



Volume 24, Number 10

STRIDERIGHT

Florida Striders Track Club



www.floridastriders.com



October 2005

inside

Prez Sez	2
Board of Directors' Minutes	2
Board/Key Members/Sponsors	3
The Wide World of Running	4
Runners's Quiz	4
An Un-Official Strider Event	4
Lucky!	5
Anniversary Celebration	5
RRCA Katrina Relief	5
Congratulations to Everyone!	6
AF Volunteers/Sponsors	7
Autumn Fitness Results & Pictures	8
Strider History	13
Striders at the Races	14
2005 Hog Flyer	15
September Social Highlights	16
New & Renewing Members	16
FSTC Membership Application	16
October Race Calendar	17
Group Training Runs	18
Runner's Quiz Answers	18
Mile Marker Musings	19

And the 25th Anniversary Autumn Fitness Winner is ... Team Strider

By Bob Boyd

You say you do not remember a team competition this year? Technically you are correct, but my first year as the Autumn Fitness Race Director gave me an even better appreciation for what a great team can do. It also taught me a lot about contingency planning for a hurricane – which I am still ecstatic about not needing. We were blessed with beautiful weather, great coordinators & volunteers, along with truly excellent Sponsors who support the health of our community. It was great to see our very own John & Denise Metzgar take home the Male and Female Overall Awards along with their respective RRCA 5K State Championship Awards. It was also good to have a wheelchair entry back in our race and congratulations to Mackey Tyndall as our RRCA 5K State Champion.

Almost 1100 participated in the One Mile Fun Run making this close to an all time record. Kudos to all of the school coaches for promoting the event and congratulations to the eleven schools who shared in the \$1800 contributed by Jacksonville Greyhound Racing. Some of our sponsors **Continued on page 4**



OCTOBER DINNER SOCIAL Thursday, October 20, 2005

GUEST SPEAKERS: **Doug and Jane Alred**, owners of 1st Place Sports, and Race Directors of the Gate River Run.

Learn what it takes to plan and organize the Gate River Run, and get the inside track about Jacksonville's largest running event and Race

MENU: Catering done by Goombah's Italian Ristorante. Dinner to include Lasagna, Baked Ziti, Baked Ziti with Chicken and Broccoli, salad and rolls, and various desserts. Complimentary soft drinks and water. Beer and wine available by donation. Social half-hour begins at 6:00pm with dinner being served by 645pm.

COST: \$12 per Strider, or \$14 for non-members.

RSVP: No later than October 10 by sending check to Strider Dinner, 1273 Leblanc Road, Green Cove Springs, FL 32043

QUESTIONS: Please contact Kent Smith at (904) 284-6634 or kent1273@comcast.net.

WHERE: **New Location** The Lions Club of Orange Park 423 McIntosh Ave., Orange Park, FL 32066. Directions from Park Ave./Rt 17 South, turn right onto McIntosh from Park/Rt.17 near Orange Park Travel. From Kingsley heading east towards Park/Rt 17, make a left turn onto Mound Street, and then a right turn onto McIntosh Avenue.



Prez Sez

By Bob Boyd

Yeehaw! Some cooler weather is not too far away, football is back, and I even got to enjoy a morning run that began with temperatures in the sixties the day after our Autumn Fitness race. Speaking of Autumn Fitness, you all did a great job in putting together an excellent event and are truly a winning team. You will find the full scoop on that race elsewhere in this issue of the StrideRight.

The Sun Tire Anniversary Run celebration is simply one of the best social events of the year and you get to enjoy this year's on October 9th. Whether you have been a Strider since the club began over a quarter century ago or are brand new, this is a great time for everyone! I love getting to catch up with running friends at this event, meeting new ones. There is always ample supplies of good food and drink thanks to the great dishes our members bring along, the good work of Jenny Allen and her volunteer team, and the contributions of money found throughout the year on our runs, better known as Jenny's Pennies. Besides, Anniversaries should involve some champagne no matter what time of day it is celebrated.

I also wanted to recognize the many Striders who have been contributing their time and/or money to help those in need due to Hurricane Katrina. Our very own Patti Stewart-Garbrecht served aboard a Navy ship in the Gulf providing relief efforts there. Thank you for your contributions Patti and a big "Welcome Home!"

Thanks to Jane Manion for hosting our September Social and Autumn Fitness Volunteer appreciation party at her home in Loch Rane. The food, fun, friends and location were all excellent.

If there is anything we can do to improve just give me a call at 272-1770 or email me at BobBoydFL@comcast.net. ●

Board of Directors' Minutes, 09/13/05

The meeting was called to order at 7:00 PM. Directors absent: Gary Hallett, John DeAntonis, Julie Runnfeldt, Patti Stewart-Garbrecht. We welcomed Jay Birmingham as our newest board member.

Minutes/treasurer's report: The previous meeting minutes were approved as written. The treasurer's report for August was filed as written.

Fun Run proposal: The Striders were asked to help with a fun-run along the parade route prior to the Dec. 3 parade in Green Cove Springs. The race would be at no cost to the club. We would provide registration forms for liability, fun run ribbons and around 6 volunteers. The event will possibly draw 50-100 participants. John P. made a motion for the club to support the race for a cost up to \$100 and it passed unanimously.

Race Status Update:

Memorial Day – Frank and Lil are stepping down as directors so a new race director will be needed for next year.

Autumn Fitness – Bob reported that the race had good weather and also good sponsors. He presented a plaque to John Powers thanking him for the work he has done to obtain sponsors for the club's races. The race financials will be reported next month. There were 285 participants in the 5k and 1068 in the fun run. Warner distributed the breakdown of prize money for the fun run. Lakeside won both for overall number of participants and for highest percent of enrollment. Frank raised the question as to how we can increase participation, since we have competition from several charity or other groups sponsoring 5ks in the area. Ideas were raised such as using a local news station, changing the race title, and perhaps involving OP medical center. Bob will compile the ideas in an email for further discussion.

Citibank health fair: The health fair will be held Sept. 28 and Lil will be there to represent the Striders. Tanys suggested including email address on the membership raffle tickets.

Budget committee: Frank, Bob and Warner volunteered to be on the budget committee. They will draft a budget proposal for the November meeting and the budget will be finalized in December.

Beer at Strider races: The idea was discussed at last month's board meeting. Bob followed up with 1st Place Sports and liability does not appear to be an issue. Due to the concern for the effect on the club's family image, and that it would be more desirable at evening races instead of in the morning there was not enough interest by the board to start serving beer at Strider races at this time.

Social Status: The October dinner social will be on the 20th at 6:00 PM at the Lion's club in OP. Kent sill needs a caterer and menu. He will offer beer and wine for a donation. Details will be finalized before the next newsletter. November (date TBD) will be at Patti Stewart-Garbrecht's home. December (date TBD) will likely be at Robert and Janet Irvin's home. The anniversary celebration will be October 9th at Sun Tire in OP.

Open Forum: Warner submitted an application to Balance Bar requesting \$10,000 for the club to support our children's running program, and expand it into Duval. Lil gathered race t-shirts and donated them to hurricane Katrina victims. Frank made a motion for Bob to repeat as Autumn Fitness race director next year and the motion passed. Tanys distributed an analysis of Strider membership showing non-renewals and upcoming expirations per month. The club currently has 462 members. Since many are family memberships Tanys calculated there are at least 828 individual club members. Jay is a coach at St. Johns CDS and noted that the school is still fine

Continued on page 5

2005-2006 Board of Directors & Key Members

(Board Members marked with an *)

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SUPPORT OUR SPONSORS... THEY SUPPORT OUR SPORT



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Mike Shad Nissan

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Run to the Sun

Orange
Park
Kennel Club



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278-6000

Autumn Fitness 5K

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Center**

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(904) 269-1664

Hassein Ramezani, MD



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

Charms, Curses, and Other Beliefs

"I always wear these socks – they bring me luck."

"I've never run fast in St. Augustine – the place is cursed."

"If I don't have a packet of gel before I run, forget it – I'm in for a bad day."

Ahh, The self-fulfilling prophesy. How certain. Unbeatable odds that one's beliefs will guarantee an outcome.

