



Volume 24, Number 4

# STRIDERIGHT

Florida Striders Track Club



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



April 2005

## inside

Prez Sez	2
Board of Directors' Minutes	2
Board/Key Members/Sponsors	3
We Get Letters	4
Trish Congratulates Jennifer Rhines	4



Annual Picnic & Election	5
River Run Tent	7
Run to the Sun Flyer	10
Memorial 5K Day Volunteers	11
Girls on the Run Update	12
Memorial Day 5K Flyer	13
Striders at the Races	14
New & Renewing Members	16
April Race Calendar	17
Mile Marker Musings	18
Group Training Runs	19
Strider Membership Application	19



## River Run Hospitality Tent



**Read all about it!**

**Photography by Vanessa Boyd**

**Page 7**

### NO FOOLING!

There will not be a Strider Social in April. Please join us in May!

**The Florida Striders**

**Monday, May 30, 2005  
at 3 PM**

# Memorial Day 5K

**Post-Race Party  
& Striders Social**

**Home of Lillian Lawless and Frank Sutman • 9748 Chesterfield Drive, Jacksonville**  
**Info at [lawless@bellsouth.net](mailto:lawless@bellsouth.net) or 292-1399 Rain or shine!**

We'll be providing a freshly prepared main dish, ice cold beer and soda. Please bring a side dish to share. Do bring swimsuits for the pool and spa, towels and lawn chairs.

**Directions from I-295:** Exit San Jose Blvd. North 1.5 miles to Pall Mall Drive (Outback Half Marathon finish). Left at traffic light on to Pall Mall Drive. Immediate Right onto Viceroy Drive. Round the bend to the Left. Immediate Left onto Chesterfield Drive. We are half-way down the street on the Right. Two story Cape Cod. See you here!! Rain or shine!

# Prez Sez

By Bob Boyd



Spring has sprung and our first Strider race of the year, **Run to the Sun**, is coming up fast! This is a great 8K event along the beautiful St. John's River and also features a 1 mile fun run with \$1500 in participation money for the elementary schools. Lest I get too far ahead of myself, let's take a quick peek in the rearview mirror. Our annual picnic enjoyed spectacular weather, excellent food (you are all such fantastic cooks) and drink, plus a great opportunity to share good times with old and new friends. A special thanks to our hosts, **Danny and Jenny Suber**, our social coordinator, **Kent Smith**, our grill chef's, **Danny Suber** and **Ken Bendy**, **Charles Desrosier**, and our liquid refreshment providers, **Frank Frazier** and **Gary Hallett**.

Speaking of great times with friends, **Stan Scarlett** and his intrepid team did another fantastic job with our **River Run Tent**. This is by far our biggest social of the year it is great to see fellow striders coming in from all over the country. I am not completely sure whether it's the Gate River Run or the River Run tent that is the big draw, but it makes for a good time either way.

We got to present a \$500 check to **Girls on the Run** to help support their good work with girls between the ages of eight to 12. Please see **Patti Stewart-Garbrecht**'s article elsewhere in this issue. Kudos to both **Patti** and **Regina Sooe**y for volunteering as coaches with Girls on the Run.

**Matt Ross**, and a fine cast of coordinators and volunteers, have a great Run to the Sun 8K and 1 mile fun run in store for you. Do not miss it on Saturday, April 16th. Check out the details elsewhere in this issue. It is sure easy to catch Striders doing good things. You all do make me

(Continued on page 4)

## Board of Directors' Minutes, 3/8/05

Bob Boyd called the meeting to order at 7:00 PM. Directors absent: G. Hallett, R. Sooe

### Minutes/Action items

Last month's minutes were approved as written. Action items: Tanys and Bob will send their wording for the by-laws modifications to the board before the next meeting.

### Treasurer's report

Warner distributed the March treasurer's report. A small amount of money was made on the dinner social. The report was filed as written.

### Overview of procedures/elections

Bob gave the new board a brief overview on how new board candidates are selected and elected. The nominating committee of the outgoing board finds candidates for the new board who are elected at the annual picnic. The committee also recommends board members as officers. John P. announced the committee's recommendations.

### Nominating committee recommendation

The following board members were nominated and elected: Bob Boyd, President; John Powers, Vice president; Karin Glenn, Secretary; and Frank Sutman, Treasurer.

### Hog Jog race date

The previous race date of 11/5/05 conflicts with the Mandarin 10k so a motion was made and passed to change the date of the Hog Jog to 11/12/05.

### Autumn Fitness director

A motion was made and passed to have Bob as the Autumn Fitness race director this year.

### Senior membership clarification

The current wording in the by-laws for junior and senior membership is 'under 18' and 'over 65'. Tanys proposed clarifying the wording to read '17 and under' and '65 and over'. She will send the new wording to the board to be voted on next meeting.

### Picnic timing

Bob suggested moving the picnic to later in March or in April – better weather and fewer conflicts could help increase attendance at the event. Since the date is in the by-laws Bob will put together the wording to change the date and send it to the board to be voted on next meeting. Frank noted that it is also our job as board members to make an effort to spread the word and try to get more people to attend.

