



Volume 25, Number 10

STRIDERIGHT

Florida Striders Track Club



www.floridastriders.com



October 2006

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Farewell Autumn Fitness Finishes in Fine Style!

By Bob Boyd

Photos by Vanessa Boyd

The 26th rendition of our Autumn Fitness Run not only managed to dodge one more weather bullet, despite being smack in the middle of the hurricane season, but went out in fine style with a near term record in the 5K and a record setting Fun Run. We had 530 registered in the 5K, almost 200



more than the last couple of years which were "weather challenged" by close encounters of the hurricane kind. Those all too frequent near misses were our main reason for moving this long time pillar of the Florida Striders racing season to January going forward, along with a new name, the River Road Resolution 5K & One Mile Fun Run. Not only did we have a recent record in the 5K turnout, we were thrilled with an all-time record in the Fun Run with 1327 finishers. Wow! That is a stunning number of runners and walkers out there and bodes very well for the fitness of our children and the future of running hereabouts. Breaking records is wonderful fun but what I kept thinking of on race morning was how smooth everything was working and how a truly good team makes it all look easy. JD Smith and Mike Mayse had a truck full of stuff, literally, needed to put on **Continued on page 6**

OCTOBER SOCIAL & AUTUMN FITNESS APPRECIATION PARTY

October 7, 2006 from 1-6 pm.
Lighthouse Apartments in Fleming Island

The October Social and Autumn Fitness Volunteer appreciation party will be October 7th at 1:00 PM in Fleming Island. Bring a covered dish to share, and in addition, there will be some barbecue and fixin's from Bono's. The party will be inside in a large screened area so some no matter what the weather, bring your swim suits.

The theme is "after the Marine Corps Half Marathon", relax and enjoy some time with runners but without sweating at the Oct. 7th social. Please call Dave at (904) 545-4538 or Dbokros@comcast.net for more information.

Directions – 2285 Marsh Hawk Lane - Take US 17 south from Orange Park. Pass CR 220. Turn right on Village Square Parkway. Turn right on Marsh Hawke Lane. Turn right at the first entrance to the Lighthouse apartments and follow the parking lot around until you see the pool. The party will be in the Lanai on the east side of the pool complex.

28th Jenny's Pennies Anniversary Celebration **OCTOBER 15**

See page 15 for more information



Prez Sez By Dave Bokros

If the clear skies and the beautiful sunrises and sunsets are any indication, marathon season is here! This means a lot of things. Many of us will be ramping up our mileage in preparation for some full and half marathons. It also means that daylight hours are short and most of us will be spending much more time on the road in the dark! Remember to exercise caution always and no matter how busy you get, don't run out of the house without those lights, reflective clothing, armbands, etc. For those of us who run on the roads a lot, it is helpful to wear a hat or a visor so

that you can duck your head in the face of oncoming traffic to keep from being blinded. The longer runs will be tough and in the upper mileage we sometimes go to that special place in our minds that gets us to our goal. Don't lose your situational awareness! Keep your wits about you, run in pairs or groups, and keep an emergency contact card or Road ID on you. We want to see you at the next race and social!

I, Myself, am looking forward to evening runs in the Blue Dark. I hope that you are all able to get out and enjoy the season!

See you on the Road! ●

Board of Directors' Minutes 9/12/2006

The meeting was called to order by Dave Bokros at 7:05 p.m. Directors absent were John Powers, John DeAntonis, Gary Hallet, and Patty Stewart-Garbrecht.

Minutes: No changes to the August minutes.

Presentation of Award: A Presidential Award from the USA Track & Field was presented to the board by John TenBroeck in appreciation of the services provided by the Florida Striders Track Club. John is a long time member of the USA Track and Field association and serving on the board of directors for the Jacksonville Track Club. John expressed his appreciation on behalf of the USA Track & Field association for the support of the Florida Striders Track Club during the Florida convention of 2005. Several members of the Florida striders Track club, Paul Ruebush, Marge Ruebush, Ken Bendy, Marie Bendy, Charles Desrosier, volunteered their time to help make the national convention held in Jacksonville, Florida in December of 2005 a success. Dave Bokros accepted the plaque on behalf of the Striders. John also detailed some of the upcoming races of the Jacksonville Track Club, to include the Junior River Run.

Treasurer's Report: The treasurer presented an amended report for July 2006, noting that a typographical error showed the cash on hand as \$10,644.16 instead of the correct amount of \$10,664.16. The treasurer's report for August 2006, reflecting the July correction, was presented and filed.

Children's Running Program Funding Requests: There were two funding requests presented to the board by Vanessa Boyd, head of the Children's running committee. A request from Middleburg Elementary was presented first and approved unanimously. The next request was from Orange Park Junior High School (OPJH). The OPJH request was presented with the caveat that hopefully next year the Clay County School Board will fund this as a team sport, so that this year would be start up funding for this club. Vanessa stated that this is the first time that the Striders have had an opportunity to support running in the Middle school/Junior High arena. This request was approved also. It was noted that after these two requests were filled, there would be \$555 remaining in the budget to support children's running for the rest of the year.

Social Update: Glenn Hanna asked if there were any monies budgeted for socials in the case of needing money to rent halls, etc. **Continued on page 15**

2005-2006 Board of Directors & Key Members

(Board Members marked with an *)

President/Memorial Day 5K Director:

*Dave Bokros(H) 545-4538
email: DBokros@comcast.net

Vice President: *John Powers

(H) 264-8026(W) 354-1221x111
email: john.powers@floridapowertrain.com

Treasurer:

*George Hoskins(H) 264-4372
email: ghoskins@bellsouth.net

Secretary:

*Vicky Connell(H) 276-0193
email: VickyJC@comcast.net

E-News Coordinator

*Lillian Lawless(H) (302) 477-0373
email: llawless@verizon.net

Autumn Fitness 5K Director: Bob Boyd

(H) 272-1770(W) 272-1770
email: BobBoydFL@comcast.net

Membership Director/Newsletter

Circulation Manager:

Mike Mayse(H) 777-6108
email: FloridaStriders@comcast.net

Equipment Director & Webmaster:

JD Smith(H) 264-1673
email: smithj53@bellsouth.net

Photographer:

Vanessa Boyd(H) 272-1770
email: vanessaboydFL@comcast.net

Pacing by Patti Columnist:

*Patti Stewart-Garbrecht.....(H) 541-1303
email: epstewart2002@yahoo.com

Children's Run Coordinator:

Vanessa Boyd(H) 272-1770
email: vanessaboydFL@comcast.net

Social Coordinator:

*Glenn Hanna(H) 777-9351
email: ghanna3@bellsouth.net

Directors at Large:

*Patti Stewart-Garbrecht.....(H) 541-1303
email: epstewart2002@yahoo.com

*John DeAntonis(H) 264-3541
email: johnnydee1@comcast.net

*Mike Ford(H) 406-2989
email: forddog92@hotmail.com

*Terry Sikes(H) 384-7194
email: terrysikes@aol.com

*Jay Birmingham(H) 612-2357
email: jaygreatheart@aol.com

*Kim Lundy(H) 213-0250
email: woodski135@aol.com

*Kellie Howard(H) 732-7377
email: kellski@comcast.net

*John Metzgar(H) 215-9440
email: weluv2run@aol.com

*Denise Metzgar(H) 215-9440
email: weluv2run@aol.com

*Celita Ricks(H) 317-0714
email: celitaricks@yahoo.com

*David Kelly(H) 278-7342
email: davidk2301@yahoo.com

*Sharon Pentaleri(H) 389-6271
email: sharon@pentaleri.com

Hog Jog Director:

Steve Bruce(H) 731-8205
email: stevebruce@comcast.net

River Run Hospitality Tent Coordinator:

Stan Scarlett(H) 994-2687
email: stanscarlett@msn.com

RRCA Southern Region Director:

Ken Bendy(H) 278-2926
email: kbendy@aol.com

North Florida RRCA Representative:

Mike Bowen(H) 850-308-1953
email: michael.s.bowen@gmail.com

Run to the Sun Director:

*Gary Hallett(H) 292-2793
email: ghall32447@aol.com

Strider "Person" Coordinator for Races:

Al Saffer(H/W) 665-6996
email: saffat@jea.com

Scholarship Coordinator

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

StrideRight Editor

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

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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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Running Heroes, Good and not so

Emil Zatopek, "The Beast of Prague," is my running hero. I know him only from some old Olympics footage, perhaps a dozen books and articles, and a classic photo from his fourth gold medal race, the 5,000 meters in Helsinki.

Zatopek worked in a factory, later was placed in the Czech Army by the Soviet Union, and when his political activism became troublesome, was forced to be a garbage man. Adoring citizens would chat with him, load their own trash, and when the USSR collapsed, Zatopek spent his final 10 years of life being honored for a lifetime of devotion to sportsmanship.

