



Volume 24, Number 8

STRIDERIGHT

Florida Striders Track Club



www.floridastriders.com



August 2005

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The Bear Hill Run - July 7, 2005



By Frieda Wyner

Photography by Norm Wyner

I had heard about the 5 Mile Bear Run two years ago when Norm and I spent some time in the Boone, NC area before heading northwest. At that time The Bear sounded pretty challenging to a flatlander from Florida.

This year, however, I had been running the trails at the Moses Cone Estates and made roughly four trips up to the fire tower on Flat Top Mountain. In addition to this training, I had four local races under my belt including the hilly Cub 7-Miler in Valle Crucis. Feeling tough, strong, and confident, I submitted my entry form well in advance of The Bear Run date.

I spoke to several local runners who had run The Bear numerous times and got their input as to race strategy, etc. The Bear Run was advertised as a challenging five mile run starting from the town of Linville,

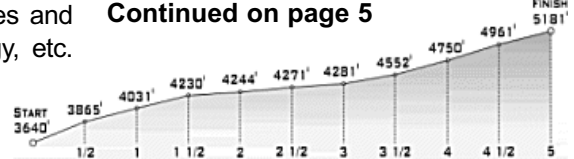
NC to the top of Grandfather Mountain. The starting altitude was 3,640 msl and the ending altitude was 5,181 msl with a 1,541 foot gain in five miles.

Basically the first few miles were on dirt roads with an elevation gain of 600 feet. The race crosses over Highway 221 into the McRae Meadows which is the site of the annual Scottish Highland Games. It then goes half way around the cinder/dirt track which connects you to a paved road going up to the top of Grandfather Mountain.

Coming off the track I noticed a sign which said, "Do Not Walk." In my hypnotic state I thought, "Is this a joke or what?"

Next came the grassy steep hill that I was warned about. It turned out to be not as steep as I had envisioned but I did walk/run to the top of it. Finally I got to the four "turns" which were more

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AUGUST SOCIAL

The home of **Warner & Lou Millson**
2900 Magnolia Road S. Orange Park

Friday, August 19th at 6:30 PM

Bring a covered dish or dessert to share. The club will provide soft drinks but BYOB for adult beverages. You may also want to grab your swimsuit & towel. You could also come by boat and dock at their home on Doctor's Lake. For more information please call 264-4089

Directions: From I-295 & Blanding. Go south about 5 miles to the light at College Dr. (Albertson's & Taco Bell on right, Methodist & Baptist churches on left). Left on College Drive to 1st right, Peoria Rd. Left on Peoria Rd. Go south about 1 miles to the Railroad tracks. Cross the tracks and turn immediately right onto Cedar Road, into Doctors Lake Estates (do not follow Doctors Lake Drive, as it bends to the left; go straight and turn right). Go straight down Cedar Road and take the 3rd left onto Magnolia Rd. Follow Magnolia until it bends to the left. 2900 is on the right, just on the bend of the road, the only gravel driveway (all others are paved). Please enter gravel driveway with mailbox marked 2900 on your right so you end up in Warner's driveway and not his neighbor's.

Prez Sez



By Bob Boyd

I know it is hot and muggy these days, making it mighty tempting to whine about the weather.

Then I hear about Jay Birmingham running from rim to rim of the Grand Canyon and getting to experience some triple digit heat on his very brief flat section at the bottom of the Grand Canyon and think we may not have it so bad after all. I suspect that was just a warm-up for a man who runs the Badwater 135 through Death Valley for a good time!

I never need to look far to find Striders doing good things. **James May** took our Strider youth team to Orlando in July to compete in a big AAU meet. They also were competitors in the State Hershey Meet in Clermont in June. We are very proud of them all and their efforts, some of which are captured on the "Pictures" link of our www.FloridaStriders.com website.

Thanks to the good work of our Social Coordinator, **Kent Smith**, we had a good group of about 40 enjoying themselves at the Outback Crab Shack on July 17th. Speaking of good socials, you do not want to miss the Friday, August 19th Social at **Warner and Lou Millson's** home. Their waterfront home on Doctor's Inlet in Orange Park is beautiful and they have a grand view to go with the great food and conversation. I hope to see you there.

