



Volume 23, Number 8

# STRIDERIGHT

Florida Striders Track Club



www.floridastriders.com



August 2004

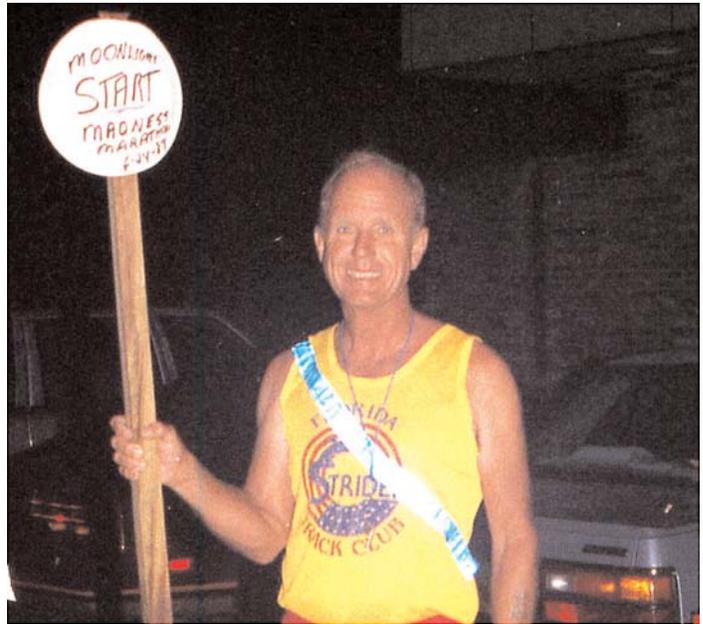
## The Guru is Gone - There Will Never Be Another Coach Cornett by Warner Millson

"It was a good run,' Betty Cornett said to her husband of 50 years, Chuck. She held his hand as he released his last breath. Later she recounted that 'He lived with gusto until the very minute of his last breath.'"

The source of the above is not a North Florida publication's story about the loss of a local celebrity. It comes from the *Washington [DC] Times*. As I read still another article about my friend of nearly 25 years, I couldn't help but ponder how a country boy from the bayou country of Louisiana, who enlisted in the Navy as a seaman recruit in 1950, could grow to gain the love and respect of so many from such a large area.

The tie-in to Washington is easy. He gave his "How to Run the Marine Corps Marathon and Love It" pre-race talk for eighteen years to thousands of runners, including me, who learned and laughed throughout.

Chuck was proud to be a Florida Strider. Having run at least 10 marathons with Chuck and dozens of shorter races, I know that he invariably wore his Strider red shorts and yellow singlet. Yes, he answered to both "guru"



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## AUGUST SOCIAL

**When:** Friday, August 13th at 6:30 PM  
**Where:** The home of Warner & Lou Millson, 2900 Magnolia Road S., Orange Park,  
**What to Bring:** Yourself and a covered dish or dessert to share. The club will provide soft drinks but **BYOB** for adult beverages. You may also want to grab your swimwear, & a towel. If you are feeling nautical - take your boat to their dock on Doctor's Lake.  
**More Information:** 264-4089  
**Directions:** From I-295 & Blanding. Go south about 5 miles to the light at College Dr. (Albertson's & Taco Bell on right, Methodist & Baptist churches on left).  
*(Continued on Page 2, bottom left corner)*

# Prez Sez

By Bob Boyd



We lost a long time friend with the passing of Chuck Cornett last month. I wish to express our deepest sympathy to his wife Betty and the entire Cornett family for their loss. I also want to thank Warner Millson and Ken Bendy for their articles remembering Chuck and encourage you to read them for a better appreciation for the contributions and impact Chuck had on us all. I, like many Striders, met Chuck while attending one of his classes on "How to Walk/Jog/Run & Love It." One of the running tips he shared has really stuck with me: "Grade your runs each day on how much you enjoyed them. If you don't have an "A" or at least a "B" then you are doing something wrong!" Let's not quibble about knowing you need to push the pace on occasion to get faster, the real point is that most of your runs should just plain be fun. If not it is time to figure out why and make some changes. Actually, that is pretty good advice for most of life's activities. My wish for each of you is that you find yourself enjoying the vast majority of your runs, hours, and days. It would only be fair as many of you are raising the fun factor in my days. Life is good but life is short! Don't miss an opportunity to thank those that make your life better.

## Social Directions

Left on College Dr to 1st light, Peoria Rd. Left on Peoria Rd. Go South about 1 mile to the Railroad tracks. Cross the railroad tracks and turn immediately right onto Cedar Rd, into Doctors Lake Estates (do not follow Drs. Lake Dr. as it bends to the left; go straight and turn right).

Go straight down Cedar Rd. & take the 3rd left onto Magnolia Rd. Follow Magnolia until it bends to the left.

2900 is on the right, just on the bend of the road, the only gravel driveway (all others are paved). Please enter gravel driveway with mailbox marked 2900 on your right so you end up in Warner's driveway, not his neighbor's!

## Board of Directors' Minutes, 7/13/04

Bob Boyd called the meeting to order at 7:02 PM. Directors absent: J. Runnfeldt, P. Stewart-Garbrecht, R. Glenn.