His arch-rival, Alain Mimoun of Algeria, revered him. Zatopek was multi-lingual and was congenial, helpful, and kind to a multitude of international competitors. He trained year round on cinder tracks, on forest paths, carrying a torch on occasion to run in the dark. Once he ran in place in a tubful of laundry rather than miss a workout.

Zatopek gave one of his Olympic gold medals to hard-luck Ron Clarke of Australia. He gave an Olympic uniform to Les Perry as a tribute to his courage (and 6th place finish in the 1952 5,000 meters). He and his javelin throwing wife, Dana, herself a gold medalist, hosted dozens of athletes in their home over the years.

Ruthless and nearly unbeatable on the track, Zatopek was steely in his determination to win. But win or lose, Zatopek was gracious. He never bragged, boasted, or predicted victory. "To boast about a performance is mere vanity. If I can repeat it, there was nothing special about it. If I can't do it again, perhaps it was a fluke."

Flash forward to 1972. Steve Prefontaine predicted he would win the Olympic 5,000 meters with a sub-four minute

The Wide World of Running

By Jay Birmingham

last mile. As bronze medalist Ian Stewart said later, "Pre didn't realize that there were three or four other guys who could finish with a sub-4:00." Pre placed fourth, staggering across the finish line. Shorter won the marathon and was fifth in the 10,000. Shorter is a hero.

Three years later, the hard-drinking, smack-talking Prefontaine died while intoxicated in a one-car turnover accident. Two movies have been made about Prefontaine, countless articles have been penned, and recently quotations attributed to him adorn thousands of runners' T-shirts.

I'd like to see a movie about Shorter's dogged determination to be the best at the marathon (he won Fukuoka, the de facto World Championships, four consecutive times). Jim Ryan made three Olympic teams and won a silver medal. Brian Diemer won bronze in the 1984 Olympic steeplechase and eight years later, again was an Olympian, placing seventh. Bob Kennedy, recently in Jacksonville, still holds the 5,000 meter US record and placed sixth in the Atlanta Olympics. Sydney Maree and Doug Padilla both had long careers and both placed high in Olympic 5,000 finals.

So why is Pre a legend? What is the recurring fascination with a hot-headed, mouthy, gifted-since-high school runner? He won many races, that's true, but he never made much of a splash outside America. Most of his big wins were on Oregon's Hayward Field track before local fans. He bragged about his partying, like it didn't matter. He pre-dated the stock answer, "I don't want to be a role model," made famous by various football and basketball stars who were taken to task for shredding good health habits and getting in trouble.

Jim Ryan set world records for the mile, 1500, and 800 meters. He battled exercise-induced asthma. He was elected a US Congressman. Ryan is a hero. Prefontaine blamed the AAU for rules that prevented him from earning more money from his sport, saying that if he didn't make the 1976 team, it would be their fault. Jim Spivey and Steve Scott were among the best milers in the world from 1984 to 1992, Scott amassing more sub-fours than any American. They are both heroes.

My heroes train hard and race hard. My heroes overcome adversity. My heroes do not tear down their bodies just because they are gifted enough to succeed anyway. Prefontaine had an opportunity to be truly great but chose to be less than he could be. I want American youth to idolize someone like Zatopek.

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





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FAREWELL AUTUMN FITNESS

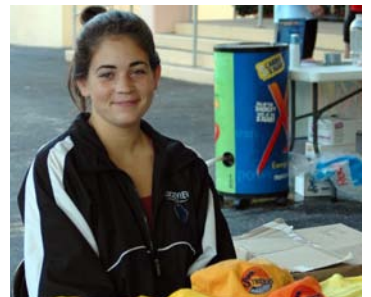
Continued from page 1

a race where it needed to be, well before it needed to be there. Marge Ruebush (did I mention she is awesome?) and a fine registration team handled not only the 5K and Fun Run registration smoothly but also did double duty with awarding ribbons to and collecting tags from all those Fun Runners. Richard Allen's Finish Line crew and Stan Scarlett's Starting Line team were ready to roll and just made it look easy. Dave Bokros had the course in fine shape with a great crew of mile timers and water station volunteers. Vanessa Boyd led a fine team of Fun Run volunteers who not only planned a great new course and better start, but enhanced the safety and flow of those 1327 through both registration and a new course. 29 schools were represented in our record setting Fun Run and 12 of them received checks totaling over \$1800 for their participation (thank you Jacksonville Kennel Club) to directly support their school's Run/Walk fitness programs. Tom Sullivan's great refreshment crew kept the refreshments coming in fine fashion. All 1000 Krispy Kreme doughnuts disappeared quickly during that Fun Run. This was the first year our Autumn Fitness 5K runners enjoyed pre-race packet pickup at all three 1st Place Sports locations and many runners expressed their appreciation of that convenience. Jane Alred did a good job of making the race timing seamless. Ken Bendy, who still knows more Strider names than anyone, did a great job handling all of our race announcing and the awards. Gary Hallett, Mr. Volunteer Coordinator, kept up with the who's who and goes where for us all. Even with the hopefully more complete list of volunteers elsewhere in this issue, I am sure I am not able to fully express the contributions nor my appreciation of the work done by many dozens of people who made a real difference in the success of this great event. Please take special note of the fine Sponsors who not only make this event possible but also provide the support that allows us to support our club and its work supporting fitness, fun, and running in our community. You each put the quality into a Florida Strider event. Please

accept my sincere thanks to each and every one of you. Following the Marine Corps ½ Marathon on 10/7, please come out and enjoy the social on Saturday afternoon. I can at least provide some barbecue and fixings to go along with those excellent potluck covered dishes. Thanks to Dave Bokros and Kay Womack for handling the arrangements for the 10/7 Social while I am vacationing in Acadia National Park (someone has to do it.)

I will always remember the fine tradition of Autumn Fitness races fondly and will never forget the very impressive Farewell Autumn Fitness 5K & One Mile Fun Run in 2006 thanks to the excellent team work for which the Florida Striders are famous.

Now for a shameless plug: mark your calendars for the January 13, 2007 River Road Resolution 5K & One Mile Fun Run. We will be starting a fine new tradition and expect to start the New Year's racing right. No excuses – just do it! ●



For complete photo, please check out,
<http://www.floridastriders.com/pictures/AF5K2006/AF5K2006.html>

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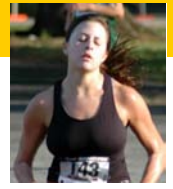
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VOLUNTEERS

Diane Aimone	Kim Lavelle
John Aimone	Bonny Lawrence
Terry Albritton	Carol MacDougall
Sherri Alexander	Jane Manion
Jenny Allen	Mike Mayse
Richard Allen	Karen McCoy
Kim Anthony	Patt McEvers
Lillian Arnold	Kathy Murray
Ken Bendy	Jeff Nelson
Marie Bendy	Karen Nolan
Dave Bokros	Rick Powell
Brittany Bokros	Keith Poythress
Bob Boyd	John Raiford
Roberta Boyd	Pat Raiford
Vanessa Boyd	Matt Ross
Rebecca Brown	Marge Ruebush
Steve Bruce	Paul Ruebush
Joe Connally	Lori Scarlett
Marissa Connell	Lori Scarlett
Tori Connell	Stan Scarlett
Patricia Czarnecki	Ed Schmidt
Charles Desrosier	Jeanette Schmidt
Ashley DiMotta	Susan Scott
Dana DiMotta	JD Smith
Elena Etter	Jeff Suits
Mike Ford	Staci Suits
Pam Fore	Jane Sullivan
Linda Foster	Tom Sullivan
Frank Frazier	Rena Towsley
Sherry Gonyon	Kim Tracanna-Breault
Susan Gostage	James Vavrina
Susan Green	Norma Wasson
Kristen Harvison	Maggie Whitney
Garrett Jones	Denise Williams
Ian Jones	Jeanie Wilson
Lesley Jones	Tracy Yuro
Zach Jones	Clay County Sheriff's
Trish Kabus	Auxiliary
Virginia Katz	Fleming Island NJROTC
Kelly Komatz	

RESULTS



ID#	CLASS PLACE	PLACE	FINISHER	TIME	PACE
Open Men					
196	1	1	Paul McRae, 33	15:55	5:07
195	2	2	Owen Shott, 26	16:07	5:11
2	3	3	Justin Jacobs, 23	16:10	5:12

Open Women					
143	1	1	Heather Marees, 19	19:49	6:22
165	2	2	Maryann Brown, 12	20:37	6:38
194	3	3	Jo Shott, 27	20:46	6:41

