



Volume 27, Number 3

Florida Striders Track Club STRIDERIGHT



www.floridastriders.com



March 2008

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Clay County Kids Day Fun Run – Striders Make It Happen!

By Bob Boyd - Photographs by Tonya Davie

Saturday morning, February 23rd started ominously with thunderstorms in the wee hours that tapered into intermittent early rain. This is not the way you want the day of any race to begin. Luckily, the Fun Run, at Middleburg High School, did not begin until 10 a.m., we did not see any rain after 8:30, and the sun made a guest appearance after 9 a.m. Mike Ford, who has organized this event in the past, knew just where to put everything for the course and even registration. Bless him, he even had a tent ready to cover the registration area. Mike Mayse, had the Strider stuff well organized for the course, registration area, and the finish line, including that very spiffy new digital clock (& of course, a rain cover, just in case). Vanessa Boyd had all the right goodies pre-loaded in the Fun Run box that you need to register all those runners and, more importantly, provide them with a ribbon when finished. A mighty fine cadre of volunteers came out despite the ominous weather

Continued on page 12

VOLUNTEERS:

Wendy Adkison
 Bob Boyd
 Vanessa Boyd
 Vicky Connell
 Mrs. Davie
 Mike Ford
 Kim Lundy
 Stephanie Lundy
 Carol MacDougall
 Mrs. May
 Mike Mayse
 Mrs. Mickel
 Dr. Otto
 Melissa Saunders
 Mrs. Taylor
 Mrs. White

Keep your eye out for the new FSTC logo and a new look for the StrideRight!



Florida Striders River Run Hospitality Tent Saturday March 8...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! **Please see important additional club information on page 18.**



Prez Sez *By Dave Bokros*

You don't run because you are strong. You run to be strong. Those days that it is the most difficult to get out the door are the days that you have to make yourself get out the door.

You could say that you don't have the time, but I would bet that some of you can still find time to catch some television or veg out for an hour or two. I am not immune. What I am getting at is something anyone can tell you. If you take that time and you get out and run it will change your attitude and the way you look at things.

This is something I think we all know at heart if we have been running distance for any length of time. This is also something that I believe bears repeating.

I don't run because I am strong, I run to be strong.

Now get out there! ●

Board of Directors' Minutes 2/12/2008

Dave Bokros, Vicky Connell, Mike Ford, Gary Hallett, Glenn Hanna, George Hoskins, Kellie Howard, Kim Lundy, Keith Poythress, Gayla Poythress, Mike Mayse, John Steinberg, Mary Ann Steinberg, James Vavrina, and Kay Womack.

Minutes: No changes to the January minutes.

Treasurer's Report: George Hoskins reviewed the Treasurer's Report. He pointed out the income from Memberships was \$1195. Under expenses was our new race clock and the River Run Tent. Under race accounts, the RRR 5K and Hog Jog balances have not been transferred over to income yet. One of our two CDs will mature February 19th. There was some discussion on the best course of action to take with these funds. Galya Poythress made a motion that we roll over the CD at whatever the best rate is when George goes to the bank. It was seconded by Keith Poythress and approved unanimously. George also brought up the fact that he is taking a new job and will be out of the country starting next month. He is looking for a replacement as soon as possible, not waiting for the new board to be nominated and inducted. Dave asked the group if there were any ideas for replacement. None were mentioned. Mike Ford moved, seconded by Kelly Howard, that Mike Mayse be listed as an additional person authorized as a signer on our checking account until a replacement can be obtained. Approved unanimously.

Logo Finalization: Gary Hallett presented samples of the new logo with a change to the Florida Strider's "Running" Club instead of "Track" club. There was discussion on whether to change this part of our name. Kellie Howard moved to leave it as it is, seconded by George Hoskins. It passed with one person opposed and one who abstained from voting. Kelly also moved, seconded by Kay Womack, that we use the latest version as present by Gary. Keith asked which color shirt we will put it on for our club shirts. Dave mentioned we don't have an official background color. Mike Ford suggested we not pick a particular color but go with whatever the demand is. Final determination was to withdraw the motion and wait for Gary to come up with some examples and send to the group to choose from by the end of the week, if he can get the new artwork by then.

Continued on page 12

2007-2008 Board of Directors & Key Members

(Board Members marked with an *)

President/Memorial Day 5K Director:

*Dave Bokros(C) 545-4538
email: DBokros@comcast.net

**Vice President/Membership Director/
Newsletter Circulation Manager*:**

Mike Mayse(H) 777-6108
email: FloridaStriders@comcast.net

Treasurer:

*George Hoskins(H) 264-4372
email: ghoskins@bellsouth.net

Secretary:

* Vicky Connell(H) 276-0193
email: VickyJC@comcast.net

River Road Resolution 5K Director: Bob Boyd

(H) 272-1770(W) 272-1770
email: BobBoydFL@gmail.com

Equipment Director & Webmaster:

JD Smith(H) 264-1673
email: smithj53@bellsouth.net

Children's Run Coordinator/Photographer:

Vanessa Boyd(H) 272-1770
email: vanessaAboydFL@gmail.com

The Back Page Columnist:

Mike Marino.....(H) 477-8631
email: m.t.marino@clearwire.net

Social Coordinator:

*Glenn Hanna(H) 777-9351
email: ghanna3@bellsouth.net

Directors at Large:

*Mike Ford(H) 406-2989
email: forddog92@hotmail.com

*Jay Birmingham(H) 612-2357
email: jaygreatheart@aol.com

*Kim Lundy(H) 213-0250
email: woodski135@aol.com

*Kellie Howard(H) 732-7377
email: kellski@comcast.net

*John Metzgar(H) 215-9440
email: weluv2run@aol.com

*Denise Metzgar(H) 215-9440
email: weluv2run@aol.com

*Gayla Poythress.....(H) 541-1878
email: poyth@bellsouth.net

*Keith Poythress.....(H) 541-1878
email: poyth@bellsouth.net

*Mary Ann Steinberg
email: 4steinbergstrun@bellsouth.net

*John Steinberg
email:4steinbergstrun@bellsouth.net

*Nicole Sullivan(H) (954) 253-8099
email: coley77@yahoo.com

*James Vavrina...(C) 718-4247
email: jamesvav@hotmail.com

*Kay Womack: ...(C) 718-4210
email: kaywoma@hotmail.com

Hog Jog Director:

Steve Bruce(H) 728-7759
email: stevebruce@comcast.net

River Run Hospitality Tent Coordinator:

Stan Scarlett(H) 994-2687
email: stanscarlett@msn.com

RRCA Southern Region Director:

Ken Bendy(H) 278-2926
email: kbendy@aol.com

North Florida RRCA Representative:

Mike Bowen(H) 850-308-1953
email: michael.s.bowen@gmail.com

Run to the Sun Director:

*Gary Hallett(C) 759-7902
email: ghall32447@aol.com

Strider "Person" Coordinator for Races:

Al Saffer(W) 665-6996
email: saffat@jea.com

Scholarship Coordinator

Mike Ford(H) 406-2989
email: forddog92@hotmail.com

Assistant Social Coordinators:

Gayla Poythress.....(H) 541-1878
email: poyth@bellsouth.net

Kay Womack: ...(C) 718-4210
email: kaywoma@hotmail.com

StrideRight Editor

Trish Kabus(C) 343-5181
email: striderightedit@aol.com

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



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The Racer's Dilemma

Runners, running coaches, and running philosophers have spoken eloquently on the subject since I delved into the scant literature of our sport five decades ago. Inundated now with billions of bytes and a thousand opinions on websites everywhere, the runner still hears the appellation: Learn to Listen to What Your Body is Trying to Tell You.

