



Volume 25, Number 5

# STRIDERIGHT

Florida Striders Track Club



www.floridastriders.com



June 2006

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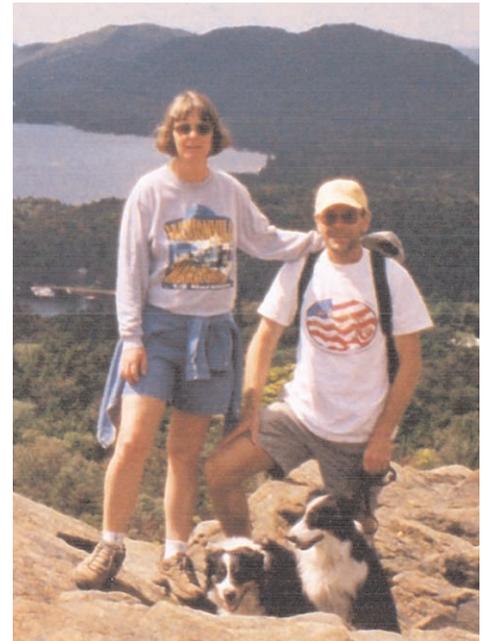
## Reflections: Fifteen Years of Running In Jacksonville

by Frank Sutman

First a disclaimer: This article isn't going to be a list of all the people who've meant so much to me over the years. It wouldn't be that interesting to read, it would be very long, and I'd be forever fretting that I missed someone really important. I'm going to try to be a bit more philosophical and tell a story at the same time. My cronies know who you are, and you will forever be with me. Lillian and I are moving to Delaware soon. I felt it important to share a few thoughts with all of our running friends here in Jacksonville. I thank the editors of The StrideRight and The Starting Line for their willingness to publish my tale.

Lillian and I moved from Millinocket, Maine to Jacksonville in October of 1990. During our seven years in Maine I never considered myself a serious runner. I got pretty burned out on racing during my early college days. I did my best to stay in reasonable shape. I ran perhaps 25 miles per week, throwing in a few 5Ks a year just to keep it interesting. There were plenty of other diversions in the north Maine woods. We spent weekends hiking, canoeing, camping, and skiing. Running was of secondary importance.

We moved to Jacksonville for my new job. We'd never lived south of the Mason-Dixon line before, and actually were fairly apprehensive about the whole thing. I was a little upset to be removed from all the great **Continued on page 6**



## JUNE SOCIAL

June 24, 2006 from 2-6 pm.  
Lighthouse Apartments in Fleming Island

The June Social and Memorial Day Volunteer Party will be June 24th at 2:00 PM in Fleming Island. Bring a covered dish to share and your swim suits. Be ready to enjoy the pool. Please call Dave at (904) 545-4538 or Dbokros@comcast.net for more information

**Location** – Lighthouse Apartments in Fleming Island (2285 Marsh Hawk Lane)

**Directions** – If you are coming from Orange Park, go south on US17. Turn right at Village Square Parkway, which is 1 traffic light past CR220. The apartment complex is on the right. We will be at the pool area.



# Prez Sez

By Dave Bokros

It has been a pleasure serving on the board of directors for the Florida Striders this past year. I have always enjoyed being an active member of the club, but being the actual president is somewhat humbling. I enjoy the Sunday runs, and the track workouts on Wednesday's at St John's Country day school are what keep me sane. I do not expect to do more this year than continue on with a tradition set forth by many presidents before me and, notable among them, Mr. Robert Boyd. If I perform even half as well as my predecessor then this alone would be an amazing feat! I was fortunate enough to be involved in the Beginning Runners classes that Bob and Vanessa put together and look forward to more of them in the future.

The Board of Directors this year is an impressive collection of individuals. I would encourage everyone to go back to April's StrideRight and review the biographies of your board members. If there is anything you can think of that we can do better or anything that you would like to participate in or help with please don't hesitate to call or email one of us and talk about it.

I have spent the better part of this last year watching individuals come out to the track and adopt an active lifestyle. What most of the members of the beginning runners class don't always know is that as group leaders and coaches, we get as much out of training and coaching as the

class members. It is always a plus to find people of all ages that are willing to get involved on many levels to make our running experience and involvement in the community positive and uplifting. My father used to say, "There is no such thing as an ordinary person". I have found this to be true every day and my involvement with the Striders has been no different. I am constantly reminded why it is so important to let people know what a difference they make! Any day that they don't show up for a run, or a track workout, or a race, they are missed by more folks than they would dare to imagine.

I would like to challenge everyone that reads this to take a few minutes and think of at least one Strider whom they have not seen or heard from in some time and give them a call, send them an email, or send up a flare! Training hard for various races and runs makes us look inward ever harder and sometimes we forget that others are struggling and sometimes unable to look within themselves for what it takes to get through a training plan or even just stay motivated. A kind word from an old, or even new friend can make their day and sometimes it comes at just the right time to keep them from giving up altogether!

I have never met a more welcoming group of people than the Florida Striders Track Club. I just want to make sure that never changes!

See you on the road! ●

## Board of Directors' Minutes 5/9/2006

The meeting was called to order by John Powers at 7:00 PM. Directors absent: John DeAntonis, Gary Hallet, Mike Ford, Patty Stewart-Garbrecht, David Kelly

Welcome All directors introduced themselves, stating if they had been a board member in the past and for how long.

Election of Club Officers Nominations were presented as selected by the nominating committee. They were as follows: President – Dave Bokros, Vice President – John Powers, Treasurer - George Hoskins and Secretary – Vicky Connell. No additional nominations were added, so nominations were closed. A motion was made to elect the officers as nominated.

**Minutes/Treasure's Report:** No changes to the April minutes. The treasure's report was presented. It was noted that Memberships totaled over \$1000 for the month. Cash on hand as of April 30th, is \$4,294.04. Total **Continued on page 7**

## 2005-2006 Board of Directors & Key Members

(Board Members marked with an \*)

**President/Memorial Day 5K Director:**

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**Treasurer:**

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**Secretary:**

\* Vicky Connell .....(H) 845-2126  
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**Run to the Sun Director:**

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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.



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# Rehydrate and Run-The Sensible Way

Journey back 50 years to every locker room and every factory floor. There on the wall is a salt tablet dispenser.

