



Volume 24, Number 12

STRIDERIGHT

Florida Striders Track Club



www.floridastriders.com



December 2005

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Metzgar Sets Course Record

By Steve Bruce
Photography by Vanessa Boyd

For the second year in a row, John Metzgar won the Florida Strider Hog Jog. After trailing for the first half of the race, he pulled into the lead and set the course record with a time of 16:19. Justin Jacob finished second with a time of 16:30. Frank Sutman rounded out the top three with a time of 18:54.



It was a great day for the Metzgar family. Chelsea Metzgar won the 11-14 age group with a time of 22:37 edging out Nicholette Martarana for second. John commented that the Hog Jog is one of his favorite races. This is quite a complement coming from such an accomplished runner.

The female winner was Sara Riley with a time of 21:45. Second place was **Continued on page 6**

December 3 • 1:45 PM JINGLE BELL FUN RUN

It is Saturday, Dec. 3rd and you are feeling festive. Pretend this is a multi-media story and listen for the sound of sleigh bells jingling softly in the background. You have pulled into the parking lot near the finish line of the free Jingle Bell One Mile Fun Run in Green Cove Springs near the intersection of Walnut and Gratio Place. A trolley bus awaits to whisk you over to the starting line at Houston and Palmetto. Should you be one of the first 100 children to register you receive and don your free Santa hat. All entrants get free jingle bells to

wear. You are now chuck full of Christmas spirit. At 1:45 p.m. the Fun Run starts and you dash along a parade route lined with cheering fans. Life is good. The parade starts at 2 p.m. and Santa arrives at 3:15. The Florida Striders website has all the specifics on parking, registration, and contact information at www.FloridaStriders.com or you can call our Children's Running Coordinator, Warner Millson, at 264-4089. Registration opens at 12:30 p.m. and it is recommended you register no later than 1:15 p.m. ●

DECEMBER SOCIAL

Sunday, December 18 • 6PM



Come and see the Christmas Luminaries at this annual event, which is actually a block party to celebrate the season!

WHERE: The home of Robert and Janet Irvin, 3811 Boone Park Ave., Jacksonville, FL 32205.

WHAT TO BRING: Yourself and a covered dish or dessert to share. The club will supply soft drinks but bring your own adult beverages.

DIRECTIONS: Take U.S. 17 north from Orange Park to Park St. (Blanding becomes Park St. at U.S. 17 near the FCCJ Kent Campus. Take Park St. approximately 1/4 mile to Pine Grove Ave. and turn right (just past a traffic light). Go 4 or 5 cross streets to Boone Park Ave. The party will be to the left on Boone Park Ave. but the street will be blocked to vehicular traffic. Find parking anywhere nearby. Their phone number is 388-5664. ●



Prez Sez

By Bob Boyd

Vanessa and I returned from Maine just in time to enjoy another beautiful day at the Hog Jog. I am not sure how Steve manages to keep pulling out spectacular weather AND a good time for all the participants but bless him and his great team of volunteers for doing just that. Thanks too to Patti Stewart-Garbrecht, home again from helping residents of the Gulf Coast after Katrina, for hosting the November social. She also arranged to have the Jaguars win that afternoon.

You may be thinking we are out of Strider races for 2005 but it isn't so. Saturday, December 3rd at 1:45 p.m. will see the launch of the inaugural Jingle Bell One Mile Fun Run that immediately precedes the annual Christmas Parade in Green Cove Springs. As with all Strider Fun Runs there is no charge. All the children get complimentary jingle bells. The first one hundred children to register get Santa hats too and you can count on an award for all finishers. More details appear elsewhere in this issue on parking tips and more. Warner Millson is coordinating this Fun Run as well and has done a superb job for the Florida Striders and the community. We are having truly mixed emotions to be losing such a great

Children's Coordinator in 2006 but know it is because he and Lou are moving down to "The Villages" near Lady Lake in central Florida. They have been having more fun than is legally allowed down there so we will just wish them the very best with our thanks for a job done very well indeed.

Vanessa and I have been able to enjoy some mighty fine vacations since we retired back in 1999. Acadia National Park, near Bar Harbor, Maine, has quite simply become our favorite place to spend time together. After five weeks there this Fall, we have decided to spend next June through November up there. We are excited! In the meantime, we are going to enjoy the great weather and our friends hereabouts. We hope to see you all at Robert & Janet Irwin's home for our December social (details on the front page.) They do a beautiful job. The luminaries and block party celebration are truly worth seeing. For those of you I do not get to see in person before the end of the year, thank you for all your good work in promoting a healthy lifestyle on behalf of the Florida Striders, your help, and your company on many a great group run & at our socials. I wish you and yours the very best of holidays and a Merry Christmas. ●

2005-2006 Board of Directors & Key Members

(Board Members marked with an *)

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Board of Directors' Minutes 11/08/2005

The meeting was called to order at 7:00 PM. Directors absent: Gary Hallett, John Powers and Tanys Carere.

Minutes/treasurer's report: The previous meeting minutes were approved as written. The September report (previously emailed to the board) reflected a \$10,000 transfer of funds into a Vystar CD. Frank distributed the October report, which was filed as written. Due to various difficulties dealing with Vystar, the board agreed to have Frank and Warner investigate other banking options.

Race Status Update:

Memorial Day director— A motion was made and passed to have Dave Bokros as next year's race director.

Autumn Fitness financials – Bob distributed the final race budget. Although turnout for the race was slightly less than last year, the combination of increased sponsorship and some savings on the expense side than budgeted contributed toward the total net profit of \$6,554. Frank noted that the "\$1800 pass-through scholarship money" from OPKC was not listed. Bob will

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SUPPORT OUR SPONSORS... THEY SUPPORT OUR SPORT



Orange Park Medical Center

Mike Shado Nissan

269-9400

Run to the Sun

Orange Park Kennel Club



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.



Publix Supermarket Charities

FLORIDA POWERTRAIN & HYDRAULICS, INC.

Run to the Sun 8K & Autumn Fitness 5K

CENTEX HOMES

Run to the Sun 8K



Run to the Sun

Garber Chevrolet



Green Cove Springs, Florida Memorial Day 5K



TANDEM Health Care® of Orange Park

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John Fagan, P.A. 278-6000 Autumn Fitness 5K

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Memorial Day 5K

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Dennis M. Axman CLU, ChFC, AEP, CFP 904-313-2195

Memorial Day 5K

orange park POWER HOUSE INC.

611 Blanding Blvd 1 Mile South of Kingsley 272-2272

Memorial Day 5K

Bicycle Outpost

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



Run to the Sun



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

General Truck

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(904) 396-5831 Autumn Fitness 5K



Ronnies Wings & Oyster Bar Green Cove Springs, Florida

VAC-CON

Memorial Day 5K

Florida Heart Center We Care For Your Heart (904) 269-1664 Haseen Ramezani, MD



Krispy Kreme

Base Training Basics

“There is no substitute for a large aerobic base.” With this pronouncement, Dr. Joe Vigil, sent every runner he ever coached into their new season. Vigil, now 75, lives in Arizona and coaches 2004 US Olympic marathon medallists Deena Kastor. and Meb Keflezighi, both multiple winners of the Gate River Run. Vigil coached over 400 All-Americans at Adams State College, 7-time national cross country champ Pat Porter, and was featured by Sports Illustrated a few years back as THE top cross country coach in American sports history for winning 19 national championships in 27 years.

