



Volume 25, Number 1

STRIDERIGHT

Florida Striders Track Club



www.floridastriders.com



January 2006

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The Sights of the JINGLE BELL FUN RUN

PHOTOS BY VANESSA BOYD • 150 children, adorned with Santa hats and bells, enjoyed the Fun Run before the Green Cove Springs Holiday parade. This new event was sponsored by Green Cove Springs Merchants Association & the Florida Striders.

December 3



More photos on page 5



NEWS



Ken Bendy has been appointed as the new **RRCA**

Southern Director and will be stepping down in the near future after nearly nine years as your North Florida RRCA State Rep. In 1999, he was the RRCA outstanding State Rep. He served as chair of the State Rep committee from 2000 through 2005. Ken has held about every race coordinator position up to and including race director, and is a past club president. ●

To read more about Ken's achievements, visit www.rrca.org.



JANUARY STRIDERS SOCIAL

January 13, 2006

Join your friends and fellow Striders at the first annual Striders outing to the **Jacksonville Barracudas Hockey game** on Friday, January 13, 2006 at 7pm. Tickets cost just \$9 per person. The Barracudas take on the Huntsville Havocs. Come cheer for the home team at the new Jacksonville Veterans Coliseum. Tickets to this fun event must be purchased in advance by January 7, 2006. To ensure your spot at the game, please send a check to: Strider Hockey Social, c/o Kent Smith, 1273 LeBlanc Rd, Green Cove Springs, FL 32043-9379

If you have any questions please contact Kent at (904) 284-6634 or kent1273@comcast.net. Tickets can be picked up night of game from Kent Smith beginning at 6:15 pm outside the Coliseum at the main entrance along A. Philip Randolph Street in front of the lighted statue. ●



Prez Sez

By Bob Boyd

Happy New Year! Looking at the year ahead is heady stuff as there is a whole year stretching out with infinite possibilities and opportunities. Anything can happen. Anything can be accomplished. Of course, the past is still a pretty good indicator of what lies ahead and makes me feel pretty confident with a few New Year forecasts:

The Florida Striders will have a great time together in a growing number of group runs, socials, races, and fun runs in 2006.

We will find even more ways to support a healthy life, community, and each other in the year ahead.

There will be even more Florida Striders making a positive difference.

Bold predictions on my part you wonder? No way! The quality of our club members and sponsors makes those New Year predictions a piece of cake. We are simply blessed with an amazingly good group of people in the Florida Striders and quality makes all the difference. We offered a New Runner Class starting the end of November and have 32 new Striders in the class plus some current members. They are an awesome group and are doing wonderfully. There is also an equally wonderful set of group leaders and class speakers who are supporting our class, all of whom were glad to help, are enjoying the class themselves, and are making it more fun for everybody. It is just the Strider way: people

willing to help; people wanting to help; and people enjoying the process and each other's company.

I want to thank some wonderful folks who made a difference for us last month:

- The Florida Strider volunteers who helped at the USATF National conference in downtown Jacksonville.

- The stalwart Strider crew at the Jacksonville Bank Marathon water stop who spent hours keeping the rest of us hydrated on a rather cold and wet day.

- The volunteers that put together the Jingle Bell Fun Run in Green Cove Springs.

- Robert & Janet Irwin who hosted yet another fabulous luminary Christmas social at their home in Riverside.

- I also want to thank the people who contribute regularly to put this fine newsletter together each month starting with our excellent editor, Trish Kabus, Mile Marker Musings columnist Robert Glenn, Coaching Columnist Jay Birmingham, Striderman Al Saffer, Striders At The Races Coordinator & Race Calendar Keeper Ken Bendy, Mailing & Distribution Heroines Jenny Allen & Marge Ruebush, our fine Minutes Maven (aka Secretary & new Mom) Karin Glenn, and Membership Record Master Tanys Carere. Last and certainly not least, my thanks to an awesome group of Board members, Race Directors, and the many tireless volunteers who made 2005 a stellar year for the Florida Striders. Life is good! ●

2005-2006 Board of Directors & Key Members

(Board Members marked with an *)

- President/**
- Autumn Fitness 5K Director** *Bob Boyd
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- Photographer:**
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- Social & Quarterly Meeting Coordinator:**
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- Run to the Sun Director:**
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- Strider "Person" Coordinator for Races:**
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email: saffat@jea.com
- Scholarship Coordinator**
Tom Sullivan(H) 298-3220
email: msull10166@cs.com
- Newsletter Editor:**Trish Kabus
(Cell) 343-5181 (H) 904-829-2110
email: StrideRightEdit@aol.com

Board of Directors' Minutes 12/13/2005

The meeting was called to order at 7:00 PM. Directors absent: John DeAntonis, John Powers, Kent Smith, Terry Sikes.

