



Volume 23, Number 12

STRIDERIGHT

Florida Striders Track Club



www.floridastriders.com



December 2004

The Hog is Back by Steve Bruce

The Hog Jog is alive and well! After a failed attempt to attract more participants by changing the name to the more serious sounding Cross Country Challenge, the Hog Jog returned November 6, 2004 to scenic VanZant Park in Middleburg. The Hog is here to stay!

Participation was up over 50% from the previous year. The weather was close to perfect and the cross country course was in great shape.

The Hog Jog has a special meaning to me for several reasons. Believe it or not, I may be the only Strider who set their 5K PR at the Hog Jog. It was in the early 90s when the race was held on pavement. In 1992 I ran the Boston Marathon in the Hog Jog T-Shirt
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DECEMBER SOCIAL

Sunday, December 19th 6:00 PM

Come & see the Christmas Luminaries at this annual event which is actually part of a block party to celebrate the season!

Where: The home of Janet & Robert Irvin, 3811 Boone Park Ave, Jax, FL 32205.

What to bring: Yourself and a covered dish or dessert to share. The club will provide soft drinks but bring your own adult beverages.

Directions: Take U.S. 17 to Park St (Blanding becomes Park St at U.S. 17 by the FCCJ campus) and turn North (towards downtown.) Go 1/4 mile to Pine Grove Ave & turn right (just past a traffic light.) Turn left onto Boone Park Ave. Last home on the left! Their phone number is 388-5664.

Prez Sez

By Bob Boyd



It seems like just last week I was getting use to putting "2004" at the end of dates and now we are nigh into 2005!

Before getting too wrapped up in things to come, let's not forget a great Hog Jog race directed by Steve Bruce. Attendance was up 50% this year and I heard lots of good comments from those enjoying that beautiful morning with us. Striders were out in full strength either volunteering, running, or both. A huge "THANKS" to Steve and his entire team for putting on this excellent event for us all to enjoy. Patti Stewart-Garbrecht, our intrepid Children's Running Coordinator, also opened her home to us all, hosting the November Social. Thank you Patti!

Last month I got to present a \$500 check from the Striders to Bonny Lawrence, the SB Jennings Run/Walk Coach. Bonny's school has over a hundred young runners participating after school on their own time. We also presented another \$500 check, this time to a brand new program at Doctor's Lake Elementary and their two teacher/coaches, Lisa Hall-Wheat and Arlene Hernandez. I am very proud of the help the Striders have been providing to our area schools and champions like Bonny, Lisa, and Arlene that make it happen. I am hard pressed to find a more cost effective means of sparking a love of running and walking in our youth than supporting these great programs. This great work would not happen without the wonderful support of our members and sponsors.

If you have any suggestions on how we can improve please let me know at (904) 272-1770 or BobBoydFL@com-cast.net. May you all have wonderful Christmas Holidays with your families.



Board of Directors' Minutes, 11/9/04

Bob Boyd called the meeting to order at 7:00 PM. Director absent: K. Smith.

Autumn Fitness financial summary:

Stan distributed the final Autumn Fitness financial statement. Mike Boyd made a video of the race that Stan and Bobby are distributing to the Race sponsors and the Cornett family. Race participation was lower this year but the total sponsorship (\$3700) was \$700 more than expected. A question was asked whether we have any data regarding the impact of using 1st Place Sports for packet pickup in Orange Park and as a registration drop-off location. From Stan's perspective, it went well, and Marge Ruebush who worked on the race registration did a write-up that will be distributed later. Another question was raised regarding the gift certificates used as awards. This year they were not a dollar amount that could be used towards any menu item(s) as they were in the past but were for a specific appetizer. The consensus was that the perceived value of the awards was significantly reduced from prior years and that a change needs to be made in that arrangement for next year. "Net profit was reported as \$2,767.63.

Minutes/Action items:

Last month's minutes were approved as written.

Treasurer's report:

Warner distributed the November statement. Financials from Autumn fitness were not included yet. The bottom line total was incorrect and Warner will fix it next month. The report was filed as written.

9/10/05 race date for Autumn Fitness:

A motion was passed to have 9/10/05 as the date of next year's race.

11/5/05 race date for Hog Jog:

A motion was passed to have 11/5/05 as the date of next year's race.

Race status update:

Hog Jog – It looks like the profit will be about \$1900. There were 146 finishers, 50% more than last year, and a higher fee structure this year than last year. The t-shirts did run out for day of race registrants and a \$5 discount was offered rather than reordering more shirts and attempting to distribute them post race. Suggestion was made to add 'no t-shirt guaranteed for race day entrants' since ordering more t-shirts and mailing to late entrants is not practical.

Run to the Sun – Matt found a new sponsor.

Memorial Day – Frank and Lil are starting to confirm sponsors.

Super Celebration fun run – December 1st is the deadline for obtaining sponsorship (not for the Striders but for the Super Celebration organizers).

Thunderbolt Elementary and Drs. Lake Inlet funding requests:

Since the last meeting the club received 2 requests for funding children's running programs – Thunderbolt elementary and Drs. Lake Inlet. The request from Thunderbolt was for t-shirts for an ongoing

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& Key Members**
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Autumn Fitness 5K



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Memorial Day 5K



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Autumn Fitness 5K

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Hassein Ramezani, MD

**Pediatric
Dentistry &
Orthodontics**
Donnie A. Myers
Gary R. Myers
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Robert Shields, Sr.



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The Hog is Back (continued from Page 1)

with the famous Hog logo. I remember hundreds of people yelling comments such as "Go Pig", "Look at the Hog run", "Hey Hog, Stop Walking!"