Vigil, whom I assisted from 1991-1994, believes in two basic biological tenets:

1. Aerobic development is fundamental.
2. Adaptation takes time (and Nature cannot be hurried).

Aerobic development is the missing element in many a runner’s program. In no other facet of running are more physiological changes elicited. One winter morning in Alamosa, CO, as we accompanied about 30 collegians and post-collegians on a 20-mile run, Vigil grilled me (I was his graduate assistant) on the value of the long run.

Here is a list of benefits we agreed a runner derives in no other way:

- A. increased vascularization of the muscle tissue
- B. increased stroke volume, not just of the left ventricle but all heart chambers
- C. improvement in the ejection fraction (the percent of blood in the left ventricle that is pumped into the aorta)
- D. increased mobilization of fats for fuel

Jacksonville Bank Marathon Water Aid Station - Recruiting Water Aid-Station Volunteers

It is getting to be that time of year again when the Jacksonville Bank Marathon and Half Marathon is in need of volunteers on Sunday December 18, 2005 at 645am. Once again, we are recruiting volunteers to work a water aid station on behalf of the Florida Striders Track Club at the 8.5 mile mark. The water aid station is located in front of the Walter Jones Historical Park on Mandarin Road. We will be serving water and PowerAide to the runners.

All volunteers will receive a long-sleeve race t-shirt for their efforts. If you are able to volunteer for this fun event, please let Lillian know what size t-shirt you would like, and she will have the shirts available on race day. She will also be sending out specific information to all volunteers in early December. If you have any questions please let me know. Please RSVP to Lillian Lawless at lawless@bellsouth.net or 292-1399 if you can volunteer. ●

The Wide World of Running By Jay Birmingham

E. increased numbers of mitochondria in each muscle cell with an accompanying increase in aerobic enzymes, aiding recovery

F. increased myoglobin (oxygen storing molecule in muscle cells)

To these, Vigil added my favorite oversight, “Wetting and thinning of the cellular membranes, leading to increased perfusion of gasses and nutrients into the running muscles.”

All the best runners in the world come to the realization that what is lacking is enough volume, Vigil preached. Two factors impede the typical American runner, he believed, the desire for quick results and too much racing. In these pronouncements, Vigil sounds like the late Arthur Lydiard of New Zealand. Lydiard faulted most programs for emphasizing speed work and under-valuing pure endurance.

How can the time-limited Strider apply these principles?

Increase your longest run. Increase your weekly mileage. Replace most speed work with controlled anaerobic threshold runs (an optimal stimulus, not maximal). Be more selective in your races. Pick just a couple races per year to peak for, designing your training toward a crescendo of fitness.

Winter is the time to build your endurance base. Add more mileage as you need to add more clothes. There is no substitute for an aerobic base. See you out there! ●



VANESSA BOYD

“New Balance Jacksonville” Sponsoring All Four Strider Races & Providing a 10% Discount to Members

We are very happy to have New Balance Jacksonville partnering with us to support running and a healthy lifestyle. It is excellent to have them as a resource to not only provide quality running shoes but also the ability to fit them to each runner's individual needs. Did we mention that they also offer a 10% discount to Florida Strider members? Please drop by and see them at 10095 #500 Beach Blvd in Jacksonville or call them at 620-0483. If you bring your old shoes with you it will assist in determining what new shoe is right for you. ●

BOARD OF DIRECTORS MINUTES

Continued from page 2

include this in the official copy. A motion was made and passed to accept the financials with this modification.

Autumn Fitness date – Bob had previously emailed the board a proposal to change the race date from September to mid-January, mainly due to better weather predictability. He had already discussed it with Doug Alred who agreed with the date change and to keeping the race as a Grand Prix event. Mike Ford noted that mid-January would be better for the schools since most running clubs are just getting started in September. Other board members noted that January is cooler, there might not be as much competition with fall and spring sports, and it might draw more participation since it is closer to the River Run. A motion was made and passed unanimously to hold the race the second Saturday, September, 2006 as it has been in the past then begin the new (renamed) race on the second Saturday of January, 2007.

Hog Jog – Steve Bruce announced that the race will be held Saturday Nov. 12th in Van Zant Park and currently there are 84 runners pre-registered. He still needs a few more volunteers.

2006 Budget: Frank distributed the proposed 2006 budget to the board for discussion. On the income side, \$1000 donation from New Balance will be split between the 4 races so the income for each will increase by \$250. Per Tanys, the membership income should be reduced by \$1000 since the boost this year was due to multi-year memberships. The merchandise spread between income and expense is larger this year than in the past (budget has \$600 loss) mainly due to the purchase of more expensive shirts. For the expense side, the mailing cost will be increased slightly due to increased postal rates, the RRCA dues are expected to remain stable, and insurance cost expected to increase 10%, but no major changes. A contingency fund was included in the budget to balance to 0. Frank will make the changes discussed and send the board the final form to be voted on in the December meeting.

Social Status: The club lost money on the dinner social mainly due to hall rental. A possible new location is Goombahs. The dinner socials should be cost neutral to the club. The November social is Sunday at Patti's house. The December social will be at the Irvin's on the 18th.

Open Forum: Lil is looking for volunteers for her water stop at the Jacksonville marathon. Warner hopes to have flyers out this week and a map on the website for the fun run before the Christmas parade on Dec. 3rd in Green Cove Springs. The Tuesday night run from 1st Place Sports in OP should be taken off the website per John Metzgar. Mike noted that the Clay County school health fair was very successful. The Strider banner should be brought to the parade in GCS. Lil noted that flyers are needed for the new runner program.

The next meeting will be Tuesday, December 13 at the Orange Park Library.

The meeting was adjourned at 8:20 PM. ●

Respectfully submitted,

Karin Glenn

Tidbits of Interest

A BIG THANK YOU

Many thanks to Dotti Cahill for her very generous wine donation to the club for the October Dinner Social.

HOLIDAY GIFT IDEA

Jay Birmingham's 2004 novel, *Olympic Hopefuls*, is available for \$12.00 to Striders. Contact jaygreat-heart@aol.com

A NEW ARRIVAL

Congratulations to Karin and Robert Glenn! They had their first baby, November 23. Robert the IV weighing 6 pds. 1 oz. Both mom and baby were reported to be doing fine.

RUNNING GOAL ACHIEVED

Trish Kabus is a new member of the 50 States and DC Marathon Club. Her trip to Marine Corp in October was her 10 state, which enabled her to join their club.

RE-NEW STRIDER TRADITION

Strider Member, Dan Cole, ran the 30th Anniversary Marine Corp Marathon on October 30th. This was his 14th time running this marathon. He would like to announce next year that everyone should meet at the Netherlands Bell Tower. It used to be a Strider tradition but it appears that the tradition has disappeared. He will be running the race again next year, #15. Then he believes after that he will run some other races he has wanted to run.