Minutes/treasurer's report: The November treasurer's report and November minutes were filed as written.

2006 Budget approval: The proposed 2006 budget that was emailed to the board last month was approved as written.

Race Status Update:
Jingle Bell Run– the race was cost neutral to the club. **Continued on page 5**

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



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278-6000
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citistreet™

A State Street and Citigroup Company

Memorial Day 5K

Prudential Financial
IFS-A097803

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



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



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

General Truck Equipment & Trailer Sales, Inc.

Smoak, Davis & Nixon LLP
(904) 396-5831
Autumn Fitness 5K



Ronnies
Wings & Oyster Bar
Green Cove Springs, Florida



Memorial Day 5K

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

Village Bread Market
Krispy Kreme

2006 Florida Striders Annual College Scholarships Available



The Florida Striders Track Club is proud to offer two \$1,000 college scholarships to students in the Northeast Florida area who will graduate from High School this spring. To qualify, students must be a resident of Clay, Duval or St. Johns Counties for the past two years, must be a runner or active in track and field events, and must be planning on attending a college or university to pursue a degree. A downloadable copy of the scholarship application is now available at www.floridastriders.com. Click on the FSTC Scholarship link. For further information please contact Tom Sullivan at 298-3220 or msull10166@cs.com. Deadline for submitting the completed scholarship application is March 31, 2006. ●

A Special Thanks to the **Jacksonville Bank Marathon Water Aid Station Volunteers**



Thanks to the hearty souls who came out under the nastiest weather conditions to work the Striders water stop at the Jacksonville Bank Marathon. They are to be commended for their true-grit efforts in serving our running community! Thank you to all our hard working volunteers! ●

Suzanne Bond
Rebecca Collins
Glenn Hanna
Lillian Lawless
Peg Lawson

Dave McAnany
Lorraine McCollum
John Powers
JD Smith
Jane Sullivan

America's Running Routes

Run It. Map It. Share It.
**- A Database of America's
Running Routes**

Looking for a new running route in Jacksonville? Traveling to another city and have no details about a course near your hotel?

You may have already heard about this great program, but we wanted to make sure! USA Track & Field has created America's Running Routes. Runners are always looking for places to run when they are traveling. Until now they were in the dark about where to run when visiting a new city. Now, they can simply check into their hotel, log on to America's Running Routes and find routes to run from their hotel, a nearby park, or school. We also encourage you to send this information out to your membership so that they can utilize this web site when they travel.

America's Running Routes allows you to map and measure running routes from central points (e.g., hotels, parks, schools, trailheads) in your city and then save them to the largest searchable database of running routes in the country.

America's Running Routes was just announced to the running community 10 days ago and already there are over 2,000 routes in the database.

Over the next several weeks, USA Track & Field will be actively promoting America's Running Routes to travel-related publications, websites, and associations so they can communicate the availability of this new service to the travel industry and everyday business travelers. Obviously, we want Jacksonville and Northeast Florida to be well represented in the database when people begin to look for places to run.

We also would like to ask you to help us highlight all the great running routes in Northeast Florida by loading them onto this resourceful web site. The Jacksonville & the Beaches Convention and Visitors Bureau has sent information to area hotels asking them to load routes near their properties or match to existing routes that someone else has loaded onto the site. Your cooperation and assistance with promoting Jacksonville and Northeast Florida to the running community is appreciated. ●

<http://www.usatf.org/routes/>

Kimberly Morgan
Director, Partner Sales & Services
Jacksonville & the Beaches Convention
and Visitors Bureau

BOARD OF DIRECTORS MINUTES

Continued from page 2

Run to the Sun/Hog Jog – final accounting will be distributed at next month's meeting.

