



Volume 24, Number 9

Florida Striders Track Club STRIDERIGHT



www.floridastriders.com



September 2005

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Taking the Big Risk

We are, by nature, risk takers. Our sedentary friends ask about motives and rewards and we just smile. Running is reward in its performance.

Tom Osler, the running sage and talent from New Jersey, wrote that he never took risks with his running body – his running was too important to him for that. I'm confessing in this forum that I took a big risk and the repercussions have been great – and unsettling.

As has been my wont for thirty years, I ran across the Grand Canyon this summer. When I was 30, it was a gallop from Rim to Rim; at 40, I pared seven minutes from my PR. Then, in 1995, I was forced to do a pair of down and back runs in the Canyon due to washed-out trails, a 22-miler one day, followed by a 16-miler from the opposite rim the next.

On the eve of my 60th birthday in July, I faced a dilemma – should I follow through with a Canyon crossing as planned or pay attention to a nagging pain in my upper thigh? A few 50-mile weeks in June and a couple more in July convinced me the pain was nothing special but on my trip from Florida to my summer home on Wild Horse **Continued on page 4**

The Wide World of Running By Jay Birmingham



25th Anniversary Autumn Fitness 5K

Saturday, September 10, 2005
Race begins at 8:00 AM

Race Volunteers Needed

The Autumn Fitness 5K is fast approaching, and the race is in need of many volunteers. Help is needed with day of race registration, ChampionChip handout, start and finish lines, refreshments, water stops, equipment, mile marker timers, and general worker bees. To volunteer or for further information about the race, please contact Gary Hallett at 292-3793 or stridervolunteer@aol.com. Volunteering is fun! Come out and support your club and the running community!

SEPTEMBER Social

Jane Manion's House
September 18 • 2:00 PM
276 Gleneagles Dr., OP • 213-0115

Directions: Going south on Blanding, turn right onto Loch Rane Blvd, (going north, turn left) toward Orange Park Country Club. Be sure to check in at guardhouse. Once inside the gate proceed on Loch Rane Blvd and turn RIGHT on Edinburgh. (Second right past stop sign). Take the first LEFT (Gleneagles). Janes' house is the two story Mediterranean style on left.

We are planning a COOKOUT STYLE picnic. We will be cooking hamburgers and hotdogs, so salads, sides and desserts would be appreciated. BOYB.



Prez Sez

By Bob Boyd

You sure do not have to look far to find Striders doing great things. Don't miss the article by **John Tenbroeck** sharing the well deserved USATF Masters awards earned by our very own **Patti Stewart-Garbrecht** and **John Metzgar**. A whole new award needs to be established for the GatorAde Generosity Category and promptly given to **Kathy Murray**. For those of you who don't run from Sun Tire on Sunday mornings, you may not be aware that Kathy has been taking the extra time and money to make sure that there is an ample supply of GatorAde ready for the parched crowd at the 6 mile mark. The time alone is pretty amazing considering she usually starts her long runs with a 5:00 a.m. group and then joins the 6:30 crowd for another loop! She refuses reimbursement but will accept donations to the MS150 as part of her MS150 ride each year. Thank you for making all of our runs more enjoyable Kathy.

While speaking of enjoyable, thanks to **Warner and Lou Millson** for hosting our September social. There was a good crowd there to enjoy the myriad of delicious dishes brought to the pot luck dinner. Of course, the view of Dr.'s Inlet from their beautiful home, along with lots of good company, made for an excellent combination. If you have not been taking advantage of these monthly socials please let me recommend you give them a whirl. Even if you have never been before, you will quickly feel at home with fellow Striders who make it impossible to be a stranger for long.

It is now time for a shameless plug of the **Autumn Fitness 5K & One Mile Fun Run**. It features not only the prettiest course you will ever find along the St. Johns River, there will also be 1000 Krispy Kreme doughnuts (thank you **Krispy Kreme**) available to stoke your post-race appetite along with other goodies. Door prizes include unrestricted gift certificates to Carrabba's as well. Thanks Carrabbas. Sign me up!

Please let me hear from you if there is something we are doing great or something we need to improve. You can reach me at 272-1770 or BobBoydFL@Comcast.net. ●

Board of Directors' Minutes, 08/9/05

Action items: Bob to follow up with JTC and 1st Place Sports on beer liability issues.

Frank to transfer \$10,000 from checking into an 18-month CD. Kent to finalize plans for October dinner social with speaker (tentative date Oct. 13).

The meeting was called to order at 7:00 PM. Directors absent: Karin Glenn, John Powers, and Patti Stewart-Garbrecht. Glenn Hanna also attended. We welcomed Kim Hoyt as our newest board member.

