



Volume 24, Number 1

# STRIDERIGHT

Florida Striders Track Club



www.floridastriders.com



January 2005



## February Dinner Meeting

**The Long Career – Running for Life**

*How to run, train, and race for 45 years and stay healthy and excited*

**February 10, 2005**

Strider member, Coach Jay Birmingham, has graciously agreed to speak for us. He has excelled at running and coaching for over forty years.

Come and join us for a great dinner and even better advice from the man who still holds the

record for a solo Trans-America run!

**Menu:** Barbeque Buffet with the trimmings, dessert, and complimentary beer and soft drinks. Social half-hour begins at 6:00 p.m with dinner at 6:30 p.m.

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

**RSVP:** Make your check payable to “Florida Striders,” note the names of any guests you will have, and please mail it to:

**Strider Dinner**

**1273 LeBlanc Road**

**Green Cove Springs, FL 32043**

RSVP early to ensure we have a place for you. We expect this event to fill quickly!

**Questions:** Please contact **Kent Smith** 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.)

### What’s Inside?

Prez Sez .....	2
Minutes to Board Meeting .....	2
Board/Key Members/Sponsors .....	3
Trish Kabus is our New Editor .....	4
2005 Board of Directors .....	4
A New Strider Event .....	5
My Favorite Run .....	6
Striders at the Races .....	7
Turkey Day Run in Atlanta, <i>anyone for Kona?</i> ..	9
Gate River Run Training Classes .....	10
RRCA Coaching Seminar .....	10
Jacksonville Bank Marathon & Half Marathon ..	11
2005 Striders Approved Budget .....	12
Race Calendar .....	13
Renewing Members .....	13
New Members .....	13
Group Training Runs .....	14
Girls on the Run - Spring Session .....	14
Strider Membership Application .....	15
Mile Marker Musings .....	15

### JANUARY SOCIAL

**Friday, January 14th 6:30 P.M.**

At the home of Dick & Elke Miller

BYOB and a dish to share to:

282 Devonshire Ln., Orange Park

**Directions:** Enter the Loch Rane/

Orange Park Country Club

off Blanding (take a right at Kingsley,)

thru the gate, past the 1st Stop, then

take the next right, Glen Lyon.

The 2nd left is Devonshire & they are the 2nd home on the right.

**Contact:** Dick or Elke Miller at 272-5249

# Prez Sez

By Bob Boyd



Happy New Year! Before launching into the great things to look forward to in the near future in our club I did want to take a gander into the rear view mirror and thank some very important people. First, Robert and Janet Irwin, for graciously including us in their Christmas celebration at their home and their neighborhood, complete with luminaries, on the evening of December 19th. Thanks too, for the time, effort, and cold, wet fingers, of the many volunteers at our water stop at the Jacksonville Marathon, led by coordinator, Lillian Lawless.

Looking ahead to future fun now, we can all enjoy another great monthly social at Dick & Elke Millers (please see the front page for details). The February 10th dinner at the Busch Hospitality Suite promises to be a great time for all. We are lucky to have Coach Jay Birmingham speak for us that evening. Just around the corner are the Strider Annual Picnic and Board Elections on Sunday, March 6th out at Secret Cove off Bowden Road. Thanks to Danny Suber for providing the great location. The picnic has always been a great family time for the club that you will not want to miss. Let's not forget the Gate River Run on March 12th featuring Stan Scarlett and his intrepid band of volunteers who have been perennial crowd pleasers with the famous Striders River Run Tent.

The Striders are also putting on a first time event this year, the Super Celebration One Mile Fun Run on February 5th at the Reynolds Park Yacht Center. It is all free for the children but will result in at least \$2000 going towards school programs that encourage fitness in our children and a whole lot of fun for the participants. More details can be found elsewhere in this issue.

Thank you Striders for all you do and let's have another great year together with lots of fun in 2005!

## Board of Directors' Minutes, 12/14/04

Bob Boyd called the meeting to order at 7:00 PM. Directors absent: G. Hallett, J. Craddock, K. Wilson, P. Stewart-Garbrecht.

### Treasurer's report

Warner distributed the December statement with corrections for the October and November bottom line totals. He hadn't received the 10/31/04 bank statement yet and estimated some of December's income and expenses.

### Minutes/Action items

Last month's minutes were approved as written.

### Meeting length

When it looks like the meeting is going over an hour Bob suggested tabling some of the agenda items, or ask the board whether to continue. Also he can email additional details on agenda items if necessary to save time. All agreed.

### Financial Reserve/Budget deficit limit/Financial modification of by-laws

The board voted on a minimum financial reserve: \$20k, \$25k or \$30k and the majority voted for \$25k. A motion was made and passed to propose a change Article X of the by-laws adding a \$25,000 minimal financial reserve. The board also discussed the budget deficit limit per year and a 2nd motion was made and passed to add to Article X of the by-laws that deficit spending should never exceed 5% of the current budget. A 3rd motion was made and passed to add a 3rd item to this section of the by-laws that if deficit spending is to exceed 5% of the budget a 2/3 majority of board members is required for approval. All proposed changes to the by-laws will be voted for in January.

### 2005 Budget

Warner distributed the final 2005 budget. From the prior version distributed he had corrected the pass-through amount, the deficit is now \$1200 and the club merchandise is split out between income and expense. A motion was made to approve the budget and it passed.

### Track lights at St. Johns CDS

Currently the Wednesday night group that runs at the St. Johns CDS track pays to keep lights on the track out of their own pockets. The annual cost is \$325. A motion was made and passed to spend \$325 to pay for lights at the track in 2005.

### Nominating committee

The nominating committee this year consists of Bob, Frank, Tany and John P.

### Membership update

Tany is adding employer and occupation to the Strider membership applications. These items are optional. A suggestion was made

**2004-2005 Board of Directors  
& Key Members**

(Board Members marked with an \*)

- President:** \*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 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  
\*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
- Newsletter Editor:** ..... Trish Kabus  
(Cell) 343-5181 ..... (H) 904-829-2110  
email: StrideRightEdit@aol.com

**SUPPORT OUR SPONSORS... THEY SUPPORT OUR SPORT**



**Sun  
TIRE**  
Run to the Sun

**Mike Shad 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

**citistreet<sup>SM</sup>**  
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-A097803  
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



Robert Shields, Sr.



