



Volume 23, Number 11

STRIDERIGHT

Florida Striders Track Club



www.floridastriders.com



November 2004

Sun Tire Anniversary Celebration by Jenny Allen

If years were miles we would be completing our first marathon of running from Sun Tire on Sunday morning. On October 3rd, we celebrated another anniversary run, a run started 26 years ago by our late and very dear friend, Chuck Cornett, who passed away this year. I remember one of our first anniversaries, years ago, when Chuck and Betty showed up with a card table, tablecloth, champagne glasses and candelabra. Chuck was dressed in this neat shirt

made to look like a tuxedo. From then, our gatherings began to grow into a special time of celebrating our beginnings and of bringing together friends from the past. This year it was so nice to see Joe Brannan. Many of you remember Joe, his wife Echo, and daughter



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NOVEMBER SOCIAL

Sunday, November 7th 3:00 PM

Where: The home of Patti Stewart-Garbrecht and J.D. Garbrecht, 1513 Maple Leaf Ln, Orange Park, FL 32003

What to bring: Yourself and a covered dish or dessert to share. The club will provide soft drinks but bring your own adult beverages.

Directions: I-295 to U.S. 17. Take 17 South over the Doctor's Lake bridge and then turn left at the 2nd light, Raggedy Point Rd. Take Raggedy Point Rd about 1/2 mile to the 1st subdivision on the left, River Breeze. Take an immediate left onto Maple Leaf Ln. Go almost to the end, .15 miles. It is a gray house with a blue door on the right side & just before a cul de sac. Their phone number is 541-1303.

Prez Sez

By Bob Boyd



How come the years are moving faster but I'm not? Okay, whining over, particularly as the cooler weather has put some extra pep in my step and provides some of the most enjoyable running all year.

Speaking of enjoyment, Steve Bruce and a fine caste of volunteers have a great Hog Jog in store for you on Saturday, November 6th out at Ronnie Van Zant Park near Lake Asbury. The T-Shirt will be a great addition to your collection and the long tradition of having some of the finest and most creative awards around will continue thanks to Trish Kabus and Kent Smith. Please join us for a good time. Details on the race can be found elsewhere in this issue.

Thanks to Jenny Allen and her fine support team for putting on another fine Sun Tire Anniversary Run celebration October 3rd and putting Jenny's Pennies to such good use. This social is one of the very best each year. Kudos to Sherri and Hardie Alexander also for another fine social at their home last month.

I got to be present when Ken Bendy formally presented the RRCA's National Kurt Steiner Children's Running Developmental Award to Kim Tracanna-Breault in front of some of her children at Lakeside Elementary. I also got to congratulate some of the children who were part of Lakeside's 1st Place team at our recent Autumn Fitness Fun Run. Continuing the fine Strider tradition of supporting children's running, I also saw the Board of Directors approve a grant of \$500 to SB Jennings Run/Walk Program. It is a privilege to be part of the Florida Striders and witness the great work you all do. Seeing those kids' enthusiasm about participating in their running puts it all into perspective very quickly. Life is good.

If there is something the Florida Striders could be doing differently to make your life better please let me know at 272-1770 or BobBoydFL@comcast.net.

Board of Directors' Minutes, 10/19/04

Bob Boyd called the meeting to order at 7:00 PM. Directors absent: G. Hallett, J. Powers, J. Runnfeldt, K. Smith, P. Stewart-Garbrecht.

Minutes/Action items:

The minutes were approved as published in the Strideright.

Action items:

- The budget committee needs to come up with a proposed 2005 budget before next month's meeting. Warner will add a column to the last budget update he distributed and send it to the budget committee for revision.
- The children's running committee will discuss how to best track the money spent vs. budgeted, and what type of format funding requests should have.

Treasurer's report:

Warner distributed the October statement and it was filed as written. September membership income was high and income also included profit from the dinner social.

Hog Jog update:

Tanys distributed the race logo. Kent is making the awards. Since there were many leftover awards last year there will be fewer this year and without specific age groups. Race fliers will be included in Pumpkin Run packets and distributed at Race for the Cure. Steve is finalizing the volunteers. Bicycle Outpost will not be donating a bike this year. Race registration forms are being sent to all registrants from last year. We have a \$1000 sponsorship for the race.

Other races:

Super Celebration fun run – no funding has been received yet but the fund raising committee is working on it.

Run to the Sun – Matt is working on sponsorship and finding a co-director.

Memorial Day – Nothing to report.

Autumn fitness – Stan will be at next month's meeting to report on this year's race.

Membership liability waiver:

Tanys distributed the new wording Ken created for the waiver on our membership renewal forms. A motion was made to accept the new wording and it passed unanimously.