For every runner who has a lucky charm or a cursed course, there is one who has realized Lloyd Morgan's Canon – If you believe something to be real or true, it will be real in its consequences. Put differently, you can will yourself to succeed or you can will yourself to fail. Truly, the outcome is in your mindset.

The annals of medicine are rife with research demonstrating the placebo effect, that quirky power of the sugar pill. The good Doc prescribes the little pink capsule, once a day at 7:30 a.m., with orange juice. Symptoms ease, attitude lifts,

a cure is realized.

"It's all in your head," is half right. Coupled with adequate training, your success can be certain – if you believe in yourself.

No one doubts that people can make themselves sick.

The Wide World of Running

By Jay Birmingham

Psychosomatic illness is something we all have seen and therefore believe. The reverse is true – the mind can make the body well and make racing more productive. A growing body of evidence is proving that the immune system, hormones and enzymes associated with robust health, and even resistance to fatigue and injury – all are enhanced by one's mindset.

The expectation of good things often yields good things. This is not something New Age (that term is dead, isn't it?) nor is it Eastern religion. It is the evaporation of tension that comes with the expectation of better results.

Training for your race is fundamental. A half-executed training plan is little likely to stimulate confidence. But you have dealt with adversity day after day. You have learned to eat smart as the race approaches. You have learned smart pacing and learned to dig deeper when Fatigue whispers "You should back off now." Truly, if you have prepared, you have every reason to attack the race with confidence.

Throw those lucky socks in the trash and wear something fast and new. Drive to St. Augustine and chase the Curse of Menendez into the Atlantic. Skip the gel and simply allow your body to perform. You don't need the lucky charm and you don't need a crutch.

John Lennon and Paul McCartney sang it to Jude—"The movement you need is on your shoulders." ●

Runner's Quiz By Jay Birmingham

1. What causes lactic acid?
2. Why can I run for an hour but am exhausted after swimming for 10 minutes?
3. Why does the heart have a maximum rate that cannot be increased with training?
4. How great a factor is lung capacity in distance running success?
5. Should I have a big pasta dinner to prepare for a distance race?

See page 10 for answers

BOARD OF DIRECTORS MINUTES

Continued from page 2

with the club using its track. There is a district track meet on Thurs. Oct. 27th at Van Zant park and he is looking for volunteers. The meet is the 1st stage of qualification for the state championship. Mike told the board of a joint fundraising effort between Lakeside and Patterson – the schools started a brick campaign and he would like the Striders to have their name placed somewhere (he will have more details in the future) for the support the club has given to the schools.

The next meeting will be Tuesday, October 11 at the Orange Park Library.

The meeting was adjourned at 8:20 PM. ●

Respectfully submitted,
Karin Glenn

An Un-Official Strider Get Together!

Join a group of fellow Striders at the
First Friday Art Walk in St. Augustine.

**November 4, 2005
6-9 PM**

We will meet in the vicinity of the St. Augustine
Winery and then walk to the many galleries
in the area.

If you have any questions, please contact
Trish at 343-5181 or StrideRightEdit@aol.com.

Lucky!

By Claudia French

It was Friday the 13th in August of last year. My doctor was on the phone with the biopsy results. Positive. She said I was lucky. Lucky? I sure didn't feel very lucky. She said it was caught early.

My fear of cancer runs deep. My dad died of this awful disease 20 years ago. Nothing could save him – Cobalt treatments, surgery, chemotherapy, nor radiation.

In 2003 my girlfriend was diagnosed with breast cancer following her yearly mammogram. I had not had a mammogram for about 3 years, and this encouraged me to take the time for my own.

The results concluded I had a cyst. I had a needle aspiration and was given a clean bill of health. The following year I had another mammogram and when the results were questionable, I thought nothing of it. I thought I had another cyst. Then came the call from my doctor.

Somehow I made it through the rest of that workday back in August of 2004. Then and later during my battle I was blessed with a fantastic support system from people in my life.

No doubt you are wondering what this has to do with running. I hope my experience will encourage my fellow runners to get their yearly mammograms.

Usually I concentrate on the Grand Prix races every year. I decided 2004 would be no different.

I had a simple lumpectomy September 9th and made a



promise to my mom that I would not run the Autumn Fitness 5K two days later. I did run the next Grand Prix race, however, a week later. It was tough.

I was fortunate that I did not need chemotherapy treatments. Instead I had radiation 5 days a week for 7 1/2 weeks. Fatigue was the only side effect I had. Each day after dropping my daughter off at the school bus stop I drove to my treatments that were at 7:30 in the morning. Afterwards I drove straight to work never missing a day at the office. My radiologist would just smile and shake her head when I would tell her about a race I had just done or about one for which I was training. She found it hard to believe I ran the 1/2 Marathon on Thanksgiving Day. Near the end of my treatments she said I fared so extremely well because of my running.

A new Grand Prix season is upon us, and you will be sure to see me out there. Running helps me fight these every day battles that we all must face.

I truly am lucky. ●

Florida Striders Annual Champagne Breakfast Celebration

Sunday October 9, 2005

Come Celebrate the Florida Striders Track Club's 27th Annual Sunday

Morning Run Anniversary Celebration and Jenny's Pennies. Run starts

at 6:30am with the Club Festivities starting at 8:00am at the Sun Tire

location on Blanding Blvd in Orange Park. Even if you run elsewhere on

Sunday's, do not miss out on all the fun, food, festivities, and your fellow

Striders!!! Let's make this a great celebration!!! Champagne, orange juice, and coffee

will be served. Please bring a breakfast type items to share. For more information, please con-

tact Jenny Allen at richjenrun@comcast.net. ●



RRCA HURRICANE KATRINA FUND: In order to give back to the clubs affect by Hurricane Katrina, the RRCA has set up a special fund to help the member clubs in the Gulf Coast region affected by Hurricane Katrina. 100% of the funds collected by the RRCA will be disbursed to member clubs directly impacted by Hurricane Katrina to help them with their recovery efforts. If you would like to contribute to the Fund or view the complete Fall Edition of the North Florida RRCA newsletter, go to <http://members.aol.com/rrcahtml/rrcanfncur.htm>. ●



Congratulations to Everyone!

By Warner Millson

Florida Striders Children's Running Coordinator

On Saturday, 1,068 local county elementary children and their family members finished the Autumn Fitness Fun Run. Thanks to the generosity of the Orange Park Kennel Club, there is \$1,800 to be given away to the following winners. There were 16 schools with finishers; 11 of them won money for having 25 finishers or for being one of the top 7 as a percentage of enrollment. Enrollment numbers were taken from the August 16 figures given to the School Board office.

The chart to the right shows the specifics of all you WINNERS. A brief word about the results has to include the fact that Lakeside (LES) scored a clean sweep, winning both categories for a total of \$461. Just imagine, having over 47% of your student body represented by 289 finishers at Saturday's event. Just behind LES was Pinewood Christian with nearly 38% participation. At the risk of failing to give proper accolades to all of you who really got out your troops, let me just add these observations:

- Argyle, which has only been open one month, mustered 137 people, the 2nd highest number of finishers.
- Montclair, squeaked into the money-winning category with 25.

- Wilkinson, also a new name didn't win money, but had 16.

Our next prize money event is the Run to the Sun Fun on the day before Easter in April of next year. I know it's a long way off, but remember our marathon medal program. We have been giving away heavy round-the-neck medals to everyone who completes 26.2 miles during the school year in your run-walk programs. Last year we presented 750 medals to Clay County school children. Those of you who do not have programs in place, call me (264-4089) for information. The medals we present are heavy-gauge gold medallions costing \$1.50 each.

