



Volume 24, Number 2

STRIDERIGHT

Florida Striders Track Club



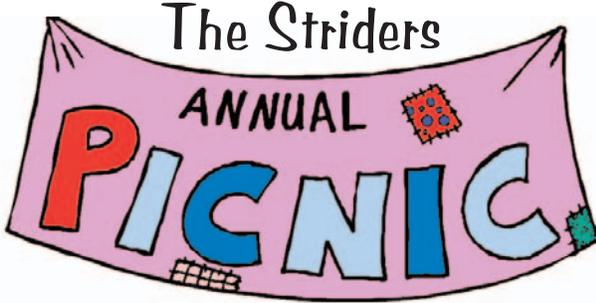
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February 2005

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The Striders ANNUAL PICNIC & Board Elections

**Sunday,
March 6th
1:00 PM**

Secret Cove off
Bowden Rd., near
Danny and Jenny
Suber's house

Lots of good food, fun, family, sharing stories, and a little business, as we elect our new Board of Directors. The Club will provide the hamburgers, hot dogs, soft drinks and the plastic dining utensils. Please bring a covered dish to share and a lawn chair. Games & amusements for the kids! **A great family affair!**

More about the Board of Directors elections on page 11

Directions:: Exit I-95 at JT Butler Blvd. East (towards beaches). Stay in the right lane to get to Belfort and make a left (north) onto Belfort. Go past St. Lukes, about 1 mile to Secret Cove entrance on the right. Go 1 block to gravel road on left - follow gravel road to parking and pavilion.



February Dinner Meeting February 10, 2005

Jay Birmingham The Long Career – Running for Life
How to run, train, and race for 45 years and stay healthy and excited

Menu: Barbeque Buffet with the trimmings, dessert, and complimentary beer and soft drinks. Social half-hour begins at 6:00 p.m with dinner at 6:30 p.m. • **Cost:** \$10 per Strider, or \$12 for non-members. • **RSVP:** Make your check payable to "Florida Striders," note the names of any guests you will have, and please mail it to: **Strider Dinner, 1273 LeBlanc Road, Green Cove Springs, FL 32043.** RSVP early to ensure we have a place for you. 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).

Social Opportunities!
Our Social Coordinator, Kent Smith, is looking for people to open their homes to the Striders for our monthly social gatherings. He is in need for hosts starting in April and throughout the rest of the year. Please contact Kent at 284-6634 or Kent1273@comcast.net

Prez Sez

By Bob Boyd



February is a big month for the Jacksonville area, as we prepare to host the Super Bowl. There will also be a big first time Strider event happening down at the Reynolds Yacht Center as part of Clay County's Super Celebration, **the Orange Park Medical Center One Mile Fun Run**. We are planning for a thousand or more children participating and will have medals for the first 1000 through the finish line and ribbons for all the rest. There will also be \$2000 split among the school athletic programs with twenty-five or more participants. A special thanks to the Orange Park Medical Center for their generous sponsorship that makes this event possible for area children. The Fun Run starts at 10 a.m. and you can catch the Fair at the same location, which opens at 11 a.m. It will be a good time for all so come on out. There is more information in this issue plus a flyer and map to the Reynolds Yacht Center on our website, www.FloridaStriders.com.

Thanks to **Dick and Elke Miller** for hosting our monthly social at their beautiful home in Loch Rane. I am still not sure if we are a group of runners who like to socialize or a group of socializers who like to run but it works either way and we certainly have a lot of great dishes that show up at these monthly events.

Speaking of good times and good food with friends, please join us for both, along with a great presentation by our very own **Coach Jay Birmingham**, on February 10th at the Anheuser Busch Hospitality Suite. We will also honor three Striders with the RRCA National Volunteer Award who have contributed over 2000 hours to our club and our sport, **Lillian Lawless, Dick Miller, and Warner Millson**. The spirit of giving back to the community has long been a Strider tradition and we are pleased to honor these three who have lived that

(Continued on page 4)

Board of Directors' Minutes, 1/11/05

Bob Boyd called the meeting to order at 7:00 PM. Directors absent: G. Hallett, JD Smith, J. Craddock, J. Runnfeldt, R. Glenn, W. Millson.

Run to the Sun budget

Matt distributed the 2005 Run to the Sun race budget. The spreadsheet included the 2004 actual numbers for comparison. The expected profit is higher this year due to increased sponsorship. In comparison with what is in the 2005 budget the race profit (excluding the \$1500 pass through donation) is \$4400 and Matt's budget projects \$4800. A motion was made and passed to accept the race budget.

Hog Jog final report

Tanys distributed the final Hog Jog report. Race profit was \$2,073, which exceeded that of the previous 2 years. Steve had mailed applications to previous registrants so that may have helped increase the number of participants. There were 146 finishers.

Minutes/Action items

Last month's minutes were approved as written. Action items – Karin will update the by-laws and distribute a copy to all board members. The Children's running committee will work on developing criteria for the board to use when deciding whether to approve funding requests.

Treasurer's report

In Warner's absence, Bob distributed the December statement that included the final Hog Jog amount. Warner had established the CDs at Vystar as was discussed at last month's meeting.

Financial modification of by-laws

A motion was made and passed to modify the by-laws as discussed at last month's meeting and as written in Rob's email. We verified in the current by-laws that amendments only require a majority vote.

Thunderbolt funding request

Patti read a letter she received from Thunderbolt elementary requesting 150 additional t-shirts at \$4.59 a piece for their running program, totaling \$688.50 (background – at the November meeting the board received their initial funding request then voted to wait until after Jan. 1st to donate any funds to the school once we've received more details on how the money will be spent). Lil suggested that they look into buying cheaper t-shirts from 1st Place Sports. A motion was made and passed to give Thunderbolt \$500 for their program, which is consistent with what we have donated to other schools. A question was asked whether the children's running committee has defined the donations criteria discussed at the November meeting and Bob said they will work on it.

