



Volume 25, Number 8

STRIDERIGHT

Florida Striders Track Club



www.floridastriders.com



August 2006

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A Colorado Experience

Four Florida Striders broke away this summer to enjoy a runner's dream, a cool vacation far from the crowded heat of Florida; Alex Wester, Doug Barrows, Jackson Gardner, and this writer.

The Colorado Mesa Running Camp

has been in operation for 16 years in the San Luis Valley of South Central Colorado. Located 8,800 feet above sea level on Wild Horse Mesa, the camp features more than 100 miles of dirt and grassy roads, framed by three mountain ranges. To the



east lies the majestic Sangre de Christos; north stands the mighty Sierra Blanca with four 14,000 footers; to the south, the Rio Costillo Range pokes skyward.

Running at altitude has its challenges: Besides hypoxia, there is unscreened UV light and rapid evaporation, quickly leading the unsuspecting runner to dehydration. Early-week headaches are common. Frequent trips to the bathroom

are likewise, as the body wrings out water in a futile attempt to extract more oxygen from the rarified atmosphere. While Floridians suffer with high humidity, it is a challenge to rise to face temps in the mid-40s to low 50s each morning.

Wild horses gallop about, seen often by those who venture more than a few miles from the camp house. Mule deer and elk are running acquaintances, too, sometimes seen in large numbers. Rabbits abound and a

Continued on page 4

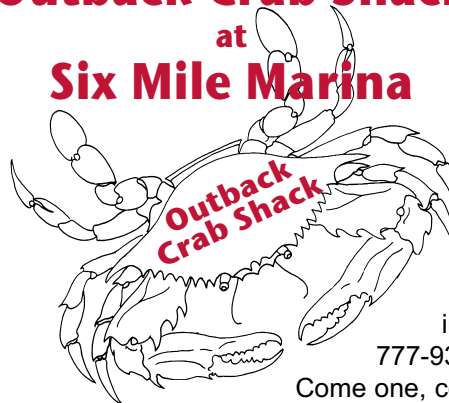
Meet Your New Social Coordinator, Glenn Hanna



The Striders are glad to announce that Glenn Hanna has graciously accepted the role of Social Coordinator. Glenn says his responsibilities include planning and "making socials happen". He has been a Strider since 2000 and is on the Board. He would like to emphasize that he is not only looking for people to volunteer to have socials at their homes but he is also looking ideas for "special" socials like at sporting events or unusual locations (football games, the Zoo, St. Augustine, etc.). A special thanks to Kent Smith for several years of his expertise as social coordinator!

AUGUST SOCIAL

Outback Crab Shack
at
Six Mile Marina



Back by popular demand!

**Sunday,
August 13th
2:00-6:00**

Directions: The Crab Shack & Six Mile Marina is about 3 miles South of the Shands Bridge cutoff (US 16) on State Road 13. For more information call Glenn Hanna at 777-9351 or ghanna3@bellsouth.net. Come one, come all! Access by boat too!



Prez Sez By Dave Bokros

The Road Runner's Club of America has declared September 22, 2006 National Run at Work Day! This originally was National Run to work Day but that seemed impractical for most so now it is National Run at Work Day. The Florida Striders Track Club has decided not only to throw our support behind this initiative, but also to reach out and challenge the Jacksonville Track Club, and, while we are at it, the Ancient City Road Runners club to see who can get the most participants in this event. The rules (as set forth by Dave) are as follows:

- Your run at work event must take place at your place of business immediately before, during, or immediately following work.

- Your club will receive one point for every club member who participates and 3 points for every non-member (you cannot recruit members from other participating clubs and label them non-members, we already know you run).

These are really the only two rules that I feel are important to the challenge.

Please remember that it is extremely hot out and to make sure that water and some sports drinks are available. For all the new runners that participate, do your best to make the event as enjoyable and stress-free as possible. The idea behind National Run At Work Day is to encourage Americans to incorporate at least 35 minutes of exercise into their daily lives, so let's not scare anyone! The link below this article will take you to the RRCA website where you will find a planning kit that will help you promote and plan your event at your workplace. If this is something that you want to do and you would like further help or input contact your favorite board member for details!

I have been extremely busy since the last board meeting, so I have not gotten around to officially challenging the JTC or ACRR, so I guess this is it! Let's get out and get some people moving!

JTC and ACRR feel free to give me a call and find out what this is all about!

See you on the road! ●

<http://www.rrca.org/program/programs.html> - P4

Board of Directors' Minutes 7/11/2006

The meeting was called to order by Dave Bokros at 7:45 PM. Directors absent: Jay Birmingham, John and Denise Metzger, Kim Lundy, John DeAntonis, Gary Hallett, Celita Ricks, Sharon Pentaleri, and Patty Stewart-Garbrecht

Minutes/Treasure's Report: No changes to the June minutes. The treasure's report was presented. Discussion centered on options for the CD at Vystar Credit Union which matured this month (at \$21,221.39). A motion was made and passed to take the CD from Vystar and transfer an even \$20,000 to a Compass Bank 11 month CD at 5.2% interest. (All of our accounts are being transferred from Vystar to Compass Bank.) **The July treasurer's report was filed as written.**

Active.com Price increase and contract renewal: Prices have increased the last few years at Active.com from \$2 to \$3 per on line entry. We currently have a one year contract with them for each of our races. A motion was made and passed to continue to use Active.com since it doesn't add to our costs and it is optional for the person signing up. We are going to keep an eye on it to see if its use decreases in the future with the price increase. One of the advantages of the site is the ability to search for race information in other cities. This also means people from other cities can find information about our races.