**BLUE RIDGE  
WATER COMPANY INC.**  
MOUNTAIN SPRING WATER

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.

# Trish Kabus is our New Editor!

By Bob Boyd

"There is a new inkslinger in town." It's been almost three years since we used that line. Of course, I was the new inkslinger at the time. Now as departing Editor, I am very pleased to share that you now have a really good and very well qualified person in that capacity. Trish Kabus, Strider, impressive runner (you have to read on to appreciate how amazing,) and graphic artist is going to be the new Editor of our monthly StrideRight Newsletter. We are very lucky to have Trish doing our newsletter. Some of you may not know Trish so let me share a bit about her. Trish is from Silver Spring, Maryland, living there until she moved to St. Augustine at the age of eighteen to attend Flagler College. She actually moved ON her birthday. Did I mention she was very well qualified? Trish's Bachelor's degree is in Commercial Art and she has taught the subject as well. Her work experience includes sixteen years with Morris Communications, which included *The St. Augustine Record*, and *Water's Edge Magazine* as Art Director and Graphic Artist. She has recently begun working for Embry-Riddle Aeronautical University's Extended Campus as their Marketing Manager. Her hobbies and interest besides running include computers, crafts, and her dogs. Those "crafts" also include some gorgeous quilts, one of which was donated as a prize, and some of the best and most personalized awards ever seen at our very own Hog Jog race.

Trish has been running since the 1999 River Run and hasn't stopped yet. She runs more races a year than I have run in the last six years. Would you believe she averages 54 races a year and has for the last four years? That tally of races now includes eighteen marathons (probably nineteen or twenty by the time you read this as she is doing the Jacksonville Marathon and the First Light Marathon in Mobile, Alabama on January 2nd.) She is closing in on membership in the 50 States plus Washington D.C. Marathon Club. How's that for an amazingly busy six years of running? Trish has not only been the designer of many of our best race T-Shirts, she is also one of those rare and valuable people who do what they say they will when they say they will do it. She



LESLIE RICH

has helped me with questions and art work on many occasions during my tenure as Editor and has always been a pleasure to work with, as you will all soon discover for yourselves if you have not already. Thank you for serving as our Editor Trish!

I also wanted to express my thanks for the great support and article inputs from all of you over the last three years. I also wanted to give special thanks to **Ken Bendy**, for his long term work preparing "Striders At The Races" as well as maintaining his RRCA race calendar; **Rob Glenn**, for Mile Marker Musings (which he produces no matter where he may be flying that day); **Al Saffer** for collecting race information with the Striderman; **Karin Glenn** for her continued great job with the Board minutes; **Tanys Carere**, our excellent Membership Director and provider of the mailing list, email addresses, "New," and "Renewing Members" lists each month; and the wonderful lady who has coordinated getting the newsletters in the mail for many, many years, **Jenny Allen**. I also want to mention and thank our newsletter printer and fellow Strider, **Bill Weaver** of PrintExpress, who has provided us with quality printing and met many an unreasonable deadline request on our behalf. The newsletter does not happen without each of their contributions.

Please share your running experiences with Trish at [StrideRightEdit@aol.com](mailto:StrideRightEdit@aol.com). We'd love to see some more of your inputs on favorite running spots and, as always, those race experiences too. Please get those articles and such in by the 15th of each month.

## 2005 Board of Directors

The Florida Striders are seeking a few good men and women to join the 2005 Board of Directors. Candidates should be club members, able to regularly attend monthly board meetings, and want to help determine the future of running in our community.

Please contact either Frank Sutman, Bob Boyd, John Powers, or Tanys Carere (see page 3 for phone numbers and email addresses) before February 15 if you are interested in becoming a board member. The next board has a one-year term that will run from March, 2005 to March, 2006.

**BOARD OF DIRECTOR'S MINUTES**  
**Continued from page 2**

that we should be sensitive to the club members in case anyone has a problem with it.

**Social update**

12/19 - luminaries at Robert & Janet Irwin's home

1/14 - home of Dick and Elke Miller

2/10 - Anheuser Busch brewery, Jay Birmingham guest speaker

3/6 - annual picnic.

**Race status update**

*Super Celebration fun run* - The race will be held February 5th.

*Run to the Sun* - Matt would like to go 6 deep in the age groups. A motion was made and passed to allow him to do it.

*Memorial Day* - Lil sent 6 sponsorship letters out, so far they have gotten a confirmation on two.

*Hog Jog* - A motion was made and passed to keep the race at Van Zant park for 2005.

**Monthly social format**

Attendance was low at last month's social. As board members we should make an effort to get more people involved in the socials. Someone suggested that once a month might be too often.

**Open forum**

Warner noted that we have 7 days to renew a \$10k Vystar 1-year CD. He also proposed that we move most of the savings account into a 36-month CD. A motion was made to roll over the \$10k to an 18-month CD and take approximately \$18k from savings and put it in a 36-month CD, leaving enough to keep the savings account open. The motion passed.

John noted that it is everyone's responsibility to help recruit more club members and help out by volunteering when we can.

The meeting was adjourned at 8:40 PM. Next month's meeting will be on Tuesday, January 11th, at the Orange Park library.

Respectfully submitted,  
Karin Glenn

**What's happening?**  
**Send us your stories to**  
**StrideRightEdit@aol.com by the**  
**15th of the month!**

## The 2005 Striders

**Scholarship is now posted to the website for downloading at [www.floridastriders.com](http://www.floridastriders.com).**

**Deadline to submit completed applications is March 31st.**

## A New Strider Event

*The Super Celebration One Mile Fun Run*

The Super Celebration One Mile Fun Run, put on by the Florida Striders, will be held at the Reynolds Yacht Center, 1063 Bulkhead Road, in Green Cove Springs on Saturday, February 5th, at 9:00 a.m. This promises to be a good time for all with medals for the first 1000 finishers and ribbons for the rest. \$2000 will be distributed to the schools with twenty five or more participants. This money will go to the school's athletic programs to help keep our children healthy! There is no charge for participants but all must register. Registration can be done easily on line at <http://www.claycountysupercelebration.com/fun-run2005.htm> and help avoid day of race registration lines. There will be a fair on site complete with numerous rides following the Fun Run. The Fun Run is part of a number of interesting events going on that weekend in Green Cove Springs as part of Clay County's Super Celebration. The above website has links for further information. If you need more information or would like to help make a difference in keeping our children active and having a good time in the process please contact me directly at 272-1770 or email me at [BobBoydFL@Comcast.net](mailto:BobBoydFL@Comcast.net).