INJURY UPDATE

After a 16-week layoff due to a hip injury, Jay Birmingham is running again. In a 47-year career, covering over 150,000 miles, it was the first time he had missed more than three weeks.

MORE STRIDER DISCOUNTS

Members can enjoy a 10% merchandise discount from 1st Place Sports, with 3 locations in Baymeadows, Jacksonville Beach and Orange Park.

NEW RUN TO THE SUN EMAIL ADDRESS

Matt Ross, the Race Director for Run to the Sun has a new email to use in conjunction with race correspondence. It is mattrossrsts06@bellsouth.net.

Please send any Tidbits of Interest, you would like to share with us to StideRightEdit@aol.com.



METZGAR

Continued from page 2

claimed by eleven year old Daniel Dunn with a time of 21:48. Third place went to eleven year old MaryAnn Brown with a time of 22:28. Very impressive running from the younger female runners!

Bill Dunn and Celita Ricks won the Masters division with impressive showings. Frank Frazier and Diane Jacobs claimed the Grand Master titles.

It was very impressive to see that there were six finishers in the 70 and older age groups. We continue to see participation in these age groups growing. It was good to see that there were over 30 finishers in the younger than 20 age groups. The one mile Fun Run was well attended. Parents should be commended for making it possible for these children to be exposed to running.

Former Orange Park resident and active Strider Robert Shields was plan-

ning to make the journey from North Carolina to run the race and catch up with his Florida Strider friends. Robert was unable to make the race because his mother passed away earlier in the week. We extend our condolences to Robert and hope to see him at Strider race in the near future.

A special thanks to the Bicycle Outpost for their support of the event. This is great company to do business with. I purchased a bicycle for my daughter from them last year and



Hog Jog 5K Crosscountry Lake Asbury, FL, November 12, 2005

Overall Place	Class Place	Name	Age	Time
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Overall Male

1	1	John Metzgar	43	16:19
2	2	Justin Jacobs	22	16:30
3	3	Frank Sutman	46	18:54

Overall Female

12	1	Sara Riley	37	21:45
14	2	Danielle Dunn	10	21:48
19	3	MaryAnn Brown	11	22:28

Male Masters

5	1	Bill Dunn	47	19:00
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Female Masters

23	1	Celita Ricks	41	22:58
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Male Grandmasters

20	1	Frank Frazier	63	22:36
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Female Grandmasters

33	1	Diane Jacobs	51	24:34
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Age Groups

10 and under Male

9	1	Andrew Smith	10	21:05
35	2	Brandon McCullough	8	25:06
49	3	Nathan Shoaf	8	26:33
50	4	Johnathan Mejia	10	26:45
88	5	Matt Justice-Steinman	10	34:05

96	6	Greg Castelli	10	35:10
102	7	Cody Wolfenbarger	7	37:09

11-14 Male

8	1	Bobby Reynolds	13	21:03
24	2	Jacob Witt	11	23:09
43	3	Cody Helms	12	25:55
65	4	Derek Valle	11	29:30
66	5	Zach Allen	11	29:38
75	6	Matthew Tison	11	30:23
80	7	Chris Komatz	12	32:55
95	8	Evan Flatley	11	35:04
99	9	Thomas Nathan Helms	14	36:40

15-19 Male

4	1	Joshua Cruz	18	18:59
7	2	Kai Blakley	16	20:32
31	3	Daniel Lee	15	24:20

20-24 Male

17	1	Asher Lohman	23	22:22
69	2	Ryan Hall	24	29:46

25-29 Male

6	1	Orestes Gutierrez	29	20:00
32	2	Michael Myers	28	24:27

30-34 Male

22	1	Joe Broome	33	22:40
118	2	Anthony Wallace	30	41:15

35-39 Male

10	1	Scott Olivolo	37	21:18
16	2	Mike Mineo	35	22:18
36	3	Brad Shepherd	39	25:07
40	4	Eric Bush	37	25:52

46	5	Nick Berryman	36	26:20
70	6	Michael Lee	39	30:06
72	7	Jay Blakley	36	30:19

40-44 Male

11	1	Keith Poythress	42	21:43
13	2	Steve Settle	44	21:45
18	3	John Pennypacker	40	22:25
29	4	Tom Wheeler	44	24:11
74	5	Carey Caile	41	30:21
83	6	William Arras	42	33:19
119	7	Stephen McClung	42	42:02

45-49 Male

15	1	Randy Arend	45	21:58
34	2	James Kellogg	48	24:50
45	3	Mark Forbes	45	26:15
51	4	Albert Cardenas	45	26:50
68	5	Bob Hall	47	29:44
71	6	Pico Torres	45	30:08
116	7	Dennis Pries	48	40:37

50-54 Male

28	1	Lewis Buzzell	54	24:07
38	2	Greg Lohman	51	25:36
57	3	JD Smith	52	28:15
91	4	Jeff Hill	50	34:32

55-59 Male

48	1	Joe Butler	58	26:28
53	2	Glenn Hanna	55	27:23

60-64 Male

30	1	Robert Turner	61	24:14
42	2	John Gauer	62	25:54
64	3	Freddy Fillingham	64	29:26

received good service, a quality product, and support after the sale. Bicycle Outpost is now offering to come to you when your bike needs service with their mobile repair and tune up service. ●



Thank you to all the volunteers!

- John Aimone
- Ken Bendy
- Marie Bendy
- Bob Boyd
- Vanessa Boyd
- Trish Kabus
- Lillian Lawless
- Dick Miller
- Elke Miller
- Jeff Nelson
- Isabel Torres-Padin
- Maria Padin
- Matt Ross
- Marge Ruebush
- JD Smith
- Kent Smith
- Frank Sutman

65-69 Male

67	1	David Unsicker	65	29:42
73	2	Gordon Slater	66	30:20
84	3	Charles Desrosier	69	33:38
100	4	Ron Komatz	67	36:42

70-74 Male

82	1	Al Saffer	71	33:12
89	2	Harry Milliron	73	34:17
93	3	Norm Thomas	73	34:56

75-79 Male

No finishers

80 and over Male

121	1	Chuck Ellis	83	42:40
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Overall Class Name Age Time
Place Place

10 and under Female

85	1	Aimee Chevalier	10	33:46
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11-14 Female

21	1	Chelsea Metzgar	14	22:37
25	2	Nicolette Martarana	12	23:38
37	3	Katherine Midgett	13	25:09
44	4	Alexandra Midgett	11	26:06
60	5	Jordan Long	14	28:34
61	6	Christina Tellus	14	28:40
97	7	Emily Brannan	11	35:21
98	8	Jennifer Johnson	13	35:36
112	9	Crystal Dye	11	39:44

15-19 Female

26	1	Caitlin Murphey	16	23:52
27	2	Elizabeth Moczynski	16	23:57

63	3	Sabrina Tuttle	18	29:19
109	4	Stefanie Pries	17	39:37

20-24 Female

78	1	Jesselley Ramirez	21	32:00
92	2	Melanie Jones	22	34:46

25-29 Female

106	1	Allison Hall	26	39:18
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30-34 Female