Frank Sutman took minutes due to Karin's absence. The previous meeting minutes were approved as written. The treasurer's report for July showed the deposit of the Memorial Day proceeds and was filed as written.

Investments – Frank made a motion to transfer \$10,000 from the checking account into an 18-month CD where the interest rate can be "bumped up" once. The current yield on the 18-month CD is 3.51% while the checking account yields 0.25%. The recommended amount was based upon the assumption that board sentiment would be fiscally conservative over the next few years. After discussion, the motion passed unanimously.

Hog Jog Budget Review – Bob presented Steve Bruce's proposed race budget. The budget shows a net profit of \$1348 versus a club budget profit projection for the race of \$1250. A motion was made to accept the budget and passed unanimously. The race date is November 12.

Race Status Update – Autumn Fitness has two new financial sponsors. Bob reported that we are very pleased to have Orange Park Medical Center (\$2500) and Tandem Rehab. (\$1000) as new race sponsors. Race planning is well underway and going well. Gary Hallett is still in need of volunteers. All checks have now cleared the Memorial Day account for 2005.

Membership Report – Tanys reported we have 455 memberships, including 166 family memberships. We had a higher than usual number of non-renewals in April and May. No explanation for the aberration is apparent at this time. New memberships from the flyers stuffed in the Memorial Day race packets were minimal. We will try again with membership flyers in the Autumn Fitness race packets, and Mike Ford will distribute them throughout the elementary schools.

Beer at Strider Races? – Bob put forth this idea based upon discussion at the RRCA convention. Some there thought it increased attendance at events. The only current race venue that would be a possibility would be the Orange Park Kennel Club, of course having to first obtain their permission. Discussion points were around liability, limiting liability by having employee(s) of the beer distributor or restaurant serve the beer, and the pros and cons on effect of club image and race participation. In the end, the board was not opposed to exploring the idea further, assuming that a vendor would provide the beer and serve as sponsorship. Bob agreed to follow up with the JTC and 1st Place Sports to see how they handle the liability issues. No motion was made to pursue this for a specific race at this time.

Social Status – Friday, Aug. 19, 6:30 PM – Warner and Lou Millson's home. Sun., Sept. 18, 2 PM – Jane Manion's home. Jane and Doug Alred have agreed, based upon availability, to speak for an October dinner social. The topic will be a behind the scenes look at the logistics and planning required to organize the Gate River Run. The proposed date is Thursday evening, October 13. Kent needs to finalize the venue in the next few weeks so we can do the proper advance promotion. The San Marco Knights of Columbus Hall is proposed, but he has been having trouble contacting them. November (date TBD) will be at Patti Stewart-Garbrecht's home. December

Continued on page 5

2005-2006 Board of Directors & Key Members

(Board Members marked with an *)

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SUPPORT OUR SPONSORS... THEY SUPPORT OUR SPORT



Orange Park Medical Center

Mike Shad Nissan
269-9400
Run to the Sun



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

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.

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

CENTEX HOMES
Run to the Sun 8K



Sun TIRE
Run to the Sun

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Dennis M. Axman
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Memorial Day 5K

orange park
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611 Blanding Blvd
1 Mile South of Kingsley
272-2272
Memorial Day 5K



Run to the Sun
ORANGE PARK TRAVEL



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

Ronnies Wings & Oyster Bar
Green Cove Springs, Florida



VAC-CON
Memorial Day 5K

Garber Chevrolet
Green Cove Springs, Florida
Memorial Day 5K



Village Bread Market
BLUE RIDGE BREAD COMPANY
Krispy Kreme



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



clay County HUMANE SOCIETY



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

TAKING THE BIG RISK

Continued from page 1

Mesa in Colorado, the pain became more problematic.

As the trip approached, it took longer each morning to loosen up. I ran the Great Sand Dunes, a difficult 7-miler over 700-foot-high sand mountains one week before. Four days out, I decided if I could get through my hilliest run on the mesa without difficulty, I'd do the Canyon. I was numb in the thigh by two miles and was happy with my effort.

For three days, I walked with a bit of limp, imagining I was healthier with each passing day.

Then, at 4:30 a.m. on July 19, Chris Holstein, a St. Johns senior, and I, hit the South Kaibab Trail, bedecked in desert shirts, draped hats, and six water bottles. Debbie Scott drove around to the other side, expecting us in six hours or so.

Jogging everything run-able, we got to the Colorado River in two hours, a mile of descent over rocks, steep steps, and mule droppings. I felt no pain. The left leg lagged a bit but

was fully functional. Two hours of ascending from Phantom Ranch up the North Kaibab Trail went smoothly, too.

The temperature was now over 100 degrees but we had ample water. As we hiked and jogged into our fifth hour, however, the two Power Bars we had eaten en route were digested and converted to ATP. None remained. We "bonked", as they say.