Children's running update:

Bob reported that the committee is putting together a template for creating a running/fitness program for schools to use that don't currently have one, based on input from schools that currently have successful programs. Warner is working on contacting the school board to spread information and get more schools involved.

SB Jennings Elementary funding request:

Patti received a funding request for \$500 from the school's PE director to purchase new t-shirts for the school's run/walk program. There is approximately \$300-400 left in the children's running budget for the year. A motion was passed to donate \$500 to the school. Someone

(Continued on page 5)

**2004-2005 Board of Directors
& Key Members**
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Scholarship Coordinator
Tom Sullivan(H) 298-3220
email: msull10166@cs.com

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Autumn Fitness 5K

**CENTEX
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Run to the Sun 8K

citistreetSM
A State Street and Citigroup Company
Memorial Day 5K



Autumn Fitness 5K



Green Cove Springs, Florida
Memorial Day 5K


**COOL
ZONE**
Memorial Day 5K



Memorial Day 5K



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Orange Park Kennel Club
The "Best Bet" at St. Johns
Orange Park Kennel Club



IFS-A042232
Dennis M. Axman
CLU, ChFC, AEP, CFP
904-313-2195
Memorial Day 5K

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

—orange park—
**POWER HOUSE
INC.**
611 Blanding Blvd
1 Mile South of
Kingsley
272-2272
Memorial Day 5K



John Fagan, P.A.
278-6000
Autumn Fitness 5K

**Florida Heart
Center**
*We Care For Your
Heart*
(904) 269-1664
Hassein Ramezani, MD

**Pediatric
Dentistry &
Orthodontics**
Donnie A. Myers
Gary R. Myers
(904) 272-6606



1560-4 Business Ctr Dr
Fleming Island -
Orange Park
215-6885

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

Sun Tire Anniversary Celebration (continued from Page 1)

Kielly, who were active Striders before moving to Maryland. Joe is running the Baltimore Marathon, his sixth marathon this year, bringing his total to approximately fifty. Kielly is a USMC Captain and is attending law school. It was also great to see Larry Clark again this year along with Mike Mayse who arrived as we were cleaning up to go home. Most of you didn't get to talk to him but the good news is that Mike is moving back to our area. Also arriving late were the Lastingers. I'm sorry many of you didn't get to see Walley, Julie, and son Ethan, and to meet their new daughter, Brooke, who is now four months old. Of course it goes without saying that it is always nice to be with our friends who show up week after week.

This year we had about sixty Striders and friends, many of whom missed the group picture. My special thanks go to Marge Ruebush; she does so much for me. Besides helping with the planning and setting up, she spent many hours cutting up fruit for the fruit bowl, not to mention shopping and making the ice rings. Many thanks also to Dick Miller and Richard Allen for handling all the tables and chairs. Elke Miller and Norma Wasson did their usual good job of cutting bagels, setting out food and making punch. Frank Frazier was our emcee again this year and John Tenbroeck furnished the makings for Bloody Marys. This superb crew has helped me for many years making my job minimal. I just get to count money!

Speaking of money, you turned in a total of \$119.32, most of which was found on the roads of Orange Park and Jacksonville. This money was used to buy champagne, fruit and supplies. Our Tar Heel Strider, Robert Shields, sent three checks totaling \$8.21. John

Nalley turned in two bags of change to equal \$13.21 while his friend Jerry Nealey, a blind runner, turned in \$2.03. Paul Geiger, Janet Lavoie, John Bowsman and Kathy Truitt turned in a bag of \$13.00 and Charles Desrosier a bag of \$10.16 along with a bracelet as an added bonus. Kent Smith turned in a bag of \$5.85 ½ (a broken penny) and Danny Weaver and Jan Taylor, a bag of \$3.84. Roy Woods found two one-dollar bills on Kingsley, I found a dollar at the airport in Dallas, but Marge wins the "no award" this year for the five dollar bill she found while walking. Warner Millson donated \$10.00 at our last Anniversary Run which went into the pot for this year. I am very interested in finding out who left the cute little box on my front porch?" It was all wrapped up with a pretty bow and contained five dollars worth of rolled pennies. Any clues?

This year we moved the Anniversary Run up to the first Sunday in October so Richard and I could be in North Carolina to witness Mother Nature's beautiful autumn display. I would like your feedback on continuing to have our party the first of the month rather than the third Sunday, as is traditional.

Thanks to all of you who turned in money; you did great again this year. We are looking forward to starting another marathon of running together on Sunday morning. So, until then, happy, healthy running and keep those pennies rolling in.

(Editor's Note: Coming to a computer near you soon - Check out our website, www.FloridaStriders.com for more pictures courtesy of Richard Allen.)