A great icon of American philosophy—Franklin—had a concise statement about it. I refer now to Aretha Franklin, not Benjamin.

R-E-S-P-E-C-T

All athletes in 100% Effort Sports face the irreconcilable difference. A health-stimulating activity that provides wonderful benefits on so many levels Versus the perceived necessity to push that fit body to its physiological and psychological limit in hard workouts and races.

Australian Olympic coach Percy Cerutti declared, "Racing Robs." Succinctly put, racing is super-normal. The fitter you are, the more capable you are of wiping out your robust health in a single Herculean effort of testosterone-juiced machismo or estrogen-fueled femin-ego.

I've always been fond of the concept of varying fitness levels. There is unfit, beginning fit, fit enough to jog, fit enough to train hard, and fit enough to race.

Eventually, a well-trained runner reaches the level, I like to say, where you are fit enough to hurt yourself.

We've all been told by our mothers, or other loved ones, "You look so wan and thin. It must be all that running you're doing. Here, sit down. Let me get you something to eat."

They think we are wasting away and we think we are just on the leading edge of finally becoming fit enough to compete.

Some people are capable of personal bests in training. I've observed casual workouts morph into races. I've seen track interval sessions extract competitiveness that would better be saved for the races.

As George Sheehan, author of *Running and Being*, said, he was only at his racing best when he had a signed entry form in his hand and paid the entry fee. In other words, race all-out when there is a chip on your foot and there will be printed results.

It is in the all-out effort, however—the one that summons your organic best—where true danger lies. When you, the athlete "Goes to the Well", so to speak, you are tapping into survival mode. Succeed or die.

How does racing rob? At least three ways.

First, there is the anxiety of anticipation. The stress hor-

The Wide World of Running

By Jay Birmingham

more cortisol stimulates your adrenal glands far in advance of its helpfulness on race day. Heightened cortisol levels parallel chronic fatigue and immune system collapse.

Second, there is maximal physical stress during the race. Your heart reaches its highest sustainable level. In long races, you drain your muscle and liver glycogen. In shorter events, you accumulate lactic acid in the straining muscle. (Lactate is quickly re-synthesized into aerobic metabolites, despite what some coaches and trainers have been spouting for years.) The real stressor is the long-term acidity, system-wide, that you deal with. Your blood pH can remain low for many hours after the lactate is gone

Third is the feeling of malaise that can perch on your shoulder, and in your tired legs, for days and days following the command performance. .

Having run myself into post-race and hard-training illness at least twice a year for as long as I can remember, it seems silly for me to offer advice. I have failed miserably to cultivate, in the words of Ron Daws, a coach aspect of my personality that can step outside myself and coolly assess what I should be doing.

My wife, Debbie, often asks me if what I am planning to do (a race, mile repeats, or a long, hard training run) is something I would have the athletes I coach, do.

A decades-long goal of mine is to adopt the mind set of former national road running and ultrarunning champion, Tom Osler. The New Jersey runner, author of *The Serious Runner's Handbook*, said that he tried to respect his running body at all times, in every situation. From providing it with good nutrition to adequate rest, Osler strove to be good to himself.

Racing, to Osler, was an insult to everything that his running fitness was designed to accomplish. I have always been struck by his pre-race habit of, "Asking forgiveness for what I was about to do to my body."

So I write to you (mostly to reinforce the notion in myself), imploring you to be gentle to yourself. Train hard and race with abandon, but never lose sight of the larger goal—to be well and happy in your fitness for all of the years of your life.

Jay Birmingham has been a contributor to the StrideRight for several years. ●

WE NEED VOLUNTEERS!

March 1, 2008 <http://www.ironhorse100kmclub.com>

Please contact Chris Rodatz at crodatz@belsouth.net

Iron Horse
endurance runs

100 mile - 100 km - 50 mile
Orange Park, Florida

Striders Social Corner

By Gayla Poythress



The February social was held at Biscotti's restaurant with motivational guest speaker Chris Twiggs. For those of you who don't already know Chris, he runs the Jeff Galloway training program in Jacksonville and was a driving force behind getting Jeff and Donna Deegan together for the planning of the 26.2

with Donna. Chris started his talk with a heartfelt thank you to the Striders for being one of the first local organizations to volunteer to support the marathon. He also gave us a brief update on the marathon results. Current projections expect close to 1 million dollars in donations. Incredible results for an inaugural event.

Chris also competes in an annual event called the Hardrock 100. This is the only 100 mile trail run that is graded as a "10" on a scale of 1-10 in difficulty and it has a lot of special features....snow, creeks to cross, elevations of 7,000 to 14,000 feet and BEARS! Chris had lots of great pictures to share from past events and everyone was equally entertained and amazed by the stories. Chris also has a pretty impressive marathon history, including being a streaker at the Disney marathon but he credits the inaugural JTC Guana River 50k with being the start of his l-o-n-g distance passion. Chris' enthusiasm was so contagious that by the end of the evening several of the Striders were pledging to sign up for next year's Iron Horse Endurance Run.

Biscotti's rose to the occasion with their usual excellence. The food was exceptional and everything went off without a hitch. Overall, it was a wonderful evening with lots of great food, friends and an opportunity to share the love of running.

Next month's social is the River Run tent. Don't forget to bring goodies to share!

SAVE THE DATE! The Striders Annual Picnic & Board of Directors Elections is just around the corner. Mark your calendars now for Sunday April 27th at 12 noon. Come on over to the Southside of Jax at Secret Cove, near Danny and Jenny Suber's house close to St.Lukes Hospital.

Hamburgers, hot dogs, and garden burgers with all the trimmings will be provided by the club, along with beverages. Please bring a dish to share and some comfy chairs to sit on. For more info or to volunteer at the picnic, please contact Glenn Hanna at (904) 777-9351 or ghanna3@bellsouth.net. Look for the directions in the April StrideRight. ●



The Florida Striders Track Club \$1,000 College Scholarship Application

Eligibility Requirements:

- Must be a resident of Northeast Florida for the past two years.
- Must be a graduating high school senior.
- Must be a runner or active in track and field events.
- Please be advised that NCAA regulations may prohibit you from accepting this scholarship if you attend college/university on an athletic scholarship.

ENTRY DEADLINE: Applications must be received by March 11, 2008

A completed application should include:

- 1 - This form completed (4 pages, including items I through X)
- 2 - Essay about your running (item IX)

- 3 - Personal recommendation
- 4 - High school transcript (if desired, not required)

Go to www.floridastriders.com to download a printable application form.