Memorial Day – Dave reported that he has sent out sponsor letters and is looking for volunteer coordinators.

Annunciation funding request: A funding request for \$500 was received from Annunciation Catholic School for a new run/walk program. Warner recommended capping the donation at \$1 per student for a small school, which would mean giving the school \$408. Concern was noted that we have not capped the donation in the past, and there was a question raised to why not consider increasing the \$500 amount for the larger schools. The children's running committee will discuss that issue further. A motion was made and passed unanimously to donate \$500 to Annunciation for their run/walk program.

Paterson funding request: A funding request for \$500 was received from Paterson Elementary to help finance their existing run/walk program. The total amount needed to fund the program is \$3900. There are 330 children involved and the funding request included the program's participation counts from past Strider races and fun runs. The club has not received funds from the Striders for at least 2 years. A motion was made and passed unanimously to donate \$500 to the school.

Nominating committee: The board approved a nominating committee consisting of Frank, Dave, Julie, Patti, Tanys and Bob.

Fat Tuesday fun run support: The Feb. 28 race was initiated by the JTC to raise funds for the Gulf Coast Habitat for Humanity. Bob made a motion that the Striders support the race by including a race flier in our newsletter, promoting it on our website and providing volunteer support and the motion passed unanimously. Lil volunteered to be the Strider contact person for the volunteer support.

Social Status: The January social will be an ice hockey game on the 13th. Kent will provide details later.

New runner class: 35 are enrolled, cost is \$30 for non-members and \$15 for members. The entry fee will be used for class t-shirts, a party at the end of class and the track lights. For accounting purposes the income will be split between donations and membership, and as part of the adult running category on the expense side. It was noted that there are additional funds available for adult running if needed for the class.

Open Forum: George noted that the new runner class will impact the merchandise expenses because of the free t-shirts for new members.

The next meeting will be Tuesday, January 10th at the Orange Park Library.

The meeting was adjourned at 7:50 PM. ●
Respectfully submitted,
Karin Glenn

JINGLE BELL FUN RUN PHOTOS

Continued from page 1



New Strider Logo Shirts



We are going to order more high quality (PowerDry) Strider shirts! These are the attractive yellow shirts with full Strider Logo you have seen at the races.

Please contact the Merchandise Coordinator by **Saturday, January 15th** to request an order for the particular style and size you want.

Available styles and prices

(final price may vary slightly):

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

Note: *yellow is the standard color; shirts may be ordered in white, by special request.*

Order your choice of style and size today!

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

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



FAT TUESDAY 2-MILER

“Get the Gulf Coast Back on its Feet!”
Join the fun on “FAT TUESDAY” TUESDAY, FEB. 28
6:30 pm – 8:30 pm • Jacksonville Landing
Hosted by Jacksonville Track Club



Celebrate Fat Tuesday in Jacksonville and help our neighbors in the Gulf Coast devastated by Hurricanes Katrina and Rita. This is a non-competitive 2-mile run and walk, and proceeds will benefit the Gulf Coast **Habitat for Humanity**.

BRING A TEAM, COME STRAIGHT FROM WORK OR BRING THE FAMILY • FUN FOR ALL!!

Commemorative event t-shirt • New Orleans-style jazz band
Fat Tuesday-style refreshments • Beads! • Mardi Gras costumes welcome!!

REGISTRATION & RACE PACKET PICK-UP

You can register and pick up your packet with your t-shirt and race number at one of the three 1st Place Sports locations: 3931 Baymeadows Road in Jacksonville, 550-7 Wells Road in Orange Park and 424 S. 3rd St. in Jacksonville Beach, from 10 am to 6 pm on Friday, Feb. 24, Saturday, Feb. 25 and Monday, Feb 27. Packets may also be picked up at the Jacksonville Landing on race day, beginning at 5:00 pm.

****SAME DAY REGISTRATION ALSO AVAILABLE!****

BE SURE TO INDICATE ON THE ENTRY FORM WHERE YOU PLAN TO PICK UP YOUR RACE PACKET.