**Memorial Day 5k final accounting:** Frank and Lil distributed the final accounting from the race. Final race profit was \$4,591.35 with \$140 from on-line registrations. Variances in race profit (forecast profit was \$4,000) due in most part to increased sponsorship, thanks to John P. and Bill Dunn's efforts. Sponsorship recruitment needs to be a responsibility shared by all board members. The need for a sponsorship coordinator was discussed. The board passed a motion to have Frank and Lil repeat as the 2005 Memorial Day 5k race directors.

**Treasurer's report:** Run to the Sun final race profit of \$3,699.38 was recorded. Expenditures on PolarTec shirts are essentially covered by sales. \$61 should be budgeted annually for the Secretary of State – Florida annual report fee. The treasurer's report was filed as written. The storage unit annual fee is due August 1st and will be paid this month.

**Race status update:** Autumn Fitness – The flyer is in 1st Place Sports' quarterly publication and the stand alone flyer for general distribution will be after confirming sponsorship, which will be done before July 22nd.

Hog Jog and Run to the Sun – nothing new to report.

**1st Place Sports registration/packet pickup proposal:** The proposal to have 1st Place Sports handle race registration and packet pickup that was approved at last month's board meeting was modified slightly. A motion was passed to have 1st Place Sports in Orange Park handle race packet pickup and walk-in registrations only. The actual keying will be done elsewhere.

**Race advisor position:** Frank S. is stepping down from his position as Race advisor. Bob thanked Frank for the excellent service he has provided in that capacity. This position is currently open.

**Renewing member newsletter format survey:** Tanys reported that no newsletter format changes were received.

**Minutes:** Last month's minutes were approved as written.

**Clay County Children's Day fun run:** JD distributed an email prior to the meeting with a request for the Striders to help with the Children's Day in America fun run on Sept. 18th. The board agreed to support the run but it will not be an official Strider race.

**Honoring our fallen Striders:** Recently the Striders have lost some long-time members, among them Hank Zambie (to whom the Memorial Day race was dedicated) and Chuck Cornett. The Autumn Fitness race will be dedicated to Chuck Cornett. The board discussed the impact Chuck had on the Striders and ideas on how to remember and share information about him. Bob will include an article and picture in the next Strideright.

**Race liability/waiver improvement:** Ken pared down the race liability and waiver wording. Some suggested revisions are under review by Ken to complete this item.

### Open Forum:

Kent reported on the social schedule.

August 13th – Warner's house, 6:30 pm

September 16th – dinner social with speaker Todd

Williams

Frank and others received an email requesting help to start a

(Continued on page 4)

**2004-2005 Board of Directors  
& Key Members**  
(Board Members marked with an \*)

**President & Newsletter Editor:** \*Bob Boyd  
(H) 272-1770 .....(W) 272-1770  
email: BobBoydFL@comcast.net

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Bobby Greene .....(H) 262-1663  
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**Autumn Fitness 5K Co-Director &  
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**RRCA State Representative:** Ken Bendy  
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**Run to the Sun Co-Director:**  
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email: rebeccalynnbrown@comcast.net

**Run to the Sun Co-Director:**  
Matt Ross .....(H) 268-8392  
email: HartRoss@bellsouth.net

**Strider "Person" Coordinator for Races:**  
Al Saffer .....(H/W) 665-6996  
email: saffat@jea.com

**Scholarship Coordinator**  
Tom Sullivan .....(H) 298-3220  
email: msull10166@cs.com

**SUPPORT OUR SPONSORS... THEY SUPPORT OUR SPORT**



**Sun  
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**Mike Shad Nissan**  
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Run to the Sun 8K &  
Autumn Fitness 5K

**CENTEX  
HOMES**  
Run to the Sun 8K

**citistreet<sup>SM</sup>**  
A State Street and Citigroup Company  
Memorial Day 5K



Autumn Fitness 5K

**Ronnies**  
*Wings & Oyster Bar*  
Green Cove Springs, Florida  
Memorial Day 5K

**COOL  
ZONE**  
Memorial Day 5K



Memorial Day 5K



JACKSONVILLE  
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**Prudential Financial**  
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Dennis M. Axman  
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Memorial Day 5K

Smoak, Davis  
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(904) 396-5831  
Autumn Fitness 5K

—orange park—  
**POWER HOUSE**  
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611 Blanding Blvd  
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Memorial Day 5K

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1560-4 Business Ctr Dr  
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Orange Park  
215-6885



Village Bread  
Market



Robert Shields, Sr.



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, Florida. Non-profit Organization Bulk Rate postage is paid at Orange Park, Florida.

## Board Minutes of 5/11/2004 (continued from page 2)

new charity 5k.

George is taking another round of orders for shirts (needs at least 12).

John P. thanked Frank and Lil for all their work helping the race directors.

Gary's son is looking to start a Striders chapter at his high school. The board gave some suggestions for contacts to make to start the club.

Ken reported he had a good experience running Grandfather Mountain marathon.

Bob is going to buy 5 more stopwatches prior to the

Autumn Fitness 5K. JD is working on a carrying case for the watches and the megaphone.

The meeting was adjourned at 8:20 PM. Next month's meeting will be on Tuesday, August 10th at the Orange Park library.

Respectfully submitted,  
Karin Glenn

## The Guru Is Gone (continued from Page 1)

and "old gummer", but often with a pithy non-printable reply.