Board Of Directors' Minutes, 10/19/04 (continued from page 2)

asked the question about how much the club has spent and to which schools to date – the children's running committee will discuss how to keep track of the funding so it will be easier to determine if the money is available when requests are put to the board. A suggestion was made that the funding request be on written letterhead to formalize the process due to the sums of money involved. Currently no specific format exists which is another matter for the children's running committee to discuss.

Film screening social opportunity:

Frank reported that the film '5000 meters: Nothing comes easy' is coming out next month and Jerry Lawson is organizing a screening at a local theater with the help of the local running clubs. There is no financial liability for the Striders. The information will be published in the newsletter.

Open Forum:

Tanys reported that there are currently 445 members.

Frank requested that any club members with interesting running-related stories should consider writing an article for the Strideright.

Bob and Kent are working on finalizing Jay Birmingham as the next dinner social speaker. John C. suggested asking Ted Corbitt to speak at one of the socials (his son lives/runs locally). Also a suggestion was made that we publish information about the dinner speakers in the Strideright prior to the social for anyone not familiar with the speaker.

Rob noted that occasionally non-members sign race results on the Strider man and sometimes it's not clear who is a member or if a family membership exists.

The meeting was adjourned at 8:12 PM. Next month's meeting will be on Tuesday, November 9th, at the Orange Park library.

Respectfully submitted,
Karin Glenn

Croom Trail 50K by Frank Sutman

The Croom Trail 50K was the RRCA Southern Regional Championship this year. We had spectacular, perfect weather down in Brooksville. This is about 3 hours Southwest of Jacksonville, a bit North of Tampa. The start temperature was about 50F. It was sunny, dry, and in the low 70s at the finish. About 40 people gathered for the 7:00 a.m., just before dawn, start of the 50K. The roughly twenty-five participants in the fifteen-mile Fun Run would start at 9:00 a.m. The course consisted of an initial dirt road section followed by four trail loops.

The start was surprisingly fast. I was in about seventh place with a lead pack disappearing into the early dawn ahead of me. Then something funny happened. All but one of the leaders ahead of me missed the turn off the road onto the trail. It wasn't very light and somehow they all had missed the flagging indicating the turn. I had to yell at them to turn around and come back. The trail was in beautiful condition. This was amazing, considering a hurricane had blown through just 3 weeks prior. Two devoted volunteers had worked with a chainsaw the previous two weekends to get the seven plus mile loop cleaned up. Our hats went off to them!

Most of the trail was through rolling, open pinelands. Some of the hills were a pretty good size by Florida standards. At one point, the trail disappeared into the bottom of a good sized sinkhole, then climbed up the far wall. Then, near the end of the first loop, came the water hazard. We had been forewarned. There was perhaps a third of a mile of trail that was under anywhere from ankle to knee deep water, leftovers courtesy of

Hurricane Jeanne. It was too deep to run through, at least for me. Oh well, the cool water during the walking break felt good on my legs. I probably lost 4-5 minutes each lap with my wading break. Gear note: Adidas Climacools are great shoes for wading through swamps in the middle of a race. They drain through the vents and dry out much more quickly than trail running shoes.

I was pleased that my laps were quite consistent: 60, 61, 62, 62 minutes. There were three friendly aid stations per lap to keep runners stocked and motivated. After the first lap I pretty much ran by myself for the rest of the race. Near the end of the second lap the fifteen-milers joined us. I passed a lot of people and lapped more than a few. On my third lap I passed and met fellow Florida Strider Gary Lewis, down from Orange Park for the race. I finished in 4:22:20, placing fifth overall and second in my age group. I was amazed to learn that the winner's time was 3:35, a course record. That was incredible considering the water. I was six minutes out of third place. The next 50K finisher was 17 minutes behind me. The finish was in a pleasant picnic area. We enjoyed a hamburger BBQ courtesy of the race staff and waited for our friend Bill Dunn to come in. Bill crossed the line at 5:29. We shared, with many of our co-competitors the distinction of falling into "the hole", a thigh-deep abyss in the last flooded section. I managed to hit it twice in successive laps. Not too bright.