Masters Men					
4	4	1	John Metzgar, 44	16:17	5:14

Masters Women					
329	4	1	Laurie Pinover, 43	20:51	6:42

Grand Masters Men					
336	28	1	Edward Bates, 50	19:25	6:15

Grand Masters Women					
312	12	1	Janet Lavoie, 51	23:18	7:30

ID#	CLASS PLACE	PLACE	FINISHER	TIME	PACE
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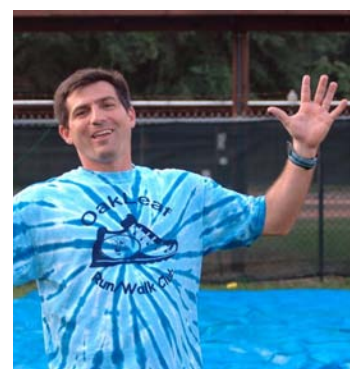
Men 2 & Under					
504	211	1	Rocky Womack, 1	32:02	10:19

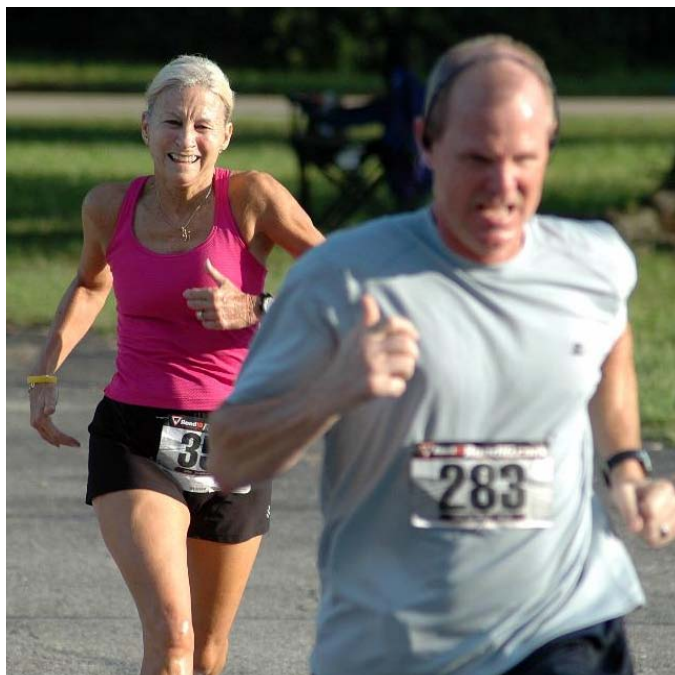
Men 3 - 10					
63	228	1	Dakota McGovern, 10	35:51	11:32
390	230	2	Trevor Neikirk, 8	36:28	11:44

Men 11 - 14					
82	30	1	Luke Steinberg, 12	19:52	6:24
83	50	2	David Steinberg, 14	21:35	6:57
519	68	3	Bobby Reynolds, 14	22:24	7:13
461	72	4	Allan Bates, 13	22:56	7:23
359	79	5	Kyle Oneal, 14	23:22	7:31
255	83	6	Christopher Cordus, 13	23:34	7:35
236	85	7	Bradley Harrison, 14	23:36	7:36
190	87	8	David Ferman, 12	23:39	7:37
167	90	9	Justen Cate, 12	23:44	7:38



43	92	10	Andrew Smith, 11	23:47	7:39	298	111	6	Orion Adams, 23	24:59	8:02
524	98	11	Matthew Jackson, 12	24:12	7:47	428	168	7	Josh Longmire, 24	28:44	9:15
287	116	12	Ross Garrett, 12	25:16	8:08	211	200	8	Sean Phillips	31:35	10:10
376	121	13	James Wood, 13	25:31	8:13	53	218	9	Matthew Gerke, 24	32:50	10:34
469	132	14	Joshua Hart, 13	26:18	8:28	Men 25 - 29					
438	138	15	Harrison Stubbs, 14	26:46	8:37	373	16	1	John McLain, 27	18:37	5:59
464	145	16	Paul Ferrell, 13	27:12	8:45	115	18	2	Bradford Risner, 27	18:42	6:01
350	146	17	Anthony Ranieri, 11	27:13	8:45	266	19	3	Bill Cuthbert, 27	18:51	6:04
462	148	18	Nicolas Tate, 12	27:18	8:47	384	25	4	Jason Binette, 25	19:16	6:12
467	156	19	Jordan Muntain, 13	27:49	8:57	378	36	5	John Funk, 29	20:42	6:40
348	167	20	Mario Ranieri, 12	28:40	9:14	371	80	6	Micheal Myers, 29	23:29	7:33
98	173	21	Tyler Kronenburg, 13	28:55	9:18	159	89	7	Nicholas Sandifer, 26	23:44	7:38
455	190	22	Brandon Holmes, 13	30:23	9:47	323	127	8	Mark Bovee, 27	25:55	8:20
170	196	23	Zac Gryb, 12	31:06	10:00	433	178	9	Matthews Bookout, 25	29:33	9:31
173	198	24	Javon Knight, 12	31:08	10:01	444	184	10	Adam Coughlin, 25	29:44	9:34
166	201	25	Zachariah Bryant, 12	31:40	10:12	Men 30 - 34					
229	203	26	Connor Stubbs, 12	31:48	10:14	1	10	1	Gary Myers, 33	18:08	5:50
245	215	27	Zachary Brasili, 13	32:34	10:29	297	21	2	Orestes Gutierrez, 30	18:58	6:06
184	231	28	Brandon Tedesco, 32	37:15	11:59	36	22	3	Mills Ramseur, 34	18:58	6:06
316	234	29	Preston Reidy, 11	37:56	12:12	320	49	4	Cameron Fowler, 30	21:33	6:56
176	240	30	Curtis Ray, 13	39:59	12:52	402	53	5	Joe Broome, 34	21:40	6:58
168	241	31	Keiwyn Danner, 14	40:06	12:54	328	84	6	Daniel Wohlgemuth, 33	23:36	7:36
171	245	32	Corey Hawkins, 12	46:19	14:54	321	94	7	Ray Hatfield, 34	23:58	7:43
Men 15 - 19						375	100	8	Robert Walthour, 34	24:24	7:51
349	7	1	William Pearce, 18	16:53	5:26	414	105	9	Rey Gripon, 34	24:51	8:00
516	23	2	Tommy Brauer, 18	19:08	6:09	404	112	10	Jonathan Lineberry, 32	25:05	8:04
521	26	3	Tristan, 18	19:23	6:14	79	115	11	Matt Enyedi, 32	25:15	8:07
210	39	4	Joe Atkins, 18	21:00	6:45	523	131	12	Doug Deters, 33	26:15	8:27
449	108	5	Austin Bell, 16	24:54	8:01	412	135	13	Robert Crampton, 30	26:27	8:31
154	176	6	Robert Cowan, 16	29:20	9:26	501	136	14	Greg Defranco, 34	26:28	8:31
Men 20 - 24						505	143	15	Luis Casillas, 30	26:56	8:40
325	33	1	Robert Walker, 24	20:20	6:33	213	152	16	Jeff Mason, 33	27:29	8:51
112	45	2	Ali Canton, 22	21:21	6:52	420	154	17	James Vavrina, 30	27:35	8:52
291	55	3	William Bade, 22	21:49	7:01	482	161	18	Damon McMahon, 31	28:03	9:02
380	64	4	Wayne Moreno, 23	22:09	7:08	425	163	19	Jeff Suits, 33	28:26	9:09
241	67	5	Seth Myers, 24	22:17	7:10	492	164	20	Steve Holliday, 31	28:30	9:10





506	204	21	James Overstreet, 31	31:52	10:15
274	216	22	William Roberts, 32	32:38	10:30
272	232	23	Dennis Schofield, 34	37:16	11:59

Men 35 - 39

360	8	1	Steve Vighetti, 37	17:38	5:40
294	12	2	Drew Kenny, 39	18:26	5:56
136	14	3	Jim Henderson, 37	18:30	5:57
230	27	4	Jay Millson, 36	19:24	6:14
357	32	5	John Womack, 35	20:16	6:31
476	34	6	Brett Beisker, 35	20:32	6:36
205	40	7	Andrew Marchand, 35	21:08	6:48
189	43	8	John Donnelly, 35	21:19	6:51
280	56	9	Mark Melia, 37	21:51	7:02
188	59	10	Franco Hall, 38	21:53	7:02
527	61	11	David Wickersham, 35	22:01	7:05
64	66	12	Michael Mineo, 35	22:16	7:10
41	99	13	Roger Garate, 37	24:17	7:49
212	103	14	Ronald Williams, 36	24:39	7:56
293	114	15	Ken Elliott, 38	25:15	8:07
400	120	16	John Dullano, 38	25:24	8:10
234	123	17	Sean Vickers, 38	25:35	8:14
251	126	18	Poul Pedersen, 37	25:53	8:20
515	130	19	Pat Farenga, 38	26:03	8:23
70	151	20	Richard Tygrest, 35	27:20	8:48
364	174	21	Kelly Cate, 35	29:13	9:24
252	177	22	Ernest Gorton, 35	29:26	9:28
151	206	23	John Bodenbender, 35	31:57	10:17
427	224	24	Mike Kreitzinger, 37	33:57	10:55
508	233	25	Gene Bicbnay, 35	37:29	12:04
227	246	26	Robert Heth, 36	46:28	14:57
489	251	27	John Baktys, 36	51:05	16:26

