



Volume 24, Number 5

STRIDERIGHT

Florida Striders Track Club



www.floridastriders.com



May 2005

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Memorial Day 5K

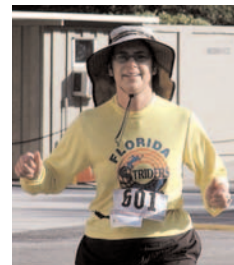
is recruiting
volunteers.

Please contact
Lillian Lawless at
(904) 292-1399 or
lawless@bellsouth.net
to volunteer.

Please see pages 5-6 for more
valuable information on the May
social and entry to the race.



Run to the Sun 8K & One Mile Fun Run



By Bob Boyd • Photography by
Vanessa Boyd

It was a clear and cool morning on Saturday, April 16th 2005, nearly perfect for racing, when the RRCA 8K State Championship, our very own Run to the Sun, began promptly at 8:00 a.m. There was a North wind to contend with on portions of the return leg along River Road but it was a spectacularly beautiful morning by any standard. The Florida Striders are well known for truly excellent volunteer support that results in a great race experience for all of our participants, including the free One Mile Fun Runners. Races are a good opportunity to see the best in people, both in there athletic effort as they pit mind and muscle against the clock as well as the real altruism of the many volunteers that give their time, tal-

Continued on page 7

Prez Sez

By Bob Boyd



My compliments and appreciation for all of the great team work in putting together an excellent **Run to the Sun 8K** and **One Mile Fun Run** on April 16th. No doubt snuggling under the covers was a considered option for many on that cool Saturday morning but everyone was up and out to enjoy a gorgeous day and a great race. Your collective efforts also help make a real difference in supporting our future athletes through the \$1500 channeled to Run/Walk programs at five of our area Elementary Schools. There are more details elsewhere in this newsletter but I did want to thank you all for sharing your time, energy, talent, and money to make a positive difference and have a good time in the process.

Our next race is the **Memorial Day 5K & One Mile Fun Run** on Monday, September 30th. Frank Sutman and Lillian Lawless have a well deserved reputation for putting on great events and I am sure this year's race will be no exception. Speaking of great events, the post race social at their home (details on Page 1) is a great time so do come out and join us.

The **Hershey Track & Field Games** are designed to let young athletes, ages 9 through 14, compete in six different events – all at no charge. Those children that qualify for the National Meet are flown up to Hershey PA for the National Meet. The local/district meet will be held at the Orange Park High School Track on Saturday morning, May 28th. The Florida Striders and the YMCA are teaming up to provide volunteers to make this meet possible for the Jacksonville metropolitan area children. Please contact Warner Millson at 264-4089 if you would like to help.

If you are ever looking for great people doing good things and who love to enjoy themselves in the process you don't have to look any further than the Florida Striders. Life is good and even better with good friends. ●

Board of Directors' Minutes, 04/12/05

Bob Boyd called the meeting to order at 7:00 PM. Directors absent: K. Glenn, L. Lawless, G. Hallett, R. Sooley, J. DeAntonis.

Minutes/Action items

Frank substituted as secretary in Karin's absence. Last month's minutes were approved as written.

Treasurer's report

Report filed as written. Notation was made of newsletter expenses YTD running ahead of budget. The Treasurer's Report now includes an information field detailing recent past discretionary spending (i.e. – charitable contributions) to facilitate future discussion on this topic.

Treasurer's report date revision

A motion was made to revise the report close date from the board meeting date to the last day of the previous month. The motion passed unanimously.

RRCA Convention

John Powers distributed and discussed proposed guidelines for budgeting and selecting individual(s) to attend the RRCA annual convention. In the past there were no guidelines. The guidelines include reimbursement of up to \$1000 for an individual and up to \$500 additional if a spouse attends and actively participates in the convention. A motion was made to accept the guidelines and passed unanimously. Bob and Vanessa will represent the club at the 2005 convention, which is May 12-15 in New Orleans.

Membership demographics

Tanys distributed and discussed demographic data. Our membership makeup has changed little since 2001. We are still sadly lacking in younger members. A large percentage of our membership dates coincide with race months (4 Strider races and the River Run tent). It was suggested that we could do more to recruit members at other local races. We have a problem with lack of renewals. The observed 20% per year turnover is similar to what we have experienced in the past. We will target a membership advantages flyer to be stuffed into the Memorial Day race packets.

By-laws Revision

Two proposals for by-laws revisions were previously distributed via e-mail to board members. They were 1) clearer wording for membership categories, and 2) revision of the board term and annual/meeting picnic date from March to April or May. The wording on (2) was revised to indicate the annual meeting date would be decided in February rather than March. A motion was made to pass the two revisions and passed unanimously.

Planning Organization

The First Coast Metropolitan Planning Organization is working on a 20-year plan for local trails and greenways. There are meetings for

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
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Directors at Large:

*Gary Hallett (H) 292-2793
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*Julie Runnfeldt (H) 264-8649
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*Patti Stewart-Garbrecht (H) 541-1303
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*Dave Bokroas (H) 545-4538
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*John DeAntonis (H) 264-3541
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*Steve Edgell (H) 284-2868
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*Terry Sikes (H) 384-7194
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*Regina Soeey
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Newsletter Circulation Manager:
Jenny Allen (H) 269-1226
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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

Mike Shad Nissan

269-9400
Run to the Sun

Orange
Park
Kennel Club



Orange Park Medical Center



Run to
the Sun

CENTEX HOMES

Run to the Sun 8K

FLORIDA POWERTRAIN & HYDRAULICS, INC.

Run to the Sun 8K &
Autumn Fitness 5K

citistreetSM

A State Street and Citigroup Company

Memorial Day 5K



Run to the Sun

COOL ZONE

Memorial Day 5K



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



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



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.



Autumn Fitness 5K

Publix
Supermarket
Charities

Ronnies
Wings & Oyster 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.

BOARD OF DIRECTOR'S MINUTES

Continued from page 2

public input during the second half of April. Bob will send a broadcast e-mail with the particulars to members, informing them and encouraging their input.

Track meet

The Hershey Track and Field Youth Games is a track meet that will be held at Orange Park High School on Saturday, May 28. Children 9-14 years old are encouraged to participate. The Striders were asked to co-sponsor the meet with the First Coast YMCA. Sponsorship will largely consist of recruiting volunteers. Discussion centered around potential for conflict with the Memorial Day 5K, two days later. A motion was made to support the event, and passed 11-2.

Race Status

Run to the Sun – Everything is on track for a good race Saturday.

Memorial Day 5K – We need volunteers and registrants. John Powers is working on an additional potential sponsor. Frank and Lil hope that the board will be able to participate in the race and the post-race party!

Autumn Fitness – Bob is confirming sponsors. He will be meeting with Carrabbas this next week. Steve Edgell has agreed to be his assistant with the goal of becoming race director in 2006.

Hog Jog – Nothing new.

Open forum

Kent – No social confirmed yet for June. Kent will confirm the June social by the next meeting. The Memorial Day party will serve as both a volunteer appreciation party and the May social. Patti will host the November social at her home.

Dave Bokros – The Cecil Field pool is open to the public. Dave asked for and received board approval to have the Striders publicize the potential for group cross-training in the pool. Any expense would be borne by participants.

Terry – There are errors on the group training run list in the StrideRight. Terry will forward corrections to Trish.