Please return the completed application to (prior to March 11th):
Florida Striders Track Club
Scholarship Applications
P. O. Box 413
Orange Park, FL 32067-0413

Sorry, no e-mailed applications accepted. Any questions e-mail Kellie Howard @ kellski@comcast.net



**Mike Shado Nissan
of Orange Park**



Saturday, April 12, 2008, 8:00 AM

Course begins and ends at the Orange Park Kennel Club

1 Mile Fun Run 9:30 AM • Awards Ceremony 10:00 AM

Entry Received By	Striders/Military	Other
April 2, 2008	\$12	\$14
4/3/08 to 4/11/09	\$14	\$17
Day of Race	\$20	\$20

Sorry, no refunds!

Make checks payable to:
Run to the Sun 8K
Mail to:
Run to the Sun 8K
3931 Baymeadows Road,
Jacksonville, FL 32217

USATF Certified Course
#FL-02016DL

AWARDS

Awards will be given to Top 3 overall male and female, Top Master's male and female, Top Grandmaster's male and female. Awards will also be given to the first three finishers in each age group as follows: 10 and under, 11-13, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, & 75 and over. The awards ceremony will be held at the Orange Park Kennel Club at 9:30 AM.

RACE PACKET PICKUP

Packets will be available at your selected 1st Place Sports location (be sure to select location on your registration form) on Thursday, April 10 and Friday, April 11. Packets will also be available at the starting line beginning at 6:30 AM on the day of the race.

**You can
also register
online at active.com**
There is a \$3 charge
for online
registration.

384-0053  810-5009

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Strider Running Camp Coming This Summer!

If you haven't heard yet, the Strider's have been busy planning a summer running camp for youth in 7th through 12th grades. The dates for the camp are June 9th through the 13th, and will run from 8am to noon each day at Ridgeview High School. The purpose of this camp is to develop a love of running for kids who are interested. We will be accepting youth of all ability levels, whether a beginner or experienced runner. We will have ability group runs daily in a safe environment with group leaders. We plan to provide some fun classes where they can learn the basics of running safely, as well as how to

improve and get faster if they desire. We'll also provide a daily snack which will include some information on how to eat more healthfully. The cost of the camp will be \$30, and includes a Strider membership, Strider T-shirt, Strider logo water bottle, and a special running camp T-shirt.

If all this sounds like something you'd like to be involved with, then we need you! The camp will be run completely by volunteers, and there will be lots of jobs to do. If you want to volunteer or just get more information, contact Vicky Connell, the Camp Director at 276-0193. ●

RUN TO THE SUN 8K ENTRY FORM

RACE# (FSTC USE ONLY)

Packet Pick-Up (Please Choose One)

Baymeadows 1st Place Sports 4/10 or 4/11 Orange Park 1st Place Sports 4/10 or 4/11 Jax Beach 1st Place Sports 4/10 or 4/11 Day of Race @ Orange Park Kennel Club

Ever run/walked a race? Y N

First Last

Age Sex M F Adult Sizes S M L XL 8k Fun Run (no charge - just bring entry form with you on Sat., 4/12, race day) Personal Champion Chip (can NOT be used for Day of Race registration) \$2.00 Discount for using own chip

Street Address (Please Include Apt. #)

City State Zip Code

Telephone Number --

Cash Check Fee Inclosed \$ FL Strider Member 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 Releases 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 checks payable to: Run to the Sun 8K

Mail to: Run to the Sun 8K • 3931 Baymeadows Road, Jacksonville, FL 32217, Or Drop off at any 1st Place Sports Location

For more information contact Kay Womack at 904-718-4210 or kaywoma@hotmail.com or www.fl.oridastriders.com

Please Print

Application for Membership
FLORIDA STRIDERS TRACK CLUB

New
Renewal

Name: Last _____ First _____ M.I. _____

Address _____ # in Family _____

City/State/Zip _____ Spouse's Name _____

Phone: Home _____ Birthdate(s) _____

Phone: Work _____ Employer _____

E-mail _____ Occupation _____

Signature _____ Annual Dues: Family \$20
Single \$15
Junior (under 18) \$10
Senior (over 65) \$10

Date _____

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

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.

Meet Pat Gallagher

A MEMBER PROFILE

Pat Gallagher, 77, was born in Mocanaqua, Pennsylvania on January 2, 1931. He grew up in Shickshinny, PA and graduated from Shickshinny High School in 1949. He graduated from Mansfield University, PA. He is married to Betty Ilene and has three sons, Timothy, 48, Shawn, 47, and Brian 42. His hobbies are running, big game hunting, and golf.

Pat's informal running career began in 1968 when he was a Navy test pilot at North American Rockwell Aircraft in Columbus, Ohio. The flight line was about 300 yards from the pilot's ready room. A yellow pick-up truck carried pilots to and from the ready room to the flight line. As Pat recalls, one day the truck was not available, so dressed in his flight suit with his helmet under his arm, he started to jog to the flight line. After about a hundred yards he was gasping for a breath and had to stop and lean against the hangar. Pat was shocked that he could not run 300 yards. For 5 years he had spent flying from aircraft carriers and working in offices and had gotten in very poor physical condition.

He never rode in the yellow pick-up again. After several of weeks, he was able to trot to the flight line, with about resting. Soon after that, he began running a mile every day.

A couple years later, he was transferred to NAS Jacksonville for duty as a Senior Test Pilot at the Naval Air Rework Facility. As jogging was just becoming popular, Pat heard about a race that started and finished at the dog track in Orange Park. Because he lived near by and ran River Road daily, he signed up for the Florida Strider's Autumn Fitness 5k. Pat says, to put it mildly, he was "surprised to come in first in

his age group!" Pat has increased his daily runs to 5k and has entered nearly all the remaining the Autumn Fitness 5k's.

Last year Pat decided to participate in the Gate River Run. For about 3 weeks before River Run, up upped his daily mileage to 15k. To his satisfaction, Pat completed the run and thoroughly enjoyed the feeling of being done. And to top things off, he got 5th place in his age group!

A highlight of Pat's running career came last Thanksgiving Day in Berwick, Pennsylvania. He entered the 9-mile Run for the Diamonds. This ruzzzzn began in 1908. This 9-mile race (not 15k) was named because the prizes are real diamonds... diamond rings for the men and diamond pendants for the women. At the age of 76, he was the proud winner of a large (Lucite) diamond mounted on a oak plaque, with the following inscribed on it: "Run for the Diamonds, Since 1908 – 9 Miles, Berwick, PA, Thanksgiving Day 2007, Oldest Entrant to Finish!"

Pat joined the Florida Striders before he entered the Run for the Diamonds, so that he could represent his new club in that prestigious run! He came in 4th in his age group!

Pat's best advise is to get up in the AM and put on your running gear and don't stop!