"Take two before and after practice," commanded Dave Lundberg, my football coach. But water was verboten during practice. Only an hour or so later, after our Gassers-two 100s, two 75s, two 50s, and two 25s-were we allowed to drink. Cramps, gastric distress, and poor performance were the reasons given to eschew fluids during practice. Of course, there was plenty of all three-cramps, gastric distress, and poor performance.

In California, about 1960, a biochemist-runner named William Gookin analyzed his perspiration. He concocted the first replacement drink for athletes, E.R.G., an acronym for electrolyte replacement with glucose. Marketed at races and in Distance Running News, the precursor to Runner's World magazine, the foul-tasting stuff was dubbed "Bill Gookin's sweat".

In 1965, Dr. Robert Cade and colleagues in Gainesville, concocted a fluid replacement drink with sodium chloride and a little sugar and convinced the football coaches to defy tradition and push fluids before, during, and after the sweltering late-summer practice sessions. He dubbed the stuff Gator-Ade and a few years later, foolishly sold the rights to the drink and the name to Stokely-Van Camp. The rest is history.

Through the early '70s, fluid replacement was studied at numerous labs around the world, foremost being David Costill, Ph.D., at Ball State University. Costill had dozens of runners come into his lab, gave them fluids ranging from water (hot to very cold), with salts and without, with sugars and without. The "feedings" were in 10 mL to 500 mL doses, every few minutes to a couple of times an hour. Stomach contents were aspirated after 10 to 30 minutes to determine absorption rate.

These were Costill's findings, never contradicted, and replicated by Nielsen in Sweden and Noakes in South Africa:

- A) feedings every 15 minutes are absorbed the best
- B) the colder the liquid, the faster it is absorbed
- C) the larger the volume, the more liquid is absorbed
- D) a runner exercising continuously at moderate to hard effort cannot avoid, but can delay, dehydration
- E) water is absorbed best—it requires no processing
- F) electrolytes in liquids beyond the isotonic point (concentrations greater than that of the cells of the stomach and intestine) retard absorption
- G) glucose gets in the way of absorption as well—very dilute is best

In the past 20 years, we distance runners have seen an evolution of sports drinks, gels, energy drinks, and liquid "performance-enhancers" unimaginable in the 'Sixties and 'Seventies. If these sweetened, electrolyte-laden, and vitamin-enriched drinks are so helpful, how come there were hundreds more Americans running sub-3:00 hour marathons back then, than now?

Fact is, dehydration is the major culprit in performance

## The Wide World of Running

By Jay Birmingham

loss during distance racing and training. Glycogen/glucose depletion plays a role mostly beyond 20 miles.

Cramping is largely a dehydration symptom, not an electrolyte shortage. No amount of salt tablets or bananas can rehabilitate a fatigued muscle whose cytoplasm is made viscous by water loss.

Bodi Nielsen, at the Karolinska Institute near Stockholm, perhaps the world's leading exponent of what is lost in muscles and sweat during exercise, has come to these conclusions: If you eat too much salt, you will excrete that excess in your sweat. Those who allow their sodium and potassium-balancing hormones do the job (the adrenal gland's mineralocorticoids) will maintain balanced electrolyte levels in both blood plasma and muscle. Dietary manipulations have essentially little or no effect.

Here is some practical advice from Costill, filtered through this Floridian's personal experiences over many years of desert and tropical weather running-

Drink early, drink often, stay wet, and stay smart. Heat can kill (or at least make you miserable and slow). You cannot train or race as fast as in cooler, drier weather, so don't try to. You CAN improve your heat tolerance, your sweating rate, and the quality of your perspiration (less salty) through regular hot-weather runs.

The sports drinks? Dilute the heck out of them. Full strength, they are better suited for golfers and similar sub-maximal folk. Water is king/queen of drinks. The Madison Avenue hype is designed to increase their profits, not your running performances. Save your money and push aqua pura. Your cells will thank you for it. ●

*Jay Birmingham has run tens of thousands of miles in Florida summers and raced effectively at places like the Mojave Desert and Death Valley.*

## Runner's Quiz By Jay Birmingham

- 1) Where is Hayward Field, site of numerous great races by Ducks?
- 2) Name the stadium in Norway that has been the site of more distance running world records than any other.
- 3) Where is White City Stadium?
- 4) From what event does the word stadium derive?
- 5) This U.S. stadium has hosted two Olympic Games..



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## REFLECTION

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Continued from page 1

outdoor recreation. Then I figured that it would be a good opportunity to concentrate a bit more on my running. Jax seemed like it had a lot of races. I wouldn't have to travel 75 miles to run a 5K any more. My first race in Jacksonville was the Bulova Half Marathon on Thanksgiving morning, 1990. I didn't know a soul.

Back in those days there were still woods trails within a mile of my research lab in Deerwood Center. I took up running at lunch. It wasn't long before I ran into this follically-challenged guy with an endless smile and a sick sense of humor named Tom. Occasionally I'd run with his friend Jerry, who looked like a slimmer version of Ernest Hemingway. They introduced me to this fella Matt that always looked, I'm sorry, like he was about to croak while running hard. Yes, even in those days! Their buddies Joe and David completed my original network. For the first time since high school I realized that running, in addition to being a great sport, was a tremendous social outlet.

It wasn't long before I'd go to races and actually recognize and talk with people. David kept on bugging me to join the Wednesday track group at Bolles. It took a while, but finally I did, and gained a whole new group of friends. We pushed each other both in practice and at races. Dan and Paul and I started going to the Sun Tire runs in Orange Park together. This little college girl named Kim started showing up and routinely running the rest of us into the ground.

My early dabbling in running volunteerism were with the JTC. I was a correspondent for The Starting Line, and created the original JTC website. An interesting aside is that I'll take at least partial credit for helping to push Doug Alred into the information age. The JTC website was operational for about two years before 1st Place Sports came on-line.

Time moved on at an ever-increasing rate. The running community became a primary focus of Lil's and my lives. We joined the Striders. Ken Bendy expressed joy that I wouldn't be referring to the Striders as "the other" club in print any more. Lil joined the Striders board and got involved with all sorts of stuff as a volunteer. It was only another year before I got pulled into that maelstrom. Being a race director for the first time was quite the rush! All kidding aside, it's been a great ride!

I can't believe it has been fifteen years. Those of you who are younger will be shocked to find out how quickly time goes by as you start to age. One of my greatest fears is that I will someday be sedentary and old and wonder how my life has nearly passed by without my noticing. My greatest hope is that I have made and will continue to make the best choices for that life. One of the best choices I ever made was moving to Jacksonville.