Konner Sawicki, another St. Johns student, descended from the North Rim but brought no extra provisions so we turned him around five miles from the top and he narrowly beat us to the trailhead. Holstein and I trudged up the dusty trail, the only encouraging sign that we were moving being the other hikers we passed.

Debbie met us a half-mile from the finish, the huge bottle of Gatorade she brought absorbed and metabolized in seconds by our famished bodies. I completed the crossing with tremendous relief and the expected satisfaction. Chris was glad to be done, too, happy that he hadn't powered away from me early in the day when he was stronger. We completed the 22-mile crossing in just over eight hours. Rangers had tried to stop us, other hikers were taking from two to four days to complete the trek, but we had crossed the Grand Canyon between dawn and mid-afternoon.

I haven't run since. I cannot run. The pain moved from quadriceps to hip to buttock and back to the quads. The damage is now (obviously) in the hip socket and I hope another few weeks will heal me. Was it worth it? Athletes always claim it is, no matter the trauma or outcome. But I miss my running. I needed a challenge and a successful run but now I am lame.

Perhaps I will become a cyclist if I cannot mend. Or a swimmer. Or take up chess. Or get a hip replacement – they do that, don't they?

So, take good care of your running body. Don't take chances with your running health. We both want to be out there on the road, don't we, for years to come? ●

Runner's Quiz *By Jay Birmingham*

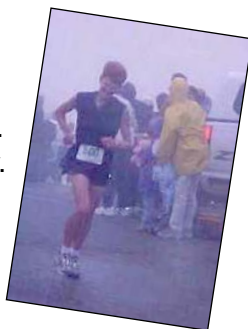
1. Which is longer, 8 km or 5 miles?
2. When was the current marathon distance of 26 miles, 385 miles first run?
3. Where did the term marathon come from?
4. Why are the sixth and seventh runners on a cross country team called "pushers"?
5. What is the "Bell Lap"?

See page 10 for answers

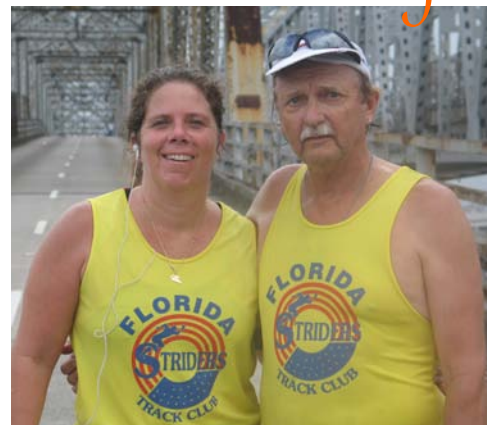
COMING NEXT ISSUE What is Hyponatremia?

CORRECTION:

In the August issue of the StrideRight, the photo credit for this image was incorrect. Marla Martoglio was the actual photographer. Sorry for any inconvenience this may have caused. And thanks to Norm for bringing it to my attention!



Burning the Bridges



Trish Kabus and Kent Smith at the last race held on the old bridges in Chalerston, SC on July 30, 2005.

BOARD OF DIRECTOR'S MEETING MINUTES

Continued from page 2

(date TBD) will likely be at Robert and Janet Irvin's home.

Open Forum – Bob is developing detail on beginning runner clinics. Hopefully a clinic will start in Orange Park in mid-November. The proposed location will be one weekday evening per week at the St. John's Country Day School track. It will likely be a 10-week class. Several people will likely help coach. Frank, Lillian, and Danny Weaver represented the club at the CitiStreet health fair on August 8. They made contacts with over 50 people either already running or walking, or considering starting an exercise program. It was a good experience, and a great example of adult running community outreach.

The next meeting will be Tuesday, September 13 at the Orange Park Library.

The meeting was adjourned at 8:03 PM. ●

Respectfully submitted,
Frank Sutman



The photo above shows our Vice President, John Powers, presenting an appreciation award to Ron Harris, General Manager of Garber Chevrolet in Green Cove Springs. Garber Chevrolet was a new sponsor this year for the Memorial Day 5K. Our generous sponsors really do make a difference in our community so please thank them for their support when you get an opportunity. All of our sponsors are shown on page 3 of our newsletter each month. The partnership between our club members, and our sponsors, made it possible to put approximately \$10,000 towards children's running programs and scholarships in the last 2004/2005 school year along with supporting our club's many activities.