The meeting was adjourned at 8:37PM. Next month's meeting will be on Tuesday, May 10th at the Orange Park library. ●

Respectfully submitted,
Frank Sutman

A Study in Excellence: Metzger's 50 Laps



By Jay Birmingham

Prior to April 2, the national masters track record for 20 kilometers was 1:11:36, held since 1976 by the redoubtable Truman Clark of California. On a chilly, windy Saturday evening, Orange Park's John Metzger claimed the record as his own. Metzger, 42, pursued by 43-year-old Sean McCormack, reeled off lap after lap, running negative splits on the way to a 1:08:21 clocking. McCormack also finished under Clark's record.

USATF vice president John TenBroeck officiated. He prepared the track with 60 traffic cones to create an official "curb", organized and supervised redundant timing systems, and started the race. The event was conducted at Bolles School, under the bright stadium lights.

Twenty people immersed themselves in the effort. In addition to Metzger and McCormack, master's standout Len Ferman, 41, started the race, along with his son, David. Ferman had hoped to be a major factor in the event but a hamstring strain forced his withdrawal after 16 laps. Little David ran 20 circuits of the 400 meter oval, running wide whenever the leaders came 'round. The remaining 16 people, bundled against the chill wind, offered constant support.

From the gun, Metzger and McCormack swapped the lead. For 25 laps, they sliced through the night together, a goal time of sub-1:10 in mind. Clad in bright green singlets and shorts, the duo sped through each circuit under 84 seconds. At halfway, the powerful Metzger created some daylight. Fifteen laps later, with 40 down and 10 to go, he lapped his friend. Metzger's final 5 kilometers were clocked in 16:44, an average of 1:20.3 per 400 meters, about 5:23 per mile.

I've witnessed other American record chases in my career including Frank Bozanich's 100 km triumph in Miami in 1981 and in 2003, Pam Reed's 24-hour success in San Diego. At National Masters meets in Indianapolis and Chicago, heated competition created occasional age group records.

Metzger's single-minded pursuit, however, tops them all. The quality of his effort, his smiling acceptance of the sparse crowd's cheers, and his determination and poise were classic. True excellence in sport is rare. The shared experience of John Metzger's race April 2 enriched all of us who saw it. ●

COMING NEXT ISSUE!

Who is this man who just celebrated his 500th win?

Hint: His first area age group win was the Florida Striders first race, the Autumn Twilight Run in 1979.



The Florida Striders

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

Memorial Day 5K

**Post-Race Party
& Striders Social**

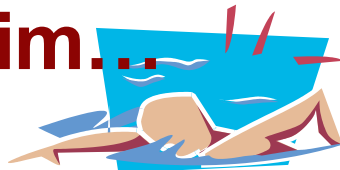
Home of Lillian Lawless and Frank Sutman • 9748 Chesterfield Drive, Jacksonville
Info at lawless@bellsouth.net or 292-1399 Rain or shine!

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!

Striders can swim... but will they?



In an effort to promote more cross training, and fewer injured Striders, I would like to organize group swims for Striders. Jacksonville's Cecil Recreation Complex has an Olympic size pool that is free and open to the public; anyone can show up and swim laps for free! I would like to take that a step further and have organized group swims, complete with an experienced swim coach to help us feel more comfortable competing, get more result from the swim workout, or maybe help some of you shave time off your mile!

I know that I am not good about the cross training that my training plan calls for and many of us aren't. I think that more of us could stay off the injured list if we cross-trained in order to strengthen those muscle groups that we don't use while running. For instance, most runners don't realize that runners do not usually have very strong quads, but one of the quadriceps is responsible for making sure that the patella tracks correctly. If you work on your quads in the gym you will be less likely to encounter problems that can occur due to the patella not tracking as well as it should...like patella tendonitis!

Please contact me, Dave Bokros, at Dbokros@comcast.net or call me at 904-545-4538 if you are interested.

If there is enough interest, I would also like to make this another weekly get together, since anyone can show up and swim laps for free, we could do this on a regular basis. I am also a firm believer that any Strider event be fun and followed by food and maybe even happy hour- that is, if there is enough interest!

Tell your friends, spread the word, and any of the Striders out there who can no longer run due to injury but could still swim this would be an excellent way to stay in shape and have some fun with the same great bunch of wacko's we have all grown to love. ●

-Dave Bokros

NEW STRIDER LOGO SHIRTS

In the near future we are going to order more high quality (Polartec PowerDry) Strider shirts! These are the attractive yellow shirts with full Strider Logo you have seen at the races. To ensure you get the style and size you want, please place an order now.

Available styles and prices
(final price may vary slightly):

1. Singlet, male and female styles \$20
2. Sleeveless Tee Shirt, adult unisex \$23
3. Short sleeve Tee Shirt, adult unisex \$23
4. Long sleeve Tee Shirt, adult unisex \$25

Order your choice of style and size today !

**Contact George at
ghoskins@bellsouth.net
or phone 264-4372.**

To view more details of the fabric and styles, visit soark.com.

Memorial Day 5K



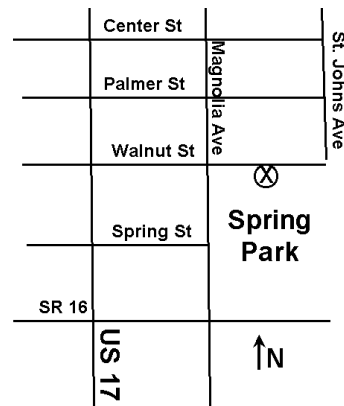
May 30, 2005 Green Cove Springs, FL



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



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.

- 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.

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)

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? ☐ Y ☐ N

Age Sex Adult Sizes RUN ☐ FUN RUN (no charge) ☐ Personal Champion Chip # (can NOT be used for Day of Race registration)

Street Address (include apt. number)

City State Zip Code

Telephone Number Fee Enclosed \$ ☐ Florida Striders Track Club Member ☐ 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: Slipping/falling, 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

RUN TO THE SUN & ONE MILE FUN RUN

Continued from page 1

ent, and energy to support others. Matt Ross, our intrepid Race Director deserves kudos for both his individual efforts to put on a great event and his ability to assemble a real winning team of coordinators, volunteers, and sponsors that did such a good job on race day. The race literally would not happen without the generous financial support of our sponsors, which include: Sun Tire, Mike Shad Nissan, Centex Homes, Pinch-A-Penny, Florida Powertrain, and Orange Park Travel.

There is no lack of fun or enthusiasm when several hundred children line up for the One Mile Fun Run! Five schools also will receive \$300 each to support their Run/Walk programs as a result of their participation in the Fun Run. Congratulations to each of the following Elementary schools, listed in alphabetic order, for their great participation: Doctor's Inlet, Lakeside, Paterson, Swimming Pen Creek, and Thunderbolt.

