



Volume 23, Number 9

STRIDERIGHT

Florida Striders Track Club



www.floridastriders.com



September 2004

Strider Rockin N' Runnin in San Diego by John Heisner

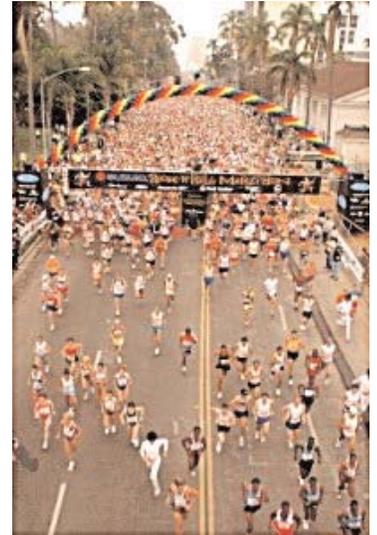


known as the San Diego) Marathon that Frank Sutman wrote about in the Strideright 5 or 6 months ago. The Rock 'N' Roll Marathon takes place in early June, occurs in downtown San Diego, and usually has close to 20,000 participants.

In preparation for the marathon, I joined a training group (Rockin 'N' Runnin) and began structured track workouts and long runs. As I haven't yet developed a taste for solo runs over 10 miles, the group training runs helped out

Since relocating to the San Diego area from Jacksonville last summer, the one event that I had looked forward to running was the Rock 'N' Roll Marathon. This is not to be confused with the Carlsbad (formerly

quite a bit. The group of roughly 350 runners is comprised primarily of novice marathoners although there are also a few sub 3 hour marathon veterans and all levels in between. In addition to the social aspect, it was nice to have water stops and a variety of running routes to try throughout the area. Lastly, the training group develops and maintains an awesome website with an active message board, marathon articles, route maps, workout schedules, and slideshows.



Back to the race. The good news is that the race starts at 6:45 AM. This means that the weather should cooperate most years. Contrary to popular belief, San Diego isn't sunny all of the time. During late May and June,

(Continued on page 4)

What's Inside?

Prez Sez	2
Minutes to Board Meeting	2
Board/Key Members/Sponsors	3
Sunburst Hall of Fame Races	5
Girls on the Run	5
Autumn Fitness 5K Race Flyer	6
Hog Jog Race Flyer	7
Striders at the Races	8
New Members	8
Race Calendar	9
Renewing Members	9
Group Training Runs	10
High Quality Strider Logo Shirts	10
Membership Application	10
Mile Marker Musings	11
Sept. Dinner Meeting with Todd Williams ..	11

UPCOMING SOCIALS

You do not want to miss either of these events.

Thursday, 9/16: join us for a great dinner social at the Anheiser Busch Hospitality Suite. Social begins at 6:00 p.m. and the Italian buffet at 6:30 p.m. We can all meet and hear Todd Williams, five time winner of the Gate River Run. RSVP now to make sure you have a seat! See page 11 for all the details.

Sunday 10/3 at 8:00 a.m: The 26th Anniversary of the Sun Tire Run is an annual favorite and we all enjoy the way Jenny Allen spends "Jenny's Pennies" on our collective behalf. Don't miss the socializing, good food, and good drinks. Please see page 5 for all the details. The group training run still starts at 6:30 - no sleeping in for you!

Prez Sez

By Bob Boyd



While we dodged a big weather bullet last month with Hurricane Charlie, our thoughts, prayers, and support go out to those less fortunate. Thanks to Lou and Warner Millson being all ready for us to socialize at their home on Doctor's Lake only to have a late cancellation because we had so many preparing for the worst and hoping for the best with Hurricane Charlie.

Speaking of the best, we have the owner of the best time ever on the Gate River Run course AND five time winner, Todd Williams, joining us for dinner at the Busch Hospitality Suite on September 16th. We feel very fortunate to have Todd speaking that evening and sharing time with us all. Please see the information elsewhere in this issue to get a check to Kent Smith, our Social Coordinator, to make sure you can join us for the Italian buffet, a great presentation, and did I mention complimentary beer and/or soft drinks?

We also have a very special occasion this month on September 11th. The 2004 Autumn Fitness 5K will be dedicated to the memory of the race's founder, Coach Chuck Cornett. Our intrepid Race Directors, Bobby Greene and Stan Scarlett, will present another fine event. Need a little more encouragement to jump in? How about a well organized Grand Prix event along the prettiest course around, and a complimentary meal from Carrabbas for all the 5K runners? This year's race will feature a One Mile Fun Run which should draw over a 1000 finishers again this year! Thanks to the generosity of the Orange Park Kennel Club we will be able to provide \$1800 in prize money directly to the athletic programs of the six schools with the best participation in the event. Thanks to the support of our many sponsors, racers, and volunteers we should exceed \$7000 in expenditures that directly support children's programs and scholarships in our area this year. We hope to

(Continued on page 12)

Board of Directors' Minutes, 8/10/04

Bob Boyd called the meeting to order at 7:00 PM. All directors were present.