During our time here I've run a little over 35,000 miles, finished 208 races, and worn out roughly 60 pairs of running shoes. These are pretty much meaningless statistics. I set most of my PRs here. Apparently all of my new running friends instilled a sense of discipline that was lacking in my

previous life! Yes, I'm now at the age where my PRs are long past. I have fond memories of some awesome races. My most memorable local events are those in which I finished with people I deeply respect either directly in front of or behind me. Close finishes were always the best. Please believe me, though, that the competition has always paled in importance when compared to the camaraderie.

We'd never experienced anything like the network of friends we have here in Jacksonville. I doubt we will experience this feeling again until we move back here. I won't say that our friends are like family. Our friends ARE family. The closeness, solidarity, and support of our running community are fantastic. Yes, like family, occasionally a few of us have our little disagreements. None of us are perfect, especially me! We get over it and move on. I've lived enough places to know that the running network in Jacksonville is unique. Sure, I expect to develop a nice group of running friends up in Delaware. It won't be the same.

You guys have always been there for us, but there is a sad part. This is the reason we are leaving. Life is all about change. If we stop changing, life is pretty much over. Life is transient, and we are all only here for the briefest time. I look back at my years here. Some of my running friends have moved out of the area. No, actually, a lot of you have. A few have moved back. One moved, but came back to visit so often we really didn't ever consider her gone. Some are even leaving town at the same time we do.

We are much too transient a society. Some of us keep in touch. Some have faded from view. Some have been injured and no longer run. Some have started families or new careers and new priorities. Some have just gotten tired of running. Most sadly, some are just no longer with us, period. The good part is that there have always been fresh faces and new friends to fill the void at the track or on the Sunday long runs. As there will be to replace me, too.

So, after fifteen years, we are moving to Delaware. The reason: the same one we came here for, a job. If we hadn't moved for that job in 1990 I wouldn't have gotten to know any of you. Fatalistic, huh? I think leaving is the most difficult decision we've ever had to make. There are three components to a soft landing: and hopefully avoiding extensive counseling and therapy: 1) We plan to come back and visit frequently. 2) You'd all BETTER come up to Wilmington and visit us. It's not that far away. We will be right off the I-95 corridor. 3) We have every intention of moving back to Jacksonville to retire in 8-10 years. You're not rid of us yet!

It's a bit of a cliché, but I firmly believe that life is a journey. If you hang out waiting for the destination, you've pretty much lost the big picture. Reaching the destination means that life is over. Time to move on to the next dimension, reality, whatever. We need to enjoy the trip. Challenge yourself, try to help others, embrace and support your friends, and love life. You have made it most enjoyable. Thank you for being a major focal point of our lives for the past fifteen years. Words cannot express how much you have meant to us, though I've tried to do my best! ●

# 2006 Florida Striders Track Club College Scholarship Winners

by Lillian Lawless.

Member of the Striders Scholarship Committee

The Florida Striders Track Club Scholarship Committee is pleased to announce the winners of the 2006 \$1,000 Striders College Scholarship winners. This years field included 17 outstanding applicants from all over NE Florida high schools. The selection was tough, but the winners are clearly outstanding individuals. Each winner will receive \$500 towards their fall tuition, and another \$500 towards their spring tuition. The winners are:

Benjamin Weide, Paxon School for Advanced Studies  
Marta Perez, Bishop Kenny  
Daniel Bush, Stanton College Prep

## Daniel Bush

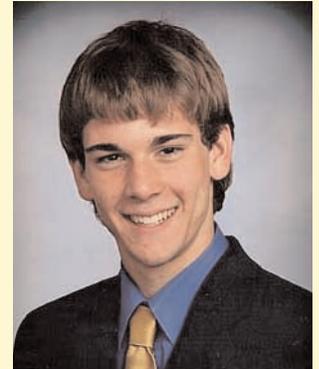
Daniel has run varsity cross country and track and field for the Stanton Blue Devils since he was a freshman. Under the direction of coaches Rodney Smith and Shawn Williams, he has developed into a well-rounded middle-distance runner; he takes competition very seriously, but, after four years of sharing the road with men such as these, is reminded that the most beneficial aspects of running are those which are products of the lifestyle.

He will pursue a career in cross country and track and field at Davidson College next fall and is grateful for the opportunity to run with the Wildcats.



## Benjamin E. Weide

Ben was born in Baltimore, Maryland in June 1988 and moved to Jacksonville at the age of 2. He has been schooled in the Duval County Public school system and is a member of the Class of 2006 at Paxon School for Advanced Studies where he is enrolled in the International Baccalaureate Program. At Paxon, Ben has competed with the French team, Brain Brawl team and is a member of the National Honor Society. He started running in sixth grade when he heard about the Gate River Run and decided that was for him. He ran 5 and 10k races in the area before attempting the 15k race in March 2001. He has since completed it several times with his best effort in 2004 finishing at 57:11. Ben competed at the high school level starting freshman year at Paxon. His career highlights include running at the 2004 2-A State Cross Country meet and the 2004 2-A State Track meet with the 4X800 relay team. Besides school and running Ben is also an Eagle Scout with Troop 182 in Arlington, a member of Venture Crew 595 at Army-Navy Outdoors and maintains an active teenage social life. He will be attending Florida State University in the fall majoring in Geology. Ben's future plans include keeping very active and traveling to as many countries as possible.



## Marta Perez

Marta has lived in Jacksonville, more specifically Atlantic Beach, her whole life. She attended St. Paul's Catholic School at the beach from kindergarten through eighth grade. This year she is graduating from Bishop Kenny and will be attending Georgetown University in the fall. Marta is very close to her family and they love and support her in everything she does. Her family consists of her mom, dad, brother, a step-dad and two stepsisters. Marta first learned to love running through my mom, who has run her whole life and ran the New York Marathon, which is one of her goals. She has been a very active student at Bishop Kenny, participating in over 5 clubs as well as 6 sport seasons (4 for swimming and 2 for track), all while balancing a tough academic load of Advanced Placement and honors courses. She also have two jobs, one is at a children's clothing boutique and the other is working as an ocean lifeguard in Neptune Beach. Marta is very grateful and feels very blessed to have received this scholarship.