This was one truly excellent event that defined what team effort can accomplish. Thank you all for your wonderful support and participation! ●

Sun Tire Run to the Sun RRCA 8K State Championship Orange Park, FL • April 16, 2005

ID#	PLACE	CLASS PLACE	FINISHER	TIME	PACE
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Open Men

237	1	1	Jason REXING, 21,	25:46	5:09
2	2	2	John Metzgar, 42,	25:54	5:11
260	3	3	Brandon Anderson, 19,	26:30	5:18

Open Women

3	1	1	Kim Pawelek, 31,	29:43	5:57
610	2	2	Kellie Smirnoff, 34,	32:59	6:36
227	3	3	Tammy Carey, 39,	33:01	6:36

Masters Men

234	7	1	Sean McCormack, 43,	27:44	5:33
-----	---	---	---------------------	-------	------

Masters Women

128	7	1	Regina Taylor, 40,	34:21	6:52
-----	---	---	--------------------	-------	------

Senior Masters Men

257	20	1	Larry Sassa, 51,	31:16	6:15
-----	----	---	------------------	-------	------

Senior Masters Women

622	12	1	Elfrieda Wyner, 62,	35:17	7:03
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Grand Masters Men

684	50	1	Frank Frazier, 62,	35:07	7:01
-----	----	---	--------------------	-------	------

Grand Masters Women

616	75	1	Susan Wallace, 63,	46:16	9:15
-----	----	---	--------------------	-------	------

ID#	PLACE	CLASS PLACE	FINISHER	TIME	PACE
Men 10 & Under					
91	55	1	Grant Shelton, 10,	35:31	7:06
147	64	2	Andrew Ucciardo, 10,	36:19	7:16
314	140	3	Brandon McCullough, 8	42:06	8:25
118	158	4	Mitchell Dressler, 8,	43:33	8:43
218	160	5	Ryan Wheat, 8,	43:43	8:45

Men 11 - 14

101	49	1	Eric Ochoa, 13,	35:00	7:00
251	51	2	Garrett Tillman, 14,	35:14	7:03
312	73	3	Tommy Lucas, 13	36:57	7:23
30	75	4	Alex Benn, 14,	37:03	7:25
116	86	5	Bryan Jagemann, 12,	38:04	7:37
635	93	6	Andy Daugherty, 14,	38:34	7:43
275	115	7	Cody Shaw, 12,	39:57	7:59
105	118	8	Scott Northcut, 11,	40:11	8:02
636	157	9	Sean Daugherty, 12,	43:29	8:42
194	166	10	Zachary Jones, 14,	44:53	8:59
23	180	11	Leonard Deleon, 14,	46:20	9:16
266	216	12	Devin Sallette, 12,	56:50	11:22
293	217	13	Chris Bradford, 11	56:55	11:23

Men 15 - 19

235	6	1	Kyle Hunter, 19,	27:27	5:29
246	21	2	Tommy Fossa, 15,	31:17	6:15
316	117	3	Brent Lindell, 19	40:04	8:01
103	169	4	Daniel Villalobos II, 18,	45:14	9:03

Men 20 - 24

261	4	1	Jimmy Terpening, 22,	26:47	5:21
9	11	2	James Donnelly, 21,	29:05	5:49
54	12	3	Carter Bowen, 24,	29:37	5:55
153	24	4	Bradd Littleton, 24,	32:02	6:24
178	60	5	Joshua West, 24,	35:54	7:11
127	67	6	Andrew Arnold, 20,	36:26	7:17
245	81	7	Jason Kharman, 21	37:50	7:34
230	82	8	Lionel Hoyte, 24,	37:51	7:34
220	109	9	Carlos Calzada, 23,	39:37	7:55
132	120	10	Asher Lohman, 22,	40:18	8:03
267	147	11	Keegan Iversen, 23,	42:46	8:33
84	148	12	Brandon Hudson, 24,	42:48	8:34
310	163	13	Matt Bunnell, 21	44:11	8:50
157	172	14	Justin Bergman, 23,	45:24	9:05
174	210	15	Chris Knoche, 23,	53:06	10:37



Men 25 - 29

152	5	1	Shawn Williams, 29	26:51	5:22
130	8	2	Peter Mech, 26	28:42	5:44
117	9	3	Gregory Richards, 28	28:47	5:45
88	15	4	Bradford Risner, 25	30:30	6:06
180	41	5	Elliot Ross, 25,	34:15	6:51
212	65	6	Rich Camarena, 27	36:20	7:16
277	71	7	Derek Risk, 29	36:34	7:19
85	94	8	Thomas Horner, 25,	38:42	7:44
304	96	9	Steven Sanmiguel, 28	38:53	7:47
214	97	10	Brandon Farley, 27	38:54	7:47
162	125	11	Bostin Chitko, 26	40:34	8:07
205	131	12	Keith Trittschuh, 28	41:16	8:15
244	151	13	Nate Louner, 28	42:59	8:36
154	175	14	Dusko Klipa, 28	45:57	9:11
138	200	15	Christian Conley, 25	50:17	10:03
197	214	16	Justen Watkins, 25	55:25	11:05
60	222	17	Patrick McCoy, 28	1:03:58	12:47

Men 30 - 34

658	18	1	Mills Ramseur, 33	31:02	6:12
131	26	2	Brian Thompson, 32	32:29	6:30
677	31	3	Mark McCullough, 34	33:10	6:38
135	33	4	Michael Ferns, 30,	33:30	6:42
217	36	5	Nathaniel Bryant, 32	33:48	6:45
618	45	6	Chris Parliament, 30	34:43	6:57
299	85	7	Sherwin Salla, 32	38:00	7:36
219	87	8	Andrew Redmond, 32	38:04	7:37
222	92	9	Eric Conder, 34	38:29	7:42
301	99	10	Steve Worley, 33	39:01	7:48
303	101	11	Jon Lang, 32	39:10	7:50
67	103	12	Chris Campolettano, 34	39:14	7:51
286	104	13	Mark Foret, 32	39:18	7:51
55	124	14	Kyle Robb, 34	40:31	8:06
35	134	15	Ricardo Trevino, 32	41:45	8:21
649	137	16	Jeffrey Hicks, 33	41:55	8:23
38	141	17	Matt Enyedi, 31	42:12	8:26
6	161	18	Kenneth Jaynes, 30	43:45	8:45
295	173	19	Hans Geevers, 34	45:27	9:05
52	185	20	Dennis Volpe, 31	47:07	9:25
283	206	21	Gene Bilbray, 34	52:17	10:27
232	215	22	Tammy Dollarhide, 32	56:35	11:19

Men 35 - 39

274	16	1	Dean Krueger, 39	30:44	6:09
265	40	2	Don Gillich, 38	34:12	6:50
4	46	3	David Clarkson, 37	34:49	6:58
182	47	4	Lonnie Willoughby, 35	34:58	6:59
231	48	5	Joseph Young, 36	34:58	7:00
661	56	6	Eric Norris, 36	35:31	7:06
93	74	7	Jamie Shelton, 38	37:03	7:24
134	76	8	Jeff Rait, 39	37:04	7:25
685	84	9	Ricky Morales, 38	37:55	7:35
306	130	10	Ted McCoy, 37	40:54	8:11
250	132	11	Robert Buscemi, 38	41:19	8:16
207	146	12	Jose Chavarria, 36	42:46	8:33
262	167	13	Trevior Muhammad, 37	45:06	9:01
19	193	14	Paul Brogan, 36	49:16	9:51
164	201	15	Oscar Vera, 35	50:39	10:08
113	207	16	Pablo Espinal, 36	52:40	10:32
209	220	17	Kenny Leigh, 35	1:02:01	12:24