Men 40 - 44

366	9	1	Don Packard, 40	17:58	5:47
138	17	2	Timothy Schick, 40	18:41	6:01
146	24	3	John Wisker, 40	19:11	6:10
409	35	4	Keith Poythress, 43	20:34	6:37
326	37	5	Mark Grubb, 42	20:44	6:40
155	41	6	Michael Haviland, 41	21:09	6:48

277	44	7	Dan Teahan, 43	21:19	6:52
344	51	8	Brett Cornelison, 43	21:38	6:58
389	54	9	Tony Bartek, 42	21:41	6:59
481	57	10	James Brooks, 42	21:52	7:02
520	60	11	Brian Daviau, 42	22:01	7:05
242	62	12	Raymond Ramos Jr, 44	22:02	7:05
235	74	13	Wayne Harrison, 44	23:01	7:24
513	76	14	Scott Land, 40	23:16	7:29
206	86	15	Donald Farley, 44	23:37	7:36
407	88	16	Ken Wilson, 44	23:43	7:38
88	109	17	Dale Averitt, 41	24:55	8:01
525	110	18	Guy Jackson, 41	24:57	8:02
39	122	19	Scott Poole, 41	25:34	8:14
270	128	20	John Smith, 44	26:01	8:22
374	129	21	Ronald Reinhardt, 43	26:03	8:23
304	137	22	John Kearney, 43	26:44	8:36
289	139	23	Bruce Kane, 44	26:49	8:38
214	144	24	Tony Frey, 41	27:07	8:44
372	147	25	Jim Johnston, 42	27:15	8:46
220	162	26	Curt Wimp, 40	28:24	9:08
331	170	27	Gene Fitzpatrick, 43	28:49	9:16
125	189	28	James Meetze, 40	30:20	9:46
224	207	29	Kenneth Neikirk, 40	31:58	10:17
486	213	30	Albert Shannon, 41	32:13	10:22
243	219	31	Bill Brasili, 43	32:57	10:36
290	229	32	Kelly Hermening, 44	36:23	11:43
130	239	33	Mark Kersey, 42	39:52	12:50
353	249	34	Maurice George, 40	48:12	15:31

Men 45 - 49

3	5	1	John Steinberg, 47	16:34	5:20
192	6	2	Sean McCormack, 45	16:42	5:22
8	11	3	Chris Laduke, 45	18:23	5:55
158	13	4	Jim Shields, 48	18:28	5:56
340	15	5	Alan Sheppard, 48	18:36	5:59
85	20	6	Bill Dunn, 48	18:53	6:05
335	31	7	Gary Hallett, 47	19:54	6:24
381	42	8	Randy Arend, 45	21:14	6:50
26	65	9	Simon Jacobson, 47	22:09	7:08
32	69	10	Kent Mathis, 45	22:29	7:14
295	77	11	John McGinn, 46	23:17	7:30
315	82	12	Mark Cook, 46	23:33	7:35
283	95	13	Glenn Batteiger, 47	24:00	7:43
387	97	14	Tim Simpson, 48	24:10	7:47
423	102	15	Gordon Simms, 46	24:38	7:56
95	117	16	Joe Jordan, 49	25:16	8:08
284	118	17	Jay Manner, 47	25:21	8:10
47	119	18	George Johnston, 45	25:22	8:10
300	142	19	James Kissinger, 46	26:52	8:39
442	150	20	Bill James, 47	27:19	8:47
193	159	21	Stephen McNally, 45	27:56	8:59
318	166	22	Tom Rowley, 47	28:34	9:12
365	171	23	Mark Boyden, 48	28:50	9:17
33	181	24	Glenn Klauer, 49	29:40	9:33
509	183	25	James Crunden, 49	29:43	9:34
367	197	26	Rex Wells, 49	31:06	10:00
253	208	27	Kevin Ott, 48	31:59	10:17
517	220	28	Pete Forsling, 46	33:05	10:39
396	222	29	Richard Meyers, 45	33:47	10:52
263	226	30	Guy Colombo, 49	34:16	11:02
128	247	31	Timothy Matthews, 47	47:12	15:11

Men 50 - 54

337	46	1	Allan Smith, 50	21:21	6:52
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124	47	2	Richard Hayter, 50	21:27	6:54
22	48	3	Paul Geiger, 54	21:29	6:55
147	58	4	Steve O'Brien, 51	21:52	7:02
38	78	5	Tom Zicafoose, 53	23:21	7:31
103	96	6	Charles Mann, 52	24:04	7:45
301	106	7	Gil Flores, 50	24:52	8:00
164	113	8	Paul Berna, 50	25:12	8:06
260	124	9	Chuck Bryner, 50	25:45	8:17
474	125	10	Danny Drummond, 50	25:49	8:19
276	134	11	David Albritton, 54	26:25	8:30
285	141	12	Chill Hotchkiss, 54	26:51	8:38
394	155	13	Mike Kushner, 53	27:36	8:53
437	158	14	Curtis Stubbs, 50	27:52	8:58
219	165	15	James Matney, 50	28:31	9:11
239	172	16	James Hamilton, 51	28:51	9:17
149	180	17	Kevin Brown, 53	29:38	9:32
74	182	18	Jim Kehr, 52	29:40	9:33
500	186	19	Bill Long, 53	29:53	9:37
133	188	20	Mark Lay, 50	30:09	9:42
457	191	21	Jim Connell, 51	30:27	9:48
303	193	22	Layne Wallace, 51	30:36	9:51
346	194	23	Tom Ford, 52	30:36	9:51
494	205	24	Guillerm Ramos - Piazza, 54	31:54	10:16
503	210	25	Tom Brandles, 50	32:02	10:18
92	225	26	Vince Castagno, 52	34:07	10:59
123	236	27	Gary Meyer, 53	39:13	12:37
27	250	28	Charles Francisco, 50	50:37	16:17

Men 55 - 59

10	29	1	Bruce Holmes, 58	19:44	6:21
66	38	2	Manny Toro, 56	20:45	6:41
410	52	3	John Hirsch Jr, 55	21:38	6:58
368	71	4	George White, 59	22:39	7:17
129	93	5	Jerry Bennett, 56	23:56	7:42

305	101	6	Craig Harms, 56	24:25	7:51
254	153	7	Ed Hardee, 55	27:31	8:51
275	157	8	Harold Johnson, 58	27:49	8:57
436	169	9	Bob Buehn, 55	28:45	9:15
97	175	10	Tony Kronenburg, 55	29:18	9:26
448	227	11	Terry Bell, 59	34:42	11:10

Men 60 - 64

20	63	1	Frank Frazier, 64	22:07	7:07
29	70	2	Harvey Warnock, 64	22:35	7:16
105	73	3	Paul Smith, 64	22:58	7:23
403	81	4	John Deantonis, 62	23:32	7:34
415	104	5	John Bowsman, 60	24:46	7:58
416	107	6	George Hoskins, 62	24:52	8:00
9	149	7	John Gauer, 62	27:18	8:47
7	185	8	Freddy Fillingham, 64	29:47	9:35
161	187	9	Kent Smith, 63	30:04	9:40
399	202	10	Tom Sullivan, 60	31:46	10:13

Men 65 - 69

347	91	1	Matt Ross, 66	23:46	7:39
87	133	2	Benjamin Holland, 66	26:20	8:28
362	140	3	Poppy Martin, 65	26:50	8:38
142	160	4	Michael Van Horn	27:59	9:00
452	212	5	Maurice Ludlam, 67	32:11	10:21
6	214	6	Gordon Slater, 67	32:23	10:25
40	217	7	George Mosely, 66	32:38	10:30
51	223	8	Arthur Trapani, 67	33:48	10:53
226	237	9	Charles Desrosier, 69	39:21	12:40
162	243	10	Ray Snellgrove, 68	40:19	12:59

Men 70 - 74

13	75	1	Everett Crum, 71	23:07	7:26
24	221	2	Al Saffer, 72	33:17	10:43

Men 75 - 79

386	179	1	Pat Gallagher, 75	29:35	9:31
309	192	2	John Aimone, 76	30:34	9:50
54	199	3	Bo Holub, 75	31:11	10:02
338	235	4	Bob Carr, 77	38:08	12:16
65	252	5	John Todd, 76	51:43	16:39

Men 80 & Up

68	242	1	Bob Thomas, 80	40:11	12:56
431	244	2	George Smith, 80	41:17	13:17
48	248	3	Joe Connolly, 81	48:04	15:28

ID#	CLASS PLACE	PLACE	FINISHER	TIME	PACE
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Women 3 - 10

493	74	1	Ashton Holliday, 9	28:30	9:10
418	135	2	Ashley Whitmer, 10	34:15	11:01
417	139	3	Cynthia Whitmer, 8	34:25	11:04

