



Volume 23, Number 4

Florida Striders Track Club STRIDERIGHT

www.floridastriders.com



April 2004

Striders at the 2004 Gate River Run

Thanks to yet another fine job by Stan Scarlett and his cadre of early rising, hard working Strider Tent Volunteers, the Striders, their guests, and families had a very good experience at the 2004 Gate River Run. The weather was right for fast times, the food was plentiful and delicious, and most had good race stories to tell afterwards. We were very pleased to have some of our more distant members in town (I believe John Heisner from San Diego won the most miles traveled award) as well as our Peachtree City Running Club buds to join us. We would also like to thank a number of generous massage therapists for enhancing our post-race experience. There are many more pictures in this issue and even more on our website, www.FloridaStriders.com. Thanks to Ken Bendy and Al Saffer for the 240 some Striders listed in the "Striders at the Races" in this issue. They do a great job.



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APRIL SOCIAL

Spring has sprung and it is time to head for the beach! Enjoy good times with good food and friends at the home of Nancy and Randy Pullo, 3409 1st Street South, Jacksonville Beach. Bring a dish to share, and some folding chairs. The club provides soft drinks. Bring your own adult beverages. Here are the details:

Saturday, April 3rd, 3:00 P.M.

Directions: Take JTB to the Beach, exiting Northbound on A1A. Turn right on 35th Avenue (1st street after the "Welcome to Jax Beach" sign.) Turn left at the Stop sign on to 34th St. The 3rd home (there are only 4) on the right is the place! For more information call 241-0781.

Prez Sez

By Bob Boyd



This is my first Prez Sez column and I know it will not be easy to keep the high standard set by my predecessor, Hardie Alexander, who provided a consistently gracious, informative, and classy column over the last two years. Thank you Hardie.

We lost a good friend, running buddy, regular volunteer, and ardent supporter of the Striders last month with the passing of Hank Zambie after a long fight with colon cancer. We all want to express our deepest sympathy to Nancy and their family, to honor Hank for his countless contributions, and celebrate the life of a very special and good man who knew how to enjoy life while enhancing all of ours.

Our club has been having lots of good times since the last column. The Dinner Meeting with Donna Hicken was a big success, enjoyed by all. Donna was an excellent speaker and acquired lots of fans that evening, me among them. Our annual picnic and election of our new Board was also a fine time on a picture perfect day over at the St. Johns Country Day School Campus. A great group of volunteers and the delicious dishes brought by all the attendees really make this an enjoyable event for our members and their families. Speaking of good times, the Strider Tent at the Gate River Run was a rousing success provided by Stan Scarlett and a fine team of volunteers. We were pleased to see our buds from the Peachtree City Running Club back again, not to mention the generous provisions of adult beverages they brought along. This issue will have much more complete coverage and pictures elsewhere in these pages.

Our first race of the year, the Run to the Sun 8K and Fun Run, is coming up fast. This great race starts at 8:00 a.m. Saturday, April 17th at the Greyhound Kennel Club on U.S. 17 in Orange Park. Awards are going six deep this year and

(Continued on page 4)

Board of Directors' Minutes, 3/9/04

Hardie Alexander called the meeting to order at 7:05 PM. Directors absent: J. Runnfeldt, M. Allison, R. Glenn. Rebecca Brown also attended. Hardie introduced the new board members and we gave a round of applause for the outgoing members to thank them for their hard work.

Election of Officers:

The following officers were nominated and elected unanimously: Bob Boyd - President, John Powers - Vice President, Warner Millson - Treasurer, and Karin Glenn - Secretary. Several other positions have changed also, the list is on the updated roster that will be posted on our website. Bob B. presided for the remainder of the meeting.

Minutes/Action items:

The previous meeting minutes were approved as written. Action item: JD will check on insurance options for our stored equipment. He will report back to Bob by March 20th since the decision to purchase from RRCA must be made by March 31st.

Treasurer's report:

Steve B. distributed the March statement and gave the new members an overview of how our accounting is done. The treasurer's report was filed with 1 minor change to a check number.

Race committee update:

Run to the Sun – Rebecca B. distributed a race checklist with a list of items completed to date along with a request for volunteers for various areas. She got a good deal on Portalets for the race. Way to go. Jeanie W. volunteered 15 track team members to help out.

Autumn Fitness, Hog Jog – Nothing to report.

Memorial Day – Frank and Lil distributed the race logo. The flyer is done and it will be distributed at River Run. City permits from GCS have been received. Sponsorship is still lacking, but they did get a new sponsor – Ronnie's Wings & Oyster bar. Race planning is ahead of schedule.

Super Bowl Fun Run 2005:

Per the suggestion by the board at last month's meeting the Striders will hold a 1-mile fun run in Green Cove Springs on February 5th, 2005 in conjunction with the other sports events occurring in Clay County for the Super Bowl. A question was raised regarding sponsorship money for the run – per Bob B. at this time it is unclear whether the Striders will be responsible for raising all or part of the money. It is possible we would get assistance for a fee of a percentage of the money raised.

Equipment insurance:

RRCA offers an insurance policy of \$25/1000 with \$1000 deductible. The deadline to apply for it is March 31st. JD will inventory our equipment and determine a total estimate. He volunteered to research other insurance options for comparison with RRCA's. The board felt that insurance was important and a motion was passed for JD to do the research and report back to Bob so the decision could be made by March 31st.

(Continued on page 4)

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

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**Race Committee Advisor/Memorial Day 5K
Co-Director:** *Frank Sutman (H) 292-1399
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Bobby Greene(H) 262-1663
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Newsletter Circulation Manager:
Jenny Allen(H) 269-1226
email: RichJenRun@comcast.net

Hog Jog Director/Race Refreshments:
Steve Bruce (H) 728-6830
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**Autumn Fitness 5K Co-Director &
River Run Hospitality Tent Coordinator:**
Stan Scarlett(H) 994-2687
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RRCA State Representative: Ken Bendy
(H) 278-2926 email: kbendy@aol.com

Run to the Sun Co-Director:
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Run to the Sun Co-Director:
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email: HartRoss@bellsouth.net

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

Scholarship Coordinator
Tom Sullivan(H) 880-1592
email: msull10166@cs.com

SUPPORT OUR SPONSORS... THEY SUPPORT OUR SPORT



**Sun
TIRE**

Title Sponsor
of the
SUN TIRE
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O'Steen Volkswagen 

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(904) 396-5486
Memorial Day 5K

**FLORIDA POWERTRAIN
& HYDRAULICS, INC.**

Autumn Fitness 5K & Run to the Sun 8K

Mike Shad Nissan

269-9400
Run to the Sun



Title Sponsor - Autumn Fitness 5K

citistreet SM

A State Street and Citigroup Company

Title Sponsor Memorial Day 5K



Orange Park Kennel Club



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

Smoak, Davis
& Nixon LLP
(904) 396-5831

Autumn Fitness 5K

—orange park—
POWER HOUSE
INC.

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



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

**Florida Heart
Center**

*We Care For Your
Heart*
(904) 269-1664
Hasein Ramezani, MD

**Pediatric
Dentistry &
Orthodontics**

Donnie A. Myers
Gary R. Myers
(904) 272-6606



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



Village Bread
Market



Robert Shields, Sr. is proud to help sponsor the Memorial Day 5K in honor of the 9/11 victims

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

Board Minutes of 2/10/04 (continued from page 2)

2004 RRCA Convention:

The convention will be May 13-15 in Lake Tahoe, Bob B. will attend.

Social schedule:

April 3rd – Nancy Pullo's house.
May is up in the air.
June 6th – Frank and Lil's house.