Kids Day 2006: Dr. Otto (local chiropractor) is putting on a Clay County Kid's Health Fair Day at Middleburg High School, Sep 23rd to promote health, safety, and environmental awareness. He has a sponsorship from Toys 'R Us, for \$4000, and has already gotten support from the Sheriff's Office. He **Continued on page 6**

2005-2006 Board of Directors & Key Members

(Board Members marked with an *)

President/Memorial Day 5K Director:

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Directors at Large:

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*Mike Ford(H) 406-2989
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*Terry Sikes(H) 384-7194
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*Kellie Howard(H) 732-7377
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email: kbendy@aol.com

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Strider "Person" Coordinator for Races:

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Scholarship Coordinator

Tom Sullivan(H) 298-3220
email: msull10166@cs.com

StrideRight Editor

Trish Kabus(C) 343-5181
email: striderighted@aol.com

SUPPORT OUR SPONSORS... THEY SUPPORT OUR SPORT



Orange Park Medical Center

Mike Shad  **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.



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Run to the Sun 8K &
Autumn Fitness 5K

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Run to
the Sun

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Memorial Day 5K



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



Run
to
the Sun



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Memorial Day 5K

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Hassain Ramezani, MD



Village Bread
Market



Krispy Kreme

THE WIDE WORLD OF RUNNING

Continued from page 1

boost in coyotes is sure to follow. Their yipping arias are frequent nighttime interruptions.

Many campers log quite high mileages. One of my former Dana College stars, now a Philadelphia denizen, racked up 130 in late July. Eat, sleep, read, run, nap, fish, doze, jog, hike, walk, and sleep some more--a common daily pattern. And then there are the Field Trips'

Imagine a pile of sand the height of the Hart Bridge. Skirt it with a mile of rolling sand, ranging in density from coarse grains to powdered sugar. The strongest can run these dunes, located in the Great Sand Dunes National Park, at a rate of about 15 minutes per mile. Various distances are chosen by campers--from the picnic grounds to the High Dune and back (2 miles) or the High Dune/Star Dune triangle (7 miles), the latter excursion taking most of two hours.

Watermelon greets the survivors, followed by bowl after bowl of cereal and cold milk, bananas, and sports drink. Scarcely an hour after emerging from the hot desert of the dunes, campers plunge into icy Zapata Falls, a plume of snow melt from the backside of Blanca Peak, fourth highest in Colorado.

Another excursion away from the mesa is the famous Rock Creek Run, 95% uphill, in the Rio Grande National Forest. Featured in the recently published book, 75 Toughest Runs, and credited by Olympic marathon medallist Deena

(Drossin) Kastor for helping her develop her strength, Rock Creek is tough. Starting at 8,500 feet and cresting at 11,230, the forest road weaves upward through aspen, spruce, and ponderosa pine. The musical gurgle of Rock Creek accompanies every runner the entire route and few escape the temptation to take a short walking break.

If you ever partake in exhausting training like this, food tastes better, the scenery restores the soul, and all the world feels a wonderful place to be healthy and active.

One recent Saturday, the four Striders dropped in on the 30th Annual Mormon Pioneer Days road race, a 5 kilometer dash through the town of Manassa, home of Jack Dempsey, the Manassa Mauler of the 1930s. Barrows claimed a third place AG trophy in the 55+ division, Wester, a junior at St. Johns CDS, placed third among young men 16-19, Gardner was runner-up in the 13-15 group, and I picked up first in the old man's division.

Let me tell you something. Running fast without oxygen leads to all manner of difficulties. Four hundred meters can feel like a mile to go when your diaphragm feels paralyzed, your heart is pounding in your temples, and you hear a loud wheeze instead of your breath.

It is going to be tough to return home to Orange Park, of that we are all certain. But look for us out there on the roads, loving running wherever it leads us. Certainly, our Colorado experience is a rich exclamation point in our running lives. ●

Tidbits of Interest

MARINE CORP MARATHON NUMBER

Rumor has it that there is a Strider that has a Marine Corp Marathon number and is not going to be able to participate. As of press time, I have not contacted her with the specifics. New this year, you can transfer your number to someone else. If this interests you, please contact me and I will put you in touch with her. Trishk22@aol.com.

RUNNING A FALL MARATHON

Let me know what marathon you are running this fall. I would like to publish a list of members running fall marathons. This will allow others who are running the same marathon connect with you. Please send your plans to StrideRightEdit@aol.com.

NEW MERCHANDISE COORDINATORS!

Keith Poythress and Tori Connell have graciously accepted the roles of merchandise coordinators. Look for more about them in the September StrideRight.

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

NEW MEMBERS

Lisa Allen
Deborah Coffman
Mark & Gigi Gonzales
Meredith Grove
Joshua Hyde
Ronald Jackson Jr.
Michael & Amy Mandt

Kenneth & Erin Neikirk
Wally & Pamela Perez

RENEWING MEMBERS

Doug & Jane Alred
Luke Byrne
Alexander & Micheala Combs

John & Michelle Dunsford
Robert & Diane Grimmig
Bruce Holmes
Michael & Debbie Lindell
Mike Marino
Bill Phillips
Ed, Michelle, Jesse,
Schuyler Velasco

MULTI-YEAR RENEWALS

Joe Brannan
Bonnie Brooks
August Leone
Steven O'Brien
Steve, Maria, Isabel
Bruce/Padin



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Sports Nutrition Company Coming to Town

**Recently named one of the 30 hot new franchises by
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Looking for a great business opportunity in a dynamic, growing \$16 billion a year industry? Like the idea of owning your own business while pursuing your passion for health and fitness? Then, owning a Max Muscle Sports Nutrition store may be just what you are looking for.

California-based Max Muscle Sports Nutrition is the premier sports nutrition franchise company in America, offering superior products and advice and counseling about health, fitness, and nutrition. We are expanding rapidly throughout the country, and have already opened our first store in Orlando with a second scheduled to open this summer in Jacksonville.

We are looking for qualified people with a passion for health and fitness to own and operate single and multi-units. If you would like to learn more about this exciting opportunity, please go to www.maxmusclefranchise.com or call **Vince Bagni** at (904) 280-9430.

BOARD OF DIRECTORS MINUTES

Continued from page 2

has asked us to put on the race for the kids who attend since he has no experience setting up races. All participants would have to sign up for the race to cover our liability. We would provide the clock for the finish line. A few volunteers will be needed to run the race. He is willing to put our logo on the ribbons at no cost to us. Dr. Otto will also provide us with a free booth to put up our banner. A motion was made and passed to support a 1 mile fun run at the Health Fair.