41	1	Roberta Tomlinson	32	25:54
54	2	Leah Olivolo	34	27:32
58	3	Kim Pierce	34	28:16
81	4	Gretchen Jackson	34	33:03
101	5	Lisa Myers	33	37:04
109	6	Sue Kirkland	34	39:37
117	7	Julia Wallace	32	41:14

35-39 Female

90	1	Gayla Poythress	38	34:30
94	2	Bernita Bush	39	34:57
110	3	Gigi Gonzales	39	39:40
111	4	Cathy McCrary	37	39:40

40-44 Female

52	1	Shel Berger	41	27:01
55	2	Jeanie Wilson	40	27:59
62	3	Cathy Settle	43	28:49
79	4	Tina Zarkis	42	32:28
103	5	Linda Wolfenbarger	42	37:10
104	6	Vickie Wilkinson	41	37:41
105	7	Sharon Hill	44	39:15
115	8	Barbara Castell	41	40:30
120	9	Trish Kabus	40	42:03
123	10	Tina Childs	42	43:30

45-49 Female

39	1	Linda Cordes	46	25:50
47	2	Debbie Adams	48	26:23
56	3	Bonita Golden	49	28:00
59	4	Marilyn Forbes	45	28:20
87	5	Kim Anthony	45	33:51
113	6	Carol Westerman	47	39:52

50-54 Female

107	1	Kay Manley	53	39:30
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55-59 Female

76	1	Carol Palmer	55	31:00
77	2	Winney Yaun	59	31:40
86	3	Dotti Cahill	55	33:50

60-64 Female

No finishers

65-69 Female

No finishers

70-74 Female

No finishers

75-79 Female

114	1	Diane Aimone	76	40:17
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80 and over Female

122	1	Gloria Laws	80	43:12
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For complete collection of color pictures, please go to www.floridastriders.com

Anniversary Celebration 2005

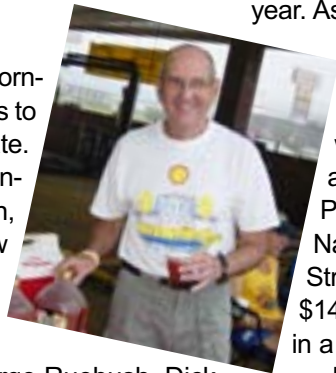
by Jenny Allen

The 27th anniversary of our Sunday morning run from Sun Tire was a success thanks to all of you who came out to help us celebrate. Concerned about the turnout since our attendance on Sunday morning has been down, I was happy to see so many of you show up. I especially want to thank Lillian Lawless for e-mailing reminders to all our members.

Our volunteer team, consisting of Marge Ruebush, Dick and Elke Miller, Lori Scarlett and Richard Allen, did a wonderful job organizing, setting up, and serving the champagne, coffee, and various delicious goodies. Patt McEvers donated twenty dollars to cover the cost of all the fruit juices which she has done for many years. Also, Jane Manion donated an additional two bottles of champagne to add to the supply. Ken Bendy, our emcee for the morning, made his world renowned Bloody Marys and Marge had the big job of cutting up all that fruit for the fruit salad. Her salad is always a big hit. Dick and Richard did their usual good job of handling the tables and chairs. I can't thank you all enough for all your help.

The food was great as usual and the camaraderie among friends was even better. If you weren't here, you missed out on a good opportunity to catch up with your friends. (And we missed out on a good opportunity to catch up with you.) My apologies to John Tenbroeck for picking the only Sunday in October that he could not attend. John furnished me with dates of races and activities for the month of October so I could choose the best day for our celebration. I happened to choose the day he was running the Chicago Marathon.

This year we found \$116.09, down only \$3.23 from last



year. As you know, this money is what funds the anniversary celebration. The fastest Strider couple in our club was also the top "money-finding" couple for this year. John Metzgar, who found a twenty dollar bill, and Denise, who found a five dollar bill, prove that you can be fast and still find the money. One dollar bills were found by: Patt McEvers; Jenny Allen (2); Frank Frazier; John Nalley; Susan Greene and Marie Bendy. Our Tar Heel Strider, Robert Shields, mailed four checks totaling \$14.25 and our "Running Democrat" anonymously turned in a piggy bank (What the IR\$ Mi\$\$ed) containing \$7.00.

Below I am including some interesting facts about those little pennies that make up a good portion of our funds. There are at least 130 billion pennies out there so lets start rounding them up for next year's 28th anniversary. Hope to see you there.

Until then, happy, healthy running and keep those pennies rolling in. ●



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My apologies to John Tenbroeck for picking the only Sunday in October that he could not attend. John furnished me with dates of races and activities for the month of October so I could choose the best day for our celebration. I happened to choose the day he was running the Chicago Marathon.

This year we found \$116.09, down only \$3.23 from last



Little Known Facts About Pennies

- The U.S. 1-cent coin is 19 millimeters in diameter and weighs 2.5 grams
- The penny is 97.5 percent zinc and 2.5 percent copper.
- There have been 11 different designs featured on the penny.
- The U.S. Mint produces more than 13 billion pennies annually.
- There are more than 130 billion 1-cent coins in circulation.
- Since its beginning, the U.S. Mint has produced more than 288.7 billion pennies. Lined up edge to edge, these pennies would circle the Earth 137 times.
- The average penny lasts 25 years.
- The most "expensive" penny is a rare one minted in 1793. Only four are known to exist today, and their worth is estimated at more than \$275,000.
- An average of 1,040 pennies are produced every second, adding up to 30 million a day.
- During its early penny-making years, the U.S. Mint was so short on copper that it accepted copper utensils, nails and scrap from the public to melt down for the coins.
- The Lincoln penny was the first U.S. coin to feature a historic figure. President Abraham Lincoln has been on the penny since 1909, the 100th anniversary of his birth.
- The Lincoln penny was the first cent on which appeared the words "In God We Trust".
- More than two-thirds of all coins produced by the U.S. Mint are pennies.



Source: *Americans for Common Cents*

Bob Boyd, Florida Striders' President, is currently coaching a class for new runners. Here are a few tips that he will share with them.