Men 40 - 44

1	10	1	Keith Brantly, 42	28:55	5:47
240	14	2	Chris Laduke, 44	30:20	6:04
270	17	3	Rick Snyder, 44	31:01	6:12
203	19	4	Mike McCulley, 43	31:07	6:13
617	25	5	Scott Silliman, 42	32:19	6:28
254	29	6	Mike Marchigiano, 40	32:55	6:35
611	32	7	Mike Smirnov, 43	33:24	6:41
229	38	8	Michael Bowick, 40	33:59	6:48
247	39	9	Randy Arend, 44	34:10	6:50
83	44	10	Maverick Brown, 44	34:41	6:56
699	58	11	Raymond Ramos, 43	35:41	7:08
284	62	12	John Williams, 41	36:15	7:15
151	69	13	Scott Keller, 40,	36:29	7:18
646	77	14	Kent Mathis, 44	37:05	7:25
107	79	15	John Roberson, 40	37:46	7:33
626	80	16	Dale Averitt, 40	37:48	7:34
657	88	17	Kenneth Wilson, 43	38:18	7:40
97	91	18	Gregory Lower, 40	38:29	7:42
298	100	19	Terry Norvelle, 40	39:08	7:50
114	106	20	Bradley Kriznar, 40	39:28	7:53
249	107	21	Michael Kraft, 43	39:29	7:54
15	111	22	Brian O'Nuanain, 43	39:47	7:57
104	135	23	John Clarke, 42	41:46	8:21
297	142	24	Joseph Kissano, 44	42:12	8:26
68	145	25	Mark Boyer, 41	42:37	8:31
129	156	26	Tarek Ghandour, 43	43:28	8:41
165	159	27	Elmore Abney, 41	43:34	8:43
148	170	28	Peter Kent, 42	45:14	9:03
604	192	29	William Hidalgo, 41	48:52	9:46
102	197	30	Daniel Villalobos, 43,	49:43	9:56
689	204	31	Timothy Silcox, 44	51:26	10:17
87	212	32	Ronald Wallace, 41	54:39	10:56
294	218	33	John Bradford, 40	57:03	11:24

Men 45 - 49

639	13	1	Bill Dunn, 46	29:55	5:59
673	22	2	Victor Corrales, 47	31:27	6:17
161	23	3	George Richardson, 48	31:55	6:23
628	27	4	Anthony Truitt, 46	32:34	6:31
645	28	5	Stephen Beard, 49	32:43	6:32



248	42	6	Mark Cochran, 48	34:25	6:53	239	119	4	Jay Birmingham, 59	40:14	8:03
643	59	7	Doug Hearn, 45	35:42	7:08	255	144	5	Ed Kelly, 59	42:33	:31
272	66	8	Don Toce, 46	36:25	7:17	655	171	6	Larry Roberts, 57	45:22	9:04
315	68	9	Joey Williams, 46	36:28	7:18	32	176	7	Wilf Cameron, 59	45:59	9:12
94	70	10	William Lund, 45	36:31	7:18	45	181	8	Rollins King, 57	46:27	9:17
660	72	11	Hernando De Soto, 49	6:54	7:23	221	196	9	Terry McIntyre, 59	49:40	9:56
678	83	12	Paul Berna, 49	37:52	7:34	16	199	10	James O'Hora, 58	49:52	9:58
187	95	13	Gordon Simms, 45	38:45	7:45	Men 60 - 64					
276	102	14	Mark Dickson, 47	39:14	7:51	681	57	1	George Hoskins, 60	35:32	7:06
5	105	15	Donald Maconi, 45	39:18	7:52	614	63	2	Harvey Warnock, 63	36:16	7:15
111	127	16	Buddy Harris, 46	40:39	8:08	188	78	3	John Deantonis, 60	37:32	7:30
200	133	17	Richard Hayter, 49	41:39	8:20	185	138	4	Grady Pauley, 62	42:02	8:24
253	155	18	Larry Branz, 46	43:23	8:41	7	149	5	Wesley Royal, 60	42:55	8:35
288	174	19	Rex Wells, 47	45:30	9:06	190	153	6	Walt Allen, 62	43:13	8:38
22	179	20	Leo Deleon, 45	46:20	9:16	692	162	7	Kent Smith, 62	43:58	8:48
108	184	21	Benjamin Howard, 47	47:05	9:25	696	164	8	Vincent Seiferd Jr., 60,	44:16	8:51
47	186	22	Russell Gremillion, 49,	47:10	9:26	89	177	10	Paul Kelley, 60,	46:00	9:12
289	187	23	Jim Matney, 48	47:17	9:27	600	183	11	Freddy Fillingham, 63,	47:00	9:24
11	190	24	Stuart McLeroy, 45	48:36	9:43	Men 65 - 69					
642	191	25	David Breier, 46	48:47	9:45	268	143	1	K-G Nystrom, 66	42:32	8:30
163	195	26	Fred Knoche, 49	49:36	9:55	606	194	2	Gordon Slater, 65	49:25	9:53
139	198	27	Brian Currie, 45,	49:44	9:57	Men 70 - 74					
Men 50 - 54						638	123	1	Everett Crum, 70,	40:26	8:05
623	30	1	Paul Geiger, 52	33:04	6:37	264	150	2	Bo Wulbern, 72	42:56	8:35
607	34	2	Rex Wier, 50	33:33	6:43	307	165	3	Pat Gallagher, 74	44:37	8:55
181	35	3	Jonathan Jarvis, 52	33:39	6:44	50	189	4	Nnorman Wyner, 71	47:47	9:33
676	43	4	Steve O'Brien, 50	34:35	6:55	14	205	5	Norman Thomas, 73	52:14	10:27
308	52	5	Doug Tillett, 51	35:17	7:03	680	211	6	Al Saffer, 70	54:35	10:55
20	53	6	Greg Hertzberg, 50	35:22	7:04	57	213	7	Harry Milliron, 73	54:41	10:56
668	54	7	Bob Kennedy, 54,	35:30	7:06	Men 75 - 79					
242	61	8	David Onkst, 50	36:02	7:12	695	209	1	Robert Carr, 76	52:56	10:35
64	89	9	Peter Carnochan, 54	38:19	7:40	121	219	2	George Smith, 79	1:01:00	12:12
652	90	10	Craig Harms, 54	38:19	7:40	69	221	3	George Coombes, 79	1:02:59	12:36
271	108	11	Dennis Anthony, 51,	39:36	7:55	Men 80 & Up					
672	112	12	Jim Klein, 53,	39:48	7:57	605	223	1	John Carson, 82	1:24:18	16:51
309	114	13	Mike Lindell, 51	39:53	7:58	Women 10 & Under					
33	116	14	Jeff Kissell, 50	39:58	8:00	8	47	1	Mary Ann Brown, 10	41:51	8:22
56	121	15	Larry Lusk, 53	40:19	8:04	115	67	2	Elyse Jagemann, 10	44:35	8:55
233	122	16	Terry Norton, 53	40:26	8:05	Women 11 - 14					
281	126	17	Mike Kushner, 52	40:36	8:07	65	10	1	Kaitlin Yaracs, 13	35:00	7:00
34	128	18	Bob Kosoy, 52	40:40	8:08	292	56	2	Kelsey Branz, 13	42:37	8:31
665	129	19	Greg Lohman, 50	40:45	8:09	76	112	3	Jami Chambless, 12	54:30	10:54
179	136	20	Howard Sepp, 54,	41:48	8:21	Women 15 - 19					
175	139	21	Mario Ibanez, 51	42:02	8:24	136	6	1	Sarah Wilkening, 19	34:14	6:51
698	152	22	David Albritton, 53	43:08	8:38	258	11	2	Tiffany Sutton, 16	35:13	7:02
311	154	23	Bob Buehn, 53	43:14	8:39	51	43	3	Mia Miller, 15	41:05	8:13
159	168	24	Gerald Sobotta, 52	45:08	9:01	210	109	4	Heather Leigh, 17,	53:12	10:38
615	178	25	Layne Wallace, 50	46:17	9:15	Women 20 - 24					
72	182	26	Ron Turner, 54	46:35	9:19	156	9	1	Sarah Wollard, 24	35:00	7:00
36	188	27	Luis Rivera, 51	47:35	9:31	287	15	2	Kathy Hunken, 24	35:48	7:09
273	202	28	Ray Johnson, 54	50:57	10:11						
688	203	29	Tommy Bryan, 50	51:22	10:16						
650	208	30	Thomas Ryan, 50	52:52	10:34						
Men 55 - 59											
640	37	1	Patrick Gaughn, 55	33:54	6:47						
126	98	2	Sandy Rosenberg, 57	39:01	7:48						
40	110	3	Joe Butler, 57	39:40	7:56						