Treasurer's report/Budget update:

Warner distributed the 2004 budget (actual vs. expected) updated through August, along with a detailed list of the club's cash disbursements. He projected the club will be approximately \$2,700 ahead of budget by the end of the year. The August treasurer's report was filed as written.

Minutes/Action items:

One correction is needed to last month's minutes – the 2nd sentence in Memorial Day final accounting report should read '...with \$140 of additional membership collected' (actual on-line registration revenue was \$1,442). The minutes were approved with this correction.

Action item – Tanys requested that Ken review the wording on the membership renewal form as he did for the race waiver.

Hog Jog budget review:

Bob distributed the 2004 Hog Jog proposed budget. 150 finishers are estimated, with \$750 in sponsorship projected. Steve may need help finding sponsorship for the race.

Refreshment vendor proposal:

The board discussed the possibility of having a shaved-ice vendor at the Autumn Fitness 5K. Points made for and against included runners not having cash on hand, the race already has refreshments, but families not running the race could purchase the shaved ice. John P. made a motion to turn the decision over to the race directors provided that they are aware of the issues involved and contingent on the permission of the Kennel Club. The motion passed unanimously, and the board felt that the ideal scenario would involve some level of sponsorship from the vendor.

Swimming Pen Creek Elementary request:

The club received a funding request from Swimming Pen Creek Elementary to purchase 125 t-shirts to start a running program for the new school. So far the club has spent approximately half of the \$1,600 budgeted for children's running this year. A motion was made to donate \$500 to the school and it passed unanimously.

Children's running committee:

Bob proposed the creation of a small committee to develop a system and/or set guidelines for how the club supports children's running. Bob, Warner, Patti, Jeannie, Vanessa, Julie, Gary and John C. volunteered to be on the committee.

Multi-year membership status:

Tanys reported that so far 8 families have signed up for 2-year and 11 for 3-year memberships. The club has gotten about 30 new members this year. There was some discussion regarding how to reflect the multi-year memberships in the budget.

(Continued on page 4)

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

President & Newsletter Editor: *Bob Boyd
(H) 272-1770(W) 272-1770
email: BobBoydFL@comcast.net

Vice President: *John Powers
(H) 264-8026(W) 354-5691
email: john.powers@floridapowertrain.com

Secretary: *Karin Glenn
(H) 886-4095(W) 399-5888x1418
email: tortille@aol.com

Treasurer: *Warner Millson (H) 264-4089
email: wmillson@comcast.net

Memorial Day 5K Co-Director:
*Frank Sutman(H) 292-1399
email: lawless@bellsouth.net

**Information Coordinator/
Memorial Day 5K Co-Director:**
*Lillian Lawless(H) 292-1399
email: lawless@bellsouth.net

Membership Director:
*Tanys Carere(H) 880-4414
email: tcarere@hotmail.com

Equipment Coordinator & Webmaster:
*J.D. Smith(H) 264-1673
email: smithj53@bellsouth.net

StrideRight Editor Asst & Photographer:
*Vanessa Boyd (H) 272-1770
email: bobboydFL@comcast.net

Mile Marker Musings Columnist:
*Robert Glenn(H) 886-4095
email: orrus@aol.com

Monthly Social Coordinator: *Kent Smith
(H) 284-6634 email: kent1273@aol.com

Children's Run Coordinator:
*Patti Stewart-Garbrecht (H) 541-1303
email: epstewart2002@yahoo.com

**Merchandise & Doctors Lake Drive Trail
Mntc. Coordinator:**
*George Hoskins(H) 264-4372
email: ghoskins@bellsouth.net

Directors at Large:
*John Craddock(H) 399-4073
email: jacraddock@comcast.net
*Gary Hallett(H) 292-2793
email: ghall32447@aol.com
*Julie Runnfeldt(H) 264-8649
email: jrunnfeldt@aol.com
*Jeanie Wilson(H)288-0634
email: kjwilsonesq@netscape.net
*Ken Wilson(H) 288-0634
email: kjwilsonesq@netscape.net

Autumn Fitness 5K Co-Director:
Bobby Greene(H) 262-1663
email: BEG50@MSN.com

Newsletter Circulation Manager:
Jenny Allen(H) 269-1226
email: RichJenRun@comcast.net

Hog Jog Director/Race Refreshments:
Steve Bruce (H) 728-7759
email: stevebruce@comcast.net

**Autumn Fitness 5K Co-Director &
River Run Hospitality Tent Coordinator:**
Stan Scarlett(H) 994-2687
email: stanscarlett@msn.com

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

Run to the Sun Co-Director:
Rebecca Brown(W) 954-7875
email: rebeccalynnbrown@comcast.net