Road Runners Club of America Names New Executive Director

Jean Knaack Assumes Duties August 1st

Columbia, MD – July 29, 2005 - Road Runners Club of America (RRCA) President Bee Andrews today announced the selection of Jean Knaack of Arlington, Virginia as RRCA Executive Director. Knaack was selected from over 70 highly qualified candidates according to Search Committee Chair and RRCA



Western Region Director Lisa Paige. The finalists were interviewed in person by the RRCA Board in early July and the decision to hire Knaack was unanimous.

Knaack will officially begin in the RRCA leadership position on August 1st. Most recently she has been serving as Vice President, Finance and Operations for a firm that provides management services and public policy consultation to non-profit healthcare associations. The remainder of her professional career has included several high-level management positions with prominent non-profits in the Washington, DC area. Her educational background includes a Masters in Public Administration with a concentration in non-profit management. Knaack is an avid runner, masters swimmer and competitive triathlete.

"We are thrilled to have someone as superbly qualified and enthusiastic as Jean. The RRCA Board has immense confidence in her and her ability to move the organization forward so the sport and our members benefit," said RRCA President Bee Andrews.

Knaack added, "I am excited and honored to have been selected as the new Executive Director of the Road Runners Club of America. The RRCA's long history of leadership and grassroots development programs, coupled with the strong support of members throughout the country is truly motivating. I am looking forward to working closely with our members, the Board of Directors, and all our many supporters as together we lead a reenergized RRCA forward."

The Road Runners Club of America is a non-profit organization of more than 670 running clubs and 160,000 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. ●



25th Anniversary Autumn Fitness 5K

**Saturday, September 10, 2005
-8:00 AM**

HEY KIDS! There is a **FREE** one mile Fun Run at 9:00 AM with awards for all finishers and \$1800 in participation money for the elementary schools!



**Orange Park
Kennel Club**

This **RRCA 5K State Championship 5K** Race starts and finishes at the Orange Park Kennel Club, is a USATF Certified Course (FL-02016DL), stays off of U.S. 17, and is mostly along the beautiful St. Johns River.

5K AWARDS: Top 3 Male & Female; Top Masters & Grand Masters; plus Top 3 in each age group, Male & Female: **AGE GROUPS:** 10 & under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & over. (No multiple awards) Walkers are invited to join us, however there will be no Walking Awards category in this race. **FUN RUN:** One mile Fun Run starts at **9:00 AM**. There is no charge for the Fun Run, but all runners must complete an entry form. Ribbons awarded to all finishers.

RACE PACKET PICKUP: Orange Park Kennel Club on Race Day. Day of race registration will begin at 6:30 AM. **COST:** Entries by August 31st - \$14* (Striders & Military - \$12*); Sept 1st -9th - \$17(Striders & Military -\$15*) Day of Race entries are \$20**. *There is an additional \$2 discount if you have your own ChampionChip except for day of race Registration (see entry form to enter your personal chip number.) **There are no discounts available for Day of Race Registration and personal ChampionChips cannot be used.

Registration includes: Post-race refreshments; & race results, which can be viewed at www.FloridaStriders.com. T-Shirts are guaranteed to all pre-registered 5K entrants. **Make check payable to:** Autumn Fitness 5K **Mail completed application & check to:** Autumn Fitness 5K 591 Clermont Ave. S. Orange Park, FL 32073. Race fees are non-refundable. **More Information:** Contact Bob Boyd at 272-1770, BobBoydFL@comcast.net or www.floridastriders.com.

AUTUMN FITNESS 5K ENTRY FORM															RACE# (FSTC USE ONLY)				
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Telephone Number																			
Fee Enclosed \$ <input style="width: 100%; height: 20px;" type="text"/>																			
<input type="checkbox"/> Florida Striders Track Club Member										<input type="checkbox"/> Military									
BY MY SIGNATURE I ACKNOWLEDGE THAT: Participating in an organized running event is a potentially hazardous activity. I will not participate unless physically and medically able. I agree to abide by all decisions of race officials relative to my ability to safely complete the race course. I assume all risks associated with participating in this event including but not limited to: Slip/trip/fall, contact with other participants, weather conditions, traffic and conditions of the road/surface, all such risks being known and accepted. Having read this waiver and in consideration of entry into this event being accepted, I, for myself and anyone named or entitled to act on my behalf, waive and release members and volunteers of the Florida Striders Track Club (FSTC), Road Runners Club of America (RRCA), the town of Orange Park and all sponsors, their representatives and successors, from all claims and/or liabilities of any kind arising out of my participation in this event, including any liability that may arise out of negligence or carelessness by persons or organizations named in this waiver. I agree and grant permission that should circumstances arise, I defer to race officials and/or qualified persons as to my need to be examined and/or treated medically during the race. I agree that race officials and/or qualified persons have the right to disqualify and remove me from the race course should I be suffering from a life threatening condition. I further grant to Releasees the right to use any and all photographs, images, or accounts of this event in any manner that it feels appropriate. I agree to abide by all RRCA Guidelines, including but not limited to: No use of headphones or any other device that limits awareness of the participant or any type of wheeled conveyance (excluding use by handicapped or physically disabled participants). Animals are prohibited from the race course unless for the use and assistance of handicapped or physically disabled participants.																			
Your Signature					Date					Parent's Signature (if under 18 years of age)					Date				
Make Check Payable to: Autumn Fitness 5K • 591 Clermont Ave. S. • Orange Park, FL 32073 or drop off at 1st Place Sports in Orange Park on Wells Rd																			