Editor's Note: Until this point I have not had the privilege of meeting Mr. Gallagher. I enjoyed talking to him and doing this interview. There is one thing missing though! His photo! I plan to introduce myself to him in the Striders tent at the River Run and take a photo of him. Look for his photo in the April issue. And if I miss him, introduce yourselves to him, welcome him to the club, and take a photo! —Trish ●

Additional River Run News

As some of you know, the finish line for River Run 2008 this year is going to be in the Jaguar stadium. You will see yourselves on the jumbo television screen. After crossing the finish line, all 15,000 runners and walkers will be directed over to the fairgrounds. They will enter the fairgrounds through the large gate next to where the Strider Hospitality Tent will be. Yep!!! All 15,000 runners and walkers. As you can imagine, as they come by our area, some of them who are not Strider members and "their guests", will be attracted and tempted to come see us. In order to get maximum benefit from our resources (bathrooms, food, massages, music etc.) for Members and "their guests", I have come up with the following procedures to try to handle this.

We are ordering wrist bands, to distribute, prior to March 8th, to our Members and "their guests", to give them access to the Tent area. (Please don't forget to bring food and ask your guests to bring food) We will start giving them out to Members and "their guests" as soon as we get them. We will give out groups of the bands to many Members and they will get them to other Members and "their guests", as they see them prior to River Run Day, March 8th. Prior to Race day, if a Member or "their guests" gets a band, they need to have it on their wrist when they come to the Tent to come in. There will be a special chute for any Member or guest that has a band on. Someone will check for the band and if you have one on, you will go on

into the Tent area. No roster will be checked to verify if you are a member or a guest of a member. Once you get the band, you can leave and return back to the area, through the same chute. Leave your band on until you leave the area to go home.

There will be another chute for any Member (includes spouse and children) that doesn't have a band or forgot the one they did have. As you go through this chute, someone with a member roster, will ask you your name and check your name against the member roster. Bands will be given to you (and family) which will give you access in and out through the "band only chute". (See above paragraph). If you are not on the roster but should be, proceed to the "Problem table" so we can resolve the situation.

The last chute is for those Member's "guests" that didn't get a band early or forgot it. The people in this line will have to identify the Strider that invited them to the Tent. We will have someone in this line with a Strider Membership roster. If anyone has a problem in this line, they will be sent to the "Problem table".

I hope this will work out for everyone and appreciate your cooperation. You can call me at 268-6272 or Mike Mayse 777-6108 to find out when the bands will be ready for distribution. My email address is stanscarlett@msn.com. Mike's email address is floridastriders@comcast.net . We will send a "blast" email to our members when the bands come in. ●

Running Class Starts Wednesday, March 19th, With Something For All Levels

The Florida Striders are going to hold another running class for runners of all levels! The class will begin at 6:30 p.m., Wednesday, March 19th and continue each Wednesday for 10 weeks (until 5/21/08). The Memorial Day 5K will be our classes' graduation race. Bob Boyd will be the coach and there will be a fine team of Group Leaders and Speakers helping us each week. The class will be held at the St. Johns Country Day School track, across the street from Lakeside Elementary on Moody Rd. in Orange Park. Track lights will be available. You will learn how to train so that you enjoy your runs, avoid injury, set goals, develop your own training plan, and, it bears repeating, ENJOY running. The cost is \$30 (\$15 for current Striders,) which includes Strider membership for a full year, a Strider T-Shirt, and a class T-shirt. Because the Striders provide a discount for family memberships, the price is only \$50 for a couple or parent-child combination. We can accommodate all fitness levels - nobody is too slow or too fast. Do not be shy! We are all in this together, whether you've

never run or log bazillions of miles a year and just want to get faster, we will support each other and have fun together. For those who are already running 25 miles a week or more and are feeling the need for more speed, we will have a group focused on your needs as well, led by John Metzgar. Space is limited and you must pre-register with Bob Boyd at BobBoydFL@gmail.com or 272-1770. Bob is particularly interested in talking with you about your fitness & running background so that we can make this a great experience for you, have the right group leaders there to support you, and to answer any questions you may have. We want to make sure that you have good running shoes and are medically cleared by your physician to begin training BEFORE the class starts. If you have any questions please contact Bob. We will have a good time together, learn the things that will make a real difference in your enjoyment of the sport of running, and get in better shape in the process. If you aren't having fun running you are not doing it right! ●

NEW MEMBERS

Kevin Carlton
Kevin Hibbits
Roger Jones
Joseph McCoy
Shanna Rautio
Mary Dietz Terry

Robert Meister
Jay Millson
Burness Morris
Kimberly Pierce
Mary Pregler
Dave Shaffer
Robert & Barbara Walker/Gilbert
Joseph & Amy Young

EXPIRED MEMBERSHIPS

Brooks Andrew	1/31/08
Nancy Ayscue	1/31/08
Jennifer Bailey	1/31/08
Lauren Cage	1/31/08
Vincent Cameron	1/31/08
Debbie Driskell	1/31/08
David Hallums	1/31/08
Ronald Jackson	1/31/08
Nicholas Jongebloed	1/31/08
Matthew Meloche	1/31/08
Kelly Minor	1/31/08
Tara O'Brien	1/31/08
Jennifer Otero	1/31/08
Elizabeth Russom	1/31/08
Nathan Shoaf	1/31/08
Pete Sites	1/31/08
Shayla Spinner	1/31/08
Roy & Julia Wood	1/31/08
Tina Zarkis	1/31/08

RENEWING MEMBERS

Terry & Elda Bell
Ken Brinsko
Rita Chilton
David Clarkon
Lois Corbett
Robert Crampton
Darcy Daniel
Elena Etter
Stephanie & Chuck Griffith
Joanne & Buddy Harris
Hal Higdon
Richard Horton
Sandra Maveety

MULTI-YEAR RENEWALS

Robert Smith
Eric Conder
Jennifer O'Brian
Melinda & Kevin Terry
Kellie Howard
Susan & John Gostage
Mike & Cathy Haga
Glenn Hanna
Benjamin Holland
Robert & Janet Irvin
Lisa Myers
Gordon & Kim Simms

With our busy schedules and information overload it is difficult to keep up with everything going on in our hectic lives. So we are adding the Expired Memberships List as a new feature to the StrideRight. This is one more chance for our members to get the status of their membership. This list will run two months in the rear. For example the list in this (March 2008) edition is for January 2008. In April the list for February 2008 will run and so on. If your name is on this list and you believe it is in error or you would like to renew your membership contact Mike Mayse at floridastriders@comcast.net (904) 777-6108 or you can go on-line at <http://www.floridastriders.com/appintro.htm> download the membership and send it to Mike. ●