Women 11 - 14

77	25	1	Alexandra Midgett, 12	24:52	8:00
306	36	2	Nancy Harms, 11	26:07	8:24
169	50	3	Cierra Griffin, 13	27:23	8:49
454	94	4	Alexis Rollen, 12	30:44	9:53
468	96	5	Kapre Shene, 12	30:49	9:55
175	99	6	Anna Nejame, 12	31:22	10:06
183	104	7	Tori Taylor, 11	31:42	10:12
182	107	8	Sakura Sujka, 12	32:01	10:18
180	118	9	Deidra Scott, 12	32:57	10:36
177	121	10	Allison Reagan, 11	33:09	10:40

456	123	11	Laura Kushmierczyk, 13	33:24	10:45	327	144	14	Lea Grippi, 27	34:46	11:11
62	152	12	Kimberly Brown, 14	35:45	11:30	484	158	15	Piilani Christopher, 29	36:35	11:46
187	157	13	Leanne Wright, 11	36:33	11:46	119	185	16	Jennifer Miller, 25	42:39	13:43
178	171	14	Kari Reed, 11	38:39	12:26	209	186	17	Leann Henderson, 28	43:03	13:51
480	180	15	Kristina Eastep, 13	41:44	13:26	470	194	18	Andrea Griffin, 29	45:49	14:45
186	192	16	Jaime Watkins, 13	45:48	14:44	197	202	19	Rachna Ouk, 28	51:13	16:29
181	195	17	Anna Shao, 12	46:18	14:54						
172	197	18	Sierra Joseph, 12	47:20	15:14						

Women 15 - 19

163	46	1	Mallory Blas, 19	27:09	8:44
440	69	2	Jessica James, 16	28:12	9:05

Women 20 - 24

333	45	1	Nicole Wysocki, 22	26:46	8:37
207	51	2	Amber King, 23	27:23	8:49
141	52	3	Megan Seery, 22	27:27	8:50
459	64	4	Jennifer Halter, 23	27:58	9:00
432	65	5	Karen Bustos, 20	28:01	9:01
292	68	6	Kristie Matherne, 23	28:08	9:03
465	77	7	Mary Lofton, 21	28:57	9:19
379	122	8	Melanie Jones, 23	33:15	10:42
426	126	9	Ginger Longmire, 24	33:38	10:49
223	133	10	Teresa Pallin, 22	34:13	11:01
110	148	11	Katie Killian, 24	35:15	11:21
240	167	12	Rachael Myers, 23	38:00	12:14

Women 25 - 29

78	7	1	Angela Enyedi, 27	21:33	6:56
342	20	2	Melissa Saunders, 28	24:16	7:48
25	32	3	Janis Dolemba, 29	25:40	8:15
52	33	4	Sarah Harrett, 25	25:44	8:17
354	48	5	April Patterson, 27	27:19	8:48
383	54	6	Laura Smith, 26	27:38	8:54
526	60	7	Tanisha Speed, 28	27:52	8:58
377	75	8	Beth Billard, 25	28:33	9:11
15	114	9	Shayla Lovett, 28	32:34	10:29
121	115	10	Jessica Syrus, 28	32:36	10:29
93	117	11	Karen Woods, 28	32:52	10:35
487	140	12	Petika Tave, 26	34:39	11:09
479	143	13	Jen Mitchell, 26	34:43	11:10

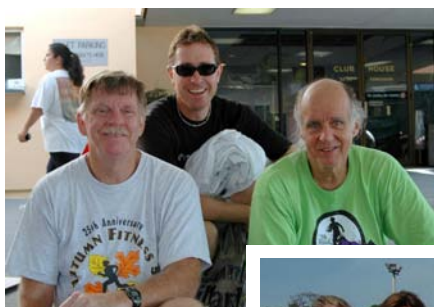
Women 30 - 34

104	8	1	Shani Dempsey, 32	21:44	6:59
249	24	2	Tyree Crews, 30	24:47	7:58
148	28	3	Roberta Tomlinson, 32	25:30	8:12
268	42	4	Angela Johnson, 30	26:33	8:33
341	47	5	Angel McSwain, 31	27:16	8:47
73	57	6	Jennifer Green, 33	27:43	8:55
261	83	7	Astrid Cleveland, 34	29:42	9:33
314	86	8	Carolyn Graham, 33	30:11	9:43
145	106	9	Stani Bodenbender, 31	31:57	10:17
288	108	10	Kristyn Patterson, 31	32:07	10:20
424	109	11	Staci Suits, 32	32:09	10:21
483	130	12	Angela McMahon, 31	33:57	10:56
370	137	13	Lisa Myers, 34	34:22	11:04
499	138	14	Tracy Lambert, 32	34:22	11:04
271	141	15	Stacy North, 33	34:39	11:09
76	145	16	Michelle Wordell, 32	34:46	11:11
332	149	17	Jami Ladoucieur, 31	35:17	11:21
265	160	18	Cynthia Heineman, 33	37:17	12:00
273	161	19	Sandra Brooks, 34	37:19	12:00
262	165	20	Tara Yarbrough, 34	37:34	12:05
137	168	21	Jennifer Mosley, 31	38:12	12:17
217	173	22	Rebecca Meiners, 30	39:15	12:38
388	174	23	Stacy Stankiewicz, 30	39:16	12:38
90	190	24	Kristin Pidcock, 31	44:41	14:23

Women 35 - 39

23	15	1	Kellie Howard, 39	23:44	7:38
522	31	2	Abby Butler, 36	25:34	8:14
258	58	3	Chelle Mahaney, 38	27:47	8:56
111	81	4	Terri Hallenbeck, 39	29:31	9:30
231	87	5	Whitney Millson, 36	30:16	9:44
126	89	6	Anna Meetze, 38	30:22	9:46
408	93	7	Gayla Poythress, 39	30:44	9:53





281	105	8	Lara Libretto, 37	31:43	10:13
485	110	9	Brenda Giles, 37	32:13	10:22
512	125	10	Reena Romero, 35	33:35	10:49
511	127	11	Alicia Hardage, 39	33:40	10:50
518	128	12	Helen Garfin, 36	33:40	10:50
203	132	13	Lee Ann Buscemi, 36	34:10	11:00
419	136	14	Jenifer Whitmer, 37	34:18	11:02
343	147	15	Terri Cornelison, 35	34:51	11:13
322	151	16	Cynthia Hatfield, 38	35:44	11:30
382	153	17	Sue Kelley, 38	35:55	11:34
488	162	18	Michelle Houstoun, 37	37:20	12:01
310	163	19	Lorie Craven, 37	37:31	12:04
225	164	20	Erin Neikirk, 36	37:32	12:05
204	166	21	Melissa Deakin, 35	37:43	12:08
61	169	22	Sandra Palmer, 37	38:13	12:18
422	176	23	Kay Womack, 35	40:10	12:56
361	178	24	Ruthanne Baxley, 37	40:51	13:09
490	187	25	Pamela Keaton, 37	43:35	14:01
96	193	26	Pamela Robinson, 38	45:49	14:45
352	199	27	Angela George, 36	48:12	15:31

Women 40 - 44

324	5	1	Alison Ronzon, 42	21:10	6:49
107	6	2	Regina Taylor, 42	21:24	6:53
157	9	3	Rosa Haslip, 43	21:56	7:03
86	10	4	Kathy Murray, 44	21:57	7:04
471	11	5	Celita Ricks, 42	21:59	7:04
140	22	6	Sheri Hutfles, 41	24:36	7:55
345	34	7	Ana Wallace, 40	25:47	8:18
413	38	8	Kelli McGreevy, 41	26:10	8:25
460	49	9	Kim Bates, 40	27:21	8:48
250	53	10	Deedee Gisewhite, 41	27:38	8:53
445	59	11	Alice Ciani, 43	27:50	8:58
139	61	12	Carolyn Shaffer, 44	27:56	8:59
406	79	13	Jeanie Wilson, 41	29:26	9:28
393	80	14	Kelly Irwin, 42	29:27	9:29
334	82	15	Felicia McCorvey, 42	29:39	9:33
391	85	16	Bridget Payne, 42	29:50	9:36
463	88	17	Lesley Jones, 41	30:19	9:45
221	112	18	Alicia Wimp, 43	32:22	10:25
35	116	19	Jonie Davis, 41	32:48	10:33
502	119	20	Jeanne Cook, 43	33:00	10:37
244	124	21	Chloie Brasili, 42	33:32	10:47
397	129	22	Pam Bulka, 42	33:46	10:52

109	134	23	Jill Tayse, 41	34:15	11:01
89	150	24	Lori Averitt, 40	35:26	11:24
450	154	25	Maria Haynes, 44	36:07	11:37
299	159	26	Roxane Kissinger, 42	36:43	11:49
131	179	27	Linda Kersey, 43	41:25	13:20
160	181	28	Trish Kabus, 40	42:00	13:31
358	196	29	Gina Widamo, 41	47:12	15:11
398	203	30	Judi Zumbach, 40	51:29	16:34
510	204	31	Jill Roy, 40	51:31	16:35