Just what did Chuck Cornett mean to the Florida Striders? **EVERYTHING**. It is my firm opinion that *the Club would not exist today without the efforts and energies of Chuck Cornett*. Here are just a few of the reasons:

- *Sunday Runs*. In October 1978 Chuck started a Sunday morning running group from Sun Tire with only three people, according to Jack Stanley's recollection. Jack was Strider president in 1984.
- *Clinics To recruit new runners and future Striders*. Chuck dreamt up the idea for a "How to Jog and Love It" class for non-runners. Mary Ann Stanley remembers being a guinea pig in her own garage as Chuck practiced the dialogue that he used for over 20 years to far more than 10,000 runners. He gave his class behind a real estate office on Kingsley Ave. I was a novice running pupil in September 1980. Barely more than a year later, he had me running my first marathon.

We all have our individual "I began running ....." stories. If we could poll the club's entire membership I'm sure that at least 25-30% of today's Striders were influenced by Chuck's teaching, expertise and perhaps most importantly by his infectious unflinching enthusiasm. His *Go Go Go* personality extended to any and all subjects, causing his daughter Kathy to remark, "Dad will flat wear you out."

- *First Strider Race Sponsor*. The money problems of the fledgling club wouldn't go away, so Chuck led a group of 4 to Kingsley Bank where he convinced president Reed Dearing to give \$4,000 as the prime—actually the only—sponsor of the 1980 Autumn Fitness Run. When I talked to Reed in preparation for this article he fondly remembered the benefits to the community that that first Strider race generated. He was proud to continue his bank's involvement for the next 4 years despite the fact that

Chuck kept raising the ante to a peak of \$8,000 or \$9,000.

- *New OPHS Track*. Orange Park High School had an old dilapidated running track in the early 80's. Chuck spearheaded a project to completely rebuild it with a modern rubberized surface. HOW? He twisted the arms of Kingsley Bank, the Florida Times Union, the school superintendent, and every Strider who didn't tell him to buzz off—which was very hard to do. \$50,000-\$60,000 later it was a done deal.
- *Memorial Day Race*. The club wanted a new race in Green Cove Springs. Bill Zipperer, Strider president in 1985, accompanied Chuck to see the President of Westside Atlantic Bank, and lo and behold we had a new 100% sponsor.
- *Run to the Sun*. The club's 2nd race began as the Wellness 10K, involving an over-and-back of the Doctors Lake Bridge. Orange Park Hospital was footing the \$9,000 bill until they suddenly quit in early 1986, just months before the race. By now you can guess: Chuck to the rescue. I sat in awe in his family room and listened as he made **one** phone call to Dick Erickson of Sun Tire to establish what will soon be **20 years of continuous sponsorship**. (In an odd twist of fate, when Dick Erickson's family moved here about 1979, they rented the Zambies' house after Hank was transferred to McDill in Tampa.)

I could go on and on about Chuck's role in making the Striders one of the preeminent clubs in the state. His upbeat enthusiasm, interest and wonderfully irreverent sense of humor will be missed by many.

On a personal note I thank my coach for instilling in me a love of running that culminated in 22 marathons, the training that led to 6 PR's in a 5-week period at the age of 48, but mostly for 24 years of friendship. I miss you ole buddy!

## Running With The “Guru” .. The Lighter Side by Ken Bendy

My first encounter with Captain Chuck Cornett was in the late seventies. Chuck was the Executive Officer of NAS Jacksonville and I was the Maintenance Chief of Patrol Squadron Five. In those days parking spaces at NAS Hangar 1000 were at a premium and as Squadron Maintenance Chief I had a reserved parking space and it was sacred territory. Late one afternoon I had to make a trip to Wing HQ and upon my return someone had appropriated my space to park his vehicle. Well, since I was working into the evening I figured I'd keep him there too. I chained his car to my truck and went back to work. When the young sailor found it he called the base Gendarmes. They didn't think too much of my vigilante action and after cutting him free, filed their report in the daily synopsis that was read by the XO each morning.

Chuck summoned me by telephone and admonished me in the manner expected of someone in his exalted position was obligated to do...unofficially he then told me he fell out of his chair laughing and asked if I'd get him a chain!

We more or less didn't run into each other until I decided to take up running in 1981 and had really got into it by the time I returned from deployment to Sicily in 1982. My wife also took up running and wrote me that she started running with a group called the Florida Striders. She mentioned that Chuck was one of the head honchos and I said I knew him.

When I returned to the states I started running with Chuck and his groupies on the Sunday morning runs. He had a rule that no one ran faster than the slowest runner. The group grew to a pretty good size and as we got faster different pace groups formed. Chuck would always look out for the new runners though.

We became pretty good buddies and he convinced me to run the Marine Corps Marathon in 1983. He and Marv Mollnow drew up a training schedule that was a bear...but it worked...I ran a 3:36. I guess there was a group of 50 or more that ran it that year...man what a post marathon party we had!

Thirty days later Chuck conned me into

running the 1st Blue Angel Marathon and attending a seminar he was giving in Pensacola. Chuck, Warner Millson and I were going to do an 8 minute pace for a 3:30, but Mother Nature had other ideas...the temperature quickly climbed into the 80's and as Chuck would say, "We rapidly reevaluated our goal" and just hoped to finish. Warner quit at about 20 miles and got a ride back with two attractive young ladies. I can't remember what happened to Chuck but I called him every name in the book for the next 11 miles of nothing but "miles and miles." I somehow finished in about 3:55.