For those of you who have not had the pleasure of running in this great event at VanZant Park, I want to give you 10 reasons to put it on your racing schedule next year.

- 1) The awards are hand-made by Kent Smith and Trish Kabus. Best awards in the area!
- 2) A great course with none of the typical cross country hazards such as tree roots, holes, and wild animals. No wild Hogs on this course! Only an overweight running race director.
- 3) A T-Shirt with a unique Hog when you preregistered. Thanks Trish!
- 4) You run in a park named after a Lynyrd Skynyrd band

member, Ronnie VanZant. Rumor has it that Tom Zicafose was overheard saying, "Give me Three Steps Mister" when asking for a head start.

5) No need to ask the volunteers, "What's Your Name Little Girl", because the familiar hard-working Strider volunteers show up.

6) You run around the lake instead of swim across it.

7) Ken Bendy calls your name at the 1.5 mile mark to give encouragement and entertaining commentary.

8) If you do not run your goal time, blame it on Matt Ross for marking the course incorrectly.

9) No Port-A-Lets. Running Water with real toilets! You can wash your hands after utilizing the clean rest room facilities.

10) Age group awards are easier to get, but not easy enough for the race director.



“Thank You!” Hog Jog Volunteers

Jenny Allen
Richard Allen
Ken Bendy
Marie Bendy
Bob Boyd
Vanessa Boyd
Tanys Carere
Charles Desrosier

Carolyn Disher
Ginger French
Gary Hallett
Ryan Hallett
George Hoskins
Trish Kabus
Jim Klein
Lillian Lawless

Patt McEvers
Dick Miller
Elke Miller
Kathy Murray
Maria Padina
Michelle Rentas
Matt Ross
JD Smith

Kent Smith
Patti Stewart-Garbrecht
Frank Sutman
Jeannie Wilson
Ken Wilson



Board Of Director's Minutes, 11/9/04 (continued from page 2)

run/walk program but no specific dollar amount was specified. Drs. Lake sent a detailed request to help them start up a new program and included the amount needed for each portion of the start up costs. In addition, Wal-Mart may have a policy of matching grant money, which could be looked into for further funding requests. The board discussed first the question of how much was left in the budget – nothing was left for children's running this year but there was \$1000 of scholarship money that was not distributed so could be allocated. Some board members felt we should postpone the decision until we establish criteria for how requests for funds should be handled, especially when multiple requests are involved. Other members felt that we should donate the money now to the schools since we have enough funding. A motion was made to put off donating anything until next year and the motion failed. A second motion was made to give \$500 to Drs. Inlet and ask Thunderbolt to come back with a specific dollar amount that will be considered after Jan. 1st. The motion also defined that additional charitable donation requests would be considered after the children's running committee defines donation criteria. The motion passed.

2005 Budget – preliminary:

Warner distributed the preliminary 2005 budget. Some changes were made from last year's budget, mainly how the children's running expenses are accounted for. Currently, the preliminary budget includes pass-through donations such as the \$1800 from OPKC - which is shown as race income and as an expense item for the children's running program. This change in accounting caused what appeared as a vast increase in race income but actually the increase just washes out. Tanys suggested increasing

profit for the Hog Jog to \$1200. A question was raised why the merchandise was only listed as a net expense vs. separating into two lines as we have in the past – 2 lines makes it easier to track how much to track, expected outlay and revenue, etc. Some board members didn't think that level of detail was needed. A vote was made (1 line vs. 2) and 2 passed. Other discussion items regarding the budget included a new item in the budget of \$1000 for adult running programs which could be used to help beginning runners get involved, or maybe some type of corporate fitness program, running education classes, etc. Also a proposal was made to try to give out 3 scholarships if we can, instead of 2. Another suggestion was made that we should consider giving club members something that would make them feel the club membership is more valuable. A proposal was made to increase the RRCA convention funding to \$1300 so less out of pocket expenses would have to be made by the attendee(s).

The board then discussed a more general question about keeping a balanced budget. The budget committee should come up with criteria for how much we should keep in reserve. The board agreed to allow a net loss of around \$1000 for the final 2005 budget.

Monthly social format:

Deferred to next month's meeting.

The meeting was adjourned at 9:00 PM. Next month's meeting will be on Tuesday, December 14th, at the Orange Park library.