Race status update

Super Celebration Fun Run – prior to the meeting Bob sent an

(Continued on page 4)

2004-2005 Board of Directors & Key Members

(Board Members marked with an *)

- President:** *Bob Boyd
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- E-News Coordinator/
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- Equipment Coordinator & Webmaster:**
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- Monthly Social Coordinator:** *Kent Smith
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- Merchandise & Doctors Lake Drive
Trail Mntc. Coordinator:**
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email: kjwilsonesq@netscape.net
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- Hog Jog Director/Race Refreshments:**
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email: stevebruce@comcast.net
- River Run Hospitality Tent Coordinator:**
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email: stanscarlett@msn.com
- RRCA State Representative:** Ken Bendy
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- Run to the Sun Co-Director:**
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- Strider "Person" Coordinator for Races:**
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- Scholarship Coordinator**
Tom Sullivan (H) 298-3220
email: msull10166@cs.com
- Newsletter Editor:** Trish Kabus
(Cell) 343-5181 (H) 904-829-2110
email: StrideRightEdit@aol.com

SUPPORT OUR SPONSORS... THEY SUPPORT OUR SPORT



Sun TIRE
Run to the Sun

Mike Shad Nissan
269-9400
Run to the Sun



Orange Park Medical Center



JACKSONVILLE GREYHOUND RACING
Jacksonville Kennel Club
Orange Park Kennel Club
The "Best Bet" at St. Johns
Orange Park Kennel Club

FLORIDA POWERTRAIN & HYDRAULICS, INC.
Run to the Sun 8K & Autumn Fitness 5K

CENTEX HOMES
Run to the Sun 8K

citistreet
A State Street and Citigroup Company
Memorial Day 5K

COOL ZONE
Memorial Day 5K

VAC-CON
Memorial Day 5K

Prudential Financial
IFS-A097803
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

FAGAN & BROUSSARD
INJURY ATTORNEYS
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

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

BEACH R.A.T.
Beach Residents and friends Against Trash
PLEASE HELP US KEEP OUR BEACH CLEAN

General Truck
Equipment & Trailer Sales, Inc.

CARRABBA'S ITALIAN GRILL
Autumn Fitness 5K

Publix Supermarket Charities

Ronnies Wings & Oyster Bar
Green Cove Springs, Florida

Village Bread Market

BLUE RIDGE WATER COMPANY INC.

PROMO DEPOT
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.

BOARD OF DIRECTOR'S MINUTES

Continued from page 2

email to the board with the race details. OP Medical Center will be the title sponsor.

Memorial Day – Lil and Frank are working on the logo and sponsorship.

Social update

1/14 – home of Dick and Elke Miller

2/10 – Anheuser Busch brewery, Jay Birmingham guest speaker

3/6 – annual picnic at Secret Cove, 1PM. Kent volunteered to coordinate.

Open forum

Lil suggested considering bringing the Fun Runs back to the monthly socials.

Bob was contacted by the Jacksonville Ski Club and we agreed to put some information regarding their club in our newsletter and they will do the same for ours in their newsletter.

Tanys made some suggestions for the picnic –

advertise the hash run better, start earlier/on time, do the children's events earlier. She also reported that she has added employer/occupation to the membership form and we currently have 440 members.

George is going to discontinue ordering the Tyvek jackets. He will donate extra t-shirts to charity.

The meeting was adjourned at 8:00M. Next month's meeting will be on Tuesday, February 8th at the Orange Park library.

Respectfully submitted,
Karin Glenn

PREZ SEZ

Continued from page 2

example for many years. Thanks to all the Striders who give their time so generously. You do indeed make a difference.

If you have any suggestions on how we can improve please let me know at (904) 272-1770 or BobBoydFL@comcast.net. ●

A New Strider Event



Orange Park Medical Center
One Mile Fun Run
as part of the Clay County Super Celebration

When: February 5, 2005
10 AM

Where: Registration at 9AM
Reynolds Park
Yacht Center
1063 Bulkhead Road
Green Cove Springs,
FL 32043

Who: Any Age

Fee: FREE but you must
Register to participate

This promises to be a good time for all, with medals for the first 1000 finishers and ribbons for the rest. \$2000 will be distributed to the schools with twenty five or more participants. This money will go to the school's athletic programs to

help keep our children healthy! Registration can be done easily online at <http://www.claycountysupercel-eboration.com/funrun2005.htm> and help avoid day of race registration lines. There will be a fair on site complete with numerous rides following the Fun Run at 11 AM. The Fun Run is part of a number of interesting events going on that weekend in Green Cove Springs as part of Clay County's Super Celebration. The above website has links for further information. If you need more information or would like to help make a difference in keeping our children active and having a good time in the process please contact me directly at 272-1770 or email Bob at BobBoydFL@Comcast.net. ●





A Return to Racing

by Mike Marino

I'd seen it happen to many of my friends; when injury or ailments prevented them from racing over a significant period of time. I'd always gutted my way through these times, following tough guy adages exclaimed by my old wrestling coach, such as "fight through it", "walk it off you sissy" and "tape it up and get back in there" to name just a few. But about two years ago, nagging calf injuries just wouldn't subside.

I tried everything to fight it off. More stretching, massage, trips to the chiropractor, orthotics, and of course, new shoes too. I was able to do some shorter races and triathlons

here and there, but the injuries kept flaring up. Finally, the day came at a triathlon. I swam and biked well, then ended up limping after less than a quarter mile into the run. A friend who had never beaten me before in any type of race slowly passed. To his credit, he offered to stay with me and help. To my credit, I didn't holler any of the expletives going through my head as I kindly said no thanks and told him to keep going. I would finish the race, as not finishing is simply not an option for me, but the reality had hit. I couldn't fight through it; I couldn't walk it off; and no amount of tape was going to help. I wrapped my calf in ice and humbly limped away from running and racing for a while.

Ah the agony, the frustration, the angst. When will I be running again? Rest is for the sick, the tapering, and the hungover. I now had to do nothing just like that fat lazy relative everyone seems to have does (or doesn't). Little did I know then, it would get worse. Things kept going wrong. I had trouble with sinus infections, I pulled a hamstring playing softball, and then the calf injury flared up again. I had to rest again for the hamstring and calf and finally decided to make an appointment with an allergist for sinus problems. The allergist proceeded to tell me I was allergic to a multitude of environmental and food items, which included dust, various types of grasses, some types of trees, yeast, vinegar, molds, smoked meats, some other insignificant foods, and most alcoholic beverages, especially beer and wine. "I'm allergic to beer?!" I asked. Well, it did explain a lot. Not that I drank a lot, but I did enjoy lifting a few every now and then. Nonetheless, my quest to get back to running now included allergy shots and giving up all cheeses, anything with vinegar

(read some labels, this includes a lot of things), and all types of bread, including the liquid bread.