A Few Running Tips

by Bob Boyd

Whatever the distance you are about to undertake, let me share a few tips to make your race faster and more enjoyable. First, do not skip the warm-up! The shorter the race, and the faster you plan to run, the longer the warm-up should be. Warm muscles work better and get injured less so plan at least ten minutes for an easy jog and then a light stretch before the event. In a perfect world you would also do some strides, short accelerations to race pace of fifty to 100 yards just before the event. When the gun goes off your real challenge is to pace yourself so that the last half of your event is faster than the first. This will keep you from burning out, physically and mentally, in the early part and also leave you passing tons of folks in the second half who did not follow this advice. Passing is good. Being passed is just plain depressing. Run smart. ●

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+ 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

Striders at the Races

RACE RESULTS

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

EVERGREEN PUMPKIN RUN			George Hoskins	1:31:20		Sung Ho Choi	38:56	1st A/G
10 MILE			Augie Leone	1:32:57	3rd A/G	Bruce Holmes	40:10	2nd A/G
Jacksonville			Claudia French	1:33:21		Bernie Candy	40:35	3rd A/G
October 30, 2005			Roxanne Slater	1:34:54		Denise Metzgar	41:05	1st A/G
John Metzgar	54:18		Kent Smith	1:35:51		Steven Beard	41:35	1st A/G
		Masters Male	Paulette Butler	1:35:54		Patrick Gaughan	41:38	
Anthony Truitt	1:00:06	1st A/G	John Aimone	1:38:05		Paul Geiger	42:10	2nd A/G
Bill Dunn	1:02:46	3rd A/G	Gordon Slater	1:39:12	2nd A/G	Bradd Littleton	44:25	
Michael Strout	1:06:13		Margaret Tyburski	1:40:02		Robert Walker	44:28	3rd A/G
Bruce Holmes	1:07:01	1st A/G	Patricia Czarnock1	1:40:46		Mark Woods	44:40	
Denise Metzgar	1:07:22	1st A/G	Alan Phillips	1:44:17		Wendy Patterson	44:40	
John Dunsford	1:07:50		Al Saffer	1:55:52		Keith Poythress	44:45	
Stephen Beard	1:08:24	1st A/G	Norm Thomas	2:05:01		Frank Frazier	45:14	2nd A/G
Paul Geiger	1:08:32	2nd A/G				Raymond Ramos	45:58	
Terry Sikes	1:08:33		EVERGREEN PUMPKIN RUN 5K			Bonnie Brooks	46:00	
Del Conner	1:11:03	3rd A/G	Keith Poythress	21:40	1st A/G	John DeAntonis	46:01	3rd A/G
Steve O'Brien	1:12:25		Randy Arend	22:54		Kathy Murray	46:07	
Sung Ho Choi	1:13:02		David Ferman	23:52		Celita Ricks	46:42	
Gary Hallett	1:13:34		Nancy Harms	24:23		Kim Crist	46:20	
Steve Edgell	1:13:44		Craig Harms	24:24	1st A/G	Stephanie Griffith	47:34	2nd A/G
Wendy Patterson	1:14:12		Len Ferman	24:51		Bob Kennedy	48:59	
Mark Woods	1:14:12		Lewis Buzzell	25:59	3rd A/G	Kellie Howard	49:16	3rd A/G
Frank Frazier	1:15:40	1st A/G	Ben Holland	26:12	1st A/G	Danny Weaver	49:18	
Bonnie Brooks	1:16:12		Scott Arend	28:16		Matt Ross	49:21	1st A/G
Celita Ricks	1:16:25		Leo Sheckells	28:16	1st A/G	David Kelley	49:32	
Hernando DeSoto	1:16:32	PR	Sandra Shines	32:47		Denise Dailey	49:37	
Keith Holland	1:17:24		Gayla Poythress	34:33	PR	Dennis Lee	49:49	
Danny Suber	1:17:25		Diane Aimone	39:45	1st A/G	George Hoskins	49:59	
Kathy Murray	1:17:39		Joe Connolly	43:23	1st A/G	Diane Jacobs		50:00
Elfrieda Wyner	1:19:01	1st A/G				Harry Edwards	51:05	
Stephanie Griffith	1:19:09	1st A/G	MARINE CORPS MARATHON			Susan Harms	51:17	
Everett Crum	1:21:21	1st A/G	Washington, DC			Nancy Harms	51:24	1st A/G
Matt Ross	1:21:40	1st A/G	October 30, 2005			Craig Harms	51:35	
Steve Bruce	1:21:41		Dan Cole	3:40:47		Charles Mann	52:06	
Diane Jacobs	1:22:01	2nd A/G	Barbar Whitter`	4:49:20	PR	Tom Zicafoose`	52:45	
Danny Weaver	1:22:11		Jd Smith	4:52:25		Melinda Terry	52:56	
Denise Dailey	1:22:25		Trish Kabus	6:37:35		John Gauer	54:08	
David Kelley	1:22:30					Paulette Butler	54:37	
David Rigdon	1:22:43		NATIVE SUN MANDARIN 10K			Kim Ball	54:45	
Kellie Howard	1:22:49		Mandarin Park			Ben Holland	55:09	
Ken Wilson	1:24:15		November 5, 2005			Kevin Terry	55:33	
Steve Lucie	1:24:30		John Metzgar		33:33	Claudia French	55:39	
Harry Edwards	1:24:31	3rd A/G			3rd Overall Male	Ed Kelly	57:02	
Kwan Supapan McCall	1:28:08	3rd A/G	Justin Jacobs	34:20	1st A/G	Kent Smith	59:02	
John Gauer	1:28:18		Anthony Truitt	36:43	1st A/G	John Aimone	59:17	1st A/G
Bradley Shepard	1:29:21		Bill Dunn	38:05	2nd A/G	Freddy Fillingham	1:01:40	
Melinda Terry	1:29:50		Page Ramezani	38:16	1st A/G	Paul Kelley	1:01:56	
Kevin Terry	1:30:54					Gordon Slater	1:03:12	

Cathy Reidy 1:08:02
 Sandra Shines 1:08:51
 Al Saffer 1:09:55 2nd A/G
 Michelle Ramos 11:27
 Norman Thomas 1:11:58 3rd A/G
 Herb Cochley 1:18:13
 Diane Aimone 1:27:25 1st A/G

KLIF4KIDS 5K
Jax Beach
November 5, 2005

Len Ferman 18:22
 1st Overall Male
 David Ferman 22:27 1st A/G
 Kent Smith 27:59 1st A/G
 Trish Kabus 39:14

ING NYC MARATHON
New York City
November 6, 2005

Cynthia Lyons 3:37:49
 Gary Hallett 3:45:46
 John TenBroeck 7:00:38

NEWMAN'S LAKE 15K
Gainesville,
November 12, 2005

Patrick Gaughan 1:04:12 1st A/G
 Bonnie Brooks 1:11:32 2nd A/G
 Kathy Murray 1:11:34

KNIGHTS OF COLUMBUS 5K
Westerly, RI
November 13 2003

Tom Sullivan 28:21 3rd A/G

RITA CASH 5K
Metropolitan Park, Jax
November 19, 2005

John Metzgar 15:59 3rd O/A Male
 Justin Jacobs 16:10 1st A/G
 Bernie Candy 19:38 1st A/G
 Keith Poythress 20:40
 Wendy Patterson 20:51 2nd A/G
 Robert Walker 21:21 3rd A/G
 Kayla Vinson 22:02 3rd A/G
 Earl Vinson 24:54
 Barbara Whitter 25:57
 Ken Bendy 26:13 1st A/G
 Marie Bendy 27:00 1st A/G
 Freddy Fillingham 28:17 3rd A/G
 Leo Sheckells 29:24 2nd A/G
 Al Saffer 32:32 1st A/G
 Sandra Shines 32:37
 Gayla Poythress 33:30
 Patt McEvers 33:42 1st A/G