Respectfully submitted,
Karin Glenn

Hog Jog Cross Country 5K, November 6, 2004 Race Results

O'all Place	Class Place	Finisher. Age	Time	Pace	O'all Place	Class Place	Finisher. Age	Time	Pace
36	4	Lewis Buzzell, 53	22:52	7:21	15-19 Female				
55	5	Mike Lindell, 51	24:55	8:00	107	1	Tiffany Southern, 16	31:11	10:01
60	6	Greg Lohman, 50	25:11	8:05	118	2	Kiera Wasdin, 16	33:30	10:46
83	7	Jeff Woods, 53	27:53	8:57	131	3	Katie Moore, 17	35:23	11:22
91	8	JD Smith, 51	29:20	9:25	20-24 Female				
100	9	Gary Ledman, 51	30:13	9:42	61	1	Megan Donnelly, 24	25:13	8:06
104	10	Jeff Hite, 53	30:25	9:46	101	2	Melissa Farmer, 24	30:21	9:45
55-59 Male					121	3	Edna Gomez, 23	33:57	10:54
54	1	Danny Weaver, 57	24:53	8:00	122	4	Shaena Peter, 23	33:57	10:54
69	2	Joe Butler, 57	25:48	8:17	127	5	Beth Brannen, 22	34:39	11:08
80	3	Brent Cook, 55	27:40	8:53	137	6	Wendy Balderson, 23	36:54	11:51
102	4	Hugh Carithers, 57	30:23	9:46	140	7	Christine Bolin, 20	37:00	11:53
60-64 Male					25-29 Female				
29	1	Frank Frazier, 62	22:13	7:08	78	1	Angela Johnson, 28	27:24	8:48
42	2	Joe Demeranville, 60	23:23	7:31	99	2	Maureen Murray, 25	29:57	9:37
48	3	Robert Turner, 60	23:52	7:40	30-34 Female				
51	4	George Hoskins, 60	24:24	7:50	70	1	Roberta Tomlinson, 31	26:10	8:24
62	5	John Gauer, 61	25:18	8:08	88	2	Katrina Williamson, 31	28:45	9:14
82	6	Paul Kelley, 60	27:50	8:56	113	3	Mary Ann Bolin, 31	31:31	10:08
95	7	Louie Legume, 62	29:47	9:34	123	4	Darla Mayo, 30	34:01	10:56
119	8	Freddy Fillingham, 63	33:33	10:47	124	5	Amy Hayden, 34	34:02	10:56
129	9	Burness Morris, 62	34:48	11:11	35-39 Female				
132	10	Ed McDonough, 62	35:30	11:24	65	1	Lauri Graham, 36	25:40	8:15
65-69 Male					66	2	Jenny Schilling, 35	25:46	8:17
87	1	Gordon Slater, 65	28:45	9:14	110	3	Diane Strachan, 38	31:20	10:04
93	2	Tom Sullivan, 65	29:26	9:27	120	4	Angie Swaney, 39	33:55	10:54
70-74 Male					40-44 Female				
73	1	August Leone, 74	26:30	8:31	126	1	Theresa Hollis, 41	34:37	11:07
125	2	Norman Thomas, 72	34:08	10:58	130	2	Nancy Colvin, 43	35:17	11:20
128	3	Al Saffer, 70	34:40	11:08	141	3	Brenda Schwelling, 43	37:51	12:10
136	4	Harry Milliron, 72	36:26	11:42	45-49 Female				
75-79 Male					103	1	Kim Lundy, 47	30:25	9:46
No Finishers					112	2	Cheryl Pfannenstein, 46	31:24	10:05
80 and over Male					50-54 Female				
146	1	Tellis Martin, 85	47:54	15:24	116	1	Dotti Cahill, 54	32:46	10:32
10 and under Female					55-59 Female				
92	1	Caroline Colleran, 8	29:26	9:27	143	1	Charlyne Graham, 58	40:07	12:53
109	2	Alexandra Midgett, 10	31:20	10:04	60-64 Female				
135	3	Kelly Frenette, 10	36:02	11:35	134	1	Arlene Olson, 62	36:02	11:35
142	4	Rachel Mitts, 10	40:03	12:52	65-69 & 70-74 Female: No Finishers				
11-14 Female					75-79 Female				
59	1	Brook Heavener, 13	25:08	8:04	144	1	Diane Aimone, 75	40:44	13:05
85	2	Hannah Storandt, 11	28:19	9:06	145	2	Gloria Laws, 79	44:20	14:15
89	3	Sarah Dunsford, 11	29:03	9:20					
94	4	Katherine Midgett, 12	29:40	9:32					

Lakeside Team Continues To Excel - Finally A Picture

In last month's Prez Sez I shared a bit about Kim Tracanna-Breault and the presentation of her well deserved RRCA National Kurt Steiner Children's Running Developmental Award in front of some of her children at Lakeside Elementary. We also got to congratulate some of the children who were part of Lakeside's 1st Place team at our recent Autumn Fitness Fun Run. Due to some



space constraints last month, we were unable to share this picture showing Kim Tracanna-Breault (she got married in May) along with our RRCA representative, Ken Bendy, our Treasurer, Warner Millson, a fine crew of Kim's athletes, and me (Bob Boyd.) Thanks to Vanessa Boyd for these pictures and all those shown in this issue.

Where Is Your Favorite Run? We Want To Know!

Okay, here is the deal: If you only got to take one more run, of all the places you have enjoyed running, which is your very favorite? With about 450 Florida Strider families I expect there are a lot of great running locations to share. Even those Striders who have lived in and around our home stomping ground all of their lives are a pretty well traveled bunch. I know there are lots of beautiful running spots lurking in our collective minds. Send me your favorite running spot by email to BobBoydFL@com-cast.net and we will share the wealth in our Newsletter. If you have a picture to share that is great too, but is not required. I am going to lead off (being Editor has its perks) with my own #1 all-time favorite running location, the Carriage Trails in Acadia National Park, near Bar Harbor, Maine. The last two years, Vanessa and I have nestled in up there during the Fall and I have fallen in love with the fifty plus miles of Carriage Trails that grace the countryside. Acadia National Park is located on Mt. Desert Island and has the highest mountains along the Eastern Coast of the U.S. If the specter of the ocean waves meeting mountains is not enough for you, toss in a plethora of beautiful lakes, ponds, streams, hills, and serene forests of both evergreens and deciduous trees. Did I mention that nothing with a motor is allowed on the Trails? Of course, it doesn't hurt when you get to see those trails when they are showing off for you with spectacular yellow, red, and orange Fall foliage. John Rockefeller Jr. spent decades



and many millions building these fifteen foot wide trails of crushed gravel that meander seamlessly along the most beautiful vistas. As you follow the Trails through the dense forest, hearing water bubble over rocks, the scent of evergreens filling your nostrils, seeing the many deep blue ponds and mountains along the way you realize that it just does not get any better than this. I sincerely hope you each have the opportunity to visit and enjoy my all-time favorite running spot. Should you be up in Acadia and do not have time for all fifty plus miles, DO NOT miss a six mile saunter around Eagle Lake. So now you know my favorite. Please share yours.