Over the years, I helped him with several of his Eat Slim, Walk Trim Clinics in Orange Park and running classes he held at NAS. One of Chuck's "attention getters" was dropping 5 pounds of fat on the table that he had obtained from the local meat market. Needless to say that made an impression!

I recently ran across a "Moonlight Madness Marathon" golf shirt that was hanging in my closet and it brought back some memories of what I thought was another one of the "Guru's" wacky ideas that turned out to be something special. You had to be invited to run this marathon that began about 3:00 AM at Drs. Lake Elementary School and finished in the middle of a lake at Gold Head State Park. There were about a dozen or so each year that had this honor. I was recovering from some major cancer surgery and couldn't run the entire thing but Chuck said that since I couldn't be an Athlete I could come along as the group's "Athletic Supporter!" I ran about half of it.

Chuck also started the Hash Runs that the Striders occasionally did. We staged one around Halloween that started at an oyster bar near the site that is now the Red Lobster. There was a lot of undeveloped land in that area and the Orange Park Mall was relatively new. A portion of the course was through the interior of the mall...luckily no one called the cops on the bunch of costumed, chalk wielding, whistle blowing, hooligans shouting "On On"! I was on the injured list (as usual) and had the arduous

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## Running With The "Guru" ... (Continued from Page 5)

task of guarding the beer at the finish...I don't remember much about that...I think there was some beer left when the Hashers got there.

One of our biggest laughs was the "Cornett Factor." Chuck had a scientific theory about everything. He said to take your resting pulse in the morning, if it was 10 beats higher than normal, cut your mileage in half. He also had deductions for ambient temperature, altitude, etc. We added more, such as the phase of the moon, number of beers the night before, age of our shoes, our age, etc. Some mornings we joked we could apply all of those factors and log 10 miles without ever getting out of bed!

After Chuck and Betty moved to Pensacola we stayed in touch by AOL Instant Messenger and e-mail. I gave him a coaching

page on my website and he had loads of good information on it. He would also bombard me with jokes that could be rather salty at times. I shall miss that!

I attended his memorial service at Barrancas National Cemetery, NAS Pensacola on July 9th. It was impressive and the number of Striders that drove the 360 miles from Orange Park to attend was a tribute to a great man.

I shall miss him.

PS. Chuck always had to be top dog at everything he did. His ashes are interred in the bottom space of a group that is stacked five high...there is no doubt in my mind he will figure out some way to get into the top one!

## September Dinner Meeting with Todd Williams, Two Time Olympian, 5 Time Gate River Run Winner, Thursday, September 16, 2004

**We are very pleased and fortunate to have Todd as our Guest Speaker and to welcome him as a new resident in the Jacksonville area. More good news - Todd is starting a personal coaching service. For more information please go to Todd's website at [www.PushThePace.com](http://www.PushThePace.com) You will not want to miss Todd's excellent presentation, "What it Takes."**

**Menu:** Italian Buffet with the trimmings, dessert, and complimentary beer and soft drinks. Social half-hour begins at 6:00 p.m with dinner being served at 6:30 p.m. Sherri Alexander is baking up another delicious batch of desserts for us. Thank You Sherri!

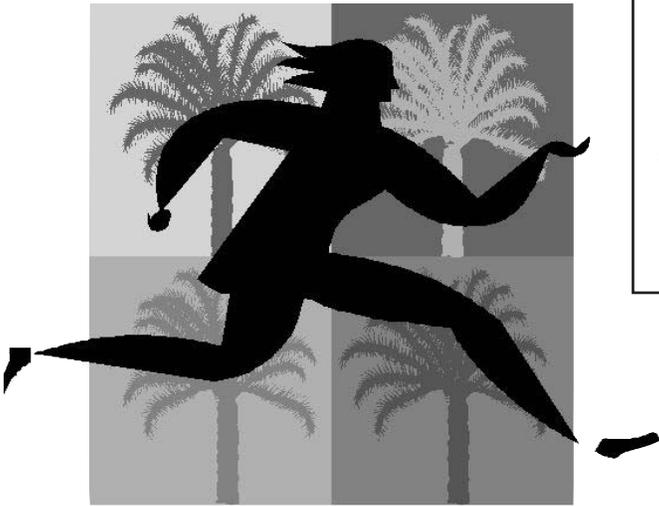
**Cost:** \$10 per Strider, or \$12 for non-members.

**RSVP:** Please send check to: Strider Dinner, 1273 Leblanc Rd., Green Cove Springs, Florida 32043

**RSVP early as seats are limited and we expect this event to fill quickly!**

**Questions:** Please contact Kent Smith at (904) 284-6634

**Where:** The Anheuser-Busch Brewery Hospitality Room...111 Busch Drive, just East of I-95 on the North side of Busch Blvd (Take I-95 North from the intersection of I-95 & I-10 North on I-95 to Busch Blvd, exit 125, East to the Busch Brewery on the North side (left side as you're headed East)).



# CARRABBA'S AUTUMN FITNESS 5K

## Saturday, 9/11/04, 8:00 AM

**Carrabba's Italian Grill  
is providing post race  
food for all registered  
participants!**

**HEY KIDS!!!**  
There is a **FREE** one  
mile Fun Run at 9:00  
AM. There will be a  
school competition.

This 5K Race starts and finishes at the Orange Park Kennel Club, is a USATF Certified Course (FL-02016DL,) stays off of U.S. 17, and is mostly along the beautiful St. Johns. This race is dedicated to the memory of Chuck Cornett.