296	21	3	Kim Luekgn, 24	36:49	7:22	659	90	13	Jonie Davis, 39,	48:51	9:46
282	27	4	Mandy Capmeyer, 23	38:13	7:39	223	93	14	Anna Meetze, 36	49:57	9:59
215	32	5	Sarah Reeve, 22	38:54	7:47	144	108	15	Linda Lewis, 38	52:57	10:35
166	33	6	Laurel Pierpont, 22	39:05	7:49	236	114	16	Judi Zumbach, 39	55:45	11:09
226	38	7	Sarah Harrett, 23	40:39	8:08						
110	49	8	Bethany Glassbrenner, 24	41:59	8:24						
62	52	9	Ashley Delahoussaye, 22	42:14	8:27						
170	60	10	Danielle Marth, 24	43:00	8:36						
61	77	11	Lindsey Little, 23	46:40	9:20						
211	103	12	Katie Camarena, 24,	51:19	10:16						
305	119	13	Kelly Pearce, 24	56:19	11:16						

Women 25 - 29

208	4	1	Mary Lowell, 25	33:44	6:45
37	14	2	Angie Enyedi, 26	35:40	7:08
137	28	3	Becky Brackett, 25	38:13	7:39
99	50	4	Jennifer Hamilton, 26	42:06	8:25
168	58	5	Krista Hoylo, 25	42:53	8:35
280	59	6	Monica Bretana, 25	42:59	8:36
124	61	7	Stacey Cejka, 28,	43:16	8:39
191	80	8	Lindsay Wright, 25	46:53	9:23
192	82	9	Amy McWilliams, 28	46:56	9:23
28	97	10	Hollie Taylor, 25,	50:21	10:04
169	116	11	Christen McDonnell, 28	55:54	11:11
81	121	12	Kristina Dvorcek, 27	57:54	11:35
243	122	13	Jessica Nelson, 27	57:59	11:36
59	126	14	Stacey Mayes, 28	1:04:05	12:49

Women 30 - 34

204	5	1	Karen Trittschuh, 32,	34:07	6:49
682	16	2	Stacey Smith, 33,	35:53	7:11
269	26	3	Ginger Peters, 33,	38:12	7:38
158	36	4	Roberta Tomlinson, 31	40:11	8:02
21	51	5	Caranne Boden, 32	42:07	8:25
683	57	6	April Martin, 30	42:51	8:34
106	70	7	Heather Burke, 30	45:01	9:00
631	71	8	Maria Littlejohn, 33	45:05	9:01
96	87	9	Alexis King, 30,	48:19	9:40
278	94	10	Chauntelle Cavanagh, 31	50:01	10:00
279	95	11	Chrystal, 31	50:01	10:00
78	101	12	Tammie Wright, 30	50:46	10:09
634	102	13	Delane Sills, 32	51:04	10:13
176	117	14	Laurie Syfert, 32	55:54	11:11
679	127	15	Natasha Threadcraft, 31	1:04:47	12:57

Women 35 - 39

189	8	1	Sandra Nacoste, 36	34:40	6:56
228	17	2	Mary Turner, 39	35:54	7:11
625	23	3	Sandra Foskey, 38	37:42	7:32
644	25	4	Kellie Howard, 37	38:00	7:36
238	40	5	Debbie Sleaf, 35	40:46	8:09
149	48	6	Julie Morales, 39	41:51	8:22
186	55	7	Santa Maria Spellman, 39	42:32	8:30
670	66	8	Dena Carter, 37	44:32	8:54
141	68	9	Gina Menk, 36	44:38	8:55
125	78	10	Susan Abraham, 37	46:47	9:21
86	79	11	Ana Wallace, 38	46:49	9:22
259	86	12	Tracey Hensley, 37	47:47	9:33

Women 40 - 44

300	13	1	Laurie Pinover, 41	35:29	7:06
602	18	2	Kathy Murray, 42	35:54	7:11
145	19	3	Donna Durante, 40	36:25	7:17
624	20	4	Bonnie Brooks, 44	36:38	7:19
123	22	5	Celita Ricks, 41	37:28	7:29
694	24	6	Jody Dolan-Aldrich, 44	37:57	7:35
143	31	7	Katie Hinck, 40	38:38	7:43
25	35	8	Caroline Broadbent, 41	9:44	7:57
669	53	9	Lisa Keller, 40	42:15	8:27
26	64	10	Judi Setzer, 41	44:18	8:52
291	69	11	Kim Cornell, 40	44:42	8:56
256	72	12	Cynthia Rose, 43	45:32	9:06
664	73	13	Jackie Rowley, 44	45:59	9:12
621	74	14	Margaret Tyburski, 43	46:12	9:14
155	83	15	Cathy Settle, 43	47:05	9:25
53	85	16	Joanne Brousseau, 42	47:33	9:31
90	89	17	Laurie Breier, 40	48:46	9:45
193	96	18	Lesley Jones, 40	50:07	10:01
119	100	19	Julia Simpson, 43	50:39	10:08
160	105	20	Lorraine Hughey, 41	51:30	10:18
302	111	21	Brenda Schwellling, 43	54:30	10:54
687	113	22	Michelle Ramos, 40	55:07	11:01
18	115	23	Susan Koehler, 41	55:46	11:09
73	120	24	Amy Stark, 42	56:59	11:24
317	124	25	Suzette Gray, 41	58:38	11:44

Women 45 - 49

49	29	1	Theresa Kamajian, 47	38:25	7:41
648	30	2	Denise Dailey, 47,	38:31	7:42
697	37	3	Melinda Terry, 46	40:34	8:07
674	39	4	Barbara Whitter, 47	40:41	8:08
201	45	5	Nancy Martin, 49	41:34	8:19
263	62	6	Susan Worthington, 49	43:22	8:40
82	65	7	Bonita Golden, 49	44:24	8:53
285	81	8	Sandra Shines, 48	46:54	9:23
184	88	9	Debbie Adams, 48	48:44	9:45
241	91	10	Sally Sawicki, 48	49:28	9:53
224	92	11	Mary Ellen Webb, 46	49:57	9:59
29	98	12	Cheryl Pfannenstien, 46	50:36	10:07
690	104	13	Natalie Bryan, 47	51:22	10:16
42	129	14	Janice Del Toro, 48	1:07:50	13:34
608	130	15	Patricia White, 49	1:07:50	13:34