## February 5th

# Running in DC

By Dave Bokros

I had the opportunity, recently, to travel with my company to Rockville, Maryland for some training. During the first day I met fellow analyst from Omaha who had never been to the nation's capital and, as it turned out, had an uncle that had lost his life in the Vietnam War. Nobody from his family had ever been to the Memorial and, since the Metro station was directly behind our hotel and I was somewhat familiar with the DC area, I excitedly offered to show him the sights.

I have been to DC many times, but never pass on the opportunity to visit the parks and ground my patriotism and myself. During our hike from the World War II Memorial to the Lincoln Memorial it occurred to me that there were people out for a run everywhere! I had run in the morning but it had not yet occurred to me to run the Mall. I asked a passing group of runners how far it was around the Mall and they replied "six miles". This inspired me. I haven't been to DC since I started running seriously and suddenly, it was all I could think about!

All the next day, I was thinking about running. I had suffered through a rotten cold that took me off training track for over a week and I was trying to quickly ramp back up to jump in to the plan when I returned to Jacksonville for the weekend.

It was a long day of new concepts, but in the back of my mind were the Mall and the sights of DC. At the days end, I hurried back to the hotel, changed, and headed across the street to the Metro station. For those that have never used it, the Metro is one of the cleanest, most well run rail systems in the world. And, if it is a little chilly out, it is always a lot warmer in the station. It looked like it would drop into the low forties so I was wearing tights and a long sleeve shirt.

Arriving at the Smithsonian station, I walked out onto the broad stone path that runs through the center of the Mall and trotted off towards the Washington Monument. When I reached 14th Street, I turned north, and up to the corner, then East on Constitution Avenue towards the capital building. I was off in a groove. I ran along at

a comfortable pace and gradually picked it up until I was running 8:30s. I passed the World War II Memorial, the Vietnam Memorial, and then the Lincoln Memorial, and then the Korean War Memorial. The Lincoln Memorial is awe-inspiring during the day, but is incredible at night!

The National Mall was commissioned by George Washington and conceived by Pierre L'Enfant in 1791. The Mall was designed as a gathering place for the Nation, a place where ideas could be expressed and the freedom to do so can be celebrated. Although the parks and their designs have been through many changes, the Mall still retains the foundation of L'Enfants design. The grounds are lined with 2,000 American Elms and 3,000 Japanese cherry trees; all of this creates an atmosphere that would inspire even the most blasé to deep thought about what it means to be an American.

People around the world will say what they want, but America is the seat of freedom and despite how things may change, our fore-

fathers designed a system that, while open to change by its citizens, it is just cumbersome enough to prevent the whims of culture from bringing it to its knees or changing it into something they never intended. Regardless of the turmoil that we may experience, a run through the Nation's Capital is an experience that one will never forget. *Here is a link for more information about our National Monuments* <http://www.nps.gov/nama/>

I finished the night after running for about an hour and forty, with a long ride back to the hotel on the Metro. It was now after 7:30 PM and the platforms were packed with people who had just worked a long day and perhaps had a drink and dinner and it was interesting to sit on a train for twenty minutes with all these people

at the end of their day, eyes heavy with fatigue, and realize how fortunate I am to enjoy our sport as much as I do. I am also very fortunate to have the Striders as my running family and that no matter how tough the week gets, Sunday morning is always a good time.

*Everyone has that special place they enjoy running. Please share your favorite run with the Striders at [StrideRightEdit@aol.com](mailto:StrideRightEdit@aol.com).*



# STRIDERS AT THE RACES



## RACE RESULTS

To get your race results published,  
email [StriderResults@aol.com](mailto:StriderResults@aol.com)

### RITA CASH FALL 5K Jacksonville November 20, 2004

Gary Gills	21:45	3rd A/G
Kwan Supapan McCall	24:33	1st A/G
Barbara Whitter	27:42	3rd A/G
Tom Sullivan	28:09	1st,2nd, & 3rd A/G
Freddy Fillingham	31:03	3rd A/G
Al Saffer	33:59	1st A/G
Joe Connolly	38:05	1st A/G
Dick Miller	39:46	

### PAUL DeBRUYN 30K November 20, 2004 Ormond Beach

Terry Sikes	2:15:17
Patrick McKeefery	2:27:59
Paul Berna	2:43:47
Ken Wilson	2:54:55
Jay Birmingham	3:00:30
Gloria McNeil	3:28:40
Roxanne Slater	3:29:59
Trish Kabus	4:22:19

### PAUL DeBRUYN 15K

John Dunsford	1:04:51	
	1st A/G	
Patrick Gaughan	1:08:15	
	1st A/G	
Cynthia Lyons	1:11:37	
	1st A/G	
Robert Cox	1:12:36	
Kathy Murray	1:13:01	
	1st A/G	
Kim Ball	1:13:27	
	2nd A/G	
Bonny Brooks	1:13:28	
	3rd A/G	
Thom Henkel	1:17:00	
	1st A/G	
John Gauer	1:21:25	
	2nd A/G	
Jim Kehr	1:26:41	
Leslie Doucette	1:27:28	
David Rigdon	1:28:13	
Gordon Slater	1:30:42	
	2nd A/G	