If you have any suggestions on how the Striders can be even better just give me a call at 272-1770 or drop me a note at BobBoydFL@comcast.net. ●

BREAKING NEWS!

(This had not arrived in time for the printed version, which means the folks that receive the electronic version know something the others don't.) Pass it on!

September Social
Jane Manion's House
September 18 • 2:00 PM

Look for the details in the September issue of the StrideRight!

Board of Directors' Minutes, 07/12/05

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

Minutes/Action items

The minutes from last month's meeting were approved with a few small changes (Memorial day 5k had 346 pre-registered not 340 and a correction was made to the name of the award the StrideRight received at the RRCA convention). Action item: Frank will bring a recommendation to the board next month for transferring funds to a CD.

Memorial Day 5k final accounting

Lil distributed the final race accounting. The race profit ended up at \$4485 – the club had budgeted \$4500 profit, plus \$300 for the fun run, of which only \$130 was spent. Over 100 registrants were received from active.com and day of race entries were slightly down.

Treasurer's report

On the income side the profit received from RTTS was included, and the RRCA convention was the big expense this month. The Vystar 18-month CD was upgraded with no charge to 3.45%. A question was raised whether there was any point at which funds were transferred from checking to a CD. There are no parameters currently but it will be kept in mind for next year's budget. Report was filed as written.

Mid-year budget update

Frank distributed the club's financial summary through June, with the exception of the Memorial Day profit - which was included in the summary although it had not been posted as of the meeting. Profits from 2004's Hog Jog were also included. 71% of the budgeted income from membership has been received due to heavy renewals in the first 6 months. Newsletter expense is slightly over (60%) but includes bulk mailing costs so could be OK by the end of the year. Overall it looks like the club is in good shape and the board thanked Frank for his work putting the summary together. He will give a recommendation to the board next month for transferring funds into a CD.

Funding request/children's running committee update

The club had received a funding request from Argyle elementary and the children's running committee reviewed and discussed the request at length. Their recommendation to the board was to approve the request and a motion was made and passed unanimously to give \$500 to Argyle to support their running program.

In addition to the funding request, Warner reported that the committee is looking for a way to open communication between the board and PE teachers of the various schools, and Mike will create a county-wide form for distribution to the teachers. Also, the committee plans to change the way prize money is awarded for the fun runs. The total amount awarded will be the same but divided in half with one half awarded based on the percent of enrollment and the other half would be distributed among all qualifying schools (schools with at least 25 participants). The idea is to increase participation in the runs, however it will require several checks to be written.

2006 Run to the Sun and race update

The proposed race date is April 15th, 2006 – there was some concern since

Continued on page 4

2005-2006 Board of Directors & Key Members

(Board Members marked with an *)

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Tom Sullivan (H) 882-1592

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Newsletter Editor:Trish Kabus

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email: StrideRightEdit@aol.com

SUPPORT OUR SPONSORS... THEY SUPPORT OUR SPORT

Mike Shad Nissan

269-9400

Run to the Sun

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The "Best Bet" at St. Johns



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Run to
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Memorial Day 5K



Run to the Sun

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Green Cove Springs, Florida

Memorial Day 5K

VAC-CON

Memorial Day 5K

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Dennis M. Axman
CLU, ChFC, AEP, CFP
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Memorial Day 5K

Smoak, Davis & Nixon LLP

(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

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Your Heart
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Orthodontics**
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215-6885

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Village Bread
Market


BLUE RIDGE
WATER COMPANY INC.

**PROMO
DEPOT**
Robert
Shields, Sr.

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

The Wide World of Running

By Jay Birmingham

Jay is taking a hiatus from his feature this month but he took the time to send this bit of information to the Striders .

Chris Holstein, a senior at St. Johns Country Day School and I just completed a rim-to-rim crossing of the Grand Canyon, 22 miles, on Tuesday, July 19, in the heart of the heat wave that is plaguing the southwest – 114 degrees at the bottom: Colorado River. From 7400 feet to 2400 feet and back up to 8200 feet elevation. Chris was strong all the way, carrying most of the water. My fourth crossing; have done it every decade since I was 30.

EDITOR'S NOTE: Thanks Jay! We look forward to more details about your trip to Colorado in upcoming issues of the StrideRight. ●

WE GET LETTERS

My son just received his first issue of the StrideRight since becoming a member of the Florida Striders. I wanted to share a few things about my son (Jacob Witt) because I think he is such a great kid.

