting system at www.floridastriders.com to report your race times and to ensure you are named in our newsletter.

There were not many races this past month. The first race to report on in this issue is the 5 mile **ORTEGA RIVER RUN** held in the Ortega area which is so beautiful. This race was held on February 26th and so

many of our Striders attended, it was awesome. **John Metzgar** was the Masters Mens winner with a time of 27:44 and **Regina Taylor** was the Masters Womens winner with a time of 33:46. Our ever faithful Striders placing in their age groups were as follows: Placing 1st were **John Wisker, Randy Arend Bruce Holmes, Paul Smith, Al Saffer, Nancy Harms, Lisa Adams, Rosa Haslip, Stephanie Griffith, Elfrieda Wyner, Diane Aimone** and **Rachel Walker**. Those placing 2nd were **Mark Grubb, Steve Beard, George Hoskins, Ben Holland, Bob Meister** and **Sharon Lucie**. And, those placing 3rd were **George White, Douglas Tillett, Donald Wucker, Ben Huron, Frank Frazier Jack Hayes, Pat Gallagher, Denise Metzgar, Alison Ronzon, Anne Krause** and **Nancy Harms**.

The second set of race results was for the **NOCATEE TRAILBLAZER 5K RUN**, held on March 5th at the Nocatee Town

Center. These very dedicated Striders who participated were **Steve Beard, Bernie Candy, Al Saffer, Craig Bennett, John Kovacs** and **George Thompson** capturing gold, with **Dee Robertson-Lee, Jay Herring, Guy Jackson, Barbara Carrico, Charles Goodyear** and **Nancy Pullo** grabbing the silver and **Cole Mandt, Randy Pullo, Gordon Slater** and **Randy Abate** winning the bronze.

The third race was the extremely popular **GATE RIVER RUN 15K**, held on March 12th. This race is the largest 15K in the country taking place right here in little 'ole Jacksonville. The prize money, totaling over \$80,000, is a good reason why. This event keeps growing every year. I've had friends ask me if they start training by such and such a time will they be ready to run in the Gate. Now that the Gate 5K and Junior River Run have been added, more people can participate. It is incredible to watch.

Continued on next page

MINUTES

Continued from page 11

Field. There are 3 covered pavilions. 12-4 p.m.

iii. Dave talked about wanting to have a volunteer appreciation event, sponsors.

d. Resolution Run 5K Report – Randy Arend for Dan Adams: Over \$10,000 revenues. Record attendance and revenues for the 5K and fun run. Dan's numbers balance out. Motion made, seconded and passed to approved the Report as presented.

e. Memorial Day Run Budget – Dave Bokros: He is being conservative, but this is the most heavily promoted race in a long time. Sponsorship is down from last year. Expenses are different: need people to clean up the park. Dave wants to involve the town of OP as much as possible. Road closure fee \$350 in OP only. Dave is cautiously optimistic about our numbers. Motion made, seconded and passed to approve the Memorial Day Run Budget as presented.

V. New Business

DATE	EVENT	TIME	LOCATION	CONTACT
April 30	The Human Race	8:00 a.m	Cambridge Office Complex 8173 Baymeadows Way W., Jax	(904) 261-1080 1st Place Sports
April 30	The Runners Care 5K	8:00 a.m	Beach Pier 350 A1A Beach Blvd. St. Augustine Beach	(904) 540-6076 \Somebody Cares

a. Donation St. Johns Country Day Track Team – Frank Frazier: Motion for the Striders to donate \$500 to the St. Johns Country Day School Track and Field Program, made and seconded. Mike asked about leftover \$ in Equipment budget. Randy mentioned Adult Running budget. Motion passes.

VI. Announcements: Lisa Adams made a presentation of items to hand out at the Strider Expo booth: candy bars, business cards, raffle tickets for those who buy merchandise \$20 or more. Frank Frazier discussed organization of merchandise for sale and transporting merchandise to hospitality tent on race day. Mike Mayse asked us to wear Strider gear at the expo booth.

Vicky announced that she is doing a tri class at the Dye Clay YMCA starting Monday at 7pm, training for the 1st BFAST.

VII. Adjournment: Motion made, seconded and passed to adjourn the meeting at 8:15

Mission – Promote and encourage running by educating the community about the benefits of physical fitness and sport. =

Those of our Striders who placed were **John Metzgar**, **Al Saffer** and **Pat Gallagher** in 2nd place and **Patrick McCarthy** and **Bob Meister** in 3rd. The weather was absolutely perfect and I hope EVERYONE had a great time.

The last local race was **SWOOP THE LOOP**, held on February 22nd and our own **Robert Walker** brought home the gold!

STRIDERS - They're Everywhere!

Hey, when you're out of town and there's a race, go for it!

Jerry Skirvin took a trip to New Orleans and ran in the **ROCK 'N ROLL NEW ORLEANS MARATHON** on February 13th. He had this to say, "My second marathon, beat my first one's time by 40 minutes." That is awesome, Jerry. I always wondered what it would be like to run this race. I hope you had fun Jerry!

Carter Bradford participated in the **RAK HALF MARATHON YOUTH RELAY** on February 18th and this was posted in his post "Ras Al-Khaimah, UAE, IAAF Road Race – SILVER. 1st Place Youth Team, Saudi Aramco Schools/CS Wellness Running. Finish Time 01:16:32 (Gross) 01:16:26 (Net) Winnings \$2,500. Were amidst the buzz of World Record Breaker Female for Half Marathon - Mary Keitany (1:05:50). Carter (11) and his team mates, Tyler Somoge (13), Omar Shadid (13) & Ibe Abu-Bakr (13) were proud to have ran with her the previous day and shared a bus to Dubai airport with her."

Trish Kabus, **Steve Bruce**, **Maria Padden**, **Patty Dame** and **JD Smith** participated in the **2nd ANNUAL GTM RE-**

SERVE TRAIL RUN to support research and conservation, which was held on February 27th in Ponte Vedra Beach.

Also on February 27th, **Mel Albano**, **Jamie Wyche**, **Holly Wyche**, **Lynn Capozziello** and **Mercedes Smith** became princesses for a day and ran in the **DISNEY PRINCESS HALF MARATHON**. I hope you wore tiaras when you ran!

Trish Kabus and **Patty Dame** trekked on down to Palm Coast for the **RUN FOR YOUR LIFE 10K** on March 5th and hopefully had a blast.

Tidbits and Stuff I Missed

Please let me know if I've missed some stuff so that I can make mention of it in the next issue. I apologize for anyone not listed in the above race results.

Just a reminder – as mentioned near the beginning of the article please don't forget to go to our website at www.floridastriders.com to report your race results. Fill out the form titled "Striders at the Races, Race Results" so that your times can be recorded and included in this column. For the out of town races please use the same website.

Award

For my monthly award I give it to everyone who helped set-up and take down the Strider tent at the Gate River Run, helped to keep food on the tables and those who trained and ran in the Gate River Run, whether it was the 15K, the 5K or the Junior River Run, even the Diaper Dash, which is just too cute to watch! You were there and hopefully you had fun! See you all again next year. =

SEND US YOUR RACE RESULTS!

If you miss signing the Strider person, please fill out our new race result form located at floridastriders.com.

There is a link to the form on the home page.

Local Running Info



www.floridastriders.com

You can contact us via e-mail at:
kellski@comcast.net

You can get entry forms & results for all 1st Place Sports events on the Internet at www.1stplacesports.com

Also get the latest running news from the RRCA's national office, including a nationwide race schedule as well as important info from clubs across the country at www.rrca.org



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