I had been away from running for quite a while and lost about all of my conditioning. But I was feeling better, injury free, and still not quite as fat as that lazy relative. So I went into that pile of running shoes I had accumulated, picked out a pair, thoroughly stretched, and went running. I made it only two miles, but I was out there and it felt good. I kept at it, though any little discomfort or twitch would stop me in my tracks. I had to stop and stretch during the first mile on most runs; running on consecutive days was not doable; and speed, forget about it.

I would keep at it, finally getting the courage to wear my watch on runs to figure out how fast, err, slow I was going. I was running around 8-minute miles, some quicker, most slower. Okay I guessed, but not the 7:10 to 7:30 training pace I used to be able to keep. It took a while to get up to three miles, then four, and then five. Reaching the 5-mile plateau felt great. My stride was coming back, I was more fluent, my wind more controlled. With a few 5-milers to my credit, I started wondering if I might want to give myself something to train for – a race.

Would it be a triathlon?, the season starts in March and I could get some biking and swimming in by then. The River Run?, also in March, and a great event. Not a 5K, they're too fast. That's when I opened my e-mail and saw an invitation to run. Frank Sutman sent out an all-call to put together a team for the Last Gasp, a 5-mile cross-country race the day after Christmas. Our friend John Heisner would be in town from California and would run it, and he had e-mailed that he was hoping not to be the last team member to finish. And though she couldn't be part of the team because of a rule not allowing co-ed teams, our friend Karin Glenn would be there. Our friend Sung-Ho (Bruce) Choi had responded, agreeing to run. I was intrigued. I would be in Jacksonville for Christmas. John wanted someone slower than him; I fit that bill. I had done the race in the past and enjoyed the course; a soft course that went through scenic trails and along the perimeter of a golf course. Plus, this race was followed by a party at a sports bar. And the best part, it would be with friends. I'm in. I e-mailed them back and committed to make what was sure to be my not so triumphant return to racing.

Now excited, I start filling out the entry form. Name, address, shirt size, no problem; Age day of race – lets see, my birthday was just a couple of weeks ago, umm, 36. What?! I'm 36!? Oh man, I'm in another age group, and a tougher age group at that. This sucks. Who would

have thought the entry form would be such a challenge? But I got through it and mailed it off. I continued to train, getting in a 6-miler a week before the race, three 4-milers during the week of the race, and two days of rest before the race. Yes, laugh if you like, I was resting up for a 5-miler (like you haven't).

Race Day! I wake up with the sights and sounds of previous race days going through my head: the banners and perhaps balloons; the faster runners sizing up their competition; the muffled announcements over a bullhorn or inadequate sound system; the creaking and slamming of the port-a-let doors. I look outside and see rain; I step outside and it's cold. But I'm not discouraged, it will just mean the course is a little softer, maybe a little wet, and I even welcomed the cool temperature. The race is a late start (2 pm) and I'm getting anxious waiting. As I head for the race site, the rain has subsided, but it's colder and the wind is picking up.

Once at the race site, the wind has picked up even more and I'm cold. I'm one of the first people there and I'm thinking 'whose idea was this?' while at the registration table. I overhear another runner talking about having done races in Michigan and Indiana this month and that this race would be the coldest he'd run. I overhear race officials talking about standing water on the back of the course. I ask if this is on the golf course, only to get an eerie smile from the official as he tells me there isn't a golf course anymore. He would go on to advise me to tie my shoes tighter than usual because I might lose one in the mud otherwise. I get my race packet and, a little unsettled, head back to my car to get warm.

I see Frank, John and Bruce heading to the registration table. I leave the warmth of my car to join them only to find it windier and even colder. Now I'm remembering this was Frank's idea and I'm giving him a hard time about it while we're all moving in place trying to keep warm. We register as a team, "The Strider Trail Buffs," and then scoot to Frank's car to get warm. Conversation in the car turns to the condition of the course, which leads to Frank informing us the course is actually about 5.4 miles instead of the 5 miles advertised. Now I'm a little flustered, as what was to be my happy return to racing is becoming more and more daunting. After a little while in the car and about 45 minutes before race time, Frank suggests a warm-up run. The thought of going back into the cold is too much for Bruce, John and me, and we convince Frank we should wait a little while longer.

A final member of the team, Bill Dunn, who was previously uncertain of being able to get to the race, arrives and we all exit the car into the cold. I decide warmth is more important than speed today and head for my car. I put on another long-sleeve shirt, take off my watch, leave my warm-up pants on, and decide to leave my training shoes on rather than tromp through the water and mud with my racing shoes. I'm lacing up my shoes and stretching while the others are waiting to do the

warm-up run. They tell me to hurry up because of the cold and I remind them I'll be doing everything slow today. A few more stretches and we're warming up. I hadn't run with these friends in a long time and just running in the group feels great. But sure enough, I feel a twitch and have to peel off to do some more stretching. I find Karin a little while later, after I had stretched some more, and take off for a warm-up run with her, this time not experiencing any discomfort. I had to ask Karin that we turn back though, as I was already having to run further than expected and probably needed to save some energy for the event.

We get back to the parking lot and meet up with the others about five minutes before that muffled call to the starting line comes from a race official's bullhorn. None of us understand a word of what is said through the bullhorn, but we all know it's the call to the line. Lining up is a little different, as I have to fight my instincts to get near the front. I get in the middle of the pack, wish all my friends a good race, do some final stretching, and then the gun – we're off!!

I keep reminding myself to take it easy, to ease into it, especially with two climbs up soft hills near the start. I feel I'm following this strategy, but get to the first mile marker in a time faster than expected. Following the mile marker, we have to go through a water-filled ditch. Now I'm wet and cold as we go into the trails, but I'm actually running well and even passing some runners. We come out of the trails and onto what used to be the golf course. Now the grass, along now with weeds, is overgrown and standing water and mud are everywhere. I have to lift my legs higher than usual in some areas, but keep going at a decent pace. Shortly after the second mile marker, we turn into a stiff, piercing wind for about a third of a mile. This was followed by a hill, which led into the second loop of the course.

I make it to the 3-mile marker (which was probably about 3.25 miles) and I'm thinking a 5K might have been a good idea after all. Some of the people I passed earlier are now passing me, my breathing is a little heavier, and I stumble as I go through the ditch with the water. I would trudge on, regaining some form through the trails, but losing it again through the overgrown grass, weeds, mud, and water leading up to the 4-mile marker (which was probably about 4.4 miles).