Women 45 - 49

30	13	1	Bonnie Brooks, 46	23:19	7:30
84	16	2	Maryann Steinberg, 46	23:47	7:39
152	17	3	Theresa Kamajian, 48	23:49	7:40
405	18	4	Jody Dolan-Aldrich, 45	23:50	7:40
363	23	5	Kim Crist, 49	24:42	7:57
458	26	6	Vicky Connell, 47	24:56	8:01
307	29	7	Susan Harms, 46	25:31	8:13
134	39	8	Barbara Whitter, 48	26:20	8:28
21	40	9	Kelly Komatz, 45	26:23	8:29
429	41	10	Linda Cordes, 47	26:26	8:30
330	44	11	Juree Lytton, 48	26:44	8:36
200	55	12	Daryl Laroche, 45	27:41	8:54
267	56	13	Kimberly Lundy, 49	27:42	8:55
395	62	14	Catherine Obrien, 48	27:56	8:59
282	67	15	Ann Batteiger, 45	28:06	9:03
411	72	16	Kim Anthony, 46	28:25	9:09
319	76	17	Jackie Rowley, 45	28:34	9:11
441	78	18	Sandy James, 48	29:19	9:26
443	84	19	Melanie Coughlin, 47	29:44	9:34
31	90	20	Laurie Ricciardi, 47	30:25	9:47
317	91	21	Cathy Reidy, 48	30:29	9:49
232	97	22	Barbara Liriano, 45	31:02	9:59
57	98	23	Kerry Walker, 48	31:10	10:02
233	100	24	Susan Thibodieaux, 48	31:23	10:06
34	102	25	Carol Klauer, 46	31:39	10:11
495	103	26	Terrell Cummings, 48	31:42	10:12
59	113	27	Elisa Jacque, 46	32:24	10:25
91	131	28	Marcia Castagno, 48	34:07	10:59
369	146	29	Carrie Howell, 4	34:48	11:12
296	155	30	Susan Smith, 46	36:24	11:43
311	156	31	Billie Woods, 46	36:24	11:43
102	177	32	Marjorie Sheron	40:49	13:08
100	188	33	Robin Duarte, 46	44:30	14:19

Women 50 - 54

247	30	1	Suzan Schumacher, 53	25:32	8:13
472	35	2	Sue Whitworth, 51	26:01	8:22
101	37	3	Bonita Golden, 50	26:09	8:25
28	43	4	Donna Rettini, 54	26:35	8:33
37	63	5	Claudia French, 53	27:58	9:00
199	66	6	Anne Laroche, 53	28:04	9:02
67	70	7	Susan Roche, 50	28:14	9:05
355	73	8	Robin Hayter, 51	28:28	9:10
150	101	9	Rebecca Brown, 50	31:28	10:08
75	120	10	Christine Kehr, 53	33:07	10:39
46	172	11	Mary Conely, 51	38:56	12:32
17	175	12	Patricia Jensen, 52	39:44	12:47
435	183	13	Deborah Johnson, 50	42:15	13:36
58	201	14	Susan Francisco, 50	50:36	16:17

Women 55 - 59

153	14	1	Sharon Lucie, 55	23:28	7:33
356	19	2	Susan Branley, 59	24:02	7:44
16	27	3	Jan Taylor, 55	25:29	8:12
222	95	4	Kathleen Clouse, 58	30:47	9:54

257	111	5	Cheryl Rogers, 55	32:20	10:24
122	182	6	Carol Pack-Meyer, 57	42:11	13:35
56	189	7	Dianne Scarboro, 57	44:31	14:20
208	200	8	Therese White, 55	48:33	15:37

Women 60 - 64

339	21	1	Theresa Coomes, 60	24:34	7:54
135	71	2	Maria McNary, 60	28:18	9:06
302	92	3	Susan Wallace, 63	30:36	9:51
228	198	4	Pat Heth, 62	48:05	15:28
507	205	5	Carolyn Disher, 61	51:38	16:37

Women 65 - 69

447	142	1	Elda Bell, 66	34:42	11:10
475	191	2	Linda Brown, 65	44:47	14:25

Women 70 - 74

256	170	1	Norma Wasson, 73	38:26	12:22
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Women 75 - 79

308	184	1	Diane Aimone, 76	42:34	13:42
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Florida Striders Award \$500 Grants to Two Elementary School Run/Walk Clubs

Story and photos by Vanessa Boyd

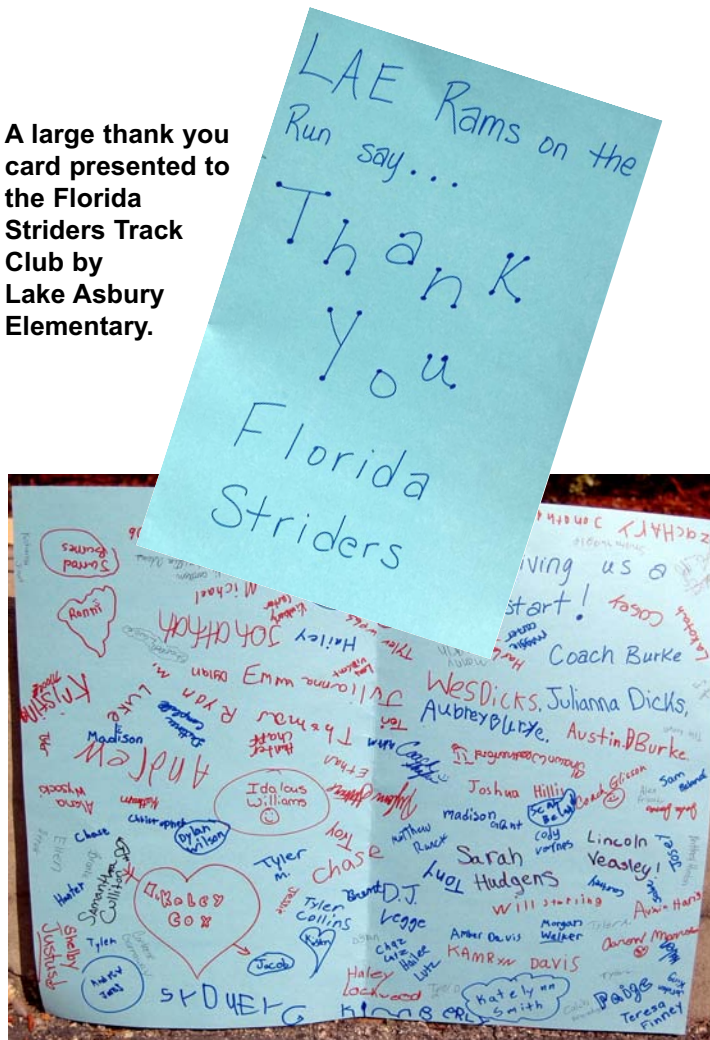
Our Board of Directors approved \$500 grants for both the brand new Run/Walk Club at Lake Asbury Elementary and to the Wilkinson Elementary Run/Walk Club, in its second year.

The Striders are extremely proud of these excellent programs in our area and especially the coaches who lead them. Each week the programs meet after school and run or walk a measured course. Each participant's mileage is tracked and mileage awards are given as they reach major milestones along the way. For those children who accumulate 26 or more miles during the school year a marathon medal is provided by the Florida Striders. The coaches volunteer their time and make a huge difference in forming good habits and perspective on enjoying fitness that can serve them well for a lifetime. The children love the activity and achieving the mileage awards. The parents and the teachers appreciate a healthy outlet for all that energy. I only wish we could bottle the enthusiasm when they start their Run/Walk clubs each week and see the pride when they earn a mileage award. It is worth noting that both of these schools also did extremely well in getting participants out at the Autumn Fitness One Mile Fun Run. Good job!

Let me share a little more about each program and some words from their coaches:

Lake Asbury Elementary. This new Run/Walk club meets on Thursday afternoons and has about 170 members and three parent volunteers, both of which are expected to grow. Their coach is Laurie Burke who shared: "Our kids

A large thank you card presented to the Florida Striders Track Club by Lake Asbury Elementary.



have been so excited about the program from ordering extra shirts for their families, getting more permission forms, and participating in the Fun Run. The Fun Run has been the talk of the school. Many of the kids from our school really surprised themselves of how well they ran. We had a great time. We have several teachers at our school who are participating too. We are going to give them awards just as we do the kids. We hope to have a great first year and really appreciate the support from the Striders. Thank You.”