# Jacksonville's Running Community Mourns the Loss of Two of Its Own... Delaware's Gain, Jacksonville's Loss...

In a horrific crash of wills, Hercules Corporation has managed to wrest **Frank Sutman & Lillian Lawless** from us. Their remains will reside in Delaware until further disposition of their estate.

As a celebration of their lives and for what they have brought to the running community, we declare **Sunday, June 11th** as **Bon Voyage Frank and Lil Day**.

Those of us who wish to pay our last respects are invited to the wake to view them in person. Doug and Jane Alred have graciously opened up their home for the occasion.

Food and drink will be provided by the church of Runtology. Small donations left at the casket will help us defray some of the expenses. Please feel free to bring an entree or a side dish, and a comfy chair to sit on.

The viewing will commence at 1:00 pm and last until Doug and Jane run us off. Address: **3710 Beauclerc Road, Jacksonville.**

If you have questions, please call Matt Ross, 268-8392 or e-mail hartross@bellsouth.net



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## BOARD OF DIRECTORS MINUTES

Continued from page 2

funds available are \$47,106.93, which includes two CDs at Vystar Credit Union. The April treasurer's report was filed as written.

**Merchandise Coordinator:** George Hoskins is currently handling both the position of Treasurer and Merchandise Coordinator. It was suggested that someone else take over the position of Merchandise Coordinator since both jobs are fairly active. A proposal was put to the board to ask for volunteers. No one took up the offer from the board members present. It was stated that the Merchandise Coordinator does not have to be a board member. Dave Bokros noted that he will put it to the other board members not present to try and find a volunteer. After that it will be advertised in the StrideRight.

**Strider Social Coordinator:** There is no one holding this position at the time, although Kent Smith has held this position for the past three years. We are looking for a new volunteer as Kent would like to step down. This position does not have to be held by a board member. This will also be advertised in the StrideRight after canvassing the other board members.

**Merchandise Funding Status:** For the 2006 budget, \$1700 was allocated. There is currently less than \$200 remaining due to many new members and purchases. The inventory of cotton t-shirts for new members is very low. In order to re-supply the t-shirt inventory, an additional \$200 is required. A motion was made and passed to increase the amount for Merchandise by \$200.

**Hershey Track Meet Funding Adjustment:** There was a huge turn out of kids for this event. The board originally approved a \$300 budget for the track meet, not knowing exactly what was needed. Actual costs came to \$444.19. A motion was made and passed to fund the remaining costs to reimburse James May, who was the coordinator of the event.

**Volunteer Merchandise Coordinator for Memorial Day 5K Race:** George Hoskins will be out of town for this race and needs someone to take over the duties. Vicky Connell stated

her daughter Tori and a friend were planning to volunteer for that race so they could handle the Merchandise for that day. George will get with them to show them what is needed to be done that day.

**Memorial Day 5K Race Update:** Dave Bokros, who is the race director, has met with the city of Green Cove Springs and coordinated the race route. There is a bit of concern about all the construction currently going on in GCS, but this should not affect the race course. GCSs will provide barricades for the cross streets along the route. The event will be even bigger this year with more activities. Channel 4 will be there and is running advertising spots for the race. 1st Place Sports is also running our race logo on their web site, as well as handling registration for the race. Need to warn people that traffic may be more congested this year than previous years. It was suggested this information be included in the race packet as well as suggestions for parking.

**General Discussion:** Jay Birmingham reported that Molly Flynn, who has received scholarships from the Striders, has completed her first year at the University of Florida and has a 3.6 cumulative average in Pre-Pharmacy. She is also still running.

It was noted that Bob and Vanessa Boyd went to the Awards Banquet for the Reinhold Foundation. The last two years the Striders received a grant for \$500. The grant was not awarded this year, but it was suggested that we continue to pursue this grant in the future. It was also suggested that we need to quantify our numbers when requesting an award and the results are more likely to be favorable.

Jay Birmingham was presented with a plaque for the 2005 Jerry Little Journalism Award, Honorable Mention for Club Writer of the Year, from the RRCA. In addition, it was noted that his articles in the StrideRight are much appreciated.

The meeting was adjourned at 8:15 p.m. ●

Respectfully submitted,  
Vicky Connell

# Time To “Show Off”!

Written and Photographed by Vanessa Boyd -  
Florida Striders Children’s Coordinator

The Striders should be proud of their support of Children’s Running and the area’s Run/Walk Programs in particular. I gave all the schools in Clay County the opportunity to share information on their program. Six of the 13 programs I am aware of responded. I will continue to encourage our coaches to keep me informed and also feature several of our programs in the future.

Our oldest program is Lakeside Elementary. This terrific program started 20 years ago in 1986. Most of our programs started in the late 90s and early 2000s. We have incorporated a few new programs this year including Swimming Pen Elementary, Argyle, and Annunciation. The participation this year ranged from 130 to 376 members per school. The accumulated miles for 2005-2006 per school ranged from 800 to 9,759 miles. Paterson rightfully boasted of having their current active members run 18,940 miles over the 8 years their program has been in existence. They also had over 100 new members join their program this year. Orange Park Elementary shared that several of their active participants have logged over 200 miles since they have been in the program. Swimming Pen was proud of their sixth grader who ran 59 miles this season. Several schools participated in the Jr. River Run on March 11, 2006 with 5 from Lakeside finishing the 9.3 mile River Run. Also, many of our Run/Walk members ran in the Hershey Games on 4/29/06 where I was informed that 14 from Lakeside and 12 from Swimming Pen qualified for the Hershey State Meet in New Smyrna Beach in June.