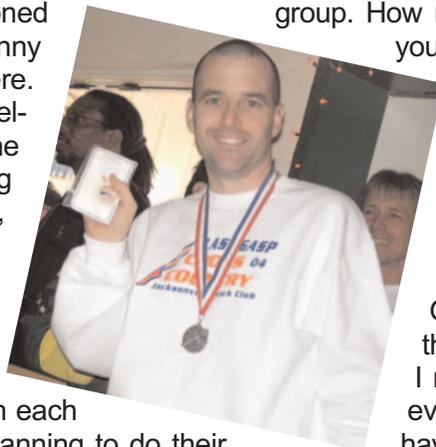
Only one more mile (or so) to go I thought. I check behind me and there's nobody for 30 yards; I look in front of me and the closest person is 40 yards away. I close a little on the runner in front of me, but any thought of a surge to the finish is thwarted by the previously mentioned third of a mile into the piercing wind. I check behind me again to find I've put more distance between myself and the next runner, which is comforting as I decide to take some water and walk while I drink it. I'm nearing the end; coming across well-wishing volunteers providing directions and shouting encouragements. One

hollered out “only a quarter mile to go” at a point on the course I figured to be about half-a-mile from the finish. I knew she was lying, but bless her heart for trying to encourage me. I make it to the final hill, up it, down it, and then a turn to the finish. Volunteers and spectators are encouraging me in. I finish. I now have a new PW (personal worst) for this distance, my shoes are soaked and covered with mud, and it feels great just to be back.

Now to perhaps the best part: post-race. This may be what I missed most while away from racing. All of the previously mentioned friends, as well as Karin’s sister Jenny (now an honorary Strider), are there. We’re huddled around talking and welcoming any other “friends” from the race who care to join in. We’re talking about the race, past races, training, things in general, and people not there, making jokes at every opportunity. Some of the talk about past races and events has evolved into stories that seem to have a new, more interesting or funny wrinkle with each telling. Karin, Frank and John are planning to do their long run for the week tomorrow, as it was delayed by the race. Jenny and I are joking that we’ve already done our long run for the week by doing the race.

The awards ceremony begins and has a few surprises. Not surprising was a group of college kids dominated the team competition with a perfect score, being the first four finishers among the team competitors.

Surprising was what will now surely be the proud tradition of the “Strider Trail Buffs” placed second, even beating one team of high school cross country runners (I heard their coach complaining about their getting beat by a bunch of old-timers – way to go guys). Not surprising was Karin being the women’s overall winner, Frank winning the master’s division, and John, Bruce and Bill winning age group awards. Somewhat surprising was Jenny being the fourth overall woman, and very surprising was my name being called out for third in my age group. How many were in my age group?, you ask – you’ll have to look it up.



The event over, we all said our goodbyes, gave well wishes for the New Year, and I thanked my friends for what was a great time. With this first race back now behind me, I began considering what might be my next race. Karin and Frank jokingly suggested I join them at the Gator Bowl 5K later in the week; I wished them luck and told them to have fun. I know I need to get back into this slowly, and this event with the conditions as they were may have been a bit much. Plus, I’d like to train a little more to possibly find some speed before the next event. It won’t be long though, as I enjoy the entire racing experience so much. Perhaps it will be in February at the Winter Beaches 5-miler or the Ortega River Run, also a 5-miler (and each are actually only 5 miles). Whichever race it may be, I look forward to seeing everyone there. ●

What’s happening?

Send us your stories to StrideRightEdit@aol.com by the 15th of the month!



Our mission...

The prime objective of the Florida Striders is to promote and encourage running by educating the community on the benefits of physical fitness and sports.

To attain this objective we will:

- Present high quality road races.
- Conduct training and fun runs.
- Provide a social medium for exchange of ideas and information.
- Publish a monthly newsletter
- Encourage community involvement.
- Conduct informative general meetings.

The 2005 Striders Scholarship is now posted to the website for downloading at www.floridastriders.com. Deadline to submit completed applications is March 31st.

STRIDERS AT THE RACES

RACE RESULTS

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

LAST GASP 5 MILE CROSS COUNTRY RRCA STATE CHAMPIONSHIP Jacksonville University December 26, 2004

Frank Sutman	33:34	
	Masters Male	
Bill Dunn	35:06	2 nd A/G
John Heisner	35:10	2 nd A/G
Sung Ho Choi	35:36	2 nd A/G
Karin Glenn	35:39	
	O/A Female	
Bernie Candy	36:06	1 st A/G
Victor Corrales	37:16	
Paul Geiger	37:55	1 st A/G
John Dunsford	39:37	
Rodney Smith	39:46	
Mike Marino	41:06	3 rd A/G
Frank Frazier	41:39	1 st A/G
Patrick Gaughan	43:16	2 nd A/G
Randy Pullo	43:32	
Paul Berna	43:38	
Keith Holland	44:54	
Richard Horton	46:16	3 rd A/G
Thom Henkel	46:30	2 nd A/G
Bernie Gross	47:29	
Claudia French	51:16	
	4 th O/A Female	
Gary Ledman	53:13	
Margaret Tyburski	56:15	2 nd A/G
Shirley Henkel	1:00:32	2 nd A/G
Leo Sheckells	1:00:35	
Ginger French	1:15:00	3 rd A/G

VYSTAR GATOR BOWL 5K December 31, 2004

John Metzgar	16:13	
	Masters Male	
Len Ferman	17:19	2 nd A/G
Bill Dunn	18:08	2 nd A/G
Page Ramezani	18:30	1 st A/G
Karin Glenn	18:50	
	2 nd O/A Female	