Women 50 - 54

199	41	1	Robin Hayter, 50	40:50	8:10
630	42	2	Claudia French, 51	40:55	8:11
686	44	3	Sue Whitworth, 50	41:19	8:16
613	54	4	Donna Rettini, 53	42:24	8:29
46	99	5	Betty Winiski, 54	50:36	10:07
601	106	6	Dotti Cahill, 54	51:39	10:20
252	110	7	Antoinette Whitlock, 53	53:49	10:16
13	123	8	Mary Conely, 50	58:36	11:43
633	125	9	Patti Pownall, 52	1:02:11	12:26

Women 55 - 59

167	34	1	Susan Branley, 58	39:21	7:52
619	113	2	Kwan McCall, 56	39:51	7:58
202	46	3	Theresa Coomes, 59	41:37	8:19
654	63	4	Maria McNary, 58	43:27	8:41
198	76	5	Susan Vanderlinde, 58	46:17	9:15
183	107	6	Susan Gostage, 59	51:43	10:21
290	131	7	Hedolita Beeman, 58	1:09:24	13:53
196	133	8	Cherie Cox, 59,	1:25:30	17:06

Women 60 - 64

41	84	1	Pheona Kaiser, 62	47:10	9:26
133	118	2	Ginger French, 64	56:02	11:12
75	128	3	Sue Gruesser, 63	1:07:44	13:33
177	134	4	Lucille Johnson, 63	1:26:02	17:12

Women 80 & Up

80	132	1	Gloria Laws, 80	1:09:26	13:53
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Charles Desrosiers
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Mike Ford
Frank Frazier
Ginger French
Sue Gostage
Bobby Greene
Christopher Hallett
Gary Hallett
Ryan Hallett
Glen Hannah
George Hoskins
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EASTER BEACH 4 MILER

**Daytona Beach
March 28, 2005**

Teresa Hankle 34:24

SWAMP RUN 10K Waycross, GA April 2, 2005

Everett Crum 54:08 1st A/G
Roy Wood 1:06:18 3rd A/G

FLEET FEET 5K Fernandina Beach April 2, 2005

Ralph Billings 23:37 1st A/G

NAVY RUN 10K NAS Jacksonville April 2, 2005

Gregory Richards 37:04
2nd O/A Male
Bill Dunn 38:07
Masters Male
Paul Geiger 42:10
Grand Masters Male
Kathy Murray 45:33
1st O/A Female
Ray Garcia 44:47 1st A/G
Frank Frazier 45:15 1st A/G
Lonnie Willoughby 45:46
Raymond Ramos 46:00
Bob Kennedy 46:19
Danny Weaver 48:09
Matt Ross 48:28 1st A/G
George Hoskins 48:32 2nd A/G
Gary Gills 48:44
Celita Ricks 48:54 1st A/G
Paul Berna 49:17
David Kelley 49:32
Sandy Rosenberg 49:59
Denise Dailey 50:10 1st A/G
Jan Taylor 50:16
(Grand Masters Women Champ)

Richard Horton 50:43
Kevin Terry 51:49
Kwan Supapan-McCall 51:50 1st A/G
Melinda Terry 51:57 3rd A/G
Jd Smith 53:42
Barbara Whitter 53:43
Bernie Gross 54:42
Maria McNary 55:32 3rd A/G
Tom Sullivan 56:54 2nd A/G
John Bowsman 57:40
Robert Meister 58:02 1st A/G
John Aimone 59:42 1st A/G
John Hirsch 1:00:28
Patty Czarnecki 1:03:34
Elena Etter 1:03:48 3rd A/G
Carol Lemos 1:09:26
Michelle Ramos 1:11:06
Diane Aimone 1:21:54 1st A/G
George Coombes 1:23:09 3rd A/G

CATFISH FESTIVAL 5000 METER RUN Crescent City April 2, 2005

Elfrieda Wyner 21:5 1st A/G
Margaret Tyburski 27:43 3rd A/G
Norm Wyner 29:14 1st A/G

SPARTAN RUN 5K Orange Park April 9, 2005

John Metzgar 16:18 1st
Overall Male
Bill Phillips 17:55
Masters Male
Bernie Candy 19:07 1st A/G
Victor Corrales 19:23 1st A/G
Patrick McKeefery 19:40 1st A/G
Denise Metzgar 20:04
1st Overall Female
Hunter Shutt 20:41 1st A/G
Ryan Hallett 20:46 2nd A/G

Lonnie Whilloughby 21:39 3rd A/G
Frank Frazier 21:52 1st A/G
George Hoskins 22:09 2nd A/G
Tim Buehn 23:30
Taylor Shutt 24:18 2nd A/G
Will Buehn 24:21
Sandy Rosenberg 24:25
Barbara Whitter 25:01 1st A/G
Everett Crum 25:07 1st A/G
Jay Birmingham 25:38
Ed Kelly 26:04
Maria McNary 26:24 1st A/G
Bob Buehn 26:24
Freddy Fillingham 28:19 3rd A/G
Sandra Shines 29:44
Dottie Cahill 31:31 2nd A/G
George Coombes 39:38 1st A/G
Robert Grimmig 42:07

LONDON MARATHON April 17, 2005

Frank Sutman 3:48:35
Danny Weaver 4:00:51
Matt Ross 4:24:03

BOSTON MARATHON 18Apr05

Patti Stewart-Garbrecht 3:06:26
Mark Woods 3:16:38
Terry Sikes 3:33:31
Sung Ho Cho 3:35:14
Regina Sooy 3:58:53
Patrick McKeefery 3:59:25
Leslie Hague 4:27:06
Kim Hoyt 4:29:11
Todd Perkins 5:09:10

Good News for Triathletes

Regina Sooy will be collecting
Strider's times at the triathlons.

Look for her at these events to
have your times included in each
issue of the StrideRight!

May Race Calendar

Published as a service. Accuracy is not guaranteed. If you would like your race listed: Contact Ken Bendy, RRCA State Rep. (N. Florida) (904) 278-2926 or E-mail kbendy@aol.com.