Striders Earn Statewide USATF Awards

By John TenBroeck

Florida Striders members Patti Stewart-Garbrecht and John Metzgar were among four Northeast Florida athletes to be honored at the awards luncheon of USA Track & Field's Florida Association Annual Meeting on August 20 in Jacksonville. Patti was recognized as the Outstanding Female Masters Long Distance Runner (LDR) and John received the similar award as Outstanding Male Masters LDR.

Patti won the Female Masters title at the Marine Corps Marathon. She was unbeaten in local Masters competition and ran 1:22 at the Philadelphia Distance Classic HM.



John won all but one Masters title at the Jacksonville Grand Prix. In his first track race ever, he shattered the American Masters 20 km track record by more than three minutes and broke the Florida Masters 5 km track record by more than 30 seconds.



Two other Jacksonville residents also earned recognition. Michele Krueger won the Female Open LDR award based on her Grand Prix age group win and 6th place Overall finish at the Disney Marathon. Mike Brown earned the Masters Male Track and Field award in a season culminated by his win in the javelin at the World Masters Games. He also won the FSU Invitational javelin title – beating collegiate athletes 30 years his junior. ●



OCTOBER

Happenings

OCTOBER 9

27th Jenny's Pennies Anniversary Celebration

There is a long tradition of collecting any money found during the runs and giving it to Jenny Allen, who uses it to provide the goodies for our Sunday Morning Anniversary Celebration. Come help us spend Jenny's pennies! We'll provide champagne, orange juice and coffee. You can bring fruit, bagels, coffee cake, donuts, etc. to share. Join us for a group picture and help celebrate The 27th Anniversary of our Sunday morning runs from Sun Tire on Blanding Boulevard in Orange Park. The party will start after the Sunday morning run. Jenny does a wonderful job and it is always a very enjoyable time.



OCTOBER 20

Doug and Jane Alred "Behind the Scenes of the River Run"

The Florida Strider **Speaker/Dinner Social** is scheduled for Thursday, the 20th of October.

The speakers will be Doug and Jane Alred.

They will give some insight on the "behind the scenes" preparation for the Gate River Run and all it entails.

Look for more information in next months StrideRight as to the location, menu and cost (or call and bug Kent Smith at 284-6634 or 655-1843 [cell] for the details before that!)

MORE INFO IN OCTOBER STRIDERIGHT

Striders at the Races **RACE RESULTS**

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

SUMMER IN THE CITY 5K

Hemming Plaza, Jax

July 23, 2005

Bill Dunn	18:43	Masters
Patrick McKeefery	20:00	1st A/G
Frank Frazier	21:55	1st A/G
Keith Poythress	22:25	
Hernando DeSoto	22:45	
Alberto Gonzalez	22:46	
Robert Cox	23:08	
Gary Gills	23:11	
Thom Henkel	24:34	2nd A/G
David Rigdon	25:13	
Mary Ann Brown	25:25	1st A/G
Barbara Whitter	25:40	1st A/G
John Gauer	26:03	3rd A/G
Claudia French	26:26	2nd A/G
Sue Whitworth	26:43	3rd A/G
Mitchell Dressler	27:10	1st A/G
Linda Jackson	27:22	
Darrell Whitworth	28:00	
Marie Bendy	28:34	1st A/G
Kent Smith	29:21	
Ken Bendy	29:47	1st A/G
Tom Sullivan	29:47.01	2nd A/G
Freddy Fillingham	29:57	
Gordon Slater	31:27	3rd A/G
Sandra Shines	31:31	
Shirley Henkel	32:49	
Charles Desrosier	33:32	
Al Saffer	33:36	
Patt McEvers	34:31	2nd A/G
Ginger Frazier-French	37:29	3rd A/G
Joe Connolly	41:11	1st A/G
Trish Kabus	42:50	

ENDLESS SUMMER 10K

St. Augustine

August 20, 2005

Bill Phillips	44:43	O/A Male
Robert Irvin	57:56	1st A/G
Jim Kehr	1:26:02	
Christine Kehr	1:33:37	
Robin Zipperer	1:36:45	
Trish Kabus	1:36:46	