.....  
**5K Winners receive  
Carrabba's Gift  
Certificates as  
Awards!**



**5K AWARDS:** Top 3 Male & Female; Top Masters & Grand Masters; plus Top 3 in each age group, Male & Female: **AGE GROUPS:** 10 & under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & over. Winners get Carrabba's Gift Certificates as Awards! (No multiple awards)  
Walkers are invited to join us, however there will be no Walking Awards category in this race.  
**FUN RUN:** One mile Fun Run starts at 9:00 AM. There is no charge for the Fun Run, but all runners must complete an entry form. Ribbons awarded to all finishers.  
**RACE PACKET PICKUP:** 1st Place Sports on Wells Road in Orange Park, 264-3767, Friday, 9/10/04 noon to 6:00 PM or at the OP Kennel Club on Race Day. Day of race registration will begin at 6:30 AM.  
**COST:** Entries received by September 1: \$14 (FL

Striders & Military - \$12). September 2 - 10th: \$17 (Striders & Military - \$15) There is an additional \$2 discount if you have your own ChampionChip except for day of race Registration (see entry form.) Race Day all entries - \$20. Registration includes Tank top, post-race refreshments, which include Carrabba's meal, & race results, which can be viewed at [www.FloridaStriders.com](http://www.FloridaStriders.com). Autumn Fitness Tank Tops are guaranteed to all pre-registered 5K entrants.  
**Make check payable to:** Autumn Fitness 5K  
**Mail completed application & check to:**  
**Autumn Fitness 5K**  
**591 Clermont Ave. S.**  
**Orange Park, FL 32073**  
Race fees are non-refundable



**For additional  
information contact  
Stan Scarlett at  
268-6272,  
stanscarlett@msn.com**

**Register On Line at Active.com**

AUTUMN FITNESS 5K ENTRY FORM										RACE# (FSTC USE ONLY)	
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# STRIDERS AT THE RACES



## RACE RESULTS

To get your race results published,  
email [StriderResults@aol.com](mailto:StriderResults@aol.com)

### FIRECRACKER 10K

Daytona Beach  
June 26, 2004

J.D. Beck 53:18 3rd A/G  
Barbara Whitter 1:04:48

### CELEBRATION 5K

1st Place Sports  
July 4, 2004

John Metzgar 16:03 Masters  
Bill Phillips 17:36 1st A/G  
Karin Glenn 17:52 2nd O/A  
Female  
Greg Richards 17:53  
Len Ferman 18:39 3rd A/G  
Page Ramezani 18:51 1st A/G  
Bernie Candy 18:54 1st A/G  
Sung Ho Choi 19:17  
Denise Metzgar 19:13 1st A/G  
Patrick McKeefery 19:35 2nd A/G  
Bob Boyd 19:44  
Robert Cox 20:12 PR  
Del Conner 21:20  
Gary Hallett 21:33  
Frank Frazier 21:52 2nd A/G  
Thom Henkel 22:00 3rd A/G  
Stephanie Griffith 22:01 Masters  
Gary Gills 22:09  
John Hirsch 22:29  
Everett Crum 22:59 1st A/G  
Matt Ross 23:20

David Rigdon 23:23  
Danny Weaver 23:23  
Kim Hoyt 23:30  
Konner Sawicki 23:42  
John Powers 23:56  
John Gauer 24:38  
Raymond Ramos Jr. 24:42

Leslie Doucette 24:55 3rd A/G  
Wayne Wolfenbarger 25:35

J.D. Beck 25:39  
Kent Smith 25:07  
Tanys Carere 25:09 3rd A/G  
Paced Boyfriend to a PR  
Maria McNary 26:26 2nd A/G  
Marilyn Roberts 26:52 3rd A/G  
John Aimone 27:22 1st A/G  
Cameron Metzgar 27:30  
Shirley Henkel 28:03  
Gordon Slater 28:17  
Barbara Whitter 28:59  
Leo Sheckells 29:02  
Ken Bendy 31:27 3rd A/G  
Patty Czarnecki 31:38  
Linda Wolfenbarger 32:21  
Al Saffer 34:23  
Trish Kabus 34:55  
George Coombes 36:36 2nd A/G  
Micki Gibson 36:56 Had a baby  
7 weeks ago  
Chuck Ellis 37:36 1st A/G  
Joe Connolly 37:45 3rd A/G

Charles Desrosier 38:30  
Sally Sawicki 39:29  
Diane Aimone 40:50 1st A/G

### BRIDGE OF LIONS 5K

St. Augustine  
July 17, 2004

Frank Sutman 17:35 3rd A/G  
Greg Richards 17:40 3rd A/G  
Karin Glenn 17:48 1st A/G  
Bernie Candy 18:58 1st A/G  
Patrick McKeefery 19:28 3rd A/G  
Kathy Murray 22:12 2nd A/G  
Everett Crum 22:29 2nd A/G  
Thom Henkel 22:27 2nd A/G  
Matt Ross 22:42 3rd A/G  
Steve Edgell 23:11  
John Powers 23:29 3rd A/G  
Augie Leone 24:46 1st A/G  
Kent Smith 25:11  
Jim Kehr 25:48  
Bobby Greene 26:05  
Vicki Choinski 26:35  
Leo Sheckells 27:41  
Barbara Whitter 29:18  
Bo Holub 29:50 2nd A/G  
Shirley Henkel 30:19  
Robin Zipperer 31:05  
Tom Sullivan 31:14  
Bill Zipperer 32:19 3rd A/G  
Trish Kabus 36:34