Strider Spotlight on Coach Jay Birmingham by Bob Boyd

Our Strider in the Spotlight this issue is none other than Coach Jay Birmingham, who has excelled at running and coaching for over forty years. We are pleased to count Jay among our members and I believe you will enjoy learning a bit more about the man who still holds the record for a solo trans-America run.

Background. Jay, born July 27, 1945 is originally from Ohio but came down to the Sunshine State to run with the Florida Track Club. Jacksonville proved to be a better choice for residence though and he made it his home from 1973 to 1988. He was a co-founder of the Jacksonville Track Club, taught and coached at Episcopal, and had his own running store, Phidippides, in Arlington. After spending time in both Colorado and Nebraska, we are very pleased to have him teaching and coaching in Orange Park. He is a teacher at St. Johns Country Day School and has coached their track and cross country teams beginning in early 2004. Coach Jay Birmingham holds a Masters in Exercise Science. He has been a lifetime science teacher and coach. His hobbies include natural history.

I asked Jay to share his training schedule, current goals, races he was proud of, and some advice. Here is the scoop:

“Training Schedule – When I am in full marathon training, I usually run the following over the last 8 weeks:

Sunday -	Long Run (15-22 miles)
Monday -	5 miles easy
Tuesday -	20x400 or similar high volume, low intensity tempo work
Wednesday -	7-10 miles
Thursday	6 to 8 x mile (<i>repeats with about a 3 minute recovery</i>) or similar tempo work
Friday -	5-7 miles easy
Saturday -	anaerobic threshold run or race

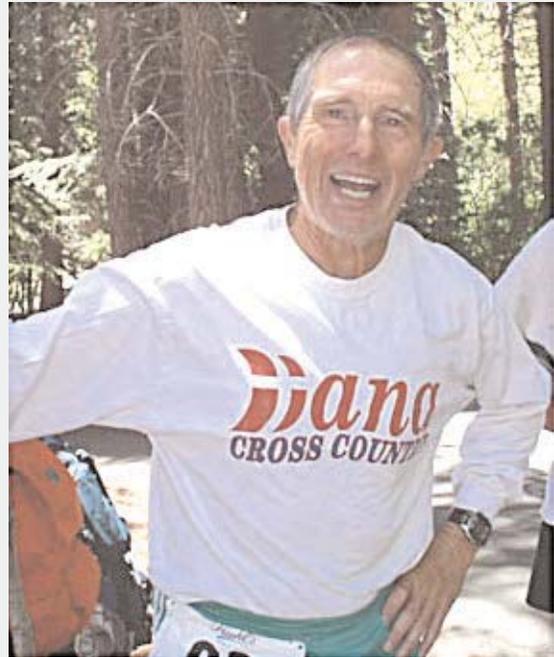
Since I began keeping track in 1959, I've covered over 150,000 miles. This summer, before the Badwater 135, I logged 175 miles a week for two weeks, then broke my 1981 Death Valley PR by almost 10 hours. My 1980 solo run from Los Angeles to New York City still stands as the record for an unaccompanied runner. (72:22:59)

I lift weights year round, and do pushups, pull-ups, and situps almost daily.

I've averaged two marathons every year since 1966. My PR is 2:39:13 (1978) but now am working just as hard to break 4:00.

Current goals include seeing how fast I can run the mile at age 60 and going for an age group win/record at Pikes Peak Ascent in August.

Advice: Pay attention to little aches to prevent them from stopping your running. The body can adapt to any workload with adequate rest and nutrients. Too much emphasis on speed work/racing has felled many of my old running mates.”



Injuries. I asked Jay about injuries and he shared that he has had periodic problems with hip, knee, and sciatica but has mostly been able to run through them by not letting them get too bad before taking action.

Other Accomplishments. Jay is very low key about his accomplishments but I was able to get some other information for you:

Mile PR: 4:31; 5K PR: 15:31

Coaching: Coach Jay Birmingham's Girls team at Episcopal won the State title in 1982, making him Coach of the Year. His Men's team at Dana College in Blair, Nebraska placed fourth in the National Association of Intercollegiate Athletics (NAIA) in 1996.

Jay has also authored three books, [The Longest Hill](#), [Running On Strength](#), and a novel, [Olympic Hopefuls](#).

I had to ask more about that solo run across America. If not for a day and a half off due to shin problems in Oklahoma, his record would have been even faster. He fashioned his own orthotics to resolve the shin problem. Let me help with the math here because I know you want to know how many miles a day that record works out to: 41.7 miles a day (a bit North of 1.5 marathons a day.) The “solo” run doesn't just mean that he was the only runner out there bopping across the country. It quite literally means that he packed all he needed into a backpack, put it on, and headed out across the country – no buds driving an RV, no support team in a van, no buddy on a bike lugging GatorAde – SOLO! I honestly can not fathom that kind of mileage but I have a huge respect for the accomplishment.

Keep your eyes open for the next Strider Dinner Meeting at the Busch Hospitality Suite. Jay has graciously agreed to speak for us.

Run/Walk Program at S.B. Jennings Elem. Gets a Grant!