Previous action items:

The 2004 USATF membership fee (\$75) is taken care of. Regarding the children's running accounting methodology, Steve B. suggested that the race directors break down the profit/loss sections of the budget to account for it separately and the board should approve the

methodology. He volunteered to send out a list of categories race directors can use to break it down.

Open Forum:

It's Tany's and Ken's birthday today. George H. brought in new merchandise. We now have a children's size t-shirt. He contacted a company that sells shirts with Coolmax-like material and passed around a sign-up sheet to make an order.

The meeting was adjourned at 8:30 PM. Next month's meeting will be Tuesday, April 13th at the library.

Respectfully submitted,
Karin Glenn

Prez Sez (continued from page 2)

I hear there will be a cruise given away as a Door Prize (thank you Orange Park Travel). We are also excited about the promise of having a big turnout of young athletes in the One Mile Fun Run with \$1500 in prize money courtesy of Centex Homes for the five schools with the most participa-

tion. Race Co-Director, Rebecca Brown, is still looking for volunteers to help with the race. Please give her a call at 954-7875. Don't tell anyone but volunteering is a good time.

Enjoy yourself. Life is good!

High Quality Strider Logo Shirts!

Members of the Florida Striders have the opportunity to purchase a high quality shirt (Polartec PowerDry—similar fabric as CoolMax) with our Club logo. We will only order the number of shirts requested by our members; and we will not have open stock of these shirts. See ordering information below.

Available styles & estimated costs

(final price may vary with number ordered):

- | | |
|---|------|
| 1. Singlet, <u>male/female styles</u> , | \$22 |
| 2. Tee Shirt, sleeveless, unisex, | \$26 |
| 3. Tee Shirt, short sleeve, unisex, | \$26 |
| 4. Tee Shirt, long sleeve, unisex, | \$28 |
- Styles 1-4 above come in S, M, L, & XL

Colors: white, with Strider Red & Blue Logo or see the note below regarding our yellow color

with Strider Red & Blue Logo.

Note: Soark does have a **yellow shirt** that appears similar to our Strider gold color. We can consider an order of yellow shirts (with same red & blue logo) instead of or in addition to white shirts, depending on preferences of the most members.

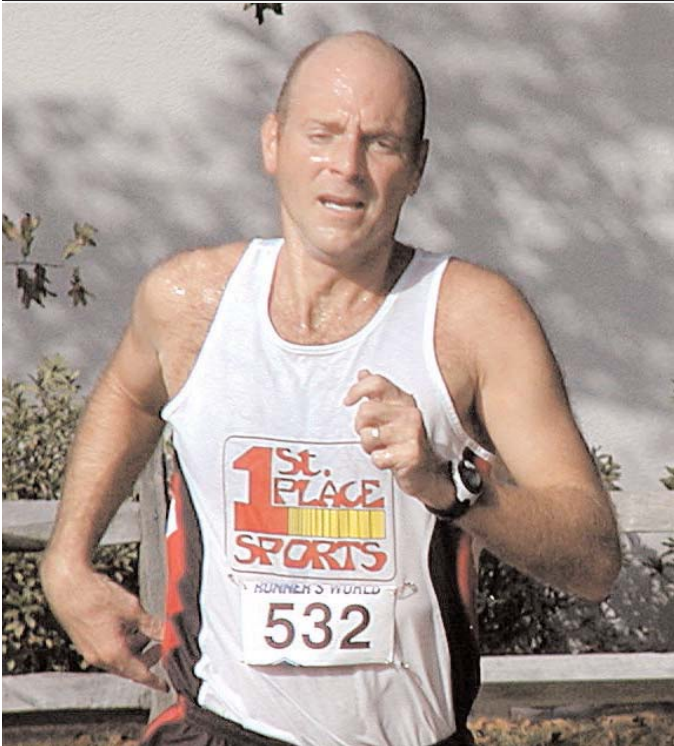
Ordering

Please contact George Hoskins and provide your choice of style, size, and color preference.

Contact George at ghoskins@bellsouth.net or phone 264-4372.

Deadline for ordering is April 17, 2004. To view more details of the fabric and styles, visit www.soark.com

Strider Spotlight on John Metzgar by Bob Boyd



This month we will get to know John Metzgar a little better. You probably know that John is one of the fastest runners around and that he manages the Orange Park 1st Place Sports location on Wells Road. You may not know that if not for a bit of serendipity John and running would not have been words used in the same sentence!

Background. John was raised in Stroudsburg, PA up in the Poconos. Growing up he was mostly familiar with running from playing soccer and more than his fair share of penalty laps due to being in trouble. His soccer coach never caught on that having John run laps was akin to putting the fox in charge of the hen house. He joined the Navy at 17 and later got an opportunity for a commissioning program in 1986 at Old Dominion College. While doing some conditioning runs as part of their Navy training, a University of Florida student he was beating on the three mile runs, recommended he go out for Cross Country at Old Dominion. (This is rare insight for a Florida graduate!) The rest, as they say, is history. Before John left Old Dominion in 1989 he had acquired his beautiful bride, Denise, a degree, a Navy commission, two All Sunbelt Conference, and three All Virginia titles in Cross Country with a 10K PR of 31:22. Now that's what I call a productive education program! His career as a Navy Pilot had him stationed in Corpus Cristi, Texas, Pensacola, Florida, where his son Cameron was born, before landing here in Jacksonville in 1991. Daughter Chelsea was born here in Jacksonville. Both John and Denise were on the 1st Place Sports racing team between 1991 and 1995,

before John was stationed back in Norfolk flying P-3's. We got them back in 2000 and plan to keep them here since John retired from the Navy in September, 2003.

Hobbies and Interests. John has enjoyed sports all his life, including soccer, downhill skiing (he was a ski instructor for a time while in the Navy,) golf, tennis, coaching soccer, and, of course, RUNNING.

Notable running accomplishments. John nailed a 15:11 Matanzas 5K, finishing second to Jerry Lawson, while training for his 3rd Blue Angel Marathon and logging 100 mile weeks. He won the Ortega River Run with a 25:08! Denise also won that Ortega Run, finishing in the low 28's. (Okay, I'm wondering how fast Cameron and Chelsea will be with all those fast genes.) He ran and won his first Blue Angel Marathon in 2:34:06 in 1990.

Training Plan:

Sunday: Easy 5 if just coming off a Saturday race. Otherwise, his long run is Sunday.

Monday: Medium paced 7 mile run (that's 6:40 pace in case you were wondering)

Tuesday: Long Tempo run of 13 miles. The First mile is the warm-up. The Tempo begins on the second mile at about a 6:30 pace. Then he makes each successive mile about 5 seconds faster than the last, and ends with an easy cool-down mile.

Wednesday: Easy 4 miles

Thursday: Speed work day! He does a 1.5 mile warm-up, then does three to four miles of speed intervals (1/4 mile or 1/2 mile repeats,) and ends with a 1.5 mile cool-down. His 1/4's are at a 70 to 74 second pace and those 1/2 mile repeats are 2:30 to 2:35. Do not try this at home without skates or a bike.

Friday: Easy 4 miles

Saturday: Medium six miles or a race.

John says he really does take days off from time to time and his weekly mileage is usually in the 40 to 50 mile range.

Injuries. John confesses that he doesn't listen to his body very well and runs through more than he should. He has dealt with, or is dealing with, shin splints, plantar fasciitis, ankle sprains, hip pain, and hamstring problems. Think how fast he would be with everything healthy!

Goals and Plans. John would like to improve upon his Master's PR's (15:53 5K and 26:08 Ortega,) stay healthy, and perhaps get back to doing some triathlons. He is very much enjoying his work with all the runners coming into 1st Place Sports. He particularly likes watching our young runners as they improve.