Run to the Sun Co-Director:
Matt Ross(H) 268-8392
email: HartRoss@bellsouth.net

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

Scholarship Coordinator
Tom Sullivan(H) 298-3220
email: msull10166@cs.com

SUPPORT OUR SPONSORS... THEY SUPPORT OUR SPORT



**Sun
TIRE**
Run to the Sun

Mike Shado Nissan
269-9400
Run to the Sun

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

**CENTEX
HOMES**
Run to the Sun 8K

citistreetSM
A State Street and Citigroup Company
Memorial Day 5K



**CARRABBA'S
ITALIAN GRILL**
Autumn Fitness 5K

Ronnies
Wings & Oyster Bar
Green Cove Springs, Florida
Memorial Day 5K

**COOL
ZONE**
Memorial Day 5K



VAC-CON
Memorial Day 5K



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

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

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

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

FAGAN & BROUSSARD
INJURY ATTORNEYS
John Fagan, P.A.
278-6000
Autumn Fitness 5K

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

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



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

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

**General
Truck**
Equipment &
Trailer Sales,
Inc.



**Publix
Supermarket
Charities**



**Village Bread
Market**

**PROMO
DEPOT**
Robert Shields, Sr.



**BLUE RIDGE
WATER COMPANY INC.**
SOUTH FLORIDA DIVISION

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

Board Minutes of 8/10/04 (continued from page 2)

Race status update:

Autumn fitness planning is moving along.

Hog Jog – race budget was discussed earlier in the meeting, need volunteers.

Run to the Sun – Matt will be in London on race day so needs a co-director. Bob will check with him to see if he found anyone yet.

Super celebration fun run – Bob is looking for sponsorship.

Race liability/waiver improvement:

Ken added wording to the waiver regarding photographs and will send out a copy to the board. The plan is to use the new wording for Hog Jog.

Open Forum:

Frank requested that JD remove obsolete items from the website. He will review the website and work with JD to update it (any other members who see obsolete/incorrect information can pass it on to JD).

Kent reported on the socials – next is Todd Williams on September 16th, October will be Sherri and Hardie, and Patti volunteered to host in November.

The meeting was adjourned at 8:15 PM. Next month's meeting will be on Tuesday, September 14th at the Orange Park library.

Respectfully submitted,
Karin Glenn

Rockin N' Runnin in San Diego (continued from Page 1)

"June Gloom" invades the coastal areas. This morning marine layer provides a nice cooling effect. The bad news is that the race starts at 6:45 AM. This means that if you live 35 miles from the airport and need to take a shuttle to the start, you need to get up on race day well before 4:00 AM. It seemed like the Disney World Marathon all over again.

Before the start of the marathon, I was worried that the first few miles would be jammed pack with all of the runners. Fortunately for me, each runner was assigned a starting corral based on his/her predicted finish time. I was able to squeak into the first corral and took my position behind the Kenyans and the running Elvises (Elvii). Because of my fortuitous starting position, I encountered no crowding problems once I jogged past the start line. I did hear a couple of my friends mention that they felt it was very congested for the first few miles as they started further back in the pack.

The course is point to point starting in Balboa Park (home to the San Diego Zoo) and ends at the Marine Corps Recruit Depot (near the San Diego Airport). In between, the race passes through the downtown entertainment district and circles Mission Bay (home of Sea World). Although the course is relatively flat (at least by California standards) and net downhill, it's amazing how difficult a 100 foot climb is when it comes at mile 19. Most of the run is fairly scenic except for a couple of stretches on the highway.

Of course, the marathon is best known for its multitude of bands. I had heard that there would be over 40 live bands so I expected to come across some live music just about every half mile. Although there may have been

40 bands, there are only 26 stages (seemed like even less) as there are two or three bands per stage in some cases; one band plays and one or two take breaks. The bands were quite good and I was really feeling my age early on when it appeared that one of the bands was comprised of kids. I later found out that they were in fact kids – four 7th grade boys. In any case, the bands are a nice touch and provide an added mental lift during the race.

When I first signed up for the race in January, I was hoping to break 3:00 but soon realized that was a bit unrealistic based on my times from other races. I then readjusted my goal to 3:10 (7:15 per mile pace) which would qualify me Boston with a few minutes to spare. One thing I have learned in San Diego, it's hard to maintain an even pace when you have to contend with hills. At mile 9, I had a 6:14 mile immediately followed by an 8:02 mile. I was ahead of pace with some time in the bank through 23 miles when we made a turn South right into a headwind. Between the hills and the wind (which was as much psychological), I slowed down the last few miles and ended up losing a couple of minutes. I finished in 3:08:45 which was good for 174th place out of just slightly less than 17,500 participants. Not in the league with the Kenyans, but I'll take it and hope to do even better later this year in Chicago.

Even though most of the times this year were in fact slower than expected, the organizers promote it as the fastest marathon in the West. If you like big marathons with predictable weather and good music, but don't mind some "rolling" hills and getting up well before the roosters, you may want to give the Suzuki Rock 'N' Roll Marathon a try.