Wilkinson Elementary. This 2nd year club has about 95 children and one main volunteer, both of which are expected to grow. The children typically do between 1 and 3 miles each week. Coach Maggie Whitney was asked about what led her to get involved with the Run/Walk program and shared: “I have always enjoyed running myself. I have completed half marathons, 10ks, and 5ks for about 5 years now. I love to see children’s faces as they get excited about running. I love the idea of a run/walk club because everyone can enjoy it, even the younger children. I try to keep the children motivated by having them race me every once and a while. I am passionate about exercise, there are just too many benefits of it not to exercise, and by starting young, these students have a better chance of continuing to exercise. That to me is the greatest benefit of having a run/walk club! “

Well said! We are very proud of our Run/Walk clubs, especially their coaches, wonderful people who truly make a difference in the lives of our children. We think these grants to help with our children’s fitness provide an incredible return on our investment and are pleased to help. If you would like to get involved with either your time or your financial sponsorship please contact Vanessa Boyd at VanessaBoydFL@comcast.net or 272-1770. ●



NEW MEMBERS

Stani Bodenbender
Mary Ann Brown
Melissa Deakin
Donald Farley
Patricia Jensen
Tanya Levy
Greg Nowak
Guillermo Piazza
Allan Smith
Arthur Trapani
Charles Wagner

RENEWING MEMBERS

Bill Castelli
Vicki Choinski
Joe Connolly
Esther Daulton

Clay & Debbie Fliess
Dena & Rick Gaucher
Jim & Christine Kehr
Dennis Lane
Stephen McClung
George Obi
Rex & Carole Ann Reed
Laurie Ricciardi
Vincent & Kit Seiferd, Jr.
Susan Shelton
Sandra Shines
Gordon & Roxanne Slater
John Slough
Regina Taylor
Christina Tellus
Kim & Chris
Tracanna-Breault
Robert & Dora Turner
James Vavrina &
Kay Womack

MULTI-YEAR RENEWALS

Bobby Greene
Ginger Frazer-French
John Kotsubka
Dolores & Nicholas
Raffaelly
James & Willa Burns/Owen
Winney, Tom, Katie & Scott
Yaun
William Kennedy
Robert Cox
Daniel Ovshak
William Kennedy
Michael, Rachel & Keegan
Ford
Norman Thomas
Denise Williams

**We Want to Hear
from You!**
**Send your
running stories to**
StrideRightEdit@aol.com
**by the 15th of
the month!**

BOARD OF DIRECTORS' MINUTES

Continued from page 2

The answer was not specifically, except to use money for purchasing needed supplies which would be reimbursed by the money charged for the event. Glenn also asked about procedures for scheduling events. He mentioned that we have around 600 memberships, totaling about 800 individuals. However, attendance at the socials usually runs around 45 members. He said there are currently no plans for September.

The first event for Oct is the Strider Brunch known as Jenny's Pennies on the 15th of October. Also, on 19 October, Todd Williams has agreed to speak at a dinner which will include attendance by local High Schools and Junior High/Middle schools. A motion was made to allot \$1000 for the event to cover the speaker and other miscellaneous costs. For November, one idea is have a social at the Bud Zone at the stadium during an away game. The only away game in November is the 26th, which is Thanksgiving weekend. Everyone agreed this was great idea. There will possibly be a block party in December.

Kids Day Health Fair Update: Mike Ford provided the update. We have a Strider Booth which needs to be manned. The event goes from 11:00 am till 4:00 pm. The Striders will be sponsoring the 1 mile fun run at 11:30am which will require some volunteers. The Junior Highs will be racing at 10:30 am. The Florida Strider Logo will be on the ribbons that are handed out to finishers. The flyer is on our website. He needs volunteers to be there by 1000 if possible.

General Discussion: Celita Ricks tendered her resignation to the board because of current time constraints. This brings us down to 17 board members, which is lower than the usual 20. Dave asked for any ideas for people to ask to join the board.

John TenBroeck mentioned an upcoming major marathon in Jacksonville in February 2007. The race director is Jeff Galloway. Proceeds will be split between the Mayo Clinic and the Donna Hicken foundation. John asked for our support.

Vanessa Boyd mentioned that we had over 500 racers at

the Autumn Fitness 5K and over 1000 participants in the fun run. It was an exceptionally successful race.

Sharon said she has a possible sponsor for the Hog Jog, since New Balance is not returning. This sponsor may also sponsor the other 3 races in the year.

Mike Ford reminded everyone about Run at Work Day coming up on Sep 22. He also stated that the School Board Health Fair day is Oct 6th at Fleming Island High School.

The meeting was adjourned at 8:35 p.m.

Respectfully submitted,

Vicky Connell ●

28th Jenny's Pennies Anniversary Celebration

OCTOBER 15

There is a long tradition of collecting any money found during the runs and giving it to Jenny Allen, who uses it to provide the goodies for our Sunday Morning Anniversary Celebration. Come help us spend Jenny's pennies! We'll provide champagne, orange juice and coffee. You can bring fruit, bagels, coffee cake, donuts, etc. to share. Join us for a group picture and help celebrate The 28th Anniversary of our Sunday morning runs from Sun Tire on Blanding Boulevard in Orange Park. The party will start after the Sunday morning run. Jenny does a wonderful job and it is always a very enjoyable time.



Please Print

Application for Membership FLORIDA STRIDERS TRACK CLUB

New ☐
Renewal ☐

Name: Last _____ First _____ M.I. _____
Address _____
City/State/Zip _____
Phone: Home _____
Phone: Work _____
E-mail _____
Signature _____
Date _____

in Family _____
Spouse's Name _____
Birthdate(s) _____
Employer _____
Occupation _____

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

SPRINGMAID SPLASH CROSS COUNTRY 10K Spruce Pine, NC August 26, 2006

Elfrieda Wyner 1:04:30 1ST A/G

CARRABBA'S SUMMER BEACH RUN 5 MILE Jacksonville Beach August 26, 2006

Justin Jacobs 28:19
2nd O/A Male
John Metzgar 29:45
5th O/A Male
Kim Pawelek 31:31
1st O/A Female
Mark Woods 32:24 1st A/G
Bill Phillips 32:55 1st A/G
Sung Ho Choi 33:55 5th A/G
Orestes Gutierrez 34:21
Patti Stewart-Garbrecht 34:32
4th O/A Female
Bill Dunn 34:52
David Ohnsman 35:41 1st A/G
Chris Hallett 35:47
Stephen Beard 36:10 3rd A/G
Patrick Gaughan 36:19 1st A/G
Terry Sikes 36:27 4th A/G
Gary Hallett 36:45
Robert Walker 36:47 3rd A/G
Denise Metzgar 37:08 1st A/G
Celita Ricks 37:43
Masters Female
Raymond Ramos 37:46
Steve O'Brien 37:47
Keith Poythress 37:53
Paul Geiger 38:09
Randy Arend 38:32
Del Conner 38:40
Frank Frazier 38:52 2nd A/G
Regina Taylor 38:45
2nd Masters Female
Brad Littleton 39:18
Kathy Murray 39:32 1st A/G
Randy Pullo 40:06
John Hirsch 40:32

Bruce Holmes 41:12
Everett Crum 41:21 1st A/G
Bob Kennedy 41:23
Kristi Maconi 41:37 1st A/G
Stephanie Griffith 41:44 1st A/G
Donald Maconi 42:09
Sharon Lucie 42:29 1st A/G
Matt Ross 42:59 2nd A/G
Danny Weaver 43:00
Jan Taylor 43:19 3rd A/G
Kelli Owars 43:31
Steve Bruce 43:38
Craig Harms 43:42
Gil Flores 45:00
Susan Harms 45:17 5TH A/G
Lewis Buzzell 45:26
Jay Birmingham 45:46
George Hoskins 45:53
David Ferman 46:21 2nd A/G
Dennis Lee 46:25
Taylor Shutt 46:30 2nd A/G
Kelli McGreevy 47:24
Nancy Harms 47:42 3rd A/G
John Gauer 47:46
Ben Holland 47:53
Jd Smith 48:53
Kimberly Lundy 48:14
Sue Whitworth 48:59
David Kelley 49:25
Christina Tellus 49:56
Claudia French 50:28
Will Tomlinson 50:5
Gary Ledman 51:12
Bradley Shepard 57:31
Jim Kelley 49:53
Freddy Fillingham 45:06
Leo Sheckells 53:48
Kim Anthony 54:16
Glen Hanna 56:33
Kent Smith 57:06
Jonie Davis 57:19
Gordon Slater 57:42
John Aimone 58:58 1st A/G
Al Saffer 59:08 4th A/G
Gayla Poythress 59:16
Sandra Shines 1:00:05
Christine Kehr 1:00:23
Jim Kehr 1:00:25

Tom Sullivan 1:02:10
Denise Williams 1:02:18
Marie Littlejohn 1:03:37
Michelle Ramos 1:11:17
Bill Mitchell 1:15:56
George Obi 1:16:54 4th A/G
Diane Aimone 1:17:30
Joe Connolly 1:21:35 5th A/G
Trish Kabus 1:24:03