Wendy Patterson	1:35:18
Shirley Henkel	1:39:34
Christine Kehr	1:56:08

### OUTBACK STEAKHOUSE HALF MARATHON Jacksonville November 15, 2004

John Metzgar	1:13:10	
	Masters Male	
Len Ferman	1:16:45	
	2nd A/G	
Frank Sutman	1:20:13	
	1st A/G	
Gregory Richards	1:21:36	
Page Ramezani	1:22:14	
	1st A/G	
Anthony Truitt	1:25:44	
Paul Geiger	1:29:14	
	2nd A/G	
Bruce Holmes	1:30:09	
	2nd A/G	
Terry Sikes	1:32:05	
Victor Corrales	1:33:20	
Rexx Weir	1:34:30	
	3rd A/G	
Randy Arend	1:35:53	
Stephanie Griffith	1:38:32	
	1st A/G	
John Hirsch	1:38:56	
Paulette Butler	1:41:01	
	2nd A/G	
Wendy Patterson	1:41:01	
Robert Cox	1:41:02	PR
Gary Hallett	1:41:41	
Kim Hoyt	1:42:30	
Kathy Murray	1:43:02	
John Craddock	1:43:16	
Matt Ross	1:43:35	
John DeAntonis	1:44:35	
Brian Blue	1:44:41	
Nick Jongebroed	1:45:49	
Kim Ball	1:46:00	
David Kelley	1:46:01	
Maurya Sova	1:46:24	
Dan Ovshak	1:47:56	
Jim Klein	1:48:05	
Harry Edwards	1:48:16	
Sharon Lucie	1:48:56	
Danny Weaver	1:49:43	

Danny Suber	1:50:23
George Hoskins	1:51:45
Kwan Supapan McCall	1:52:14
	1st A/G

Mark Woods	1:53:16
Steve Lucie	1:53:52
Vicky Connell	1:54:02
Jack Hayes	1:54:53
Gary Gills	1:55:54
Tom Henkel	1:57:02
David Stanley	1:57:57
Maria McNary	2:00:15
Bobby Green	2:02:37
	2nd A/G

Jay Birmingham	2:03:32
Gordon Slater	2:03:56
	3rd A/G

Jim Kehr	2:04:13
Sandy Rosenberg	2:05:27
Bernie Gross	2:05:46
Gary Lewis	2:06:28
Ed Kelly	2:07:27
John Rigdon	2:07:57
Leslie Doucette	2:08:14
Joe Sova	2:08:45
Bo Holub	2:12:23
Jonie Davis	2:13:15
Barbara Whitter	2:14:28
James Renninger	2:17:42
John Aimone	2:17:46
Kathy Klein	2:17:57
Shirley Henkel	2:18:30
Margaret Tyburski	2:20:29
Zully Lopez	2:20:51
Susan Gostage	2:25:15
Patti Smith	2:26:34
Tom Sullivan	2:29:01
Al Saffer	2:46:56
Amy Corrales	2:49:07
Brenda Schwelling	3:02:54
Susan Stanley	3:08:14

### OUTBACK 6K

David Ferman	27:07	
Nancy Harms	28:54	
Susan Harms	28:22	2nd A/G
John Gauer	29:43	2nd A/G
Bob Tatum	31:25	
Freddy Fillingham	35:15	
Maryanne Bolin	35:39	

# STRIDERS AT THE RACES



## RACE RESULTS

To get your race results published,  
email [StriderResults@aol.com](mailto:StriderResults@aol.com)

Jim Connell	36:10	
Burness Morris	37:18	
Nadine Thomas	38:09	
Diane Aimone	47:38	1st A/G
Bill Kennedy	58:04	
Stephanie Holt	58:05	

### FESTIVAL OF LIGHTS 5K December 4, 2004

Gregory Richards	17:23	1st A/G
Bill Dunn	18:05	

#### Masters Male

Vic Corrales	19:29	1st A/G
Nick Jongebloed	20:13	
Steve Edgell	21:08	
Gary Gills	21:27	
Cynthia Lyons	22:12	
Kathy Murray	22:45	
Jim Klein	23:02	
Dave Brokos	23:37	
Pam Joyce	23:38	
Chuck Bryner	23:52	
John Gauer	24:30	2nd A/G
Earl Vinson	24:55	
Kacee Bryner	25:52	
Gary Hallett	26:00	
Claudia French	26:47	2nd A/G
Ken Bendy	27:30	1st A/G
Dennis Lee	27:53	
Maryanne Bolin	28:32	
Gordon Slater	29:52	2nd A/G
Kathy Klein	29:59	1st A/G
Brenda Schwellung	23:39	
Al Saffer	30:46	1st A/G
Amy Corrales	32:15	
Gary Burdett	35:50	
Brittany Brokos	43:14	
Wendy Warrell	43:16	
Lisa Dunn	54:20	
Marie Bendy	54:21	Walked
Patt McEvers	54:22	Walked
Charles Desrosier	54:22	Walked

### REINDEER RUN 5K Fernandina Beach December 11, 2004

David Stanley	20:32	1st A/G
Josh Stanley	30:18	2nd A/G

Susan Stanley	32:57	1st A/G
Katie Stanley	34:19	1st A/G
Al Saffer	34:50	1st A/G

### REINDEER RUN 10K

Steve O'Brien	46:08	1st A/G
Elfrieda Wyner	47:09	1st A/G
Dennis Lee	50:40	2nd A/G
Tom Sullivan	56:56	1st A/G
Norm Wyner	1:05:06	1st A/G
Brenda Schwellung	1:13:31	1st A/G

### BEACHES DOG RUN Jacksonville Beach December 11, 2004

Trish Kabus with Cerri	41:15	
------------------------	-------	--

### JACKSONVILLE MARATHON December 19, 2004

John Metzgar	2:44:11	5th O/A
Sung Ho Choi	3:20:08	
Wendy Patterson	3:32:40	
		3rd Female Master
Paulette Butler	3:32:40	1st A/G
Kathy Murray	3:33:57	1st A/G
Kim Hoyt	3:37:24	
Steve Edgell	3:50:28	
Danny Weaver	3:57:47	
Patti Smith	4:09:32	
Kwan Supapan-McCall	4:12:38	3rd A/G
Ed Kelly	4:27:04	
Augie Leone	4:34:57	1st A/G
Gary Lewis	5:12:12	
Trish Kabus	6:07:16	

### JACKSONVILLE HALF MARATHON

Len Ferman	1:18:54	2nd A/G
Gregory Richards	1:21:03	2nd A/G
Page Ramezani	1:24:00	1st A/G
Bill Dunn	1:24:12	2nd A/G
Patti Stewart-Garbrecht	1:25:51	1st A/G
Karen Glenn	1:26:00	2nd A/G
Victor Corrales	1:31:47	
Paul Geiger	1:32:21	
Rexx Weir	1:34:28	
Paul Smyth	1:37:36	