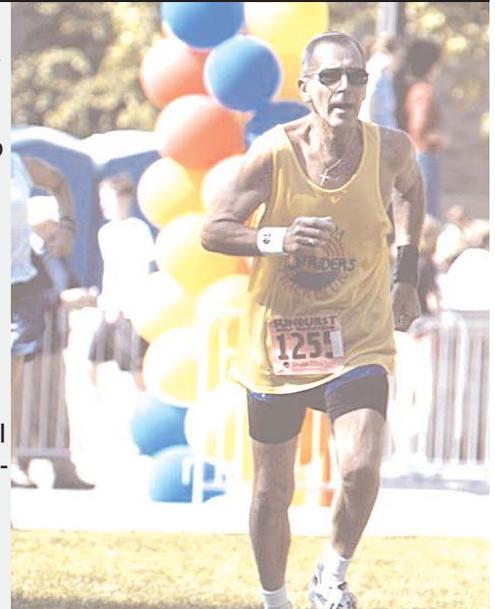
Sunburst Hall of Fame Races at Notre Dame by J.D. Beck

We started our trip with a long, but beautiful, drive. Sometimes we go too fast to see what is really there. Take time to see the country you are traveling through, you will love it. Our destination was Notre Dame University in South Bend, Indiana. It was only 1104 miles away. We loved every minute of our trip.

We arrived in South Bend at the Holliday Inn, just one and a half blocks from the start of the race. Accommodations and hospitality were the best I have had in all of the races I have been to. We walked down to the race start after we checked in. The expo was not a focal point. Only a few booths with a local sports store with all of the shoes and equipment available. There was a booth for the local bank for you to sign up for a credit card and get a Notre Dame shirt, which we did. There were other booths under the same tent with generic products. The expo/registration/start was located at the College Football Hall of Fame headquarters in South Bend. It was very interesting and made up for the lack of interest in the expo.

On the lighter side, this race closed down the entire town of South Bend for the races. The races included a, Marathon, Half-marathon, 10K, 5K, and family one mile walk/run. This is the most I have seen offered for all of the family. The starts were staggered for all. There were different courses for each race and all was well organized. It was the best I have seen. The course was filled with hills. All of the hills also had a downhill side after you went up. Remember that. I have been training in 95 degree weather so when we started

the race it was 58 degrees. It was a breeze, as if it was all downhill. When we came to the finish line at the stadium it became emotional. The finish line was supposed to be at the 50 yard line, but due to construction, we had to alter that. I am not disappointed with the finish because it finished at the 10 story mosaic wall



of Touchdown Jesus. When we came down toward the finish line we could hear the Notre Dame Fight song. When we made the final turn for the finish line, which was on the grass, the fight song was playing and we were there. What an experience!!!!!!!!!!!!

Busses were available to transport you back to the start after the race. Parking was available at the finish if you had someone to transport you, which I did. I finished 4th and received a photo of my finish as an award. I will return to this race as it was one of the better ones I have been to.

26th Sunday Morning Run Anniversary Celebration - October 3, 2004 - Sun Tire, Blanding Blvd.

There is a long tradition of collecting any money found during the runs and giving it to Jenny Allen, who uses it to provide the goodies for our Sunday Morning Anniversary Celebration. Come help us spend Jenny's Pennies! We'll provide Champagne, Orange juice and coffee. You can bring

fruit, bagels, coffeecake, donuts, etc. to share. Join us for a group picture and help celebrate - 26th Anniversary of our Sunday morning runs from Sun Tire on Blanding Boulevard in Orange Park. The party will start about 8:00 A.M. Jenny does a wonderful job and it is always a very enjoyable time.

Girls on the Run - Register by September 6th!

Girls on the Run is a nonprofit running and healthy living program for girls throughout Northeast Florida,

This innovative and award-winning program uses running as a basis to help girls build character, values and self-esteem. Throughout the Fall season, girls will participate in fun and uplifting running workouts, interactive games, and group discussions while they learn important life skills, teamwork, self-respect, and healthy decision making. The season ends with a 5K (3.1 mile) run which serves as the big

celebration for the girls (not to mention a huge confidence booster and sense of accomplishment)!!!

Girls on the Run is open to girls ages 8-12 from any school and will be held at the following sites this Fall:

1. McArthur YMCA (Fernandina) — Saturdays, 9am-10am, Sept 11-Nov 20
2. Atlantic Elementary (Fernandina) — Mondays & Thursdays, 2:30pm-3:30pm, Sept 13-Nov 18
3. Yates YMCA (Jacksonville) — Mondays & Wednesdays, (Continued on Page 11)



CARRABBA'S AUTUMN FITNESS 5K

Saturday, 9/11/04, 8:00 AM

**Carrabba's Italian Grill
is providing post race
food for all registered
participants!**

HEY KIDS!!!
There is a **FREE** one
mile Fun Run at 9:00
AM. There will be a
school competition.