### Race update

**Run to the Sun** – Race planning is on track. Steve Bruce will be

(Continued on page 4)



## 2005-2006 Board of Directors & Key Members

(Board Members marked with an \*)

### President/

**Autumn Fitness 5K Director** \*Bob Boyd  
(H) 272-1770 ..... (W) 272-1770  
email: BobBoydFL@comcast.net

### Vice President: \*John Powers

(H) 264-8026 ..... (W) 354-1221x111  
email: john.powers@floridapowertrain.com

### Secretary: \*Karin Glenn

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

### Treasurer/Memorial Day 5K Director:

\*Frank Sutman ..... (H) 292-1399  
email: lawless@bellsouth.net

### E-News Coordinator/

### Memorial Day 5K Director:

\*Lillian Lawless ..... (H) 292-1399  
email: lawless@bellsouth.net

### Membership Director:

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

### Equipment Director & Webmaster:

JD Smith ..... (H) 264-1673  
email: smithj53@bellsouth.net

### Photographer:

\*Vanessa Boyd ..... (H) 272-1770  
email: vanessaboydFL@comcast.net

### Mile Marker Musings Columnist:

\*Robert Glenn ..... (H) 886-4095  
email: orrus@aol.com

### Social & Quarterly Meeting Coordinator:

\*Kent Smith ..... (H) 284-6634  
email: kent1273@comcast.net

### Children's Run Coordinator:

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

### Merchandise Coordinator:

\*George Hoskins ..... (H) 264-4372  
email: ghoskins@bellsouth.net

### Directors at Large:

\*Gary Hallett ..... (H) 292-2793  
email: ghall32447@aol.com

\*Julie Runnfeldt ..... (H) 264-8649  
email: jrunnfeldt@aol.com

\*Patti Stewart-Garbrecht (H) 541-1303  
email: epstewart2002@yahoo.com

\*Dave Bokroas ..... (H) 545-4538  
email: DBokroas@comcast.net

\*John DeAntonis ..... (H) 264-3541  
email: johndydee1@comcast.net

\*Steve Edgell ..... (H) 284-2868  
email: steve.edgell@floridapowertrain.com

\*Mike Ford ..... (H) 406-2989  
email: forddog92@hotmail.com

\*Terry Sikes ..... (H) 384-7194  
email: terrysikes@aol.com

\*Regina Sooley  
email: live4trvl@hotmail.com

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

**Hog Jog Director**  
Steve Bruce ..... (H) 731-8205  
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 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) 882-1592  
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



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Run to the Sun

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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

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Memorial Day 5K

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(904) 396-5831  
Autumn Fitness 5K

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

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

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Friends Against Trash

PLEASE HELP US  
KEEP OUR BEACH  
CLEAN

**General  
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Trailer Sales,  
Inc.

**CARRABBA'S**  
ITALIAN GRILL

Autumn Fitness 5K

**Publix  
Supermarket  
Charities**

**Ronnies**  
Wings & Captain's Bar  
Green Cove Springs, Florida



Village Bread  
Market



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.

## PREZ SEZ

Continued from page 2

proud. Life is good.

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 DIRECTOR'S MINUTES

Continued from page 2

the director the day of race since Matt will be out of town. Steve Edgell is the course director. Sponsorship from Sun Tire has been confirmed. A question was raised regarding insurance - the police will not be covered under RRCA (as is the case with other races).

**Memorial Day** – Frank and Lil have the race flyers. They are waiting on some sponsorship confirmation.

### Social update

About 50-60 people attended the picnic. Nothing is scheduled for April. The board discussed ways to increase attendance at the socials. Ideas included having the socials at a different location instead of at someone's house, or after a group run. Kent is looking for a new location for the quarterly dinner socials.

### Open forum

Bob thanked Patti for her work as the children's running coordinator. Warner will be the coordinator this year. Vanessa read a thank you card from the organizers of Jessica's Run. Frank requested that the new directors read the club's by-laws. Steve noted that the St. John's track participation has increased and more kids are getting involved, which could be a place to draw more members. George will have the merchandise available at the River Run tent.

The meeting was adjourned at 8:00 PM. Next month's meeting will be on Tuesday, April 12th at the Orange Park library. ●

Respectfully submitted,  
Karin Glenn

## WE GET LETTERS

Trish, please pass along our thanks to Frank Frazier and the rest of the Florida Strider membership for the generous invitation to join you at the Strider tent after the run last Saturday. We enjoyed your delicious goodies and cold refreshments immensely. The four of us are all members of Checkers Athletic Club ([www.checkersac.org](http://www.checkersac.org)) and also members of the seasoned men's 60-64 age group. We were all chasing Frank, as usual, in this year's race. Another picture perfect day in Jacksonville. It was a great race and another terrific Florida Strider post race party. Thanks again to the Striders. If any members are in Western New York, check out our website, join us for a Tuesday evening track workout, and look for the Checkers shirts at the races.

-Jerry Bergman, Bill Harden, John Moore and Gary Thompson

February 2005

Tom Sullivan sent me a newspaper clipping in response to my January 2005 story about Miss Daphne, the 80-year-old woman who ran the First Light Marathon.

"Ed Whitlock, a 73-year-old Canadian marathoner ran the Toronto Waterfront Marathon last September in 2 hours and 54 minutes 49 seconds. He shattered his own record for a runner 70 and over by more than 4 minutes."

Whitlock's other fastest times since turning 70 include:

5K - 18:22

10K - 37:33

15K - 58:55

Amazing! Thanks Tom for sending this article to me!

**Trish**



**Trish Kabus congratulates Jennifer Rhines (left) on her River Run victory this year!**



The Striders  
ANNUAL  
**PICNIC**  
& Board Elections

It is the members that made these occasions a success! Thanks!

**Special thanks to:**

**Ken Bendy  
Bob & Vanessa Boyd  
Charles Desrosier  
Frank & Nancy Frazier  
Frank Sutman &  
Lillian Lawless  
Pat Noonan  
Danny & Jenny Suber  
Patti Stewart-Gargrecht  
Gary Hallett  
Patt McEvers  
Trish Kabus**

*Kent apologizes for anyone he missed!!*

# The Striders came to celebrate with...



## great friends...



## good food...



## and a new Board of Directors! ▶



# A good time was had by all...

Continued  
from page 5



the children...



the motorcycle enthusiasts...the babies...



and the pets!.