The epidemic problems with childhood obesity loom large. Some people complain and others do something about it. The Florida Striders have long supported a healthy lifestyle for everyone. Through the generous support of our members and sponsors we are able to provide financial assistance to those champions who work directly with our children to get those good habits started early and started right. S. Bryan Jennings Elementary was awarded a \$500 grant to support their growing Run/Walk Program by the Florida Striders. Shown from left to right are Principal Lee Oliver, Coach Bonny Lawrence, and me, Bob Boyd (always sneaking into pictures). We are extremely proud of the champions, like Bonny, who do so much to make a real difference. All this sounds pretty serious, and it is, but if you ever want to see a ton of enthusiasm and children having fun, just check out one of these Run/Walk programs in action. We



are hard pressed to imagine a more cost effective way to promote healthy and fun habits in life than supporting these programs.

Doctor's Inlet Elementary Has A New Run/Walk Program



Doctor's Inlet Elementary has begun a brand new Run/Walk Program! Two Teacher/Coaches, Lisa Hall-Wheat and Arlene Hernandez, have got a quickly growing program and the Florida Striders were pleased to be able to support them in their efforts with a \$500 grant. The energy of those children and their desire to keep adding to their mileage totals is both amazing and inspiring. Did I mention that both the Coaches and the children are doing all of this after school on their own time? Thank you Lisa Hall-Wheat and Arlene Hernandez! Arlene is shown next to me, Bob Boyd, and Lisa is holding the check, to the right These programs also include the efforts of several parent volunteers to help track and record all of those miles.



STRIDERS AT THE RACES



RACE RESULTS

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

RACE FOR THE CURE 5K

Jacksonville

October 16, 2004

John Metzgar 15:59 1st O/A
Masters Male
Patty Stewart-Garbrecht
18:10 3rd O/A
Female
Steven Beard 19:53 1st A/G
John Hirsch 21:23 2nd A/G
Gary Hallett 21:23
Wendy Patterson 21:23 1st A/G
Tim Martin 21:36
Paulette Butler 21:37 3rd O/A
Masters Female
David Ferman 21:48 1st A/G
Len Ferman 21:48
Matt Ross 22:11 1st A/G
Lewis Buzzell 22:16
Steve Edgell 22:32 PR
Kathy Murray 22:34
Kim Hoyt 22:41
Jim Klein 24:09
Kwan Supapan-McCall
24:30 1st A/G
Maria McNary 25:54 2nd A/G
Ed Kelly 26:31
Leslie Doucette 26:44
Tom Sullivan 27:29 1st A/G
Gordon Slater 27:40 2nd A/G
Jonie Davis 29:22
Kathy Klein 29:26
Jim Kelley 29:36
Zully Lopez 30:22
Stephany Holt 31:09
Elena Etter 31:25
Al Saffer 36:01 1st A/G
Bill Kennedy 51:31 2nd A/G

EVERGREEN PUMPKIN RUN 10 MI.

Jacksonville

October 31, 2004

John Metzgar 55:10 Masters
Male
Page Ramezani 1:03:40 1st A/G
Anthony Truitt 1:03:59 2nd A/G
Mark Woods 1:06:37 3rd A/G
Denise Metzgar 1:06:49 2nd A/G

Bruce Holmes 1:07:01 2nd A/G
Bill Dunn 1:08:05 3rd A/G
Paul Geiger 1:08:30 2nd A/G
Patrick McKeefery 1:10:02 3rd A/G
Terry Sikes 1:10:40
John Dunsford 1:11:47
Victor Corrales 1:13:26
Randy Arend 1:15:06
Rexx Weir 1:15:14
Paulette Butler 1:15:23 1st A/G
Wendy Patterson 1:15:23
John Hirsch 1:15:25
Gary Hallett 1:15:40
Frank Frazier 1:16:18 1st A/G
Matt Ross 1:17:17 2nd A/G
Kim Ball 1:17:44
Kim Hoyt 1:19:03
Steve Edgell 1:20:49
Jim Klein 1:20:57
Paul Berna 1:21:17
Robert Cox 1:21:24
Kathy Murray 1:22:05
Dave Kelley 1:22:41
Gary Gills 1:22:47
Elfrieda Wyner 1:22:48 1st A/G
Danny Weaver 1:23:32
Steve Bruce 1:23:37
Ken Wilson 1:25:46
Kwan Supapan McCall
1:25:47 1st A/G
Vicky Connell 1:25:53
Harry Edwards 1:27:18
Claudia French 1:27:23
Tanys Carere 1:27:53
Danny Suber 1:29:24
Sandy Rosenberg 1:30:40
Kim Cornell 1:32:05
Steve Lucie 1:34:35
Maria McNary 1:34:38 2nd A/G
Gary Lewis 1:35:37
Barbara Whitter 1:38:50
Tom Sullivan 1:39:18
Gordon Slater 1:41:34
John Aimone 1:42:16
Pat Brennan 1:44:12
Margaret Tyburski 1:48:09
Jonie Davis 1:48:16
Sandy Shines 1:54:12
Alan Phillips 1:57:29
Al Saffer 2:02:11

Amy Corrales 2:10:27
George Coombes 2:12:47
Trish Kabus 2:18:47
Diane Aimone 2:21:28 1st A/G

EVERGREEN PUMPKIN RUN 5K

Sung Ho Choi 19:59 1st A/G
Jeremy Ferman 21:07
Len Ferman 21:10 1st A/G
David Ferman 23:58
Lewis Buzzell 22:47 1st A/G
Nancy Harms 25:37 2nd A/G
John Gauer 26:14 1st A/G
Jeanie Wilson 27:04 2nd A/G
Bobby Green 27:13 1st A/G
Jd Smith 27:56
Everett Crum 30:28 2nd A/G
Ginger French 33:36 2nd A/G
Elena Etter 33:45
Christine Kehr 33:10
Jim Kehr 33:10
Ginger French 33:36 2nd A/G
Joe Connolly 40:10 1st A/G