Jacob Witt is an all-around athlete (played "All Star" baseball when he was 5 years old) and excels in any sport he participates in. He started running in 4th grade when he was chosen to participate in a one-time annual track meet for school. He ran the 400m and won 1st place. He participated in the annual track meet again in 5th grade. It was that experience that led him to his first 5K, the Spartan 5k in April and he came in 2nd in his age group with a time of 23:26. I was only expecting him to complete the race. He went on to his 2nd 5k on Memorial Day and his 3rd downtown "Run for the Pies". He participated in the 28th Annual Hershey Track and Field program where he placed 5th in the state for the 800 meter. Jacob has been working with James May since June 2005 and he has encouraged Jacob to use his natural talent. James is a great mentor. Tiffany Sutton has also been running with and encouraging Jacob. She is also being coached by James May. We have met so many people since being a part of the Florida Striders. We are proud to have our son involved in such a positive atmosphere with so many others encouraging him and giving him support and helpful tips.

In addition to his athletic ability...Jacob will be entering the 6th grade at Swimming Pen Creek Elementary in August and in 5th grade he made all "A's" on his report card for the entire year. He is very determined, competitive and likeable. I am very proud of him and felt that his accomplishments were worth sharing.

Thank you
Rebecca Witt

BOARD OF DIRECTOR'S MEETING MINTES

Continued from page 2

this will be Easter weekend, but a motion was made and passed to approve the date. The board also approved having Matt Ross as the race director next year. There is nothing new for Hog Jog. Bob reported that he has the race flier done for Autumn fitness, and John is working on obtaining sponsors for the race.

New runner training

Based on information received in a seminar at the RRCA convention Bob proposed starting an 8-10 week new runner training program in the fall. The program could be cost-neutral to the club, although it was noted that there is about \$800 left in the budget allocated to adult running programs. Advertisement would be through the YMCA, or any other way that would not incur an expense to the club. The club would need to provide coaches and volunteers to support the program, which would be geared toward beginning runners.

Socials

The next social will be August 19th at Warner's house. The dinner social will probably be in October instead of September. Kent will contact the Knights of Columbus hall in San Marco, and a caterer is still needed.

The meeting was adjourned at 8:11PM. Next month's meeting will be on Tuesday, August 9th at the Orange Park library.

Respectfully submitted,
Karin Glenn ●



MEET THE NEWEST BOARD MEMBER - Kim Hoyt

Kim has lived in the Jacksonville area for two years and has enjoyed meeting local runners through her Strider membership. She has 2 children, Peter, age 6 and Alexandra, age 4. Previously she coached high school cross country in Connecticut. Kim now teaches math at Orange Park High School and is looking forward to helping with the girls cross country team. Her hopes are to help young people and new runners enjoy the lifelong benefits of running. Kim has run 5 marathons, the most recent was Boston 2005. ●

A VIEW FROM THE JULY SOCIAL July 17th



Approximately 40 Striders enjoyed the July social at the “almost world famous” Outback Crab Shack at 6 Mile Marina. This definitely is a favorite yearly event. It was a good chance to escape the heat (well, maybe not) and catch up with other runners and friends, you haven’t seen during the summer months. And make new friends too, eh!



THE BEAR HILL RUN

Continued from page 1

like steep switchbacks. By then I was in the walk/run mode with thick fog and cold gusty winds directly in my face. I tried not to look up to the runners on the last switchback. Approximately 150 yards from the finish a young kid passed me yelling, "Come on lady, you did not come up all this way to walk." I agreed with him and this spurred me on to a strong finish.

I met my goal of running under 50 minutes with a time of 48:58, although I was disappointed in not getting in to the top 10% (180th out of 678). No age group awards were presented and no post-race refreshments were served. The gift shop at the Swinging Bridge was open for snacks, but runners mostly piled in there to stay warm and get out of the gusty wind.

A group of runners from the Ancient City Road Runners from St. Augustine who came up for the run and some local runners including ZAP Fitness runners, cheered me on just before the finish.