Joe Connolly 41:18 2nd A/G
 Charles Desrosier ATRHT** 3rd A/G

**Ashamed To Report His Time

PAUL DEBRUYN 30K
Ormond Beach
November 19, 2005

Bill Dunn 2:06:33 1st A/G
 Terry Sikes 2:13:32 3rd A/G
 John Dunsford 2:17:20
 Rexx Weir 2:17:50
 John DeAntonis 2:35:47 1st A/G
 Kim Crist 2:38:38 1st A/G
 Celita Ricks 2:37:40 1st A/G
 Matt Ross 2:43:52 1st A/G
 John Bowsman 2:54:17 3rd A/G
 Roxanne Slater 2:59:15
 Dennis Lee 3:25:14

PAUL DEBRUYN 15K
Ormond Beach
November 19, 2005

Patrick Gaughan 1:05:46 1st A/G
 Doug Tillett 1:11:05
 Kathy Murray 1:12:19 1st A/G
 Kent Smith 1:29:58
 Margaret Tyburski 1:36:43
 Trish Kabus 2:05:20

OUTBACK DISTANCE CLASSIC
HALF MARATHON
November 24, 2005*

John Metzgar 1:12:42
 3rd Overall Male
 Justin Jacobs 1:13:07 1st A/G
 Anthony Truitt 1:21:06 2nd A/G
 Page Ramezani 1:23:46 1st A/G
 Bill Dunn 1:24:06
 Sung Ho Choi 1:26:14 PR
 Bruce Holmes 1:27:11 2nd A/G
 Denise Metzgar 1:29:25 2nd A/G
 Steven Beard 1:30:56 2nd A/G
 Bernie Candy 1:31:21 3rd A/G
 Paul Geiger 1:32:56
 Terry Sikes 1:35:55
 Mark Woods 1:36:02
 Wendy Patterson 1:36:03
 Regina Taylor 1:36:26
 Steve O'Brien 1:38:07
 Del Conner 1:38:09
 Keith Poythress 1:39:02
 Greg Morales 1:40:23
 Frank Frazier 1:40:28 3rd A/G
 Hernando DeSoto 1:40:54
 Celita Ricks 1:41:18
 Kathy Murray 1:42:15
 John DeAntonis 1:42:15

Stephanie Griffith 1:43:31 2nd A/G
 Bradd Littleton 1:43:45
 Danny Cole 1:44:12
 Robert Cox 1:44:20
 Kim Hoyt 1:44:21
 Regina Sooley 1:44:44
 Raymond Ramos 1:44:58
 Danny Suber 1:45:11
 Keith Holland 1:45:16
 Elfrieda Wyner 1:46:13 1st A/G
 Robert Walker 1:47:45
 1st Half Marathon
 Gary Hallett 1:49:01
 Christopher Hallett 1:49:01
 Charlie Mann 1:49:11
 Teresa Hankel 1:49:52
 David Kelley 1:49:54
 Danny Weaver 1:49:57
 Bob Kennedy 1:49:56
 Craig Harms 1:50:08
 Matt Ross 1:51:41 2nd A/G
 Dan Ovshak 1:51:46
 Steve Bruce 1:52:02
 Diane Jacobs 1:53:10
 Kim Ball 1:53:58
 Steve Lucie 1:53:40
 Jack Hayes 1:54:48 3rd A/G
 Ken Wilson 1:54:53
 Kellie Howard 1:55:46
 Sandy Rosenberg 1:56:04
 Joe Broome 1:56:46
 Cynthia Maerz 1:56:57
 Richard Horton 1:57:40
 Bradley Shepard 1:59:29
 Harry Edwards 1:59:45
 Kwan Supapan McCall 1:59:51
 Melinda Terry 2:00:05
 Julie Morales 2:??:??
 Roberta Tomlinson 2:00:41
 Barbara Whitter 2:00:47 PR
 George Hoskins 2:02:05
 Kevin Terry 2:03:59
 Claudia French 2:04:08
 Joe Sova 2:07:36
 Scott Grimm 2:08:05
 Leslie Doucette 2:08:26
 Julie Runnefeldt 2:10:01
 Kelly Komatz 2:10:48
 Dennis Lee 2:10:56
 Kent Smith 2:14:04
 Marie Bendy 2:15:15
 Ed Kelly 2:15:31
 John Aimone 2:18:17 2nd A/G
 Pat Noonan 2:18:28
 Bobby Green 2:22:49
 Tom Sullivan 2:23:20
 Ken Bendy 2:24:40
 Bill Zipperer 2:25:53

Susan Gostage	2:31:09	Jay Birmingham	33:09	
Stan Scarlett	2:34:46	Jeanie Wilson	32:28	
Al Saffer	2:36:41	Vicki Choinski	36:40	
Al Phillips	2:42:46	Annalee McPhilomy	37:19	
Norman Thomas	2:48:18	Sandra Shines	37:25	
Michelle Ramos	2:48:36	Charles Desrosier	37:00	1st A/G
Trish Kabus	2:55:11	Patt McEvers	37:47	1st A/G
Paulette Butler	3:00:06	Ginger French	39:58	
		Burness Morris	40:09	
		Kris Komatz	42:01	
		Diane Aimone	44:34	1st A/G
		Joe Connolly	46:21	2nd A/G
		George Obi	47:57	3rd A/G
		Kate Stanley	48:28	
		Susan Stanley	48:44	
		Josh Stanley	51:10	
		Dick Miller	57:50	

* Updated from the printed version of the December StrideRight!

**OUTBACK DISTANCE CLASSIC 6K
November 24, 2005***

Jeremy Ferman	24:31	
David Ferman	24:52	
Len Ferman	25:01	
Gary Gills	25:43	
David Stanley	26:43	
Nancy Harms	27:32	
Sharon Lucie	27:59	1st A/G
Susan Harms	28:29	
Bryan Doucette	31:34	
Freddy Fillingham	32:18	3rd A/G

* Updated from the printed version of the December StrideRight!

Social Opportunities!

Our Social Coordinator, Kent Smith, is looking for people to open their homes to the Striders for our monthly social gatherings. He is in need for hosts for the entire year. The January Social is fast approaching, please volunteer soon!
Contact Kent at 284-6634 or Kent1273@comcast.net.



15-K Training Programs Revised

Hal Higdon, a Contributing Editor for *Runner's World* and member of the Florida Striders, recently has revised his online training programs for the 15-K. Hal's programs for Novice, Intermediate and Advanced runners are available free on hal-higdon.com, or you can purchase an InterActive version where he sends you daily emails telling you what to run and offering tips and advice.

The main difference between the new 15-K programs and the previous ones, explains Hal, is that they have been expanded from 8 to 10 weeks. That means if you are training for the Gate River Run, you would begin

his program on Monday, January 2, the 10-week period ending the week of the Gate River Run on Saturday, March 11.

If you do decide to purchase an InterActive program, you can obtain a discount off the regular price courtesy Doug Alred of First Place Sports. Go first to www.halhigdon.com and look for links to InterActive Training. On the screen where you are asked to pay, insert the coupon code 1stPlace. Click next on "Update Price," and it will do just that. Hal also offers training programs for many other distances from the 5-K to the marathon. Good luck with your training. ●

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.