Tanys Carere	1:37:46	
John Dunsford	1:38:57	
Nick Jongebloed	1:39:14	
Stephanie Griffith	1:39:46	2nd A/G
Elfrieda Wyner	1:44:25	1st A/G
Bonnie Brooks	1:45:13	
Sharon Lucie	1:45:40	
Harry Edwards	1:46:13	3rd A/G
David Kelley	1:46:14	
George Hoskins	1:48:10	
Teresa Hankel	1:52:02	
Steve Lucie	1:52:21	
Chuck Bryner	1:52:53	
Amy Young	1:54:54	
Thom Henkel	1:55:21	
Melinda Terry	1:58:01	
Jim Kehr	1:58:17	
Tom Sullivan	1:58:22	
Ralph Billings	2:02:51	
Gary Gills	2:03:09	
Gordon Slater	2:04:25	
Kathy Klein	2:04:51	
Denise Dailey	2:06:54	
Kevin Terry	2:06:59	
James Renninger	2:08:13	
John Aimone	2:08:18	2nd A/G
Paul Kelley	2:09:09	
Bobby Green	2:11:38	
Jd Smith	2:12:54	
Margaret Tyburski	2:13:56	
Roxanne Slater	2:16:42	
Shirley Henkel	2:24:31	
Sally Sawicki	2:24:36	
Alan Phillips	2:31:40	
Brenda Schwellung	2:48:37	
George Coombes	3:22:53	



Please sign the "Strider Person" prominently displayed at most of the races or e-mail your times to [StriderResults@aol.com](mailto:StriderResults@aol.com)

TRISH KABUS

# Turkey Day Run in Atlanta, anyone for Kona?

By Bill Dunn

For all you runner folk out there who were able to enjoy the great weather here in Jax running in the Outback Distance Classic on Thanksgiving I'd like to share my Turkey Day experience in the 41st running of the Atlanta Marathon. Well actually I ran the half which has now been incorporated into this classic holiday event sponsored by the Atlanta Track Club.

First let me get in a promo for a great program. I'll be teaming up with the American Heart Organization and coaching some first time Marathoners under the **Training to End Stroke Program (TTES)**. We will focus on participating in the **San Diego's Musical Marathon**, June 5, 2005 or the **Kunitake Farms Kona Marathon and Half Marathon**, June 19, 2005. There will be a series of kick-off events scheduled. If you are interested you can contact 904-739-0197 for more information or email [ttes.jacksonville@heart.org](mailto:ttes.jacksonville@heart.org). This is a great running/walking opportunity to support an excellent program sponsored by the American Heart Organization. No doubt an adventure for all.

Here are some of the benefits highlighted by the program:

As a **Train To End Stroke** participant, you will:

- Help save lives
- Travel to an exciting destination
- Receive personalized training
- Complete a half or full marathon
- Honor stroke survivors known as "Stroke Heroes"
- Meet new friends
- Become involved in something bigger than yourself

Participants who raise or exceed their fundraising goal will travel with the team on group dates to the weekend event. You will receive:

- Airfare
- Hotel Accommodations
- Ground Transportation
- Official Race Singlet
- Official Race Entry Fee
- Team pre-event Pasta Party
- Team Post-event Victory Celebration
- On-course Support During the Race

*It would be GREAT to have some Striders' along for the journey.*

Back to the Turkey Day event!

My morning started out around 4:00 AM north of



Bill enjoys his granddaughter, Lindsay, after the Atlanta Half Marathon

Atlanta in Alpharetta at my daughters' house where she was serving superbly as the family holiday hostess and mommy to my bubbly 6 month old granddaughter (see photo). I had an early start to make the 5:38 AM MARTA train out of the North Springs station to connect with the "runners" train

to the Chamblee station, which was within a half mile or so of the start. When I boarded, I was surprised to see a hundred or so runners already sitting on the train, and despite the travel logistics, I felt like I had to be in the right place. Even though using MARTA for the half was greatly emphasized in the race literature, I never expected the standing room only crowd on the switch to the Chamblee bound train. I would strongly encourage this mode of travel for anyone traveling to the ATL for this venue. Parking was definitely at a premium here. As for the standing room only crowd on the train, it was like being gated into starting corrals for a large event.

The full Marathon was scheduled for a 7:30 AM start down at Turner Field. The half began at 7:00 AM on the Marathon course at the mid-way point and finished back at the home of the Braves. This course runs over 90% of the Centennial Olympic course. On the train ride I couldn't help thinking about running the Olympic course even if it wasn't Athens. I was quickly brought back to reality when I stepped out of the train station and encountered a 40 knot wind. The thermometer was struggling to crack 40 degrees. It felt very much like a bad Nor'Easter on the beach back in Jax.

The race was jump started at 7:00 AM with a "Ready Go" command which unleashed 7,000+ runners to dash somewhat madly down PeachTree Blvd., probably in an attempt to escape the very cold and windy conditions. I was wearing a classic geek garbage bag that I had brought along to store wet clothes after the event. Body heat seemed to be of greater importance to me and the bag served me well the first mile or so.

Fortunately, the course was still lit by the street lights along the Blvd. The late dawn and bleak conditions had not yet given way to natural light. At first it seemed as if I was running a local 5K with many runners dashing by full of confidence as if running at their half marathon

pace. I wasn't sure what pace I was running except that I felt comfortable, though somewhat tight due to minimal warm-up activity.

The first 5 to 6 miles of the course were somewhat flat, and I went through the 5 mile point with a 33 and some change. My initial thought was that I was pressing a bit having not yet reached the halfway point. Here the terrain began a gradual 2 mile downhill slope providing an opportunity to recover some accumulated oxygen debt and workout some of the lactic acid. Or so I thought. I soon learned that this was where the famed 4th of July PeachTree Run begins. Runners are notorious for going out swiftly here in the first two miles for which they pay dearly during the rest of the race. No problems here. With the gust now at my back, I was cruising, picking off runners right and left (something I'm not used to), and feeling good. Reality set in over the next 5 miles, as the course began to climb a series of Atlanta's own version of heartbreak hills named appropriately: CardiacHill, ScarlettO'Hilla, GradeExpectations

and CapitolPunishment. As I struggled up this never ending incline I was somewhat surprised as I hit the 10 mile split at just a tick or two over 65. The good thing was I only had 3 more miles to go, the bad thing was the last time I hit that number it was 1982.