Norm was up at the top to snap a digital photo of me nearing the finish line. I spoke to the ZAP Fitness coach Pete Rhea the next morning and he described the race as being one long, steep hill. YEAH!

Next year, who knows? ●

It's a Family Affair!



Steve Bruce, son Juan Carlos, and training partner Isa celebrate Isa's first 5K finish in St. Marys, GA on the 4th of July. Isa placed third in her age group. Steve placed fourth. All the way home Isa coached Steve on what he needed to do better. Her advice was that he should not pay attention to who is in his age group and try to pass everyone.

Send us your stories to StrideRightEdit@aol.com
by the 15th of the month!



25th Anniversary Autumn Fitness 5K

**Saturday, September 10, 2005
8:00 AM**

HEY KIDS! There is a **FREE** one mile Fun Run at 9:00 AM with awards for all finishers and \$1800 in participation money for the elementary schools!



**Orange Park
Kennel Club**

This **RRCA 5K State Championship 5K** Race starts and finishes at the Orange Park Kennel Club, is a USATF Certified Course (FL-02016DL), stays off of U.S. 17, and is mostly along the beautiful St. Johns River.

5K AWARDS: Top 3 Male & Female; Top Masters & Grand Masters; plus Top 3 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 **9:00 AM**. There is no charge for the Fun Run, but all runners must complete an entry form. Ribbons awarded to all finishers. **RACE PACKET PICKUP:** Orange Park Kennel

Club on Race Day. Day of race registration will begin at 6:30 AM.

COST: Entries by August 31st - \$14* (Striders & Military - \$12*); Sept 1st -9th - \$17(Striders & Military -\$15*) Day of Race entries are \$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.

Registration includes: Post-race refreshments; & race results, which can be viewed at www.FloridaStriders.com. T-Shirts are guaranteed to all pre-registered 5K entrants. **Make check payable to:** Autumn Fitness 5K **Mail completed application & check to:** Autumn Fitness 5K 591 Clermont Ave. S. Orange Park, FL 32073. Race fees are non-refundable. **More Information:** Contact Bob Boyd at 272-1770, BobBoydFL@comcast.net or www.floridastriders.com.

AUTUMN FITNESS 5K ENTRY FORM

RACE# (FSTC USE ONLY)

															Y N				
First Name										Last Name					Ever run/walked a race?				
M F		S M L XL			RUN		FUN RUN (no charge)		Personal Champion		Chip # (can NOT be used for Day of Race registration)								
Age		Sex		Adult Sizes															
Street Address (include apt. number)																			
City										State		Zip Code							
Telephone Number					Fee Enclosed \$					Florida Striders Track Club Member		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 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.

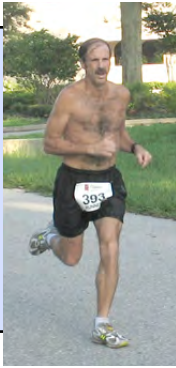
Your Signature

Date

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

Date

**Make Check Payable to: Autumn Fitness 5K • 591 Clermont Ave. S. • Orange Park, FL 32073
or drop off at 1st Place Sports in Orange Park on Wells Rd**



Hi Everybody!

This is a short letter of appreciation from me, Patrick McKeefery, to all the great people I have run with during my six years in Jacksonville. I love the camaraderie and fun competition displayed by one and all and I will miss you guys dearly. If you're ever in San Diego look me up! I'll see you at the races!!

Patrick 😊



2005 AAU National Club Championships

Disney's Wide World of Sports Complex • Orlando, Florida July 3 to July 8, 2005

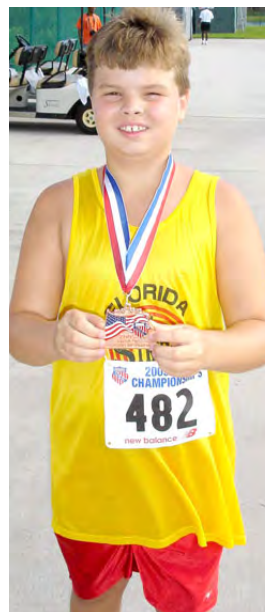


We are proud of the 9 Florida Strider youths that competed in this event!