MARINE CORPS MARATHON

Washington, DC

October 31, 2004

Patty Stewart-Garbrecht
3:05:47
Gordon Simms 4:37:16

ING NYC MARATHON

New York, NY

November 7, 2004

Paul Kelley 4:14:40
Sharon Lucie 4:35:16
Steve Lucie 4:49:34
John TenBroeck 5:31:05

MANDARIN 10K

November 13, 2004

John Metzgar 33:36 Masters
Male
Bill Phillips 36:23 1st A/G
Frank Sutman 36:50 2nd A/G
Page Ramezani 37:50 1st A/G

STRIDERS AT THE RACES



RACE RESULTS

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

Bill Dunn	38:52	Bob Kennedy	48:01	John Aimone	56:50 1st A/G
Paul Geiger	41:02 3rd A/G	Raymond Ramos	48:36	Ed Kelly	57:01
Victor Corrales	41:18	Len Ferman	48:46	Tom Sullivan	57:57 2nd A/G
Terry Sikes	42:14	Jeremy Ferman	48:47 1st A/G	Gordon Slater	58:10 3rd A/G
Randy Arend	43:12	Tom Zicafoose	48:53	Kevin Terry	58:15
Rexx Weir	43:49	Kellie Howard	49:42	Joe Sova	59:10
Wendy Patterson	44:22 1st A/G	Vicky Connell	50:07	Barbara Whitter	59:29 PR
Paulette Butler	44:25 1st A/G	Kwan Supapan McCall	50:09 1st A/G	Ken Bendy	1:00:11
Frank Frazier	44:47 2nd A/G	Sandy Rosenberg	50:36	Kathy Klein	1:03:16
Gary Gills	45:35	Harry Edwards	51:20	Shirley Henkel	1:03:27
Stephanie Griffith	45:44 2nd A/G	Jack Hayes	52:01	Freddy Fillingham	1:09:09
Denise Metzgar	46:19 3rd A/G	David Ferman	52:13 2nd A/G	Norm Thomas	1:09:31 2nd A/G
Kim Ball	46:28	Claudia French	52:17	Trish Kabus	1:13:26
Elfrieda Wyner	46:35 1st A/G	John Gauer	53:02	Al Saffer	1:14:11
Kathy Murray	46:55	Melinda Terry	53:47	Brenda Schwalling	1:15:53
Lewis Buzzell	47:11 PR	Kim Cornell	54:43	Burness Morris	1:16:55
Thom Henkel	47:22	Nancy Harms	54:46 1st A/G	Norma Wasson	1:16:59 1st A/G
Maurya Sova	47:25	Susan Harms	54:50	George Coombes	NTA 3rd A/G
Paul Berna	47:38	Paul Kelley	55:51	Dick Miller	1:33:51
George Hoskins	47:42	Jay Birmingham	56:05		No shortcuts!
David Kelly	47:55				

Welcome New Members!

- Jay Birmingham
- Eric Lawson
- Earl Vinson
- Monica Bretana
- Brian McCue
- Pat Wagoner
- Michael Burke
- Alla Mikhaylenko

Jacksonville Marathon Water Station Help Needed

It is getting to be that time of year again when the Jacksonville Bank Marathon and Half Marathon is in need of volunteers on Sunday December 19, 2004 at 7am. Once again, we are recruiting volunteers to work a water aid station on behalf of the Florida Striders Track Club at the 8.5 mile mark. The water aid station is located in front of the Walter Jones Historical Park on Mandarin Road. We will be serving water and PowerAde to the marathon and half marathon runners.

All volunteers will receive a race t-shirt for their efforts. If you are able to volunteer for this fun event, please let me know what size long sleeve t-shirt you would like, and I will have the shirts available on race day. I will also be sending out specific information to all volunteers in early December.

If you have any questions please let me know. Please RSVP to Lillian Lawless at lawless@bellsouth.net or 292-1399 if you can volunteer.

Hog Jog Pictures Galore, and in full color, are on our website under the "Pictures" link at www.FloridaStriders.com

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
Dec. 4	OUC Half Marathon & 5K	7:30 a.m. 7:40 a.m.	Lake Eola Orlando	(407) 896-1160
Dec. 4	Savannah River Bridge 5K & 10K	8:15 a.m. 8:45 a.m.	Savannah, GA	(912) 355-3527 No Race Day Registration
Dec. 11	Reindeer 5/10K	8:00 a.m.	Atlantic Rec. Ctr., Atlantic Ave. Fernandina Beach	(904) 491-0369 AIRunners@aol.com
Dec. 19	Jacksonville Marathon & Half Marathon	7:00 a.m.	Bolles School 7400 San Jose Blvd., Jax	(904) 731-1900 1st Place Sports
Dec. 26	DeLeon Springs Half Marathon & 5K	8:00 a.m.	DeLeon Springs State Park, Deland	(386) 736-0002
Dec. 26	Last Gasp 5 Mile Cross Country	2:00 p.m.	Jacksonville University Jacksonville	(904) 725-9308 ConsultJTB@aol.com
Dec. 31	Gator Bowl 5K	2:00 p.m.	Jacksonville Landing, Jax	(904) 731-1900
Jan. 9	Walt Disney World Marathon Weekend	6:00 a.m.	Walt Disney World Lake Buena Vista	(407) 896-1160
Jan. 15	Romans Road 5K	8:00 a.m.	Chimney Lakes Elem. School, 9353 Staples Mill Dr., Argyle, Jax	(904) 777-6130
April 16	Run to the Sun 8K	8:00 a.m.	Orange Park Kennel Club, US 17 & Wells Rd, Orange Park	(904) 268-8392 HartRoss@bellsouth.net Florida Striders Track Club
May 30	Memorial Day 5K	8:00 a.m.	Spring Park, Green Cove Springs	(904)292-1399 lawless@bellsouth.net Florida Striders Track Club
Sep 10 2005	Autumn Fitness 5K	8:00 a.m.	Orange Park Kennel Club, US 17 & Wells Rd, Orange Park	(904) 272-1770 BobBoydFL@comcast.net Florida Striders Track Club
Nov. 5 2005	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