Striders at the Races

RACE RESULTS

To get your race results published, email m.t.marino@clearwire.net

ROMANS ROAD 5K

Westside Baptist Church

January 19, 2008

David Albritton 25:39 3rd A/G

MATANZAS 5K

St. Augustine

February 26, 2008

Justin Jacobs 15:54 2nd A/G

John Metzgar 15:57

Masters Male

John Steinberg 16:27 1st A/G

John Wisker 17:41 1st A/G

David Bonnette 18:17 2nd A/G

Bill Dunn 18:40

Terry Sikes 19:10 1st A/G

Keith Poythress 19:33

Stephen Beard 19:39 3rd A/G

Bernie Candy 19:53 2nd A/G

Randy Arend 20:42

Robert Crampton 20:20

Steven Barlow 20:35 2nd A/G

George White 21:08 1st A/G

Regina Taylor 21:10 2nd A/G

Steve O'Brien 21:22

Lewis Buzzell 21:24

Elfrieda Wyner 29:34 1st A/G

Craig Harms 22:13

Paul Smith 22:15 1st A/G

Nancy Harms 22:24 2nd A/G

Frank Frazier 22:43 2nd A/G

Paul Berna 22:48

George Hoskins 23:17 3rd A/G

Tracy Pfuntner 23:53

Scott Arend 24:23

Susan Harms 24:20

Simon Jacobson 24:25

Bonita Golden 24:30

Jeanie Wilson 25:22

James Vavrina 25:26

John Hirsch 25:55

Ben Holland 26:00

Katie Maveety 26:14

Sandra Maveety 26:15

Kimberly Lundy 26:22

Chelle Mahaney 26:37

Carrie Imrich 26:49

Gayla Poythress 26:52

Susan Haag 27:44

Tyler Imrich 28:35

Kathy Murray 28:35

Jim Kehr 28:55

Leo Sheckells 29:18

Margaret Tyburski 29:22

Susan Gostage 29:32

Freddy Fillingham 30:20

Donna Hiatt 31:05

Kent Smith 31:17

Kelly Howard 31:34

Kathy Reidy 31:46

Bo Holub 31:47 1st A/G

Al Saffer 32:03

Bill Zipperer 32:09

Norm Wyner 33:08

Kay Womack 33:17

Ken Bendy 33:27

Patt McEvers 33:47

Christine Kehr 34:00

Elda Bell 34:35

Terry Bell 34:35

Joe Blewett 36:09 2nd A/G

Michelle Ramos 38:42

Jack Stanley 40:00

Diane Aimone 40:37 1st A/G

Trish Kabus 40:41

Charles Desrosier 44:15

Shannen Crampton 47:01

DAYTONA 5K

January 26, 2008

Teresa Hankel 25:44

Gordon Simms 25:48

MIAMI HALF MARATHON

January 27, 2008

Lesley Jones 2:36:20

John TenBroeck 3:36:00

(Galloway Group Leader)

CALLAWAY GARDENS

HALF MARATHON

Calloway Gardens, GA

January 27, 2007

Miles Hyman 2:37:00

Judy Rippetoe 2:38:00

PALMER ACADEMY 5km

Ponte Vedra

February 2, 2008

Bernie Candy 20:00 1st A/G

Vicki Choinski 31:09

PIRATES ON THE RUN 5K

Fernandina Beach

February 2, 2007

Scott Arend 22:21 1st A/G

Craig Harms 23:14 1st A/G

Susan Harms 24:38 1st A/G

Tyler Imrich 28:09

Al Saffer 31:19 1st A/G

Norm Wyner 33:34 2nd A/G

PIRATES ON THE RUN 10K

Keith Poythress 42:05 1st A/G

Randy Arend 42:41 2nd A/G

Robert Crampton 42:16 1st A/G

George White 42:21 1st A/G

Gary Haslip 43:42 3rd A/G

Bruce Holmes 43:57

Grandmaster Male

Elfrieda Wyner 46:44

Grandmaster Female

Frank Frazier 51:43 1st A/G

Everett Crum 52:41 1st A/G

Robert Irvin 54:18 3rd A/G

Sharon Lucie 55:07 1st A/G

Gayla Poythress 57:10

Gene Imrich 1:01:09

Cathy Haga 1:03:10 3rd A/G

Mike Haga 1:03:11

SUPER SUNDAY 5K

JCS San Marco Blvd

February 3, 2008

Bill Phillips 18:27

Masters Male

Michael Mandt 18:57 2nd A/G

Stephen Beard 20:05 1st A/G

Robert Crampton 20:08 3rd A/G

Tracy Pfuntner 23:15 1st A/G

Bonita Golden 24:23 1st A/G

Sandy Rosenberg 31:57 2nd A/G

Raychel Slater 31:59

Cole Mandt (7) 33:37 3rd A/G

Shannen Crampton 46:57

OCALA HALF MARATHON

February 3, 2008

Hernando DeSoto 1:49:04

Danny Weaver 1:54:29 2nd A/G

Kellie Howard 1:56:28
 Jeanie Wilson 1:57:45
 Eric Bush 1:59:02
 Kevin Terry 2:06:01
 Melinda Terry 2:09:53
 Denise Dailey 2:15:49 1st A/G
 David Kelley 2:21:36
 Bernita Bush 2:41:06

Battle of Olustee 5k
(Blue Grey Olustee 5k)
Lake City, FL
February 9, 2008

Richard Young 21:51.10
 David Albritton 24:42.99

PRAY FOR ALLISON 5K
MacClenny
February 9, 2008

Randy Arend 19:57 1st A/G
 Scott Arend 24:52
 Freddy Fillingham 24:55 1st A/G
 Sandra Maveety 25:53
 1st A/G PR
 Kimberly Lundy 26:30 1st A/G
 David Albritton 27:01 1st A/G
 Al Saffer 31:05 2nd A/G

GASPARILLA DISTANCE CLASSIC 5K
Tampa
February 9, 2008

Jerry Hiatt 33:58
 Bob Tatum 43:42

GASPARILLA DISTANCE CLASSIC 15K
February 9, 2008

Hernando DeSoto 1:14:21
 Donna Hiatt 1:43:20

GASPARILLA DISTANCE CLASSIC MARATHON

February 10, 2008

Drew Kenny 3:11:44

WINTER BEACH RUN 10 MILE

February 9, 2008

Justin Jacobs 56:01
 1st O/A Male
 John Steinberg 57:40
 2nd O/A Male
 John Metzgar 58:03
 3rd O/A Male
 John Wisker 1:05:52
 1st Master
 David Bonnette 1:07:01
 2nd Master
 Robert Walker 1:09:42 2nd A/G

Terry Sikes 1:10:14 2nd A/G
 Stephen Beard 1:10:23 3rd A/G
 Keith Poythress 1:11:04 1st A/G
 Bruce Holmes 1:11:55 1st A/G
 Patrick Gaughan 1:13:11 1st A/G
 Robert Crampton 1:13:17
 Randy Arend 1:14:09
 Raymond Ramos 1:15:22
 Steve O'Brien 1:16:13
 Regina Sooley 1:16:39 2nd A/G
 Regina Taylor 1:18:25 2nd A/G
 George White 1:19:03 2nd A/G
 Holly Turner 1:19:27 1st A/G
 Laurie Pinover 1:20:13 1st A/G
 Thom Henkel 1:22:22 3rd A/G
 Stephanie Griffith 1:22:45 1st A/G
 Paul Berna 1:23:27
 Steve Bruce 1:27:11
 Tom Zicafoose 1:27:52
 Danny Weaver 1:28:03
 Randy Pullo 1:28:37
 Everett Crum 1:28:39 1st A/G
 Michael Fitzsimmons 1:28:58
 George Hoskins 1:30:57
 Kellie Howard 1:30:59
 Cynthia Maerz 1:31:03
 David Kelley 1:32:05
 Angela Adamson 1:33:12
 Sandra Maveety 1:36:17
 Kimberly Lundy 1:39:38
 Bob Kennedy 1:42:00
 Denise Dailey 1:45:09 (walker)
 Kim Anthony 1:53:27