Race Fee Increase: Our race costs have increased this year because we now have to pay around \$400 - \$600 to the Sheriff's Office for traffic control (was accomplished previously for free by the Sheriff's Auxiliary association with a donation of around \$150). Another increase is that First Place Sports has increased their base fee for chip timing from \$500 to \$750. Discussion brought up that we've had substantial profits from the last few races, and there isn't a need to increase fees for revenue. It's been a good point for our club that our prices are so low. A motion was made and passed to keep our fees the same.

2007 Race Calendar: The schedule for next year's races was presented to the board. A motion was made and passed to approve the schedule as presented.

National Run at Work Day: John Powers presented a program that was founded by the Road Runners of America (RRCA) to promote health, wellness and running by Running at Work on September 22, 2006. John proposed we support this effort by hosting an event before, during or after work hours by promoting this through our website, possibly in conjunction with the Jacksonville Track Club (JTC). A motion was made to challenge JTC to compete in this event, details to be worked out later.

General Discussion: Mike Ford presented the Oakleaf School Run/Walk Club application for review by board members.

The meeting was adjourned at 9:00 p.m.
Respectfully submitted,
Vicky Connell ●

Depot Pacesetter Team Wins 2006 Corporate Run

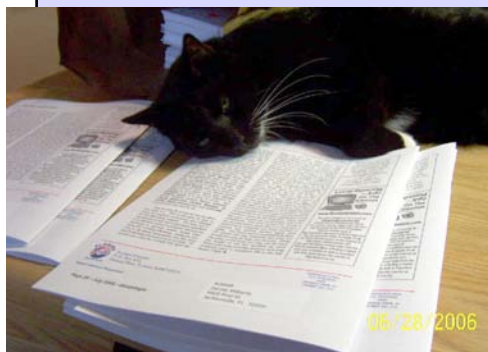


Representing the Depot Pacesetter team are (l-r) Keith Poythress, Mark Grubb, Joey Walker, John Funk, and Brett Beisker (kneeling)

For the second time in two years, a Depot Pacesetter team has won the Government Men's division in the annual Citistreet Corporate Run 5k. This years run was held April 27th in downtown. There were teams representing all industries including banking, insurance, medical, military, government, law, media, transportation, manufacturing, and others. The winning Depot team had five runners, where the top three counted towards the official team time.

The team consisted of John Funk (20:30), Mark Grubb (20:57), Keith Poythress (21:14), Brett Beisker (22:00) and Joey Walker (27:30). Other teams in the government division included two teams from the Army Corp of Engineers and a second team from the Naval Air Depot Jacksonville. The winning 2006 team was very competitive this year having the 8th fastest team time in the field of 56 men's teams. ●

New StrideRight Helper



Mike Mayse, our Membership Director/Newsletter Circulation Manager had help with the July issue of the StrideRight

Healthy Tips for Snacking

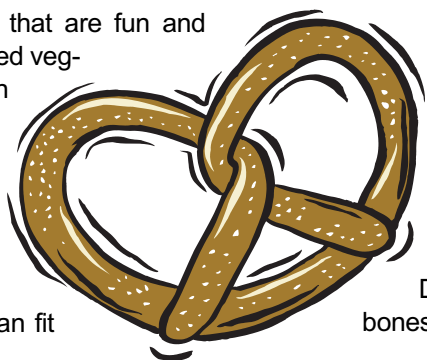
"Grazing" is the American way of eating. Most of us are always on the go so grazing, snacking, or mini-meals become important. As runners we tend to eat quite frequently, therefore it is important to choose foods that can satisfy your hunger and supply your body with the energy and nutrients it needs.

Choosing snacks from the following food groups will ensure the nutrients your body needs. These groups include: whole grains, fruits and vegetables, nuts and seeds, and low-fat dairy products.

Eating healthy foods does not mean you have to lose flavor! Some snacking ideas that are easy and simple include: low-fat whole grain crackers, pretzels, oatmeal cookies, and other baked items rather than fried. Look for products with whole grain listed!

A few more healthy snacking options that are fun and easy include: raw vegetables or lightly cooked vegetables, such as carrots with low-fat ranch dressing or celery with peanut butter or low-fat cream cheese; low-fat dairy products such as yogurt, cubed cheeses, and cottage cheese; and 'finger foods' such as half a tuna or peanut butter sandwich and pretzels rolled up in lunch meat.

Remember a wide variety of snacks can fit



A Nutritious and Delicious Twist

By Nicole Sullivan UNF MSH/Dietetic Intern

into a healthy lifestyle, so you don't need to avoid snacking just be cautious of what you are snacking on!

Why These are the Best Snacking Options

Whole grains provide carbohydrates and fiber, which gives the body the energy it needs.

Fruits and vegetables provide vitamin and minerals as well as a feeling of fullness without adding extra fat and providing minimal calories.

Nuts and seeds provide the body with protein, but remember they do contain a significant amount of calories so limit the portion size.

When choosing dairy products look for low-fat dairy products because dairy products tend to contain high amounts of fat.

Dairy is extremely important for keeping our bones and teeth strong. ●

Brown Rice Crispy Bars

Recipe Courtesy of: Alton Brown

- 6 cups of puffed brown rice
- 3 tablespoons flax seed oil, plus extra for the pan
- 1 tablespoon orange blossom honey
- 4 cups of mini marshmallows
- 3/4 cup of toasted slivered almonds
- 1/3 cup of coarsely chopped dried cranberries
- 1/3 cup of coarsely chopped dried cherries
- 1/3 cup of dried blueberries

Lightly coat the inside of a 13 by 9 by 2-inch metal pan with oil and set aside. Preheat the oven to 425 degrees F.

Spread the brown puffed rice evenly on a sheet pan. Toast in the oven for 4 minutes, stirring occasionally. While the rice is toasting, prepare the marshmallow mixture.