TOUR de PAIN • Jacksonville • August 12/13, 2005

	4 Mile	5K	1 Mile	Series Total
John Metzgar	23:53	1st A/G		
Mark Woods	27:22	19:10	5:32	52:04 3rd A/G
Victor Corrales	28:24	19:32	5:42	53:38 2nd A/G
Denise Metzgar	28:24	2nd A/G		
Terry Sikes	28:05	20:08	5:56	54:09 3rd A/G
Gary Hallett	30:29	21:04	5:54	57:27
John Dunsford	29:22			
Randy Arend	29:55	21:51	6:17	58:03
Paul Smyth	30:35	21:29	6:30	58:34
Steve Edgell	31:18	21:34	6:04	58:56
Konner Sawicki		22:37		
Keith Poythress	31:01	22:52	6:20	1:00:13
Raymond Ramos	32:07		6:29	
George Hoskins		23:24	2nd A/G	
Dan Ovshak	33:27	23:47	7:02	1:04:16
Dennis Lee		24:27		
Jim Klein	34:46	24:42	7:10	1:06:38
Everett Crum	35:58	2nd A/G		
Mary Ann Brown	36:33	23:47	6:27	1:06:47 2nd A/G
Barbara Whitter	36:51	3rd A/G	26:10 3rd A/G	
Chuck Bryner	37:23	26:23	7:23	1:11:09
Sue Whitworth	37:55	29:59	7:28	1:11:22 3rd A/G
Vicky Connell		27:29		
Kacee Bryner	38:26	27:18	7:59	1:13:43
Melinda Terry	48:34	28:44	7:21	1:14:40 3rd A/G
Freddy Fillingham	40:39	28:24	8:22	1:17:25 3rd A/G
Roxanne Slater	39:24	29:52	8:59	1:18:55
Tom Sullivan	42:18	29:12	8:22	1:19:52 1st A/G
Dave Brokos	30:40		7:06	
Paul Kelley	41:33	30:51	8:15	1:20:39
Margaret Tyburski	42:20	30:12	8:40	1:21:12
Gordon Slater	42:21	30:15	8:48	1:21:44 2nd A/G
Sally Sawicki		31:12		
Sandra Shines	43:33	32:18	8:45	1:24:36
Jonie Davis	45:24			
Al Saffer	45:43	33:41	9:48	1:29:12
Dionne Blodgett	49:09	33:10	8:46	1:31:05
Charles Desrosier		34:20		
Patt McEvers		34:25	2nd A/G	
Michelle Ramos	49:26	35:02	10:44	1:35:12
Terry Bell	51:25	37:28	9:39	1:38:32
Elda Bell	51:25	37:28	10:42	1:39:35 2nd A/G
Jerrine Hamm	55:18	37:52	11:12	1:44:22 1st A/G
Dawn Hagel		42:18		

September 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
Sept 3	Turtle Trot 5/10 K	8:30 a.m.	Fort Clinch State Park Fernandina Beach	(904) 491-0369 Amelia Island Runners
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
Sept 17	Rice and Rose Tomoka Four Miler	7:30 a.m.	Daytona Beach	(386) 248-DBTC Daytona Beach Track Club
Sept 17	Childrens Way 5K	8:30 a.m.	San Marco Jacksonville	(904) 739-1917 1st Place Sports
Sept 24	PACE 5K	6:00 p.m.	San Marco Jacksonville	(904) 739-1917 1st Place Sports
Nov 12	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
April 15, 2006	Run to the Sun 8K	8:00 a.m.	Orange Park Kennel Club Orange Park	(904) 268-8392 hartross@bellsouth.net Florida Striders Track Club

NEW MEMBERS

William Wood

Janice Del Toro

Dena & Rick Gaucher

William Kennedy

Maria Littlejohn

Patti, J.D. & Kate Bouvatte

Stewart-Garbrecht

Steve & Gina Waterhouse

RENEWING MEMBERS

Thomas Butler

Chris Hervey

Bruce Holmes

Maria McNary

Sandra Shines

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.