WINTER BEACH 5 MILE

Denise Metzgar 36:50 2nd A/G
 John Hirsch 41:19 3rd A/G
 Mary Ann Steinberg 43:55
 Ben Holland 45:17 1st A/G
 Sue Whitworth 45:33 3rd A/G
 Harry Edwards 47:14 2nd A/G
 John Gauer 47:18
 Kathy Murray 47:55
 Paul Smith 48:29 3rd A/G
 Gary Ledman 49:15
 Ed Hardee 49:22
 Marie Bendy 51:13 1st A/G
 Nancy Pullo 52:57 2nd A/G
 Leo Sheckells 53:08
 Bo Holub 53:17 1st A/G
 Gil Flores 53:19
 Freddy Fillingham 53:53
 Cathy Reidy 55:05
 Mark Lay 56:01
 Shirley Henkel 58:23
 Jill Wright 1:02:13
 Ken Bendy 1:02:23

George Mosley 1:03:21
 Michelle Ramos 1:09:51
 George Obi 1:12:59
 Charles Desrosier 1:13:13 3rd A/G
 Irene Herbertson 1:15:17 1st A/G
 Shannen Crampton 1:21:34

NATIONAL MARATHON TO FIGHT BREAST CANCER (26.2 with Donna)

February 17, 2008

Jacksonville Beach

Justin Jacobs 2:42:11 2nd A/G
 Bernie Candy 3:35:31 1st A/G
 Danny Cole 3:50:07 3rd A/G
 Michael Mandt 3:46:10
 Del Conner 3:53:00
 Regina Sooley 3:53:37
 Celita Cole 4:02:16
 Tracy Dawson 4:02:52
 Kim Hoyt 4:07:33
 Kin Crist 4:09:08 1st A/G
 Robert Crampton 4:24:42
 Thom Henkel 4:27:40
 Cynthia Maerz 4:31:41
 Paul Smith 4:52:42
 George White 4:53:51
 Maria Littlejohn 5:06:08
 Linda Wolfenbarger 5:13:10
 Nancy Pullo 5:39:22 2nd A/G
 Staci Suits 5:56:59
 Kim Anthony 5:56:59
 Christine Kehr 6:36:09
 Jim Kehr 6:36:09
 Trish Kabus - 7 hour pace group leader

HALF MARATHON

Cynthia Lyons 1:42:43
 Laurie Pinover 1:45:36
 Raymond Ramos 1:46:56
 Bonnie Brooks 1:47:19
 Wendy Patterson 1:47:53
 Stephanie Griffith 1:49:36
 Steve Bruce 1:57:13
 Carol Fitzsimmons 1:57:37
 Michael Fitzsimmons 2:01:16
 Teresa Hankel 2:03:16
 Vicky Connell 2:05:32
 Randy Pullo 2:09:36
 Kimberly Pierce 2:12:12
 Chelle Mahaney 2:13:30
 Kimberly Lundy 2:14:20
 Dan Ovshak 2:15:19
 Denise Dailey 2:19:02
 Eric Bush 2:19:42
 Tom Zicafoose 2:23:03
 James Vavrina 2:23:37
 Rebecca Brown 2:23:39

RESULTS

Continued from previous 2 pages

jd Smith	2:27:29
Cathy Haga	2:28:27
Mike Haga	2:28:27
Vicki Choiniski	2:40:31
Bonita Bush	2:50:33
Cathy Reidy	2:51:26
Kay Manley	2:55:20
Evan Gould	2:57:03
Judith Gould	2:57:03
Cathy McCrary	3:04:00
Kay Womack	3:04:47 ●

**Don't forget to
sign the Strider
Man at all the
races!**

CLAY COUNTY KIDS DAY

Continued from page 1

and helped as course marshals, registration helpers, award distributors, and one awesome cheering section for the finishers. Dr. Otto brought us out the water to make sure we could take care of post-race hydration. Kim Lundy even left a PR race at Ortega to come back and help us clean up afterwards. The race turnout was small, but the quality and fun factor was high. There was plenty for the participants to do afterwards at the many booths at Middleburg High School. In little ways and in big ways, the Florida Striders and their supporters really do make a difference in our community. My thanks to all those listed below (& my apologies if anyone was omitted) who shared their time and my compliments on another job well done. ●



MINUTES

Continued from page 2

Club Direction Follow Up:

Dave went over the areas we discussed at the January meeting:

Membership - Mike Mayse passed around a list of expired memberships and asked us all to make phone calls to these people and see if we can offer them information and maybe determine why they didn't re-join and perhaps convince them to stay in the club. If they decide to rejoin they can go to the website or contact Mike at floridastriders@comcast.net.

Group training runs – Keith talked with other club members about running with other groups in various locations. All agreed it's a good idea for members to meet other members in new locations.

Running development – our first meeting will be February 23rd to discuss options. Contact James or Kay.

Marketing - Gary Hallet, along with Mary Ann and John Steinberg, developed a proposal for a Strider Marketing Plan. Gary presented this plan to the group. There were many ideas and initiatives to move the club forward. The plan was very well received by the group, although Mike Mayse pointed out that most of these ideas required volunteers to carry them out. Traditionally, there has been a small core group that carries out most of the work and it would take many more to accomplish these goals.

Youth Running Camp 2008: Vicky presented the budget and flyer that she plans to use for the camp this summer. Although the intent is for the camp to be completely self supporting, she also asked that the board approve an additional \$500 to be set aside for the camp just in case it is needed. Mike

Ford moved to approve \$500 for the camp. It was seconded by Kellie Howard and approved unanimously.

Annual Picnic Date: Dave mentioned a few possible dates for the picnic. The final agreed on date was April 27th.

Nominating Committee for 2008 Board of Directors: Dave asked a few directors to serve on the nominating committee. These are Mike Mayse, Mike Ford, Kellie Howard, Kim Lundy and Dave Bokros.

General Discussion:

Mike Mayse suggested we raffle off 10 free memberships at each Strider race. Motion was made by Kelly to give out 2. Kim Lundy seconded, and it was approved. Mike has the arm bands for the River Run tent area and he handed out a few to each director to give out to other members and guests only. He also stated he's putting a new lock on the Strider shed for security purposes.

George reminded us to keep looking for a new treasurer.

Mike Ford mentioned that the Step Up 5K was an excellent event.