START AND FINISH

The event will start in the front of the Jacksonville Landing on Water St. at 6:30 pm. The runners and walkers will head east and do a loop on Bay Street and finish back at The Landing.

PARKING

Parking is available at the Jacksonville Landing and surrounding area

ENTRY FEES

\$15 until Feb. 21 (Must be postmarked by Feb. 21) • \$20 after Feb. 21

RACE INFORMATION

Send entry form and payment to:
Jacksonville Track Club • 2336 Urban Road • Jacksonville, FL 32210
More information: www.jacksonvilletrackclub.com or call 387-0528



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FAT TUESDAY 2-MILER ENTRY FORM

Name _____ Age (on race day) _____ Sex _____

Address _____ City _____ State _____ Zip _____

Enclosed is \$ _____ T-shirt size; S M L XL

Please indicate where you plan to pick up your race packet: ___ Baymeadows Rd. ___ Jax Beach ___ Orange Park ___ Day of race only

Do you want us to send you a membership description and an application to the Jacksonville Track Club? Yes No

In case of unforeseen circumstances, the race may be postponed or cancelled at the race director's discretion. No entry fees will be refunded.

WAIVER (please read carefully): in consideration of the acceptance of this entry. I hereby, for myself, my heirs, executors, administrators, and assigns, and anyone entitled to act in my behalf, release and discharge the JACKSONVILLE TRACK CLUB, JACKSONVILLE LANDING, CITY OF JACKSONVILLE, plus sponsors, their representatives and successors, promoters, managers, directors, officials, agents, employees and volunteers of the road race named in the above entry form from any and all claims of injury or liabilities of any kind, illness or damages suffered by me, as a result of my participation in, or traveling to or from this event. I know that running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by the decision of a race official relative to my ability to safely compete in the run.

I assume all risk associated with running in this event, including, but not limited to, falls, contact with other participants, the effects of weather (including high heat or humidity), conditions of the course, all such risk being known and appreciated by me. I realize that this is a strenuous event which requires proper physical conditioning. I hereby certify that I am in such physical condition and good health. I also give permission for the free use of my name and picture in any written account, broadcast or telecast of this event for any legitimate purpose.

SIGNATURE (SIGNATURE OF PARENT OR GUARDIAN, IF UNDER 18)

DATE

Tidbits of Interest

DECEMBER VOLUNTEERS

Jingle Bell Fun Run – Green Cove Springs

Jay & Debbie Birmingham
Dave & Brittany Bokros
Bob & Vanessa Boyd
Steve Edgell
Mike Ford
Warner Millson
Cathy Tyson

USATF National Conference:

Ken & Marie Bendy
Paul & Marge Ruebush
John TenBroeck
Tom, Jane & Michael Sullivan

New Runner Class Group Leaders & Speakers

Dave Bokros
Vanessa Boyd
Vicky Connell
Kim Hoyt
Kim Lundy
Sandra Maveety
John Metzgar
Julie Runnfeldt
Anthony Trupiano
Alan Weiss

Jacksonville Marathon

See page 4 for complete listing

NEW RUNNERS CLASS UPDATE

We have an awesome group in our New Runner Class. They have been doing a great job with their training and have turned out despite threatening weather and even some rain one night. We have also been blessed with great Strider Group Leaders and some very good speakers. The speakers include John Metzgar, sharing the scoop on running shoes, Anthony Trupiano, on Motivation & Goal Attainment, and Alan Weiss on Injury Prevention. We are now up to 36 members in the class who meet each Wednesday evening at either the St. Johns Country Day School or the Orange Park High School track (we can't tell you which track on which night as we are trying to hold down the paparazzi). We are going to do the Matanzas 5K together near the end of our ten week class. Our plan is to learn about training effectively, get into better shape, and ENJOY ourselves along the way. I am very proud of the members of our class.

They are both motivating and just good to be with for both me and our Strider Group Leaders. You'll be seeing us at the races!

-Coach Bob

MEET ANGUS

Bob Boyd is pictured with a brand new FSTC member, Angus Macvicar. Angus is from Scotland and has the charming accent to prove it. His lab, Lucy, is his usual weekday running buddy. Angus has resorted to sneaking out of the house on Sunday morning in his robe so Lucy will not be to heart broken about a run that she is not a participant. (We think Lucy is on to those sneakers though!) Angus has been a great addition to our Sunday morning Sun Tire crew. Kudos to Angus for quitting smoking two months ago, joining the Florida Striders, and hitting a new PR at the Jacksonville Half Marathon of 1:34! We haven't checked the race photos to see if he was wearing the robe for the race yet.