GROUP TRAINING RUNS

DAY	TIME	DISTANCE	JACKSONVILLE AREA	CONTACT
Sunday	6:30 AM	5 to 10 Miles Various pace groups	Atlantic Beach Sea Turtle Inn	Bill or Dot Mitchell (904) 241-0331 mitd0005@mac.com
Sunday	6:30 AM	6 to 20 Miles Various pace groups	Orange Park Sun Tire Blanding Blvd.	Bob Boyd (904) 272-1770 BobBoydFL@Comcast.net
Sunday	7:00 AM	10 to 15 Miles Moderate pace	Jacksonville Jewish Community Alliance 8505 San Jose Blvd.	Wendy Patterson (904) 237-4100 wenrex@comcast.net
Sunday	10:00 AM Late Sept- March	3-8 Miles Trail Run	Ponte Vedra Guana State Park	Craig O'Neal (904) 568-4825 charityrunningcoach@yahoo.com
Monday	5:30 PM	6 Miles Downtown Bridges	Jacksonville Charthouse Restaurant parking lot	Karin or Rob Glenn (904) 886-4095
Tuesday	6:30 PM	5.5 Miles River Road Area Various paces	Orange Park 1st Place Sports 550-7 Wells Rd.	John Metzgar (904) 215-9440
Tuesday	6:30 PM	5+ miles	Ponte Vedra Beach Sawgrass Village	Craig O'Neal (904) 568-4825 charityrunningcoach@yahoo.com
Weds.	6:30 PM	Interval Training	Orange Park, St. Johns Country Day Track (park @ Lakeside Elem. on Moody Road)	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	6.2 Miles Easy pace	Jacksonville Boone Park Riverside	Doug Tillett (904) 388-6139 douglastillett@hotmail.com
Thursday	6:30 PM	5 Miles Varied pace	San Marco/Largo Park Corner of Naldo and Largo	Doug Tillett (904) 388-6139 douglastillett@hotmail.com
Saturday	7AM	7+ miles	Ponte Vedra Beach Sawgrass Village	Craig O'Neal (904) 568-4825 charityrunningcoach@yahoo.com

Updated: September 2005. Please contact Trish at StrideRightEdit@aol.com with any changes to this listing.

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

RUNNER'S QUIZ Answers: (from page 4) **1.** 5 miles is 45 meters farther than 8 kilometers. **2.** The first race over the 26 miles, 385 yards distance was in the 1908 Olympics in London. **3.** Marathon foot races, and other events using that term, are named for the city in Greece where the 1896 Olympic road race of 40 kilometers started. **4.** The 6th and 7th runners on a cross country team are official place holders and therefore they "push" up the score of opposing teams. Only the top 5 runners figure in the team score. **5.** The bell lap of a track race is the final lap, regardless of the distance. The term was used mostly in Europe until recently. In the USA, the term "gun lap" was and is used when a starter's pistol is fired to signify the final circuit.

MILE MARKER MUSINGS By Robert Glenn



Greetings from the end of the SUMMER, hot enough for ya? Maybe September will be 70s in the day and 50s at night, in Alaska. But that is what makes us Jacksonville runners tough, so I wouldn't have it any other way. First up, two corrections from last month. I left out **Victor Corrales** as an age group winner in the Jacksonville Grand Prix series since I failed to account for the fact that **Bill Dunn** was 5th overall and thus should've been pulled from the age groups, my mistake. Congrats Victor. Also, I reported a triathlon result but managed to mangle the time and name of the race. I think I'll fix that by no longer reporting triathlon results, I mean, we are a running club aren't we? Joking. It should have read that **Vicky Connell** won her age group with a 1:06:09 (not a 2:13, oops) and the triathlon was the

JaxTri Series held at Little Talbot Island. This is what I get as divine retribution for catching one of our favorite Times-Union columnist Striders in an inconsequential error and getting a mention under "off the mark." Pay back is rough. Three races to report on, so we'll get to them.

The **Summer in the City 5K** was held in Hemming Plaza on the 23rd of July. Our fastest Strider was **Bill Dunn** with an 18:43, which was good for the Masters Male win. The fastest female Strider was **Mary Ann Brown** with a 25:25 which earned here first in age group (a fast 10 years old). Other Striders that ruled their age group roost included **Frank Frazier, Barbara Whitter, Marie Bendy, Ken Bendy, and Joe Connolly**, competing in his 831st race (a fast 80 years old). Our mature male Striders pulled off another age group sweep coup in both the 60-64 age group and the 65-69 age group. The 60-69 age group sweepers in no particular order were, **(Continued on next page)**

Florida's Finest Search

Why just run when you can fly! Kick up a little pixie dust of your own on January 8, 2006 at the Walt Disney® Marathon! The marathon race committee will select Florida residents to compete in the race as part of the Florida's Finest Team. Florida's Finest Team members will receive:

- Walt Disney World® Marathon entry
- Florida's Finest goodie bag
- Special bus transportation to start
- Seeded number
- A front starting position
- One-room hotel accommodations for two (2) nights and three (3) days
- Two (2) one-day / one-park tickets for the Magic Kingdom® Park, Epcot®, Disney-MGM Studios, or Disney's Animal Kingdom® Theme Park
- Two (2) meals per day
- Invitation to the VIP Reception
- Access to the Hospitality Suite

One to three guests of the Florida's Finest Team member will receive:

- Two (2) one-day / one-park tickets for the Magic Kingdom® Park, Epcot®, Disney-MGM Studios, or Disney's Animal Kingdom® Theme Park
- Two (2) meals per day
- Invitation to the VIP Reception
- Access to the Hospitality Suite

One guest of the Florida's Finest Team member will receive:

- Entry into Walt Disney World® Marathon, Half Marathon, or Family Fun Run 5K (fee is not waived). Guest

race application must be submitted by November 15, 2005.