.....
**5K Winners receive
Carrabba's Gift
Certificates as
Awards!**



This 5K Race starts and finishes at the Orange Park Kennel Club, is a USATF Certified Course (FL-02016DL,) stays off of U.S. 17, and is mostly along the beautiful St. Johns. This race is dedicated to the memory of Chuck Cornett.

.....
5K AWARDS: Top 3 Male & Female; Top Masters & Grand Masters; plus Top 3 in each age group, Male & Female: **AGE GROUPS:** 10 & under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & over. Winners get Carrabba's Gift Certificates as Awards! (No multiple awards)
Walkers are invited to join us, however there will be no Walking Awards category in this race.
FUN RUN: One mile Fun Run starts at 9:00 AM. There is no charge for the Fun Run, but all runners must complete an entry form. Ribbons awarded to all finishers.
RACE PACKET PICKUP: 1st Place Sports on Wells Road in Orange Park, 264-3767, Friday, 9/10/04 noon to 6:00 PM or at the OP Kennel Club on Race Day. Day of race registration will begin at 6:30 AM.
COST: Entries received by September 1: \$14 (FL

Striders & Military - \$12). September 2 - 10th: \$17 (Striders & Military - \$15) There is an additional \$2 discount if you have your own ChampionChip except for day of race Registration (see entry form.) Race Day all entries - \$20. Registration includes Tank top, post-race refreshments, which include Carrabba's meal, & race results, which can be viewed at www.FloridaStriders.com. Autumn Fitness Tank Tops are guaranteed to all pre-registered 5K entrants.

Make check payable to: Autumn Fitness 5K
Mail completed application & check to:
Autumn Fitness 5K
591 Clermont Ave. S.
Orange Park, FL 32073

Race fees are non-refundable



**For additional
information contact
Stan Scarlett at
268-6272,
stanscarlett@msn.com**

Register On Line at Active.com

AUTUMN FITNESS 5K ENTRY FORM										RACE# (FSTC USE ONLY)	
<div style="display: flex; justify-content: space-between;"> First Name Last Name </div>										<input type="checkbox"/> Y <input type="checkbox"/> N Ever run/walked a race?	
<input type="checkbox"/> M <input type="checkbox"/> F Age Sex		<input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL Adult Sizes		<input type="checkbox"/> RUN		<input type="checkbox"/> FUN RUN (no charge)		<input type="checkbox"/> Personal Champion Chip # (can NOT be used for Day of Race registration)			
Street Address (include apt. number)											
City						State		Zip Code			
Telephone Number				Fee Enclosed \$				<input type="checkbox"/> Florida Striders Track Club Member		<input type="checkbox"/> Military	
<small>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 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.</small>											
Your Signature				Date		Parent's Signature (if under 18 years of age)				Date	
Make Check Payable to: Autumn Fitness 5K • 591 Clermont Ave. S. • Orange Park, FL 32073											

STRIDERS AT THE RACES



RACE RESULTS

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

SUMMER IN THE CITY 5K

Hemming Plaza
July 24, 2004

Chris Powers	15:52 O/A Male
Bill Phillips	18:55 1st A/G
Bernie Candy	19:12 1st A/G
Victor Corrales	19:42 2nd A/G
Patrick McKeefery	20:00 2nd A/G
Gary Gills	21:53
Frank Frazer	21:58 1st A/G
Thom Henkel	22:27 2nd A/G
Lewis Buzzell	22:35
Tom Zicafoose	23:00
Dave Bokros	23:33
Danny Kane	23:47
John Gauer	23:48 3rd A/G
JD Beck	25:16
Dennis Lee	25:39
Darrel Whitworth	26:01
Sue Whitworth	26:20
Ed Kelly	26:32
Vicki Choinski	26:34 3rd A/G
Kent Smith	27:27
Leo Sheckells	27:40 1st A/G
Barbara Whitter	28:50
Gordon Slater	29:13
Shirley Henkel	30:05
Maryann Bolin	30:21
Tom Sullivan	30:26
Freddy Fillingham	33:24
Al Saffer	36:48 3rd A/G
Trish Kabus	36:48
Joe Connolly	38:00 1st A/G
Jerrine Hamm	39:40 1st A/G
Tellis Martin	44:15 2nd A/G