Bernie Candy	19:04	2 nd A/G
Patrick McKeefery	19:36	2 nd A/G
Victor Corrales	19:47	3 rd A/G
John Dunsford	20:00	
Paul Geiger	20:08	3 rd A/G
Randy Arend	20:15	
Rexx Weir	20:20	
Steve Williams	20:25	3 rd A/G
Chris Comber	20:32	
Jeremy Ferman	21:16	
Frank Frazier	21:28	1 st A/G
Steve Edgell	21:53	
Elfrieda Wyner	22:36	1 st A/G
Kathy Murray	22:42	
Danny Weaver	22:44	
Sharon Lucie	22:59	1 st A/G
George Hoskins	23:08	
Elbert Shubert	23:34	
Kellie Howard	23:43	
Jerry Bennett	23:56	
Steve Lucie	24:13	
Harry Edwards	24:20	
Dennis Lee	24:22	
Steve Waterhouse	24:32	
John Gauer	24:34	
Claudia French	24:34	
David Ferman	24:41	
Susan Harms	25:00	
Nancy Harms	25:06	2 nd A/G
Craig Harms	25:49	
Kevin Terry	26:01	
Kim Cornell	26:08	
Ed Kelly	26:21	
Rick Sheets	26:23	
Melinda Terry	26:29	
Roberta Tomlinson	26:36	
Gordon Slater	26:50	3 rd A/G
Barbara Whitter	26:57	
Patrick Rascoe	27:41	
John Aimone	27:47	1 st A/G
Vickie Choiniski	28:20	
Margaret Tyburski	28:20	
Bo Holub	29:52	2 nd A/G
Gary Lewis	29:59	
Freddy Fillingham	31:35	
Nadine Thomas	31:41	
Al Saffer	32:42	3 rd A/G

Norman Thomas	32:54	
Gina Waterhouse	33:18	
Joy Hamilton	35:20	
George Coombes	36:31	3 rd A/G
Joe Connolly	38:40	

FIRST LIGHT MARATHON Mobile, AL January 2, 2005

Theresa Hankel	4:22:13	1 st AG
Trish Kabus	6:38:41	

FIRST LIGHT MARATHON Mobile, AL January 2, 2005

Thom Henkel	1:55:25	
	Senior Grand Masters - 4th	
Shirley Henkel	2:29:16	2 nd AG
Nicholas Jongebloed	1:38:28	

WALT DISNEY WORLD MARATHON January 9, 2005

Augie Leone	4:30:20	
Mark Sawicki	4:41:08	
Jayme Winney	5:58:51	
Monique Fuentes	7:03:33	

WALT DISNEY WORLD HALF MARATHON January 9, 2005

Sharon Lucie	1:46:06	4 th A/G
Steve Lucie	1:54:17	
Mary Ann Bolin	2:23:00	
Al Phillips	2:35:16	
Robert Grimmig	2:35:35	
Lupita Trujillo	2:46:55	

ROMANS ROAD 5K January 15, 2004

Bill Phillips	18:00	
	Masters Male	
Bill Dunn	18:18	1 st A/G
Patrick McKeefery	19:30	2 nd A/G
John Dunsford	19:50	1 st A/G
Rodney Smith	20:47	
Patrick Gaughan	20:56	2 nd A/G



RRCA and AARC Merge

The Road Runners Club of America is pleased to announce the merger of the American Association of Running Clubs (AARC) and the Road Runners Club of America (RRCA) effective January 1, 2005. The merger of the two organizations brings together over 600 running clubs throughout the nation, dedicated to promoting and encouraging long distance running. This merger once again positions the Road Runners Club of America as the one voice for grass roots running in the United States.

Throughout its 48 year history the RRCA has supported the sport of running through programs such as the Roads Scholar Program®, the Women's Distance Festival, National Championship Races, children's programs and insurance programs. The RRCA's many publications concerning running are used by running enthusiasts throughout the United States. The merger with the AARC sets the stage for the RRCA, a revitalized national organization, to continue to support the sport of long distance running throughout the country.

The Road Runners Club of America is a non-profit organization of more than 600 running clubs and 130,000 members across the United States. The RRCA member chapters organize races and training runs, provide safety guidelines, promote children's and masters' fitness running programs and offer social activities.

Steve Edgell	21:25	3 rd A/G	Kaitlin Yaracs	22:12	2 nd A/G
Gary Gills	23:20		Frank Frazier	22:13	2 nd A/G
Dennis Lee	23:25	3 rd A/G	Tom Zicafoose	22:13	
Ben Holland	24:53	1 st A/G	Elfrieda Wyner	22:18	1 st A/G
John Gauer	24:55	2 nd A/G	Sharon Lucie	22:41	2 nd A/G
Randy Arend	25:50		Paul Berna	22:50	
Scott Arend	25:56		Kelli Howard	23:03	4 th A/G
Earl Vinson	26:01		Danny Weaver	23:03	5 th A/G
Barbara Whitter	26:51		William Castelli	23:16	
		1 st A/G PR	Susan Harms	23:39	4 th A/G
Gary Ledman	27:26		Steve Lucie	24:05	
Tom Sullivan	27:43	1 st A/G	John Gauer	24:27	
Al Saffer	35:29	2 nd A/G	Dave Bokros	24:32	
George Coombes	29:14	3 rd A/G	Claudia French	24:41	
			Craig Harms	25:20	

MATANZAS 5K St. Augustine January 22, 2005

John Metzgar	15.59		Nancy Harms	25:21	1 st A/G
		Masters Male	Augie Leone	25:46	1 st A/G
Len Ferman	16:26	1 st A/G	Barbara Whitter	26:09	PR
Bill Phillips	17:51	1 st A/G	Ken Bendy	26:22	5 th A/G
Greg Richards	17:56	5 th A/G	Marie Bendy	26:34	3 rd A/G
Bill Dunn	18:03	3 rd AG	Marie McNary	26:35	4 th A/G
Page Ramezan	18:21	1 st A/G	John Aimone	26:50	1 st A/G
Patty Stewart-Garbrecht	18:43		Gordon Slater	26:55	
		Masters Female	Tom Sullivan	27:01	
Bernie Candy	19:13	2 nd A/G	Leo Sheckells	28:08	
Sung Ho Choi	19:17		John Powers	28:33	
Anthony Truitt	19:22	4 th A/G	Vicki Choinski	28:37	
Patrick McKeefery	19:25	4 th A/G	Sandra Shines	29:55	
Victor Corrales	19:38	5 th A/G	Freddy Fillingham	30:24	
Nicholas Jongebloed	19:56		Bo Holub	30:34	4 th A/G
Rexx Weir	20:18		Norm Wyner	30:47	5 th A/G
Rodney Smith	20:46		Joe Blewett	31:27	
Denise Metzgar	20:48	1 st A/G	Alan Phillips	31:33	
Jeremy Ferman	20:55	2 nd A/G	Norman Thomas	32:03	
Paulette Butler	21:20	1 st A/G	Trish Kabus	33:45	
Steve O'Brien	21:23		Burness Morris	33:48	
Ramon Ramos	21:26		Brenda Schwelling	34:12	
Steve Edgell	21:28		Amy Corrales	34:28	
Wendy Patterson	21:35	1 st A/G	Al Saffer	35:16	
Kathy Murray	22:06	2 nd A/G	Dot Mitchell	35:36	3 rd A/G
			George Coombes	38:34	4 th A/G
			John Carson	40:25	5 th A/G
			Diane Aimone	41:21	1 st A/G
			Charles Desrosier	46:39	

Gate River Run Training Classes

Shands Jacksonville and the YMCA have teamed up to offer training classes to help people get ready for the Gate River Run. You do not have to be a Y member to participate. There will be excellent training information for everyone! There will be group runs with a leader provided by the YMCA. Please contact the YMCA hosting the class for their specific schedule.

