



Volume 24, Number 3

# STRIDERIGHT

Florida Striders Track Club



[www.floridastriders.com](http://www.floridastriders.com)



March 2005

## inside

|                                |    |
|--------------------------------|----|
| Prez Sez                       | 2  |
| Board of Directors' Minutes    | 2  |
| Board/Key Members/Sponsors     | 3  |
| GRR Strider Hospitality Tent   | 4  |
| Thunderbolt Elementary Gift    | 4  |
| OPMC One Mile Fun Run- con't   | 5  |
| 2005-06 Board Nominees         | 6  |
| Run to the Sun Flyer           | 10 |
| Running Research               | 11 |
| 2005 Strider Scholarship       | 11 |
| Dinner with Jay Birmingham     | 12 |
| Striders at the Races          | 13 |
| New & Renewing Members         | 14 |
| Ocala Marathon                 | 15 |
| Top Ten Reasons to be Strider  | 16 |
| March Race Calendar            | 17 |
| Mile Marker Musings            | 18 |
| Group Training Runs            | 19 |
| Strider Membership Application | 19 |



### Orange Park Medical Center One Mile Fun Run –



Robert Krieger (right), president of OPMC, receiving a commemorative certificate for the event from Bob Boyd, track club president.



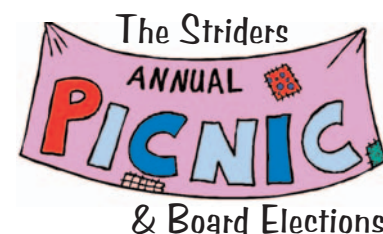
## A Super Celebration Indeed!

By Bob Boyd • Photography by Vanessa Boyd

Talk is, as they say, cheap and life is short. So, let us start with the results first and see if we can get your attention. 630 participants enjoyed themselves in a One Mile Fun Run on Saturday, February 5th, 2005 at the Reynolds Yacht Center in Green Cove Springs. *Continued on page 5*

Lots of good food, fun, family, sharing stories, and a little business, as we elect our new Board of Directors. The Club will provide the hamburgers, hot dogs, soft drinks and the plastic dining utensils. Please bring a covered dish to share and a lawn chair. Games & amusements for the kids! **A great family affair!**

Directions:: Exit I-95 at JT Butler Blvd. East (towards beaches). Stay in the right lane to get to Belfort and make a left (north) onto Belfort. Go past St. Lukes, about 1 mile to Secret Cove entrance on the right. Go 1 block to gravel road on left – follow gravel road to parking and pavilion.



**Sunday, March 6  
1:00 PM**

Secret Cove off Bowden Rd.,  
near Danny and Jenny  
Suber's house

# Prez Sez

By Bob Boyd



March is a big month for the Striders. First up is the **Annual Strider Picnic** on Sunday, March 6th, followed closely by the **Gate River Run** on Saturday, March 12th. The Strider Tent at the Gate River Run is a guaranteed good time (unlike many of my 15K times). Stan and his band of co-conspirators never disappoint in the River Run Tent and hospitality departments. The Annual Picnic shares the same reputation so do not miss either one.

Thanks to **Kent Smith**, our intrepid Social Coordinator, for putting together a great time for us all on February 8th at the Anheuser-Busch Hospitality Room. We were pleased to honor **Lillian Lawless**, **Dick Miller**, and **Warner Millson** with the RRCA National Volunteer Award for their many years and hours of service. A special thanks to fellow Strider, **Jay Birmingham**, for his excellent presentation that evening. We already knew he ran well. It turns out he is a good speaker to boot! There are pictures and more details elsewhere in this issue and on our website.

**Warner Millson**, **Vanessa** and I were honored to present a \$500 check on behalf of the Striders to the Thunderbolt Elementary school's Run/Walk Club in February. I am hard pressed to find a better example of doing a lot of good for very little money than our area Run/Walk clubs. For very little money per year, these great clubs have children walking and/or running every week throughout the school year. More important than the activity itself, they are also learning that running and walking are fun and are forming habits that will serve them well for a lifetime. The Striders are right there helping to make a difference. You all do make me proud.

If you have any suggestions on how we can improve please let me know at (904) 272-1770 or BobBoydFL@com-cast.net.

## Board of Directors' Minutes, 2/8/05

Bob Boyd called the meeting to order at 7:00 PM. Directors absent: JD Smith, J. Runnfeldt, K. Wilson. This was the last meeting for the current board of directors.

### Minutes/Action items

Last month's minutes were approved as written.

### Treasurer's report

Warner distributed the February treasurer's report and it was filed as written.

### Memorial Day budget

Frank distributed the race budget for Memorial Day. The race size and expenses are expected to be similar to last year's race. Frank is doing the logo. The confirmed sponsorship is listed on the report. There is \$1600 of unconfirmed sponsorship needed so the total will conform to the budget. Frank and Lil are looking for a volunteer to organize the post-race party. A motion was made and passed to approve the race budget.

### Super Celebration final report

Bob had emailed the fun run details to the board prior to the meeting. There were 630 total participants, and 9 schools had more than 20 participants each so will receive an equal portion of the \$2500 prize money. The race was cost neutral to the club. Someone asked what the board could do to recognize and/or retain Orange Park Medical Center as a sponsor. Bob is going to give them a framed race logo and will try to stay in communication with them. A motion was made and passed to approve the finances for the race.

### Scholarship update

Lil gave the board an overview of the club's scholarship donation process. In the past, two \$1000 scholarships are given a year. The application is on our website. The deadline to submit applications is March 31st, after which the scholarship committee meets and selects the applicants. There was a problem last year with student athletes not being able to accept the scholarship due to NCAA rules so a statement has been added on the front of the application.

### Hog Jog race director

A motion was made and approved to have Steve Bruce return as race director. The current race date of Nov. 5th might conflict with the Mandarin 10k, if so the date of the race will be Nov. 12th.

### Membership update

Tanys reported there are 446 members and several are multi-year. She is going to have a membership table with applications and extra Striderights near the merchandise at the River Run tent this year.

### Thank you letter

Patti read a letter from Thunderbolt Elementary thanking the

(Continued on page 4)



## 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

### E-News 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

### 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

### 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:

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



Orange Park Medical Center



Orange Park Kennel Club

**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

**COOL  
ZONE**

Memorial Day 5K

**VAC-CON**

Memorial Day 5K

**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  
Hassain 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.

**CARRABBA'S**  
ITALIAN GRILL

Autumn Fitness 5K

**Publix  
Supermarket  
Charities**

**Ronnies**  
Wings & Oyster Bar  
Green Cove Springs, Florida



Village Bread  
Market



**PROMO  
DEPOT**

Robert  
Shields, Sr.

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

## **BOARD OF DIRECTOR'S MINUTES**

Continued from page 2

Striders for the \$500 donation. They also made a banner thanking us signed by the students.

### **"Girls on the Run" funding request**

Patti received a detailed letter from the NE Florida chapter of Girls on the Run. She read the highlights of the letter describing the organization and the training program. They asked for \$500 to help offset the out-of-pocket t-shirt expenses. The board generally agreed it was a valuable program for young girls but some members felt that donating to such a large and well-publicized organization might cut into donations later in the year. Also concerns were raised by the size of the program's budget vs. the number of girls it served. A motion was made to defer the donation until later in the year and the motion failed. A second motion was made to approve the \$500 funding request. After more discussion the motion was amended to the following: the club will only donate \$500 to GOTR if they either put the Strider logo on the t-shirt, or promote the Striders in some other way. This motion was voted on and passed.

### **Social update**

March 6th – annual picnic at Secret Cove, 1pm.

### **Open forum**

Kent reported he is going to re-start the fun runs prior to the socials this summer.

Bob will be the temporary Autumn Fitness race director.

Frank read the list of the new board members. As of the meeting the count is 14 returning, 5 new, and room for one more.

Bob thanked the board for a job well done, and we thanked him as a job well done as president.

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

Respectfully submitted,  
Karin Glenn ●



# **Florida Striders River Run Hospitality Tent**

## **Saturday, March 12**

Starting at 6am...Stan Scarlett, Tent Coordinator, needs your help in setting up the interior of the tent and preparing for the feast of food and beverages. Stan knows how to have a River Run party! To volunteer at the tent, please contact Stan at [stanscarlett@msn.com](mailto:stanscarlett@msn.com) or 994-2687. Come out and enjoy the festivities of the Florida Striders River Run Hospitality Tent!!! Drop off your things prior to the race, and bring a chair to relax in after the race. Bring a dish to share. Florida Striders Track Club Merchandise will be available for sale at the tent!