Place the oil, honey, and marshmallows in a large mixing bowl set over a pot of gently simmering water. Stir until the marshmallows are melted, approximately 4 to 5 minutes. Once the marshmallows are melted, quickly add the toasted brown rice, almonds, and fruit and stir to combine. Coat your hands or a spatula with oil and spread the mixture evenly into the pan. Once the mixture has cooled completely, cut into squares and store in an airtight container for 1 to 2 days.

Excellent while on the run!!!

Granola

Recipe Courtesy of: Alton Brown

- 3 cups rolled oats
- 1 cup slivered almonds
- 1 cup cashews
- 3/4 cup shredded sweet coconut
- 1/4 cup plus 2 tablespoons dark brown sugar
- 1/4 cup plus 2 tablespoons maple syrup
- 1/4 cup vegetable oil
- 3/4 teaspoon salt
- 1 cup raisins

Preheat oven to 250 degrees F.

In a large bowl, combine the oats, nuts, coconut, and brown sugar.

In a separate bowl, combine maple syrup, oil, and salt. Combine both mixtures and pour onto 2 sheet pans. Cook for 1 hour and 15 minutes, stirring every 15 minutes to achieve an even color.

Remove from oven and transfer into a large bowl. Add raisins and mix until evenly distributed.

Eat it right out of the bag while on the run and/or mix with low-fat/fat-free yogurt!

Florida Striders Track Club

Now Accepting

Are you one of those who have just about made your checkbook obsolete? Is the FSTC one of the few places you still have to drag out that piece of antiquity to pay your dues through some ancient and archaic system? Well have I got some good news for you!

In our continuous efforts to provide our club members with new and improved services we are offering a new option of paying your annual membership dues. Most of you have heard of PayPal or maybe eBay. PayPal is owned and operated by the eBay company and is the premiere method of making payment transactions over the Internet.

PayPal is secure, quick, inexpensive and very user friendly. Using PayPal to invoice our members and receive payments will shorten the current process significantly. The best part is we can do this and not increase the cost to our members or our club. Also, it is more secure and easier to pay your dues over the internet with a credit card than sending a check via snail mail. A few clicks of the mouse and a few entries on an electronic form and you are done. The club already absorbs all the cost for the snail mail transactions and will do so for PayPal as well. The costs are almost identical but PayPal is just faster and easier for both the club and those who wish to use it.

How does it work?

- During the month prior to expiration you will receive an Email Invoice from the Membership Director (that's me, Mike Mayse.)
- In the email will be a link. When you click the link it will take you to the PayPal site. Follow the simple instructions.
- You **DO NOT** need a PayPal account. But if you have one you can use it to pay your club dues.

Paying your club dues with PayPal is **optional**. If you don't feel comfortable using the Internet to make payment transactions we understand completely. However, if you decide you want to try it simply send an email to me at floridastriders@comcast.net to let us know you are ready to try this new payment method. We will send you a set of instructions to help you through the transaction. It really is very easy to do.

For a Demo and more Info:

https://www.paypal.com/cgi-bin/webscr?cmd=_email-payments-overview-outside

Please sign-up when you get your next membership renewal invoice. It is the best payment option. If you have questions you can call me at 777-6108 or email me at floridastriders@comcast.net. ●

Thanks,
Mike Mayse
Membership Director

2005-06 Grand Prix Winners

\$1,000	John Metzgar, 43	1346.2
\$ 600	Justin Jacobs, 23	1197.7
\$ 400	Frank Frazier, 63	1171.5
\$ 200	Denise Metzgar, 39	1166.6
\$ 100	Stephen Beard, 50	1130.7

Age Group Winners

Men 11 – 13	Women 10 & Under
1 David Ferman	1 Nancy Harms
Men 20 – 24	2 Mary Ann Brown
1 Jason Binette	Women 11 – 13
Men 25 – 29	1 Allison Shemenski
1 Shawn Williams	2 Kayla Vinson
Men 30 – 34	Women 20 – 24
1 Paul McRae	1 Laura Winn
2 Harry Brodeen	Women 25 – 29
3 Mills Ramseur	1 Jennifer C. Pinto
Men 35-39	2 Michelle Krueger
1 Drew Kenny	Women 30 – 34
2 James Cardozo	1 Barbara Carrico
3 Dean Krueger	2 Kim Pawelek
Men 45-49	Women 35 – 39
1 Bill Dunn	1 Mary Turner
2 Frank Sutman	Women 40 – 44
3 Anthony Truitt	1 Regina Taylor
Men 50 – 54	2 Alison Ronzon
1 Paul Geiger	3 Patti Stewart-Garbrecht
Men 55 – 59	Women 45 – 49
1 Page Ramezani	1 Bonnie Brooks
2 Bruce Holmes	2 Melody Sallette
3 Manny Toro	3 Ann Campbell-Hayes
Men 60 – 64	Women 50 – 54
1 Harvey Warnock	1 Diane Jacobs
2 George Hoskins	2 Donna Rettini
3 David Ohnsman	Women 60 – 64
Men 65 – 69	1 Susan Wallace
1 Matt Ross	2 Elfrieda Wyner
2 Gordon Slater	Women 65 – 69
3 Benjamin Holland	1 Marilyn Koubek
Men 70 – 74	Women 75 – UP
1 Al Saffer	1 Diane Aimone
2 Everett Crum	
Men 75 & Up	
1 John Aimone	
2 Bob Carr	

Strider Member in Bold

Orange Park athletes qualify for big time

They earn spots in track and field Junior Olympics

By BILL JOHNSON, Clay County Line

Four young Orange Park athletes placed in the top three of their respective events at last weekend's Region 4 Junior Olympics in Miami and are now qualified to compete in the USA Track & Field Junior Olympics.

Kristi Maconi, MaryAnn Brown, Gracee Damron and David May earned places at the national event to be held July 25-30 in Baltimore. All are members of the Florida Striders youth track and field team.

Kristi, 12, qualified for nationals in two events in the 13 to 14 age group. She won second-place medals in the 3,000-meter and 1,500-meter runs with times of 11:55 and 5:19, respectively.

The daughter of Don and Gaye Maconi, Kristi is an eighth-grader at Lakeside Junior High, where she started running competitively just a few months ago.