## Welcome Back Renewing Members!

- Doug Barrows
- Joe Brannan
- Bonnie Brooks
- Dana Coleman
- Tom & Jo Curvel
- Len, Jeremy, David &
- Heather Ferman
- Mike Marino
- Steven O'Brien
- Barry & Harriet Panensky
- Matt Ross
- Cynthia Snell
- James & Maria Spellman
- Ed, Michelle, Jessie, & Schuler Velasco
- James Winnale
- Mark Woods

## Welcome New Members!

- Kristi Kemp
- Kathleen Maxwell

# Race Calendar

Published as a service. Accuracy is not guaranteed. If you would like your race listed: Contact Ken Bendy, RRCA State Rep. (N. Florida) (904) 278-2926 or E-mail [kbendy@aol.com](mailto:kbendy@aol.com).

for a NF list, with web links, see <http://members.aol.com/rrcahtml/rrcacal.htm>

DATE	EVENT	TIME	LOCATION	CONTACT
Aug. 1	Family Fun Run	6:30 p.m.	Sea Turtle, Atlantic Beach	(904) 387-0528 <a href="mailto:ConsultJTB@aol.com">ConsultJTB@aol.com</a>
Aug. 6-7	Tour de Pain 3 Races in 24 Hours	7:30 p.m. 7:30 a.m. 7:30 p.m.	Beach 4Mi. - Seawalk, Jax Bch Mile Sizzler - 1st Place Sports Jax Landing 5K	(904) 739-1917 1st Place Sports
Aug. 21	Carrabba's Summer Beach Run 5 Mi.	7:00 p.m.	SeaWalk Pavilion Jax Beach	(904) 739-1917 Jacksonville Track Club
Sep. 4	Turtle Trot 5/10K	7:00 a.m.	Atlantic Rec. Ctr, Atlantic Ave, Fernandina Beach	904-491-0369 <a href="mailto:AIRunners@aol.com">AIRunners@aol.com</a>
Sep. 11	Autumn Fitness 5K	8:00 a.m.	Orange Park Kennel Club, US 17 & Wells Rd, Orange Park	(904) 268-6272 <a href="mailto:stanscarlett@msn.com">stanscarlett@msn.com</a> Florida Striders Track Club
Sep. 17/18	Festival Of Races 3 Races in 24 Hours 5K. 5K 5K	6:30 p.m. 7:00 a.m. 6:30 p.m.	Jekyll Island, GA  TBA TBA TBA	(912) 635-3025 <a href="mailto:decook@bellsouth.net">decook@bellsouth.net</a>
Nov. 6	Hog Jog 5K	9:00 a.m.	Ronnie VanZant Park Sandridge Road Lake Asbury (Middleburg)	(904) 728-6830 <a href="mailto:Stevebruce@comcast.net">Stevebruce@comcast.net</a> Florida Striders Track Club
April 16	Run to the Sun 8K	8:00 a.m.	Orange Park Kennel Club, US 17 & Wells Rd, Orange Park	(904) 268-8392 <a href="mailto:HartRoss@bellsouth.net">HartRoss@bellsouth.net</a> Florida Striders Track Club
May 30	Memorial Day 5K	8:00 a.m.	Spring Park, Green Cove Springs	(904)292-1399 <a href="mailto:lawless@bellsouth.net">lawless@bellsouth.net</a> Florida Striders Track Club

## The Broad Street Run by Gregory Richards

You've no doubt run flat races before (this is, after all, Jacksonville). And likely point-to-point courses too. But how about a flat, point-to-point course that's virtually entirely arrow-straight? It's practically a PR waiting to happen. That's what lies before you as you toe the starting line at the Broad Street Run, an annual 10-mile race held in Philadelphia on the first Sunday in May. It's billed as the country's second largest 10-miler, with about 12,000 runners taking to Philly's streets on what is always a beautiful spring morning.

A native of the Philadelphia area, this May I made the trip back to tackle Broad Street once again; I believe it was my ninth showing. My dad and my friend, Laura, were running it with me. My mother and my sister were there to cheer me on.

For many, the race day experience begins at Philadelphia's sports complex, located at the south end of Broad Street just up from the finish line. There's plenty of parking there, making it very appealing for those who live in the suburbs. Once you're ready to go, you walk the

short distance to the subway station, flash your bib number to get on for free, and join the masses clamoring for a seat on one of the trains. If you are staying in the city, you can just walk to any of the Broad Street stations and hop aboard one of the trains, as Laura and I did. The subway will shuttle you 10 miles north - taking you right beneath the path you will be running a short while later, as you run back to your car. You'll wind up at North Philly's Central High School, which is the pre-start base camp.