Remember the Striders' goal is to help you to promote physical fitness throughout the county. Obviously we succeeded at the Autumn Fitness fun run--let's keep the momentum going!! ●

SCHOOL	FINISHERS	FINISHERS \$\$	ENROLLMENT % \$\$	TOTAL \$\$
Lakeside	289	\$261	\$200	\$461
Argyle	137	\$124	\$100	\$224
Swimming Pen	130	\$117	\$150	\$267
Thunderbolt	111	\$100	\$125	\$225
Paterson	101	\$91	\$75	\$166
Pinewood	56	\$50	\$175	\$225
Fleming Island	53	\$48		\$48
Drs Inlet	33	\$30		\$30
S.B. Jennings	31	\$28		\$28
W.E. Cherry	31	\$28	\$75	\$103
Montclair	25	\$23		\$23
TOTAL	997	\$900.00	\$900	\$1800.00

Autumn Fitness 2005 Volunteers

Chris Adams
Jenny Allen
Richard Allen
Ann Batteiger
Laura Bay
Ken Bendy
Marie Bendy
Fran Bledsoe
Brittany Bokros
Dave Bokros
Bob Boyd
Roberta Boyd
Vanessa Boyd
Chief Burns
Tanys Carere
Clay County



Sheriff's Department
Clay County Fire & Rescue
Patricia Czarnecki
Charles Desrosier
Elena Etter
Deborah Farwell
Mike Ford



Fleming Island NJROTC

Frank Frazier
Karin Glenn
Bobby Greene
Susan Greene
Gary Hallett
Ryan Hallett
Glenn Hanna
John Hirsch
Kim Holmes
George Hoskins
Leanne Irvine
Summer Juneau
Trish Kabus
Patty Konnick
Lillian Lawless
Gary Lewis
Jane Manion
Mike Mayse
Karen McCoy
Patt McEvers
Shawn Mick
Elke Miller
Lou Millson
Warner Millson
Gary Myers
Kristina Oreskovich
Sherri Pires
John Powers
John Raiford
Pat Raiford



AUTUMN FITNESS WINNER IS ... TEAM STRIDER

Continued from page1

also were very active the day of the race. Orange Park Medical Center provided nurse volunteers for emergency aid and blood pressure screening. Tandem Health Care Services provided a great booth for children's games, prizes for the finishers, and ten much appreciated volunteers to hand them out. Myers Pediatric Dentistry also helped entertain the wealth of children that morning with more fun games. Each of our sponsors truly makes a difference in the health of our community through their generosity and support. In addition to the sponsors mentioned above, please thank: Publix Charities; Florida Powertrain & Hydraulics; General Truck Equipment & Trailer Sales, Inc.; Smoak, Davis, & Nixon, LLP; Fagan & Broussard, P.A.; Florida Heart Center; Clay County Humane Society; Blue Ridge Water; Krispy Kreme; Village Bread; and Carrabbas Italian Restaurant.

There is a long list of volunteers who contributed to the success of this event and made it a success. I sure hope I did not forget any contributor but feel certain I have left someone out so will apologize in advance if I have. The professionalism and depth of experience the Striders enjoy is amazing! There is a fair amount of time that goes into an event like this, but the Strider team is so good it actually is fun working with everyone and I enjoyed the experience. In fact, I am coming back next year. Now if I can just track down all of those great volunteers again! Thanks too for the good feedback provided on how we can make it even better next year. ●

Sponsors

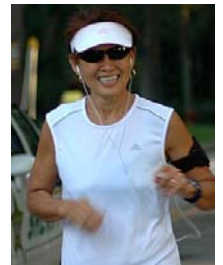
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Michael Sullivan
Tom Sullivan
Kwan Supapan
John Tenbroeck
Rick Tower
Pat Wagoner
Sherri Womack





Autumn Fitness 2005 RRCA Florida 5K State Championship

Wheelchair

505	39	1	Mackey Tyndall, 1	21:16	6:51
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Open Men

1	1	1	John Metzgar, 43	16:03	5:10
147	2	2	Todd Neville, 31	16:28	5:18
551	3	3	Justin Jacobs, 22	16:30	5:19

Open Women

2	1	1	Denise Metzgar, 39	19:45	6:21
152	2	2	Karen Edmonds, 21	20:02	6:27
525	3	3	Regina Taylor, 41	20:21	6:33

Masters Men

173	4	1	Sean McCormack, 44	17:02	5:29
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Masters Women

46	7	1	Alison Ronzon, 41	21:20	6:52
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Grand Masters Men

7	15	1	Page Ramezani, 56	18:55	6:05
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Grand Masters Women

581	22	1	Diane Foster, 51	24:06	7:45
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CLASS	ID#	PLACE	PLACE	FINISHER	TIME	PACE
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Men 10 & Under

69	116	1	Jonathan Thomas, 10	27:52	8:58
562	166	2	Aaron Frasier, 9	39:02	12:34

Men 11 - 14

68	80	1	William Thomas, 12	23:35	7:35
111	81	2	Jacob Witt, 11	23:43	7:38
59	86	3	Zachary Jones, 14	24:13	7:48
180	96	4	David Ferman, 11	25:18	8:08
563	140	5	Troy Frasier, 14	29:58	9:39
28	146	6	Matthew Tison, 11	31:19	10:05
235	155	7	Matthew Jackson, 11	33:25	10:45

Men 15 - 19

3	28	1	Cameron Carroll, 16,	20:28	6:35
128	32	2	Andrew Morrisette, 15	20:53	6:43
39	37	3	Cameron Martin, 18	21:10	6:49
198	47	4	Alex Benn, 15	21:51	7:02

Men 20 - 24

6	16	1	Jason Binette, 24	19:02	6:07
183	30	2	Robert Walker, 24	20:36	6:38
63	61	3	Michael Berghammer, 24	22:39	7:17
40	69	4	Asher Lohman, 22	23:13	7:28
33	151	5	Sean Phillips, 20	32:15	10:23

Men 25 - 29

105	11	1	Bradford Risner	18:40	6:00
172	14	2	Michael Kelly, 25	18:52	6:04
145	94	3	Michael Myers, 28	25:12	8:06
211	130	4	Jai Beasley, 27	28:51	9:17

Men 30 - 34

195	5	1	Dubs Domingo, 31	17:37	5:40
191	6	2	Jose Dominguez, 34	17:46	5:43
228	12	3	Gary Myers, 32	18:43	6:01
25	19	4	Harry Brodeen, 33	19:39	6:19
75	21	5	Craig Herzog, 31	19:46	6:22
115	24	6	Jorge Gomez, 30	19:56	6:25
166	44	7	Michael Mineo, 34,	21:31	6:55
210	48	8	Sherwin Salla, 33	21:56	7:03
31	60	9	Scot Jezik, 34	22:32	7:15
78	66	10	Joseph Broome, 33	23:03	7:25
185	77	11	Eric Conder, 34	23:31	7:34
72	82	12	Reynaldo Gripon, 33	23:54	7:41
197	84	13	Mike Harrison, 33	24:00	7:43
37	91	14	Nick Asselta, 34	24:44	7:58
156	103	15	Namon McQuaig, 34	25:38	8:15
144	115	16	George Schneider, 33	27:37	8:53
43	118	17	Richard Tygrest, 34	28:00	9:01
54	139	18	Steven Scott, 32	29:57	9:38
230	143	19	Paul Adams, 31	31:13	10:03
220	148	20	Gene Bilbray, 34,	31:56	10:17

206	164	21	Dwight Yarbrough, 34	36:19	11:41
133	165	22	Michael Weaver, 34,	38:57	12:32

Men 35 - 39

219	8	1	Drew Kenny, 38,	18:11	5:51
192	18	2	Dean Krueger, 39	19:25	6:15
546	33	3	Brad Jackson, 35	20:53	6:43
506	35	4	Michael Eagle, 37	21:02	6:46
159	51	5	Kevin Kirkey, 39	22:10	7:08
218	76	6	Bob Buscemi, 39	23:28	7:33
158	78	7	Vanni Strenta, 37	23:34	7:35
201	79	8	Tim Rogers, 39	23:34	7:35
177	83	9	David Rigdon, 37	23:59	7:43
186	101	10	Jeff Leininger, 36	25:28	8:12
89	107	11	Kurtis Perschnick, 39	26:06	8:24
113	149	12	Edward Henshaw, 38	32:04	10:19
56	157	13	David Jackson, 38	33:45	10:52