Thunderbolt Elementary Run/Walk Club shown here with their Thank You Florida Striders' banner signed by everyone. Warner Millson and Bob Boyd presented a \$500 check on behalf of the Striders to the school's run/walk program.

Photo by Vanessa Boyd



## A SUPER CELEBRATION INDEED

Continued from page 1

Each finisher received a great medal and \$2500 was split evenly between the nine elementary schools with twenty-five or more participants. That money will help keep each school's Run/Walk program funded so they can continue to enjoy themselves each week during the school year. That represents a pretty good morning's work in my opinion.

How did this come about? It really wasn't all that tough with about thirty excellent volunteers handling all



the details and a batch of sponsors who were willing to put their money and time to make a positive difference in our community. Orange Park Medical Center was very generous in funding the school's prize money and the medals enjoyed by so many. I truly wish you could all see the heart warming smiles on the finisher's faces when they received their medals. Krispy Kreme Doughnut provided 85 dozen doughnuts for all of us to enjoy. (Those doughnuts always put a smile on my face!) Other sponsors who were a huge help in providing a quality event while reducing expenses so as to

have more money for the school Run/Walk programs included: Coca Cola; First Place Sports; Reynolds Yacht Center; and the Sports Tourism Development Association of Clay County. Strider Volunteers are quite simply the best there are and continue to share their time and talent generously. Most importantly, thanks to all of the Run/Walk Club coaches and parents, without whom none of this would work. Thanks to you all for a job well done AND a job that was much fun. I hope to



For complete color photos of this event, please see this link!

<http://www.floridastriders.com/pictures/SuperCelebration/SuperCelebration.html>



see you all on Saturday, April 16, 2005 for the Run to the Sun 8K and One Mile Fun Run. Did I mention there would be \$1500 for the schools thanks to Centex Homes? Here are the nine elementary schools who each received a check for \$278:

Doctor's Inlet  
Fleming Island  
Lakeside  
Pinewood Christian Academy  
R.M. Paterson  
S. Bryan Jennings  
Swimming Pen Creek  
Thunderbolt  
W.E. Cherry ●



### Volunteers

Jenny Allen  
Richard Allen  
Ken Bendy  
Marie Bendy  
Bob Boyd  
Vanessa Boyd  
Dotti Cahill  
Charles Derosier  
Mike Ford  
George Francisco  
Kaitlin Francisco  
JD Garbrecht  
Angela Gondolfo  
Gary Hallett  
Ryan Hallett  
Glenn Hanna  
Patt McEvers  
Warner Millson  
Mike Neiman  
John Powers  
Alexis Ray

Brett Ray  
Matt Ross  
JD Smith  
Patti Stewart-Garbrecht  
Tom Sullivan  
Cathy Tison  
Norma Wasson  
Ron Wasson  
Kate Bouvatte

### Sponsors

Coca Cola  
First Place Sports  
Krispy Kreme  
Orange Park  
Medical Center  
Reynolds Yacht Center  
Sports Tourism  
Development  
Association of Clay  
County

# 2005-06 Florida Striders Board of Directors Nominees

## DAVE BOKROS

Dave Bokros has been a Strider member since 2003. Dave joined the Striders to help train for his first marathon, the 2003 Jacksonville Bank marathon. After completing his first marathon he was hooked, though admittedly, he enjoys the training track and camaraderie of his fellow runners more than the actual race day!



Dave is 39 years old, has completed two Jacksonville Bank Marathons and countless other road runs. He has lived in Orange Park since 1990 and is looking forward to serving on the Board of Directors in order to give back to the Striders some of what he has gained through the generosity and guidance of many of the other members and directors.

Dave Bokros is a Systems Analyst for a local office solutions company.

now and has been the Strider photographer at most of our events, providing most of the pictures found on our web site. She also serves on the Striders' Children's Running Committee. While officially retired, Vanessa still enjoys helping at the Orange Park Medical Center one day a week as a Physical Therapist. She also serves on the Board of Directors for Healthy Mothers/Healthy Babies of Northeast Florida. Vanessa has 4 grand-babies who, along with the current President of the Striders, have stolen her heart. Vanessa has been a Strider since 1990.



## BOB BOYD

Bob, our President and Race Advisor, has been on the Board for four years. He has also served as the Membership Director (three years) and the StrideRight Editor (three years). He says his best contribution in those areas was finding REALLY talented people, Tanys Carere and Trish Kabus respectively. He maintains that his best accomplishment to date was finding his bride of 22 years, Vanessa. Bob has been running with the Striders since about 1990 and feels very fortunate to have been able to enjoy running for over thirty years now and has met some great friends along the way. He hopes he can help others enjoy running too and make it a life long pursuit. Bob is a strong proponent for the Children's Run/Walk programs in the area to help children begin healthy and fun habits. Bob retired several years ago from BellSouth but has lost all that "spare" time between the Striders, Grandchildren, and serving as Secretary/Treasurer of the Healthy Mothers, Healthy Babies of Northeast Florida Board and his other interests.

## VANESSA BOYD

Vanessa has served on the Board for four years



## TANYS CARERE

Tanys has been a Florida Strider member for three years now and began serving as our Membership Director at the beginning of 2004. She moved to Jacksonville from Canada six years ago to escape the cold and is currently employed as an Accountant by a private investment company. In her spare time you can find her at the gym lifting weights, on the courts playing tennis, attending a Bible Study group Monday evenings or trying to sneak in some time and attention with her two cats and boyfriend (to only mention a few of her extra-curricular activities). Last year Tanys completed The Boston Marathon and currently boasts she is now in "temporary retirement"! You'll still see her out at the races cheering on her friends and as for her next competition and goal, we'll just have to wait to find out what that might be this year!

## JOHN DEANTONIS

John has been in the Jacksonville area for over 30 years now, beginning in the Mandarin area in 1964 and moving to Orange Park in 1995. He got started running back in 1996 when he was walking to the Q Sports Center and a running acquaintance invited him to do their morning six mile run. John got hooked and has been a regular at the Sun Tire Sunday runs, many area races, and just about every Jacksonville Marathon ever since. John has two grown children liv-



ing in California. He is looking forward to serving on the Board.



### STEVE EDGELL

Steve been running for just over 2 years (November 2002). He stayed to himself for the first year & half, though John Powers had told him about the Florida Striders, because he felt too slow to run with others.

After a year of running he registered for the Pumpkin run and fell in love with races and the running community. Steve ran in a couple of races and finally became a Florida Strider, signing up at the Run to the Sun. He began running Sunday mornings the day after the Run to the Sun, and also with John Metzgar's Tuesday night group from 1st Place Sports on Wells Road, (a varied pace of runners with PLENTY OF ROOM FOR MORE!) and with the St. Johns Country Day School track workouts on Wednesday nights (again-a varied pace of runners looking for more to come join us!

They even go to dinner after every other Wednesday night at La Napolera on Kingsley Ave.!) The improvement in his running has been steady not to mention the great friendship that is shared. It is rare when Steve finds myself running alone these days.

He was invited by Stan & Bobby along with John Powers to help with the course directors job at the Autumn Fitness 5k, and while it is hard to watch people run he still had a great time and have agreed to be Matt Ross's course director for the Run to the Sun this year.

Steve has lived in the Jacksonville area for almost 17 years. He has spent the last 10½ of those years working for Florida Powertrain (still known as Rowland Powertrain to many) and he is proud to work for a company that helps support the Florida Striders both with funding and fellow runners.

He doubts that he can ever repay what the many people in the Florida Striders have given to him in goals and opportunities and advice and training, let alone friendship and comaradree, but he will relish the opportunity to try. He always tell every new runner he meets about the Striders (thus, the reason why John Metzgar dubbed him Strider Steve) and he is very honored to be asked to sit on the Board. Steve hopes to learn much in the next year and contribute what he can!



### MIKE FORD

Mike is a native of Hartford, CT where he ran for Southern Connecticut State University and graduated with a Bachelor of

Science in Physical Education in 1992. He coached the men and women's distance runners at East Carolina between 1993-1998 and graduated from ECU with a Masters Degree in Adaptive Physical Education in 1996. Between 1999 and 2004 Mike was a physical education teacher in Pasco County Florida and in 2001 became the Special Olympic Coach of the Year. In 2004, he began working for Clay County School System at Paterson Elementary and inherited a very healthy run/walk club which has now surpassed the 325 member mark. Mike and his wife, Rachel, have been married for 3½ years and are expecting their first little runner in July.