We particularly enjoy having John and his family as members and watching those extremely fast times continue! Say "Hi" to John and Denise next time you are in 1st Place Sports in Orange Park. It is very good to know that these folks are as nice as they are fast.

Run to the Sun 8K

Florida Striders
Track Club

APRIL 17, 2004



Orange Park, Florida

8K AWARDS: Top 3 Male & Female; Top Masters, Grand Masters; & **Super Grand Master (over 60) plus Top 6 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: There is no charge for the Fun Run, but all runners must complete an entry form. Ribbons awarded to all finishers.

RACE PACKET PICKUP: Day of race only. Packet pickup & day of race registration will begin at 6:30 AM.

COST: Please see the following table:

Race Entry received:	Strider or Military	Not a Strider
by April 7th	*\$12	*\$14
4/8 thru 4/16	*\$15	*\$17
Race Day	**\$20	**\$20

**Saturday, April 17,
2004 - 8:00 AM**

This is the 2004 RRCA Florida 8K State Championship Race. It starts and finishes at the Orange Park Kennel Club. USATF Certified Course (FL-02015DL) and stays off of U.S. 17

**Age Group Awards
through 6th Place!**



**Sun
TIRE**

**Mike Shad
Nissan**
269-9400

FLORIDA POWERTRAIN
& HYDRAULICS, INC.

**FREE 1 mile Fun
Run at 9:30 AM.
\$1500 for the top
5 schools with
the most finishers!**

**CENTEX
HOMES**



*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. All Day of Race entries are \$20.

Registration includes: Post-race refreshments & race results, which can be viewed at www.coolrunning.com. Run to the Sun T-Shirts are guaranteed to all pre-registered 8K entrants.

Make check payable to: Run to the Sun 8K

Mail completed application & check to:

Run to the Sun 8K
2941 Cherokee Ave. #3
Jacksonville, FL 32210

Race fees are non-refundable.

More Information: Contact Rebecca Brown at 904-954-7875, or Matt Ross at 904-268-8392, email: HartRoss@bellsouth.net. Also see www.floridastriders.com

RRCA Guidelines prohibit the use of radio headsets or other portable sound systems, wheeled conveyances (excluding racing wheelchairs) but including skateboards, roller skates or blades, baby joggers, bicycles, etc. Animals are prohibited except for trained guide dogs used by blind runners.

RUN TO THE SUN 8K & ONE MILE FUN RUN ENTRY FORM

RACE# (FSTC USE ONLY)

															Y N	
--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	-----	--

First Name										Last Name										Ever run/walked a race?	
Age		Sex		Adult Sizes (T-Shirts for 8K only)				RUN		FUN RUN (no charge)		Personal Champion				Chip # (can NOT be used for Day of Race registration)					

Street Address (include apt. number)																			
--------------------------------------	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

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

Your Signature

Date

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

Date

Make Check Payable to: Run to the Sun 8K • 2941 Cherokee Ave #3 • Jacksonville, FL 32210

Dinner Meeting with Donna Hicken by Bob Boyd



If you were there on February 26th then you already know what a good time about eighty of us had with lots of good food, delicious desserts courtesy of Sherri Alexander, fine drinks and service courtesy of the Anheuser-Busch Hospitality Suite, and, best of all, an excellent presentation by Donna Hicken. Sure, we knew she did a fine job as a News Anchor at First Coast News, but many of us learned that she is an excellent speaker, an inspiring cancer survivor, very effective in helping others deal with cancer in our area through her Donna Hicken Foundation, and a compulsive runner just like the rest of us. A special thanks to Donna for taking time to be with us and for the many who made it a good time with friends, old and new alike. Some of our Striders, Sherri Alexander, Lillian Lawless, and Vanessa Boyd, were a particularly big part of making the Strider Dinner Meeting a big success.



Strider Picnic & Board Election, March 7, 2004

The Strider Annual Picnic and Board Member Election is a fine tradition with only a little business and a lot of good food and fun. The St. Johns County Day School campus was a great location and the weather could not have been any finer. The Hash Run was not just a run, it was an Experience, complete with a stream crossing and plenty of turns and twists. The good food, drinks, games for the kids, Hash Run, and fellowship with our families and friends were enjoyed by all. We also need to recognize the Picnic committee and many other Striders listed below who really pulled together to make this year's event a success:

- | | | |
|-----------------|-------------------|---------------------------|
| • Ken Bendy | • Karin Glenn | • JD Smith |
| • Bob Boyd | • Robert Irwin | • Kent Smith |
| • Vanessa Boyd | • Ken Knight | • Patti Stewart-Garbrecht |
| • Tanys Carere | • Sarah Knight | • Frank Sutman |
| • Frank Frazier | • Lillian Lawless | |
| • Diane Grimmig | • Pat Noonan | |



Strider Wins RRCA Children's Running Developmental Award by Ken Bendy

RRCA President Freddi Carlip recently announced that Kim Tracanna of the Florida Striders Track Club was the winner of the 2003 Kurt Steiner Children's Running Developmental Award.

Kim is a long time member of the Florida Striders Track Club who never ceases to amaze people with her boundless energy, enthusiasm, and dedication to introducing children to a healthy life style. She has literally taught thousands of children to run during her 17-year tenure as a Lakeside Elementary Physical Education (PE) teacher.

Listed in the 2002-2003 "Who's Who Among American Educators", Kim's resume is impeccable! She holds a Masters Degree in Physical Education and Sports for Children and has developed and implemented numerous running, health and fitness programs in her school that were subsequently adopted county and state wide.

Her Kid's Marathon Program received the Florida Alliance for Health & Physical Education Professional Recognition Award in 2001. Additionally, Lakeside's Health and Physical Education program was named as Florida's Model Physical Education program for 2000. Kim holds more awards and honors than space in this letter permit. She has been listed in "Who's Who in

American Education" several times, was honored as the Jacksonville Track Club's "Unsung Hero", named as teacher of the year several times, and was recognized for achievement by the Governor's Council on Physical Fitness and Sports to name a few.

Her school running club, the Lakeside Pacers, has traditionally fielded over 300 participants to win top participation honors in the two largest children's runs in Orange Park. Hundreds more have participated in Jacksonville's annual Junior River Run 5K. Her students have raised thousands of dollars for charity by participating in the numerous events including the annual Relay for Life, Heart Walk, and Cystic Fibrosis Foundation's "Kids' Helping Kids" program.

A former member of the Florida Striders Women's Open team and an accomplished runner, Kim continues to lead by example in setting the standard for children's running and fitness programs! What is even more amazing is that she has accomplished all of this in spite of being legally blind.

Kim will be recognized as the winner of this prestigious award at the National RRCA Convention Awards Banquet on May 15 in Lake Tahoe NV.