Men 40 - 44

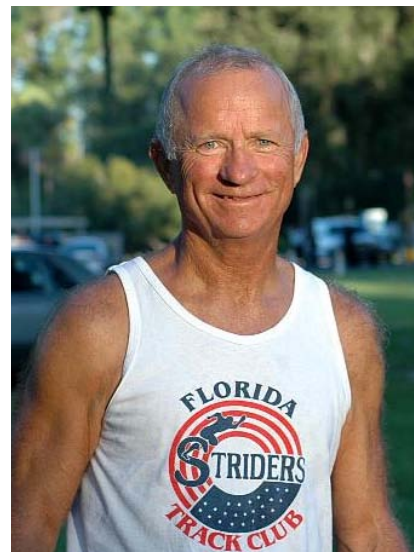
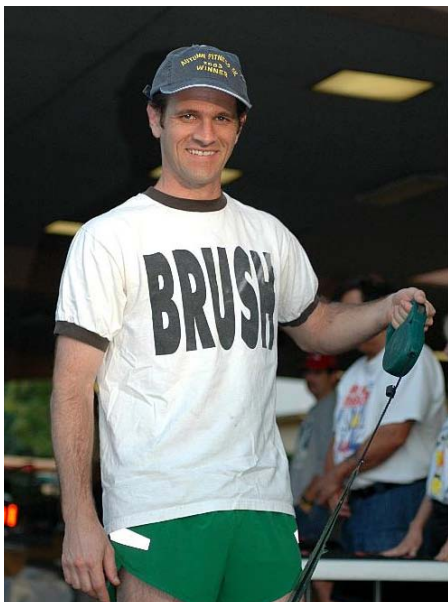
202	13	1	Encarhacion Nunez, 44	18:49	6:03
508	23	2	Scott Silliman, 43	19:53	6:24
8	29	3	Michael Broussard, 42	20:32	6:36
568	31	4	Mark Grubb, 41	20:46	6:41
157	36	5	Mike Cummings, 41	21:03	6:46
182	38	6	Randy Arend, 44	21:11	6:49
565	45	7	Keith Poythress, 42	21:44	6:59
176	49	8	Brett Purdy, 42	21:58	7:04
535	50	9	Kent Mathis, 44	21:58	7:04
171	54	10	Robert Cox, 43,	22:22	7:12
153	55	11	John Pennypacker, 4	22:22	7:12
163	62	12	John Reeves, 42	22:54	7:22
130	97	13	Michael Kraft, 43	25:18	8:09
528	98	14	Earl Vinson, 40	25:22	8:10
174	105	15	Tom Connell, 42	25:56	8:21
132	108	16	Thomas Detardo, 43	26:10	8:25

193	110	17	Chris Courtwright, 44	26:21	8:29
569	124	18	John Kearney, 42	28:23	9:08
32	132	19	John Daniels, 41	29:01	9:20
203	144	20	Larry Sage, 42	31:15	10:03
234	156	21	Jackson Guy, 40	33:25	10:45

Men 45 - 49

504	7	1	Anthony Truitt, 46	17:50	5:44
162	9	2	Alan Sheppard, 47	18:14	5:52
181	10	3	Bill Dunn, 47	18:26	5:56
12	17	4	Frank Sutman, 45	19:08	6:09
558	20	5	Victor Corrales, 47	19:44	6:21
179	25	6	John Dunsford, 45	19:59	6:26
160	40	7	Allan Smith, 49	21:17	6:51
541	46	8	Randall Farwell, 45,	21:50	7:01
214	56	9	William Lund, 45	22:25	7:13
143	67	10	Charles Francisco, 49	23:03	7:25
212	71	11	Steve Bruce, 49,	3:18	7:30
83	87	12	Ronnie Wright, 49	24:23	7:51
141	90	13	Bill Carstarphen, 46	24:43	7:57
100	92	14	Jim Jackson, 49	24:53	8:00
140	93	15	Glenn Batteiger, 46	25:03	8:04
136	99	16	Lee Wallace, 45	25:26	8:11
240	100	17	Larry Branz, 46	25:27	8:11
66	106	18	Mark Forbes, 45	26:04	8:23
561	109	19	Joe Frasier, 46	26:11	8:26
23	113	20	James Kissinger, 45	27:16	8:47
566	117	21	Robert Coffey, 47	27:53	8:58
543	123	22	Tom Rowley, 46	28:22	9:08
190	142	23	Chet Fussman, 46	31:00	9:58
34	145	24	Alan Phillips, 49	31:16	10:04
42	147	25	Glenn Klauer, 48	31:28	10:08
11	152	26	Billie Woods, 45	32:22	10:25
24	168	27	Mark Cook, 45	43:44	14:04





Men 50 - 54

547	27	1	Stephen Beard, 50	20:16	6:31
550	34	2	Paul Geiger, 53	20:56	6:44
579	41	3	Steve O'Brien, 50	21:19	6:51
513	43	4	John Hirsch Jr, 53	21:29	6:55
26	53	5	Charles Prentice, 50	22:20	7:11
194	59	6	David Courtwright, 53	22:28	7:14
510	64	7	Keith Holland, 50	23:02	7:25
5	72	8	Charles Mann, 51	23:20	7:30
527	95	9	Greg Lohman, 50	25:14	8:07
222	104	10	Mike Kushner, 52	25:52	8:20
91	125	11	Jim Kehr, 51	28:29	9:10
571	128	12	Layne Wallace, 50	28:47	9:16
154	129	13	Gary Lewis, 54	28:51	9:17
73	136	14	Ron Turner, 53	29:13	9:24
575	150	15	Thomas Ryan, 51	32:11	10:21
108	160	16	Michael Mayse, 51	34:14	11:01
129	162	17	Kenneth Hasle, 50	34:41	11:10

Men 55 - 59

146	22	1	Manny Toro, 55	19:52	6:24
574	26	2	Patrick Gaughan, 55	20:06	6:28
553	57	3	Randy Pullo, 55	22:26	7:13
102	65	4	William Castelli, 56	23:02	7:25
123	68	5	Dennis Lee, 56	23:05	7:26

53	85	6	Peter Carnochan, 55	24:04	7:45
572	88	7	David Kelley, 58	24:23	7:51
533	89	8	Craig Harms, 55	24:27	7:52
208	114	9	Ed Kelly, 59	27:22	8:48
509	119	10	Lawrence Roberts	28:06	9:02
36	127	11	Dale King, 57	28:46	9:15
19	163	12	Tom Stanley, 59,	36:14	11:40

Men 60 - 64

515	42	1	Frank Frazier, 63	21:27	6:54
526	52	2	Harvey Warnock, 63	22:10	7:08
48	63	3	John Deantonis, 61	23:00	7:24
576	73	4	Thomas Henkel, 62	23:21	7:31
548	74	5	George Hoskins, 61	23:21	7:31
514	102	6	John Gauer, 61	25:30	8:12
60	112	7	Thomas Butler, 62	26:52	8:39
539	120	8	Kent Smith, 63	28:13	9:05
178	121	9	Paul Kelley, 61	28:15	9:05
501	131	10	Freddy Fillingham, 63,	28:53	9:18
554	138	11	Bob Tatum, 62	29:19	9:26
184	161	12	Burness Morris, 62	34:40	11:09

Men 65 - 69

169	75	1	Matt Ross, 65	23:26	7:33
564	111	2	Ben Holland, 65	26:39	8:35

155	126	3	Tom Sullivan, 65	28:38	9:13
21	133	4	George Mosely, 65	29:09	9:23
502	137	5	Gordon Slater, 66	29:15	9:25
583	141	6	Bill Walker, 69	30:50	9:55
50	159	7	Charles Desrosier, 68	34:04	10:58
45	170	8	Carroll Price, 66	50:00	16:05

Men 70 - 74

519	70	1	Everett Crum, 70	23:16	7:29
70	134	2	Bo Holub, 74	29:10	9:23
225	135	3	Pat Gallagher, 74	29:12	9:24
512	154	4	Al Saffer, 71	33:01	10:38
51	158	5	Harry Milliron, 73	33:47	10:52

Men 75 - 79

529	122	1	John Aimone, 75	28:18	9:07
580	153	2	Bob Carr, 76	32:27	10:26
93	169	3	John Todd, 75	47:42	15:21

Men 80 & Up

80	167	1	Joe Connolly, 80	41:49	13:27
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CLASS ID#	PLACE	PLACE	FINISHER	TIME	PACE
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Women 3 - 10