### KARIN GLENN

Karin has been a board member for four years and would like to serve again this year. She is currently the club secretary. She has been a tester/designer for Sungard Corbel for the past five years working on defined benefit pension plan administration software. Running-wise she is currently trying to find the optimal training level - somewhere between running fast and running her legs to the ground. For the upcoming year she would like to see the club continue it's focus on children's running, put on 4 quality races, and continue with the quarterly dinner and monthly socials. She has enjoyed being on the board and is looking forward to serving another year.



### GARY HALLETT

Gary is a native of Eastern Canada, an avid hockey fan currently in withdrawal as the "season that never was" unfolds. He has lived in Jacksonville since 1996, previously residing in Chicago, Birmingham and Toronto, Ontario. Gary began running in January 2000, his goal to complete the Gate River Run. A few thousand miles and 4 marathons later he is hooked on the sport and currently in training for another shot at a Boston qualifying time. His sons Ryan and Christopher live in Orange Park and occasionally run or bike with Dad, providing pace and distance information to support the cause. In 2004, he served as the Volunteer Coordinator for the Autumn Fitness and Hog Jog races and will act in the same capacity for this springs Run to the Sun. He is completing his first year as a director of the club and looks forward to serving another term. "The Florida Striders commitment to improving the health and wellness of school age children through the clubs support of in-school run/walk programs, and Striders Fun Runs, is making a positive difference in the commu-

# 2005-06 Florida Striders

nity. It's exciting to work with such enthusiastic people who take their passion for running and use it to benefit others".



## GEORGE HOSKINS

George Hoskins joined the Striders in 2000. He was previously a member in the early 1980's. He has coordinated the Doctor's Lake Trail clean-up effort and has volunteered at Strider races. In 2004 he became the Merchandise Coordinator. George enjoys the club's Sunday

morning training runs, races, and programs. As a board member he will support our commitment to quality races and all Strider efforts to further running as a family fitness activity in the local community. George works as a civilian social worker at the Naval Hospital in Jacksonville. George and Mary have lived in Orange Park for over twenty two years; they have two sons and two grandchildren.

## LILLIAN LAWLESS

Lillian has been a director since 2000 and would like to serve for an additional year. She is currently on her fifth year as Race Director for the Memorial Day 5K and publisher of the popular Strider e-News. Lillian has organized the best water stop, Striders of course, for the Jacksonville Marathon the past three years. Lil puts a tremendous effort into making our events fun for both participants and volunteers. She previously had also managed the Striders merchandise program for several years. Lillian's other interests include her two Australian Shepherds, walking, gardening, home improvement projects, and travel.

## FRANK SUTMAN

Frank has been a director since 2001 and would like to serve for an additional term. He co-directs the Memorial Day 5K with Lillian. He has previously served as race advisor, as club



secretary and has co-directed the Hog Jog for two years. Frank has been running competitively at varying levels of seriousness since the 70s. He enjoys running long distances on poor trails at high altitudes, and has been trying to give up 5Ks for years. Frank wants to make sure that our club races remain high quality events, and is always trying to help develop future club

leaders. His day job involves creating new and more efficient papermaking processes in the technology group at Hercules Inc.



## WARNER MILLSON

Warner has been a member of the Strider Board of Directors over three different time spans. First he served in the early and mid 80's when he was both the merchandise "rag-man" and Fun Run Director. The 2nd stint was approximately in the late 90's –

"my Medicare aged brain doesn't exactly remember when." Warner also served the last two years on the Board and would like to help an additional year. Running wise, his knees lasted for about 20,000 miles and 22 marathons. Lately, he has been reduced to walking a few miles at a time. "I would like to see the Striders continue to look for new ways to help the athletically active community and possibly to help put the run back into the monthly "fun run" socials."

## JOHN POWERS

John Powers - has been running for over 30 years. He started in college but has never run competitively. Reasons for running are to stay healthy and in reasonably good shape. Wife, Jan, and family have lived in Orange Park for over 20 years and has been a



member of the Striders for over 12 years. He got involved with the club at the request of Ken Bendy with whom he was running on Sunday mornings. His first job was as a race volunteer, then race coordinator, and finally as a Race Director. John has served on the board for six years and as President for two years. "Running, and the Striders, have been very good to me. I want to give something back to the sport and to the club."



## JULIE RUNNFELDT

Julie has been running since 1997 and did her first marathon, Chicago, in 2000. She joined the Striders in 2001 and would like to further support the club's efforts to promote running as a Director at Large. She competes in



# Board of Directors Nominees

triathlons as well as running races, particularly when she has a rare Saturday off. Julie is a Veterinarian at the All Animal Clinic in Orange Park. She and her husband, Hal, have been in the Orange Park area since 1993. They have a seven year old son, Kyle. They also enjoy sailboat racing.



## KENT SMITH

Kent had not run since high school (1960) and college (1962) when he started running while in the Navy, stationed with the Marines in California. Kent returned to Jacksonville in 1987 and has been running ever since. He served on the Strider Board for

three years in the 90s. Kent retired again this year and hopes being on the Board will help the Florida Striders and its members reach their running goals.

## REGINA SOOEY

Regina has been a Strider since 2004. She began running in 2001, the 2001 Winter Beach Run being her inaugural race. She showed up in soccer shorts and the race t-shirt, and although she was really intimidated by all the "real" runners hanging around, she gave it her best effort and took 3rd in her age group.....that was enough to completely hook her on running as a hobby. Soon after that, she decided to train for the Jax Marathon, and she met so many nice folks at all the races and training runs, that she was hooked on running as not only a way to stay in shape and accomplish new goals, but a great way to meet new friends. Regina prefers the longer races, and has since completed several marathons. During an injury that prevented her from running a lot, Regina discovered triathlons and now she enjoys training in all three sports. Regina completed her first Ironman in 2004 in Panama City and it was a life changing experience that she will not soon forget. Although running will always be her first love and strongest of the three sports, Regina continues to divide her training and racing between road races and triathlons, as she likes the challenge and variety it provides. Regina is currently training for the Boston Marathon and the Gulf Coast Half Ironman, and later this year will again compete in Ironman Florida. When Regina is not training or racing she is focused on selling real estate. A retired lawyer, Regina started working as a Realtor for Watson Realty in 2003 and she just loves it.



She can't believe she gets paid to meet new people, talk on the phone, and take people to look at houses. Regina also enjoys traveling, camping, backpacking, scuba diving, hiking, and working the room passing out business cards!!! She is the 2005 Team in Training triathlon coach, and looks forward to being able to use her athletic abilities to give back to the community. She is excited to be part of the 2005 Strider Board and hopes that her enthusiasm and zest for life will contribute to the success of the club.

## PATTI STEWART-GARBRECHT

Patti is a 43 year old wife, mother, nurse-midwife and runner. She would like to tell you just a few things about herself. Patti is originally from St. Louis, MO. She left St. Louis in 1993 when she was



commissioned into the US Navy and went off to graduate school at Georgetown University to become a Certified Nurse Midwife. Patti had previously been a labor and delivery nurse for five years at an inner city hospital in St. Louis. After graduate school Patti went to her first duty station, Naval Hospital Camp Lejeune. It was at Camp Lejeune that she discovered running. Patti started out with modest goals to lose a few pounds and to perform better at the twice yearly physical readiness test. On 4th of July in 1995 she ran my first race and was "bitten" by the running bug. By 1998 Patti had set all of my current PR's. While she considers herself a competitive runner, she is a spiritual runner first and foremost. Patti loves to run, she loves the sport of running, and she makes daily attempts to encourage others to adopt the running lifestyle.

She thinks she would be a good addition to the Striders Board because she truly believes that it is the local running club that makes running and racing a sport for all to enjoy. The running club encourages people of all shapes and sizes and from all walks of life to run for health, run for happiness and to be a part of the Big Running Family.

## TERRY SIKES

Terry is 48 years old and he was born and raised in Jacksonville. He has been a casual runner since High School. However, he became more serious a couple of years ago and ran his first marathon in Jacksonville, 2003. He has worked 18 years in the wholesale hardware business with a few years of retail in between.

Currently Terry is employed at Florida Hardware Company. ●

# Run to the Sun 8K

Florida Striders  
Track Club

2005 RRCA FLORIDA 8K STATE CHAMPIONSHIP

APRIL 16, 2005



FLORIDA POWERTRAIN  
& HYDRAULICS, INC.



Mike Shad  
Nissan  
269-9400

PINCH-A-PENNY  
POOL-PATIO-SPA  
The Perfect People For A Perfect Pool

FREE 1 mile Fun  
Run at 9:30 AM.  
\$1500 in partici-  
pation money for  
the schools!

**CENTEX  
HOMES**



**Saturday, April 16, 2005 · 8:00 AM**

This is the 2005 RRCA Florida 8K State Championship Race. It starts and finishes at the Orange Park Kennel Club.  
USATF Certified Course (FL-02015DL) stays off of U.S. 17 and is mostly along the beautiful St. Johns River.