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

DATE	EVENT	TIME	LOCATION	CONTACT
May 1	Publix Family Fitness Nestles Wellness 5K	9:00 a.m.	Crescent Beach Park 6940 SR A1A, St. Augustine	(888) ESM SPORT Exclusive Sports
May 1	Meals on Wheels 5K	7:30 a.m.	LPGA Daytona Beach	(888) 252-6110 ext. 216 chersmith@coaiaa.org Volusia County Council on Aging
May 7	Save the Loop 5K	8:00 a.m.	City Hall Ormond Beach	(386) 441 7126 • Volusia/Flagler Environmental Action Committee
May 7	Run For Cover 5K	8:30 a.m.	Duval County Courthouse Jax	(904) 739-1917 1st Place Sports
May 14	Symphony Society 5K	7:30 a.m.	Main Street Pier Daytona Beach	(386) 767-1263 fitmax@aol.com Maxwell's Fitness Programs
May 14	Cash in the Spring 5K	8:30 a.m.	Main St. America Parking Lot Gate Pkwy & Touchton Rd. Jacksonville	(904) 739-1917 Jacksonville Track club
May 14	Spring Day 5K	9:00 a.m.	Lifesaving Station Jacksonville Beach	(904)285-1552 Performance MultiSports
May 21	Race to Prevent Homelessness	8:30 a.m.	Bishop John Snyder HS 103rd St (Near Cecil Commerce Ctr.) Jax	(904) 387-0528 ConsultJTB@aol.com
May 30	Memorial Day 5K	8:00 a.m.	Spring Park, Green Cove Springs	(904)292-1399 lawless@bellsouth.net Florida Striders Track Club
Sep 10	Autumn Fitness 5K	8:00 a.m.	Orange Park Kennel Club, US 17 & Wells Rd, Orange Park	(904) 272-1770 BobBoydFL@comcast.net Florida Striders Track Club
Nov 5	Hog Jog 5K	9:00 a.m.	Ronnie VanZant Park Sandridge Road Lake Asbury (Middleburg)	(904) 728 7759. Stevebruce@comcast.net Florida Striders Track Club

Just for Children Ages 9 – 14, Saturday May 28th 2005

Hershey Track & Field District Championship at the Orange Park High School Track

Do your children enjoy competition? The Hershey Track & Field Championship involves six different events for children aged 9 to 14 years old (birth certificates are required at registration, which begins at 8:30 a.m.) on Saturday May 28th at the Orange Park High School Track. Anyone in Northeast Florida can compete that has not been in another local Hershey Meet this year. There is no charge for the children to compete. The top two finishers in each event qualify for the state championship at the USATF National Training Center in Clermont, Florida on June 26th. State winners are entered in a regional pool and become eligible for selection to a Regional Team, which will travel free to Hershey, Pennsylvania, to compete in the North American Final, held August 4-7, 2005. Participants can compete in three events (two running and one field or two field and one running). Events include the 50-meter dash (9-10), 100-meter dash (all ages), 200-meter dash (all ages), 400-meter dash (9-10, 11-12), 800-meter run (11-12, 13-14), 1600-meter run (13-14), 4x100 meter relay (all ages), standing long jump (all ages), and softball throw (all ages). This event is co-sponsored by the Florida Striders and the YMCA. Please call James May, a Strider himself with four boys, for more information at 779-6105. If you would like to help with this event, please contact Warner Millson, our Children's Running Coordinator, at 264-4089. ●

MILE MARKER MUSINGS

By Robert Glenn



Summer has started. 87 degrees today, or so my Radio Shack indoor/outdoor radio thermometer would have me believe. Shoo-wee that is hot. Reminds me of a few weeks ago when Karin and I were in San Diego for U2's opening show of their world tour. The concert was good but the running was fantastic. Great weather. Nice location. Only need to triple our income and we'd be

in fat city out there; well, we wouldn't be in fat city, but not on the street either, maybe an 800 square foot studio by the interstate. But since we're the Florida Striders and it is unlikely we'll become the San Diego Striders anytime soon; I think I'll happily take our beautiful winters and grudgingly accept our admittedly warm summers. The heat makes us tough though, at least that's what we keep saying to ourselves. Just remember to bring your water bottle to track on Wednesdays or Bob might chew you out (and if he doesn't, I will). We even have some hills if you don't mind doing loops on the Acosta and Main Street bridges on Monday nights. The Main Street bridge is so nice now that it got painted. Remember that in a few months when it is 95 degrees outside, what a pretty color blue that is, the heat is only in my mind. There is no spoon. I am the one. Now if only we had lights that look like a flag at night, oh wait, we do. Sweet.Jax rocks! Freebird!! (cue the lighters) Now, on we go to the important stuff.

First up is the **Navy Run 10K** held on NAS Jacksonville on the 2nd of April. Our fastest Strider was **Gregory Richards** with a 37:04 which was good for 2nd overall. **Kathy Murray** was our fastest female Strider with a 45:33 which earned her 1st overall for women, nice running. **Bill Dunn** was the Masters Male Champ while **Paul Geiger** was the Grand Masters Male Champion. **Jan Taylor**, a recent Strider convert, was the Grand Masters Women's Champion. Other Striders that won their age group included **Ray Garcia** (all the way from New Orleans, that's a Strider for you), **Frank Frazier**, **Matt Ross**, **Celita Ricks**, **Denise Dailey**, **Kwan Supapan-McCall**, **Robert Meister**, **John Aimone**, and **Diane Aimone**. Of special note, **Elena Etter** took 3rd in her age group in her first race getting back from being injured. Glad you're healthy again.

The **Spartan Run 5K** was held in Orange Park on the 9th of April. **John & Denise Metzgar** were our fastest male and female Striders, posting 16:18 first overall and 20:04 first woman, respectively. Nice running. **Bill Phillips** was the Masters Male Champion with a 17:55. Other

Striders that won their age group included **Bernie Candy**, **Victor Corrales**, **Patrick McKeefery**, **Hunter Shutt**, **Frank Frazier**, **Barbara Whitter**, **Maria McNary**, and **George Coombes**.

Last up is our very own **Sun Tire Run to the Sun 8K** which was held on the 16th of April in Orange Park. Big thanks again to our title sponsor, **Sun Tire**. We couldn't hold our races without our sponsors and we're happy every year they support our club. Our fastest Strider was **John Metzgar** with a 25:54 which earned him 2nd overall for men. Our fastest female Strider was **Kaitlin Yaracs** with a 35:00 which was good for first in her age group (11-14, glad I wasn't running this one, with the male ego being a fragile thing and all). **Elfrieda Wyner** was the Senior Masters Female Winner, while **Frank Frazier** was the Grand Masters Male Winner. Other Strider age group winners included **Grant Shelton**, **Bill Dunn**, **Paul Geiger**, **Patrick Gaughn**, **George Hoskins**, **Paul Kelly**, **Everett Crum**, **John Carson** (at 82 years), **Theresa Kamajian**, and **Gloria Laws** (at 80 years). Great running everyone, especially our senior Striders, makes you want to keep your membership up down the road doesn't it?

On the Road –

Teresa Hankle ran a 34:24 at the Easter Beach 4 Miler in Daytona Beach. **Elena Etter** drove down for the race but got stuck in traffic and missed it, good marks for making the trip.

We had 2 Striders do the **Swamp Run 10K** in Waycross, GA on the 2nd of April. **Everett Crum** ran a 54:08 which was good for 1st in his age group while **Roy Wood** ran a 1:06:18 which earned him 3rd in his age group.

Ralph Billings ran a 23:37, first in age group, at the Fernandina Beach Fleet Feet 5K. Nice race.

We had 3 Striders head on over to Crescent City and run the **Catfish Festival 5K** on the 2nd of April. **Elfrieda Wyner** was our fastest Strider and first in her age group with a 21:52. **Margaret Tyburski** ran a 27:43, which earned her 3rd in her age group while **Norm Wyner** ran a 29:14, which was good for first in his age group. Hope the catfish was good and that you guys ate some.