Mary Ann noted that many kids at the Step Up event participated in their first 5K because it was free. There were 250 who participated in the Fun Run and 500 in the 5K.

Glenn mentioned the 26.2 with Donna Marathon this Saturday. Water stops at Miles 1 and 25 are being manned by the Striders.

Kellie said all scholarship info has been mailed out to local schools. Applications are due March 11.

There was a motion for adjournment and the meeting was adjourned at 9:00 ●

Respectfully submitted,
Vicky Connell

March 2008 Race Calendar

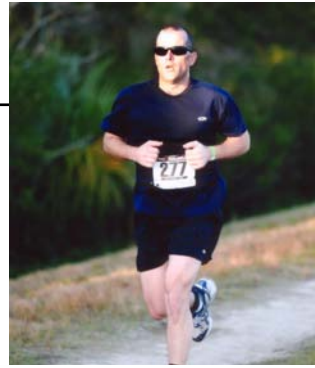
Published as a service. Accuracy is not guaranteed. If you would like your race listed: Contact either Ken Bendy, RRCA Southern Director (904) 278-2926 Email kbendy@aol.com or Mike Bowen, RRCA State Rep (N. Florida) 850-452-6711 (day) 850-3081953 (eve) Email Michael.s.bowen@gmail.com, website http://www.geocities.com/rrca_north_florida.

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

DATE	EVENT	TIME	LOCATION	CONTACT
March 1	24 Hours of Endurance Iron Horse 100 mile/100K/50 Mile	6:00 a.m.	Black Creek Park Orange Park	(904) 655-6511 crodatz@bellsouth.com
March 1	Nocatee Trail Blazer 5K	8:00 a.m.	Town Center Nocatee	((904) 731-1900 First Place Sports
March 1	Fleming Island 5K	8:00 a.m.	Box Seats Village Square Fleming Island Plantation Orange Park	(904) 284-3030 margaretschildren@yahoo.com St. Margaret's Catholic Church
March 8	Gate River Run 5K	7:45 a.m.	Jacksonville Municipal Stadium	(904) 731-1900 JTC Running/ 1st Place Sports
March 8	Gate River Run 15K USA 15K Championship	8:30 a.m..	Jacksonville Municipal Stadium	904) 731-1900 JTC Running/ 1st Place Sports
March 15	Michelob Ultra Lighthouse 5K	4:30 p.m.	Lighthouse Park St. Augustine	(904) 829-5024 Junior Service League of St. Augustine
March 16	St. Patty's Day 5/10K	8:00 a.m.	Evergreen Cemetery 4535 Main St./Jax	(904) 731-1900 First Place Sports
March 22	Guana River 50K Trail Run & Two Person Relay	7:30 a.m.	Guana Tolomato Matanzas NER Reserve South Ponte Vedra	(904) 269-3820 JTC Running
April 5	3rd Annual Capt. Chuck Cornett Memorial Navy Run 10K & 5K Walk	7:30 a.m.	NEX Convenience Store/NAS Jacksonville Persons without DOD ID/Vehical Decal must fill out MACS form prior to 1 April for Base entry.	(904) 542-3111/3112 NAS Jax MWR
April 12	Run to the Sun 8K	8:00 a.m.	Kennel Club Orange Park	(904) 215-8656 Florida Striders Track Club

The Back Page

BY MIKE MARINO



What has gotten into everyone? Was everyone's New Year's resolution was to run more races? We've got a ton of results, and that's with covering only 22 days since our last StrideRight. So without further adieu...

We lead off with the 29th running of the **Matanzas 5K**, a very fast Grand Prix event, held in St. Augustine on January 26th. Leading all Striders was **Justin Jacobs** with a 15:54, and for the ladies it was **Regina Taylor** in 21:10; each earned 2nd place in their age group for their fleet of foot efforts. Also going sub-16 was **John Metzgar** (15:57), which put him atop of all comers in the Master's division. Eight Striders dusted other runners their age to claim age

group championships, which included **John Steinberg, John Wisker, Terry Sikes, George White, Elfrieda Wyner, Paul Smith, Bo Holub, and Diane Aimone.**

There were also eight 2nd place age group finishers: **David Bonnette, Bernie Candy, Steven Barlow** (age 11), **Nancy Harms, Frank Frazier, and Joe Blewett** (in addition to Justin and Regina). And also making their way to the awards table with 3rd place age group finishes were **Stephen Beard** and **George Hoskins.**

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.	Dave Bokros at DBokros@comcast.net or 904-545-4538
Sunday	10:00 AM Seasonal	3-8 Miles Trail Run	Ponte Vedra Guana State Park	Craig O'Neal (904) 568-4825 charityrunningcoach@yahoo.com
Sunday	7:00 AM	7.5 Miles Black Creek Trail	Super WalMart (NE corner) Fleming Island	Kay Womack (904) 215-8656 kaywoma@hotmail.com
Monday	5:30 PM	6 Miles Downtown Bridges	Jacksonville Charthouse Restaurant parking lot	Danny Weaver (904) 287-5496
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	Dave Bokros at DBokros@comcast.net or 904-545-4538
Weds.	5:30 PM	Interval Training	Jacksonville Bolles School San Marco Blvd.	Danny Weaver (904) 287-5496
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
Saturday	6:30 AM	10 to 15 Miles Moderate pace	Julington Creek Starbucks	Wendy Patterson (904) 237-4100 wenrex@comcast.net

Nice effort folks in what was a competitive race.

The next weekend, something about Groundhog's Day got people moving. There were two local events on February 2nd, the [Palmer Academy 5K](#) in Ponte Vedra and the [Pirates on the Run 5K & 10K](#) in Fernandina Beach. Just two Striders at the Palmer Academy 5K, **Bernie Candy** and **Vicky Choinski**, with Bernie claiming an age group win with a 20 minute effort. For the Pirates on the Run 5K, **Scott Arend** led all Striders with a 22:21, which earned him 1st place in his age group. Also winning their age groups were **Craig Harms**, **Al Saffer**, and our fastest Strider woman, **Susan Harms** (24: 38). **Norm Wyner** earned a 2nd place age group award. In the 10K, Striders owned the Grandmaster divisions, with **Bruce Holmes** and **Elfrieda Wyner** outpacing all those "advanced in age" types: Elfrieda was also our fastest female Strider. Leading all Striders while winning his age group was, of Strider Trail Buff fame, **Keith Poythress** with a time of 42:05 (he must have been wearing those Last Gasp championship socks!) Also in age group championship form were **Frank Frazier** (yes, another Strider Trail Buff), **Robert Crampton**, **George White**, **Everett Crum**, and **Sharon Lucie**. Placing 2nd in his age group was **Randy Arend**, and pacing to 3rd place age group awards were **Cathy Haga**, **Robert Irvin**, and **Gary Haslip**.