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

**8K AWARDS:** Top 3 Male & Female; Top Masters, Grand Masters; & Super Grand Master (over 60) plus Top 6 in each age group, Male & Female: AGE GROUPS: 10 & under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & over. (No multiple awards). Walkers are invited to join us, however there will be no Walking Awards category in this race.

**FUN RUN:** One mile Fun Run starts at 9:30 AM. There is no charge for the Fun Run, but all runners must complete an entry form. Ribbons awarded to all finishers. \$1500 in total school prize money.

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

**COST:** Please see the following:

| Payment Received | Striders & Military | Not a Strider |
|------------------|---------------------|---------------|
| by 4/6           | \$12                | \$14          |
| 4/7 - 4/15       | \$15                | \$17          |
| Race Day         | \$20                | \$20          |

\*There is an additional \$2 discount if you have your own ChampionChip except for day of race Registration (see entry form to enter your personal chip number.)

\*\*There are no discounts available for Day of Race Registration and personal ChampionChips cannot be used. All Day of Race entries are \$20.

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

Make check payable to:  
Run to the Sun 8K  
Mail completed application & check to:

Run to the Sun 8K  
591 Clermont Ave. S  
Orange Park, FL 32073

Race fees are non-refundable.

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

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





**Orange Park  
Kennel Club**

**Prefer the convenience of On Line Membership, Renewal, or Race Registration? Visit Active.com. They charge \$\$2.50 for their service.**

| RUN TO THE SUN 8K ENTRY FORM  |  |                      |  |                      |  |                      |  |                      |  |                      |  |                      |  |                      | RACE# (FSTC USE ONLY)  |                      | <input type="text"/><br><input type="text"/>  |  |      |  |
|---|--|----------------------|--|----------------------|--|----------------------|--|----------------------|--|----------------------|--|----------------------|--|----------------------|--|----------------------|---|--|------|--|
| <div style="display: flex; justify-content: space-between;"> <span>First Name</span> <span>Last Name</span> </div>  |  |                      |  |                      |  |                      |  |                      |  |                      |  |                      |  |                      | <div style="display: flex; justify-content: space-around;"> <span>Y</span> <span>N</span> </div> |                      | Ever run/walked a race?                       |  |      |  |
| <input type="text"/>  |  | <input type="text"/> |  | <input type="text"/> |  | <input type="text"/> |  | <input type="text"/> |  | <input type="text"/> |  | <input type="text"/> |  | <input type="text"/> |  | <input type="text"/> |   |  |      |  |
| Age   |  | Sex                  |  | Adult Sizes          |  | RUN                  |  | FUN RUN (no charge)  |  | Personal Champion    |  | <input type="text"/> |  | <input type="text"/> |  | <input type="text"/> |   |  |      |  |
| Street Address (include apt. number)  |  |                      |  |                      |  |                      |  |                      |  |                      |  |                      |  |                      | <input type="text"/>   |                      | <input type="text"/>                          |  |      |  |
| City  |  |                      |  |                      |  |                      |  |                      |  |                      |  |                      |  |                      | State  |                      | Zip Code                                      |  |      |  |
| Telephone Number  |  |                      |  |                      |  |                      |  |                      |  |                      |  |                      |  |                      | Fee Enclosed \$  |                      | <input type="text"/>                          |  |      |  |
| BY MY SIGNATURE I ACKNOWLEDGE THAT: Participating in an organized running event is a potentially hazardous activity. I will not participate unless physically and medically able. I agree to abide by all decisions of race officials relative to my ability to safely complete the race course. I assume all risks associated with participating in this event including but not limited to: Slip/trip/fall, contact with other participants, weather conditions, traffic and conditions of the road/surface, all such risks being known and accepted. Having read this waiver and in consideration of entry into this event being accepted, I, for myself and anyone named or entitled to act on my behalf, waive and release members and volunteers of the Florida Striders Track Club (FSTC), Road Runners Club of America (RRCA), the town of Orange Park, and all sponsors, their representatives and successors, from all claims and/or liabilities of any kind arising out of my participation in this event, including any liability that may arise out of negligence or carelessness by persons or organizations named in this waiver. I agree and grant permission that should circumstances arise, I defer to race officials and/or qualified persons as to my need to be examined and/or treated medically during the race. I agree that race officials and/or qualified persons have the right to disqualify and remove me from the race course should I be suffering from a life threatening condition. I further grant to Releasees the right to use any and all photographs, images, or accounts of this event in any manner that it feels appropriate. I agree to abide by all RRCA Guidelines, including but not limited to: No use of headphones or any other device that limits awareness of the participant or any type of wheeled conveyance (excluding use by handicapped or physically disabled participants). Animals are prohibited from the race course unless for the use and assistance of handicapped or physically disabled participants. |  |                      |  |                      |  |                      |  |                      |  |                      |  |                      |  |                      | <input type="checkbox"/> Florida Striders Track Club Member                                      |                      | <input type="checkbox"/> Military             |  |      |  |
| Your Signature  |  |                      |  |                      |  |                      |  |                      |  |                      |  |                      |  |                      | Date   |                      | Parent's Signature (if under 18 years of age) |  | Date |  |
| <b>Make Check Payable to: Run to the Sun 8K • 591 Clermont Ave. S. • Orange Park, FL 32073</b>  |  |                      |  |                      |  |                      |  |                      |  |                      |  |                      |  |                      |  |                      |   |  |      |  |

**If you are not a member of the Florida Striders, please use the membership form on page 19 to join NOW!**

# Running Research

Several months back there was a research study of the non-physical changes experienced by first time marathoners. That research is nearing completion and has raised a number of questions. In an attempt to answer some of those questions there is need of participants for a new study.

This study is open to all runners and walkers - still looking at the non-physical elements associated with running and walking. To participate go to <http://www.bke-associates.com> and select the "Survey" button. (Within a month the results from the marathoner research will be posted under the "Research" button - those that participate will receive the results via email.) For this study the survey is completed online. If you would like a copy of the results please be sure to include your email address.

Any questions, contact Bea at [bea@bke-associates.com](mailto:bea@bke-associates.com) or call 410-353-4722.

**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.**

# Dinner Meeting with JAY BIRMINGHAM

By Bob Boyd

Photography by Vanessa Boyd and Kent Smith

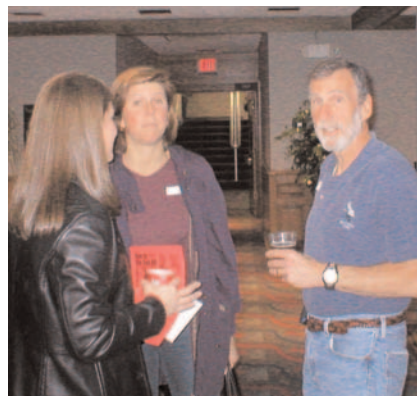


Can you say “long run?” I knew you could. But do you have a whole new perspective on the topic? If you were one of the seventy or so folks at the Thursday, February 8th Dinner Meeting then I suspect the answer is “Yes!” This article is for the rest of you. Jay Birmingham, a fellow Strider who is back in Orange Park after quite a few years away in Colorado and Nebraska, gives a whole new meaning to the phrase “long run.” He has many, many significant accomplishments, including a national “Coach of the Year” title, but

that record setting run from Los Angeles to New York City solo is simply amazing. It turns out that he is also a fine speaker in addition to his running and coaching talents. We were also able to recognize Lillian Lawless, Dick Miller, and Warner Millson with the RRCA's National Volunteer Award for their excellent service over many years. Those present also got to see Donna Hicken and Tim Deegan. No, not because we were watching First Coast News – we got to hear from them up close and personally about the opportunity to help cancer victims in our area through the Donna Hicken Foundation during the Gate River Run.