For more photos, <http://www.floridastriders.com/pictures/Picnic2005/Picnic2005.html>





By Stan Scarlett  
Photography by  
Vanessa Boyd

# Florida Striders River Run Hospitality Tent

## Saturday, March 12

Every year I have worked on the Hospitality Tent at the River Run, I am always amazed at how the Florida Striders step up to volunteer and assure the success of the event. About a month or two before the day of River Run, I start getting emails, phone calls and have conversations with these members. No event can be put on without these individuals. I think we've been doing this event about 13 or 14 years. Most of my volunteers are old hands at their jobs and keep getting better. And it's always a pleasure to welcome new people that offer their skills. Many of the volunteers do multiple duties. Here is a list of this year's volunteers as best I can remember. If I ▶

TRISH KABUS



TRISH KABUS

TRISH KABUS

TRISH KABUS





have left anyone out or didn't get your last name correct, please let me know for my records. Sometimes members just help out and I'm not aware of it. I'd like to give special thank you to my wife, Lori, who managed the food and hot drink area for me this year. She watched me bring box after box of food, paper plate, drinks, etc. and filled up our new porch. She did a good job. Jenny Allen was her able Assistant. And if I can add, thanks to my Grandson, Cooper Jeffers (8½ yrs old) who gets up at 4:00 am, every River Run day, comes to the Tent, ready to unload the cars and trucks, set up the torches, mix drinks and helps wherever he's asked to. After the 15K, I rush back to get him to the 1 mile run and he really enjoys "His Race". My son, Ty, ran with him this year.



Thanks to these folks:

J. D. Smith  
Bobby Greene  
Matt Ross  
Kent Smith  
Lori Scarlett  
Cooper Jeffers  
Jenny and Richard Allen







Elena Etters  
 Patt McEvers  
 Charles Derosier  
 John Powers  
 Kim and Gordon Sims  
 Tom Sullivan  
 Paul Geiger  
 Ken Bendy  
 George Hoskins  
 Tanys Carere  
 Danny Weaver  
 Gene  
 Debbie  
 Gary Hallett  
 Frank and Nancy Frazier  
 Jim and Christine Kehr  
 Frank Sutman  
 Lillian Lawless  
 Bob and Vanessa Boyd  
 Al Saffer



And also to Dr. Randy Haas,  
 Chiropractor.

And to Hayden Maxwell, our Massage  
 Expert. She did over 30 massages, by  
 herself.

And to Freddie Fillingham, for his  
 contribution. ●



# 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 participation 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 wheelchairs) 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"/>	
<div style="display: flex; justify-content: space-between;"> <div> <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"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> </div> <div> <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"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> </div> </div>															<div style="display: flex; justify-content: space-around;"> <span>Y</span> <span>N</span> </div>			
First Name					Last Name					Ever run/walked a race?								
<input type="text"/> <input type="text"/>		<div style="display: flex; justify-content: space-around;"> <span>M</span> <span>F</span> </div>		<div style="display: flex; justify-content: space-around;"> <span>S</span> <span>M</span> <span>L</span> <span>XL</span> </div>		<div style="display: flex; justify-content: space-around;"> <span>RUN</span> <span>FUN RUN</span> </div>		<div style="display: flex; justify-content: space-around;"> <span>(no charge)</span> <span>Personal</span> </div>		<div style="display: flex; justify-content: space-around;"> <span>Champion</span> <span>Chip #</span> </div>		<div style="display: flex; justify-content: space-around;"> <span>(can NOT be used for Day of Race registration)</span> </div>						
Street Address (include apt. number)																		
City															State		Zip Code	
Telephone Number					Fee Enclosed \$					<div style="display: flex; justify-content: space-around;"> <span>Florida Striders Track Club Member</span> <span>Military</span> </div>								

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.

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

**Make Check Payable to: Run to the Sun 8K • 591 Clermont Ave. S. • Orange Park, FL 32073**

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



**The Memorial Day 5K  
is recruiting  
volunteers. Please  
contact Lillian Lawless  
at (904) 292-1399 or  
lawless@bellsouth.net  
to volunteer.**



**Please send  
your stories, favorite  
runs or anything that  
you would like to share  
with fellow Striders' to  
StrideRightEdit@aol.com.  
The deadline is the  
15th of the month**



By Patti Stewart-Garbrecht  
Photography by Vanessa Boyd



**T**he Florida Striders recently made a donation to Girls on the Run, a non-profit organization that trains 8-12 year old girls to run a 5K race and also incorporates lessons to encourage emotional, social and physical development and enhance self-esteem. Girls on the Run has a North East Florida chapter with numerous sites around the Jacksonville area. While the first Girls on the Run chapter was started in Charlotte, NC, there are now chapters all over the United States. The donation by the Striders was to our own NE Florida chapter.

I have had the unique opportunity to help coach the Girls on the Run group that meets at the Barco-Newton YMCA in Fleming Island. Our group has 12 girls who meet on Tuesday and Thursday from 5-6pm. We first do the lesson which varies from session to session. Then we do a warm-up which incorporates the lesson and then we do our run. The run becomes longer each week in preparation for the girls running a 5K race at the end of the season. Once we are done running, we cool down, stretch and make sure that we recognize the girls who have really excelled. Our girls at Barco-Newton are such a great group. They are excited about running, we see improvements weekly and the girls are excited about the improvements they make.

I feel that programs like Girls on the Run are taking steps to decrease childhood obesity, promote physical activity and self esteem and is quite deserving of any donations of time or money. If you are interested in volunteering your time to make a difference in a girls life feel free to call Deborah Dunham, Director of Girls on the Run of NE Florida at 904-321-4315. Or check out the website at [www.GirlsonTheRun.org](http://www.GirlsonTheRun.org).