Austin Biroschik
Trevor Biroschik
Kyle Fisher
Darrian Kirby
David May

Dorsey Motes
Caleb Powell
Abbey Roberts
Jacob Witt

**Photos by
James May**



David May, right, shown with his medal, qualified for the AAU National Junior Olympics. He will compete in this event the first week of August in New Orleans, by placing fourth in the shot put in Orlando.



Races at the Orlando Wetlands Park

by Mike Marino

For those of you who enjoy the soft earth and scenic surroundings of trail runs, your haven is hidden in Christmas, Florida. The Orlando Wetlands Park, which is actually a man-made water treatment site designed to clean water before it goes into the St. Johns River, has 18 miles of berm road trails. Having raced over 9.3 miles of these trails, I can attest this is a trail runner's dream.

The trails run alongside lakes and wooded areas. The main trail circling the park is a little over six miles and there are several trails that turn into the interior of the park. The trails are elevated and free of overhangs, which

allows for better viewing of the surroundings. Also, the trails are wide enough and solid enough for the trucks that patrol the wetlands. The truck tires have made side-by-side dirt paths with slightly raised dirt or deadened grass in the center of the trail. Footing is sure; I've not come across a single root or even a hole during my runs there. And to make it even more appealing for runners, there always seems to be a nice breeze coming off of the lakes, making it feel about seven to ten degrees cooler in the park.

The scenery and surroundings are beautiful (even to a slob like me). At the beginning of Spring, the colors of newly sprouting grass and blooming flowers are brilliant. The lakes include cattail marshes as well as palm trees and some type of leafless trees rising as high as 30 feet out of the water. To add a little eeriness to it, large black vultures are often perched atop the barren branches of the leafless trees. And of course, there are alligators at the wetlands, with some being quite large. Wooded areas consist mainly of medium-sized pine and palm trees as well as bushes. The wetlands and lakes are below the road, so you can see miles of the beautiful scenery across the interior of the park from many areas along the main trail.

Now for the races at the park! Put on by Buttar.com, these are the most unique events I've ever seen. Not only is it an incredible course, but runners also get to choose from multiple distances. The first event, the Inaugural Orlando Extreme Marathon, offered marathon, half-marathon, 10K and 5K distance races. The remaining three events (the 2nd Annual Orlando, Spring Fling, and Summer Runner's Classics) are part of a "Rumble in the Jungle" series, with each event offering 5K, 10K, 15K, 20K, 25K and 30K races.

As nightmarish as conducting events with this many distances sounds, race officials pull it off well. Multiple starting

lines and starting times are used, with a race official at your starting line when your race starts with the sound of a horn from the timer. Runners wear different colored paper wristbands to identify their race, so everyone knows who they're competing against. Aid stations with water and sports drink and some with food are located about every mile. The timing system is the one used for the Olympic Triathlon, so results and times are immediately known (down to a thousandth of a second, for those who really want to monitor their time I guess). The awards are nice too, with plaques for the top three to five overall male and female finishers (depending on the event) and medals three deep in each age group.

Amazingly, runners in the area have not come out in masses for these events as I imagine they would have in Jacksonville. The marathon event had okay numbers for an inaugural event, with 121 runners total for the four distances, of which 28

were in the marathon. The Rumble in the Jungle Series events, however, has had between 34 to 65 runners across the three races, though the numbers have gone up for each event. The most participation in any one distance was 22 runners and the second most was 16 runners, each which happened at the last event. With this, the competition hasn't been that great (maybe the faster folks are afraid a little dirt might take a few thousandths of a second off their time). To give you an indication, the winning marathon times were 3:07 for the men and 3:54 for women. Winning 10K times have not broken 39:00 and only one 5K race had the winner under 20:00. As for me, I did the 10K at the marathon event (had 40 runners) and the 15K for the series races (two with only four runners and the last one with ten runners). I did them mainly as training runs, but finished as the 4th overall male in the 10K with a 44:59.888 (okay, enough of the thousandths), finished 2nd overall in the 15K for two events, and won the other 15K with a 1:11:10. Some runners felt the courses may be a bit long and I did take a wrong turn during the 15K I won, but still, awards have not been hard to come by.