It was a pleasant race staffed by friendly volunteers. The 50K was filled with the serious trail running crowd, with tales of Hard Rock and Western States and

(Continued on page 8)

How to Get There! It's just a short drive from Orange Park with 2 main routes:

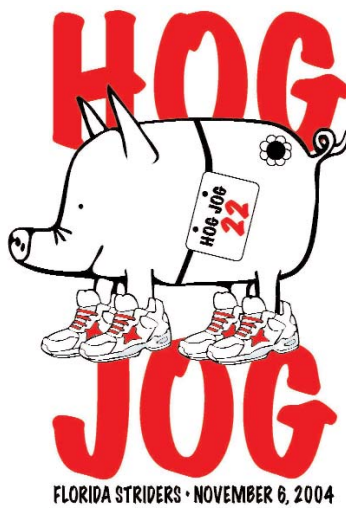
From Blanding & I-295:

- 1) South on Blanding to Knight Box Rd - 6.5 miles
- 2) Left on Knight Box to 220 - 1.2 miles
- 3) Right on 220 to 209 (Russell Rd) - 1.1 miles
- 4) Left on 209 to 739 (Henley) - 1.3 miles
- 5) Right on 739 to Sandridge Rd (739B) - 2.3 miles
- 6) Left on Sandridge to Ronnie VanZant Memorial Park - .6 miles

From US 17 & I-295:

- 1) South on US 17 to 220 - 5.5 miles
- 2) Right on 220 to 209 - 6.7 miles
- 3) Follow Steps 4-6 above

For more information contact Steve Bruce at 904-728-7759 or email stevebruce@comcast.net



1560-4 Business Ctr Dr
Fleming Island -
Orange Park
215-6885

DOOR PRIZES WILL BE AWARDED!!

HEY KIDS!!!

Don't forget our FREE one mile Fun Run! It Starts at 10:00 AM!

5K Race - Saturday - November 6, 2004 - 9:00 AM

1 Mile Fun Run - 10:00 AM - Awards Ceremony 10:15 AM - Lake Asbury, FL

Cross Country course starts and finishes at Ronnie VanZant Memorial Park, 2760 Sandridge Rd

This course will not be suitable for wheelchair or other physically challenged participants.

Two lap cross country course. Spikes may be worn. Please arrive early to familiarize yourself with the course.

Walkers are welcome but there will be no separate walking awards.

Awards & Registration: 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. No multiple awards.

FUN RUN: There is no charge for the Fun Run, but all runners must complete an entry form. Ribbons awarded to all finishers.

RACE PACKET PICKUP: Day of race only. Packet pickup & day of race registration will begin at 7:30 AM.

COSTS: (Includes T-Shirt and Post-race refreshments; T-Shirts are guaranteed to all pre-registered 5K entrants):

Entry received by	Striders/Military	Others
October 27th	\$10	\$12
10/28 - 11/5	\$13	\$15
Race Day, 11/6	\$20	\$20

Make check payable to: Hog Jog 5K
Mail completed application & check to:
 Hog Jog
 1228 Blue Heron Lane
 Jacksonville Beach, FL 32250
 (Race fees are non-refundable.)

Prefer the convenience of On Line Membership, Renewal, or Race Registration? Visit Active.com. They charge \$2.50 for their service.

HOG JOG 5K ENTRY FORM

RACE# (FSTC USE ONLY)

																	Y N			
First Name														Last Name					Ever run/walked a race?	

Age Sex Adult Sizes RUN FUN RUN (no charge)

Street Address (include apt. number)

City State Zip Code

Telephone Number Fee Enclosed \$ Florida Striders Track Club Member Military

I know that running a road race is a potentially hazardous activity. I should not enter and run 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 in this event including, but not limited to: fall, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and accepted by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry I, for myself and everyone entitled to act on my behalf, waive and release the FSTC, RRCA and all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I also agree that I may be examined and treated if necessary during the course of the race by qualified race personnel in the event medical problems of any cause arise. The race officials or the qualified personnel have the right to disqualify me and remove me from the race if, in their opinion, I may be suffering from a life threatening condition. I understand and agree to abide by the RRCA Guidelines which prohibit the use of radio headsets or other portable sound systems, wheeled conveyances (excluding wheelchairs) including skateboards, roller skates or blades, baby joggers, bicycles, etc. Animals are prohibited except for trained guide dogs used by blind runners. Rev. 6/00.

Your Signature _____ Date _____ Parent's Signature (if under 18 years of age) _____ Date _____