The Florida Striders are proud of our association with this outstanding organization. We are truly dedicated to the children, the future of our organization. ●

**Bob Boyd (right) and Patti Stewart-Garbrecht (second from right), enjoy the company of Girls on the Run group from Barco-Newton YMCA. Deborah Dunham (left, standing), Director of Girls on the Run of NE Florida is looking for volunteers to make a difference in the girls lives.**

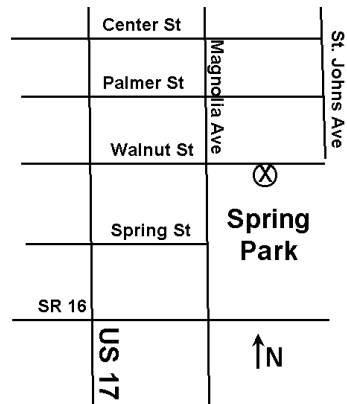


For more photos, please do to  
<http://www.floridastriders.com/pictures/GOTR2005/GOTR2005.html>



# Memorial Day 5K

May 30, 2005 Green Cove Springs, FL



JACKSONVILLE  
GRAND PRIX



Monday • May 30, 2005 • 8:00 a.m.

Race starts and finishes at Spring Park in Green Cove Springs, FL  
ChampionChip Timing • USA Track & Field Course Certification: #FL-02022DL.  
For more information call (904) 292-1399 or email lawless@bellsouth.net

## - AWARDS & REGISTRATION -

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

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

(No multiple awards)

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

## - RACE PACKET PICKUP -

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

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

## - COSTS -

Entry Received	Strider/Military	Not a Strider
by 5/20	\$12	\$14
5/21 - 5/29	\$15	\$17
Race Day	\$20	\$20

\*There is an additional \$2 discount if you have your own ChampionChip except for day of race Registration (see entry form to enter your personal chip number.)  
\*\*There are no discounts available for Day of Race Registration and personal ChampionChips cannot be used. All Day of Race entries are \$20.  
Cost includes T-shirt, post-race refreshments, & race results, available at [www.FloridaStriders.com](http://www.FloridaStriders.com).

**Make check payable to: Memorial Day 5K**

**Mail check & entry form to:**

**Florida Striders - Memorial Day 5K**

**9748 Chesterfield Dr.**

**Jacksonville, FL 32257**

(Race fees are non-refundable)

**HEY KIDS!!! Don't forget our FREE One Mile Fun Run with Medals to the top 100 Finishers!**

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

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

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

RACE# (FSTC USE ONLY)

First Name										Last Name										Ever run/walked a race?									
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>										<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>										<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>									
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Street Address (include apt. number)										City										State									
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Telephone Number										Fee Enclosed \$										<input type="checkbox"/> Florida Striders Track Club Member <input type="checkbox"/> Active Military									

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 Green Cove Springs, 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. Rev. 2/05

Your Signature \_\_\_\_\_ Date \_\_\_\_\_ Parent's Signature (if under 18 years of age) \_\_\_\_\_ Date \_\_\_\_\_  
**Make Check Payable to: Memorial Day 5K • 9748 Chesterfield Dr, Jacksonville, FL 32257**

# Striders at the Races

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

## RACE RESULTS

### SHELL ORTEGA RIVER RUN

#### 5 MILE

February 26, 2005

John Metzgar	26:18	
	2nd Overall Male	
Bill Dunn	29:31	2nd A/G
Frank Sutman	29:40	3rd A/G
Greg Richards	29:53	3rd A/G
Page Ramezani	29:58	1st A/G
Karin Glenn	30:01	
	3rd Overall Female	
Patti Stewart-Garbrecht	30:35	
	Masters Female	
Anthony Truitt	31:05	
Mark Woods	31:29	
Victor Corrales	31:41	PR
Patrick McKeefery	31:49	
	2nd A/G PR	
Terry Sikes	32:10	
Sung Ho Choi	32:15	
Bruce Holmes	32:44	2nd A/G
Paul Geiger	33:00	
Nick Jongebloed	33:46	
Rexx Weir	33:48	
Gary Hallett	33:51	
Paulette Butler	34:50	1st A/G
Steve Edgell	34:51	PR
Kathy Murray	35:13	3rd A/G
Raymond Ramos	35:17	
Mike Marino	35:19	
Steve O'Brien	35:21	
Frank Frazier	35:39	1st A/G
Patrick Gaughan	36:20	
Elfrieda Wyner	36:25	1st A/G
Matt Ross	36:26	1st A/G
Bonnie Brooks	36:30	
Wendy Patterson	36:37	
John Hirsch	36:51	
Bob Kennedy	37:00	
Jeremy Ferman	37:06	
Lonnie Willoughby	37:07	
Sharon Lucie	37:10	2nd A/G
David Kelley	37:12	
Stephanie Griffith	37:16	3rd A/G
Kaitlin Yaracs	37:23	
Paul Berna	37:27	
William Castelli	37:39	
George Hoskins	37:45	3rd A/G
Kellie Howard	37:46	
David Stanley	38:24	

Steve Bruce	38:47	
Dennis Lee	38:57	
Nancy Harms	39:23	
Craig Harms	39:26	
Denise Dailey	39:41	
Susan Harms	39:49	
Robert Tomlinson	40:13	
John Gauer	40:19	
Rick Sheets	40:45	
Sandy Rosenberg	40:49	
Sue Whitworth	41:58	
Ben Holland	42:22	
Claudia French	42:24	
Ken Bendy	43:19	2nd A/G
Tom Sullivan	43:33	3rd A/G
Barbara Whitter	43:33	PR
Marie Bendy	43:34	3rd A/G
Jim Klein	43:35	
Maria McNary	43:37	
Denise Metzgar	43:47	3rd A/G
Gordon Slater	44:08	
Jim Kehr	44:23	
Michael Burke	44:23	
John Aimone	44:29	1st A/G
Gary Ledman	44:51	
Kent Smith	45:24	
Margaret Tyburski	47:29	
Tyler Trevino	48:39	
Maryann Bolin	48:46	
Freddy Fillingham	48:52	
Jack Hanson	48:56	
Robert Meister	49:12	2nd A/G
David Albritton	49:17	
Sandra Shines	50:31	
Kathy Klein	50:53	
Christine Kehr	50:53	
Norman Thomas	53:31	3rd A/G
Ginger Frazer-French	54:13	
Al Saffer	56:03	
	A/G Anchor	
Stan Scarlett	56:11	
Susan Stanley	1:00:17	
Trish Kabus	1:00:36	
George Coombes	1:02:06	
Sheryl Trevino	1:03:45	
Diane Aimone	1:03:57	1st A/G
Joe Connolly	1:05:37	
Charles Desrosier	Participated	
Patt McEvers	Participated	
	with Charles!	