The barbecue buffet was very good, the liquid libations (thank you Anheuser-Busch) were excellent, and the company was first class. Life is just better with buddies, good food, good drink, and great inspirational stories. ●

For complete color photos, please go to this link!  
<http://www.floridastriders.com/pictures/JayFeb2005/JayDinnerFeb2005.html>





# STRIDERS AT THE RACES

## RACE RESULTS

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

### SHANDS SUPER 5K Metropolitan Park January 29, 2005

|                   |                                |                        |
|-------------------|--------------------------------|------------------------|
| John Metzgar      | 15:49                          |                        |
|                   | 1 <sup>st</sup> Overall Male   |                        |
| Len Ferman        | 16:35                          |                        |
|                   | 2 <sup>nd</sup> Overall Male   |                        |
| Frank Sutman      | 18:03                          |                        |
|                   | Masters Male                   |                        |
| Karin Glenn       | 18:26                          |                        |
|                   | 2 <sup>nd</sup> Overall Female |                        |
| Rexx Weir         | 20:08                          | 3 <sup>rd</sup> A/G    |
| Raymond Ramos     | 21:20                          |                        |
| Steve Edgell      | 21:42                          |                        |
| David Ferman      | 21:47                          | 1 <sup>st</sup> A/G    |
| Katlin Yaracs     | 21:53                          | 1 <sup>st</sup> A/G PR |
| Kathy Murray      | 22:12                          | 1 <sup>st</sup> A/G    |
| Bonnie Brooks     | 22:19                          | 2 <sup>nd</sup> A/G    |
| Lewis Buzzell     | 22:27                          |                        |
| Craig Harms       | 23:02                          |                        |
| Dave Bokros       | 24:05                          |                        |
| Nancy Harms       | 24:16                          |                        |
| Susan Harms       | 24:32                          |                        |
| John Gauer        | 24:43                          | 1 <sup>st</sup> A/G    |
| Randy Arend       | 24:50                          |                        |
| Ben Holland       | 24:54                          | 2 <sup>nd</sup> A/G    |
| Paulette Butler   | 25:03                          | 1 <sup>st</sup> A/G    |
| Wendy Patterson   | 25:04                          |                        |
| Ken Bendy         | 25:49                          | 1 <sup>st</sup> A/G    |
| Barbara Whitter   | 25:57                          | PR                     |
| Marie Bendy       | 26:23                          | 1 <sup>st</sup> A/G    |
| Gordon Slater     | 26:27                          | 2 <sup>nd</sup> A/G    |
| Tom Sullivan      | 27:01                          | 3 <sup>rd</sup> A/G    |
| Kim Cornell       | 27:08                          |                        |
| Gary Ledman       | 27:40                          |                        |
| Freddy Fillingham | 29:10                          |                        |
| Shirley Henkel    | 29:29                          |                        |
| Sandra Shines     | 30:16                          |                        |
| Brenda Schwelling | 31:26                          |                        |
| Michelle Ramos    | 32:56                          |                        |
| Terry Bell        | 34:09                          |                        |
| Elda Bell         | 34:10                          | 1 <sup>st</sup> A/G    |
| Al Saffer         | 34:28                          | 3 <sup>rd</sup> A/G    |
| Jerrine Hamm      | 36:59                          |                        |

|                   |       |
|-------------------|-------|
| Joe Connolly      | 41:01 |
| Ernie Hamm        | 41:08 |
| Charles Desrosier | 46:34 |

### HARBOR FEDERAL SANDPIPER 5K Ormond Beach January 29, 2005

|                |       |                     |
|----------------|-------|---------------------|
| Bill Philips   | 17:40 | 1 <sup>st</sup> A/G |
| Jim Kehr       | 26:34 |                     |
| Christine Kehr | 32:59 |                     |

### OCALA HALF MARATHON January 30, 2005

|                    |                                |                     |
|--------------------|--------------------------------|---------------------|
| Greg Richards      | 1:24:59                        | 1 <sup>st</sup> A/G |
| Mark Woods         | 1:28:05                        |                     |
|                    | 2 <sup>nd</sup> Masters Male   |                     |
| Victor Corrales    | 1:32:56                        | 2 <sup>nd</sup> A/G |
| Patrick McKeefery  | 1:37:37                        | 1 <sup>st</sup> A/G |
| Paulette Butler    | 1:37:49                        |                     |
|                    | 3 <sup>rd</sup> Masters Female |                     |
| Regina Sooley      | 1:42:15                        |                     |
| Wendy Patterson    | 1:42:56                        | 1 <sup>st</sup> A/G |
| Stephanie Griffith | 1:42:15                        | 2 <sup>nd</sup> A/G |
| David Kelly        | 1:47:46                        |                     |
| Danny Weaver       | 1:50:47                        |                     |
| Jerry Bennett      | 1:53:25                        |                     |
| Hernando DeSoto    | 1:53:41                        |                     |
| Bob Kennedy        | 1:56:19                        |                     |
| Kelly Howard       | 1:56:19                        |                     |
| Denise Dailey      | 1:59:02                        |                     |
| Melinda Terry      | 2:03:28                        |                     |
| Kevin Terry        | 2:04:28                        |                     |

### PIRATES ON THE RUN 10 km A SUPERBOWL XXXIX EVENT Fernandina Beach February 5, 2005

|                |                |                     |
|----------------|----------------|---------------------|
| Elfrieda Wyner | 44:41          |                     |
|                | Masters Female |                     |
| David Stanley  | 46:24          | 3 <sup>rd</sup> A/G |
| Josh Stanley   | 1:08:10        | 2 <sup>nd</sup> A/G |
| Katie Stanley  | 1:14:31        | 3 <sup>rd</sup> A/G |
| Susan Stanley  | 1:14:33        |                     |
| Norm Wyner     | 1:00:44        | 1 <sup>st</sup> A/G |

### BANK OF AMERICA GASPARILLA DISTANCE CLASSIC 15K Tampa February 5, 2005

|                 |         |                     |
|-----------------|---------|---------------------|
| Len Ferman      | 52:48   | 3 <sup>rd</sup> A/G |
| Victor Corrales | 1:01:59 |                     |
| George Hoskins  | 1:18:11 |                     |
| Lewis Buzzell   | 1:17:57 |                     |
| Bob Tatum       | 1:30:45 |                     |
| Amy Corrales    | 1:58:49 |                     |



### DAYTONA 5K Daytona Beach February 5, 2005

|                 |       |                     |
|-----------------|-------|---------------------|
| Gordon Simms    | 23:54 |                     |
| Teresa Hankel   | 24:15 | 1 <sup>st</sup> A/G |
| Barbara Whitter | 26:45 |                     |
| Kent Smith      | 29:02 |                     |
| Sandra Shines   | 29:30 |                     |
| Trish Kabus     | 32:59 |                     |

### BANK OF AMERICA MARATHON Tampa February 6, 2005

|             |         |
|-------------|---------|
| John Hirsch | 3:49:57 |
|-------------|---------|

### GIRL SCOUT COOKIE RUN 5K St. Augustine February 12, 2005

|                   |              |                     |
|-------------------|--------------|---------------------|
| Bill Phillips     | 17:28        |                     |
|                   | Masters Male |                     |
| Anthony Truitt    | 19:18        | 1 <sup>st</sup> A/G |
| Patrick McKeefery | 19:25        | 1 <sup>st</sup> A/G |
| Ken Bendy         | 26:30        | 1 <sup>st</sup> A/G |
| Barbara Whitter   | 26:31        | 2 <sup>nd</sup> A/G |

|                   |       |                     |
|-------------------|-------|---------------------|
| Tom Sullivan      | 26:59 | 2 <sup>nd</sup> A/G |
| Margaret Tyburski | 27:51 |                     |
| Freddy Fillingham | 29:19 | 3 <sup>rd</sup> A/G |
| Nadine Thomas     | 30:28 | 1 <sup>st</sup> A/G |
| Trish Kabus       | 34:45 |                     |

**WINTER BEACH RUN 5 MILE**  
**Jacksonville Beach**  
**February 13, 2005**

|                   |         |                     |
|-------------------|---------|---------------------|
| Victor Corrales   | 34:39   | 3 <sup>rd</sup> A/G |
| Bernie Candy      | 34:45   | 1 <sup>st</sup> A/G |
| Denise Metzgar    | 35:46   | 1 <sup>st</sup> A/G |
| Brian McCue       | 36:57   |                     |
| Paulette Butler   | 37:31   | 1 <sup>st</sup> A/G |
| Wendy Patterson   | 37:31   | 1 <sup>st</sup> A/G |
| Craig Harms       | 39:46   | 3 <sup>rd</sup> A/G |
| John Gauer        | 40:43   | 1 <sup>st</sup> A/G |
| Ben Holland       | 42:49   | 2 <sup>nd</sup> A/G |
| Tom Sullivan      | 46:49   | 1 <sup>st</sup> A/G |
| Darrel Whitworth  | 45:23   |                     |
| Bernie Gross      | 46:21   |                     |
| Sue Whitworth     | 46:43   |                     |
| Vicki Choiniski   | 48:30   |                     |
| Ken Bendy         | 50:09   | 2 <sup>nd</sup> A/G |
| Kent Smith        | 50:53   |                     |
| Leo Sheckells     | 51:19   |                     |
| Doug Barrows      | 51:25   |                     |
| Roxanne Slater    | 51:52   |                     |
| Freddy Fillingham | 53:36   |                     |
| Norm Wyner        | 54:01   | 1 <sup>st</sup> A/G |
| Stan Scarlett     | 59:07   |                     |
| Bill Mitchell     | 1:00:04 |                     |
| Burness Morris    | 1:01:36 |                     |
| Jerrine Hamm      | 1:04:10 | 1 <sup>st</sup> A/G |
| Trish Kabus       | 1:04:44 |                     |
| Brenda Schwellung | 1:04:44 |                     |
| Joe Connolly      | 1:08:00 | 2 <sup>nd</sup> A/G |
| Dot Mitchell      | 1:10:17 | 2 <sup>nd</sup> A/G |

|                   |         |                     |
|-------------------|---------|---------------------|
| Diane Aimone      | 1:12:12 | 1 <sup>st</sup> A/G |
| Charles Desrosier |         |                     |