Mail Check to: Hog Jog 5K • 1228 Blue Heron Lane • Jacksonville Beach, FL 32250

STRIDERS AT THE RACES



RACE RESULTS

To get your race results published,
email StriderResults@aol.com

CHILDREN'S WAY 5K

Jacksonville
September 18, 2004

John Metzgar	16:06 2nd O/A
Len Ferman	17:11 2nd A/G
Bill Phillips	17:57 1st A/G
Anthony Truitt	18:10 1st A/G
Page Ramezani	18:24 1st A/G
Bruce Holmes	18:46 2nd A/G
Bill Dunn	19:00 2nd A/G
Bernie Candy	19:05 3rd A/G
Trent Blair	19:22 1st A/G
Denise Metzgar	19:24 1st A/G
Patrick McKeefery	19:36 3rd A/G
Victor Corrales	19:43 3rd A/G
John Dunsford	20:00
Paul Geiger	20:11
Rexx Weir	21:05
Frank Frazier	21:19 1st A/G
Matt Ross	22:21
John Hirsch	21:22
Lisa Sullivan	21:51 1st A/G
Jeremy Ferman	22:00 3rd A/G
Sharon Lucie	22:30 1st A/G
Paul Smyth	23:00
Kellie Howard	23:00 3rd A/G
Everett Crum	23:40 1st A/G
Harry Edwards	23:32
Vicky Connell	23:33 2nd A/G
John Gauer	23:40
Steve Lucie	25:07
Augie Leone	25:16 1st A/G
Claudia French	27:01
Melody Blair	27:23
Barbara Whitter	27:52
Tom Sullivan	27:56
John Aimone	27:57 2nd A/G
Ed Kelly	27:12
Sarah Dunsford	28:17 3rd A/G
Gordon Slater	28:51 2nd A/G
Mary Ann Bolin	29:20
Kathy Klein	29:41 2nd A/G
Roy Wood	30:06
Norman Thomas	32:39 3rd A/G
Al Saffer	34:28
Amy Corrales	34:47
Freddy Fillingham	35:40
George Coombes	36:12
Joe Connolly	39:06

Diane Aimone	39:48 1st A/G
Jane Sullivan	52:49 3rd A/G

PACE RACE 5K

Jacksonville
September 25, 2004

Gary Gills	22:10 2nd A/G
Everett Crum	22:37 1st A/G
Chris Parliament	23:52 1st A/G
Harry Edwards	24:05
Barbara Whitter	27:46 2nd A/G PR
Tom Sullivan	29:05 2nd A/G
Freddy Fillingham	33:06 3rd A/G
Al Saffer	34:14 1st A/G

MARINE CORPS HALF MARATHON

Jacksonville
October 2, 2004

John Metzgar	1:19:55
Masters Male	
Frank Sutman	1:25:36 1st A/G
Anthony Truitt	1:32:41 3rd A/G
Denise Metzgar	1:33:46 1st A/G
Bill Dunn	1:33:55
Paul Geiger	1:35:55 2nd A/G
Len Ferman	1:36:12
John Dunsford	1:39:44
Terry Sikes	1:40:39
Tany's Carere	1:42:05 1st A/G
Robert Irvin	1:43:23 3rd A/G
Frank Frazier	1:43:53 2nd A/G
Rexx Weir	1:44:18
Kim Ball	1:45:29 2nd A/G
Joe Young	1:47:02
Sharon Lucie	1:48:16 1st A/G
Kim Crist	1:50:44 2nd A/G
John DeAntonis	1:51:11 3rd A/G
Matt Ross	1:51:49
Patrick, McKeefery	1:52:28
John Hirsch	1:52:53
Jim Klein	1:53:49
Dan Ovshak	1:56:17
Thom Henkel	1:56:40
Del Conner	1:57:05
Teresa Hankel	1:57:20
Chuck Bryner	1:58:45
Amy Young	2:03:25
Steve Lucie	2:04:56

Jack Hayes	2:05:09
Ken Wilson	2:06:16
Tom Zicafoose	2:07:47
Maria McNary	2:08:10 2nd A/G
Gordon Simms	2:09:55
John Powers	2:13:03
John Gauer	2:14:43
Roxanne Slater	2:16:50
Jim Kehr	2:17:35
Jd Smith	2:19:05
Shirley Henkel	2:21:21
Jim Kelley	2:24:21
Barbara Whitter	2:25:16
Tom Sullivan	2:26:29
Gordon Slater	2:26:50
Susan Gostage	2:29:54
Bobby Greene	2:30:11
Margaret Tyburski	2:34:06
Roy Wood	2:39:51
John Nalley	2:49:01
Bo Holub	2:53:20 3rd A/G
Alan Phillips	2:56:12
Trish Kabus	3:02:00

MARINE CORPS 5K

Jeannie Wilson	25:54
Ben Holland	26:20 1st A/G
MaryAnn Bolin	29:53
Freddy Fillingham	32:27
Christine Kehr	33:56 3rd A/G
Joe Connolly	39:22 1st A/G
Irene Herbertson	40:10 1st A/G
Gary McNary	46:17

TWIN CITIES MARATHON

October 3, 2004

Sung Ho Choi	3:09:58
Mark Woods	3:24:47

CHICAGO MARATHON

October 10, 2004

John Heisner	3:06:10
Sung Ho Choi	3:15:40
Kathy Murray	3:37:58
Danny Weaver	4:03:20
Hernando DeSoto	4:06:58