Our Marathon Medal Program involved 13 elementary schools and 966 medals given to students who over the 2005-2006 school year had run at least 26.2 miles. We are still

receiving requests for more medals as I write this article. The schools participating in the Marathon Program were:

- Lakeside Elementary
- Paterson Elementary
- Thunderbolt Elementary
- Orange Park Elementary
- Argyle Elementary
- W.E. Cherry Elementary
- Swimming Pen Elementary
- Annunciation
- RideOut Elementary
- Tynes Elementary
- Wilkinson Elementary
- McRae Elementary
- Doctor’s Inlet Elementary



These programs are led by Teachers and P.E. Coaches who give of their time along with parents and volunteers who diligently record the student’s miles as they participate on a weekly basis. Most of these programs take place after school, not to interfere with the regular school day. I believe that the coaches at Annunciation said it all when they said, “The run walk club will continue to make exercise convenient and fun to all students and parents as we all work together towards successful and healthful futures.” Our hats go off to all these great supporters of such a worthy cause. We are so very proud of all of you. The Florida Striders and their sponsors support these fine programs through providing Fun Run Participation money at Run to the Sun & Autumn Fitness, direct grants to Run/Walk programs, providing marathon medals, providing awards at the Clay County Elementary School Track Meet, sponsoring the Hershey Games, and hosting free Fun Runs with awards for all finishers at each of our races. You are never too young or too old to have fun running. ●



## Introducing Our New StrideRight Columnist... Nicole Sullivan



*I am pleased to announce the StrideRight's new column on nutrition and diet. We have not ironed out the official name but look for it in July and see what Nicole has in store for you! We are certainly honored to have her write for the StrideRight, in her much deserved free time. The following is a brief intro from Nicole:*

My name is Nicole Sullivan and I moved to Jacksonville about 3-years ago to finish my undergraduate degree in Nutrition and Dietetics, currently I am working on obtaining my Masters of Science in Health in Nutrition and Dietetics at the University of North Florida. I interned at Brooks Rehabilitation Hospital during the fall and at Baptist Medical Center Downtown during the spring.

I will be traveling to Belize for two weeks to take part in Nutrition Counseling and education for the general population and once I arrive back in Jacksonville I will be interning at various community facilities in Jacksonville and neighboring cities for the remaining of the summer semester. In December I will be graduating with my Masters and pursuing a job in the field of Nutrition and Dietetics.

Also, I am currently working part-time as a Nanny and at Williams-Sonoma at the Avenues Mall.

I started running in March 2005. The Gate River run was my first race and longest run. Suddenly I became addicted to running. I have always been quite athletic, but never competitive, therefore I was never interested in racing. Once I realized that racing is not really about beating someone else it is more for your own glory and self-satisfaction than anything else. After realizing that I was running/competing against myself and no one else, I started to inquire more about the different running events in Jacksonville. I started doing training runs with the Striders running group in Orange Park about a year ago with a close friend of mine, Gretchen Ehlinger, to help get me ready for, what I never thought I would do, a 1/2 Marathon. Now my next goal is to finish a Marathon and take part in Triathlons.

I have been honored with the opportunity to help with the Florida Striders newsletter, so I hope that I am able to supply informative nutrition tips and delicious recipes to help replenish your energy stores while adding a healthy twist. ●

## Tidbits of Interest

### CONGRATULATIONS TO STRIDER, TERESA HANKEL!

We are pleased to announce that effective July 1st, 2006, Teresa Hankel will be the new assistant principal at Fleming Island High School! Go Eagles!!

### RUNNING IN SCOTLAND

Our Daytona Strider Donna Hiatt just completed The 2006 Resolution Asset Management Women's 10 K, in Glasgow, Scotland, which took place on Sunday, May 21. The race had an amazing 14,963 women entered. Donna completed the 10K in a time of 59:23 and finished 3,452th overall finisher.

The route made its way round Glasgow's picturesque South side, starting and finishing in Bellahouston Park.

### BACK RACING!

Joe Connolly finished his 850 at the Memorial Day 5K on May 29th. He suffered a bad fall at the River Run but is now glad to be back running again! Glad to see him back at the races!

*Please send any Tidbits of Interest, you would like to share with us to [StrideRightEdit@aol.com](mailto:StrideRightEdit@aol.com).*

### NEW MEMBERS

Sherrilynne Chung  
Sherry Gonyon  
Keller Kristina  
Cecile Spiegel

### RENEWING MEMBERS

Matthew Acheson  
Debbie Adams  
David Albritton  
Richard & Jenny Allen  
Glenn & Ann Batteiger  
Virgil Brenner

David & Rebecca Brownell  
Virginia & Gordon Butler  
Tommy & Cathy Dobbs  
Harry Edwards  
Gil Flores  
Claudia French  
John Gauer  
Scott Grimm  
David Kelley  
Charles Lusk  
James & Denise May  
Kelli McGreevy  
Warner Millson  
Marvin, Cindy & Spencer  
Mollnow

Barry & Harriet Panensky  
Michael Putala  
Ronald Rapaport  
Nadia Reynolds  
Bradley Shepherd  
Frank & Lillian  
Sutman/Lawless  
Jacob Witt  
Tom & Kary Zicafoose

### MULTI-YEAR RENEWALS

Stephen Beard  
Kimberly, Peter &  
Alexandra Hoyt

Robert Shields  
Barbara Whitter  
Kaitlin Yaracs  
John Carson  
John & Sandra Bowsman  
Robert & Karin Glenn  
Eric & Bernita Bush  
Bernie Candy  
James & Maria Spellman  
Danny & Jenny Suber  
Lorri & Benjamin Howard  
Annalee McPhilomy

Send your running stories to  
[StrideRightEdit@aol.com](mailto:StrideRightEdit@aol.com) by the  
15th of the month!



# 29th Annual Hershey Track & Field Games

by James May • Photos by Vanessa Boyd

On Saturday April 29th, the Florida Striders sponsored the District 2 championships for the 29th annual Hershey Track & Field Games. The event held at the Orange Park High School track drew 62 girls and 61 boys in the three age groups (9-10, 11-12, 13-14). This nearly tripled the participants from the previous year.

Eighty-five runners pre-registered through their run/walk clubs. This resulted in the majority of the runners (75 of 123) being in the 11-12 age group.

The top two finishers in each event qualified for the state championship meet held June 24th in New Smyrna Beach. All the young Striders you have seen practicing on Wednesday nights at St. John's Country Day School qualified for the state championships. Other qualifiers are in the process of becoming Striders, so they can experience the success achieved by our young members. Each of the qualifiers for the State Hershey Meet won Hershey Games T-Shirts with the Florida Strider logo.

The Florida Striders provided 18 of the 26 volunteers including Bob Boyd, Vanessa Boyd, Roberta Boyd, Cathy Tison, Natalie Schwartz, Kay Womack, James Vavrino, James May, Denise May, Vicky Connell, Tori Connell, Patti Stewart-



Garbrecht, Dave Bokros, Brittany Bokros, Kim Hoyt, Cameron Metzgar, Debbie Adams, and Mike Ford helped with registration, timing, lane assignments, checking in, measuring and recording field events, announcing, ribbons, and other tasks.