RRCA HURRICANE RECOVERY FUND

As of December 15, 2005, \$12,300 has been collected for the Fund, and we have begun the process of disbursing the funds to affected clubs. The RRCA thanks the generous contributors to the Fund

If you would like to make a contribution to the RRCA Hurricane Recovery Fund using a credit card, please complete the form at <http://www.signmeup.com/52273>. All proceeds collected will go to the Fund.

If you would like to make a contribution by check, please make payable to and mail to: Road Runners Club of America, C/O Hurricane Recovery Fund, 8965 Guilford Rd, Ste 150, Columbia, MD 21046.

PHOTOGRAPHS AVAILABLE

Photographs of the 2005 Hog Jog 5K & Jingle Bell One Mile Fun Run in Green Cove Springs are available at <http://www.floridastriders.com/pics.htm>

Thanks to Vanessa Boyd for all the pictures! We have high resolution copies of all the pictures on the web site should anyone want them. ●

We are in need of your Tidbits of Interest, you would like to share with us. Does matter how big or small, we want to hear about it. Please send the to StideRightEdit@aol.com.

Striders at the Races **RACE RESULTS**

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

FESTIVAL OF LIGHTS 5K

Jacksonville

December 4, 2005

Justin Jacobs	16:18	
	1st Male Overall	
Sung Ho Choi	18:55	
Robert Walker	20:00	2nd A/G
Steven Beard	20:28	2nd A/G
Keith Poythress	21:04	
Garry Gills	21:43	
Maryann Brown	21:47	3rd A/G
Bob Kennedy	21:58	3rd A/G
Raymond Ramos	22:08	
Everett Crum	23:35	1st A/G
Rex Patterson	23:37	
Sharon Lucie	23:45	1st A/G
Lewis Buzzell	23:45	
Diane Jacobs	24:01	2nd A/G
Bradley Shepard	24:25	
Barbara Whitter	24:58	1st A/G
Steve Lucie	25:25	
John Gauer	25:52	2nd A/G
Dave Brokos	25:57	
Sue Whitworth	25:59	
Roxanne Slater	27:57	
Ed Kelly	28:54	
Paul Kelley	29:19	
Gordon Slater	29:55	2nd A/G
Ken Bendy	30:05	3rd A/G
Dennis Lee	30:58	
Gayla Poythress	31:26	
Charles Desrosier	31:46	
Cathy Reidy	31:47	
Kay Womack	31:58	
Jonie Davis	32:54	
Michelle Ramos	35:59	
Joe Connolly	39:15	1st A/G
George Obi	41:41	3rd A/G
Danny Weaver	44:22	
Marie Bendy	47:55	
Patt McEvers	47:55	2nd A/G

LAST GASP RRCA 5K CROSS COUNTRY STATE CHAMPIONSHIP

Jacksonville University

December 10, 2005

Frank Sutman	19:33	
	Masters Male	

Bill Dunn	20:14	
	10th O/A Male	
Bruce Holmes	20:31	1st A/G
Greg Richards	20:48	2nd A/G
Mike Marion	21:09	1st A/G
Andrew Smith	21:13	2nd A/G
Patrick Gaughan	21:32	2nd A/G
Maryann Brown	21:59	
	2nd O/A Female	
Rodney Smith	22:36	2nd A/G
Frank Frazier	23:50	1st A/G
Douglas Tillett	24:04	3rd A/G
Randy Pullo	24:08	
Everett Crum	24:30	1st A/G
Kathy Murray	24:56	
	Masters Female	
Patty Smith	26:03	1st A/G
John Gauer	28:28	2nd A/G
Claudia French	29:52	2nd A/G
Kent Smith	30:00	3rd A/G
Gary Ledman	30:03	
Doug Barrows	30:30	
Freddy Fillingham	30:31	
Leo Sheckells	30:56	2nd A/G
Gordon Slater	31:55	3rd A/G
Tom Sullivan	33:54	
June Tillett	34:31	2nd A/G
Annalee McPhilomy	34:44	2nd A/G
Claudia French	36:34	1st A/G
Lillian Lawless	47:25	3rd A/G