224	11	1	Danielle Dunn, 10	22:36	7:16
532	27	2	Nancy Harms, 10	24:26	7:52
188	110	3	Bianca Bongiorno, 9	46:17	14:54
189	111	4	Phoebe Mullis, 8,	46:18	14:54

Women 11 - 14

44	17	1	Kayla Vinson, 12	23:26	7:32
175	18	2	Maryann Brown, 11	23:40	7:37
231	62	3	Katherine Midgett, 13	29:26	9:28
232	75	4	Alexandra Midgett, 11	31:40	10:11
217	89	5	Stephanie Zarkis, 14	33:28	10:46
215	108	6	Taylor Cook, 11	43:43	14:04

Women 15 - 19

127	30	1	Jessica James, 15	24:42	7:57
165	79	2	Karen Bustos, 19	32:03	10:19

Women 20 - 24

170	32	1	Jaymi Gould, 23	24:47	7:59
64	39	2	Kelly Berghammer, 23	25:58	8:21
117	40	3	Kari Ebeltoft, 21	26:02	8:23
74	78	4	Melanie Jones, 22	32:02	10:18

Women 25 - 29

103	4	1	Mandala Treadway, 29	20:41	6:39
13	6	2	Angela Enyedi, 26	21:16	6:51
549	25	3	Tabitha Townsend, 27	24:21	7:50
187	48	4	Laura Smith, 25	26:37	8:34
233	54	5	Jennifer Adams, 27	28:05	9:02
199	101	6	Melanie Hammer, 25	38:17	12:19

Women 30 - 34

79	10	1	Barbara Carrico, 31	22:16	7:10
227	23	2	Vanessa Lain, 31	24:16	7:49
104	35	3	Caranne Boden, 32	25:18	8:09
207	38	4	Roberta Tomlinson, 31	25:50	8:19
226	43	5	Shannon Jewett, 31	26:15	8:27
131	51	6	Kathleen Jasper, 32	27:40	8:54
114	68	7	Amy Bern, 33	30:22	9:46
55	90	8	Gretchen Jackson, 33	33:35	10:48
98	92	9	Nicole Weiss, 33	34:51	11:13
18	96	10	Stacey Leitheiser, 34	35:11	11:19
96	97	11	Tara Yarbrough, 33	36:19	11:41
221	105	12	Laurie Creech, 32	9:23	12:40

Women 35 - 39

534	5	1	Mary Turner, 39	21:16	6:50
522	20	2	Sandra Foskey, 39	23:50	7:40
164	21	3	Cynthia Maerz, 39	23:58	7:43
84	26	4	Barbara Wright, 36	24:23	7:51
101	34	5	Abby Butler, 35	25:02	8:03
61	57	6	Michela Tavolieri, 35,	28:25	9:09
578	59	7	Dena Gaucher, 37	28:56	9:19
150	65	8	Wendy Wolfe, 39	29:58	9:39
167	70	9	Melissa Merrill, 36	30:44	9:53
151	71	10	Michelle Brennan, 38	30:58	9:58
139	72	11	Alicia Hardage, 38	31:24	10:06
10	100	12	Lorie Craven, 36	37:54	12:12
585	102	13	Micki Gibson, 36	38:17	12:19
200	104	14	Gayla Poythress, 38,	39:06	12:35



Women 40 - 44

557	8	1	Kathy Murray, 43	22:07	7:07
567	13	2	Jody Dolan-Aldrich, 44	22:56	7:23
49	14	3	Celita Ricks, 41	23:03	7:25
559	41	4	Kelli McGreevy, 40	26:06	8:24
213	46	5	Bobbi Carpenter, 41	26:20	8:29
521	47	6	Jeanie Wilson, 40	26:36	8:34
542	55	7	Jackie Rowley, 44	28:21	9:07
161	58	8	Mollie, 41	28:46	9:15
545	63	9	Jonie Davis, 40,	29:26	9:28
119	66	10	Kimberly Wilson, 40	30:17	9:45
58	67	11	Lesley Jones, 40	30:19	9:45
110	69	12	Nancy Trice, 42	30:25	9:47
142	73	13	Esther Daulton, 42	31:37	10:10
22	82	14	Roxane Kissinger, 41	32:31	10:28
168	83	15	Cindy Cook, 43	32:35	10:29
209	85	16	Theresa Hollis, 42	32:43	10:32
106	88	17	Jenny Williams, 42	33:25	10:45
216	91	18	Tina Zarkis, 42	34:00	10:56
560	106	19	Cheryl Frasier, 42	39:38	12:45
538	114	20	Trish Kabus, 40	50:00	16:06

Women 45 - 49

516	9	1	Bonnie Brooks, 45	22:11	7:08
196	12	2	Melody Sallette, 47	22:51	7:21
523	15	3	Patricia Kassab, 45	23:04	7:25

27	16	4	Kim Crist, 48	23:24	7:32
573	19	5	Denise Dailey, 48	23:47	7:39
38	24	6	Nancy Martin, 49	24:16	7:49
582	28	7	Cyndi Cox, 49	24:29	7:53
57	31	8	K C. Padget, 49	24:46	7:58
584	33	9	Barbara Whitter, 47	24:51	8:00
531	37	10	Susan Harms, 45	25:27	8:11
99	49	11	Debbie Adams, 49	26:53	8:39
67	50	12	Marilyn Forbes, 46	27:20	8:48
88	52	13	Susan Worthington, 49	27:42	8:55
120	53	14	Kimberly Lundy, 48	27:54	8:59
62	56	15	Bonita Golden, 49	28:23	9:08
85	60	16	Sandra Maveety, 46	29:01	9:20
524	76	17	Sandra Shines, 49	31:45	10:13
126	77	18	Sandra James, 47	31:51	10:15
149	80	19	Cynthia Boechler, 46	32:20	10:24
122	84	20	Cathy Reidy, 47	32:39	10:30
41	93	21	Carol Klauer, 45	34:52	11:13

Women 50 - 54

94	29	1	Christy Calderon, 51,	24:41	7:57
35	36	2	Nancy Toth, 51	25:23	8:10
537	42	3	Donna Rettini, 53	26:10	8:25
556	44	4	Claudia French, 52	26:19	8:28
237	81	5	Lynn Barnes, 50	32:26	10:26
586	86	6	Dotti Cahill, 54	32:44	10:32



**For complete full color photos visit the web site at
www.floridastriders.com**

20	87	7	Robin McBride, 50	32:45	10:32
92	115	8	Christine Kehr, 52	33:35	10:48
118	98	9	Patricia Ebeltoft, 51	36:23	11:42
511	99	10	Patti Pownall, 53	36:24	11:43
577	107	11	Shirley Henkel, 51	39:45	12:47
112	113	12	Theresa Beyrle, 50,	50:00	16:05:

Women 55 - 59

97	64	1	Pat Noonan, 56	29:44	9:34
65	95	2	Nina Milam, 56	35:02	11:16

Women 60 - 64

570	61	1	Susan Wallace, 64	29:21	9:27
552	74	2	Nancy Pullo, 64,	31:38	10:11
223	94	3	Ginger Frazer-French, 61	34:53	11:13

Women 65 - 69

4	45	1	Marilynn Koubek, 65	26:19	8:28
121	112	2	Diane Ricketts, 66	46:35	14:59

Women 75 - 79

530	103	1	Diane Aimone, 75	38:32	12:24
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Women 80 & Up

14	109	1	Gloria Laws, 80	44:06	14:11
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Florida Striders Track Club of Orange Park, FL History

Part 1 of a Series

By Chuck Cornett, Ken Bendy, John Tenbroeck, & Bob Boyd

In 1978, Jay Alligood of the Continuing Education Department of the Clay County School System decided to hold an October Indian Summer Run. The purpose was to generate an interest in running among the adults of Clay County. Mr. Alligood, with the help of Ken Taylor, Orange Park High School Athletic Director and Cross Country/Track Coach, laid out a five mile course at Gold Head State Park.

A survey was given to participants in the event to see if they were interested in forming a local running club. Ken Taylor coined the name, "Florida Striders" and also designed the club logo.

Chuck Cornett was one of around 20 people who signed up. A club was formed and our first president, Jim Finigan, (now of Vero Beach, FL) was elected. Meetings were held in the library of the Lakeside Elementary School and attendance was good to start with, but soon dropped off to only a few attendees.