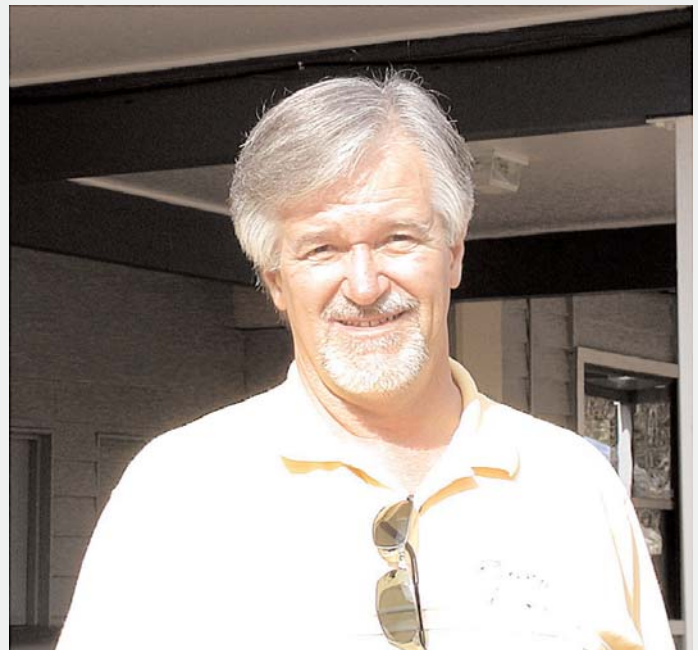
Richard Allen Honored by RRCA by Ken Bendy

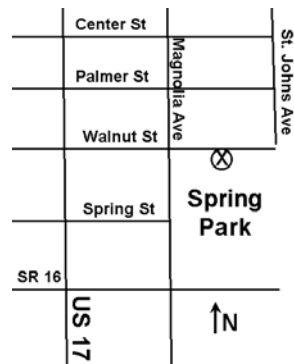
Another Florida Strider has earned the prestigious RRCA National Volunteer Award. Richard Allen has joined ranks with twenty previous Strider honorees and over nine hundred volunteers nationwide who, through the years, have contributed a minimum of two thousand hours of volunteer service to their club and the sport of running.

Richard served as Fun Run director for our weekly Saturday morning Fun Runs at the Orange Park High School track in the late 70's and early 80's, performed assorted coordinator and volunteer duties in countless club races, and was a member of the Striders' Masters racing team. He continues to support the club events as a volunteer, assists in preparing the StrideRight Newsletter for mailing each month and participates in the Sunday morning training runs.

The program was announced at the 1989 RRCA convention to recognize those who, over the years, unselfishly donate a minimum of 2000 hours of caring and hard work to promote running. Each nominee who is approved by the RRCA Volunteer Awards Committee receives a certification of recognition and an attractive award patch.

Congratulations and thanks for your devotion to the Florida Striders Track Club and the sport of running!





Monday • May 31, 2004 • 8:00 a.m.

Race starts and finishes at Spring Park in Green Cove Springs, FL
ChampionChip Timing • USA Track & Field Course Certification: #FL-02022DL.

For more information call (904) 292-1399 or email lawless@bellsouth.net

- AWARDS & REGISTRATION -

Top 3 Male & Female; Top Masters & Grand Masters; Top Male & Female Green Cove Residents plus Top 3 in each age group below, Male & Female:

10 & under	25-29	45-49	65-69
11-14	30-34	50-54	70-74
15-19	35-39	55-59	75-79
20-24	40-44	60-64	80 & over

(No multiple awards)

Walkers are invited to join us, however there will be no Walking Awards category in this race.

- RACE PACKET PICKUP -

Day of race only. Packet pickup & day of race registration will begin at 6:30 a.m..

- Regular T-shirts - Guaranteed day of race to pre-registered 5K runners.

- COSTS -

Entry Received	Strider/Military	Not a Strider
by 5/21	\$12	\$14
5/22 - 5/30	\$15	\$17
Race Day	\$20	\$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. All Day of Race entries are \$20.

Cost includes T-shirt, post-race refreshments, & race results, available at www.FloridaStriders.com.

Make check payable to: Memorial Day 5K

Mail check & entry form to:

Florida Striders - Memorial Day 5K

9748 Chesterfield Dr.

Jacksonville, FL 32257

(Race fees are non-refundable)

HEY KIDS!!! Don't forget our FREE

One Mile Fun Run with Medals to the top 100 Finishers!

It starts at 9:00 a.m. All runners must complete an entry form.

RRCA Guidelines prohibit the use of radio headsets or other portable sound systems, wheeled conveyances (excluding racing wheelchairs) but including skateboards, roller skates or blades, baby joggers, bicycles, etc. Animals are prohibited except for trained guide dogs used by blind runners.

MEMORIAL DAY 5K ENTRY FORM (You can register online at Active.com)

RACE# (FSTC USE ONLY)

First Name										Last Name										Ever run/walked a race?			
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Age		Sex		Adult Sizes				RUN		FUN RUN (no charge)		Personal Champion				Chip # (can NOT be used for Day of Race registration)							
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Telephone Number																		Fee Enclosed \$		<input type="checkbox"/> Florida Striders Track Club Member <input type="checkbox"/> Military			

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

Your Signature

Date

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

Date

Make Check Payable to: Memorial Day 5K • 9748 Chesterfield Dr, Jacksonville, FL 32257

Striders at the Gate River Run (continued from Page 1)



STRIDERS AT THE RACES

RACE RESULTS

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



TALLAHASSEE MARATHON

February 15, 2004

Sung Ho Choi 3:09:00 1st A/G
(8th O/A)

PIRATES ON THE RUN 5K

Fernandina Beach

February 21, 2004

Bill Phillips 36:45 Masters
Anthony Truitt 39:06 2nd A/G
Bruce Holmes 41:02 1st A/G
Paulette Butler 43:10 1st A/G
Robert Irvin 43:14 2nd A/G
Thom Henkel 44:34 1st A/G
Elfrieda Wyner 46:09 1st A/G
Patti Smith 52:40
JD Beck 53:16 3rd A/G
Kent Smith 53:55
Gordon Simms 53:38
Norm Wyner 1:01:42 1st A/G
Shirley Henkel 1:01:52
Elena Etter 1:01:55 2nd A/G
Al Saffer 1:12:09
Trish Kabus 1:12:58

FLORIDA GULF BEACHES MARATHON

Clearwater

February 22, 2004

Sharon Pentaleri 4:00:27 2nd A/G
(4:00 Pace Group Leader)
Gloria McNeil 5:28:40

FLORIDA GULF BEACHES 10K

Claudia French 50:24 3rd A/G

SHELL ORTEGA RIVER RUN 5 MILE

February 28, 2004

John Metzgar 26:08 Masters
Karin Glenn 29:45 1st A/G
Anthony Truitt 30:31 2nd A/G
Bill Dunn 30:40 3rd A/G
Mark Woods 30:55
Paige Ramezani 30:57 1st A/G
Bernie Candy 31:26 1st A/G
Patrick McKeefery 32:26 2nd A/G

Denise Metzgar 32:42 1st A/G
Sharon Pentaleri 32:44 2nd A/G
Paul Geiger 32:47
Steve O'Brien 33:00
Cynthia Lyons 33:37
Paul Smyth 33:37
Frank Frazier 33:43 1st A/G
Brian Smith 33:48
Gary Hallett 34:00
Lisa Sullivan 35:05 3rd A/G
Thom Henkel 35:32
Steve Bruce 35:48
Kathy Murray 35:50 2nd A/G
Elfrieda Wyner 35:57 1st A/G
Paul Berna 36:20
Bonnie Brooks 36:36 3rd A/G
Katlin Yaracs 36:40 1st A/G
Hernando DeSoto 36:40
Maura Sova 36:41
Stephanie Griffith 37:01
Tom Zicafoose 37:05
George Hoskins 37:37
Sharon Lucie 37:43 1st A/G
Alex Wester 37:47
Harry Edwards 38:14
Austin Wester 38:21 1st A/G
Ken Wilson 38:25
Kent Smith 38:29
David Kelly 38:34
Claudia French 38:44 2nd A/G
Susan Harms 39:14
Denise Dailey 39:27
Robert Turner 39:56
John Gauer 39:59
Ken Bendy 40:20
Kwan Supapan McCall 40:27