**WINTER BEACH RUN 10 MILE**

|                     |                                |                        |
|---------------------|--------------------------------|------------------------|
| John Metzgar        | 56:40                          |                        |
|                     | 1 <sup>st</sup> Overall Male   |                        |
| Frank Sutman        | 1:03:31                        |                        |
|                     | 1 <sup>st</sup> Masters Male   |                        |
| Page Ramezani       | 1:03:37                        |                        |
|                     | 2 <sup>nd</sup> Masters Male   |                        |
| Bill Dunn           | 1:04:03                        |                        |
|                     | 3 <sup>rd</sup> Masters Male   |                        |
| Karin Glenn         | 1:06:34                        |                        |
|                     | 3 <sup>rd</sup> Overall Female |                        |
| Sung Ho Choi        | 1:09:56                        |                        |
| Terry Sikes         | 1:10:02                        | 1 <sup>st</sup> A/G    |
| Robert Walker       | 1:11:05                        | PR                     |
| Paul Geiger         | 1:12:05                        | 1 <sup>st</sup> A/G PR |
| Rexx Weir           | 1:12:26                        | 2 <sup>nd</sup> A/G    |
| Patrick Gaughan     | 1:13:35                        | 2 <sup>nd</sup> A/G    |
| Rodney Smith        | 1:14:32                        |                        |
| Frank Frazier       | 1:16:09                        | 1 <sup>st</sup> A/G    |
| Steve O'Brien       | 1:16:25                        | 3 <sup>rd</sup> A/G    |
| Steve Edgell        | 1:18:31                        | PR                     |
| Danny Suber         | 1:20:26                        |                        |
| Bob Kennedy         | 1:20:36                        |                        |
| Matt Ross           | 1:22:08                        | 1 <sup>st</sup> A/G    |
| David Kelley        | 1:22:14                        | 3 <sup>rd</sup> A/G    |
| Steve Bruce         | 1:22:56                        |                        |
| Danny Weaver        | 1:23:16                        |                        |
| George Hoskins      | 1:24:21                        |                        |
| Tom Zicafoose       | 1:25:39                        |                        |
| Harry Edwards       | 1:26:22                        |                        |
| Dennis Lee          | 1:26:43                        |                        |
| Dan Ovshak          | 1:27:55                        |                        |
| Claudia French      | 1:29:26                        | 3 <sup>rd</sup> A/G    |
| Kwan Supapan-McCall | 1:30:49                        | 1 <sup>st</sup> A/G    |

|                   |         |                     |
|-------------------|---------|---------------------|
| Kevin Terry       | 1:30:52 |                     |
| Denise Dailey     | 1:31:48 | 3 <sup>rd</sup> A/G |
| Roberta Tomlinson | 1:31:59 |                     |
| Steve Imus        | 1:32:19 |                     |
| JD Smith          | 1:33:34 |                     |
| Gordon Slater     | 1:36:54 |                     |
| Melinda Terry     | 1:37:07 |                     |
| Sandra Shines     | 1:52:36 |                     |
| Norman Thomas     | 1:58:18 | 1 <sup>st</sup> A/G |
| Al Saffer         | 2:05:45 | 2 <sup>nd</sup> A/G |

**HOLY SPIRIT 5 km**  
**Jacksonville**  
**February 19, 2005**

|                 |       |                            |
|-----------------|-------|----------------------------|
| Victor Corrales | 18:44 | 1 <sup>st</sup> A/G        |
| Rodney Smith    | 19:48 | 1 <sup>st</sup> A/G        |
| Patti Smith     | 23:32 |                            |
|                 |       | 3 <sup>rd</sup> O/A Female |
| Barbara Whitter | 24:45 | 1 <sup>st</sup> A/G PR     |
| Al Saffer       | 32:47 | 1 <sup>st</sup> A/G        |

**Palatka Rotary Run 5K & Health Fair**  
**February 19, 2005**  
**Palatka**

|                  |       |                     |
|------------------|-------|---------------------|
| Tom Sullivan     | 27:58 | 2 <sup>nd</sup> A/G |
| John Carson (82) | 38:16 | 1 <sup>st</sup> A/G |

**Sidney Lanier Bridge Run 5K**  
**Brunswick, GA**  
**February 19, 2005**

|                  |       |                     |
|------------------|-------|---------------------|
| John Metzgar     | 16:33 |                     |
|                  |       | Masters Male        |
| Irene Herbertson | 40:28 | 1 <sup>st</sup> A/G |



**Check out the website!**  
**[www.floridastriders.com](http://www.floridastriders.com)**

## Welcome Back New & Renewing Members!

### NEW MEMBERS

Leslie Hague  
 Jack Hanson  
 Terry & Ruth Smith  
 Andrew Sofras

**WELCOME!**

### RENEWING MEMBERS

Terry & Elda Bell  
 John Daniels  
 Elena Etter  
 Luis Gonzalez  
 Glenn Hanna  
 Joanne & Buddy Harris  
 Hal Higdon

Benjamin Holland  
 Jeffrey & Millie Holt/Swanger  
 John Knee  
 Kay Manly  
 George Martin  
 Robert Meister  
 Robert & Barbara Walker/Gilbert

**WELCOME BACK!**



# Completing the Ocala Marathon... On Two Wheels!

Story and Photography by Tanys Carere

Who thought that if you're "in retirement" from running that you still could participate in a race? Well, Sunday, January 30, 2005 was the 8th Annual Ocala Marathon and 1/2 Marathon and our group's 2nd annual road trip to the event. As has become tradition, we all met 6:30 Saturday evening in Ocala at a fantastic restaurant, Felix's, for our pre-race meal. The food is divine, dessert just as heavenly (carrot cake, chocolate cake, chocolate mousse and cheesecake) and the best company you can find.

This year we had 18 people at dinner. Instead of having the basement of the restaurant to ourselves (we scared off all other tables last year), we shared it with a few other fair-sized parties just as loud as us (maybe that was so they could hear themselves over our conversations)!! As Bob Boyd likes to say, "I'm not sure if we're a bunch of runners that like to socialize or a bunch of socializers that like to run." (I really like that saying and have always wanted to use it. Thank-you Bob)!! Our local hosts were Kelly Howard, an Ocala native who currently resides in Jacksonville, and her parents, "Mom" and "Dad" Howard as I fondly call them, who graciously open their home to us each year.

After dinner, around 9pm, everyone headed back to their hotel rooms and a few of us girls (Regina Sooeey and myself this year) headed over to Kelly's parents to sleep-over. Like typical teenage girls at a slumber party, we get in our PJ's and lay in bed chatting about boys and such (maybe a bit of running talk) till we get sleepy and decide to call it a night. There was some worry that, as I was not running in the race the following morning, I would be a bad influence and keep the girls up all night chatting. But, as it happened, I think all the food and excitement over dinner wore me out and I was actually the first to call it a night (I must be getting old)!

It was great to get up the next morning without the anticipation butterflies in my stomach because of a race to "run". On the drive over to the Paddock Mall, where the race started and ended, it began to rain a little but by the time we arrived it had pretty much stopped. The weather was cool but not cold that morning and as the race progressed, the sun did peek out beyond patches of early cloud cover to warm everything up just a little bit. If you have never run the race before you are definitely missing out. It's a very scenic course. To quote the race pamphlet, "This is Florida of rolling vistas, country lanes and acres of picturesque horse farms dividing the lush landscape with white fences and ele-



gant buildings" (I could not have said it better myself!). The race weaves through Marion County's horse country with plenty of rolling hills to provide a challenging course. (In Florida we all know that it's tough to find real hills. Here in Jacksonville we refer to these as bridges!).