28TH ANNUAL SANTA MONICA- VENICE CHRISTMAS RUN 5K

Santa Monica, CA

December 10, 2005

Trish Kabus	39:54	
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JACKSONVILLE MARATHON

Bolles School

December 18, 2005

John Metzgar	2:39:28	
	Masters Male	
Justin Jacobs	2:42:54	2nd A/G
Bill Dunn	3:07:15	
Sung Ho Choi	3:08:55	
Bruce Holmes	3:15:55	1st A/G
Denise Metzgar	3:17:17	2nd A/G
Rexx Weir	3:25:28	
John Dunsford	3:28:18	
Stephen Beard	3:30:15	
Regina Taylor	3:38:30	
Gary Hallett	3:38:39	
Kathy Murray	3:44:01	
Celita Ricks	3:49:47	
Frank Frazier	3:54:58	2nd A/G
Robert Cox	3:59:54	
Kim Hoyt	4:05:12	
John Bowsman	4:09:19	
John DeAntonis	4:14:17	
Matt Ross	4:19:09	
Kelli McGreevy	4:27:26	
Keith Jernigan	4:33:39	
Diane Jacobs	4:43:53	
Eric Conder	5:06:34	
Gary Lewis	5:46:37	
Trish Kabus	6:34:39	

JACKSONVILLE HALF MARATHON

Page Ramezani	1:25:38	2nd A/G
Greg Richards	1:33:39	
Mark Woods	1:35:33	
Hernando DeSoto	1:41:14	
Bonnie Brooks	1:42:12	3rd A/G
Paulette Butler	1:45:41	3rd A/G
Stephanie Griffith	1:45:44	
Elfrieda Wyner	1:46:35	1st A/G
Danny Suber	1:47:39	
Kim Ball	1:47:56	
David Kelley	1:48:53	
Richard Horton	1:50:08	
Denise Dailey	1:51:39	
George Hosking	1:51:43	
Ken Wilson	1:51:53	
Steve Edgell	1:52:47	
Bob Boyd	1:52:48	

Brian Murray	1:52:52	
Dave Brokos	2:00:04	
John Gauer	2:03:11	
Susan Maurer	2:06:58	
Kevin Terry	2:07:36	
Margaret Tyburski	2:10:32	
Bobby Green	2:11:44	
Janet Lavoie	2:16:26	
Tom Sullivan	2:16:44	
Gordon Slater	2:18:47	
Bob Tatum	2:23:51	
John Aimone	2:25:03	3rd A/G
Stan Scarlett	2:27:42	
John Nalley	2:30:38	
Dawn Hagel	2:32:38	
Patt McEvers	2:39:14	2nd A/G
Charles Desrosier	3:03:28	●

■■■ 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 of hosts for the **February social!** Contact Kent at 284-6634 or Kent1273@comcast.net.

Look for details of the March River Run Tent and the April Annual Picnic in the next issue of the StrideRight!

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

January 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/rccahtml/rccacal.htm>

DATE	EVENT	TIME	LOCATION	CONTACT
Jan 1	DeLeon Springs Half Marathon & 5K	8:00 a.m.	DeLeon Springs State Park	(386) 736-0002 Alta Vista Sports
Jan 21	Romans Road 5K	8:00 a.m.	Chimney Lakes Argyle Jax	(904) 777-6130 Westside Baptist Church
Jan 28	Matanzas 5K	9:00 a.m.	Ketterlinus Gym St. Augustine	(904) 461-1615 Ancient City Road Runners
Jan 28	Daytona 5K	7:00 a.m.	Daytona International Speedway	(386) 681-5350
Jan 28	Harbor Federal Sandpiper 5K	7:30 a.m.	Trails Shopping Center Ormond Beach	(386) 767-1263 Daytona Beach Track Club Rob Maxwell
Jan 29	Jetty 2 Jetty Ultra Marathon & Team Relay	8:00 a.m.	St. Johns River Jetty Mayport	(904) 285-1552 Performance MultiSports
April 15	Run to the Sun 8K FREE ONE MILE FUN RUN	8:00 a.m.	Orange Park Kennel Club Orange Park	(904) 268-8392 mattrossrtrts06@bellsouth.net Florida Striders Track Club
May 29	Memorial Day 5K FREE ONE MILE FUN RUN	8:00 a.m.	Green Cove Springs	(904) 545-4638 dbokros@comcast.net Florida Striders Track Club
Sept 9	Autumn Fitness 5K FREE ONE MILE FUN RUN	8:00 a.m.	Green Cove Springs	(904) 272-1770 bobboydf1@comcast.net Florida Striders Track Club
Nov 2006	Hog Jog 5K FREE ONE MILE FUN RUN	9:00 a.m.	Ronnie Van Zant Park Lake Asbury Middleburg	(904) 728-7759 stevebruce@comcast.net Florida Striders Track Club