STRIDERS AT THE RACES



RACE RESULTS

To get your race results published,
email StriderResults@aol.com

CHICAGO MARATHON

October 10, 2004

(continued from prior page)

Kwan Supapan McCall
4:25:28
Melinda Terry 4:34:16
Augie Leone 4:59:09
Brenda Schwelling 6:45:13

Thom Henkel 23:38
Brian Murray 24:25
Bernie Gross 25:16
Gary Lewis 29:38
Shirley Henkel 30:30
Kathy Klein 31:20
Wayne Wolfenbarger 35:20
Linda Wolfenbarger 39:08

TOM WALKER MEMORIAL MICANOPY HALF MARATHON RRCA STATE CHAMPIONSHIP

October 16, 2004

Tom Henkel 1:54:59 2nd A/G
Ed Kelly 2:05:45
Shirley Henkel 2:31:21
Trish Kabus 2:44:43

CORPORATE RUN 5K

Jacksonville Landing
October 14, 2004

Bill Dunn 18:43 13th O/A
Mark Woods 19:13 20th O/A M
Sung Ho Choi 19:55 33rd O/A M
Tom Zicafoose 22:28 99th O/A M
Jim Klein 23:15

FLEET FEET 5K

Fernandina Beach
October 16, 2004

Patrick McKeefery 19:14 1st A/G
Victor Corrales 19:29 2nd A/G

Croom Trail 50K, RRCA Southern Regional Championship Brooksville, FL October 16, 2004

Frank Sutman 4:22:20 5th O/A,
2nd AG
Bill Dunn 5:29
Gary Lewis 8:02

Croom Trail 50K (continued from Page 5)

Badwater flowing after the finish. The fifteen-miler was more of a novice race. Seemed like a lot of the fifteen-miler runners had trouble following the well-marked course and complained vociferously about the water on the trail. Oh well, you can't please everyone! I'd recom-

mend this race to anyone who wants a quality trail running experience.

My wife, Lil, our dogs, and I all enjoyed a pleasant day in the woods!

Jacksonville Marathon Water Station Help Needed

It is getting to be that time of year again when the Jacksonville Bank Marathon and Half Marathon is in need of volunteers on Sunday December 19, 2004 at 7am. Once again, we are recruiting volunteers to work a water aid station on behalf of the Florida Striders Track Club at the 8.5 mile mark. The water aid station is located in front of the Walter Jones Historical Park on Mandarin Road. We will be serving water and PowerAde to the marathon and half marathon runners.

All volunteers will receive a race t-shirt for their efforts. If you are able to volunteer for this fun event, please let me know what size long sleeve t-shirt you would like, and I will have the shirts available on race day. I will also be sending out specific information to all volunteers in early December.

If you have any questions please let me know. Please RSVP to Lillian Lawless at lawless@bellsouth.net or 292-1399 if you can volunteer.

Welcome New Members!

- Monica Bretana
- Michael Burke
- Arturo Castro
- Michael & Rachel Ford
- Eric Lawson
- Bridget Milam
- Mary Pregler
- Michelle Rentas
- Duane Sharpe
- Earl Vinson
- Jayme Winney
- Michael Zavislak

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.

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

DATE	EVENT	TIME	LOCATION	CONTACT
Nov. 6	Hog Jog 5K	9:00 a.m.	Ronnie VanZant Park Sandridge Road Lake Asbury (Middleburg)	(904) 728 7759. Stevebruce@comcast.net Florida Striders Track Club
Nov. 1	Mandarin 10K	8:00 a.m.	Mandarin Park Jacksonville	(904) 739-1917 1st Place Sports
Nov. 13	Newman's Lake 15K	8:00 a.m.	Earl P. Powers Park Newnan's Lake, Gainesville	(352) 378-8725. Florida Track Club
Nov. 13	Sneaker Streaker 5K (Clothing Optional)	8:00 a.m.	Paradise Lakes Resort Lutz	(866) SWIMNUDE info@paradiselakes.com
Nov. 20	Carrabba's Paul deBruyn 30K/15K	7:30/8:30 a.m. New Time	Highbridge Park Ormond Beach	(386) 248-DBTC Daytona Beach TC
Nov. 20	RITA Cash 5K	8:30 a.m.	Metropolitan Park, Jax	(904) 739-1917
Nov. 25	Outback Distance Classic Half Marathon & 6K	8:00 a.m.	Outback Plaza San Jose Blvd., Jax	(904) 739-1917 1st Place Sports
Dec. 4	OUC Half Marathon & 5K	7:30 a.m. 7:40 a.m.	Lake Eola Orlando	(407) 896-1160
Dec. 4	Savannah River Bridge 5K & 10K	8:15 a.m. 8:45 a.m.	Savannah, GA	(912) 355-3527 No Race Day Registration
Dec. 11	Reindeer 5/10K	8:00 a.m.	Atlantic Rec. Ctr., Atlantic Ave. Fernandina Beach	(904) 491-0369 AIRunners@aol.com
April 16	Run to the Sun 8K	8:00 a.m.	Orange Park Kennel Club, US 17 & Wells Rd, Orange Park	(904) 268-8392 HartRoss@bellsouth.net Florida Striders Track Club
May 30	Memorial Day 5K	8:00 a.m.	Spring Park, Green Cove Springs	(904)292-1399 lawless@bellsouth.net Florida Striders Track Club
Sep 2005	Autumn Fitness 5K	8:00 a.m.	Orange Park Kennel Club, US 17 & Wells Rd, Orange Park	(904) 272-1770 BobBoydFL@comcast.net Florida Striders Track Club