Laura and I arrived at the school a bit later than  
(Continued on Page 11)



# GROUP TRAINING RUNS

DAY	TIME	DISTANCE	JACKSONVILLE AREA	CONTACT
Sunday	6:30 AM	5 to 10 Mi. Various pace groups	Atlantic Beach Sea Turtle Inn	Jakson Badenhoop (904) 285-1552 jaksonba@ilnk.com
Sunday	6:30 AM	6 to 20 Mi. Various pace groups	Orange Park Sun Tire Blanding Blvd.	Bob Boyd (904) 272-1770 BobBoydFL@Comcast.net
Sunday	10:00 AM	3-8 Mi. Trail Run	Ponte Vedra Guana State Park	Craig O'Neal (904) 285-9097 autofinance-man@yahoo.com
Monday	5:30 PM	6 Mi. Downtown Bridges	Jacksonville Charthouse Rest. parking lot	Karin or Rob Glenn (904) 886-4095
Tuesday NEW!	6:30 PM	5.5 MI. River Road Area, Various paces	Orange Park, 1st Place Sports, 550-7 Wells Rd	John Metzgar (904) 264-3767 work or (904) 215-9440
Weds. NEW!	6:30 PM	Interval Training	Orange Park, St. Johns Country Day Track-park @ Lakeside Elem. on Moody	John Metzgar(904) 264-3767 work or Bob Boyd (904) 272-1770, BobBoydFL@Comcast.net
Weds.	5:30 PM	Interval Training	Jacksonville Bolles School San Marco Blvd.	Bob Carr (904)743-3325
Weds.	6:00 PM	6.5 Mi. Easy pace	Jacksonville Boone Park Riverside	Bernie Gross (904) 272-5995 berniegross@juno.com
Thursday	6:00 PM	5 Mi.	Gracor Fitness Ctr. 1950 San Marco	Brett Chepenik (904) 398-6442
Thursday	6:20 PM	Varied distances	Jacksonville Beach SeaWalk Pavilion	Jakson Badenhoop (904) 285-1552 jaksonba@ilnk.com Call/email to confirm last minute changes

## High Quality Strider Logo Shirts

Striders can order a high quality shirt (Polartec PowerDry) with our Club logo. We will not have open stock of these shirts. Available styles and estimated costs (final price may vary with number ordered):

1. Singlet, male/female styles, \$20
2. Sleeveless Tee Shirt, adult unisex, \$23
3. Short sleeve Tee Shirt, adult unisex, \$23

4. Long sleeve Tee Shirt, adult unisex, \$25  
Color: yellow or white, with Strider Red & Blue Logo  
Ordering: Please contact George Hoskins and provide your choice of style, size, and color preference at [ghoskins@bellsouth.net](mailto:ghoskins@bellsouth.net) or phone 264-4372.  
To view more details of the fabric and styles, visit [soark.com](http://soark.com).

Please Print

### Application for Membership FLORIDA STRIDERS TRACK CLUB

New   
Renewal

Name: Last \_\_\_\_\_ First \_\_\_\_\_ M.I. \_\_\_\_\_

Address \_\_\_\_\_ # in Family \_\_\_\_\_

City/State/Zip \_\_\_\_\_ Spouse's Name \_\_\_\_\_

Phone: Home \_\_\_\_\_ Birthdate(s) \_\_\_\_\_

Phone: Work \_\_\_\_\_

E-mail \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

#### Annual Dues:

- Family \$20   
Single \$15   
Junior (under 18) \$10   
Senior (over 65) \$10

Mail Application  
with dues to:  
Florida Striders  
11058 Percheron Drive  
Jacksonville, FL 32257

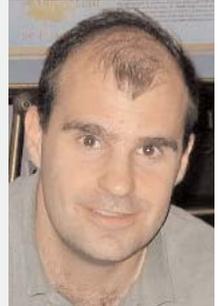
I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume 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

# MILE MARKER MUSINGS By Robert Glenn

Hello again, I was going to say something about August being our last month of summer but seeing as we're in Jacksonville, I guess I'll save that for November. Two races this month and a few on the road results. I'd like to make it longer to make up for the other local running club's summer siesta on their newsletter, but there are only so many races to make comments on, so off we go.

The **Celebration 5K** filled the 4th of July holiday with a fine race like it has done the last few years, run at

the Baymeadows 1st Place Sports location, which is a local fixture on the running scene. If you are new to the area, make sure you stop by one of the stores soon. Our fastest Strider was **John Metzgar**, who ran a 16:03, and was also the Masters Male champion. So, do you think being the masters male champ or the fastest Strider is higher up on the priority list? My faster half, **Karin Glenn**,



(Continued on Page 12)

**Prefer the convenience of On Line Membership, Renewal, or Race Registration? Visit Active.com. They charge \$2 for their service.**

## The Broad Street Run (continued from Page 9)

we had hoped to this year, meaning we had to hustle to get stretched and ready to go. Our late showing - about a half hour before the start - left my Dad anxious, as I was carrying his race number and chip that I had picked up for him at the expo the previous day. "Don't worry, Dad, I said you'll have it in time!" The start time was set at 8:30 a.m. But that time came and went. And we waited and waited and waited. Apparently, there was a fire of some sort in one of the subway stations, and the fire trucks were blocking the race course. But later, I could see no traces of any calamity along the way. At about 8:50, we were finally off.

Broad Street is Philadelphia's main north-south thoroughfare, and that means that it's wide (it's probably seven lanes wide, counting turn lanes and parking). From your first step you'll be able to see City Hall's clock tower looming in the distance; it's at roughly the half-way point, providing a nice gauge to your progress. The slight in -and -out around City Hall is the only bend in the race.