Barco Newton Family YMCA
2075 Town Center Blvd.
Orange Park, FL 32003
(904) 278-9622

SATURDAY, FEBRUARY 12
8AM TO 9AM

Training the Mind: anxiety, attention and skill, psyching strategies and relaxation techniques.

Yates Family YMCA
221 Riverside Avenue
Jacksonville, FL 32202
(904) 355-1436

MONDAY, FEBRUARY 21
5:30 PM TO 6:30 PM

Training the Mind: anxiety, attention and skill, psyching strategies and relaxation techniques.

Florida Striders River Run Hospitality Tent

Saturday, March 12

Starting at 6am...Stan Scarlett, Tent Coordinator, needs your help in setting up the interior of the tent and preparing for the feast of food and beverages. Stan knows how to have a River Run party! To volunteer at the tent, please contact Stan at stanscarlett@msn.com or 994-2687. Come out and enjoy the festivities of the Florida Striders River Run Hospitality Tent!!! Drop off your things prior to the race, and bring a chair to relax in after the race. Bring a dish to share. Florida Striders Track Club Merchandise will be available for sale at the tent!



2005 Run With Donna

Train for & Run the Gate River Run 15K with Donna Hicken

The Donna Hicken Foundation is trying to get 1000 people to wear their pink running shirts (it will be available in a T-shirt or running tank... pink is the new black). For \$20, team members will get a great shirt, the foundation's pink Carpe Diem wristband, and weekly training/running sessions with other runners if they wish. Saturday training runs will be available from the First Coast News Station. All proceeds will go to The Donna Hicken Foundation, which offers financial support for First Coast women living with breast cancer. David Garrard of the Jacksonville Jaguars is the spokesperson. David's mom died of breast cancer. Her birthday is River Run Weekend and David is planning to run with us. You will start to notice promos encouraging men to wear the shirts as well. "Real men do wear pink, it's our fight too". For more info go to www.gracorfitness.com or call Gracor Fitness at 242-4000.



Miss Daphne: A Story for All

by Trish Kabus

In my quest to join the 50 States + DC Marathon Club, I found myself in Mobile, Alabama on January 2, to run the First Light Marathon, in my ninth state.

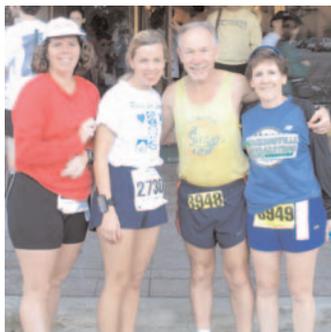
Kent & I rode with Tom and Shirley Henkel. They were anticipating doing the half marathon, while I was setting out to do the entire 26.2. And Kent was just along for the ride, since he had just had surgery on his foot the day before. We certainly did get use out of his temporary handicap parking permit though!

We spent New Years Eve on the hurricane stricken Navy base in Pensacola, only to ring in the new year with the Jacksonville time zone and were asleep at 11:10 Pensacola time.

On Saturday, we headed to Mobile and spent a very pleasant and relaxing day with Tom's daughters and grandchildren. We all met back at the hotel later that evening and went to the pre-race pasta dinner. We did run into fellow Strider member, Theresa Hankel and exchanged a few pre-race predictions about the weather and the course. She was there to run the whole marathon also.

The Henkels had finished their race and were off to lunch with family. I was still plodding along. The hills of the marathon, along with the heat, just wore me down. I was out on the course way to long! I was very glad to get back downtown and close to the finish and finally come into sight of the smiling faces that I had started the race with, a mere six and half hours earlier!

We were all at the post-race meal enjoying tuna casserole and assorted goodies, when the race director came to the microphone. But little did I know, we were about to experience a local running legend to the fullest! He gave us our first "Miss Daphne update!" She was at the 24 mile mark and wanted everyone to know



she was feeling fine. Our curiosity had been sparked. Who was Miss Daphne and why were they following her progress? About that point he made an announcement that she was at 25 miles and asked if everyone would join the group to cheer her in. We still weren't sure what the significance was, but we could not help but join in. With continuous reports from the law enforcement, she has finally approaching the corner that we were all sitting, awaiting her arrival. Along came a spunky women and we walked with her to the end of her 26.2 mile adventure. 7:59:00!

As it turns out Miss Daphne, at 80 years, had just finished her tenth marathon. This was going to be her last marathon and she was overheard telling a local newspaper reporter that she was going to concentrate on shorter races!

What an amazing experience. As it turned out Miss Daphne Dvorak, of nearby Fairhope, AL, holds 5 Alabama State Records. She was accompanied by her daughter, who thanked everyone and said they could not have done it without everybody's help.

The outpouring of support in this town in Alabama utterly amazed us. We left the race with a genuine feeling of comroderie and Miss Daphne had truly impacted all our lives, that warm January afternoon in Mobile, Alabama. ●



2005 Board of Directors

The Florida Striders are seeking a few good men and women to join the 2005 Board of Directors. Candidates should be club members, able to regularly attend monthly board meetings, and want to help determine the future of running in our community.

Please contact either Frank Sutman, Bob Boyd, John Powers, or Tany's Carere (see page 3 for phone numbers and email addresses) before February 15 if you are interested in becoming a board member. The next board has a one-year term that will run from March, 2005 to March, 2006. ●

Girls on the Run - Spring Session

Girls on the Run uses the power of running to transform the ways that girls view themselves. This innovative health education and wellness program combines training for a 5K race with life-changing, self-esteem enhancing lessons that encourage healthy habits and an active lifestyle in 8-12 year old girls. Throughout the program, girls learn to stretch themselves – physically, mentally, emotionally, spiritually and socially – and in the process, are inspired to a lifetime of self-respect and healthy living.