### FLEMING ISLAND 5K

#### Orange Park

March 5, 2005

John Metzgar	16:15	
	1st Overall Male	
Denise Metzgar	20:27	1st A/G
Pat Wagoner	21:01	1st A/G
Gary Hallett	21:47	2nd A/G
Lonnie Willoughby	21:40	
Brian Murray	21:49	2nd A/G
Frank Frazier	21:57	1st A/G
Matt Ross	22:14	1st A/G
Gary Gills	22:44	2nd A/G
Diane Foster	24:44	1st A/G
Sue Whitworth	25:40	2nd A/G
Barbara Whitter	25:43	3rd A/G
Ken Bendy	25:57	3rd A/G
Ed Kelly	26:01	
Earl Vinson	26:04	
Marie McNary	26:34	1st A/G
Tom Sullivan	27:04	
Kent Smith	27:56	2nd A/G
Freddy Fillingham	28:55	
Sandra Shines	30:35	
Dottie Cahill	31:53	
Al Saffer	33:48	2nd A/G
Alan Phillips	38:58	

### GATE RIVER RUN 15K

#### USA NATIONAL CHAMPIONSHIP

March 12, 2005

John Metzgar	49:44	1st A/G
Justin Jacobs	53:51	
Bill Phillips	56:08	1st A/G
Frank Sutman	57:04	
Bill Dunn	57:14	
Greg Richards	57:28	
Page Ramezani	57:48	1st A/G
Karin Glenn	58:41	4th A/G
Patti Stewart-Garbrecht	58:56	3rd A/G
Anthony Truitt	59:27	
Terry Sikes	1:01:19	
Sung Ho Choi	1:01:25	
Vic Corrales	1:01:38	PR
Bernie Candy	1:02:32	
Bruce Holmes	1:02:55	
Robert Smith	1:04:11	
Patrick Gaughan	1:04:47	
Patrick McKeefery	1:04:14	





Rodney Smith	1:05:03	Brian Murray	1:17:??	David Brownell	1:31:15
Paul Geiger	1:05:15	Steve Bruce	1:18:06	Rebecca Brownell	1:31:16
Nick Jongebloed	1:05:26	Dan Ovshak	1:18:07	David Hastings	1:31:27
Del Conner	1:05:53	Richard Horton	1:18:38 PW	Kent Smith	1:32:12
Miller McCormick	1:06:00	Susan Harms	1:18:40	Bo Holub	1:32:25 5th A/G
Rexx Weir	1:06:54	Kim Ball	1:19:09	Pheona Kaiser	1:33:41
Robert Walker	1:06:53	Diane Foster	1:19:16	Margaret Tyburski	1:34:15
Steve O'Brien	1:06:54	Dennis Lee	1:19:10	Kitty Spilman	1:34:29
Ryan Hallett	1:07:05	Chuck Bryner	1:19:26	Jonie Davis	1:35:08
Gary Hallett	1:07:25	David Stanley	1:19:31	Barb Ebers	1:35:51
Cynthia Lyons	1:07:36	Sue Whitworth	1:19:27	Roxanne Slater	1:36:21
Paulette Butler	1:07:52 2nd A/G	Ralph Billings	1:20:46	Pat Noonan	1:37:48
Alberto Gonzalez	1:07:53	Gordon Simms	1:21:13	Gordon Slater	1:37:49
Randy Arend	1:08:04	Augie Leone	1:21:00 1st A/G	Sandra Shines	1:37:50
Stephanie Griffith	1:08:09 3rd A/G	John Craddock	1:21:22	Gary Gills	1:38:06
Terry Algire	1:08:52	Celita Ricks	1:21:37	Dawn Hagel	1:38:41
Darcy Scarlett-Jeffers	1:08:55	Wayne Wolfenbarger	1:21:40	Maryann Bolin	1:38:52
Wendy Patterson	1:09:09	Claudia French	1:22:04	Linda Wolfenbarger	1:39:10
Kathy Murray	1:09:15	Kaycee Bryner	1:22:09	Jim Kelley	1:39:16
Frank Frazier	1:09:32 PW	Bernie Gross	1:22:33	Brenda Schwelling	1:39:23
Steve Edgell	1:09:32 PR	Nancy Harms	1:22:43	Layne Ray	1:39:44
Elfrieda Wyner	1:09:34 1st A/G	Craig Harms	1:22:24	Leo Sheckells	1:39:50
John Hirsch	1:10:09	Ann Walter	1:22:24	Kathleen Klein	1:40:02
Kaitlin Yaracs	1:10:15 3rd A/G	Terry Smith	1:23:16	Patricia Czarnecki	1:40:40
Bonnie Brooks	1:10:15	Kevin Terry	1:23:21	Freddy Fillingham	1:40:53
Bob Kennedy	1:10:16	Jim Klein	1:23:24	Susan Gostage	1:42:15
Sharon Lucie	1:11:09	Sandy Rosenberg	1:23:48	Denise Williams	1:45:29
	5th A/G PR	Maria McNary	1:24:04	Hollie Taylor	1:46:55
Lonnie Willoughby	1:11:49	Barry Marquart	1:24:15	John Nalley	1:48:03
Susan Miller	1:12:09	JD Smith	1:24:40	Norm Wyner	1:48:06
David Kelley	1:12:12	Ben Holland	1:24:49	Nancy Pullo	1:48:32
Danny Suber	1:12:28	Mike Lindell	1:24:54	Christine Kehr	1:49:02
Hernando DeSoto	1:12:40	Rick Sheets	1:24:55	Ginger Frazier-French	1:49:35
Paul Berna	1:12:47	Kim Cornell	1:25:01	Dottie Cahill	1:49:39
Danny Weaver	1:13:20	Melinda Terry	1:25:14	Micki Gibson	1:49:46
Jerry Bennett	1:13:58	Barbara Whitter	1:25:46 PR	Stan Scarlett	1:50:21
John DeAntonis	1:13:44	Tom Sullivan	1:25:54	Jerry Neiley	1:50:25
Maurya Sova	1:15:03	Randy Pullo	1:26:08		Blind Runner
Raymond Ramos	1:15:27	David Ricks	1:26:30	Hal Higdon	1:52:13
Alan Koch	1:15:41	Alan Koch	1:26:47	Debbie Lindell	1:52:14
	1st River Run -PR	Julie Runnefeldt	1:27:31	Bob Moyer	1:52:28
Denise Dailey	1:15:49	Joe Sova	1:27:58	Al Saffer	1:52:32
Kim Crist	1:16:22	Gary Ledman	1:28:12	Burness Morris	1:53:10
Ken Wilson	1:16:23	Earl Vinson	1:29:02	Roy Wood	1:53:43
Kellie Howard	1:16:36	George Martin	1:29:28	Patt McEvers	1:57:11 4th A/G
George Hoskins	1:16:55	James Gostage	1:29:30	Kathleen Clouse	1:57:48
Rex Patterson	1:17:24	Leslie Doucette	1:30:12	Trish Kabus	1:59:43
Eric Bush	1:17:25	John Aimone	1:30:21 2nd A/G	Dave Caldwell	1:59:15
Steve Lucie	1:17:32 PR	Robert Meister	1:30:23 4th A/G	Jerrine Hamm	2:00:11
Kwan Supapan-McCall	1:17:43 4th A/G	Ken Bendy	1:30:56	Bill Mitchell	2:00:49
				Joe Connolly	2:06:41 2nd A/G
				Dot Mitchell	2:07:15 5th A/G
				Diane Aimone	2:07:43 2nd A/G
				Sheryl Trevino	2:10:55
				Mariam Gallet	2:11:30
				Bernita Bush	2:17:18
				Eric Bush	2:17:18