After several months, our treasury had \$67 and we owed President Finigan the \$100 he lent to start up the club! On a Saturday run, several members decided to put on a race to raise money and promote awareness of the Striders. The race was held at sundown at the Orange Park Kennel Club and named the Autumn Twilight Run. It's still in existence as the Autumn Fitness 5K, although it's now a morning race because the Orange Park Kennel Club is no longer available in the evenings due to kennel club events. Participation has been as high as 1200 but usually draws about 600 runners and walkers.

The club membership rapidly grew after that event. Our club colors are yellow (gold) singlets with red shorts. The original plans called for blue shorts to go with the gold singlet since Orange Park is a Blue and Gold NAVY town, however the local running store had a large stock of red shorts and the price was right! You can spot a Strider in any race of any size!

After the extremely successful Autumn Twilight Run in 1980, it was decided to funnel proceeds back into the club by subsidizing incentives for new members to join the club. Emphasis was put on family memberships with an extremely low fee, which included free running club shirts.

Almost immediately, membership boomed. General club meetings featured talks with the focus on all aspects of running: shoes, equipment, diet, technique, heart safety and fitting walking/jogging into lifestyle, etc. These meetings, often attended by over 100 people, were held at local restaurants with a Dutch treat dinner preceding the talk. Business topics were kept to a minimum and socializing and welcoming newcomers was highlighted. We still hold regular dinner meetings that continue this tradition, with excellent speakers on running and motivation at the

Continued on page 19



Striders at the Races

RACE RESULTS

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

CARRABBA'S SUMMER BEACH RUN 5 MILE

**Jacksonville Beach
August 27, 2005**

John Metzgar	28:3	
	64th Overall Male	
Bill Phillips	31:43	1st A/G
Page Ramezani	32:00	1st A/G*
Len Furman	32:29	1st A/G
Bruce Holmes	33:41	2nd A/G*
Bill Dunn	33:44	4th A/G
Mark Woods	34:00	5th A/G
Bernie Candy	34:01	3rd A/G*
Sung Ho Choi	34:23	3rd A/G
Patti Stewart-Garbrecht	34:35	
	3rd Overall Female	
Greg Richards	35:16	5th A/G
Terry Sikes	35:31	5th A/G
Denise Metzgar	36:11	
	5th Overall Female	
John Dunsford	36:15	
Victor Corrales	36:12	
Rexx Weir	37:01	5th A/G
Bradd Littleton	37:22	
Robert Walker	37:25	
Rodney Smith	38:03	
Steve O'Brien	38:44	
Frank Frazier	38:47	1st A/G
Randy Pullo	39:05*	
Cynthia Lyons	39:08	3rd A/G
Raymond Ramos	39:23	
Hernando Desoto	39:36	
Harvey Warnock	40:01	2nd A/G
Patrick Gaughan	40:57	
Stephanie Griffith	40:59	1st A/G
Danny Weaver	41:23	
John DeAntonis	42:26	
Gary Gills	43:34	
Denise Dailey	43:52	4th A/G
Maryann Brown	44:10	4th A/G
Matt Ross	44:24	3rd A/G
Everett Crum	44:26	1st A/G
Rick Sheets	45:14	
Susan Harms	45:32	
Claudia French	45:34	4th A/G
Nancy Harms	45:49	5th A/G
Craig Harms	45:49	

David Kelley	46:03	
Donna Rettini	46:59	5th A/G
Barbara Whitter	47:21	
Sandy Rosenberg	49:19	
Kevin Terry	47:30	
Jd Smith	48:28	
Ben Holland	48:56	
John Aimone	51:01	1st A/G
Tom Sullivan	51:22	
Freddy Fillingham	51:45	
Leo Sheckells	51:59	
Jim Kelley	53:53	
Vicki Choinski	54:11	
Jonie Davis	54:28	
Maria Littlejohn	54:45	
Charles Desrosier	57:38	
Stan Scarlett	57:41	
Al Saffer	59:01	2nd A/G
Cathy Reidy	1:01:12	
Patt McEvers	1:04:15	2nd A/G
Dionne Blodgett	1:04:18	
Joe Connolly	1:11:06	4th A/G
Diane Aimone	1:12:38	1st A/G
Irene Herbertson	1:14:14	2nd A/G
Dot Mitchell	1:13:32	3rd A/G
Bill Mitchell	1:14:43	
Trish Kabus	1:16:57	

TURTLE TROT 10K Fernandina Beach September 3, 2005

Bill Phillips	38:13	
	Overall Male	

LABOR DAY 5K Ponte Vedra Beach September 5, 2005

Thom Henkel	29:30	1st A/G
Kent Smith	32:09	3rd A/G
Shirley Henkel	41:13	2nd A/G
Trish Kabus	53:26	

CHILDREN'S WAY 5K San Marco, Jax September 17, 2005

John Metzgar	16:10	1st O/A
Justin Jacobs	16:21	2nd O/A
Anthony Truitt	17:50	
	Masters Male	
Frank Sutman	18:06	2nd A/G
Bill Dunn	18:09	3rd A/G
Sung Ho choi	18:41	1st A/G
Page Ramezani	19:54	1st A/G
Terry Sikes	19:49	
Victor Corrales	19:51	
Denise Metzgar	20:14	1st A/G
Gary Hallett	21:14	
Frank Frazier	21:18	1st A/G
Steven Beard	21:15	1st A/G
Bradd Littleton	20:19	2nd A/G
Bob Kennedy	21:22	3rd A/G
Robert Walker	21:29	3rd A/G
Keith Poythress	21:34	
Harvey Warnock	22:38	2nd A/G
Sharon Lucie	23:12	1st A/G
Diane Jacobs (Foster)	23:48	1st A/G
George Hoskins	24:04	3rd A/G
Kellie Howard	24:07	
Paul Smyth	24:07	
Everett Crum	24:23	1st A/G
Mary Ann Brown	24:54	
John Gauer	25:29	
Nancy Harms	25:32	
Donna Rettini	25:33	
Ben Holland	26:37	1st A/G
Marie Bendy	27:04	1st A/G
Ken Bendy	27:07	2nd A/G
David Ferman	27:26	
Kent Smith	27:56	
John Aimone	28:58	2nd A/G
Freddy Fillingham	29:03	
Gordon Slater	29:34	
Jonie Davis	30:12	
Charles Desrosier	33:26	
Patt McEvers	34:43	
Al Saffer	33:45	3rd A/G
Ginger-Frazier French	35:23	3rd A/G
Gayla Poythress	41:16	
Joe Connolly	41:34	

**Would love to hear about
your fall marathons!
StrideRightEdit@aol.com**

How to Get There! It's just a short drive from Orange Park with 2 main routes:

From Blanding & I-295:

- 1) South on Blanding to Knight Box Rd - 6.5 miles
- 2) Left on Knight Box to 220 - 1.2 miles
- 3) Right on 220 to 209 (Russell Rd) - 1.1 miles
- 4) Left on 209 to 739 (Henley) - 1.3 miles
- 5) Right on 739 to Sandridge Rd (739B) - 2.3 miles
- 6) Left on Sandridge to Ronnie VanZant Memorial Park - .6 miles

From US 17 & I-295:

- 1) South on US 17 to 220 - 5.5 miles
- 2) Right on 220 to 209 - 6.7 miles
- 3) Follow Steps 4-6 above

For more information contact Steve Bruce at 904-728-7759 or email stevebruce@comcast.net



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

**HEY KIDS!!! Don't forget our FREE one mile Fun Run!
It Starts at 10:00 AM!**

5K Race • Saturday • November 12, 2005 • 9:00 AM

1 Mile Fun Run - 10:00 AM • Awards Ceremony 10:15 AM • Lake Asbury, FL

Cross Country course starts and finishes at Ronnie VanZant Memorial Park, 2760 Sandridge Rd

This course will not be suitable for wheelchair or other physically challenged participants.

Two lap cross country course. Spikes may be worn. Please arrive early to familiarize yourself with the course.

Walkers are welcome but there will be no separate walking awards.