These Striders were assisted by Scott Motes, Teena Taylor, Christy Ingeman, Katie Murphy, and Elders Wade, Stout, Taylor, and Shephard from the Orange Park Church of Jesus Christ of Latter-Day Saints. The concession stand was provided by Boy Scout Troop 33.



Special thanks are in order for Mike Ford for coordinating pre-registration and providing a speaker system; Kim Hoyt for getting access to the press box, bathrooms, and chairs; Bob and Vanessa Boyd for organization of the event and procuring needed supplies. Thanks also to Sigma Marketing for donating the place ribbons. ●

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  
 8559 Boysenberry Lane E.  
 Jacksonville, FL 32244

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.

# Striders at the Races

# RACE RESULTS

To get your race results published, email [epstewart2002@yahoo.com](mailto:epstewart2002@yahoo.com)

## CITISTREET CORPORATE 5K

Jacksonville Landing

April 27, 2006

Justin Jacobs	16:14	3 <sup>rd</sup> O/A
Bill Dunn	18:16	11 <sup>th</sup> O/A
Stephen Beard	19:56*	
Brad Littleton	20:12	
Raymond Ramos	20:57	
Keith Poythress	21:14	
Lewis Buzzell	23:16	
Kelly Howard	23:46	
Bradley Shepard	25:49	
Kelli McGreevy	25:51	

## RUN FOR COVER 5K

Jacksonville

May 6, 2006

Len Ferman	18:44	
Male Masters		
Michael Strout	19:02	1 <sup>st</sup> A/G
Anthony Truitt	19:36	1 <sup>st</sup> A/G
Jeremy Ferman	20:11	1 <sup>st</sup> A/G
Stephen Beard	20:37	1 <sup>st</sup> A/G
Raymond Ramos	21:53	3 <sup>rd</sup> A/G
Randy Arend	21:58	2 <sup>nd</sup> A/G
David Ferman	23:24	1 <sup>st</sup> A/G
Lewis Buzzell	23:56	3 <sup>rd</sup> A/G
Steve Bruce	23:58	
Stephanie Griffith	23:58	
Female Masters		
Gil Flores	24:37	
Paul Smith	24:40	3 <sup>rd</sup> A/G
Harrison Stubbs	25:25	3 <sup>rd</sup> A/G
Curt Stubbs	25:56	
Barbara Whitter	26:29	2 <sup>nd</sup> A/G
Freddy Fillingham	29:18	
Tom Sullivan	31:15	2 <sup>nd</sup> A/G
Patty Czarnecki	31:43	
Kay Manley	36:33	
Al Saffer	34:11	1 <sup>st</sup> A/G
Michelle Ramos	35:29	
Lisa Weiler	35:57	1 <sup>st</sup> A/G
Denise Stewart	41:01	

## SHRIMP FESTIVAL

Fernandina Beach

May 6, 2006

Bonnie Brooks	22:00	1 <sup>st</sup> A/G
Kathy Murray	22:15	2 <sup>nd</sup> A/G
Sharon Lucie	23:24	1 <sup>st</sup> A/G
Sandra Shines	35:14	

## DARE TO GO BARE 5K

Lutz

May 7, 2006

Kent Smith	27:48	
Trish Kabus	39:56	

## RITA CASH 5K

Jacksonville

May 13, 2006

Justin Jacobs	15:37	3 <sup>rd</sup> O/A
Kim Pawelek	17:26	
1 <sup>st</sup> O/A Female		
Bill Dunn	17:48	3 <sup>rd</sup> A/G
Alan Shepard	18:07	
Jeremy Ferman	18:17	
Anthony Truitt	18:26	
Stephen Beard	19:27	1 <sup>st</sup> A/G
Gary Hallett	20:00	
Keith Poythress	20:20	2 <sup>nd</sup> A/G PR
Regina Taylor	20:29	1 <sup>st</sup> A/G
Raymond Ramos	20:34	3 <sup>rd</sup> A/G
John Hirsch	21:44	
David Ferman	22:40	1 <sup>st</sup> A/G
Paul Smith	23:33	3 <sup>rd</sup> A/G
John Gauer	23:59	
David Stanley	25:25	
Earl Vinson	25:37	
Barbara Whitter	25:40	3 <sup>rd</sup> A/G
Freddy Fillingham	23:45	
Cathy Reidy	28:11	
Gayla Poythress	28:12	
Rachel Slater	30:24	3 <sup>rd</sup> A/G
Gordon Slater	30:25	1 <sup>st</sup> A/G
Al Saffer	32:42	1 <sup>st</sup> A/G
Sandra Shines	33:14	
Lisa Weiler	33:30	2 <sup>nd</sup> A/G PR
Preston Reidy	33:43	2 <sup>nd</sup> A/G
Shira Ferman	35:12	2 <sup>nd</sup> A/G
Katy Stanley	35:01	
Carolyn Disher-Ryan	55:33	
2 <sup>nd</sup> A/G - Walking PR		
Josh Stanley	37:26	3 <sup>rd</sup> A/G
Michelle Ramos	37:54	

## BEACHES FINE ARTS SPRINT

TRIATHLON SERIES #1

Ponte Vedra Beach

May 13, 2006

Regina Soeey	1:07:15	1 <sup>st</sup> A/G
Vicky Connell	1:12:10	2 <sup>nd</sup> A/G

## VILLANO BEACH 5K

May 20, 2006

Kathy Murray	21:48	2 <sup>nd</sup> A/G
Kim Crist	23:17	
Kent Smith	26:23	
Jim Kehr	29:00	
Christine Kehr	31:01	
Al Safer	32:17	1 <sup>st</sup> A/G
Trish Kabus	47:15	- Walked