Florida Striders Track Club of Orange Park, FL History

Part 3 of a Series

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

Under the stewardship of newsletter editor, Glenn Becker, the StrideRight was named the Southern Region's best newsletter in 1987 and went on to earn the RRCA's Best Small Club Newsletter for 1987. The Newsletter continues to be a top contender for RRCA Journalism Awards and has been edited by Bob Boyd for the last three years but has transitioned over to a new Editor, Trish Kabus.

In 1984, we were asked by the city of Green Cove Springs to conduct a 5K race to help celebrate the Memorial Day Festival. The race was called the Shipshape 5000 and was sponsored by a local bank. It's now called the Memorial Day 5K and features one of the most scenic, historic courses in Florida. The race draws nearly 500 runners.

Our most "fun" event was the Hog Jog 5K cross-country event that was held in conjunction the Ham Jam Festival, a qualifying round for the National BBQ Cook-off. The course director's map read something like this:

start at the turkey pen gate, follow the cow-path to the junk cars, cross the grass airfield and follow the dirt lane to the hard road. Take it to the end and follow the dirt road to the left, turn at the end (watch out for the dogs)! Reverse course and turn left at the barn/hangar with the sign "Redneck Airlines." The finish line is at the two trees just past the barn! We usually had about 300 runners and walkers. The awards were always some form of a pig. The race lasted for about ten years as part of the Ham Jam, but was reborn at Ronnie Van Zant Park near Lake Asbury, and is a wonderful cross country 5K held the 1st Saturday each November (except 2005, where it will be held 11/12/2005 due to a schedule conflict.)

Like most clubs, we've had our peaks and valleys. A

Our club is excited about the opportunity to further promote running and fitness in our children.

number of years ago we had lost all of our race sponsors, membership had dropped to less than 200 and club interest was waning. We were one newsletter payment away from bankruptcy! Fortunately, with the leadership of Walley Lastinger and some hard work by a lot of people, we recovered. We owe a great deal of this to Dr. Russ Pratt and the support of many of his friends in the medical profession and in a short time had all of our races sponsored. The club remains in good financial shape.

Our members cover the full spectrum of runners, walkers, serious competitors and some that just join to work our events or socialize! We participate in everything from fun runs to ultra marathons. LeAnne Shannon, a world class Paralympic and Olympic wheelchair athlete has been a member of our club since she was 8 years old.

Bob Boyd, our current president, heads the list of twenty-one presidents who, along with so many members, past and present have contributed their all to make the Florida Striders Track Club a community icon in running and physical fitness. We are hard at work on the Sun Tire Run to the Sun 8K to be held April 16, 2005. We invite you to participate in the race or join us for a run if you are in the Orange Park/Jacksonville area!

The Striders membership is doing well, with some 450 family and single memberships at present, representing about 800 members in total, and growing. We have renewed our focus on promoting children's running and now offer prize money to area elementary schools based on participation in the Fun Runs totaling \$6000 in 2005. The money is used to continue and expand their school run/walk and fitness programs. We also provide direct financial support to several schools' Run/Walk programs. We are also pleased to provide college scholarships to area high school seniors. Our work in the community was most recently acknowledged by a Reinhold Foundation Grant earlier in both 2004 and 2005. The club is excited about the opportunity to further promote running and fitness in our children. Obesity and its related health problems have reduced the life span of our children's generation to less than our own. We believe we can make a very positive impact on that problem in our area. The current Florida Striders President is Bob Boyd, 272-1770. We welcome your membership, sponsorship, and support as we continue to work on improving health, fitness, and fun in our community. ●

NEW MEMBERS

Joseph Broome
Barbara Castelli
Tina Childs
Lowell Cornatzer
Pamela Gornick

RENEWING MEMBERS

Jay Birmingham
Joe Blewett
Chuck & Kacee Bryner
Harold & Yvette Dubon
Gretchen Ehlinger
Margaret (Peggy) Haddle
Ed Kelly

Kelly, Peter, Chris &
Andrew Komatz

Tony Nading
Scott Olivolo
William Tomlinson
Kathy King & Anthony Truitt
Earl, Connie & Kaya Vinson
Elfrieda & Norm Wyner

MULTI-YEAR RENEWALS

Stephanie & Chuck Griffith
James Parks
Tom Sullivan
Kwan Supapan
Dave Butler

December 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
Dec 3	OUC Half Marathon & 5K	7:30 a.m. 7:40 a.m.	Lake Eola Park Orlando	(407) 423-2476
Dec 3	Ed Root 10K	9:00 a.m.	Flagler Ave. & Pine St. New Smyrna Beach	(386) 424-2175 New Smyrna Beach Rec. Dept.
Dec 3	Reindeer Run 1.5 Miles	9:55 a.m.	St. Augustine	(904) 825-5055 x 1029 Ancient City Road Runners
Dec 4	Festival of Lights	6 p.m.	Baptist Eye Institute San Marco & I-95 Jax	(904) 739-1917 RITA Foundation First Place Sports
Dec 4	World Aids Marathon and 5K	8:00 a.m.	Hawthorne to Gainesville	(352) 833-3711x225 Richardbpc@aol.com Richard M Brodsky Foundation
Dec 10	Reindeer Run 5/10K	8:30 a.m.	Ft. Clinch Entrance 2601 Atlantic Ave. Fernandina Beach	(904) 491-0369 Amelia Island Runners
Dec 10	The Last Gasp 5K Cross Country RRCA State Championship <small>Distance Change from 5 mi. to 5K</small>	2 p.m.	Jacksonville University Jax	(904) 725-9308 ConsultJTB@aol.com Jacksonville Track Club
Dec 17	Stonewood Holiday Classic 5K	8:30 a.m.	Stonewood Grill & Tavern 100 S. Atlantic Ave. Ormond Beach	(386) 238-3912 ziehmer@bestnetpc.com Daytona Beach Track Club
Dec 18	Jacksonville Bank Marathon/Half Marathon	7:00 a.m.	Bolles School 7400 San Jose Blvd. Jax	(904) 739-1917 Expanded Race Info 1st Place Sports
April 15, 2006	Run to the Sun 8K	8:00 a.m.	Orange Park Kennel Club Orange Park	(904) 268-8392 mattrossrtrts06@bellsouth.net Florida Striders Track Club

MILE MARKER MUSINGS By Robert Glenn



Konnichiwa from Nippon, this month's column is coming to you from the southern outskirts of Tokyo; but once again thanks to the efforts of **Ken Bendy**, **Al Saffer**, and **Trish Kabus**, a mere 7912 miles is not a barrier to your timely Strider tidbits and happenings. Enough with the local interest and random musings you say, very well, on to the race results.