Nadine Thomas	2:22:55
Charles Desrosier	2:26:27
Holly McCormick	2:27:25
Jim Kehr	2:31:17
Lillian Lawless	2:30:something
Everett Crum	DNS

**MICHELOB ULTRA  
LIGHTHOUSE 5K  
St. Augustine  
March 19, 2005**

Bill Phillips	18:20	
	Masters Male	
Barbara Whitter	25:10	
Sarah Dunsford	27:40	1st A/G
Kent Smith	27:46	3rd A/G
Sandra Shines	29:37	
Trish Kabus	35:07	

**ST. PATTY'S DAY 10 K  
Evergreen Cemetery  
March 20, 2005**

John Metzgar	31:59	
	2nd Overall Male	
Greg Richards	36:40	3rd A/G
Bill Dunn	37:25	1st A/G

Karen Glenn	37:40	1st A/G
Victor Corrales	39:53	2nd A/G
Terry Sikes	40:13	3rd A/G
Bruce Holmes	40:33	1st A/G
Sung Ho Choi	40:41	
Paul Geiger	41:28	1st A/G
Del Conner	42:31	2nd A/G
Rexx Weir	43:02	3rd A/G
Elfrieda Wyner	44:23	1st A/G
Frank Frazier	45:06	1st A/G
Bonnie Brooks	45:30	3rd A/G
Lonnie Willoughby	46:08	
Matt Ross	47:03	1st A/G
Paul Berna	47:25	
Ken Wilson	47:46	2nd A/G
Danny Weaver	48:06	2nd A/G
Kwan Supapan-McCall	50:37	1st A/G
Sandy Rosenberg	51:24	
Kevin Terry	52:02	
Claudia French	52:14	1st A/G
Barbara Whitter	54:25	1st A/G
John Aimone	56:42	1st A/G
Gordon Slater	57:28	3rd A/G
Tom Sullivan	57:29	
Margaret Tyburski	58:27	
Laurie Ricciardi	1:04:37	
Sandra Shines	1:05:32	
Norman Thomas	1:06:50	3rd A/G

# *Striders at the Races*

## RACE RESULTS

Joy Hamilton	1:09:33
George Coombes	1:18:56
Diane Aimone	1:21:17

**ST. PATTY'S DAY 5K**

Gary Gills	21:57	1st A/G
Nancy Harms	23:59	2nd A/G
Craig Harms	24:12	2nd A/G
Melinda Terry	25:23	1st A/G
John Gauer	25:24	1st A/G
Everett Crum	26:28	1st A/G
Leo Sheckells	27:55	1st A/G
Kent Smith	28:15	3rd A/G
Norm Wyner	28:28	2nd A/G
Trish Kabus	35:49	

## Welcome Back New & Renewing Members!

**NEW MEMBERS**

David & Rebecca Brownell  
Peter & Susan Carnochan/Malone  
Eric Conder  
Jasmen Denton  
Miriam Gallet  
Dawn Hagel  
Justin Jacobs  
Pheona Kaiser  
Alan & Tina Koch  
Michael & Debbie Lindell  
Miller & Holly McCormick  
Keith & Gayla Poythress  
Ray & Jennifer Purvis  
Brett & Layne Ray  
Celita, Greg & Corey Ricks  
Robert Smith  
Hollie Taylor

**RENEWING MEMBERS**

Randy & Krissa Arend  
Kim Ball  
Paul Berna

Ralph Billings  
Rebecca Brooks  
Rebecca Brown  
Paulette Butler  
David & Susan Caldwell  
Tanyas Carere  
Jeff & Debbie Chapman  
Denise Dailey  
Judith Daniel  
Shani Dempsey  
Diane Foster  
Patrick Gaughan  
Paul & Gene Geiger  
Susan & John Gostage  
Michelle Guyot  
Gary Hallett  
David & Kathy Hastings  
Bo Holub  
Richard Horton  
Trish Kabus  
Jim Kelley  
Jim & Kathy Klein  
Harry Klug  
Peg Lawson  
Suly Lopez