## RAVINES 4+ MILE

CROSS COUNTRY

Middleburg

May 20, 2006

John Metzgar	28:07	
2 <sup>nd</sup> O/A Male		
Justin Jacobs	28:34	
4 <sup>th</sup> O/A Male		
Frank Sutman	31:12	1 <sup>st</sup> A/G
Bill Dunn	31:38	2 <sup>nd</sup> A/G
Patti Stewart-Garbrecht	33:16	
4 <sup>th</sup> O/A Female		
David Bonnette	33:34	2 <sup>nd</sup> A/G
Karin Glenn	33:56	
5 <sup>th</sup> O/A Female		
Patrick Gaughan	34:27	1 <sup>st</sup> A/G
Steve Beard	36:38	3 <sup>rd</sup> A/G
Celita Ricks	37:17	1 <sup>st</sup> A/G
Michael Myers	38:13	1 <sup>st</sup> A/G
Randy Arend	38:34	
Kathy Murray	38:43	2 <sup>nd</sup> A/G
Frank Frazier	39:03	1 <sup>st</sup> A/G
Denise Metzgar	39:06	1 <sup>st</sup> A/G
Mike Mario	39:13	3 <sup>rd</sup> A/G
Steve Bruce	39:21	
Cameron Metzgar	39:41	
Christine Hokaj	40:31	3 <sup>rd</sup> A/G
Chelsea Metzgar	41:21	1 <sup>st</sup> A/G
Danny Weaver	41:50	3 <sup>rd</sup> A/G
Tom Zicafoose	42:34	
Vicki Ross	42:42	
Jeanie Wilson	43:05	3 <sup>rd</sup> A/G
Brian Murray	43:13	2 <sup>nd</sup> A/G
Lewis Buzzell	43:59	
Dave Brokos	44:27	
Matt Ross	44:35	1 <sup>st</sup> A/G
Ken Wilson	47:06	
Gary Ledman	51:34	
Doug Barrows	51:53	
Claudia French	52:36	
Freddy Fillingham	52:55	

Kim Anthony	53:03	
John Aimone	54:36	1 <sup>st</sup> A/G
Al Safer	1:01:19	1 <sup>st</sup> A/G
Lisa Myers	1:03:01	
Norman Thomas	1:03:30	2 <sup>nd</sup> A/G
Diane Aimone	1:18:32	1 <sup>st</sup> A/G

# Strider Coordinators Needed

## SOCIAL COORDINATOR

The Florida Striders are currently seeking a new social coordinator for

socials, parties, and get-togethers. Kent Smith has been doing this job faithfully for many years and it is only fair that we give Kent some time to enjoy his time without worrying about what he is going to do with all the leftover plates and cups from the last social! This position does not have to be a board member and would be a great opportunity to meet the Florida Striders you have not met and have a great time in the process!

## MERCHANDISE COORDINATOR

Since our current Merchandise Coordinator has graciously agreed to be our treasurer, the board of directors, with a little polite reminder from George Hoskins, is looking for a new merchan-

dise coordinator. The job does not entail a tremendous amount of inventory but does require the merchandise coordinator to maintain an inventory large enough to accommodate upcoming races, work with the membership director to get free shirts to new members and to man the table at Strider races or at least find responsible parties to do so. I can imagine that we may get a merchandise coordinator that may want to run the races, as well.

Interested parties can  
contact Dave at  
904-688-0993 or  
Dbokros@comcast.net.

## 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 Seasonal	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	Danny Weaver (904) 287-5496
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

# June Race Calendar

Published as a service. Accuracy is not guaranteed. If you would like your race listed: Contact either Ken Bendy, RRCA Southern Director (904) 278-2926 Email kbendy@aol.com or Mike Bowen, RRCA State Rep (N. Florida) 850-452-6711 (day) 850-3081953 (eve) Email Michael.s.bowen@gmail.com, website [http://www.geocities.com/rrca\\_north\\_florida](http://www.geocities.com/rrca_north_florida).

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

DATE	EVENT	TIME	LOCATION	CONTACT
June 3	Davidson Realty 5K @ World Gold Village	8:00 a.m.	Caddy Shack WGV St. Augustine	(904) 731-1900 1st Place Sports
June 13	Mile Festival	7:00 p.m.	Bolles School Jax	(904) 388-7860 or 384-8725 Jacksonville Track Club
June 17	Run For The Pies Avia 5K Championship Open 5K	7:30 p.m. 8:00 p.m.	Jacksonville Landing Jax	(904) 731-1900 First Place Sports
June 23	All Comers Track Meet	7:00 p.m.	Bolles School Jax	(904) 388-7860 or 384-8725 Jacksonville Track Club
July 2	Firecracker 10 & 5 5K	7:00/8:00 a.m.	Bandshell Daytona Beach	(386) 767-1263 Daytona Beach Track Club
July 4	Celebration 5K	7:30 a.m.	1st Place Sports 3931 Baymeadows Road Jax	(904) 731-1900 1st Place Sports
<b>Sept 9</b>	<b>Autumn Fitness FREE ONE MILE FUN RUN</b>	<b>8:00 a.m.</b>	<b>Kennel Club Orange Park</b>	<b>(904) 272-1770 bobbydfl@comcast.net Florida Striders Track Club</b>
<b>Nov 11</b>	<b>Hog Jog 5K FREE ONE MILE FUN RUN</b>	<b>9:00 a.m.</b>	<b>Ronnie Van Zant Park Lake Asbury Middleburg</b>	<b>(904) 728-7759 stevebruce@comcast.net Florida Striders Track Club</b>

# Pacing with Patti



BY PATTI STEWART-GARBRECHT

Greetings everyone! Compared to April and May, June is a short month for race reporting. I guess it has something to do with summer. This is a sad month for me. My two favorite running friends are leaving me and moving out of the area. **Frank Sutman** and his wife **Lillian** are moving to Delaware and **Karin Glenn** and her family are moving to Chicago. I am wondering how I will survive through the summer without them. I guess I can and will survive, but I have already signed up for the Chicago marathon so that I have a good reason to visit Karin. Frank and Karin were among the first runners I met after I moved to Jacksonville in 2003. I have always said that training with faster people makes you faster and that was absolutely true. I had been in a rut when I moved here and training with them made me faster and stronger. I am bidding them a fond farewell but I will miss them greatly. Good-bye to my great friends Frank and Karin.

OK, now we can move forward to more cheerful news. The **Citistreet Corporate 5K** was held on April 27 at the Jacksonville Landing. Our fastest Strider was **Justin Jacobs** with a time of 16:14. He led the 1st Place Sports Team to a 1st place finish in the Open Men's division. Great job Justin! Justin was followed by **Bill Dunn** in a time of 18:16. Bill's time led the way for his team, the Mixed Team-Banking Category to a 1st place finish. Bill was followed by **Stephen Beard** in 19:56, **Brad Littleton** in 20:12, **Raymond Ramos** in 20:57 and **Keith Poythress** in 21:14. Our fastest female Strider was **Kelly Howard** in 23:46 followed by **Kelli McGreevy** in 25:51.