Races at this venue are well worth the trip. Luckily for me, I also get to enjoy training runs at the site. The 2nd annual marathon event is scheduled for January 21, 2006. There is also another trail race, the last of the Rumble in the Jungle series, in Deland on October 16th (that's less than a two hour trip). A contingent of Striders could make a statement at one of these events, especially Strider Trail Buffs. Information and registration is at Buttar.com. Hope to see you there. ●

“And to make it even more appealing for runners, there always seems to be a nice breeze coming off of the lakes.”

August Race Calendar

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

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.

DATE	EVENT	TIME	LOCATION	CONTACT
Aug 12-13	Tour de Pain 3 races in 24 hours 4 mile Beach Run 5K Run Mile Sizzler SCHEDULE CHANGE	7:30 p.m. 7:30 a.m. 4:30 p.m.	Jax Beach Seawalk Behind 1st Place Sports Jax Landing	(904) 739-1917 1st Place Sports
Aug 27	Carrabba's Summer Beach Run 5 Miles	7:00 p.m.	Seawalk Jax Beach	(904) 739-1917 Jacksonville 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 12	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

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.

NEW MEMBERS

Alexander & Micheala
Combs
Edwin Higginbotham
Darrian Kirby
Kimberly, Jack, Stephanie &
Michael Lundy
Kim & Keith Pawelek/Brantly
Marlene Starosta
Dan Widener

RENEWING MEMBERS

Doug Barrows
Sylvia Barton
Bonnie Brooks
Amy Davis
Robert & Diane Grimmig
Keith & Paula Holland
Bob Kennedy
Mike Marino
Bill Phillips

Matt Ross
Cynthia Snell
Ed, Michelle, Jesse,
Schuyler Velasco
Mark Woods

MULTI-YEAR RENEWING ANNIVERSARIES:

Steve, Maria, Isabel
Bruce/Padin

Steven O'Brien
Joe Brannan
August Leone
James Winnale
Len, Jeremy, David &
Heather Ferman
Dana Coleman
Julie Runnfeldt

Striders at the Races

RACE RESULTS

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

FIRECRACKER 10K

Daytona Beach

June 26, 2005

Patrick McKeefery	42:21	2nd A/G
Paul Kelley	56:22	
Kent Smith	1:05:51	
Trish Kabus	1:35:42	

FIRECRACKER 5K

Mary Ann Brown	25:54	1st A/G (10 yrs.)
Mitchell Dressler	27:20	4th A/G (9 yrs.)

SPRINT TRIATHLON #1

Jacksonville

June 26, 2005

Vicky Connell	2:13:00	1st A/G
Danny Weaver	1:27:01	



CELEBRATION 5K

Jacksonville

July 4, 2005

John Metzgar	16:29	Masters Male
Frank Sutman	17:53	1st A/G
Page Ramezani	18:27	1st A/G
Bill Dunn	18:34	2nd A/G
Patrick McKeefery	19:19	1st A/G
Victor Corrales	19:44	
Mark Woods	19:45	3rd A/G
Rexx Weir	20:29	
Denise Metzgar	20:30	1st A/G

Miller McCormick	20:40	
Hernando DeSoto	21:50	
Frank Frazier	21:50	2nd A/G
Keith Poythress	21:51	
Katlin Yaracs	22:05	
Lonnie Willoughby	22:06	
Alberto Gonzales	22:10	
Kathy Murray	22:34	2nd A/G
Nicola Whittle	22:29	3rd A/G
Raymond Ramos	22:38	
Holly Turner	22:51	1st A/G
Leslie Lowe	22:58	3rd A/G (1st race in 5 yrs.)
Bill Castelli	23:12	
Cameron Metzgar	23:38	
Danny Weaver	23:43	
Charles Mann	24:02	
John Hirsch	24:15	
Tom Henkel	24:19	3rd A/G
Gary Gills	24:23	
Diane Foster	24:32	3rd A/G
Everett Crum	24:39	1st A/G
Jim Klein	24:58	
Chelsea Metzgar	25:04	2nd A/G
Barbara Whitter	25:04	2nd A/G
John Gauer	26:02	
Leslie Doucette	27:57	(PR after foot surgery)
Margaret Tyburski	28:22	
Lorri Howard	28:26	
Freddy Fillingham	28:49	
John Aimone	28:59	1st A/G
Bo Holub	29:28	2nd A/G
Patty Czarnecki	30:31	
Gordon Slater	31:04	2nd A/G
Sandra Shines	31:31	
Shirley Henkel	31:38	
Amy Davis	32:05	
Burness Morris	34:26	
Al Saffer	35:16	1st A/G
Kathy Reidy	36:53	
Trish Kabus	39:39	
George Coombes	40:16	3rd A/G
Chuck Ellis	40:34	1st A/G
Lauren Herring	40:34	
Irene Herbertson	40:42	
Diane Aimone	41:12	1st A/G
Joe Connolly	43:35	2nd A/G