Awards & Registration: 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.
FUN RUN: There is no charge for the Fun Run, but all runners must complete an entry form. Ribbons awarded to all finishers.
RACE PACKET PICKUP: Day of race only. Packet pickup & day of race registration will begin at 7:30 AM.
COSTS: (Includes T-Shirt and Post-race refreshments; T-Shirts are guaranteed to all pre-registered 5K entrants):

Entry received by	Striders/Military	Others
November 3rd	\$10	\$12
11/04 - 11/11	\$13	\$15
Race Day, 11/12	\$20	\$20

Make check payable to: Hog Jog 5K
Mail completed application & check to:
Hog Jog
1228 Blue Heron Lane
Jacksonville Beach, FL 32250
(Race fees are non-refundable.)

**DOOR
PRIZES
WILL BE
AWARDED!!**

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

HOG JOG 5K ENTRY FORM										RACE# (FSTC USE ONLY)					
										Y		N			
First Name										Last Name		Ever run/walked a race?			
Age		Sex		Adult Sizes		RUN		FUN RUN (no charge)							
Street Address (include apt. number)															
City										State		Zip Code			
Telephone Number										Fee Enclosed \$		Florida Striders Track Club Member			
												Military			
<small>BY MY SIGNATURE I ACKNOWLEDGE THAT: Participating in an organized running event is a potentially hazardous activity. I will not participate unless physically and medically able. I agree to abide by all decisions of race officials relative to my ability to safely complete the race course. I assume all risks associated with participating in this event including but not limited to: Slip/trip/fall, contact with other participants, weather conditions, traffic and conditions of the road/surface, all such risks being known and accepted. Having read this waiver and in consideration of entry into this event being accepted, I, for myself and anyone named or entitled to act on my behalf, waive and release members and volunteers of the Florida Striders Track Club (FSTC), Road Runners Club of America (RRCA), the town of Green Cove Springs, and all sponsors, their representatives and successors, from all claims and/or liabilities of any kind arising out of my participation in this event, including any liability that may arise out of negligence or carelessness by persons or organizations named in this waiver. I agree and grant permission that should circumstances arise, I defer to race officials and/or qualified persons as to my need to be examined and/or treated medically during the race. I agree that race officials and/or qualified persons have the right to disqualify and remove me from the race course should I be suffering from a life threatening condition. I further grant to Releasees the right to use any and all photographs, images, or accounts of this event in any manner that it feels appropriate. I agree to abide by all RRCA Guidelines, including but not limited to: No use of headphones or any other device that limits awareness of the participant or any type of wheeled conveyance (excluding use by handicapped or physically disabled participants). Animals are prohibited from the race course unless for the use and assistance of handicapped or physically disabled participants. Rev. 2/05</small>															
Your Signature										Date		Parent's Signature (if under 18 years of age)		Date	
Mail Check to: Hog Jog 5K • 1228 Blue Heron Lane • Jacksonville Beach, FL 32250															

SEPTEMBER Social Highlights



Jane Manion's House • September 18

Where did everyone go? Watching the Jaguar game? Well to tell the truth, Trish did not get her camera out until it was too late. We had a great turnout and want to thank Jane for sharing her home with the Striders, for another well attended social!

NEW MEMBERS

Sheneail Bailey
Eleanor Bryan
Jessica Cambill
Esther, Robert & David
Daulton/Cox
Lacey Duncan
Mary & Gary
Fletcher / Osteen
Clay & Debbie Fliess
Dr. Orestes Gutierrez
Victoria Jacob
Michael/Sandra/Carolyn/Allison/Jonathan Killea
Jeff Leininger
Larry Mattingly
Brittany Myers
David & Marilyn Ohnsman

Regina Taylor
Christina Tellus
Jessica Wieder
Kay Womack

RENEWING MEMBERS

Caranne Boden
Linda Brown
Bill Castelli
Danny Cole
Joe Connolly
Robert Cox
Billy Fehrs
Michael, Rachel & Keegan Ford
Ginger Frazer-French

Keith Jernigan
Jim & Christine Kehr
Dennis Lane
Charlie Mann
Stephen McClung
Rhianne Mitchell
George Obi
Daniel Ovshak
Gregory Richards
Vincent & Kit Seiferd, Jr.
Susan Shelton
Gordon & Roxanne Slater
Norman Thomas
Robert & Dora Turner
Denise Williams
Winney, Tom, Katie & Scott Yaun
Michael Zavislak

MULTI-YEAR RENEWALS

Kim & Chris
Tracanna-Breault
John Slough
Dennis & Sylvia Lee
Laurie Ricciardi
Mack & Pat Dixon
Rex & Carole Ann Reed
Jeffrey & Pam Nelson
John Kotsubka
Dolores & Nicholas
Raffaelly
Bobby Greene
James & Willa Burns/Owen

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.

October 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
October 1	Jacksonville US Marine Corps Half Marathon & 5K	7:00 a.m.	Alltell Statium/Metro Park Jacksonville	(904) 739-1917 First Place Sports
October 1	Save the Loop 5/10 K	8:00 a.m.	Tomoka State Park Ormond Beach	(386) 441-7126 The Volusia/Flagler Environmental Action Committee
October 1	Heart of Savannah 5K	6:20 p.m.	Savannah, GA	(912) 354-6223
October 8	VP 5K	8:30 a.m.	NAS Jacksonville Runners must have DOD I.D or be accompanied by a DOD Sponsor Picture I.D required	(904) 739-1917 Expanded Race Info VP-5 Officer's Spouses Club Benefiting Navy Relief Society & USO
October 8	Shore to Shore 5K	8:00 a.m.	Flagler Hospital University of St. Augustine 1 University Blvd. St. Augustine	(904) 826-0084x265 University of St. Augustine
October 8	White Cane 5K	8:00 a.m.	City Hall Ormond Beach	(386) 258-2441 Lion's Conklin Centers for the Blind
October 15	Tom Walker Memorial Half Marathon RRCA State Championship	8:00 a.m.	Micanopy	(352) 271-3246 lfburke@man.com Florida Track Club
October 15	Rockin' Stewbilee 5K	9:00 a.m.	Brunswick	(912) 264-7218
October 15	Dignity U Wear 5K	8:00 a.m.	Fernandina Beach	(904) 491-0369
October 15	Rima Ridge 5K	8:00 a.m.	Tiger Bay State Forest US 92 W. off I-95 4 Mi. west of Daytona Beach	(386) 428-3915 gpadaytona@cfl.rr.com Greyhound Pets of America
October 22	Race for the Cure 5K	8:15 a.m.	Metro Park Jacksonville	(904) 739-1917 First Place Sports
October 30	Pumpkin Run 10 mi & 5K	8:00 a.m.	Evergreen Cemetery 4535 Main St. Jacksonville	(904) 739-1917 First Place Sports
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
April 15, 2006	Run to the Sun 8K	8:00 a.m.	Orange Park Kennel Club Orange Park	(904) 268-8392 hartross@bellsouth.net Florida Striders Track Club

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	7:00 AM	10 to 15 Miles Moderate pace	Jacksonville Jewish Community Alliance 8505 San Jose Blvd.	Wendy Patterson (904) 237-4100 wenrex@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: September 2005. Please contact Trish at StrideRightEdit@aol.com with any changes to this listing.

RUNNER'S QUIZ Answers: 1. Lactic acid is formed when exercise intensity prevents pyruvic acid (the result of breaking a glucose molecule) to proceed to the next aerobic step. The cell converts pyruvic acid to lactic acid, a reaction that is reversed as soon as oxygen levels rise. 2. Swimming can exhaust a very fit runner unless she has trained to swim. The muscles involved, and not your cardiovascular system, are the weak link. This is called the Specificity of Training. 3. The heart must have time for the chambers to fill with blood. Also, the heart cannot go "anaerobic" like the running muscles can. It can't stop to rest. 4. Lung capacity has very little to do with one's distance running success. Most people get plenty of oxygen into the bloodstream. It is delivery and utilization at the cellular level that is a limiting factor. 5. Too much of any food can be detrimental to running success. A full intestine will hurt more than help. If a person eats a modest meal of familiar food for distances up to a half-marathon, he can expect good results. Carbohydrates are usually easier to digest but you need only a thousand or so calories the day before to run hard for up to two hours. Glycogen loading for a marathon is a different animal. ●

MILE MARKER MUSINGS By Robert Glenn



Hello again, time for our monthly dose of the doings and general racing goodness that is the Florida Striders. The Grand Prix has started for another season, so plan your races accordingly. The cool days of autumn are finally upon us. It was only 90F running the bridges last week, awesome. Okay, enough blathering, on to the good stuff.