The course presents a diverse view of Philadelphia, from the economically challenged but certainly safe neighborhood where the race begins to the grand and historic Center City (with its arts district lining Broad Street) to South Philly and the sports complex, location of the new homes of both the Eagles and the Phillies. There are never many fans along the course, except for in Center City at the midway point and at the end. But I've never found that to be much of a detriment, since the course seems to always pass by so quickly. One fan to

always look for is flamboyant Pennsylvania Gov. Ed Rendell, Philly's former mayor, who is always standing by the Academy of the Arts giving runners high-fives.

The ending was changed a few years ago, and you may find it surprising at first. You'll pass underneath I-95 and suddenly be greeted by a bunch of Navy ships, which seem somewhat out of place docked right up against the road. It's the former Philadelphia Navy yard, now being redeveloped as a business park. But the moth-balled ships are still there. Once inside the Navy yard there's just a short jaunt down the shaded drive and that's it!

My time this year was 1:02, not my best but I believe it was still a strong run. I believe my Dad and Laura were also happy with their times. On your way out of the city, don't forget to grab a cheesesteak and Tastycake - you've earned them!

For more information, go to [www.broadstreetrun.com](http://www.broadstreetrun.com)

As an aside, another great race - my personal favorite - is coming up in Philly on Sept. 19 - the Philadelphia Distance Run. This half-marathon is Philly's premier running event. The course is fabulous, taking you around Center City and along the city's two river drives and past the famous Boathouse Row. More details on it can be found at [www.philadistance.org](http://www.philadistance.org).

## Mile Marker Musings (continued from page 11)

was the fastest female Strider and 2nd overall for women with a 17:52. **Stephanie Griffith** was the Masters Female winner with a 22:01. Our other Striders that took first in their age group included **Bill Phillips, Page Ramezani, Denise Metzgar, Everett Crum, John Aimone, Chuck Ellis, and Diane Aimonie. Robert Cox** ran a PR of 22:12. **Micki Gibson** finished the race and she had a baby 7 weeks ago, giddy up. Lets have a round of applause for all our athletes (feel free to make it golf applause if you must, since people might think you are a little off if you break spontaneously into raucous cheering while reading your monthly fix of local running news).

The **Bridge of Lions 5K** took place down in lovely St. Augustine on the 17th of July. Big news was three time defending champ **Karin Glenn** was taken down on the finish line after a hard fought battle for the final 2 miles by a ringer from North Carolina, yuck. Karin ended up 2nd with a 17:48 and was our fastest female Strider. **Frank Sutman** was our fastest Strider with a 17:35. Our other Striders that ruled their age group roosts included **Bernie Candy** and **Augie Leone** who set a PR as well, nice work all.

### Striders on the Road –

We had two Striders travel down to Daytona Beach for the Firecracker 10K. **J.D. Beck** ran a 53:18 while **Barbara Whitter** ran a 1:04:48.

**Mark Woods** broke the 3 hour marathon mark with a 2:58:41 at Grandma's marathon in Minnesota. I have it from reliable sources that the runners faced a 15 knot headwind the entire route. Who knows how fast he might have run? Can runners get wind time back in recom-

pense for the 'wind-aided' world records that don't get to go in the books; I'll have to look into that.

**Frank Sutman** clocked a 17:42 at the Sister Blister 5K in Stone Harbor, NJ. Apparently the name has something to do with a Catholic Charity supporting high school girls running. It seems to be a strange name to me, but who am I to point fingers, I've got two first names.

**Ken Wilson** ran the Grandfather Mountain Marathon in 4:54, which is nice running for a tough course. Then again, who picks mountains on which to run marathons, I mean, we have a nice flat one here in Jacksonville. The little bump around Forest Circle is the biggest "hill" and you might have to point that one out to someone not from the flatlands. Then again, I guess non-runners think we're all nuts, so picking the tough courses goes with the territory.

**Brian Smith** ran an interesting race in North Carolina. I think Runner's World may have had a story about it a year or two ago because it sounds familiar. It involved 5 events run in one evening. The events were a mile, 400M, 800M, 100M, and a 5K cross country race. Brian placed 32nd out of 115 entrants and was 1st place in the Clydesdale division (over 195 lbs) nice running. His times were, respectively, 5:40, 58, 2:32, 13.5, and 23:55.

As always, the best way to get your results in MMM is to sign up on the Striderman at local races where most times Al Saffer puts him somewhere near the start/finish wearing his Strider Yellow shirt. For times when you don't see Striderman or run an out of town race, email me at [Striderresults@aol.com](mailto:Striderresults@aol.com).

Please get your race times in as soon as possible if you want them published. You can send your times, trash & trivia to:

e-mail (preferred):

[StriderResults@aol.com](mailto:StriderResults@aol.com)

or snail mail to:

4329 Carriage Crossing Dr.

Jacksonville, FL 32258

or give me a call at

(904) 886-4095

Local Running  
Info  
On The  
Internet



[www.floridastriders.com](http://www.floridastriders.com)

You can contact us via e-mail at:

[BobBoydFL@comcast.net](mailto:BobBoydFL@comcast.net)

Florida RRCA Championship Races and various running related web site links can be found on the North Florida RRCA

Rep's home page at

<http://members.aol.com/rrcahtml/rrcarep.htm>

You can get entry forms & results for all 1st Place Sports events on the Internet at <http://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 <http://www.rrca.org>