The Spring session of **Girls on the Run** begins February 13 and runs through April 30, and the deadline for registration is February 4. **GOTR** is open to girls from all backgrounds ages 8-12 and will be held at the following sites this Spring:

- Barco Newton YMCA, Orange Park – Tuesdays & Thursdays, 5:00-6:00pm
- DuPont YMCA, Jacksonville – Tuesdays & Thursdays, 3:30-4:30pm
- Winston YMCA, Ponte Vedra Beach – Mondays & Wednesdays, 4:30-5:30pm
- John E. Ford Elementary – open to John E. Ford girls only
- S.P. Livingston Elementary – open to Girls Inc. girls only
- Atlantic Elementary, Fernandina – Tuesdays & Thursdays, 4:30-5:30pm
- McArthur YMCA, Fernandina – Mondays & Wednesdays, 4:00-5:15pm

Girls on the Run

is a non-profit, health living program for 8-12 year old girls that uses running as a basis to teach character, values, self-esteem and healthy decision-making.

To register, you may call 904-321-4315 or email GOTRnefflorida@aol.com. **GOTR** works on a sliding scale basis, so the program fee is \$15-\$120 depending on household income. Please note that group sizes are limited and formed on a first-come, first-served basis.

GOTR of N.E. Florida is also looking for additional Coaches! If you, or someone you know, may be interested in leading a group of girls and helping them learn about self-respect and healthy living while training for a 5K race, please contact us. Coaches should be available on weekday afternoons (times vary from 3pm-6pm) and need to attend GOTR Training on Saturday, January 29. Coaching is a wonderful and VERY rewarding way to make a difference!

RRCA Coaching Seminar

The RRCA announces a coaching seminar February 17 & 18 in Myrtle Beach South Carolina in conjunction with the Myrtle Beach Marathon. It will be held at the Yachtsman Resort Hotel both days.

The RRCA's coaching certification is designed for coaching adult endurance runners for road running. It is the largest long distance running coach certification program in the US and the only one designed for road running.

Day one will be The Basis of Training. The curriculum will include the *Fundamentals of Coaching, Rules of Training, Physiology, Psychology, Injury prevention and Nutrition.*

Day two will be devoted to the *Techniques of Training.* It will cover developing training plans, cycles, and progressions, speed work and other related topics. Group exercises will teach how to apply the topics covered.

The certification will be taught by **Janet Hamilton** and **Mike Broderick**, RRCA certified coaches. Janet, an exercise physiologist with a specialty in biomechanics, teaches exercise physiology at the college level as well as coaching runners. Janet is the author of *Running Strong*, a book on injury prevention for runners. Mike is an ASEP instructor, the coach in charge of the advanced marathon training for the Montgomery County Road Runners and a lawyer.

Cost for the 2 day certification class is \$200. You must register for the certification class at least a week prior to attending or before it is filled, (limited to 30). For additional information and to register visit <http://www.rrca.org/coaching>.

February 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
Feb. 5	Daytona5K	7:00 a.m.	Daytona International Speedway	(386) 681-6350
Feb. 5	Gasparilla Distance Classic Race Weekend Bank of America 15K/5K	7:30 a.m. 9:30 a.m.	Convention Center Tampa	(813) 254-7866
Feb. 5	Memorial Health Tybee Island Marathon/Half Marathon/5K	8:00 a.m.	Tybee Island, GA	(912) 921-4786 Savannah Striders Track Club
Feb. 5	Healthy Heart 5K	8:00 a.m.	YMCA, 4701 Center Parkway Port Orange	(386) 763-2721 Port Orange YMCA
Feb. 5	Pirates on the Run A Super Bowl Event	8:30 a.m.	City Hall, 204 Ash St. Fernandina Beach	(904) 387-0528 ConsultJTB@aol.com Fitness First
Feb. 5	Gasparilla Distance Classic Race Weekend Bank of America Marathon/Half Marathon	6:00 a.m. 6:30 a.m.	Convention Center Tampa	(813) 254-7866
Feb. 13	Winter Beach Run	2:00 p.m.	Comfort Inn Jacksonville Beach	(904) 739-1917 Jacksonville Track Club
Feb. 19	Sidney Lanier Bridge Run 5K	9:00 a.m.	Conservation Way & US 17 Brunswick, GA	(912) 638-2396 Golden Isles Track Club
Feb. 19	Palatka Rotary 5K & Health Fair	10:00 a.m.	Palatka Mall 400 State Road 19 North Palatka	(386) 328-6397 mastersquincyir@bellsouth.net Palatka Rotary Club
Feb.20	Guana River 50K Trail Run and 2-Person Relay	8:00 a.m.	Guana River State Park South Ponte Vedra	(904) 387-0528 ConsultJTB@aol.com Jacksonville Track Club
Feb 20	Tallahassee Marathon & Half Marathon & 5K	8:00 a.m.	FSU Mike Long Track Tallahassee	(850) 766-3886 marathonjack@comcast.net Gulf Winds 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 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 10	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
Nov 5	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

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

Welcome Back Renewing Members!

Lewis Buzzell, III
Sung Ho & Natalya Choi
George Coombes
Everett Crum
David Hallums
Kellie Howard
Robert & Janet Irvin
Robert Jamieson
Jeanette & Clint Johnson

Nicholas Jongebloed
Frances Kennedy
Ken & Sarah Knight
Glenn Landers
Gary Lewis
Cynthia Lyons
Dana Midgett
John Nalley
Carol Palmer

Alan & Ann Phillips
Babs & Dave Shutt
Gordon Simms
Joe & Maurya Sova
Bob Tatum
Ann Walter
Bill Weaver
Sue & Darrell Whitworth

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 _____ Employer _____
 E-mail _____ Occupation _____
 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 and understand that running in and/or volunteering to work at FSTC races are potentially hazardous activities. I will not participate in club activities unless I am medically able and/or properly trained to do so. I agree to abide by any decision of a race official relative to my ability to safely complete a FSTC sponsored race. I assume all risks associated with running and volunteering to work in club races including, but not limited to, slip/trip/falls, contact with other participants, volunteers, or officials, the effects of the weather including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and understood 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, release, and agree to hold harmless the Road Runners Club of America, the Florida Striders Track Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities, even though these liabilities may arise out of negligence or carelessness on the part of persons named on this waiver.