We Get Letters

I am a doctoral student at The George Washington University, embarking on my dissertation research. The intent of this research is to measure non-physical changes that are experienced by individuals completing their first marathon. These changes focus on how the individual approaches new tasks.

To be part of this study you must have signed up for (or started training for) a marathon recently (in the last few weeks) or are planning to sign up for a marathon within the next year. Anticipated completion time is NOT a consideration for eligibility to participate in this study. As part of the study you will be asked to fill out a questionnaire. This should take less than 30 minutes.

After your marathon date, you will be sent another copy of the questionnaire to complete. This will need to be filled out 2 to 3 weeks after you complete your marathon.

Surveys will be sent to you via email. The first will be sent within a few days of signing up for the study. The second will be sent about two weeks after your marathon date. You will be asked to return the completed surveys via email.

There will be a third optional phase, in addition to the first 2 phases. This will be a short interview that should last less than 30 minutes. You can choose to participate in just the first two stages of this study, or all three. If you choose to participate in the follow-up interviews they can be done either in person or by phone.

To signup please go to www.bke-associates.com and select 'research'. If you have any questions feel free to contact me at bea@bke-associates.com or call 410-353-4722.

Thanks, Bea Carson

GROUP TRAINING RUNS

DAY	TIME	DISTANCE	JACKSONVILLE AREA	CONTACT
Saturday	6:30 AM	5 to 10 Mi. Various pace groups	Jax Beach, S. Parking Lot, Sawgrass Village Shopping	Jakson Badenhoop (904) 285-1552 Director@PerformanceMultiSports.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
Tue/Thur	6:20 PM	Varied distances	Jacksonville Beach, South Parking Lot of Sawgrass Village Shopping Center	Jakson Badenhoop (904) 285-1552 Director@PerformanceMultiSports.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 or phone 264-4372.
To view more details of the fabric and styles, visit 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

First up, a correction from last month. I mistyped a number, was blathering on about the hurricane 5400 miles west when I meant to blather about the hurricane 450 miles west, Ivan, oops. 450 miles is around Mobile whereas 5400 is... Wouldn't want me directing a marathon would you, 26.2 or 262 miles, whatever, they're marathoners, they're tough. Well, unless it looks like they won't get the gold 20 miles into the Olympic marathon, then they sit down on the curb. Now, on to the current slate of Strider results, lots of good racing, so we'll get to it.

The **Children's Way 5K** rhymes and also was run on the 18th of September in Jacksonville. Our fleetest of foot was **John Metzgar** with a 16:06, 2nd overall, while **Denise Metzgar** was our quickest female Strider with a 19:24, first in age group. Other Striders bringing home the first place medals included **Bill Phillips, Anthony Truitt, Page Ramezani, Trent Blair, Frank Frazier, Lisa Sullivan, Sharon Lucie, Everett Crum, Augie Leone,** and **Diane Aimone.** **Joe Connolly** didn't win his age group but turned 80 on the first of October, so his new age group is in for some trouble.

The **Pace Race 5K**, which also rhymes but not as elegantly as the former race, I think it is trying too hard,

was run on the 25th of September in Jacksonville. **Gary Gills** was our quickest male Strider with a 22:10 which was good for 2nd in his age group. Our fastest female Strider was **Barbara Whitter** with a 27:46 which earned her 2nd in her age group and was a PR. Congratulations. **Everett Crum, Chris Parliament,** and **Al Saffer** all won their age groups.



The new kid on the block is up next. The **Marine Corps Half Marathon** had its inaugural race on the 2nd of October, and a warm, muggy 2nd it was. I heard some rumblings that two bridges are NOT the preferred way to start a half marathon but everyone loved finishing under the artillery pieces (those that made it that far, at least). Our fastest Strider was **John Metzgar** with a 1:19:55 and earned himself master's male champion while **Denise Metzgar** was our quickest female Strider with a 1:33:46 which was good for first in her age group. Our other Striders that won age groups included **Frank Sutman, Tany's Carere,** and **Sharon Lucie.** Nice running for everyone that finished. The associated 5K found **Jeanie**

(Continued on Page 12)

Welcome Back Renewing Members!