David, 10, hurled the shot put 27 feet, 6 inches to take second place in the Bantam boys division (ages 9 to 10).

David, the son of James and Denise May, is a fifth-grader at Montclair Elementary and plays sports "year-round" at the Bob Dye-Clay Family YMCA, his dad said. Along with his second-place medal, David posed for a picture and got an autograph from the winner's uncle, Florida State University's national shot put champion and Rhodes scholar Garrett Johnson.

MaryAnn, who will be a sixth-grader at The OakLeaf School when it opens in August, took third place in the Midget class (ages 11 to 12) 3,000 meter with a time of 11:18.



The 11-year-old has been running races for more than a year, winning the mile run at the Clay County Elementary School championships and finishing second in her age group at the River Run. MaryAnn is the daughter of Rich and Leslie Brown.

Gracee, 9, captured third place in the Bantam class (ages 9 to 10) long jump, soaring 10 feet, 11 inches.

The Fleming Island Elementary fourth-grader has only been training with the Striders since March.

The daughter of Greg and Julie Damron, Gracee plays various sports year-round at the Barco-Newton Family YMCA. Her mother coaches track at Lakeside Junior High.

James May coaches the Florida Striders youth track and field team, and much of its success is due to him, said MaryAnn's father, Rich Brown.

"She was always fast," Brown said of his daughter, "but he made her phenomenally fast. He takes all these trips with the kids and pays for a lot of stuff himself. He does all that for free and never wants any attention or credit for it.

"MaryAnn always says God gave her speed and Coach May," he said. ●

Reprinted from the Times-Union, Clay County Line, June 24, 2006

Half-Marathon Training program

There will be a beginner's half marathon training clinic that will have it's first meeting on Wednesday, August 30th at the St John's Country Day School track at 6:30 pm! This class will focus on training to run your first half-marathon and, if you have run a few and just want to improve your training, come on out! There will be an entry fee for all participants but will definitely be worth it! There will be regular weekly meetings including the occasional speaker, lots of group runs and all kinds of training support from experienced group leaders. If you are interested in attending or being a group leader, or for more information contact John Metzgar at 904-215-9440. Please pre-regis-

ter by emailing Dave Bokros at Dbokros@comcast.net ; the class is dependent on participation. We would like to see runners that currently have a base of 15-25 miles a week, but if you have the heart without the base, we can also help you get there! The entry fee for the class will be \$35 for Strider members and \$50 for non-members. The extra fee is for a one year Strider membership which is required for insurance plus Strider members get \$2.00 off Strider races, a free Strider T-shirt and a bunch of great friends and lots of coaching experience! ●

Go to www.floridastriders.com for an official Half-Marathon Training Class entry form!



Orange Park Medical Center



TANDEM

Health Care® of Orange Park



Saturday, September 9, 2006 • 8 AM

Don't miss the Farewell Autumn Fitness 5K! This race is moving to January next year so you will not want to miss the very special farewell Autumn Fitness 5K. This **Jacksonville Grand Prix** Race starts and finishes at the Orange Park Kennel Club, is a USATF Certified Course (FL-02016DL), and is run along the beautiful St. Johns River on River Road.

5K AWARDS: Top 3 Male & Female; Top Masters & Grand Masters; plus Top 3 in each age group. Male & Female: **AGE GROUPS:** 10 & under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & over. (No multiple awards)

Walkers are invited to join us, however there will be no Walking Awards category in this race.

FUN RUN: One mile Fun Run starts at **9:00 AM**. There is no charge for the Fun Run, but all runners must complete an entry form. Awards to all Fun Run finishers.

RACE PACKET PICKUP: Thurs., 9/7, or Fri., 9/8, at the 1st Place Sports location noted on your entry form (10 a.m. - 6 p.m.) in either: Orange Park: 550-7 Wells Rd, 264-3767, Jax: 3931 Baymeadows Rd, 731-3676, or Jax Beach: 424 South 3rd St., 270-2221.

Race Day at the Orange Park Kennel Club. Day of race registration will begin at 6:30 AM. T-Shirts are guaranteed to all pre-registered 5K entrants.

COST: Please see the following table:

*There is an additional \$2 discount if you have your own ChampionChip except for day

Race Entry received:	Strider or Military	Not a Strider
by August 30	*\$12	*\$14
8/31 thru 9/8	*\$15	*\$17
Race Day	**\$20	**\$20

of race Registration (see entry form to enter your personal chip number.)

**There are no discounts available for Day of Race Registration and personal ChampionChips cannot be used. All Day of Race entries are \$20.

Make check payable to: Autumn Fitness 5K
Mail completed application & check to:

Autumn Fitness 5K
591 Clermont Ave. S.
Orange Park, FL 32073

Race fees are non-refundable.

More Information: Contact Bob Boyd at 272-1770, BobBoydFL@comcast.net or www.floridastriders.com.

You may also register on-line at www.Active.com.



the local station



HEY KIDS!

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

The Florida Striders Track Club is a family oriented club that stages three Grand Prix races each year and Socials each month. Profits from our events are funneled back into community projects to promote fitness and health. Our Newsletter, the Strideright, includes articles from our members, fitness tips, pictures of our members in action, race results, and items of general interest. See our website, www.floridastriders.com, or contact our Membership Director, Mike Mayse, 777-6108, or email mjmayse@comcast.net for more information. Complete the membership application below and come have fun with us.