The Evergreen Pumpkin Run 10 Miler was held in Jacksonville on the 30th of October. **John Metzgar** was our fastest Strider and the Masters Male champ with a 54:18. Our fastest female Strider was **Denise Metzgar**, who won her age group with a 1:07. Age group winners included **Anthony Truitt**, **Bruce Holmes**, **Stephen Beard**, **Frank Frazier**, **Elfrieda Wyner**, **Stephanie Griffith**, **Everett Crum**, and **Matt Ross**. Our age group sweeps continued with **Stephen Beard**, **Paul Geiger**, and **Del Conner** swept the men's 50-54 age group. Giddy up! **Keith Poythress** was our fastest male Strider while **Nancy Harms** was our fastest female. **Craig Harms**, **Ben Holland**, **Leo Sheckells**, **Diane Aimone**, and **Joe Connolly** won their age groups.

The Native Sun Mandarin 10K was held on the 5th of November. We had over 60 Striders run the race, a good showing by any measure. **John Metzgar** was our fastest Strider with a 33:33 and placed 3rd overall for men. **Denise Metzgar** was our fastest female Strider with a 41:05 which earned her 1st in her age group. Striders that ruled their age group roost included **Justin Jacobs**, **Anthony Truitt**, **Page Ramezani**, **Steven Beard**, **Matt Ross**, **Nancy Harms**, **John Aimone**, and **Diane Aimone**. The Striders captured the top 4 spots in the 55-59 men's age group with stellar performances turned in by **Page Ramezani**, **Bruce Holmes**, **Bernie Candy**, and **Patrick Gaughan**.

The **KLIF4KIDS 5K** (your guess is as good as mine, probably better in fact) was held on Jax Beach on the 5th of November. **Len Ferman** was our fastest Strider and the overall male winner with an 18:22. **Trish Kabus** (our tireless editor) found time to be our fastest female Strider with

a 39:14. **David Ferman** and **Kent Smith** won their age groups.

Our very own **Hog Jog 5K Cross Country Race** was held in Clay County on the 12th of November. **John Metzgar** was the winner and fastest male Strider with a 16:19.

MaryAnn Brown was our fastest female Strider and the third overall female with a PR of 22:28, all this at 11 years old. **Justin Jacobs** and **Frank Sutman** were 2nd and 3rd in the overall men's competition. **Bill Dunn** and **Celita Ricks** were the male and female Masters Champions. **Frank Frazier** and **Diane Jacobs** were the male and female Grandmasters Champions. Striders that showed our nuclear yellow colors in winning their age groups included **Randy Arend**, **Diane Aimone**, **Keith Poythress**, **Gayla Poythress**, **Al Saffer**, **Carol Palmer**, **Chelsea Metzgar**, **Andrew Smith**, **Lewis Buzzell**, **Orestes Guterrez**, **Robert Turner**, **Scot Olivolo**, and **Chuck Ellis**. And seeing as the race was run the day after Armistice Day, okay, I'll get with the program, Veterans Day; a special mention for our 83 year old age group winner **Chuck Ellis**. Not many of us Striders know, including me until a little bird told me, that Chuck is a Pearl Harbor Survivor (anniversary of selfsame should arrive around the same time as your StrideRight) and was a Navy Enlisted Pilot. That is quite a combination of walking history and service, next time you see Chuck, say thanks for all of us.

On the 19th of November, the **Rita Cash 5K** was run in Metropolitan Park in Jacksonville. Our fastest Strider was, wait for it, yes, **John Metzgar** with a sub-16, 15:59 which earned him 3rd overall for the men. **Wendy Patterson** was our fastest female Strider with a 20:51 which earned her 2nd in her age group. Striders that won their age group included **Justin Jacobs**, **Bernie Candy**, **Ken Bendy**, **Marie Bendy**, **Al Saffer**, and **Patt McEvers**. Once again, we swept an age group, this time the men's 65-69, with strong performances by **Ken Bendy**, **Leo Sheckells**, and **Charles Desrosier**. That is the third different age group of the month.

The **Paul DeBruyn 30K** was run down in Ormond Beach on the 19th of November. **Bill Dunn** was the

(Continued on next page)

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

Mile Marker Musings (continued from page 15)

fastest Strider with a 2:06:33 which earned him 1st in his age group. **Kim Crist** was our quickest woman with a 2:38:38, also good for 1st in her age group. Age group winners included **John DeAntonis**, **Celita Ricks**, and **Matt Ross**.

Patrick Gaughan was our fastest Strider in the associated 15K with a 1:05:46 and 1st in his age group. **Kathy Murray** was our fastest woman Strider with a 1:12:19 which was 1st in her age group.

On the Road –

We had a few Striders travel to the nation's capitol for the other Marine Corps race (you know, besides Jacksonville's own Marine Corps Half Marathon) which was the **Marine Corps Marathon**. **Trish Kabus** ran a 6:37:35. **Barbara Whitter** posted a 4:49:20 which is a PR for her, nice running. **JD Smith** and **Paul Kelly** also ran the race but I do not have times for them (see last paragraph for further information).

The **ING New York City Marathon** was held on the 6th of November. We had 3 Striders make the trip. **Cynthia Lyons** led the pack with a 3:37:49, followed closely by **Gary Hallett** with a 3:45:46, and **John TenBroeck** with a 7:00:38.

We had 3 Striders make the trip over to Gainesville to run in the **Newnan's Lake 15K** on the 12th of November. **Patrick Gaughan** won his age group with a 1:04:12. **Bonnie Brooks** and **Kathy Murray** posted suspiciously similar times, almost as if they were running together, of 1:11:32 and 1:11:34, respectively. Bonnie got 2nd in her age group.

Tom Sullivan ran in the **Knights of Columbus 5K** on the 13th of November in Westerly, RI. He posted a 28:21 which was good for 3rd in his age group.

We had two Striders run the **Coombs Ultra 50K**. (or something similar to that,

seeing as I'm currently writing this sitting inside of security at the Yokota Air Force Base near Tokyo with no internet, and seeing as I didn't have the foresight to cut and paste the race name with the results, well, I'm working with my imperfect friend, short term memory. Usually if I forget someone or have incomplete results, you see my snide little asides about the closing paragraph, reference earlier in this same column, but in this case, I was sent the results, I just mangled them. So sorry.) **Bill Dunn** won the Male Masters competition with a time of 4:23:33. **Gary Lewis** posted a 7:36:46 which earned him 4th in his age group and was a PR for the course.

Sally Sawicki ran the **Columbus (OH) Marathon** on the 16th of October and posted a 5:25:26.

Katie Yaun ran the **Boston (GA) Mini Marathon Half** on the 29th of October and clocked in at 1:49:55. Nice work.

Joe Connolly ran in the **Jump the Gun 4 Miler** in Indianapolis, IN on the 5th of November. He ran a 53:06 which was good for first place in the 80 over division. It was great that the race up there had an 80 and over, seeing as most races do not, although we usually have one at our Strider races. I mean, how would us youngsters like it if the divisions started at 100 years old, went by 5 year groups down to 40, and then we had a 40 and under. ouch. He wore his Strider t-shirt, representing our colors afar, nice work. And he baited the Big Ten crowd by telling them he was a Florida Gator during his award acceptance, earning some good natured hisses from the peanut gallery.

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

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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>