Susan Maurer  
Patt McEvers  
Dick & Elke Miller  
Burness Morris  
Kathy Murray  
Patricia & Pete Noonan  
Grady Pauley  
Ronald Rapaport  
Sandy Rosenberg  
Randolph & Patricia Sandy  
Edward Schmidt  
Brenda Schwelling  
James & Debbie Smith  
Kent Smith  
Nadine Thomas  
Doug & June Tillett  
Lupita Trujillo-Thieman  
Holly & Fletcher Turner  
Gerry & Margaret Tyburski  
Wendi Warrell  
Rexxmann Wier  
Wayne & Linda Wolfenbarger



# April 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
April 2	NAVY Run 10K	7:30 a.m.	Naval Air Station Jacksonville <small>Note: Because of security requirements Race entry will be restricted to persons with military/government ID an civilian guests accompanied by the government sponsor.</small>	(904) 542-2930/3239 <a href="mailto:bill.bonser@navy.mil">bill.bonser@navy.mil</a> Navy JAX MWR
April 2	Equal Access Clinic 5K	8:00 a.m.	North Florida Regional Medical Center • NW 64th St Gainesville	(352) 378-8725 Florida Track Club
April 2	Catfish Festival 5K	8:00 a.m.	Crescent City	(386) 698-4513 Alta Vista Sports
April 2	Fleet Feet 5K	8:30 a.m.	Fernandina Little Theater 1014 Beech St & 11th St Fernandina Beach	(904) 491-0369 Amelia Island Runners
April 2	Running the Blues 5K	9:00 a.m.	Lifesaving Station Jacksonville Beach	(904) 285-1552 Performance MultiSports
April 2	Okefenokee Swamp Run 10K	9:00 a.m.	Waycross, GA	(912) 282-0703 <a href="mailto:rdcrosby@wayxcable.com">rdcrosby@wayxcable.com</a> Okefenokee Track Club
April 9	Spartan 5K	8:00 a.m.	St. Johns Country Day School Orange Park	(904) 264-9572 St. Johns Country Day School
April 9	JTC Wife Carry Race Ginger Fanin King Couples Relay	3:15 p.m. 4:00 p.m.	Lifeguard Station Neptune Beach, Jax	(904) 387-0528 <a href="mailto:ConsultJTB@aol.com">ConsultJTB@aol.com</a> Jacksonville Track Club
April 15	JTC All Comers Meet	7:00 p.m.	Bolles School San Jose Blvd.Jax	(904) 388-7862 <a href="mailto:ConsultJTB@aol.com">ConsultJTB@aol.com</a> Jacksonville Track Club
April 16	Beach Run 5K	7:30 a.m.	Ocean Trace Ramp (off A1A) St. Augustine Beach	(904) 461-9248 or (904) 794-9031 Knights of Columbus #7121zx
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
April 28	Corporate Run 5K	6:30 p.m.	Jacksonville Landing	(904) 739-1917 1st Place Sports
April 30	Shrimp Festival 5K	8:00 a.m.	Tarpon & Trout Streets Fernandina Beach	(904) 261-1080 McArthur Family YMCA
April 30	Hidden River Resort 5K Trail Streak (Clothing Optional)	10:00 a.m	Hidden River Resort Macclenny	(912) 843-2603 <a href="mailto:info@hiddenriverresort.com">info@hiddenriverresort.com</a>
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 12	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

# MILE MARKER MUSINGS

By Robert Glenn



Greetings from the end of March, which is supposed to go out like a lamb but today we had tornado warnings and thunderstorms, go figure. Now if it had been the Ides of March, I could understand, don't go to the forum or turn your back on Brutus, but it is the 22nd, thus you can understand my confusion. Before we get started on the accolades, I

want to direct everyone's attention to the Strider website (found, amazingly enough, at [www.floridastriders.com](http://www.floridastriders.com)) where you'll find lots of great pictures taken at the GRR. Thanks to **Vanessa Boyd** for her great camera work. Everyone pat yourself on the back for the good work finding Striderman and filling in your times on the races this month. A special thanks goes out to **Kathy Murray** for her above and beyond efforts to help people find Striderman.

The **Shell Ortega River Run 5 Mile** was held on the 26th of February in beautiful Ortega. Our top Strider was **John Metzgar** with a 26:18 which earned him 2nd overall for men. Our fastest woman Strider was **Karin Glenn** who placed 3rd overall for women with a 30:01. **Patti Stewart-Garbrecht** was the Masters female winner with a 30:35. Striders who won their age group included **Paulette Butler, Frank Frazier, Elfrieda Wyner, Matt Ross, John Aimone, and Diane Aimone**. We had Strider Sweeps in two age groups. Our women took 1-3 in the 50-54 with **Paulette, Sharon Lucie, and Stephanie Griffith**. Our men took 1-4 in the 65-69 with **Matt, Ken Bendy, Tom Sullivan, and Gordon Slater**. Nice running everyone.

The **Fleming Island 5K** was held on the 5th of March. **John Metzgar** was the top Strider and first overall with a 16:15. **Denise Metzgar** was our top female Strider with a 20:27 which also was good for 1st in her age group. Other Striders that won their age group included **Pat Wagoner, Frank Frazier, Matt Ross, Diane Foster, and Maria McNary**.