By now we were into the heart of the downtown high-rises. The wind tunnels created were spectacularly wicked, shooting arctic blast from all angles and reducing running to a mere forced leg press in order to keep your body moving forward. After a couple miles of this torture I was pretty much just hoping to find the finish line, get into some warm clothing and hop back on the North bound train to my daughter's house and play with my new granddaughter, or better yet, just take a nap. As usually happens with runners, we finally find the finish line. As I caught the clock display crossing the finish I was happily surprised to see 1:25:34, even happier to quickly find my bag, jump into some warm clothes, and catch the north bound.

See ya on the roads and trails....*maybe in Kona.*

---

## Gate River Run Training Classes

Shands Jacksonville and the YMCA have teamed up to offer training classes to help people get ready for the Gate River Run. You do not have to be a Y member to participate. There will be excellent training information for all everyone!

**Barco Newton Family YMCA**  
**2075 Town Center Blvd.**  
**Orange Park, FL 32003**  
**(904) 278-9622**

**SATURDAYS, 8AM TO 9AM**  
January 8 - Program Set-up  
January 15 - Injury Prevention  
January 22 - Nutrition & Hydration  
February 12 - Training the Mind

**Yates Family YMCA**  
**221 Riverside Avenue**  
**Jacksonville, FL 32202**  
**(904) 355-1436**

**MONDAYS, 5:30 PM TO 6:30 PM**  
January 10  
January 17  
January 24  
February 21

## RRCA Coaching Seminar

The RRCA announces a coaching seminar February 17 & 18 in Myrtle Beach South Carolina in conjunction with the Myrtle Beach Marathon. It will be held at the Yachtsman Resort Hotel both days.

The RRCA's coaching certification is designed for coaching adult endurance runners for road running. It is the largest long distance running coach certification program in the US and the only one designed for road running.

Day one will be The Basis of Training. The curriculum will include the *Fundamentals of Coaching, Rules of Training, Physiology, Psychology, Injury prevention and Nutrition.*

Day two will be devoted to the *Techniques of Training.* It will cover developing training plans, cycles, and progressions, speed work and other related topics. Group exercises will teach how to apply the topics covered.

The certification will be taught by **Janet Hamilton** and **Mike Broderick**, RRCA certified coaches. Janet, an exercise physiologist with a specialty in biomechanics, teaches exercise physiology at the college level as well as coaching runners. Janet is the author of *Running Strong*, a book on injury prevention for runners. Mike is an ASEP instructor, the coach in charge of the advanced marathon training for the Montgomery County Road Runners and a lawyer.

Cost for the 2 day certification class is \$200. You must register for the certification class at least a week prior to attending or before it is filled, (limited to 30). For additional information and to register visit <http://www.rrca.org/coaching>.

# A Glance at the 2004 Jacksonville Bank Marathon & Half-Marathon

December 19, 2004



## Striders Water Aid Station Volunteers

Thank you to all of our Strider volunteers who came out to share your time with the local running community. Everyone had a great time!!!

Carolyn Disher  
Christine Kehr  
Dan Widener  
Diane Foster

John Powers  
Kent Smith  
Lillian Lawless  
Margie Vest

Doggie Mascot Lawson  
Frank Sutman  
Ginger Frazier-French  
Jamie Ryan  
JD Smith  
Jeanie Wilson  
Jim Kehr

Maryellen Barber  
Debbie Johnson  
Peg Lawson  
Ryan Hallett  
Tom Ryan  
Trish Kabus



**PHOTOS BY KENT SMITH**

## FLORIDA STRIDERS TRACK CLUB 2005 APPROVED BUDGET 12/14/04

Income	2004 Actual	2004 Approved Budget	2005 Budget	Diff. Between 04 & 05 Budgets	% Change 04 & 05
Run to Sun	3,699	3,250	5,900	2,650	82%
Memorial Day 5K	4,591	4,000	4,800	800	20%
Autumn Fitness	2,768	4,750	5,800	1,050	22%
Hog Jog	1,900	1,200	1,250	50	4%
<b>Race Proceeds</b>	<b>12,958</b>	<b>13,200</b>	<b>17,750</b>	<b>4,550</b>	<b>34%</b>
Dividends & Interest	470	470	550	80	17%
Memberships	7,780	6,500	7,000	500	8%
Merchandise-Income only	2,126	600	1,500		
Dinner Socials-Income only	1,544	1,500	1,500		
Youth Programs	1,500				
Advertising	160	150	150	0	0%
Super Celebration Fun Run		0	3,500	3,500	
Reinhold Award	500	0	500	500	
<b>Other Income</b>	<b>14,080</b>	<b>9,220</b>	<b>14,700</b>	<b>5,480</b>	<b>59%</b>
<b>Total Income</b>	<b>27,038</b>	<b>22,420</b>	<b>32,450</b>	<b>10,030</b>	<b>45%</b>
<b>Expense</b>					
<b>Administrative</b>					
Mailing Costs - General	1,198	1,225	200	-1,025	-84%
Newsletter Printing, Mailing, and Layout	6,658	6,603	7,250	647	10%
Membership Mailings & General Office Sup	223	610	600	-10	-2%
Affiliation Costs and Insurance	2,327	2,027	2,360	333	16%
New Equipment/Maintenance/Insurance	862	1,000	650	-350	-35%
Storage Rental Fees	900	1,000	900	-100	-10%
Website Fees	234	300	220	-80	-27%
Volunteer/Member Awards & Misc.	27	0	300	300	
Merchandise Expense	2,487	975	1,700	725	74%
<b>Total Administrative Expense</b>	<b>14,916</b>	<b>13,740</b>	<b>14,180</b>	<b>440</b>	<b>3%</b>
<b>Club Activity</b>					
River Run Tent & Club Picnic/Elections	892	1,250	1,250	0	0%
Dinner Socials - spent	1,333	1,600	1,600	0	0%
Monthly Socials	76	200	200	0	0%
RRCA Convention	1,000	950	1,300	350	37%
Club Signs	80	200	360	160	80%
<b>Total Club Activity Expense</b>	<b>3,381</b>	<b>4,200</b>	<b>4,710</b>	<b>510</b>	<b>12%</b>
<b>Community Activity</b>					
Adult Running Programs	0	0	1,000	1,000	
Children's Running Programs	2,326	1,600	4,950	3,350	209%
Children's pass thru Sponsorships	1,500		6,800	6,800	
Scholarships	1,000	2,000	2,000	0	0%
<b>Total Community Activity Expense</b>	<b>4,826</b>	<b>3,600</b>	<b>14,750</b>	<b>11,150</b>	<b>310%</b>
<b>Contingency Funds</b>		880	0	-880	-100%
<b>Total Expense</b>	<b>23,123</b>	<b>22,420</b>	<b>33,640</b>	<b>11,220</b>	<b>50%</b>
<b>Difference (Profit/Loss)</b>	<b>3,915</b>	<b>0</b>	<b>-1,190</b>	<b>-1,190</b>	