Welcome Back Renewing Members!

- Raymond & Debbie Adams
- Joe Blewett
- Chuck & Kacee Bryner
- Dave Butler
- John De Antonis
- Hernando DeSoto
- Harold Dubon
- Linda & Rick Haberlin
- Joy Hamilton
- Tony Nading
- Scott Olivolo
- James Parks
- James & Phyllis Renninger
- Tom Sullivan
- Kwan Supapan
- Jan Taylor
- Roberta, Jeff, Jamie & Jared Tomlinson
- Kathy King & Anthony Truitt
- Lonnie Willoughby
- Ken & Jeanie Wilson
- Nancy Zambie

GROUP TRAINING RUNS

DAY	TIME	DISTANCE	JACKSONVILLE AREA	CONTACT
Saturday	6:30 AM	5 to 10 Mi. Various pace groups	Jax Beach, S. Parking Lot, Sawgrass Village Shopping	Jakson Badenhoop (904) 285-1552 Director@PerformanceMultiSports.com
Sunday	6:30 AM	6 to 20 Mi. Various pace groups	Orange Park Sun Tire Blanding Blvd.	Bob Boyd (904) 272-1770 BobBoydFL@Comcast.net
Sunday	10:00 AM	3-8 Mi. Trail Run	Ponte Vedra Guana State Park	Craig O'Neal (904) 285-9097 autofinance-man@yahoo.com
Monday	5:30 PM	6 Mi. Downtown Bridges	Jacksonville Charthouse Rest. parking lot	Karin or Rob Glenn (904) 886-4095
Tuesday NEW!	6:30 PM	5.5 MI. River Road Area, Various paces	Orange Park, 1st Place Sports, 550-7 Wells Rd	John Metzgar (904) 264-3767 work or (904) 215-9440
Weds. NEW!	6:30 PM	Interval Training	Orange Park, St. Johns Country Day Track-park @ Lakeside Elem. on Moody	John Metzgar(904) 264-3767 work or Bob Boyd (904) 272-1770, BobBoydFL@Comcast.net
Weds.	5:30 PM	Interval Training	Jacksonville Bolles School San Marco Blvd.	Bob Carr (904)743-3325
Weds.	6:00 PM	6.5 Mi. Easy pace	Jacksonville Boone Park Riverside	Bernie Gross (904) 272-5995 berniegross@juno.com
Thursday	6:00 PM	5 Mi.	Gracor Fitness Ctr. 1950 San Marco	Brett Chepenik (904) 398-6442
Tue/Thur	6:20 PM	Varied distances	Jacksonville Beach, South Parking Lot of Sawgrass Village Shopping Center	Jakson Badenhoop (904) 285-1552 Director@PerformanceMultiSports.com. Call/email to confirm last minute changes

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

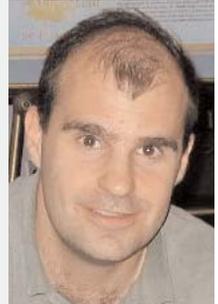
I know and understand that running in and/or volunteering to work at FSTC races are potentially hazardous activities. I will not participate in club activities unless I am medically able and/or properly trained to do so. I agree to abide by any decision of a race official relative to my ability to safely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

MILE MARKER MUSINGS By Robert Glenn

I hope everyone had a good Thanksgiving and that many of you got a chance to run the Outback Half Marathon, which will no doubt be reported upon in our next month's Strideright. The winter racing season is upon us, with the longer distances filling out the race schedule the next few months. Off we go, up and at them boys, to the results!

The **Race for the Cure 5K** took place in Jacksonville on the 16th of the October. Our fastest

Strider was **John Metzgar** who ran a 15:59 while winning the overall masters male title. Our quickest female Strider was **Patty Stewart-Garbrecht** with an 18:10 which earned her third place overall. **Paulette Butler** took 3rd overall for female masters. Striders who won their age groups included **Steven Beard**, **Wendy Patterson**, **David Ferman**, **Matt**



(Continued on page 16)

Wednesday Track Night "Under the Lights" by John Metzgar



Fellow Striders, I would like to invite you to come out and join the Wednesday night Track/Speed session held weekly at St. Johns Country Day School (SJCDS). The group started doing speed work at SJCDS back in early April of this year thanks to the efforts and coordination of our "Pres", Bob Boyd. However,

due to the change-over of Day Light Savings and earlier sunsets the group has literally been left out in the dark. Faced with shutting down for the winter what has been building nicely through the summer, Bob went to bat once again and worked a deal with SJCDS to allow the Striders to use the lights at the track during our work-outs. We (the regulars) would really like to see the group grow.