RONALD McDONALD

FIRECRACKER 5K

Pensacola

Marie Bendy	28:09	
		Sr. Female Grandmaster
Ken Bendy	29:19	1st A/G
Charles Desrosier	41:15	
Patt McEvers	41:15	

BRIDGE OF LIONS 5K

St. Augustine

July 16, 2005

Bernie Candy	19:32	1st A/G
Victor Corrales	20:06	2nd A/G
Patrick McKeefery	20:30	3rd A/G
Frank Frazier	21:42	1st A/G*
Kathy Murray	23:27	1st A/G
Ralph Billings	24:01	2nd A/G*
Matt Ross	24:31	1st A/G
Thom Henkel	24:59	3rd A/G*
Barbara Whitter	26:37	1st A/G
Kent Smith	27:33	
Tom Sullivan	29:35	2nd A/G
Bo Holub	30:41	1st A/G
Stan Scarlett	31:30	
Shirley Henkel	32:46	
Robin Zipperer	33:54	2nd A/G
Trish Kabus	39:53	

* Striders swept the 60-64 A/G



MILE MARKER MUSINGS By Robert Glenn



Hello again. Back for your monthly dose of local Strider excellence? Good, because we have some for you.

First up we'll cover the **Jacksonville Grand Prix** results. I've covered the basic

Grand Prix format in this space previously so I'll keep it short, let's just say that the Grand Prix Champions are the

best of the best when it comes to local Jacksonville running. Not only do you have to be fast but you have to be consistent for a 11 month period and from 5K to marathon distance, not a mean feat in anyone's book. We had 3 Striders in the top 10 overall this year. **John Metzgar** took 2nd place overall, **Bill Dunn** was 5th overall, and **Kathy Murray** was 10th overall. I would say that Kathy was our top ranked Strider woman, which she was, but since the overall Grand Prix results are already normed for gender, it

(Continued on next page)

GROUP TRAINING RUNS

DAY	TIME	DISTANCE	JACKSONVILLE AREA	CONTACT
Sunday	6:30 AM	5 to 10 Miles Various pace groups	Atlantic Beach Sea Turtle Inn	Bill or Dot Mitchell (904) 241-0331 mitd0005@mac.com
Sunday	6:30 AM	6 to 20 Miles Various pace groups	Orange Park Sun Tire Blanding Blvd.	Bob Boyd (904) 272-1770 BobBoydFL@Comcast.net
Sunday	10:00 AM Late Sept-March	3-8 Miles Trail Run	Ponte Vedra Guana State Park	Craig O'Neal (904) 568-4825 charityrunningcoach@yahoo.com
Monday	5:30 PM	6 Miles Downtown Bridges	Jacksonville Charthouse Restaurant parking lot	Karin or Rob Glenn (904) 886-4095
Tuesday	6:30 PM	5.5 Miles River Road Area Various paces	Orange Park 1st Place Sports 550-7 Wells Rd.	John Metzgar (904) 215-9440
Tuesday	6:30 PM	5+ miles	Ponte Vedra Beach Sawgrass Village	Craig O'Neal (904) 568-4825 charityrunningcoach@yahoo.com
Weds.	6:30 PM	Interval Training	Orange Park, St. Johns Country Day Track (park @ Lakeside Elem. on Moody Road)	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	6.2 Miles Easy pace	Jacksonville Boone Park Riverside	Doug Tillett (904) 388-6139 douglastillett@hotmail.com
Thursday	6:30 PM	5 Miles Varied pace	San Marco/Largo Park Corner of Naldo and Largo	Doug Tillett (904) 388-6139 douglastillett@hotmail.com
Saturday	7AM	7+ miles	Ponte Vedra Beach Sawgrass Village	Craig O'Neal (904) 568-4825 charityrunningcoach@yahoo.com

Updated: August 2005. Please contact Trish at StrideRightEdit@aol.com with any changes to this listing.