**Note:** The 2005 Budget is formatted to better capture the funds directed towards our Children's running program. The race incomes now include money directed towards children's running and that amount is captured in the Community Activity Expense section. All of the costs associated with the Newsletter, including bulk mail costs, have been combined into one category, which reduced the "Mailing Expense" while raising the "Newsletter Expense".

# 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
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
Jan. 15	5K Run for Education	8:00 a.m.	Country Club of Ocala 6823 SE 12th Circle Ocala	(352) 620-7651 beth.mccall@pefmc.org Public Education Fund of Marion County
Jan. 22	Matanzas 5000	9:00 a.m.	Ketterlinus Gym 60 Orange Street St. Augustine	(904) 797-7575 Todd@ancientcityrr.org Ancient City Road Runners
Jan. 23	Florida Gulf Beaches Marathon & 10K	6:30 a.m. 7:40 a.m.	Cleveland Rd. & Coachman Park Clearwater NOTE: 10K-Start Taylor Park - Largo	(727) 347-4440
Jan. 23	Jetty to Jetty Ultra Half Marathon	8:00 a.m.	Hanna Park Jacksonville	(904) 285-1552 Performance Multisports
Jan. 29	Harbor Federal Sandpiper 5K	7:30 a.m.	Gold's Gym 306 N. Nova Hwy., Ormond Beach	(386) 248-DBTC Daytona Beach Track Club
Jan. 29	Shands SUPER 5K	10:00 a.m.	Metropolitan Park Jacksonville	(904) 739-1917 1st Place Sports
Jan. 30	Ocala Marathon & Half Marathon & 5K	7:00 a.m.	Paddock Mall Ocala	(352) 622-5911
April 16	Run to the Sun 8K	8:00 a.m.	Orange Park Kennel Club, US 17 & Wells Rd, Orange Park	(904) 268-8392 <a href="mailto:HartRoss@bellsouth.net">HartRoss@bellsouth.net</a> Florida Striders Track Club
May 30	Memorial Day 5K	8:00 a.m.	Spring Park, Green Cove Springs	(904)292-1399 <a href="mailto:lawless@bellsouth.net">lawless@bellsouth.net</a> Florida Striders Track Club
Sep 10	Autumn Fitness 5K	8:00 a.m.	Orange Park Kennel Club, US 17 & Wells Rd, Orange Park	(904) 272-1770 <a href="mailto:BobBoydFL@comcast.net">BobBoydFL@comcast.net</a> Florida Striders Track Club
Nov 5	Hog Jog 5K	9:00 a.m.	Ronnie VanZant Park Sandridge Road Lake Asbury (Middleburg)	(904) 728 7759. <a href="mailto:Stevebruce@comcast.net">Stevebruce@comcast.net</a> Florida Striders Track Club

## Welcome Back Renewing Members!

Diana & Sean Bartlett  
Jerry & Kate (Clouse) Bennett  
Dotti & Tom Cahill/Marsland  
John Coleman, DPM  
Charles Desrosier

Carol & Michael Fitzsimmons  
Mary & Bill Gladding  
Stephanie & Chuck Griffith  
Randall & Nancy Pullo  
Roy & Julia Wood

## Welcome New Members!

Elizabeth (Beth) Brown  
Nancy [McCorvey](#)  
Margie Vest

# 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

## Girls on the Run - Spring Session

**Girls on the Run** uses the power of running to transform the ways that girls view themselves. This innovative health education and wellness program combines training for a 5K race with life-changing, self-esteem enhancing lessons that encourage healthy habits and an active lifestyle in 8-12 year old girls. Throughout the program, girls learn to stretch themselves – physically, mentally, emotionally, spiritually and socially – and in the process, are inspired to a lifetime of self-respect and healthy living.

The Spring session of **Girls on the Run** begins the week of February 14 and runs through April 30. **GOTR** is open to girls from all backgrounds ages 8-12 and will be held at the following sites this Spring:

- Barco Newton YMCA, Orange Park – Tuesdays & Thursdays, 5:00-6:00pm
- DuPont YMCA, Jacksonville – Tuesdays & Thursdays, 3:30-4:30pm
- Winston YMCA, Ponte Vedra Beach – Mondays & Wednesdays, 4:30-5:30pm
- John E. Ford Elementary – open to John E. Ford girls only
- S.P. Livingston Elementary – open to Girls Inc. girls only
- Atlantic Elementary, Fernandina – Tuesdays & Thursdays, 4:30-5:30pm
- McArthur YMCA, Fernandina – Mondays & Wednesdays, 4:00-5:15pm

\*\*more schools will be added as the program grows. Please let us know if you would like to help bring **GOTR** to your local school.

To register, you may call 904-321-4315 or email [GOTRneflorida@aol.com](mailto:GOTRneflorida@aol.com), and we will mail you a registration flier. **GOTR** works on a sliding scale basis, so the program fee is \$15-\$120 depending on household income. Please note that group sizes are limited and formed on a first-come, first-served basis. Also, if you're interested in coaching, please let us know – this is a wonderful and very rewarding way to make a difference in the lives of young girls!