The race committee is currently in the process of selecting this year's Florida's Finest Team. Final selection will be made by October 15, 2005. The Team, with a brief biography on each, will be announced in the November/December 2005 edition of Florida Running & Triathlon Magazine.

To be considered, athletes must be Florida residents and submit the following by September 30, 2005:

- (1) Running resume, which includes as many contacts as possible: home address, work & home phone numbers, fax number, and email address
- (2) Birth date, and age on race day (January 8, 2006)
- (3) Running career highlights
- (4) Marathon(s) completed during 2002 thru 2005 (please include the race name, date, finish time and place)
- (5) Lifetime PRs at various distances and, if applicable, master PRs.
- (6) PRs from 2001 - 2005 if different from lifetime PRs at various distances. Include race name and date of each PR.

Please send application materials to:

Florida's Finest
Lorraine Evans
8640 Tansy Drive
Orlando FL 32819
Tel: 407-352-9131 Fax: 407-351-0191
or email: FLRUNN@cfl.rr.com

This magical opportunity is open to all Florida residents. To participate in the 2006 Walt Disney World® Marathon, as one of Florida's Finest, submit the requested information today! ●

Mile Marker Musings (continued from page 15)

Frank Frazier, Thom Henkel, John Gauer, Ken Bendy, Tom Sullivan, and Gordon Slater. I noticed that Ken out leaned Tom by a 1/100th of a second. Race ain't over till you cross the line, that's what my coach always used to say. Right before he said, line up we're doing another 400. Last bit of race trivia, the aforementioned **Mary Ann Brown** and **Mitchell Dressler** are step-siblings, at 10 and 9 years old, respectively. Both age group winners, nice.

The **Tour de Pain** was held in Jacksonville on the 12th and 13th of August. What is that you say, a 2 day race? Yes, our very own Tour de France, but without the French, the 3000 miles, the money, the prize girls, or the cute stuffed yellow lions. It does come with pain though, and lots of it. And that seems to fit mid-August in Jacksonville just fine. If you haven't run it before, put it on your calendar for next year. 3 races, 24 hours. Ouch. Our fastest Strider who did all 3 races was **Mark Woods** who placed 3rd in his age group with a total time of 52:04. Our fastest female Strider was **Mary Ann Brown** who totaled up a 1:06:47 which was good for 2nd in her age group. Other Striders that won their age group included **Tom Sullivan** and **Jerrine Hamm**. Complete results are on the results page, lots of people did one or two races and you can revel in their glory. A special shout out to **Terry Bell** who posted a 1:38:32, not bad for a guy with two artificial knees, and I am worried because I'm packing an extra 10 (okay 30) pounds. Special mention for **Steve Edgell** who ran a 58:56 combined time. Good but not a 1st in his age group you say, why the bold type special mention. Well, Steve just moved down towards the Miami way and ran the 4 miler on the beach after the 5 hour drive up. Like many Striders, he is keeping his membership

even after moving away, presumably to keep up on all the happenings in the Jax racing scene. He ran his first 5K down in south Florida wearing his Strider shirt, so let that be a lesson to us all. If he can be representing for the Striders down where CSI: Miami gets its name, then the least we can do up here is wear our Strider colors on our home turf.

The last race for the month is the **Endless Summer 10K** held in St. Augustine on the 20th of August. **Bill Phillips** was our fastest Strider and the first place overall man with a 44:43, nice. **Christine Kehr** was the fastest female Strider with a 1:33:37. **Robert Irvin** won his age group with a 57:56.

Striders on the Road –

Vicky Connell placed first in her age group at the Freedom Springs Sprint Triathlon in Marianna, FL on the 4th of July. Nice running. (and swimming and biking, but lets not talk about that in mixed company. Anyway, we swimmers get the initial glory coming out of the water but fade in the last two stages, while bikers make up time in the middle, but it is the runners that win triathlons. That being because runners are tougher, and faster, and runnier)

Victor Corrales was visiting family in Dallas, TX and decided to run a 5K to show them that Texas may be big and hot, but Florida is hot too. He posted a 19:42 which was good for 1st place in the Clydesdale division and 2nd in his age group. Nice running.

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

Local Running
Info
On The
Internet



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>