Florida Striders Membership Application			
Please Print			New <input type="radio"/>
Name: Last _____ First _____ M.I. _____			Renewal <input type="radio"/>
Address _____		# in Family _____	Your Occupation: _____
City/State/Zip _____		Spouse's Name _____ Your Employer: _____	
Phone: Home _____		Birthdate(s) _____	
Phone: Work _____		Annual Dues:	
E-mail _____		Family \$20 (2 years \$40, 3 years \$60) <input type="radio"/>	
Signature _____		Single \$15 (2 years \$30, 3 years \$45) <input type="radio"/>	
Date _____		Junior (under 18) \$10 (2 yrs \$20, 3 yrs \$30) <input type="radio"/>	
		Senior (over 65) \$10 (2 yrs \$20, 3 yrs \$30) <input type="radio"/>	

Mail Application with dues to:
 Florida Striders
 8559 Boysenberry Lane E.
 Jacksonville, FL 32244

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road or the traffic on the course, all such risks being known and appreciated 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 and release the Road Runners Club of America, The Florida Striders Track Club, and all sponsors, their representatives and successors from all claims and liabilities of any kind arising out of my participation in these club activities, even though that liabilities may arise out of negligence or carelessness on the part of the persons named in this waiver. Rev. 12/01

ADDITIONAL SPONSORS	Publix Charities 	Pediatric Dentistry & Orthodontics Donnie A. Myers, D.D.S. Gary R. Myers, D.M.D. (904) 272-6606	 About Bicycles Orange Park, Florida 904-272-9100 http://AboutbicyclesORTripod.com	GENERAL TRUCK EQUIPMENT & TRAILER SALES INC	Smoak, Davis & Nixon LLP
	 BLUE RIDGE Water Company, Inc.	Florida Heart Center <i>We Care For Your Heart</i>	 Fagan & Broussard and Co. John Fagan, P.A.	FLORIDA POWERTRAIN & HYDRAULICS, INC.	 new balance Jacksonville 620-0483

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

AUTUMN FITNESS 5K ENTRY FORM															RACE# (FSTC USE ONLY)																			
Packet Pick-Up (Choose One)															<input type="checkbox"/> Baymeadows 1st Place Sports 9/7 or 9/8					<input type="checkbox"/> Orange Park 1st Place Sports 9/7 or 9/8					<input type="checkbox"/> Jax Beach 1st Place Sports 9/7 or 9/8					<input type="checkbox"/> Day of Race @ Orange Park Kennel Club				
<div style="display: flex; justify-content: space-between;"> First Name Last Name Ever run/walked a race? <input type="checkbox"/> Y <input type="checkbox"/> N </div>															<div style="display: flex; justify-content: space-between;"> Age Sex <input type="checkbox"/> M <input type="checkbox"/> F Adult Sizes <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL </div>					<div style="display: flex; justify-content: space-between;"> 5K <input type="checkbox"/> FUN RUN (no charge) <input type="checkbox"/> Personal Champion <input type="checkbox"/> </div>					Chip # (can NOT be used for Day of Race registration)									
Street Address (include apt. number)																																		
City										State					Zip Code																			
Telephone Number										Fee Enclosed \$																								
<input type="checkbox"/> Florida Striders Track Club Member										<input type="checkbox"/> Military																								

BY MY SIGNATURE I ACKNOWLEDGE THAT: Participating in an organized running event is a potentially hazardous activity. I will not participate unless physically and medically able. I agree to abide by all decisions of race officials relative to my ability to safely complete the race course. I assume all risks associated with participating in this event including, but not limited to: Slip/trip/fall, contact with other participants, weather conditions, traffic and conditions of the road/surface, all such risks being known and accepted. Having read this waiver and in consideration of entry into this event being accepted, I, for myself and anyone named or entitled to act on my behalf, waive and release members and volunteers of the Florida Striders Track Club (FSTC), Road Runners Club of America (RRCA), the town of Orange Park and all sponsors, their representatives and successors, from all claims and/or liabilities of any kind arising out of my participation in this event, including any liability that may arise out of negligence or carelessness by persons or organizations named in this waiver. I agree and grant permission that should circumstances arise, I defer to race officials and/or qualified persons as to my need to be examined and/or treated medically during the race. I agree that race officials and/or qualified persons have the right to disqualify and remove me from the race course should I be suffering from a life threatening condition. I further grant to Releasees the right to use any and all photographs, images, or accounts of this event in any manner that it feels appropriate. I agree to abide by all RRCA Guidelines, including but not limited to: No use of headphones or any other device that limits awareness of the participant or any type of wheeled conveyance (excluding use by handicapped or physically disabled participants). Animals are prohibited from the race course unless for the use and assistance of handicapped or physically disabled participants.

Your Signature _____	Date _____	Parent's Signature (if under 18 years of age) _____	Date _____
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Make Check Payable to: Autumn Fitness 5K • 591 Clermont Ave. S. • Orange Park, FL 32073 or drop off at any 1st Place Sports location.

Striders at the Races

RACE RESULTS

To get your race results published, email epstewart2002@yahoo.com

CELEBRATION 5K 1st Place Sports July 4, 2006

Justin Jacobs	15:45	2nd O/A
Len Ferman	17:39	1st A/G
Kim Pawelek	17:47	
		1st O/A Female
Mark Woods	18:18	
Bruce Holmes	18:51	1st A/G
Bill Dunn	19:17	
David Ohnsman	19:29	
Stephen Beard	19:52	2nd A/G
Keith Poythress	20:14	PR
Raymond Ramos	21:03	
Regina Taylor	21:12	1st A/G
Celita Ricks	21:17	2nd A/G
Rexx Weir	21:21	3rd A/G
Wendy Patterson	21:22	3rd A/G
John Hirsch	21:38	
Kaitlin Yaracs	21:51	
Frank Frazier	21:55	2nd A/G
Kim Hoyt	23:00	
Paul Smyth	23:20	
Stephanie Griffith	23:20	1st A/G
Danny Weaver	23:23	
Everett Crum	23:38	1st A/G
Tom Zicafoose	23:46	
Charlie Mann	24:29	
Jeff Leininger	24:30	
Thom Henkel	24:52	
Mike Fitzsimmons	24:57	
Gil Flores	24:59	
Barbara Whitter	25:05	
Keith Holland	25:09	
Carol Fitzsimmons	25:11	2nd A/G
Curtis Stubbs	25:41	
David Stanley	26:24	
John Gauer	26:55	
Kimberly Lundy	27:10	
Marie Bendy	27:12	2nd A/G
Doug Barrows	27:13	
Ed Kelly	28:05	
Ken Bendy	28:27	1st A/G
Ann Batteiger	28:40	
Kent Smith	29:20	
Gayla Poythress	29:24	
Lewis Casillos	29:06	
Kim Anthony	29:08	
Jeff Suits	29:13	