MILE MARKER MUSINGS By Robert Glenn



Greetings from San Francisco, Karin and I are our own Striders on the Road this month. I hope the holidays and all its attendant craziness went well for all and that the running kept you sane. Just a few races this month, the mid-season slow down for the Grand Prix.

First off, we have some unfinished business from last month to clean up. **Patrick McKeefery** ran the Jax Marathon in 3:31:22, which is good for a trip to Boston should he choose to partake. Nice running.

Jacksonville University was the locale for this year's **Last Gasp 5 Mile RRCA State Cross Country Championship** on the 26th of December. Word on the street is that the course was tough and the '5 mile' part of the title was advisory only, as in it was closer to 5 miles than 4 or 6. **Frank Sutman** was our fastest Strider with a 33:34 which also earned him the Masters Male title. **Karin Glenn** was our fastest female Strider and first overall with a 35:39, making her the RRCA 5 mile cross country state champion for the year, giddy up. **Claudia French** was 4th overall for women. **Bernie Candy, Paul Geiger,** and **Frank Frazier** placed first in their age groups. We had a team entered for the Striders, the **Strider Trail Buffs**, which placed 2nd in the men's team division. The Striders also swept the 55-59 age group with a 1-2-3 by **Bernie Candy, Patrick Gaughn,** and **Richard Horton**. Nice running.

We had almost 60 Striders finish the **Vystar Gator Bowl 5K** which was run on the 31st of December. The conditions were warm and the turnout was good. **John Metzgar** finished in 16:13 which earned him top Strider honors and the masters male title. **Karin Glenn** ran an 18:50 which was good for fastest female Strider and 2nd overall for women. Striders winning their age group included **Frank Frazier, Elfrieda Wyner, Sharon Lucie,** and **John Aimone**. Nice job to all who ran the race.

Finally, the **Romans Road 5K** took place on the 15th of January. **Bill Phillips** was our fleetest of foot with an 18:00 which also won him the masters male title. Our quickest female Strider was **Barbara Whitter** who took first in her age group with a 26:51. Other Striders who won their age group included **Bill Dunn, John Dunsford, Ben Holland,** and **Tom Sullivan**.

The Matanzas 5K was run down in beautiful St. Augustine on the 22nd of January. **John Metzgar** was our quickest Strider posting a 15:29 which was good for the masters male title. Our fastest female Strider was **Patti Stewart-Garbrecht**, female masters champion, with an 18:43. Our Striders that won their age groups included **Len Ferman, Bill Phillips, Page Ramezani, Denise Metzgar, Paulette Butler, Wendy Patterson, Elfrieda Wyner, Nancy Harms, Augie Leone, John Aimone,** and **Diane Aimone**. Lots of Striders ran the race, complete results are, of all places, on the results page found on page 9 of this fine monthly.

Soapbox – Group runs. I've been stewing on this one for a good long while. I've decided that it is time to make valor the better part of discretion. One of the best things about our running community in Jacksonville is the great group runs, or should I say used to be. Over the years, group runs come and go; my current concern is that some of the long time runs are dying or at risk (Orange Park Sunday mornings specifically, but there are more). I understand that people want to run with their friends, have shorter drive, start at a different time, etc; all valid desires/concerns. I guess one of the things that really got Karin and I hooked on the local running scene was the ability to go to Orange Park on Sunday mornings and know that there would be 40 to 50 people there, of all speeds going all distances, hence 'group run.' Nowadays, there may not be someone doing faster than an 8:30 mile or slower than 10, and maybe only people running 10 miles, no 6 miles or 15. I don't see a solution. I'm sure it is great to have a group of 5 or 10 close friends that you run with each week, all the same speed, change the time as the group sees fit. But for someone new to Jacksonville, new to running, they can't be part of that group. Or someone coming back from an injury or a running 'vacation'. I accept the fact that as our club grows, our group runs will become more specialized and split up to some extent, what I don't accept is that we can't keep everyone in on the 'new' group runs. While Orange Park has been on life support, other Sunday morning runs are growing/thriving. But, those runs aren't listed on either our website or the JTC website, so, how is a new person supposed to join our 'running community.' Or do we have a running 'community' anymore? Are we growing our clubs to an impersonal size? Another runner is another membership fee size? For another day.

To summarize my rant, predictable group runs,

(Continued on page 16)

Mile Marker Musings (continued from page 15)

good. Splintered group runs that only people 'in the know' can find or are invited to, not so good. Possible solution, any new group runs should be listed on both the JTC and Strider website. Another possible solution, we bring back the message board on the Strider website and use that as a way to let interested people know where the group runs that move around in space and time are to meet this week. And yes, I see the irony of a runner who is currently 'on a break' lecturing the running community about our lack of participation in group runs, what can I say, I'm outspoken and not particularly well mannered. I guess I just always assumed that the group runs I started with here in Jacksonville would be there whenever I wanted to go back to them, but I'm starting to think that once I get more time at home and back to serious training, there may not be a group run at Orange Park on Sunday mornings for me to get back to.

Striders on the Road –

We had 4 Striders run the **Disney Marathon** while 6 completed the associated half. **Augie Leone** was our fastest Strider with a 4:30:20 and placed 3 of 7 in his new age group 75+. Augie reports that it is one tough age group, and I think his time and age group place bear that out. In the half marathon, Sharon & Steve Lucie were our fastest female and male Striders with 1:46:06 and 1:54:17

respectively, nice running everyone.

Now for some housekeeping, we try to include all the Striders running the local races but please help us out. I know that we as a club are spoiled since Ken Bendy does such a great job of scouring the local races that even if you don't sign up on StriderMan or email me at Striderresults@aol.com, the results still tend to make it into the StrideRight. Also, our deadline is rather unintuitive. I usually write around the 19th of each month (sometimes a bit earlier depending on my travel schedule and computer access). So, if your email gets to me on the 22nd, your results will miss the current month. This is because even though the 22nd seems to be plenty early enough for inclusion in the following month's newsletter, it isn't. I won't bore you more than I already have, suffice it to say that I only check the Striderresults@aol.com email once a month, about 5 minutes prior to writing my monthly masterpiece of running exposition, so if you email me after I checked it for the month, to the back of the bus you go.

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 Blaze Yellow shirt. For times when you don't see Striderman or run an out of town race, email me at Striderresults@aol.com. ●

**Welcome
New
Members!**

**Kate & Justin English/Engster
Amy & Jace Howard**

**Richard Jarriel Jr.
Janine Moore Jr.**

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

**Local Running
Info
On The
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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>