The **Gate River Run 15K** which doubles as the USA National Championship for the 15K, was held on the 12th of March. Our fastest Strider was **John Metzgar** with a 49:44 which earned him 1st in his age group. Our fastest woman was **Karin Glenn** with a 58:41 which earned her 4th in her age group. We had over 180 Striders run the race, sweet. The Striders who took first place in their age group in this race of around 8,000 people and are thus the

National Champions at their age group for the 15K distance road racing included **Bill Phillips, Page Ramezani, Elfrieda Wyner** (with a new GRR record also), and **Augie Leone**. Congratulations on good runs and an impressive accomplishment. We had many other Striders place in their age groups, want to see who is the runner up for the national championship 15K, check it out on the main results page.

The **Michelob Ultra Lighthouse 5K** was run down in St. Augustine on the 19th of March. Our fastest Strider was **Bill Phillips** with an 18:20 which made him the masters champion. **Barbara Whitter** ran a 25:10 which made her our fastest woman Strider. **Sarah Dunsford** placed first in her age group.

The **St. Patty's Day 10K** was held in the Evergreen Cemetery (site of the Pumpkin 10 miler in the fall) on the 20th of March. **John Metzgar** was our fleetest of foot amongst Striders and 2nd overall for men with a 31:59. **Karin Glenn** was our fastest female Strider with a 37:40. Other Striders taking first place included **Bill Dunn, Bruce Holmes, Paul Geiger, Elfrieda Wyner, Matt Ross, Kwan Supapan-McCall, Claudia French, Barbara Whitter, and John Aimone**. That's a whole herd, nice running everyone. Once again, we had some Strider age group sweeps. **Bill, Victor Corrales, and Terry Sikes** swept the 45-49 men while **Paul, Del Conner, and Rexx Weir** swept the 50-54 men. Excellent.

The associated 5K saw **Gary Gills** and **Nancy Harms** as the fastest male and female Striders. Striders that won their age group included **Melinda Terry, John Gauer, Everett Crum, and Leo Sheckells**.

## Striders on the Road –

We had two Striders travel up to Brunswick, Georgia to run the **Sydney Lanier Bridge Run** on the 19th of February. **Jim Kehr** ran a 33:22 while **Christine Kehr** edged Jim with a 33:17. Their times were apropos seeing as it was their 33rd anniversary. Congratulations. Great way to celebrate.

**Ken Bendy** was up in North Carolina and did a run/bike/run event called the **Mountain Madness Duathlon** in Franklin. It started with a 4 mile run, followed by a 16 mile bike with hills like we don't see much around Jacksonville, and finished with a 2 mile run. Ken finished in 2:04:48. Oh yea, it was 28 degrees at the start, Fahrenheit, not Celsius. Now I remember why Karin and I live down here.

## Random Musings –

I'm sure that you've all (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	More details to come
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 <b>NEW!</b>	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. <b>NEW!</b>	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	More details to come

see then ubiquitous Lance Armstrong 'LiveStrong' bracelets supporting his foundation. In fact, now we have blue ones (Super Bowl Committee), pink ones (Donna Hicken Foundation), and probably a rainbow's worth of ones I don't even know about. Well, that be as it may, this particular musing is about what to do with the extra ones that many of us have. The LiveStrong bracelets came in packs of 10 and so I'm sure many people have 8 or 9 lying around looking for a purpose. Karin and I ordered ours back in during the Tour de

France in a burst of maillot jaune (my-o-jorn, rob's version of phonetics) solidarity. We ordered 10 and put in a little donation also, somehow our order got submitted 4 times, then got lost, and finally came, but not the 10 bracelets we wanted but 70. So, we now have 67 extra. Why 67 you ask? One for Karin, one for me, and one for \_\_\_\_\_. My alarm clock. My alarm clock is old (pushing 18 years) and the off button is loose, thus when I have a particularly firm (not bad mind you, just firm) landing, and that button (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)

slips from off to on, me and the Captain get subjected to a muffled 'beep, beep, beep' from deep inside my duffel bag. Thus, a problem calling out for a solution. At first I used a rubber band, effective but not elegant. Then I remembered our surplus of 68 LiveStrong bracelets. And Bam, as Emeril would say, we only had 67 extras.

So, I'm putting out the call, if anyone else has any good ideas about what to do with extra LiveStrongs, I'm all ears. I'll take the best 9 and add them to my own, alarm clock silencer and I'll print them next month. So, if you have any unique, funny, useful, or strange uses for surplus LiveStrongs, email them to me at [StriderResults@aol.com](mailto:StriderResults@aol.com) and I'll collate the best 10 into a Lettermanesque list. I, MMM writer, am the sole judge as to quality, appropriateness, blah, blah, insert legalese here, blah, and all disputes shall be decided by me and me alone. Winners will get mentioned by name, unless of course you request anonymity. So, if like me, you are unlikely to ever win your age group or be the fastest male or female Strider at a race, here is your opportunity to get the bolded mention in MMM. You'll be telling your grandkids about it, "I remember this one time, at band camp, ..."

### Soap Box -

Running and ID. I was going to wax eloquent about the need to wear some form of ID while running. I used to blow this off since I wasn't about to try to carry my driver's license around. Then I figured out the dog tag way, order the metal tags that you can wear around

your neck or on a wrist or ankle bracelet. I ordered one, I moved. Thus my 25 dollar ID was now not very useful since it had the wrong address and phone number. So I gave up again. Then someone showed me the kind that is plastic/laminate stuff and costs less and snaps onto your shoe. We got some and have been ID'd up ever since. Problem is they appear to have gone out of business or at least stopped keeping up their website, so alas, I cannot direct you to a good solution to the cheap but effective ID dilemma. It is definitely a good idea to get some kind of thing you can wear while running so if the worst happens (heart attack, hit by a car, stop for a pint and drink 15 instead and forget your name) then someone will be able to contact your loved ones. Even in a group run like track on Wednesday nights, most of us know first names, but if "Fred" had a medical emergency, would any of us know what his wife's phone number is, or even "Fred's" last name? But if "Fred" had an id on him, we'd be good to go. So, sorry for presenting a problem without a definite solution, but mull it over for a while, maybe something will come to someone and I'll share.

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 Tour de France Leader's Jersey 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>