Ken Neikirk	29:27	
Amy Davis	29:47	
Mark Lay	29:54	
John Aimone	29:55	1st A/G
Stan Scarlett	29:57	
Freddy Fillingham	30:30	
Shirley Henkel	31:03	
Denise Williams	31:09	
Gordon Slater	31:58	2nd A/G
Bo Holub	32:13	2nd A/G
Al Saffer	32:43	3rd A/G
George Mosley	33:02	3rd A/G
Sandra Shines	33:13	
Al Phillips	33:32	
Patt McEvers	35:38	1st A/G
Burness Morris	36:55	
Josh Stanley	38:41	
Diane Aimone	42:08	1st A/G
Trish Kabus	42:53	
Katie Stanley	45:05	
Susan Stanley	45:33	
Joe Connolly	47:20	1st A/G

NEW BRIDGE OF LIONS 5K St. Augustine July 15, 2006

Ken Wilson	24:50	
Kent Smith	30:37	
Bo Holub	31:34	1st A/G
Robin Zipperer	37:51	
Trish Kabus	41:54	

First Coast 5K Trail Run Hanna Park July 22, 2006

Bill Dunn	24:18	2nd A/G
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Bill writes: Great course, like a roller coaster with technical single track trails and hills like Ravines. Good job by the Xterra folks, don't miss it next year.

VESTCOR SUMMER IN THE CITY BRIDGES RUN 5K Jacksonville July 22, 2006

Justin Jacobs	15:59	3rd O/A
Kim Pawelek	17:43	
		1st O/A Woman

Bill Dunn	18:45	1st A/G
Mark Woods	18:51	2nd A/G
Sung Ho Choi	19:04	3rd A/G
Patti Stewart-Garbrecht	19:37	
		3rd O/A Woman
Stephen Beard	20:50	1st A/G
Del Conner	21:11	2nd A/G
Brett Beisker	21:37	
Raymond Ramos	21:40	
Rexx Weir	21:41	
Regina Taylor	21:45	
		Masters Woman
Celita Ricks	22:52	2nd A/G
Katlin Yaracs	22:59	3rd A/G
Frank Frazier	23:11	1st A/G
Everett Crum	23:37	1st A/G
Michael Mandt	23:46	
Lewis Buzzell	24:32	
Glenn Battering	25:05	
April Martin	26:16	
Dave Brokos	26:44	
Sue Whitworth	27:38	3rd A/G
John Gauer	27:59	
Kimberly Lundy	28:15	
Ann Battering	28:54	
Keith Holland	29:23	
Freddy Fillingham	31:08	
Kim Anthony	31:22	
Kathy Reidy	31:22	
Gala Poythress	32:08	
Gordon Slater	32:17	1st A/G
Charles Desrosier	33:01	2nd A/G
Al Saffer	33:11	3rd A/G
Tom Sullivan	34:13	3rd A/G
Staci Suits	34:14	
Patt McEvers	37:03	2nd A/G
Ginger Frazier-French	38:06	
Preston Reidy	40:02	

Please sign the StriderMan after each race! Or email your times to

Patti at

epstewart2002@yahoo.com

or mail them to her at

**1513 Maple Leaf Lane
Orange Park, FL 32003**

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
Sunday NEW	7:00 AM	7.5 Miles Black Creek Trail	Super WalMart (NE corner) Fleming Island	Kay Womack (904) 215-8656 kaywoma@hotmail.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

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.

August/September 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.

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

DATE	EVENT	TIME	LOCATION	CONTACT
August 1, 8 & 15	JTC Summer Cross Country Series	7:00 p.m.	Bartram Trail High School	(904) 388-7860 or 384-8725 Jacksonville Track Club
August 4-5	Brooks TDP Tour De Pain 4 Mi. Beach Run, 5K, & Mile Sizzler	7:30 p.m. 7:30 a.m. 4:30 p.m.	Jax Beach Seawalk 1st Place Sports Jax Landing Jax	(904) 731-1900 1st Place Sports
August 26	Summer Beach Run 5 Mile	6:00 p.m.	Jacksonville Beach Seawalk	(904) 731-1900 1st Place Sports Jacksonville Track Club
September 2	Turkey Trot 5/10K	8:30 a.m.	Atlantic. Rec. Ctr. 2001 Atlantic Ave. Fernandina Beach	(904) 491-0369 Amelia Island Runners
September 9	Autumn Fitness FREE ONE MILE FUN RUN	8:00 a.m.	Kennel Club Orange Park	(904) 272-1770 bobbydfl@comcast.net Florida Striders Track Club
September 16	Endless Summer 10K Cross Country	7:30 a.m.	Anastasia State Park St. Augustine	(904) 461-7697 constancewiecking@se.rr.com Friends of Anastasia
September 16	Children's Way 5K	8:00 a.m.	Ronald McDonald House 824 Children's Way Jax	(904) 731-1900 1st Place Sports
September 30	RITA 5K	8:00 a.m.	St. John's Town Center Jax	(904) 731-1900 1st Place Sports
Nov 11	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

Pacing with Patti



BY PATTI STEWART-GARBRECHT

It is nearly August. How is everybody surviving the summer heat? The good news is that summer is half over. It will start to cool off some by mid September. I hope everyone is staying hydrated, getting enough rest and taking some nice vacations. I had the opportunity to go backpacking/hiking with my oldest son, Bob for a week in Nevada. I didn't run AT ALL for a week. But it was an active vacation hiking sometimes nine miles in a day, some days all uphill. It was great cross training and I don't feel like I lost any fitness while I was away. I did come back mentally rested, without any nagging aches and pains and ready to start marathon training. I would recommend this sort of vacation for runners who need a break but don't want to come home completely fat and out of shape. You have to be comfortable living outside for a week though. This part was a little chal-

lenging for me, but I did survive and didn't get eaten by any bears or mountain lions. So on that note....it's off to the races.