Jeanie Wilson 40:45
Steve Lucie 40:46
Melinda Terry 40:58
Jack Hayes 42:04
Nancy Harms 41:05 1st A/G
Craig Harms 41:05
Ben Holland 41:45
Jim Klein 42:08
Gary Ledman 42:08
Roberta Thomlinson 42:47
Sue Whitworth 42:56
Brian Murray 43:03
Theresa Kamajian 43:22

JD Beck 43:33
Gordon Slater 44:07
David Hastings 44:41
John Aimone 44:51 1st A/G
JD Smith 45:10
Vicki Choinski 45:11
Joe Sova 45:17
Stan Scarlett 46:43
Shirley Henkel 46:53
Bob Meister 46:50 3rd A/G
Paul Kelley 47:04
Tom Sullivan 47:26
Patty Czarnecki 49:21
Laurie Riccardi 51:09
Charles Desrosier 51:42 3rd A/G
Ginger French 52:32 3rd A/G
Freddy Fillingham 49:30
Susan Smith 53:34
Burness Morris 54:38
Beth Bolin 55:30
Al Saffer 57:11
Norma Wasson 57:41 1st A/G
Trish Kabus 58:40
George Smith 58:41 3rd A/G
George Coombes 59:30
Jerrine Hamm 100:55
Mathew Pentaleri 1:05:10
Diane Aimone 1:05:14
Brenda Schwellling 1:06:05

UNF ALUMNI SCHOLARSHIP RUN 5K

February 28, 2004

Rodney Smith 20:54 1st A/G
Randy Arend 21:22 1st A/G
Patti Smith 24:11 Masters

BLUE ANGEL MARATHON

Pensacola

February 28, 2004

Teresa Hankel 4:06:34 4th A/G

BLUE ANGEL HALF MARATHON

Elena Etter 2:08:28

(Continued on Page 13)

STRIDERS AT THE RACES

RACE RESULTS

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



ROTARY RUN 5K

Palatka

February 28, 2004

Ralph Billings 23:58 1st A/G
Jim Kehr 24:14 3rd A/G
John Carson

HARBOR FEDERAL

SANDPIPER 5K

Ormond Beach

March 6, 2004

Jim Kehr 24:54

FLEMING ISLAND 5km

Orange Park

March 6, 2004

John Metzgar 16:30 1st O/A
Denise Metzgar 20:17 1st O/A
Female
Konner Sawicki 20:43 1st A/G
Frank Frazier 21:17 1st A/G
Danny Weaver 22:51 2nd A/G
Kent Smith 24:12 2nd A/G
Teresa Hankel 24:48 2nd A/G
JD Beck 25:47 3rd A/G
Randy Arend 25:29
Scott Arend 25:34
Robert Grimmig 26:53
Tom Sullivan 29:41
Dotty Cahill 30:43 2nd A/G
Freddy Fillingham 30:59
Carolyn Komperda 31:48 1st A/G
Linda Wolfenbarger 31:51
Wayne Wolfenbarger 31:53
Margaret Tyburski 31:54
Sally Sawicki 34:41
Al Safer 35:22 2nd A/G

EYE OF THE DRAGON 10K

Melbourne

March 7, 2004

Thom Henkel 45:23 1st A/G
Shirley Henkel 1:02:57

GATE RIVER RUN 15K

Jacksonville
March 13, 2004

John Metzgar 51:06 2nd A/G
Bill Phillips 56:04 5th A/G
Frank Sutman 56:11
Karin Glenn 57:32 3rd A/G PR
Anthony Truitt 57:38
Mark Woods 58:27
Bill Dunn 58:38
Page Ramezani 58:57
Patti Stewart-Garbrecht 59:33
Bernie Candy 1:01:08 4th A/G
John Heisner 1:01:44
Steve O'Brien 1:02:45
Patrick Gaughan 1:02:49
Bruce Holmes 1:03:04
Dave Geraci 1:03:13
Denise Metzgar 1:03:15
John Craddock 1:03:34
Paul Geiger 1:03:52
Paul Smyth 1:03:56
Sharon Pentaleri 1:04:02
Ray Garcia 1:04:18
Terry Sikes 1:04:58
Darcy Scarlett-Jeffers 1:05:12
Paulette Butler 1:05:53 1st A/G
Robert Walker 1:05:56
Patrick McKeefery 1:05:56 PR
Cynthia Lyons 1:06:12
Gary Hallett 1:06:40 PR
Frank Frazier 1:06:42 2nd A/G
Alberto Gonzales 1:06:48 PR
Randy Arend 1:06:54
Rexx Weir 1:07:06
Tanys Carere 1:07:07 PR
Wendy Patterson 1:07:09
Rodney Smith 1:07:10
Thom Henkel 1:07:29 3rd A/G
Karl Gutekunst 1:07:35
Del Conner 1:08:04
Kim Ball 1:08:44
Bob Kennedy 1:09:05
Kathy Murray 1:09:30
Elfrieda Wyner 1:09:48 1st A/G
Stephanie Griffith 1:09:55
Hernando DeSoto 1:10:06 PR
Regina Sooy 1:10:06
David Stanley 1:10:10

Steve Imus 1:11:18
Tony Nading 1:11:22
Taylor Kennedy 1:11:23
Kimberly Patterson 1:11:39
Bonnie Brooks 1:11:40
Steve Bruce 1:11:43
Kaitlin Yaracs 1:11:45 1st A/G
(age 12)
Ted Algire 1:12:41
Cynthia Maerz 1:12:43
Matthew Jung 1:12:43
Maurya Sova 1:12:45
Brian Smith 1:12:45
Thom Zicafoose 1:13:13
Sharon Lucie 1:13:18 5th A/G
John DeAntonis 1:13:24
Ann Jacola 1:13:26
David Rigdon 1:13:35
Danny Weaver 1:13:49
Kim Crist 1:14:09
Joseph Young 1:14:25
Jan Taylor 1:14:32
George Hoskins 1:14:51
Ken Wilson 1:15:03
Dan Ovshak 1:15:12
Harry Edwards 1:15:18
Susan Harms 1:15:44
Richard Horton 1:15:56
Billy Jones 1:16:19
Robert Frary 1:16:25
Jim Klein 1:16:30
John Powers 1:16:49
Gretchen Ehlinger 1:16:52
Sarah Sheppard 1:17:24
John Gauer 1:17:25
Denise Dailey 1:17:27
Kent Smith 1:17:31
Lewis Buzzell 1:17:37
Jim Hoffman 1:17:41
Brian Murray 1:17:44
Kellie Howard 1:17:52
Mark Sawicki 1:17:54
Gordon Simms 1:18:15
James Gostage 1:18:23
Steve Lucie 1:18:38
Elbert Shubert 1:18:48
Everett Crum 1:19:26 5th A/G
Randy Pullo 1:19:32
JD Beck 1:19:37
Augie Leone 1:19:43 4th A/G PR!
David Kelley 1:19:54

(Continued on Page 14)