At 7am the gun went off and the race was underway. Myself, well, I was seated on my mountain bike wearing a backpack filled with all the running supplies my friends could possibly need (Gatorade, water, Advil, gum, Gu, power bars, Kleenex and most importantly – my camera)!! Well, almost everything. Oops, sorry Danny, but next time I'll pack some hard candies! I began following the surge and picked up beside the pack when they left the mall and headed out onto the back roads. Regina Sooeey, Steve Williams and Kathy Kaye took an early lead. After chatting with everyone for a minute or two I biked on ahead to the infamous mile 5 hill and positioned myself to capture a few shots of everyone cresting the peak. You can see Kelly Howard (in the attached photo) powering her way to the top of the hill ahead of all the guys – Hernando DeSoto, Bob Kennedy and Danny Weaver (Hee! Hee!) - and really proving that all her Monday night bridge training has paid off!! She even looks to be enjoying herself at this point in the race. A few others I captured on film did not have as big of smiles on their faces!! Everyone loved having their picture taken at the top of the hill. I was a big hit (yah, right)!

I continued biking in between the leaders and those runners out for a more leisurely stroll further back in the pack and updated everyone on each other's positions. I was hoping someone would need my services for some Gatorade or something but the course had great water stops and other than holding Paulette's long-sleeved shirt she shed, I only took pictures, made race reports, rang my bike bell and yelled some encouragement to all (...not too much further...come on Regina just keep up with Steve...you can catch him...you're looking great!!!). You know all those things you love to

hear when you're struggling through a tough race!! I did get a \$10 offer on my bike from a couple unknown gentlemen. I told them they didn't want to be slackers like me and that I was holding out for a higher offer!

Well, at the end of the race it was Paulette Butler who overtook everyone and not only came in first from our Jacksonville crew but placed 3rd place overall female!! Way to go Paulette! This little lady is truly one of my running inspirations or idols!! Another rivalry throughout the race emerged when Jerry Bennett pulled away from the pack. Well, Hernando and Danny decided he was not going to beat them, and they took off after him. Danny ended up taking the lead and held it through the finish. Now Hernando was running with bronchitis (yah, those running addicts just can't stop even if they're sick) and every time I swung on by and asked how everyone was doing, Hernando would say "Don't ever run with bronchitis!" Apparently it didn't slow him down much but he may be able to use it as his excuse for Jerry kicking past him down the final stretch to the finish to beat him by 16 seconds!! Good fight guys!! Kevin and Melinda Terry, our couple's duo, both ran the race but not together. Kevin let his better half have the best of him beating him by a full minute!! Hmm, excuses I'll make on Kevin's behalf...he was just being nice or I bet he's been biking more than running lately so no one would want to challenge him at a bike race!

Speaking of running addicts, Wendy Patterson was running with what was believed to be food poisoning from the previous night (no, she did not eat at Felix's



with us, thus this must be her punishment for missing such a great dinner with friends) and Denise Dailey was running with a sore knee (no, not the same sore knee from last year but the other knee this year!!). But sickness and injuries was not enough to slow down any of the Jacksonville crew!



As for my workout, I actually worked up a bit of a sweat biking up those hills and trying to cruise back and forth as much as possible between the leaders and friends further back in the pack. But I loved it and would do it again if I'm not running in the race! Next year I plan to bring some apples along to entice the horses to be a little friendlier and come over to pose for some good photos for me. I'd actually love to do the race by horseback next year if anyone has any connections!! ●

## Top Ten Reasons for Being a Strider

By Shirley Henkel

10. Enjoy monthly Strider Socials

9. Meet celebrities like Donna Hicken and Jay Birmingham



8. Experience the Hog Jog and the unique awards

7. Monthly Strider Newsletter (collector's item)



6. Sunday morning runs in Orange Park with dynamic running group

5. Opportunity to meet new running friends

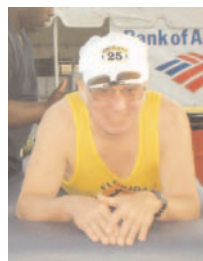
4. Share the fun at Run to the Sun

**Run to the Sun 8K**

Florida Striders Track Club

3. Get into shape for the Autumn Fitness run

2. Show your patriotism at the Memorial Day run



And the #1 reason for being a Strider is the enjoyment of "Stan's" River Run Tent! ●



# March 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](mailto:kbendy@aol.com).

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

| DATE     | EVENT   | TIME                                | LOCATION   | CONTACT   |
|----------|---|-------------------------------------|--|---|
| March 5  | Fleming Island 5K                               | 8:00 a.m.                           | Thunderbolt Elementary<br>Orange Park<br>Fleming Island                  | (904) 284-1808<br><a href="mailto:margaretschildren@juno.com">margaretschildren@juno.com</a><br>St. Margaret's Church |
| March 5  | Super Dolphin Day<br>10K<br>1 Mile<br>5K        | 7:00 a.m.<br>8:30 a.m.<br>9:30 a.m. | Chamber of Commerce Office<br>(in the village)<br>St. Simon's Island, GA | (912) 638-2316, 638-3334 or<br>634-0950<br>St. Simons/Oglethorpe Point<br>Elementary School PTAs                      |
| March 5  | Palatka River Run 5K                            | 8:00 a.m.                           | 100 St. Johns Ave.<br>Palatka  | (386) 916-0838<br><a href="mailto:alex@halerealty.biz">alex@halerealty.biz</a>  |
| March 6  | Victoria 5K                                     | 7:30 a.m.                           | Victoria Park<br>DeLand  | (386) 736-0002<br>Alta Vista Sports   |
| March 12 | Gate River Run 15K USA<br>National Championship | 8:30 a.m.                           | Fairgrounds<br>Jacksonville  | (904) 739-1917<br>1st Place Sports  |
| March 13 | Mile for a Child 5K                             | 9:00 a.m.                           | UF Commuter Lot<br>Gate Lemrand Dr.<br>Gainesville                       | (239) 898-0798<br><a href="mailto:luckyme2o0@comcast.net">luckyme2o0@comcast.net</a><br>UF Friends For Life           |
| March 18 | JTC All Comers Meet                             | 7:00 p.m.                           | Bolles School<br>San Jose Blvd. Jax                                      | (904) 388-7860<br><a href="mailto:ConsultJTB@aol.com">ConsultJTB@aol.com</a><br>Jacksonville Track Club               |
| March 19 | Lighthouse Michelob<br>Ultra 5K                 | 4:30 p.m.                           | Lighthouse Park<br>(off A1A)<br>St. Augustine                            | (904) 824-3939<br><a href="mailto:jfloyd@aug.com">jfloyd@aug.com</a><br>Junior Service League                         |
| March 20 | St. Paddy's Day<br>5K/10K                       | 8:00 a.m.                           | Evergreen Cemetery<br>Main Street<br>Jax                                 | (904) 739-1917<br>1st Place Sports  |
| March 26 | The 4 Mile Run Forest<br>Easter Beach Run       | 1:00 p.m.                           | Bandshell<br>Daytona Beach   | (386) 248-DBTC<br>Daytona Beach Track Club  |
| April 16 | Run to the Sun 8K                               | 8:00 a.m.                           | Orange Park Kennel Club, US<br>17 & Wells Rd, Orange Park                | (904) 268-8392<br><a href="mailto:HartRoss@bellsouth.net">HartRoss@bellsouth.net</a><br>Florida Striders Track Club   |
| May 30   | Memorial Day 5K                                 | 8:00 a.m.                           | Spring Park,<br>Green Cove Springs                                       | (904)292-1399<br><a href="mailto:lawless@bellsouth.net">lawless@bellsouth.net</a><br>Florida Striders Track Club      |
| Sep 10   | Autumn Fitness 5K                               | 8:00 a.m.                           | Orange Park Kennel Club, US<br>17 & Wells Rd, Orange Park                | (904) 272-1770<br><a href="mailto:BobBoydFL@comcast.net">BobBoydFL@comcast.net</a><br>Florida Striders Track Club     |
| Nov 5    | Hog Jog 5K                                      | 9:00 a.m.                           | Ronnie VanZant Park<br>Sandridge Road<br>Lake Asbury (Middleburg)        | (904) 728 7759.<br><a href="mailto:Stevebruce@comcast.net">Stevebruce@comcast.net</a><br>Florida Striders Track Club  |

## What's happening?

Send us your stories to [StrideRightEdit@aol.com](mailto:StrideRightEdit@aol.com)  
by the 15th of the month!

# MILE MARKER MUSINGS

By Robert Glenn



Jacksonville's marquis event is rapidly approaching; and no, I'm not confused about the Super Bowl which is well into our past by now; I'm referring to the **Gate River Run**, of course. Hope you all have plans to run it and got yourself a seeded number if you are looking for any kind of special time. Lots of races to cover for February so we'll get to it.