First I would like to mention the **Jacksonville Grand Prix** winners for this year. All of the top five money winners are Striders. They are **John Metzgar, Justin Jacobs, Frank Frazier, Denise Metzgar** and **Stephen Beard**. Congratulations to all of these fine runners who ran every Grand Prix race in order to win. No excused absences for illnesses or deaths in the family. These guys (and gal) had to run all the races, rain or shine and had to run well. I know they must be enjoying the break. But get ready. **(Continued on next page)**

Florida's Finest Search

Year after year, you won't find a better time to get together with friends, family, and fellow runners. This is a weekend that you will definitely want to make a tradition. The WALT DISNEY WORLD® Marathon Weekend takes place January 4-7, 2007.

The Marathon Race committee will select Florida residents to compete in the race as part of the Florida's Finest Team.

Florida's Finest Team Members will receive:

- WALT DISNEY WORLD® Marathon entry
- Florida's Finest goodie bag
- VIP bus transportation to start
- Seeded number
- A front starting position
- One-room hotel accommodations for two (2) nights and three (3) days
- Two (2) one-day/one-park tickets for Magic Kingdom® Park, Epcot®, Disney-MGM Studios, or Disney's Animal Kingdom® Theme Park
- Two (2) meals per day
- Invitation to the VIP Reception
- Access to the Hospitality Suite

One to three guests of the Florida's Finest Team Member will receive:

- Two (2) one-day/one-park tickets for Magic Kingdom® Park, Epcot®, Disney-MGM Studios, or Disney's Animal Kingdom® Theme Park
- Two (2) meals per day
- Invitation to the VIP Reception
- Access to the Hospitality Suite

One guest of the Florida's Finest Team Member will

receive entry into the WALT DISNEY WORLD® Marathon, WALT DISNEY WORLD® Half Marathon or Disney's Family Fun Run 5K (fee is not waived). Guest race application must be submitted by November 15, 2006.

The race committee is currently in the process of selecting this year's Florida's Finest Team. Final selection will be made by October 15, 2006. The Team, with a brief biography on each, will be announced in the November/December 2006 edition of Florida Running and Triathlon Magazine.

To be considered, athletes must be Florida residents and submit the following by September 30, 2006:

- Running resume, which includes as many applicant contacts as possible: home address, work and home phone numbers, fax number, and e-mail address
- Birth date and age on race day (January 7, 2007)
- Running career highlights
- Marathon(s) completed from 2003 to 2006 (please include race name, date and finish time)
- Lifetime PRs at various distances (include race name and date of each PR)
- PRs from 2003 to 2006 IF different from lifetime PRs at various distances (include race name and date of each PR)
- If applicable, master PRs (include race name and date of each PR)

Please send application materials via email to flrunn@cfl.rr.com or mail to: Florida's Finest - Lorraine Evans, 8640 Tansy Drive, Orlando, FL 32819, Tel 407-352-9131 Fax 407-351-0191

This magical opportunity is open to all Florida residents. To participate in the 2007 WALT DISNEY WORLD® Marathon as one of Florida's Finest, submit the requested information today! ●

Pacing with Patti

Summer Beaches is just around the corner and it's a new year and a new contest.

The **Celebration 5K** race was held on 4th of July at the Baymeadows 1st Place Sports Store. There were many outstanding performances on that warm day. **Justin Jacobs** ran a 15:45 to capture second place and be our first Strider finisher. **Kim Pawelek** was the female race winner and 1st female Strider running a solid 17:47. **Mark Woods** had a season best 5K performance running 18:18 and **Keith Poythress** had a PR running 20:14. Age group winners include **Len Ferman, Bruce Holmes, Regina Taylor, Stephanie Griffith, Everett Crum, Ken Bendy, John Aimone, Patt McEvers, Diane Aimone** and **Joe Connolly**.

A few Striders took a road trip to St. Augustine to run the **New Bridge of Lions 5K**. **Ken Wilson** was our fastest Strider in a time of 24:50. **Bo Holub** won his age group in a time of 31:34.

The **Vestcor Bridges 5K** run was held on July 22 in downtown Jacksonville. I have to say that this race might just be the toughest race we have here. You not only have to contend with the heat and humidity but those bridges as well. I guess that is a good reason to do the bridges as training once in a while. Thankfully we did have some cloud cover right as the race was starting which was a bit of relief from the heat. **Justin Jacobs** and **Kim Pawelek** were our fastest Striders. Kim won the women's race in a time of 17:43 and Justin was 3rd overall with a time of 15:59. Age group winners include **Regina Jacobs, Bill Dunn, Stephen Beard, Frank Frazier** and **Everett Crum**. A great time was had by all.

Before I go any further I have to deliver

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a sincere apology to my friend **Bill Dunn**. Last month when reporting the results of **Run for the Pies**, I erroneously gave Keith Brantley credit for being the first male Strider in the Open Race. Well, I was very wrong. Bill Dunn was our fastest male strider with a time of 17:54. Kudos to Bill who can also brag about the fact that he beat Frank Sutman which just doesn't happen everyday.

For this month's training tip I would like to BRIEFLY discuss glycogen replenishment after a long run. During longer runs of greater than 90 minutes duration the glycogen that is stored in your leg muscles to nourish them during running becomes depleted. This can also happen to a lesser degree with shorter runs if the pace is brisk. It is common sense that we eat something rich in carbohydrates after running, but did you realize that there is a window of time following the end of your run when your muscles will actually absorb more glycogen? In the first 30 minutes following a long run your muscles are begging for sweets. If you feed them they absorb the sugar (glucose), which is converted into glycogen in the liver, very quickly and very efficiently. Of course you can always replenish your stores by eating carbohydrate rich foods, but your muscles are most receptive to replenishment in those first 30 minutes. So the very good news for those of us who just love sweets is that it is OK to indulge. It is OK to go to Starbucks after your long run and drink one of those sugar laden coffee beverages and even have a piece of that delicious crumb coffee cake. There has to be some immediate reward for putting in those long runs so go for it and enjoy the sweets! ●

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 or stay tuned for Patti's snail mail 1513 Maple Leaf Lane Orange Park, FL 32003



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You can contact us via e-mail at:
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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>