STRIDERS AT THE RACES

RACE RESULTS

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



Jack Hayes	1:20:25	Roxanne Slater	1:28:46	Gloria McNeil	1:46:25
Melinda Terry	1:20:28	Shirley Henkel	1:29:04	Tom Sullivan	1:46:25
Chuck Bryner	1:20:37	JD Smith	1:29:16	Jerry Nealey	1:46:26 Blind
Nancy Harms	1:20:43 4th A/G	Vicki Choinski	1:29:19		Runner
	(age 9)	Claudia French	1:30:04	Hal Higdon	1:47:25
Craig Harms	1:20:43	James Renninger	1:30:19	Trish Kabus	1:47:36
Virgil Brenner	1:20:54	Gary Burdett	1:30:25	Bill Zipperer	1:47:55
Rick Sheets	1:20:50	John Aimone	1:30:31	Doug Barrows	1:48:12
Melissa Gostage	1:21:07	Elena Etter	1:30:44	Rebecca Brooks	1:49:50
Bobby Green	1:21:36	Robert Meister	1:30:54	Jack Stanley	1:49:53
Jim Kehr	1:21:37	Glenn Landers	1:31:04	Joe Blewett	1:49:54
Sue Whitworth	1:21:41	Linda Wolfenbarger	1:31:47	Bill Mitchell	1:50:04
Eric Bush	1:21:46	Gordon Slater	1:32:06	Dennis Lane	1:50:05
Ronald Rascoe	1:21:57	Joe Sova	1:32:09	Winney Yaun	1:50:53
Kwan Supapan McCall		Stan Scarlett	1:33:07	Nadine Thomas	1:50:57
	1:22:03	Will Tomlinson	1:33:?? Forgot	Maryann Bolin	1:51:01
Leslie Doucette	1:22:04		chip, stopped to help injured runner	Burness Morris	1:51:11
Jeanie Wilson	1:22:06	Angela Chesser	1:33:31	Gary Holtum	1:52:26
Bernie Gross	1:22:21	Linda Yow	1:33:43	Norma Wasson	1:53:02 3rd A/G
Katie Yaun	1:22:22	Alan Phillips	1:34:46	Dave Caldwell	1:53:48
Kim Cornell	1:22:26	Gary Lewis	1:34:55	Bob Moyer	1:53:48
Ken Bendy	1:23:11	George Martin	1:34:56	Irene Herbertson	1:53:55 2nd A/G
Amy Young	1:23:34	Kimberly Sumrall	1:35:03	Freddy Fillingham	1:56:40
Barry Marquart	1:23:35	Tania Woodrum	1:35:09	George Coombes	1:57:37
Harold Dubon	1:23:39	Paul Kelley	1:35:23	Dionne Blodgett	1:57:55
Susan DeMeza	1:24:17	Jim Kelley	1:35:28	Dee Robertson Lee	
Kacee Bryner	1:24:24	Jonie Davis	1:36:14		1:58:02
Grady Pauley	1:24:39	Patty Czarnecki	1:36:45	Ken Knight	1:58:31
Tom Yaun	1:25:14	Linda Haberlin	1:37:06	Al Saffer	1:58:54
Ralph Billings	1:25:20	Rick Haberlin	1:37:06	Jerrine Hamm	2:02:15
Roberta Tomlinson	1:25:44	Susan Gostage	1:37:55	Stephen McClung	2:03:14
Joanne Harris	1:25:57	Leo Sheckells	1:37:58	John Bowsman	2:04:07
Ray Moore	1:26:25	Gene Petree	1:38:15	John Daniels	2:05:09
Ed Kelly	1:26:26	Norm Wyner	1:38:16	Barbara Gilbert	2:13:16
Kevin Terry	1:26:26	Pat Noonan	1:39:16	Tellis Martin	2:13:24 (age 84)
Sally Trupiano	1:26:43	Rusty Perry	1:39:32	George Obi	2:15:26
Anthony Trupiano	1:26:45	Billy Fehers	1:39:39	Robert Hernandez	2:17:38
Gerry Tyburski	1:26:46	Denise Williams	1:39:57	Renee Kulik	2:20:59
Ben Holland	1:26:48	Margaret Tyburski	1:41:14	Diane Aimone	2:21:00
Kitty Spilman	1:27:07	Carolyn Komperda	1:41:33	Katie Stanley	2:21:22 PR
Rex Patterson	1:27:35	Rebecca Brown	1:42:09		1st River Run Age 11
Robert Grimmig	1:27:38	Martha Robbins	1:42:33	Susan Stanley	2:21:27
Hardie Alexander	1:27:51	Nancy Pullo	1:42:49	Danette Hernandez	2:28:19
Roy Wood	1:27:51	Charles Desrosier	1:43:14	Dot Mitchell	2:30:16
Dana Coleman	1:27:55	Laurie Riccardi	1:43:56		
Wayne Wolfenbarger		Dan Lee	1:44:32		
	1:28:07	Bill Zipperer	1:44:54		
Maria Spellman	1:28:16	John Nalley	1:45:05		
Kitty Spilman	1:28:25	Harry Hooker	1:45:35		
Gary Ledman	1:28:29	Ginny Frary	1:45:56		
David Hastings	1:28:35	Joy Hamilton	1:46:16		

11 Florida Striders over 70 ran the Race! Tellis Martin, 84 was the oldest!

MILE MARKER MUSINGS By Robert Glenn

Greetings from Dallas, Texas! I haven't been on the racing scene in Jacksonville but I've been keeping up with goings on thanks to my sources. Now, on to the results.

First race up is the **Pirates on the Run 5K** which was in Fernandina Beach on the 21st of February. Top Strider was **Bill Phillips** with a 36:45, which was also good for the masters male title. Our fastest female Strider was **Paulette Butler**, who clocked a 43:10 and earned first in her age group. Other Striders taking age group top honors included **Bruce Holmes, Thom Henkel, Elfrieda Wyner**, and **Norm Wyner**.

The **Shell Ortega River Run 5 Miler** took place on the 28th of February in Ortega. Great turnout with over 80 Striders finishing the race. The fastest male Strider was **John Metzgar** running a 26:08 and winning the male masters division. Fastest female Strider was **Karin Glenn** with a 29:45, which was good for first in her age group.

The Striders who won their age groups included **Page**

Ramezani, Bernie Candy, Denise Metzgar, Frank Frazier, Elfrieda Wyner, Kaitlin Yaracs, Sharon Lucie, Austin Wester, Nancy Harms, John Aimone, and Norma Wasson.

The **UNF Alumni Scholarship Run** was held on the 28th of February. **Rodney Smith** was our fastest Strider with a 20:54 and 1st in his age group.

Patti Smith was our top female Strider with a 24:11 and top masters female. **Randy Arend** also took 1st in his age group.

The **Rotary Run 5K** was held in Palatka on the 28th of February. **Ralph Billings** was our fastest Strider with a 23:58, which was good for first in his age group.

On the 6th of March, the **Fleming Island 5K** was held in Orange Park. **John Metzgar** took top Strider honors with a 16:30, which also earned him 1st place overall. **Denise Metzgar** was our fastest female Strider with a 20:17, which earned her 1st overall woman. Other



(Continued on Page 20)

Welcome New Members!

- Regina Sooeey
- Sheryl Trevino

Welcome Back Renewing Members!

- | | | |
|---------------------------------|-------------------------|-----------------------------|
| • Randy & Krissa Arend | • Stephany Holt | • Barbara Probst |
| • Paul Berna | • Richard Horton | • Ronald Rapaport |
| • Paulette Butler | • George Hoskins | • David Rigdon |
| • David Caldwell | • Ruth Hume | • Edward Schmidt |
| • Tanys Carere | • Trish Kabus | • Elbert & Linda Shubert |
| • Vicky & Tori Connell | • Jim Klein | • Patti & Rodney Smith |
| • Denise Dailey | • Jack Knee | • Kent Smith |
| • Judith Daniel | • John Knee | • James & Debbie Smith |
| • Paul & Gene Geiger | • Peg Lawson | • Nadine Thomas |
| • Michelle Guyot | • Patt McEvers | • Gerry & Margaret Tyburski |
| • Glenn Hanna | • Dick & Elke Miller | • Wayne & Linda |
| • David & Kathy Hastings | • Kathy Murray | Wolfenbarger |
| • Jim, Rob, John & Mike Hoffman | • Rex & Wendy Patterson | |
| • Thomas Hoffman | • Grady Pauley | |
| | • Bill Petrie | |

Now Hear This - Just Say No To Headphones

by James Raia

(The article originally was distributed by the Los Angeles Times Syndicate.)