TOUR DE PAIN

4 Mi. Beach Run, Mile Sizzler, Jax
Landing 5K
August 6 & 7

4 Mi.	Mile	5K	Total Time
John Metzgar			3rd O/A
23:20	4:44	16:20	44:20
Karin Glenn			1st O/A
25:37	5:24	17:57	48:58
Bill Dunn			2nd A/G
26:53	5:29	18:55	51:17
Victor Corrales			3rd A/G
27:43	5:49	19:38	53:10
Denise Metzgar			2nd A/G
27:59	5:50	20:02	53:51
Ted Algire			
29:21	5:33	20:21	55:15
Rexx Weir			
29:07	6:13	21:11	56:31
Randy Arend			
29:51	5:58	20:52	56:41
Gary Hallett			
31:42	5:58	21:43	59:23
Paul Berna			
32:20	6:38	23:08	1:02:06
Sharon Lucie			2nd A/G
33:03	6:38	23:09	1:02:50
Chuck Bryner			
33:26	7:00	23:49	1:04:15
Dan Ovshak			
33:58	6:56	24:17	1:05:11
Kent Smith			
36:06	7:12	25:06	1:08:24
JD Beck			
37:01	7:55	26:03	1:10:59
JD Smith			
37:58	7:16	25:45	1:10:59
Scott Arend			3rd A/G
38:56	7:23	25:20	1:11:39

4 Mi.	Mile	5K	Total Time
Kacee Bryner			
37:28	7:27	26:36	1:11:51
Jim Klein			
37:25	7:25	26:57	1:12:07
Gordon Slater			
40:01	8:20	27:52	1:16:13
Roxanne Slater			
39:40	8:34	29:40	1:17:54
Alan Phillips			
41:06	8:05	30:04	1:19:15
Shirlee Algire			
42:43	7:57	28:52	1:19:32
Sharon Bridges			
42:32	8:22	29:41	1:20:35
Maryanne Bolin			
44:09	8:11	30:27	1:22:47
Josh Stanley			
45:54	8:29	30:42	1:25:05
Kathy Klein			
44:32	9:06	31:55	1:25:33
Lupita Trujillo			
45:27	9:14	31:27	1:26:28
Brenda Schwelling			
48:40	9:33	31:43	1:29:56
Paul Crist			
51:07	9:05	34:41	1:34:53
Al Saffer			
50:39	10:30	35:33	1:36:42
Susan Stanley			
59:22	9:15	32:31	1:41:08
Katie Stanley			
59:22	9:27	35:20	1:41:09
Jerrine Hamm			
56:36	11:33	39:02	1:47:11
Tom Sullivan			
44:52	7:59		

Welcome New Members!

- Monique Fuentes
- Chris Hervey
- Keith Holland
- Keith Jernigan
- Debbie Johnson
- Daniel Kane
- Todd Perkins

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
Sep. 4	Turtle Trot 5/10K	7:00 a.m.	Atlantic Rec. Ctr, .Atlantic Ave, Fernandina Beach	904-491-0369 AIRunners@aol.com
Sep. 11	25th Annual 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
Sep. 17/18	Festival Of Races 3 Races in 24 Hours 5K. 5K 5K	6:30 p.m. 7:00 a.m. 6:30 p.m.	Jekyll Island Beach, GA Great Dunes Golf Course, Millionaire's Village	(912) 635-3025 decook@bellsouth.net
Sep. 18	Endless Summer 10K Cross Country	7:30 a.m.	Anastasia State Park St. Augustine Beach	904) 824-9980
Sep. 18	Children's Way 5K	8:00 a.m.	Ronald McDonald House 824 Children's Way, Jax	(904) 807-4672
Sep. 25	Beaches Dog Run 5K W/dogs W/O dogs	8:00 a.m. 9:00 a.m.	Red Cross Lifeguard Tower Jax Beach	904) 739-1917
Sep. 25	PACE Race 5K	6:00 p.m.	Baptist Cancer Institute 1234 San Marco Blvd.	(904) 739-1917
Oct. 2	1st Annual Marine Corps Half Marathon & 5K	8:00 a.m.	Memorial Wall Alltel Stadium, Jax	(904) 739-1900
Oct. 9	Dignity U Wear 5K	8:00 a.m.	City Hall, Ash Street, Fernandina	(904) 387-0528
Oct. 10	Senior Games 5K Run/Walk Age 50 & over	8:00 a.m.	Cypress Village, 4600 Middleton Park Circle East, Jax	(904) 639-8027
Oct. 14	Corporate Run 5K	6:30 p.m.	Jacksonville Landing	(904) 739-1917
Oct. 16	Fleet Feet 5 km	7:30 a.m.	City Hall Fernandina Beach	(904) 387-0528
Oct. 16	Tom Walker Memorial Micanopy Half Marathon RRCA State Championship	8:00 a.m.	Fire Station Micanopy	(352) 271-3246
Nov. 6	Hog Jog 5K	9:00 a.m.	Ronnie VanZant Park Sandridge Road Lake Asbury (Middleburg)	(904) 728 7759. Stevebruce@comcast.net Florida Striders Track Club
April 16	Run to the Sun 8K	8:00 a.m.	Orange Park Kennel Club, US 17 & Wells Rd, Orange Park	(904) 268-8392 HartRoss@bellsouth.net Florida Striders Track Club
May 30	Memorial Day 5K	8:00 a.m.	Spring Park, Green Cove Springs	(904)292-1399 lawless@bellsouth.net Florida Striders Track Club

Welcome Back Renewing Members!