Gary Lewis ran an ultra on the 9th of April called the **Crooms Trail 50 Mile Fools Run**. The name alone would strike that race off my lifetime to do list, that is if I had one. But, not so for Gary, he started the good fight but ran into some obstacles along the way, including but not limited to a wrong turn to add some distance and a tree branch/head collision which caused profuse bleeding. He realized he was not going to make the 8 hour cutoff for 35 miles (that sounds painful just typing it) (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 Director@PerformanceMultiSports.com
Sunday	6:30 AM	6 to 20 Mi. Various pace groups	Orange Park Sun Tire Blanding Blvd.	Bob Boyd (904) 272-1770 BobBoydFL@Comcast.net
Sunday	10:00 AM	3-8 Mi. Trail Run	Ponte Vedra Guana State Park	Craig O'Neal (904) 285-9097 autofinance-man@yahoo.com
Monday	5:30 PM	6 Mi. Downtown Bridges	Jacksonville Charthouse Rest. parking lot	Karin or Rob Glenn (904) 886-4095
Tuesday NEW!	6:30 PM	5.5 Mi. River Road Area, Various paces	Orange Park, 1st Place Sports, 550-7 Wells Rd	John Metzgar (904) 264-3767 work or (904) 215-9440
Weds. NEW!	6:30 PM	Interval Training	Orange Park, St. Johns Country Day Track-park @ Lakeside Elem. on Moody	John Metzgar(904) 264-3767 work or Bob Boyd (904) 272-1770, BobBoydFL@Comcast.net
Weds.	5:30 PM	Interval Training	Jacksonville Bolles School San Marco Blvd.	Bob Carr (904)743-3325
Weds.	6:00 PM	6.5 Mi. Easy pace	Jacksonville Boone Park Riverside	Bernie Gross (904) 272-5995 berniegross@juno.com
Thursday	6:00 PM	5 Mi.	Gracor Fitness Ctr. 1950 San Marco	Brett Chepenik (904) 398-6442
Tue/Thur	6:20 PM	Varied distances	Jacksonville Beach, South Parking Lot of Sawgrass Village Shopping Center	Jakson Badenhoop (904) 285-1552 Director@PerformanceMultiSports.com. Call/email to confirm last minute changes

and had to DNF. He reports that the trail is 'one of the best in FL.' I'm not sure if that means the trails in FL aren't so good, reference the wrong turn and smashed head, or that by 'best' Gary means challenging and tough. He says it is a well run race (except for maybe the trail marking, writer opinion here) and a good qualifier for several 100s. Presumably that is referring to races that are 100 miles. Takes a special breed, more power to those that do the ultras, not to be undertaken lightly, I'm sure.

We had 3 Striders fly across the pond and race the London Marathon. **Frank Sutman** was our fleetest of foot on Fleet Street, clocking in at 3:48:35. Not bad for someone who was running a few miles a day due to an injury for weeks prior. **Danny Weaver** ran a 4:00:51 while **Matt Ross** posted a 4:24:03, also overcoming some pre-race injuries. I'm not sure if there is a lesson to be gleaned here, maybe something about overcoming adversity and finishing in glory and triumph or maybe something about how marathon training can lead to injuries in even the most high mileage totaling and battle hardened of us. Discuss amongst yourselves. That be as it may, I'm jealous that not only did they go to London but ran the marathon too, sweet.

Finally, we had 9 Striders finish the **Boston Marathon**. Not only do you have to travel, but you have to qualify as well, as I'm sure 90% of us are well aware (my time would need to be 3:15, I know it, not that I'm likely to get it, but most 'serious' runners know what they'd need to qualify for Boston). Our

fastest Strider was **Patti Stewart-Garbrecht** with a very quick 3:06:26 (remember all those hills, ouch). Our fastest male Strider was **Mark Woods** with a 3:16:38, not bad for having spent 3 of the last 6 weeks or so prior living out of a rucksack and flying around Iraq on 40 year old helicopters. I can picture the conversation at Fire Base Zulu, Marine "Uh, sir, you might not want to run over there, you know, land mines. Or there either. Yea, and that way is not so good either." Mark, "Where can I run?" Marine, "How about from here to that tent and back (about 90 feet), that is pretty safe." Our other Striders that finished Boston this year included **Terry Sikes, Sung Ho Choi, Regina Sooeey, Patrick McKeefery, Leslie Hague, Kim Hoyt, and Todd Perkins**. Times are in the results sections. You know how John "the Penguin" Bingham's column has that tag line each month (actually, used to is more accurate, it doesn't appear to be in the more recent issues), "The miracle isn't that I finished...the miracle is that I had the courage to start." These Boston runners didn't just finish Boston, they had to train and race a marathon at their qualifying time, and then once they did that, they got the good fun of training and getting ready all over again. Seems like a miracle to me, says the reformed runner.

Livestrongs –

Well, my little alarm clock idea didn't inspire anyone with anymore good ideas, maybe if my picture had made the Strideright but we were tight on space so pictures of alarm clocks, however cute, **(Continued on next page)**

Mile Marker Musings (continued from page 18)

did not make the cut; so the top ten list is dead in the water. I did get two generous offers to take the extra Livestrongs off our hands to be given out to either some bikers (we're a RUNNING club people, just kidding) or high school students. Both good ideas and Karin and I may end up doing something like that. Until that time, we'll be carrying around ziplock baggies full of Livestrongs in the trunk of our cars (look alike Mercedes 300E Karin's/E320 mine: ugly champagne, smoke silver, dirty tan color; Karin's has the bike rack, mine has the duct tape on the front left bumper, thanks Darien) So, if you see us on Sunday morning, Monday at the bridges or Wednesday at Bolles track, ask and you shall receive your very own yellow Livestrong bracelet.

ID ideas -

The Livestrong lottery was a bust but the ID rant produced some results. John Powers suggested an army/navy surplus store where they can make you a set of dog tags for around 10 or 12 dollars. Frank Sutman suggested any pet store where you can get a set of pet id tags for around 6 dollars, although I'd suggest getting your name rather than your pets, unless of course it is for your pet. Another good idea from Frank was that if you attach your ID to your running watch, then you will always have it when you run, rather than moving it from shoe to shoe if you are a multiple shoe person like many of us. Idea 3 is www.roadid.com, one of our many sponsors. It is a good product, just maybe a little pricey at around 20 dollars per ID. Idea 4 was also from Frank, use a Livestrong bracelet with a Sharpie marker. I have my doubts about the longevity and the legibility

of such a system, but you never know till you try. Finally, idea 5 is what I was thinking last month but couldn't get their website to work. www.smartidtag.com or 713-862-9829. They make a mylar type tag that you write on with a Sharpie (included) and then put a piece of laminate on top of, and then the whole shebang just clips to your shoe. I still can't seem to get the website to work but the lady at the phone number assured me she's still in business, so good luck. I like them because they are relatively cheap, you can get 10 or 12, and if stuff changes, write new ones. Put them on all your running shoes (which is what Karin and I do). Anyway, I hope some of these 5 ideas will help someone get themselves armed up with the proper ID (with blood type and allergies and contact info) so that if the unthinkable happens, maybe it will have a better end result, like the EMT works some magic and you're back running again soon.

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. ●

PLEASE NOTE:

Due to space limitations, we were not able to include a Florida Striders membership application in this issue.

Please go to www.floridastriders.com for complete application.

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

e-mail (preferred):

StriderResults@aol.com

or snail mail to:

4329 Carriage Crossing Dr.

Jacksonville, FL 32258

or give me a call at

(904) 886-4095

Local Running Info On The Internet



www.floridastriders.com

You can contact us via e-mail at:

BobBoydFL@comcast.net

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

Rep's home page at

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

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

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