Mile Marker Musings (continued from page 15)

would be unnecessary. In the age group categories, we had numerous Striders win for the year. I'll do my best to list them all here, but if you won your age group and I miss you, reread the last paragraph of this esteemed column and you'll figure out how to get included next time around. Winning their age group in the Grand Prix (above Striders not counted since they won overall places) were **Nancy Harms, Kaitlin Yarcas, Tiffany Sutton, Kim Pawelek, Denise Metzgar, Laurie Pinover, Claudia French, Kwan Supapan-McCall, Dot Mitchell, Diane Aimone, Gloria Laws, David Ferman, Jeremy Ferman, Page Ramezani, Frank Frazier, and John Aimone**. A big thanks goes out to **1st Place Sports** for making the competition possible.

The **Firecracker 10K** was held in Daytona beach on the 26th of June. Our top Strider was **Patrick McKeefery** who was 2nd in his age group with a 42:21. Our top female Strider was our StrideRight editor, **Trish Kabus**, with a 1:35:42. **Mary Ann Brown** was our fastest Strider in the 5K with a 25:54 which was good for first in her age group at a quick 10 years old (I think I better get in shape fast or make sure I don't run in the same race as Mary Ann anytime soon, not sure my fragile male ego is up to getting whooped by a 10 year old).

The **Celebration 5K** was held in Jacksonville on the 4th of July. Our fastest Strider was **John Metzgar** who won the masters male competition with a 16:29. Our fastest female Strider was **Denise Metzgar** who won her age group with a 20:30. Striders who ruled their age group roost included **Frank Sutman, Patrick McKeefery, Miller McCormick, Holly Turner, Everett Crum, John Aimone, Al Saffer, Chuck Ellis, and Diane Aimone**. Special mentions go out to **Leslie Lowe**

who posted a 22:58 in the first race back after 5 years and **Leslie Doucette** who ran a 27:57 which was good for a post foot surgery PR. I can empathize with coming back to running after some time off (or maybe it is just the time off with which I am familiar) either way, nice job for some tough running.

Finally, the **Bridge of Lions 5K** was held down in beautiful St. Augustine on the 16th of July. **Bernie Candy** was our speediest Strider with a 19:32 which also won his age group. **Kathy Murray** was our fleetest female Strider with a 23:27 which also won her age group. Other Striders that won their age groups included **Frank Frazier, Matt Ross, Barbara Whitter, and Bo Holub**. Of special note, **Frank Frazier, Ralph Billings, and Thom Henkel** swept the men's 60-64 age group. Nice work.

On the Road –

We had one Strider complete the first of the **Sprint Triathlon's** (at least one that managed to get their results to me, the rest of you know who you are). **Vicky Connell** placed first in her age group with a 2:13:00.

We had 4 Striders run in the **Ronald McDonald Firecracker 5K** in Pensacola. **Marie Bendy** was our fastest with a 28:09 and was the Senior Female Grandmasters winner. **Ken Bendy** ran a 29:19 and was first in his age group. **Charles Desrosier** and **Patt McEvers** both clocked in at 41:15.

Gary Hallett ran the **Bayshore Marathon** in Traverse City, MI on Memorial Day and posted a 3:27.

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

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

e-mail (preferred):

StriderResults@aol.com

or snail mail to:

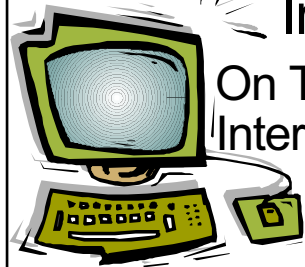
4329 Carriage Crossing Dr.

Jacksonville, FL 32258

or give me a call at

(904) 886-4095

Local Running Info On The Internet



www.floridastriders.com

You can contact us via e-mail at:

BobBoydFL@comcast.net

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

Rep's home page at

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

You can get entry forms & results for all 1st Place Sports events on the Internet at

<http://www.1stplacesports.com>

Also get the latest running news from the RRCA's national office, including a nationwide race schedule as well as important info from clubs across the country at

<http://www.rrca.org>