Next up is the **Run for Cover 5K** held on May 6. **Len Ferman** led the way for the male Striders with a time of 18:44 and also the Male Masters title. Len was followed by **Michael Strout** in 19:02, **Anthony Truitt** in 19:36, **Jeremy Ferman** in 20:11 and **Stephen Beard** in 20:37, all age group winners. **Stephanie Griffith** led the way for the women running 23:58 and capturing the Female Masters title.

On the same day in Fernandina Beach several Striders competed at the **Shrimp Festival 5K**. I can't help wondering about the post-race food and if there were any Forrest Gump sightings. **Bonnie Brooks** was our fastest female Strider running 22:00 and winning her age group. **Kathy Murray** was next in 22:15 fol-

lowed by **Sharon Lucie** in 23:24 who also won her age group. Apparently there were no male Striders at this particular race.

On the following day, May 7 our very own **Kent Smith** and **Trish Kabus** ran the **Dare to Go Bare 5K** in Lutz, Florida. Yes my friends, they ran buck naked. Does that seem uncomfortable to anyone out there besides me? Kent finished the race in 27:48 and Trish ran 39:56. I can tell you with great confidence that it would be a certain PR for me running naked, rushing to the finish line to put my clothes back on.

On May 13 the **RITA cash 5K** was held in Jacksonville. It was a nice cool morning and a fast course based on the finishing times. Our fastest Strider was **Justin Jacobs** in a time of 15:37. Justin must be getting pretty comfortable at the top and is clearly running well. Next male Strider was **Bill Dunn** in 17:48. Bill is another Strider who is running VERY well right now. Good job Bill! Bill was followed by **Alan Shepard** in 18:07, **Jeremy Ferman** in 18:17, and **Anthony Truitt** in 18:26. **Keith Poythress** ran 20:20 for a huge PR. Congrats Keith! **Kim Pawelek** was our fastest female Strider and overall race winner with a time of 17:26. Kim was followed by **Regina Taylor** in a time of 20:29 and age group winner. **Stephen Beard**, **David Ferman**, **Gordon Slater**, and **Al Saffer** were all age group winners.

Also on May 13 was the **Beaches Fine Arts Sprint Triathlon** at Ponte Vedra Beach. We had two Striders finish the race, **Regina Soeey** in 1:07:15 and **Vicky Connell** in 1:12:10. Great job ladies.

On the morning of May 20 a hand full of Striders ran the **Villano Beach 5K** with **Kathy Murray** leading the way with a time of 21:48. **Kent Smith**, our fastest male Strider ran 26:23 (with his clothes on).

Later that day the annual **Ravines Cross Country Race** was held in Middleburg, Florida. Widely advertised as a 4 mile race it turned out to be somewhat longer (actual distance unknown, but felt to be anywhere from 4.8-5.1). But, what the heck. What difference does time make in a cross country race anyway! I should also mention that it was a very warm evening, 94 degrees at the start (per weather.com) and a very

(Continued on next page)

**RUNNER'S QUIZ Answers. Questions appear on page 4.** 1. Eugene, Oregon 2. Bislett 3. London 4. The Greek word, stadion, the length of the straightaway at the ancient Olympics 5. Los Angeles Coliseum factors in various enzymes.

# Pacing with Patti

CONTINUED FROM PAGE 19

challenging course. I am pleased to report that **John Metzgar** has reclaimed his title as Jacksonville's fastest and finest masters runner by running 28:07 and being second place only to an out-of-towner who came from Gainesville. Congratulations John! John was followed by **Justin Jacobs** in 28:34, **Frank Sutman** in 31:12, **Bill Dunn** in 31:38 and **David Bonnette** in 33:34. Our fastest female Striders were **Patti Stewart-Garbrecht** in 33:16 and **Karin Glenn** in 33:56. **Celita Ricks, Patrick Gaughan, Michael Myers, Frank Frazier, Denise Metzgar, Chelsea Metzgar, Matt Ross, John Aimone** and **Diane Aimone** all won their respective age-groups. Congratulations to all the runners who braved the weather and the course to come out and have a great time.

This month's training tip is on the benefit of the tempo run. A tempo run is defined as a run done at lactate threshold pace. Most of us don't know exactly what our lactate threshold is unless we've been lucky enough to be forced to run a prescribed pace on the treadmill with blood tests done every two minutes and heartrate documented with each poke of the needle. Just kidding, nobody would consider themselves lucky to do that. Elite athletes have testing like this done and you can too if you find a sports physiology lab that conducts these tests. For most of us it is easier to estimate our lactate threshold by looking at our recent race times. Most people's LT will fall somewhere between 15K and half marathon pace. Running at this pace on a regular basis trains your body to withstand elevated levels of lactic acid. Lactic acid is the by product of the muscles metabolism

of glycogen and increases as the pace of running increases. At some point the level becomes so high that your muscles cannot continue to run at that pace anymore and you have to slow down. The lactate threshold is the point just under where you would need to slow down due to over accumulation. By running this pace your body becomes better at being able to challenge this LT and you eventually are able run faster for longer periods of time. While the tempo run is critical training for racing distances of 15K and up, it can also help those who run shorter distances. The first thing to do is determine your pace. You can start by using the average pace run for the Gate River Run. The best way to do a tempo run is to run from 2-4 miles at that pace. After a good warm-up, run the prescribed pace for 2-4 miles, then cool down. If you are just starting out with tempo running I would recommend starting with two miles and working up to four. If this sounds too painful or miserable you can achieve almost the same benefit by doing mile repeats at this pace with a very short recovery, like 1-2 minutes. These are called cruise intervals. You can also do 2 x 2 miles at this pace with a short recovery. Just make sure you aren't doing the intervals faster than the LT pace. During the summer months when we aren't racing as much I would recommend doing either a tempo run or cruise intervals on Friday or Saturday on the weeks with no Saturday race. I feel strongly that this is an integral part of any training program and it will only make you faster and stronger. Try it and give me some feedback about whether it improves your fall racing. Well, it's time for me to sign off until next month. See you at the races. ●

Please get your race times in as soon as possible if you want them published. You can send your times, trash & trivia by e-mail (preferred) to [epstewart2002@yahoo.com](mailto:epstewart2002@yahoo.com) or stay tuned for Patti's snail mail 1513 Maple Leaf Lane Orange Park, FL 32003



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Florida RRCA Championship Races and various running related web site links can be found on the RRCA Southern Director'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>