MILE MARKER MUSINGS By Robert Glenn



I hope that everyone's holiday season was filled with fun and cheer. The **Gate River Run** is a little over 2 months away for those of you looking for a goal race. It is 9.3 miles of racing goodness. Our press deadline and my unexpected 40 hour odyssey of 3 airplanes, 5 flights, 7 airports, and 9 hours of airport appreciation time (what we call sitting around an

airport not getting paid in the industry) in Seattle precipitated by our son coming a month early prevented me from updating the column with the Outback Half Marathon. I shall remedy that shortly, however, if you are looking for the rest of the Outback results, they are as close as your last months StrideRight.

First up is last month's final race, the **Outback Half Marathon** held on the 24th of November here in Jacksonville. **John Metzgar** was our fastest Strider with

a 1:12:42 which was good for 3rd overall male. Our quickest woman was **Wendy Patterson** with a 1:36:03. Other Striders that won their age group, no mean feat in the second largest race of the year in Jacksonville, included **Justin Jacobs, Page Ramezani, and Elfrieda Wyner**. The associated **6K** saw **Jeremy Ferman** as our fleetest of foot with a 24:31 while **Nancy Harms** was our fastest female with a 27:32. Age group winners included **Sharon Lucie, Charles Desrosier, and Diane Aimone**.

The **Festival of Lights 5K** was held in Jacksonville on the 4th of December. **Justin Jacobs** was our fastest Strider with a 16:18 and was also the 1st overall male. **Maryann Brown** was our fastest woman with a 21:47 which was good for 3rd in her age group. Striders that won their age group included **Everett Crum, Sharon Lucie, Barbara Whitter, and Joe Conolly**.

The **Last Gasp RRCA 5K Cross Country State Championship** was held at Jacksonville University on the

(Continued on next page)

NEW MEMBERS

Kim Anthony
Mike Apostle
Sherry Bedee
Kim Brown
Angela Chambers
Sharon Coley
Kathleen Conner
Susan & Jessica
Cooper/Lafave
Denise Erwin
Rosaling Flowers
Shelly Hakes
Cathy Hall

HM & Melody Hoffmann
Lesley Jones
Angus Macvicar
Carol Martin
Sandra Maveety
Jen Mitchell
Stephanie Morgan
Allison Myers
David Nalepa
Stacey & Vincent Nuzzolilli
Holly Queen
Amy Randall
Donna Richardson
Janice Roland
Barbara Schmidt

Beth Soles
Staci Suits
Vicky Zelen

RENEWING MEMBERS

David & Brittany Bokros
Sung Ho & Natalya Choi
John Coleman, DPM
John DeAntonis
Hernando DeSoto
Charles Desrosier
Robert Jamieson
Cynthia Lyons
Randall & Nancy Pullo

Jan Taylor
Roy & Julia Wood

MULTI-YEAR RENEWALS

Mary & Bill Gladding
Carol & Michael
Fitzsimmons

We want to hear your running adventures!
Please send them to
StrideRightEdit@aol.com
by the 15th of the month!