The **Shands Super Bowl 5K** was held in Metropolitan Park on the 29th of January. **John Metzgar** was our fastest Strider and the race winner with a 15:49. **Karin Glenn** was the 2nd overall for women and our fastest female Strider with an 18:26. **Len Ferman** was 2nd overall male and **Frank Sutman** was the masters male champ. We had a whole herd of Striders win their age groups, including **David Ferman**, **Katlin Yaracs**, **Kathy Murray**, **John Gauer**, **Paulette Butler**, **Ken Bendy**, **Marie Bendy**, and **Elda Bell**. A special mention for **Gordon Slater** and **Tom Sullivan**, along with **Ken Bendy** they accomplished a Strider sweep of the 65-69 age group. Giddy up! The age group 1st and 2nd place supposedly won hammocks that were valued at \$250. I say supposedly because based on my intel, not many people managed to cart them off seeing as they weighed 250 lbs. too (okay, maybe more like 75 lbs.) and the Super Bowl security kept parking at quite a distance, making your post award cool down walk to the car a Bataan hammock frame carrying nightmare. And we could've used a fancy hammock for the back yard too.

We had 20 or so Striders make the trip to the **Ocala Half Marathon** on the 30th of January. **Greg Richards** was our Strider top gun with a 1:24:59 which was also good for first in his age group. **Paulette Butler** was our female Strider ace of the base with a 1:37:49 which earned her 3rd place master's female. **Mark Woods** was the 2nd place master's male. **Patrick McKeefery** and **Wendy Patterson** won their age groups.

We had 6 Striders run the **Pirates on the Run 10K** in Fernandina Beach on the 5th of February. Our fastest Strider was **Elfrieda Wyner** with a 44:41 which also earned her master's female champ. Our quickest male Strider was **David Stanley** with a 46:24 which also was good for 3rd in his age group. **Norm Wyner** won his age group. Nice running all.

Six Striders made the trip to Tampa to do the **Gasparilla Distance Classic 15K** on the 5th of February. **Len Ferman** was our fastest Strider with a 52:48 which was good for 3rd in his age group. **Amy Corrales** was our fastest female Strider with a 1:58:49. Apparently the weather was not the best, very windy and cold. Let's all hope that the GRR 15K gets a little better weather, maybe 60 and partly cloudy.

Also on the 5th of February, we had 6 Striders run the **Daytona 5K**. **Gordon Simms** was our top Strider with a 23:54. Our fastest female Strider was **Teresa Hankel** with a 24:15 which earned her 1st in her age group. You can find the other Striders, yes, you guessed it, on the Results page (same for all the races, I just like to throw it in once a column for the new reader or slow on the uptake readers, like me).

The **Girl Scout Cookie Run 5K** was held in beautiful St. Augustine on the 12th of February. Okay, is it just me or does Girl Scout Cookie and Run just not go together. Were they giving out 'thin mints' at the water stop? Were girl scouts running in uniform with a quota of boxes to sell each mile? Hmm. And more importantly, did anyone get a free box of said cookies in their race packet? Okay, on to the important stuff. **Bill Phillips** was our fastest Strider with a 17:28 and was overall master's male champ. **Barbara Whitter** was our fastest female Strider with a 26:31 which earned her 2nd in her age group. Striders who ruled their age group roost included **Anthony Truitt**, **Patrick McKeefery**, **Ken Bendy**, and **Nadine Thomas**.

The **Winter Beaches 5 & 10 Milers** were held on Jax Beach on the 13th of February. We had 70 finishers in the two races, and 5 people signed the Striderman (see my ramblings below for a more complete ramble). We'll start with the marquee event the 10 miler. Our top Strider was **John Metzgar** with a 56:40 which earned him 1st place overall. Our top female Strider was my fastest half, **Karin Glenn**, with a 1:06:34 which earned her 3rd overall for women. **Frank Sutman**, **Page Ramezani**, and **Bill Dunn** completed a sweep of the Master's Male top 3 spots. Striders who finished first in this warm winter 10 miler included **Terry Sikes**, **Paul Geiger**, **Frank Frazier**, **Matt Ross**, **Kwan Supapan-McCall**, and **Norman Thomas**. For the 5 miler, our top Strider was **Victor Corrales** with a 34:39 which was good for 3rd in his age group. Our top female Strider was **Denise Metzgar** with a 35:46 (Continued on next page



# 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<br>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<br>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<br>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.<br>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,<br>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<br>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<br>Director@PerformanceMultiSports.com.<br>Call/email to confirm last minute changes |

which earned here 1st in her age group. Striders that won their age group included **Bernie Candy, Paulette Butler, Wendy Patterson, John Gauer, Tom Sullivan, Norm Wyner**, and **Diane Aimone**.

The **Holy Spirit 5K** was held in Jacksonville on the 19th of February. **Victor Corrales** was our top Strider with an 18:44 which also won his age group. Our fastest female Strider was **Patti Smith** with a 23:32 which was good for third overall. **Barbara Whitter** ran a 24:45, which won her age group and is a PR, con-

gratulations. **Rodney Smith** and **Al Saffer** also won their age groups.

**Striders on the Road – Augie Leone** did the **Miami Marathon** in 4:38:50 and was 1st place for 75 years and over. This completed Augie's quest to do 3 marathons in 6 weeks (Jax and Disney). To quote Augie, just a personal goal that he won't do again. Don't think I could/would do it once but that is why Augie is still winning races.

We had 3 Striders make (Continued on next page)

Please Print

Application for Membership  
**FLORIDA STRIDERS TRACK CLUB**

New ☐  
Renewal ☐

Name: Last \_\_\_\_\_ First \_\_\_\_\_ M.I. \_\_\_\_\_  
Address \_\_\_\_\_ # in Family \_\_\_\_\_  
City/State/Zip \_\_\_\_\_ Spouse's Name \_\_\_\_\_  
Phone: Home \_\_\_\_\_ Birthdate(s) \_\_\_\_\_  
Phone: Work \_\_\_\_\_ Employer \_\_\_\_\_  
E-mail \_\_\_\_\_ Occupation \_\_\_\_\_  
Signature \_\_\_\_\_  
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 18)

the trip down to Ormond Beach for the **Harbor Federal Sandpiper 5K**. Bill Phillips ran a 17:40 and won his age group while **Jim Kehr** ran a 26:34 and **Christine Kehr** ran a 32:59.

**John Hirsch** ran the **Bank of America Marathon** in Tampa on the 6th of February, posting a 3:49:57.

**Tom Sullivan** and **John Carson** ran the **Palatka Rotary Run 5K** on the 19th of February. Tom ran a 27:58 for 2nd in his age group while John, at a young 82, won his age group in 38:16.

**John Metzgar** was third overall and top masters at the **Sidney Laneir Bridge Run 5K** in Brunswick, GA. **Irene Herbertson**, at a young 79, was first in her age group with a 40:28 for the same race.

**Soap Box** - Our two biggest races this month had particularly poor showings on the Striderman. I know I'm a broken record, but the BEST way to get your results included is to sign up on the Striderman. **Al Saffer** makes it to most local races and it isn't exactly effort effective to have 12 of 50 sign up at the **Super Bowl** race or 5 (five) of 70 at the **Winter Beaches** runs. Shoot, when I race I even sign up and I write the column. Why is that you ask? Because **Ken Bendy** has to go through the results name by name and find everyone otherwise. Personally, I couldn't remember 400 some Strider names as I searched through 1000 some names for a local grand prix race.

We won't always have someone as dedicated and thorough as Ken to scour the web for results or Al to carry Striderman around in all his PVC glory.

As long as they are helping us though, let's help them. If you run a local race, please make it a point to find Striderman and sign up with your time, place, and anything else you think is relevant (hint, PR). Ken provides 99% of the results we get each month and Al usually has about 75% from the Striderman (they overlap and give us a little redundancy) but lately the Striderman has been neglected and though he is made of PVC, he does have a heart. And he hurts. Please help Striderman feel needed or he may go off to that PVC place in the sky, where all the non-biodegradable plastics go to not rot for all eternity. Thanks for your support. P.S. emailing me is fine, but frankly I couldn't handle 400 emails a month with individual times, if the Ken/Al machine breaks down, our results page will look very forlorn. The emails to [Striderresults@aol.com](mailto:Striderresults@aol.com) are only a back up, really for new members who might not be on Ken's radar scope yet or not realized that Striderman is there at the local races or for your out of town results. Thanks for your support. With your help we can keep Striderman alive and scary. The following is our standard blurb, but maybe it will be more meaningful this month. Okay, group hug.

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>