- Steve, Maria, & Isabel
Bruce/Padin
- Robert & Diane Grimmig
- Bruce Holmes
- John Kotsubka
- Dennis Lane
- August Leone
- Maria McNary
- Bill Phillips
- Julie Runnfeldt
- Patti, J.D. & Kate
(Bouvatte) Stewart-Garbrecht

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.	Bob Boyd (904) 272-1770 BobBoydFL@Comcast.net
Sunday	10:00 AM	3-8 Mi. Trail Run	Ponte Vedra Guana State Park	Craig O'Neal (904) 285-9097 autofinance-man@yahoo.com
Monday	5:30 PM	6 Mi. Downtown Bridges	Jacksonville Charthouse Rest. parking lot	Karin or Rob Glenn (904) 886-4095
Tuesday NEW!	6:30 PM	5.5 MI. River Road Area, Various paces	Orange Park, 1st Place Sports, 550-7 Wells Rd	John Metzgar (904) 264-3767 work or (904) 215-9440
Weds. NEW!	6:30 PM	Interval Training	Orange Park, St. Johns Country Day Track-park @ Lakeside Elem. on Moody	John Metzgar(904) 264-3767 work or Bob Boyd (904) 272-1770, BobBoydFL@Comcast.net
Weds.	5:30 PM	Interval Training	Jacksonville Bolles School San Marco Blvd.	Bob Carr (904)743-3325
Weds.	6:00 PM	6.5 Mi. Easy pace	Jacksonville Boone Park Riverside	Bernie Gross (904) 272-5995 berniegross@juno.com
Thursday	6:00 PM	5 Mi.	Gracor Fitness Ctr. 1950 San Marco	Brett Chepenik (904) 398-6442
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

High Quality Strider Logo Shirts

Striders can order a high quality shirt (Polartec PowerDry) with our Club logo. We will not have open stock of these shirts. Available styles and estimated costs (final price may vary with number ordered):

1. Singlet, male/female styles, \$20
2. Sleeveless Tee Shirt, adult unisex, \$23
3. Short sleeve Tee Shirt, adult unisex, \$23

4. Long sleeve Tee Shirt, adult unisex, \$25
Color: yellow or white, with Strider Red & Blue Logo
Ordering: Please contact George Hoskins and provide your choice of style, size, and color preference at ghoskins@bellsouth.net or phone 264-4372.
To view more details of the fabric and styles, visit soark.com.

Please Print

Application for Membership FLORIDA STRIDERS TRACK CLUB

New
Renewal

Name: Last _____ First _____ M.I. _____

Address _____ # in Family _____

City/State/Zip _____ Spouse's Name _____

Phone: Home _____ Birthdate(s) _____

Phone: Work _____

E-mail _____

Signature _____

Date _____

Annual Dues:

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

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

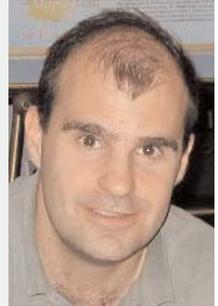
I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume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

MILE MARKER MUSINGS By Robert Glenn

This column marks the end of the summer season with the **Tour de Pain**. Next month, we'll be reading about the **Summer Beaches Run** which starts our Grand Prix season here on the First Coast (once again missed by the hurricane du jour, thank goodness). We'll still have the afternoon thunderstorms for another month, so be careful out there.

The Summer in the City 5K was run in Hemming Plaza on the 24th of July. Our fastest Strider was **Bill**

Phillips with an 18:55, which earned him 1st in his age group while our fastest woman Strider was **Sue Whitworth** with a 26:20. Our Strider brethren who won their age group included **Bernie Candy, Frank Frazier, Leo Sheckells, Joe Connolly, and Jerrine Hamm**. **Tellis Martin** gets a special mention with his 2nd place in age group seeing as he is 85



Girls On The Run (continued from Page 5)

5pm-6pm, Sept 13-Nov 17

4. Yates YMCA (Jacksonville) — Saturdays, 9am-10am, Sept 11-Nov 20. (Yates will have 2 groups)

5. Arlington YMCA (Jacksonville) — Tuesdays & Thursdays, 5pm-6pm, Sept 14-Nov 18

6. John E. Ford Elementary (Jacksonville) — Tuesdays & Thursdays, 3pm-4pm, Sept 14-Nov 18

Girls on the Run is a national program with an 8-year proven history of success, recognition and growth

throughout the country. Each year, more than 14,000 girls are participating and experiencing life-changes. Incredible!

To register, you may call 904-321-4315 or email us at GOTRnefflorida@aol.com, and we will mail you a registration flier (bright, lime green colored). Please note that group sizes are limited and groups are formed on a first-come, first-served basis. Also, if you're interested in coaching, please let us know — this is a wonderful and rewarding way to make a difference!