*Deborah Dunham, Executive Director, Girls on the Run of N.E. Florida, Inc., 904-321-4315  
[www.GirlsOnTheRun.org](http://www.GirlsOnTheRun.org)*

# MILE MARKER MUSINGS By Robert Glenn

Greetings from Jacksonville of the North, lows in the 20's, and I thought we all moved to Florida to get away from weather like that. I'm sure this cold snap serves a purpose, maybe to make us appreciate the moderate climate we enjoy much of the year. We have a bunch of races to cover as we are at the height of the big race season, so we'll get to it.

First up is the **Rita Cash Fall 5K** which was run on the 20th of November. Our fastest Strider was **Gary Gills** who placed third in his age group with a 21:45. Our quickest female Strider was **Kwan Supapan McCall** who ran a 24:33 which was good for 1st in her age group. Striders who won their age group included **Tom Sullivan, Al Saffer** (the guardian and deliverer of Striderman, yea!), and **Joe Connolly**.

On the same day in November, the **Paul DeBRUYN** was run down in Ormond Beach. This one has both a **30K** distance and a **15K** distance; apparently the 30K makes for a nice training run for the Jax marathon, or so people tell me who run that far. For the 30K, our fastest Strider was **Terry Sikes** with a 2:15:17. Fastest female Strider was **Gloria McNeil**. For the 15K, **John Dunsford** took top Strider honors with his 1:04:51 which also earned him 1st in his age group. **Cynthia Lyons** was our fleetest female Strider with a 1:11:37 which earned her top honors in her age group. Other Striders who ruled their age group roost included **Patrick Gaughan, Kathy Murray, and Thom Henkel**.

The **Outback Steakhouse Half Marathon** was run on Thanksgiving, like every year. A veritable Jacksonville tradition that I was sorry to miss (I had the day off but was in Japan, not really feasible to get back just for the day), for those of you that are in Jacksonville on Thanksgiving next year though, be

sure to include this one on your race calendar. Even go so far as to leave a day later for your weekend destination, less traffic on Thursday, and you'll have 13.1 under your belt before you eat all the good food. Well, enough proselytizing for Jacksonville's second biggest race (after the GRR, of course). Our top dog was **John Metzgar** with 1:13:10 which earned him Masters Male honors. Our top female Strider was **Stephanie Griffith** with a 1:38:32 which earned her first in her age group. Other Striders who won their age group (no mean feat in a race of this size) included **Frank Sutman, Page Ramezani, and Kwan Supapan McCall**. The associated 6K (yes a 6K, perfect race to get a PR in since it is probably the only 6K on most race calendars, I guess they figure if you only run a race distance once, it will be a PR and also a PW, but hey, it goes with the territory) saw **David Ferman** as our fastest male Strider, while **Nancy Harms** was our quickest female Strider. **Diane Aimone** captured her age group. Nice work all.



The first race in December was the **Festival of Lights 5K**. **Gregory Richards** was our fastest male Strider with a 17:23 which was good for first in his age group. **Cynthia Lyons** was our quickest female Strider with a 22:12. **Bill Dunn** was the Masters Male champion. **Vic Corrales, Ken Bendy, Kathy Klein, and Al Saffer** all ran to win, their age groups that is, nice running.

The **Reindeer Run 5K & 10K** took place in Fernandina Beach on the 11th of December. Never having competed, I'm not sure if they actually have some reindeer there to run or if it is just a liberty taken

(Continued on page 16)

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 (continued from page 15)

with the holiday spirit. Striders were all over the awards platform at these races. For the 5K, **David Stanley**, 20:32, and **Susan Stanley**, 32:57, were the fastest male and female Striders. Other Striders that won their age groups include **Katie Stanley** and **Al Saffer** (preventing a Strider Stanley Sweep of the first place awards). For the 10K, **Steve O'Brien** was the fastest male Strider with a time of 46:08 while **Elfrieda Wyner** was our fastest female Strider with a 47:09, both won their age groups. Other Striders winning age group first places included **Tom Sullivan**, **Norm Wyner**, and **Brenda Schwelling**.

Finally, the **Jacksonville Marathon** finishes our race coverage for the month. Our very own 26.2. Flat, well-run and perfectly timed for a Jacksonville marathon training program, i.e. your long runs don't have to start until mid-fall versus those 4am starts for August 20 milers if you run one of those October marathons. Or so I've been told by those of us that do these things called marathons. A big thanks to Ken Bendy who once again delivered on the results even though he was on vacation up in North Carolina, I couldn't do this column without him and Al Saffer (aka Striderman). This year **John Metzgar** was our fastest male Strider with a 2:44:11 which earned him 5th overall. **Wendy Patterson** ran a 3:32:40 which makes her the fastest female Strider and earned her 3rd Female Master. **Paulette Butler** posted a 3:32:40 (hey wait, isn't that the same time as Wendy, why yes it is, think they might be training partners?) which was good for first in her age group. **Kathy Murray** ran a 3:33:57 and also won her age group. **Kwan Supapan**

**McCall** (yes, some names I have on a hot key because they are so fast that they seem to win most times they run a race, just in case you were wondering) placed 3rd in her age group with a 4:12:38 while **Augie Leone** placed first in his age group with a 4:34:57. Nice running all. The half marathon saw **Len Ferman** as our fastest male Strider with a 1:18:54, which earned him 2nd in his age group while **Patti Stewart-Garbrecht** was our fastest female Strider with a 1:25:51, which was good for first in her age group. Other Striders that won their age group included **Page Ramezani** and **Elfrieda Wyner**. **Jim Kehr** gave props to **Tom Sullivan** for pushing him to a sub 2 hour half, nice work guys.

**Striders on the Road** - No reports this month, either everyone was all tucked out from the local race schedule or maybe they don't have dat dar internet thing back in some of dem hollers.

We did have a Strider in the Times-Union on the 8th of December though. There was a good picture of Strider and WWII veteran **Chuck Ellis** attending a memorial service aboard the USS McInerney. Chuck is a Pearl Harbor veteran who served aboard the USS Pennsylvania, from a generation X Strider to a Greatest Generation Strider, thank you.

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 Nuclear Yellow shirt. For times when you don't see Striderman or run an out of town race, email me at [Striderresults@aol.com](mailto: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](mailto: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](http://www.floridastriders.com)

You can contact us via e-mail at:

[BobBoydFL@comcast.net](mailto: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>