Sometimes even the most dedicated fitness enthusiasts have difficulty getting motivated for a workout. On these occasions, the music provided by portable headphones can provide a welcomed boost.

But the user must beware. Whether you're an avid runner, walker, aerobics participant or even ride a stationary bicycle, prolonged use of stereo headphones, particularly at high volumes, can cause hearing loss.

Hearing deficiencies, however, shouldn't be the only concern for stereo headphone users. The use of Walkman-type radio and cassette players also increases the chances of a potential accident with another athlete or an attack.

During a study conducted as a former associate professor of speech pathology and audiology at the University of Nevada-Reno, Richard Navarro reported that listening to music at high volumes can double the risk of permanent hearing loss.

According to Navarro, hearing loud noises triggers a release of adrenaline in your body. The adrenaline rush causes a constriction of the blood supply to your ears and diverts it to the arms, legs and heart as part of the body's "fight-or-flight" response. Likewise, during aerobic exercise, blood is also diverted from the ears to the extremities — the parts of the body requiring nutrients.

And although either exercise or noise can restrict blood flow to the inner ear, together they cause quicker and more damaging results, including the loss of inner-ear hair cells or cilia that help transmit vibrations.

During his study, Navarro examined the effects of 51 varieties of Walkman-type stereos. "At full volume, some of the units produced 131 decibels," said Navarro in his report summarized in Runner's World magazine "That's like standing next to a shotgun blast and it's just under the noise level produced by a jet engine."

At lower volumes, many stereo headphone units still generate noise volumes similar to those of a passing subway train or a chain saw.

For those unwilling to give up their headphones during exercise, Navarro suggests using personal stereos for no more than one hour per day at half volume.

Less expensive models are also recommended since expensive units have more fidelity and are more powerful. "One unit I bought for \$15 was safe at two-thirds volume while most units costing \$100 or more were not," reported Navarro.

Amy Counihan, a clinical audiologist in Duluth, Minn., said hearing loss caused by stereo headphones is not an immediate condition, but a problem that develops

with prolonged use.

Early signs of potential hearing loss include ringing or buzzing in your ears or difficulty hearing speech in background noise, sometimes called "cocktail party noise" or "cafeteria noise." Additionally, failure to hear high frequencies such as a bird's song or a voice on the telephone are reasons for concern.

"It's like going to a loud concert and the next day hearing a ringing in your ears," said Counihan. "You think, 'it's not going to happen to me' because it's not a day-to-day thing. But it happens over a number of years. It's like going to the concert with a dollar in your pocket. When you come home you have 99 cents. The next time, you have 98 cents."

Counihan also warned that improved technology has unfortunately enhanced the problem. "The music sounds so much better than you're used to hearing on a car radio or even at home," said Counihan. "In fact, the sound is so much better than you're used to, you turn up the volume. That's when the problems start."

If a person standing next to you can hear the music while you're wearing headphones the volume is too high, according to Counihan.

Exercise enthusiasts who use stereo headphones for outdoor activities also greatly diminish their ability to hear outside noise sources.

A runner using headphones on a bike trail, for example, has little chance to hear an oncoming cyclist who may wish to pass. Without knowing the cyclist is present, a runner could suddenly change position on the trail, resulting in a collision. It's no coincidence that many county ordinances now prohibit wearing headphones while riding a bicycle on public access trails and roads.

But perhaps the most foolhardy but common practice is the use of headphones by runners, particularly women, while training alone. A runner or cyclist simply has little chance to hear a possible attacker while wearing headphones.

Not surprisingly, the use of headphones is strongly discouraged by the Road Running Club of America, the country's largest running association, and by many other fitness-oriented organizations.

For more information about the hazards of headphone use, contact your local audiologist or the Road Running Club of America, 1150 S. Washington Street, Suite #250, Alexandria, Va., 22314, (703) 836-0558.

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Lose Something at the Gate River Run?

No, I am not referring to a few pounds of sweat, or worse. This is in the category of "I had it when I got to the Strider Tent but can't seem to remember picking it up!"

Stan Scarlett, in addition to being a tent organizer without equal, also retrieved and saved several items left in and around our tent. Here's the list:

- A pair of Asics running shoes, 8 1/2 Runner # 4429,
- Green Winter Beaches Run shirt,
- Blue warm up pants.

Want to Really Enjoy A Race?

Sure, running races is great and I recommend it highly. However, if you want to really enjoy a race you have got to try volunteering or come back for more if you are a veteran. Some of the perks are: 1) You feel really good afterwards; 2) You

see how those gazelle like creatures look as they finish (they really do have front sides); and 3) It is fun and rewarding. The Run to the Sun race director could use your help. Please call Rebecca Brown at 954-7875 (work) or 388-4245 (evenings.)

Strider Mission Statement

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

To attain this objective we will:
Present high quality road races.

- Conduct training and fun runs.
- Provide a social medium for exchange of ideas and information.
- Publish a monthly newsletter
- Encourage community involvement.
- Conduct informative general meet-

Like to save some expense? Do color pictures & graphics appeal to you? If you think you look good in B&W you should see how stunning you come across in full color! Please try the email version of the StrideRight Newsletter (a pdf file). Just drop Tanys a note at tcarere@hotmail.com or call 880-4414.

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
Apr. 3	Navy Run 10K	7:30 a.m.	NAS Jacksonville Civilians must be accompanied by Military or DOD ID Card Holders. Vehicles must have DOD Decal for base entry	(904) 542-3518 dmillhol@nasjax.navy.mil 1st Place Sports
Apr. 3	Performance Springin' the Blues 5K	10:30 a.m.	Red Cross Life Saving Station Jax Beach	(904) 285-1552
Apr. 3	Catfish Run 5K	8:00 a.m.	Crescent City	(904) 736-0002
Apr. 10	CASH in the Spring 5K	8:30 a.m.	Southside Blvd N. of JTB, Jax	(904) 739-1917
Apr. 10	Easter Beach Run 4 Mi.	3:30 p.m.	Daytona Beach	(386) 248-DBTC
Apr. 17	Run to the Sun 8K RRCA State Championship	8:00 a.m.	Orange Park Kennel Club, US 17S & Wells Rd, Orange Park	(904) 268-8392 HartRoss@bellsouth.net Florida Striders Track Club
Apr. 23	All Comers Track Meet	7:00 p.m.	Bolles School San Jose Blvd, Jax	((904) 384-TRAK Jacksonville Track Club
Apr. 24	Performance BeachFest 5K	10:00 a.m.	Red Cross Life Saving Station Jax Beach	(904) 285-1552
Apr. 24	Beach Run 2004 5K	7:30 a.m.	Ocean Trace Beach Ramp St. Augustine Beach	(904) 471-1866
May 1	Sunbeam 5K	8:00 a.m.	Community Hospice, 4266 Sunbeam Rd, Jax	(904) 596-6359, dlewis@communityhospice.com
May 1	Shrimp Festival 5K	8:00 a.m.	Main Beach, North Fletcher, Fernandina Beach	(904) 261-1080
May 1	Stouffer's 5K	9:00 a.m.	Beachers Lodge, St. Augustine	
May 2	Dare To Go Bare 5K	8:30 a.m.	Lake Como Resort, Lutz	(813) 949-1810 Lake Como Nudist Resort
May 8	Race To Prevent Homelessness 5K	8:00 a.m.	Bishop Snyder H.S, 103rd St, Jacksonville	(904) 387-0528
May 8	Masters Track Meet	4:00 p.m.	Bolles School, San Jose Blvd., Jax	((904) 384-TRAK Jacksonville Track Club
May 15	Race for Love 5/10K	8:00 a.m.	Holiday Inn, St. Augustine Beach	(904) 808-8544, development@bettygriffinhouse.org
May 15	Ravines Run 5 Mile Cross Country	7:00 p.m.	Ravines Country Club, Middleburg	(904) 743-3161 Jacksonville Track Club
May 31	Memorial Day 5K	8:00 a.m.	Spring Park, Green Cove Springs	(904)292-1399 lawless@bellsouth.net Florida Striders Track Club
Sep. 11	Autumn Fitness 5K	8:00 a.m.	Orange Park Kennel Club, US 17 & Wells Rd, Orange Park	(904) 268-6272 stanscarlett@msn.com Florida Striders Track Club
Nov. 6	Hog Jog 5K	9:00 a.m.	Ronnie VanZant Park Sandridge Road Lake Asbury (Middleburg)	(904) 728-6830 Stevebruce@comcast.net Florida Striders Track Club