On the very next day, which was Super Bowl Sunday, several Striders got a race in before all the football related festivities, running the [Super Sunday 5K](#) in San Marco. **Bill Phillips** had a "giant" performance to lead all Striders with an 18:27 and a Master's division win. **Tracy Pfuntner** led the Striders women, posting a 23:15 and an age group win; and joining her as age group winners were **Stephen Beard** and **Bonita Golden**. Racing to 2nd place prizes were **Michael Mandt** and **Sandy Rosenberg**, and perhaps most impressively, **Cole Mandt** recorded a 3rd place age group finish with a 33:37 (he's 7 years old folks).

February 9th brought a Jacksonville classic with the [33rd Annual Winter Beaches Run](#). Striders were top form in both the 10 mile Grand Prix race and the accompanying 5 miler. In the 10 miler, **Justin Jacobs** won the race in 56:01, and **John Steinberg** and **John Metzgar** took the 2nd and 3rd overall spots. **John Wisker** and **David Bonnette** were 1st and 2nd in the Master's division as well. Our 60-64 year old men denied any non-Strider in their age group an award, with **Bruce Holmes**, **George White** and **Thom Henkel** combining for the age group sweep. Also trudging through the sand and wind to age group wins were **Keith Poythress**, **Patrick Gaughan**, **Holly Turner**, **Laurie Pinover**, **Stephanie Griffith**, and **Everett Crum**. Claiming 2nd place age group awards were **Robert Walker**, **Terry Sikes**, **Regina Taylor**,

and our fastest female Strider, **Regina Sooe** (1:16:39). **Stephen Beard** refused to go home empty handed, taking 3rd in his age group. In the 5 miler, **Denise Metzgar** led all Striders, completing the romp through the sand in 36:50 on her way to placing 2nd in her age group. And there's no way this could have been planned, but Strider men swept the 60-64 age group in the 5 miler as well, with **Ben Holland**, **Harry Edwards** and **Paul Smith** pulling it off. **Marie Bendy**, **Bo Holub** and **Irene Herbertson** won their age groups, **Nancy Pullo** placed 2nd in her age group, and **John Hirsch**, **Sue Whitworth** and **Charles Desrosier** placed 3rd in their age groups.

Also on February 9th, just over a handful of Striders were in MacClenny for the [Pray for Allison 5K](#). **Randy Arend** led all Striders with a 19:57 and an age group win. Also earning the right to be called age group winners were **Freddy Fillingham**, **Kimberly Lundy**, **David Albritton**, and **Sandra Maveety**, who recorded a PR and was our fastest female Strider with a 25:53. **Al Saffer** also added this race to his total, placing 2nd in his age group.

And wrapping up the local races was the [National Marathon to fight Breast Cancer](#) (or 26.2 with Donna) on February 17th in Jacksonville Beach. There was an accompanying half marathon as well. Amazingly, this inaugural event had over 7000 runners, raised around to \$800,000, and didn't have any glitches typical of first time events. The only complaint I heard was that it got a little hot, especially on the bridges, but race officials can't control that. In the marathon, **Justin Jacobs** recorded an impressive 2:42:11 while taking 2nd in his age group. **Bernie Candy** and **Kin Crist** each won their age groups, while **Nancy Pullo** was 2nd in her age group and **Danny Cole** 3rd in his. **Regina Sooe** was our fastest female Strider with a 3:53:57. **Mark Woods** led the way in the half marathon, winning the Master's division in 1:26:34, and **Cynthia Lyons** led all female Striders with a time of 1:42:43. Congrats to all finishers and to race organizers for such an outstanding inaugural event.

Striders – They're everywhere!!

Teresa Hankel and **Gordon Simms** got the travels started on January 26th at the [Daytona 5K](#). They ran within four seconds of each other, with Teresa edging out Gordon with a 25:44.

Lesley Jones and **John Tenbroeck** went further south for the [Miami Half Marathon](#) on January 27th. Lesley posted a 2:36 while John served as a Galloway Group Leader. On the same day and running the same distance, **Miles Hyman** and **Judy Rippetoe** traveled to Georgia for the [Callaway Gardens Half Marathon](#).

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Miles led the way with a 2:37 and Judy came in one minute later.

I tried to get people to come with me to the **Orlando Xtreme Marathon, Half, 10K and 5K** at the Orlando Wetlands Park in Christmas, Florida, on February 2nd. A beautifully scenic all trail course with nicely packed berm roads going around the wetlands. And awards were easy to come by too, as none of the winning times were all that spectacular and most age groups (other than in the half) had three or fewer people. For me, I posted 45:38 in the 10K, which amazingly enough, earned 3rd place overall.

Quite a few Striders and friends found themselves in a cool, heavy fog in Ocala on February 3rd for the **Ocala Half Marathon**. They reported the course provided some challenging hills and beautiful scenery once the fog lifted and they could see it. Our fastest Strider was **Hernando DeSoto** in a time of 1:49:04. Our lone age group champion was **Denise Daily**, who speed walked her way to the 1st place medal in 2:15:49. **Danny Weaver** placed 2nd in his age group, and **Kellie Howard** was our fastest female with a 1:56:28. Also finding their way through the fog were **Jeanie Wilson, Eric Bush, Bernita Bush, Kevin Terry, Melinda Terry, and David Kelley**.

On February 9th in Lake City was the **Battle of Olustee 5k**. **Richard Young** and **David Albritton** made the trip, with Richard posting a 21:51 and David a 24:42.

And finally, and also on February 9th, a few Striders went to Tampa for the **Gasparilla Distance Classic**. There were Striders in the 5K, 15K and marathon. **Jerry Hiatt** and **Bob Tatum** were among

the 7600 folks running the 5K, taking in the festivities with nice 30-plus minute strolls. In the 15K, **Hernando DeSoto** posted a 1:14:21 and **Donna Hiatt** ran a 1:43:20. Our lone Strider in the marathon was **Drew Kenny**, who was 9th among over 100 runners in his age group with a 3:11:44.

Tidbits and stuff I missed.

Yeah, a little different, I'll also use this section to give proper mention to those whom I somehow missed in previous months. In this case, **David Albritton** put forth a 3rd place age group effort at the **Roman's Road 5K** last month, and even signed the Strider man in the process. My bad for the omission David, and nice effort.

Award

This month's award goes to an entire group of Striders – actually, an age group of Striders. Yes, those sweeping 60-64 year old Strider men. These guys are running like they're in their 40's, pulling the double sweep at the 10 mile and 5 mile races at the Winter Beaches Run. And they've done this sweeping thing at other races over the past few months, even owning the top six slots at one race. So **Ben Holland, Harry Edwards, Paul Smith, Danny Weaver, Bruce Holmes, George White, Thom Henkel** and the rest of you fast 60 to 64 year old guys, you are hereby awarded the **We're Running Like We're in our 40's Award!** Be proud fellas, and most of all, show it proud, as you are not entitled to...A Nice Smug Feeling.

Keep up the great racing folks, and don't forget to write your results on the Strider Man clipboard at the local races. Until next time, train well and be safe. ●

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

e-mail (preferred) to m.t.marino@clearwire.net
or Mike's snail mail
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www.floridastriders.com

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

Florida RRCA Championship Races and various running related web site links can be found on the RRCA Southern Director'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>