The Who, What, Why and Where:

The session has built from just a few runners to a steady group of about 8 to 12. The regulars include Dave Bokros, Bob Boyd, Vicki Connell, "Strider Steve" Edgell, Frank Frazier, John Gauer, George Hoskins, Denise & John Metzgar, and Gordon Slater. We have greatly enjoyed the company of Bill Dunn, Patti Stewart-Garbrecht, Ryan Carpenter, Leo Leal, Mike Thomas, Ken & Jeanie Wilson, and High School runners John Hume from Middleburg and Nick & Andrew Maedel from Ridgeview.

The current focus has been longer repeats (800's and miles) as we prepare for the upcoming half and full

marathons, but there are still some folks pounding-out 400's on a regular basis. The shorter repeats (400's & 800's) will again be the norm following the Jacksonville Bank Marathon and others offered this winter.

We hope you might get the urge to join fellow Striders for a session or two. Speed-work can be an integral part of your training program if you are interested in maximizing your performance and setting a few PR's. You'll find speed-work will be fun and often more beneficial when you get together with others. The current group is diverse and I think you will find a place (or pace) to fit in. And, there is a great deal of experience you can draw from to help you tailor your speed-work to your ability and level of fitness. "Speed" may not be for everyone. If it doesn't have a place in your program we still welcome you to join us at the track (lane 2 to play it safe).

The St. John's Country Day School's track is located across the street from Lakeside Elementary School on Moody Rd. in Orange Park. It is best to meet and park at Lakeside Elementary and walk over to the track. We will not be meeting the day before Thanksgiving (11/24) or the two Wednesdays following the Jacksonville Marathon (12/22 and 12/29) due to pre-Outback and post-Marathon, and all that other Holiday shuffle. We will then get back to "it" in January of 2005. Hope to see you at the Races and now at the track as well. If OP doesn't work for you for track work, don't forget about the Bolles group listed in the back in the "Group Runs" section. Thanks for your time. John Metzgar

Mile Marker Musings (continued from page 11)

Ross, Kwan Supapan-McCall, Tom Sullivan, and Al Saffer, our very own StriderMan custodian. Nice running everyone.

The **Evergreen Pumpkin Run 10 Miler** was run on Halloween this year. **John Metzgar** was the masters male champion and fastest Strider. **Denise Metzgar** took 2nd in her age group and was our fastest female Strider. We had 58 Striders run the 10 miler and 17 run the 5K. Striders who took first place in their age group for the ten miler include **Page Ramezani, Paulette Butler, Frank Frazier, Elfrieda Wyner, Kwan Supapan-McCall, and Diane Aimone**. In the 5K, the Striders who won their age group included **Sung Ho Choi, Len Ferman, Lewis Buzzell, Nancy Harms, John Gauer, Bobby Green, and Joe Connolly**.

Our very own Strider **Hog Jog 5K** was once again held in Van Zant Park, on the 6th of November this year. **John Metzgar** was the overall winner and fastest Strider with a 16:58 which is also the course record. Nice running. **Karin Glenn** was the female winner with a 20:15, also a course record. **John Hume** was 2nd overall for men while **Kaitlin Yaracs** was 2nd overall for women. **Frank Sutman** and **Kathy Murray** were the masters winners. **Paul Geiger** and **Diane Foster** were the grandmasters winners. Striders all. Our Striders who won their age groups included **Rob Hoffman, Bill Dunn, Scott Seibler, Danny Weaver, Frank Frazier, Gordon Slater, Augie Leone, Tellis Martin, Roberta Tomlinson, Dotti Cahill, and Diane Aimone**. Shoo, way to go guys. A few notes of interest. The 4th overall runner who won his age group, Rob Hoffman, actually was third overall at the turnaround

but turned at the wrong cone, realized his error, went back to round the correct cone and lost a few seconds; props for doing the right thing. Al Saffer was celebrating his first anniversary, congratulations. Freddy Fillingham was back for his first race after an injury, welcome.

The **Mandarin 10K** took place on the 13th of November in Mandarin, I know, you couldn't have guessed that. **John Metzgar** was our fastest Strider and the Masters Male winner with a 33:36. The fastest female Strider was **Wendy Patterson** with a 44:22. Striders who won their age groups include **Bill Phillips, Page Ramezani, Paulette Butler, Elfrieda Wyner, Jeremy Ferman, Kwan Supapan-McCall, Nancy Harms, John Aimone, and Norma Wasson**.

Striders on the Road –

We had two Striders report results from the Marine Corps Marathon in Washington. **Patty Stewart-Garbrecht** ran a 3:05 while **Gordon Simms** finished in 4:37. Four Striders made the trip up to NY for the ING NYC Marathon. **Paul Kelley** ran a 4:14, **Sharon Lucie** a 4:35, **Steve Lucie** a 4:49, and **John TenBroeck** 5:31.

Frank Sutman won the 22nd Annual Paper Chase 3 miler in 16:41. The race was run in Atlanta on the 2nd of November. The nine second victory margin was the closest in race history.

As always, the best way to get your results in MMM is to sign up on the Striderman at local races where most times Al Saffer puts him somewhere near the start/finish wearing his Strider Yellow shirt. For times when you don't see Striderman or run an out of town race, email me at Striderresults@aol.com.

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

e-mail (preferred):

StriderResults@aol.com

or snail mail to:

4329 Carriage Crossing Dr.

Jacksonville, FL 32258

or give me a call at

(904) 886-4095

Local Running Info On The Internet



www.floridastriders.com

You can contact us via e-mail at:

BobBoydFL@comcast.net

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

Rep's home page at

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

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

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