Pictures are great in the Newsletter but there are literally hundreds more, and in full color, on our Website at: www.FloridaStriders.com. Check it out!

GROUP TRAINING RUNS

DAY	TIME	DISTANCE	JACKSONVILLE AREA	CONTACT
Sunday	6:30 AM	5 to 10 Mi. Various pace groups	Atlantic Beach Sea Turtle Inn	Jakson Badenhoop (904) 285-1552 jaksonba@ilnk.com
Sunday	6:30 AM	6 to 20 Mi. Various pace groups	Orange Park Sun Tire Blanding Blvd.	Hardie Alexander (904) 264-5154 halex1953@aol.com
Sunday	10:00 AM	3-8 Mi. Trail Run	Ponte Vedra Guana State Park	Craig O'Neal (904) 285-9097 autofinanceman@yahoo.com
Monday	6:30 PM	3 to 7.5 Mi. Easy pace	Jacksonville Gazebo Mall	Bernie Gross (904) 272-5995 berniegross@juno.com
Monday	5:30 PM	6 Mi. Downtown Bridges	Jacksonville Charthouse Rest. parking lot	Karin or Rob Glenn (904) 886-4095
Weds.	5:30 PM	Interval Training	Jacksonville Bolles School San Jose Blvd.	Bob Carr (904) 743-3325
Weds.	6:00 PM	6.5 Mi. Easy pace	Jacksonville Boone Park Riverside	Bernie Gross (904) 272-5995 berniegross@juno.com
Weds.	6:20 PM	Varied Distances/paces	Ponte Vedra Beach Saw Grass Village next to Flamers	Jakson Badenhoop (904) 285-1552 jaksonba@ilnk.com Call/email to confirm last minute changes
Weds.	6:30 PM	5-8 Mi. (Prediction Run/JTC social 3rd Wed.)	Ponte Vedra Beach Saw Grass Village, Aqua Grill	Contact Dave Gottschalk Email: davegott@comcast.net
Thursday	6:00 PM	5 Mi.	Gracor Fitness Ctr. 1950 San Marco	Brett Chepenik (904) 398-6442
Thursday	6:20 PM	Varied distances	Jacksonville Beach SeaWalk Pavilion	Jakson Badenhoop (904) 285-1552 jaksonba@ilnk.com Call/email to confirm last minute changes
Sunday	6:00 AM	10 to 20 Mi. Varied pace	Green Cove Springs Lamont & St. Johns Ave.	Jack Hayes (904) 284-2105. Call to Confirm runanride@hotmail.com

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

Please Print

Application for Membership FLORIDA STRIDERS TRACK CLUB

New ☐
Renewal ☐

Name: Last _____ First _____ M.I. _____

Address _____ # in Family _____

City/State/Zip _____ Spouse's Name _____

Phone: Home _____ Birthdate(s) _____

Phone: Work _____

E-mail _____

Signature _____

Date _____

Annual Dues:

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

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

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road or the traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, The Florida Striders Track Club, and all sponsors, their representatives and successors from all claims and liabilities of any kind arising out of my participation in these club activities, even though that liabilities may arise out of negligence or carelessness on the part of the persons named in this waiver. Rev. 12/01

Mile Marker Musings (continued from page 15)

Striders that ruled their age groups included **Konner Sawicki**, **Frank Frazier**, and **Carolyn Komperda**.

Finally, the biggest race of the year in Jacksonville, the **Gate River Run** held this year on the 13th of March. We have almost 240 Striders listed on our results page. Nice job to everyone that ran the race. Our fastest Strider was **John Metzgar** who ran a 51:06. Fastest female Strider was **Karin Glenn** with a 57:32. Striders who took first in their age group, quite an accomplishment with the size of the field, included **Paulette Butler**, **Elfrieda Wyner**, **Kaitlin Yaracs**, and **Katie Stanley**. We had 11 Striders who are over 70 run the race. **Tellis Martin** gets special mention at 84 years young. Nice going to everyone.

On the Road -

First up, we missed listing **Denise Dailey** in last month's StrideRight since she didn't end up on the StriderMan and her chip was keyed in wrong leaving her not listed on the internet results. We hate to miss anyone, so please email us if you miss the StriderMan or have some kind of trouble with your results.

Sung Ho Choi (they call him Bruce) ran the Tallahassee Marathon on the 15th of February and clocked a 3:09, which was good for first in his age group and 8th overall, nice running Bruce.

We had 3 Striders travel to Clearwater for the Florida Gulf Beaches runs on the 22nd of February. **Sharon Pentaleri** ran the marathon in 4:00:27 which earned her a 2nd in her age group (not bad when you can run as the 4:00 hour pace group leader for the race AND bring home an age group award.) **Gloria McNeil** ran a 5:28:40 for the marathon. **Claudia**

French (who kept me company for 5 miles of the Winter Beaches 10 miler a few months back, thanks by the way) finished the 10K in 50:24, which was good for 3rd in her age group.

Teresa Hankel ran the Blue Angel Marathon on the 28th of February in Pensacola and finished with a 4:06:34 which was good for 4th in her age group. **Elena Etter** ran the half, in 2:08:28.

Teresa Hankel also ran P.F. Chang's Rock'N'Roll Marathon in 3:58 on the 11th of January. As a result of all of her marathoning she picked up the Grand Slam Award from Elite Racing for having completed four musical marathon events in one calendar year. Nice running Teresa.

Jim Kehr ran the Harbor Federal Sandpiper 5K in Ormond Beach on the 6th of March and posted a 24:54.

We had two Striders make the trip down to Melbourne for the Eye of the Dragon 10k. **Thom Henkel** ran a 45:23 which earned him a 1st in age group while **Shirley Henkel** finished in 1:02:57.

As always, the best way to get your results included in the StrideRight is by signing up on the Striderman, which Al Saffer takes to most of the local races. Just look for the scary skinny guy with PVC arms and a bright yellow Strider t-shirt. If you miss the Striderman, you can email me at StriderResults@aol.com. A note on that email, I only use it for writing this column. As a result, I usually only check it a day or two before I write my column and only once a month at that. If you have something of a time critical nature or need to get something to one of the club board of directors, all of our emails are listed on the Strider website, that being www.floridastriders.com.

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

e-mail (preferred):

StriderResults@aol.com

or snail mail to:

4329 Carriage Crossing Dr.

Jacksonville, FL 32258

or give me a call at

(904) 886-4095



www.floridastriders.com

You can contact us via e-mail at:
halex1953@aol.com

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>