- John & Diane Aimone
- Maryellen Barber
- David & Brittany Bokros
- Vicki Choinski
- Kim Crist
- Jonie & Billy Davis
- Mack & Pat Dixon
- Bill & Lissa Dunn
- Gretchen Ehlinger
- Craig, Susan, & Nancy Harms
- John Heisner
- Renee Kulik
- Gloria Laws
- Dennis & Sylvia Lee
- Sharon & Steve Lucie
- Charlie Mann
- Tim & Janice Martin
- Eugene & Mary Petree
- Russell & Connie Pratt
- Dolores & Nicholas Raffaelly
- Rod & Candy Reston
- Reginal Rogers
- John Slough
- Anthony & Sally Trupiano
- Norma & Ron Wasso
- Elfrieda & Norm Wyner

Hog Jog Volunteer Opportunities? You Betcha!

The Hog Jog is a fun race. It will be more fun with you participating in making it a success. If you would like to help we have a spot just for you and would appreciate the assistance. Please call Gary Hallett at 292-2793 or email him at GHall32447@aol.com.

Mile Marker Musings (continued from page 11)

Wilson as our fastest Strider with a 25:54 and we had 3 age group winners; **Ben Holland**, **Joe Connolly** (winning the 70 and up, guess they don't have too many 80 and up age groups), and **Irene Herbertson**.

Our final race of the month was the **Corporate Cup 5K** which was run downtown on the 14th of October. No age groups in this one, just overall and the team competition. **Bill Dunn** took top Strider honors with an 18:43 which was good for 13th overall. **Shirley Henkel** was our fastest female Strider with a 30:30. **Mark Woods** finished 20th overall, **Sung Ho Choi** 33rd, and **Tom Zicafoose** 99th. Nice running everyone.

Striders on the Road –

Theresa Hankel ran and finished the Mt. Rushmore marathon, in 4:22; great time considering that any marathon run around Mt. Rushmore sounds painful. **John TenBroeck** ran the Durango, CO half marathon; no time available but he apparently ran injured from some hurricane clean up duties. I don't think the Striders give out tough guy awards, but I'd nominate him if we did.

Two Striders made the trip to Minneapolis to run the Twin Cities Marathon on October 3rd. **Sung Ho Choi** posted a 3:09:58 while **Mark Woods** ran a 3:24:47.

The following week we had nine Striders run in the Chicago Marathon. The fastest Strider's is our West Coast Strider, **John Heisner**, with a 3:06:10. **Sung Ho Choi**, doing his marathon a week plan, ran a 3:15:40. Don't try this at home. Our other Striders running Chicago included **Kathy Murray**, 3:37:40; **Danny Weaver**, 4:03:20; **Hernando DeSoto**, 4:06:58; **Kwan**

Supapan McCall, 4:25:28; **Melinda Terry**, 4:34:16; **Augie Leone**, 4:59:09, and **Brenda Schwelling**, 6:45:13. Nice running everyone.

We had 3 Striders run the Croom Trail 50K in Brooksville, FL on the 16th of October. **Frank Sutman** ran a 4:22:20 which was good for 5th overall and 2nd in his age group. **Bill Dunn** ran a 5:29. **Gary Lewis** ran an 8:02. 50K is 31.05 miles for anyone that was wondering, like me.

Also on the 16th, we had 4 Striders drive to Micanopy for the RRCA State Championship Half Marathon. **Tom Henkel** placed 2nd in his age group with a 1:54:59. **Ed Kelly** ran a 2:05:45, **Shirley Henkel** ran a 2:31:21, and **Trish Kabus** ran a 2:44:43.

And finally, on the 16th, two Striders drove over to Fernandina Beach to run the Fleet Feet 5K. **Patrick McKeefery** ran a 19:14 which was good for 1st in his age group, while **Victor Corrales** ran a 19:29 which earned him 2nd in his age group.

You won't want to miss the Strider's **Hog Jog 5K** on November 6th at Ronnie Van Zant Park. The 9:00 a.m. start is "almost" like sleeping in. The T-shirt will be a conversation piece at the very least and the awards are always great. Sign up quick to miss the higher day of race prices if you haven't already.

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.

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

or snail mail to:

4329 Carriage Crossing Dr.

Jacksonville, FL 32258

or give me a call at

(904) 886-4095



www.floridastriders.com

You can contact us via e-mail at:

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>