First up this month is the **Carrabba's Summer Beach Run** 5 Miler held on Jacksonville Beach on the 27th of August. Our quickest Strider was **John Metzgar** who was 4th overall with a 28:36. Our fastest female Strider was **Patti Stewart-Garbrecht** who ran a 34:35 which earned her 3rd overall for women. **Denise Metzgar** was 5th overall for women with a 36:11. Our fellow Striders that won their age group included **Bill Phillips**, **Page Ramezani**, **Frank Frazier**, **Stephanie Griffith**, **Everett Crum**, **John Aimone**, and **Diane Aimone**. We also had Striders take 4 of the top 5 places in the male 55-59 age group, these

standouts were the aforementioned **Page Ramezani**, **Bruce Holmes**, **Bernie Candy**, and **Randy Pullo**. Our other accomplishment was a second place in the men's team competition with the **Strider Trail Buffs (Page, Bill Dunn, & Greg Richards)**.

The **Labor Day 5K** took place on the 5th of September on Ponte Vedra Beach (is the sand more Gucci in Ponte Vedra, just asking). Our fastest Strider was **Thom Henkel** who won his age group with a 29:30. The fastest female Strider was **Shirley Henkel** with a 41:13 which was good for 2nd in her age group.

Our very own **Autumn Fitness 5K/2005 RRCA Florida 5K Championship** was held on the 10th of September in beautiful Orange Park, down by the river. Our fastest Strider was **John Metzgar** with a 16:03 which was good for the open men's title. **Denise Metzgar** was the women's champion with a 19:45. **Justin Jacobs** was 3rd overall with a 16:30. **Page Ramezani** was the Grand Masters Men's Champ with an 18:55 while **Diane Foster** was the Grand Masters **(Continued on next page)**

STRIDERS HISTORY

Continued from page 13

AnheuserBusch Hospitality Suite that are well attended.

Soon another race event, a morning 10K, was introduced in the spring to offer a change from the fall evening 5K run.

This race was called the Spring Sunrise Wellness Run and again started from the Orange Park Kennel Club. The Orange Park Hospital sponsored this event for several years. In 1986, Dick Erickson of Sun Tire Company offered full sponsorship and the race was renamed Sun Tire Run to the Sun. The distance was changed to an 8K and has been the RRCA State Championship several times in addition to being the 1998 RRCA Southern Region Championship, and in 2000 was the RRCA National Championship race.

Dick and his wife Diane are long time members of the Striders, having attended one of the first club sponsored EAT SLIM WALK TRIM, Learn How To Jog and Love It Clinics in 1981. Coach Chuck Cornett started half-day clinics at least twice a year and continued them until he passed away in June, 2004. The clinics provided a major source of new members for years. Additionally, Mini Running Camps were held for runners who wanted to improve racing times and those desiring to enter marathons or ultra distance events.

We have always stressed the key to becoming a distance runner is the Long Slow Distance (LSD) run once a week. When the Florida Striders Track Club first started, we all were running this LSD run at different times and from different locations. A group would meet at the Lakeside Middle School and run the 7-mile loop around Moody and Doctor's Lake Drive.

This bunch would run at 7:30 a.m. on Sunday Morning and the pace was brisk.

Chuck and several other "slow beginners" decided to meet at the Sun Tire store on Blanding Boulevard, next to the Famous Amos 24 hour Restaurant. We picked a starting time of 6:30 a.m. Sunday to begin running. That early time would allow us to run, eat breakfast and still be home in time to join our families for church.

The first of these runs was on October 13, 1978. Five original Striders took part; Bill Dewey, Roy Fisher, Dave Taylor, Jack Stanley, and Chuck (the latter three later served as Strider Presidents). Since that day in 1978, there has been a group running every Sunday. However, on the memorable morning of the "Great First Coast Freeze", when there was snow and ice on the course, only Frank Frazier and Jack Sykes showed up. During marathon training there are as many as 150 runners and walkers taking part in this weekly event.

The Sunday run always starts promptly at 6:30 a.m. and if you arrive at 6:31, we will be gone! The complete route is 20 miles long, however there are various turnoffs to allow for distances of 6, 8, 10, 12, 14, 15 and 17 miles.

In the beginning years, the rule was that no one would run faster than the slowest runner. As the slower runners turned off for shorter mileage, the pace would pick up. This rule ensured socialization and was good training for all. Now days, there are various sub groups ranging from the "FLY & DIE" group on down to the "turtles". All walkers/joggers/runners in the community are welcomed to this event. Membership in the Florida Striders is not necessary! ●

LOOK FOR PART 2 IN THE NOVEMBER ISSUE

Mile Marker Musings (continued from page 15)

Women's champ with a 24:06. Age group winners included **Anthony Truitt, Stephen Beard, Frank Frazier, Matt Ross, Everett Crum, John Aimone, Joe Connolly, Kathy Murray, Bonnie Brooks, Pat Noonan, Diane Aimone, and Gloria Laws.**

The **Children's Way 5K** was held in San Marco on the 17th of September. **John Metzgar** took top honors for Striders and was first overall in the race with a 16:10. Top female Strider was **Denise Metzgar** with a 20:14 which earned her first in her age group. **Justin Jacobs** took 2nd overall with a 16:21 and put a little note on the Striderman post race sheet, and I quote, "Watch out John." Hmm, do we have a little inter-Strider rivalry going on, say it isn't so. **Anthony Truitt** was the masters male champion with a 17:50. Striders who won their age group included **Sung Ho Choi, Page Ramezani, Frank Frazier, Steven Beard, Sharon Lucie, Everett Crum, Ben Holland, and Marie Bendy.** We also swept all the awards in the over 70 for men age group, our fast septuagenarians included **Everett Crum, John Aimone, Al Saffer** (he of Striderman fame), and **Joe Connolly.** Other comments observed around the Striderman included **Robert Walker** saying that more water stations would be good to which Frank Frazier replied the if you ran it twice, you'd have more water stations. **Vic Corrales** opined that he should have stayed in bed. It was the 836th race for **Joe Connolly**, that is a bunch of racing. Probably 3000 or more water stops in there too. Strider **Cynthia Maerz** came all the way from Atlanta to race and took 3rd in her age group. The wheel chair winner, **Mackey Tyndall**, came all the way from Panama City to race and ended up in the wheel chair division as result of service to his country, a hero in anyone's book.

On the Road –

Mike Marino ran (biked/swam, whatever) a 1:08:21 in the **2nd Annual Deland Sprint Triathlon** on the 28th of August, good for 3rd place overall. Good work.

Bill Phillips ran the **Turtle Trot 10K** in Fernandina Beach on the 3rd of September and was the overall male winner with a 38:13. Nice.

We had a Strider travel up to Virginia for the **Rock'n'Roll Half Marathon** on the 4th of September. **Micki (Melissa) Gibson** ran a 2:56:08.

Jim Kehr ran the **Tomoka 4 Miler** in Ormond Beach on the 17th of September and posted a 37:49.

Patrick McKeefery checked in from his new digs in San Diego. He ran the **"America's Finest City" half marathon** in 1:45. He said something about hills, Hills, and HILLLS. I'm not really sure what he was talking about, I haven't seen too many hills here in Jax and obviously we're America's finest city (thus the quotes above, I think San Diego might be biting off more than they can chew). He also ran in the **Moondoggies 4 miler** which was from dog house to dog house (no dogs allowed). How do you like that, typical Californians, dog this, dog that, and keep your stinking dog at home. He ran a 25:58 in that one. He also mentioned that one of the San Diego track clubs wanted \$125 for an annual membership, makes our dues structure look positively affordable.

As always, the best way to get your results in the Strideright are to sign up on the muster sheet which Striderman keeps custody of near the finish line of most races, failing that, 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>