Please Print

Application for Membership FLORIDA STRIDERS TRACK CLUB

New
Renewal

Name: Last _____ First _____ M.I. _____
Address _____ # in Family _____
City/State/Zip _____ Spouse's Name _____
Phone: Home _____ Birthdate(s) _____
Phone: Work _____ Employer _____
E-mail _____ Occupation _____
Signature _____
Date _____

Annual Dues: Family \$20
Single \$15
Junior (under 18) \$10
Senior (over 65) \$10

Mail Application
with dues to:
Florida Striders
11058 Percheron Drive
Jacksonville, FL 32257

I know and understand that running in and/or volunteering to work at FSTC races are potentially hazardous activities. I will not participate in club activities unless I am medically able and/or properly trained to do so. I agree to abide by any decision of a race official relative to my ability to safely complete a FSTC sponsored race. I assume all risks associated with running and volunteering to work in club races including, but not limited to, slip/trip/falls, contact with other participants, volunteers, or officials, the effects of the weather including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and understood by me. Having read this waiver and knowing these facts and in consideration of your acceptance of my application for membership I, for myself and anyone entitled to act on my behalf, waive, release, and agree to hold harmless the Road Runners Club of America, the Florida Striders Track Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities, even though these liabilities may arise out of negligence or carelessness on the part of persons named on this waiver.

Mile Marker Musings (continued from page 15)

10th of December. A quibble if you please, it really isn't the last gasp if it is held on the 10th of December with both the **Jax Marathon** and the **Gator Bowl 5K** coming after it. I realize that it is tough to go against the Gator Bowl with their sponsorship money and whatnot, but the **Last Gasp** used to have a mystique as being real cross country and the last race of the year since it was later in the day than the Gator Bowl 5K. Oh well, the only thing that stays the same is change, or so a wiser man than me once said. Still, maybe a name change is in order, something like "The Next to Next to Last Gasp, that would've been the Last Gasp but the Gator Bowl 5K stole our runners with sweet prizes like big ole hammocks." Okay, maybe that is too long. And I guess I shouldn't be talking since our very own Florida Strider Autumn Fitness run is penciled in for January or something next year. Maybe it will be the First Gasp Autumn Fitness In January Run? Enough with the quibble, on with the performances. To remind the easily distracted (like me) we're talking about the **Last Gasp 5K**. Our fastest Strider was **Frank Sutman** with a 19:33 which was good for masters male champion. **Maryann Brown** was our fastest female with a 21:59 which was good for 2nd place overall amongst women. **Bill Dunn** was 10th overall for men with a 20:14. **Kathy Murray** was the female masters champion with a 24:56. Striders who won their age group included **Bruce Holmes, Mike Marino, Frank Frazier, Everett Crum,** and **Patti Smith**. Of note, our men swept the men's 60-84 age group with **John Gauer** and **Kent Smith** adding fine performances to the aforementioned **Frank Frazier**. The **Strider Trail Buffs**

(**Frank Sutman, Bill Dunn, Bruce Holmes, Greg Richards, and Mike Marino**) took 2nd place in the men's team competition while **The Fast Old Ladies (Kathy Murray, Elaine Davis, Claudia French, Kathleen Connor, and Lillian Lawless)** won the women's team competition. Nice work Striders.

The Jacksonville Marathon (held after the Last Gasp, by the way) took place on the 18th of December, starting and finishing from Bolles on San Jose **John Metzgar** was the masters male champ and the fastest Strider with a 2:39:28. **Denise Metzgar** was the fastest female Strider with a 3:17:17 and won 2nd in her age group. **Bruce Holmes** won his age group with a 3:15:55. The half marathon saw **Frank Sutman** place as the fastest male Strider with a 1:23:57 earning him 2nd in his age group. **Bonnie Brooks** was our quickest woman Strider with a 1:42:12 which was good for 3rd in her age group. **Elfrieda Wyner** won her age group with a 1:46:35. Congratulations to all who finished the marathon, not an easy day with the rain and cold.

On the Road –

Trish Kabus was out in southern California and managed to run a 5K in LA on the 10th of December. I say managed because it involved catching 2 city buses to get there and she ran it in street clothes. Posted a 39:54. Sounds exciting, I suspect that riding the bus in LA is nothing like riding the Skyway in Jacksonville, not that there is anything wrong with that.

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 nation-

wide race schedule as well as important

info from clubs across the country at

<http://www.rrca.org>