September Dinner Meeting with Todd Williams, Two Time Olympian, 5 Time Gate River Run Winner, Thursday, September 16, 2004

We are very pleased and fortunate to have Todd as our Guest Speaker and to welcome him as a new resident in the Jacksonville area. More good news - Todd is starting a personal coaching service. For more information please go to Todd's website at www.PushThePace.com You will not want to miss Todd's excellent presentation, "What it Takes."

Menu: Italian Buffet with the trimmings, dessert, and complimentary beer and soft drinks. Social half-hour begins at 6:00 p.m with dinner being served at 6:30 p.m. Sherri Alexander is baking up another delicious batch of desserts for us. Thank You Sherri!

Cost: \$10 per Strider, or \$12 for non-members.

RSVP: Please send check to: Strider Dinner, 1273 Leblanc Rd., Green Cove Springs, Florida 32043. Get your checks in by 9/10 so we can plan the food with the caterer and make sure you have a seat. Call Kent Smith to confirm availability if your RSVP is after 9/10. Ken, our Social Coordinator can also answer any questions at (904) 284-6634.

Where: The Anheuser-Busch Brewery Hospitality Room...111 Busch Drive, just East of I-95 on the North side of Busch Blvd (Take I-95 North from the intersection of I-95 & I-10 North on I-95 to Busch Blvd, exit 125, East to the Busch Brewery on the North side (left side as you're headed East).

Mile Marker Musings (continued from page 11)

years young. Finally, we had an honorary Strider who apparently saw the prize money and decided to make a few bucks. **Chris Powers**, John Power's nephew visiting from up north, was the overall male winner with a 15:52. So, 200 dollars in slightly over 15 minutes, that is about 750 dollars an hour, he may be a trial lawyer some day. Then again, if you figure in all the training it takes to win All American honors at the NCAA nationals in Austin, TX with a 14:24; probably the hourly rate comes down under the federal minimum wage law. Maybe we should get the city council to pass a 'living wage' law for runners.

Our second and final race for the month is the **Tour de Pain** which took place over 24 hours in 3 locations on the 6th and 7th of August. For those of you unfamiliar, count yourselves lucky. The race consists of a 4 miler on the beach Friday night, a one mile near First Place Sports on Baymeadows on Saturday morning, and a 5K downtown caps the event. **John Metzgar** was the fastest Strider and 3rd overall. **Karin Glenn** was our fastest female Strider and took 1st overall with her runs. Since it entails three races and we're short on bravo zulus for the month, I'll bend a little, and give shout outs to all the Striders who placed in their age group versus the usual win or be banished to the results page only protocol. Striders who

placed top three in their age group for the entire series included **Bill Dunn**, **Victor Corrales**, **Denise Metzgar** (yes, the prettier half of the Metzgar dynamic duo), **Sharon Lucie**, and **Scott Arend**. Nice running everyone, hope you're all still healthy for the **Summer Beaches**. Of special note, **Tom Sullivan** ran the first 2 races but apparently had to attend a fund raiser for an unnamed local political party versus run yet another 5K in the heat on the pavement downtown, what was he thinking? He probably had to eat good food and drink some cool liquid refreshment when he could have had some luke warm PowerAde and mushy bananas. Well, to each their own.

This concludes another episode of Mile Marker Musings. For those of you who missed the social this month because it was canceled on account of the Hurricane, make sure you mark your calendars for next month's social with Todd Williams as our speaker at the Bush Hospitality room. As always, sign up on Striderman after the races or failing that, email me at StriderResults@aol.com. If you run any out of town races, let us know, I'm sure you all missed the usual feature of Striders on the Road. That is because either no Striders ran any races on their Jul/Aug vacations or they didn't bother to tell the scribe, thus I couldn't write about it.

Prez Sez (continued from page 2)

be doing even more in the future. You all deserve a pat on the back for helping to make a positive difference for our children and having a good time in the process.

If anyone would like to help with the Autumn Fitness 5K and/or Fun Run

please contact Gary Hallett, our Volunteer Coordinator at 292-2793 or GHall32447@aol.com. Volunteers Rock! Life is good.

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

e-mail (preferred):

StriderResults@aol.com

or snail mail to:

4329 Carriage Crossing Dr.

Jacksonville, FL 32258

or give me a call at

(904) 886-4095

Local Running Info On The Internet



www.floridastriders.com

You can contact us via e-mail at:

BobBoydFL@comcast.net

Florida RRCA Championship Races and various running related web site links can be found on the North Florida RRCA

Rep's home page at

<http://members.aol.com/rrcahtml/rrcarep.htm>

You can get entry forms & results for all 1st Place Sports events on the Internet at <http://www.1stplacesports.com>

Also get the latest running news from the RRCA's national office, including a nationwide race schedule as well as important info from clubs across the country at <http://www.rrca.org>