TURTLE TROT 5K Fernandina Beach September 2, 2006

Everett Crum 22:37 1st A/G
David Stanley 25:54

TURTLE TROT 10K

Del Conner 45:19 2nd A/G

CHILDREN'S WAY 5K Jacksonville, FL September 16 2006

Justin Jacobs 15:22 2nd O/A
John Metzgar 16:17
Masters Male
Bill Dunn 18:42 3rd A/G
Bruce Holmes 19:24 1st A/G
Keith Poythress 20:12
Regina Taylor 21:04 1st A/G
Del Conner 21:09 2nd A/G
Randy Arend 21:17
John Hirsch 21:41
Celita Ricks 21:47
Frank Frazier 21:51 2nd A/G
Everett Crum 22:19 1st A/G
Kathy Murray 22:23
Bonnie Brooks 22:28 1st A/G
Lewis Buzzell 22:29
Sharon Lucie 23:17 1st A/G
Kayla Vinson 23:28 1st A/G
David Ferman 23:48 2nd A/G
Matt Ross 23:55 2nd A/G
Gil Flores 24:13
Jan Taylor 24:37 2nd A/G
Barbara Whitter 25:56 3rd A/G

Ben Holland	25:59	3rd A/G	Dena Gaucher	36:01	
George Hoskins	26:57		Paige Gaucher	36:01	1st race
Earl Vinson	27:12		Rick Gaucher	36:01	
Claudia French	27:26		Shira Ferman	36:00	2nd A/G
Paulette Butler	28:04	3rd A/G	Len Ferman	36:16	
Gayla Poythress	29:03		Joe Connolly	46:21	
Freddy Fillingham	30:14				
Sarah Dunsford	30:28				
John Dunsford	30:36				
Maria Littlejohn	31:21				
Mark Lay	32:17				
Al Saffer	32:33	3rd A/G			
Ginger Frazier-French	34:56				
Scott Arend	35:24				

www.floridastriders.com

**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	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

October 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
October 7	Jacksonville Marine Corps Half Marathon	7:00 a.m.	Memorial Wall Alltel Stadium Jax	(904) 731-1900 1st Place Sports
October 7	USA 5K Walk//Run	8:00/ 8:30 a.m.	University of St. Augustine Campus	904-826-0084 x265 jrot@usa.edu University of St. Augustine for Health Services
October 7	White Cane Awareness 5K	8:00 a.m.	Ormond Beach	(386) 258-3441 Florida Lions Conklin Centers for the Blind
October 14	5th Annual Hospice 5K	8:00 a.m.	3800 Woodbriar Trail Port Orange	(386) 322-4701 Ext. 6296 Hospice of Volusia/Flagler
October 14	Rima Ridge 5K	8:00 a.m.	Tiger Bay State Forest 1202 Indian Lake Rd Daytona Beach	(386) 423-4124 Greyhounds Pets of America Dayton Beach Chapter
October 14	Dignity U Wear 5K	8:30 a.m.	City Hall 204 Ash Street Fernandina Beach	(904) 491-0369 Register Online Amelia Island Runners
October 21	Susan G. Komen North Florida Race For The Cure 5K	8:00 a.m.	Metropolitan Park Jax	(904) 214-9678 angielindsey@comcast.net Susan Koman Foundation 1stplacesports.com
October 22	Paint the Town 5K North Florida RRCA Championship	8:00 a.m.	Jackie Robinson Ball Park City Island Daytona Beach	(386) 255-1279 donnadorun@cfl.rr.com Daytona Beachcombers
October 29	Evergreen Pumpkin Run 10 Mile & 5K	8:00 a.m.	Evergreen Cemetery 4535 Main St. Jax	(904) 731-1900 1st Place Sports

Pacing with Patti



BY PATTI STEWART-GARBRECHT

It's October already! The fall racing season is heating up. This is by far my favorite time of year. Even before I was a runner, I looked forward the end of summer, the leaves changing, football and most of all cooler temperatures. Yes, I am obsessed with the weather. Anyone who knows me well, knows that I log onto weather.com at least twice per day. So not only am I addicted to running, but also to information about how comfortable I will be while I am running. Funny, it all comes back to the running. Some of us are training for fall marathons, some of us just training for the next race. Whatever your fall plans, I hope you will enjoy hearing what I have to say about tapering. Anyway, first things first, off to the races.

The **Carrabba's Summer Beach Run** 5 miler was held on August 28 at Jacksonville Beach. This is the one race almost everyone has said they will never do again, but they come back year after year anyway. It is an end of summer tradition in the Jacksonville running community. People come to see their friends, drink beer, eat great post-race food and for those lovely beach towel awards. Some of us have a collection of beach run towels. **Justin Jacobs** was our first male Strider to cross the finish line in a time of 28:19 for a second place overall finish. **John Metzgar** was next in 29:45, good enough for 5th overall. **Kim Pawelek** won the women's race in a time of 31:31, followed by **Patti Stewart-Garbrecht** in 4th place with a time of 34:32. Three cheers for my friend **Celita Ricks** who won Female Masters in a time of 37:43. Her time was more

than a minute faster than her nearest master's competitor. I have known Celita for a number of years even before I lived in Jacksonville and she just keeps getting faster and stronger. She is also one of the nicest, most humble people I know. Age group winners include **Mark Woods** in a time of 32:24, **Bill Phillips** in 32:55, **David Ohnsman** in 35:41, **Patrick Gaughan** 36:19, **Denise Metzgar** in 37:08, **Kathy Murray** in 39:32, **Everett Crum** in 41:21, **Kristi Maconi** in 41:37, **Stephanie Griffith** in 41:44, **Sharon Lucie** in 42:29, and **John Aimone** in 58:58. I would also like to mention that the Striders girls **Kristin Maconi**, **Taylor Shutt** and **Nancy Harms** swept the female 11-14 age group. Congratulations to all the runners who came to weather the heat and sand to run Summer Beaches.

Next up is the **Autumn Fitness 5K** on September 9 in Orange Park. I will write only a bit on this race since it is a Strider event and a complete list of results will be printed earlier in the newsletter. Our first Male Strider was **Justin Jacobs** in a time of 16:10 placing him 3rd overall. **John Metzgar** was right behind in a time of 16:17 winner the Male Master's title. Our first female Strider was **MaryAnn Brown**, age 12 in a time of 20:37. A time good enough for 2nd place overall. Not many 12 year olds can say they have placed second in a race this size. Good job, MaryAnn.

The **Children's Way** (Continued on next page)

DATE	EVENT	TIME	LOCATION	CONTACT
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
January 13	River Run Resolution Run 5K FUN RUN	8:00 a.m.	Kennel Club Orange Park	(904) 272-1770 bobbydfi@comcast.net Florida Striders Track Club
April 21	Run to the Sun 8K FUN RUN	8:00 a.m.	Kennel Club Orange Park	(904) 213-7758 ghall32447@aol.com Florida Striders Track Club

Pacing with Patti

CONTINUED FROM PAGE 19

5K, another Grand Prix event was held on September 16 in Jacksonville. Again **Justin Jacobs** was our first male Strider and 2nd overall in a time of 15:22. **John Metzgar** won the Male Masters title in a time of 16:17. Age group winners include **Bruce Holmes**, **Regina Taylor**, **Everett Crum**, **Bonnie Brooks** and **Kayla Vinson**. The Strider women **Sharon Lucie**, **Jan Taylor** and **Paulette Butler** swept the women's 55-59 age group. Great Job.

Striders on the Road this month include **Frank Sutman** who ran the **Blue Rocks 5K** in Wilmington, DE in a time of 17:43 winning his age group and finishing 6th overall. This was Frank's first race since relocating to Delaware in June. I should mention that Delaware is quite a bit hillier than Jacksonville which makes his time even more impressive. A few weeks later at the **Philadelphia Distance Run Half Marathon**, Frank ran 1:21:47 followed closely by **Strider Greg Richards** (recently relocated to Norfolk, VA) in a time of 1:21:52. **Steve Bruce** also completed the race in a time of 2:01:29.

Elfrieda Wyner ran the **Springmaid Splash Cross Country 10K** in Spruce Pine, NC in a time of 1:04:30 easily winning her age group. **Everett Crum** won his age group in a time of 22:37 at the **Turtle Trot 5K** in Fernandina Beach on September 2. **Del Connor** ran the **10K Turtle Trot** winning 2nd in his age group in a time of 45:19.

How do you get to the starting line of your fall marathon feeling fresh, rested and ready to rock and roll? You have to taper. It is a shame that some people put so much hard work into training but don't get the best results because they don't know how much

to cut back on mileage leading up to the big day. Everyone is different. Some people do best with the traditional three week taper. Some do better with less taper. Some do better with less mileage but the same number of intense workouts. Some do better with just easy running leading up to marathon day. After doing a few marathons and trying different tapering strategies, you can usually figure out what works best for you. But for most people and certainly for beginners who have no idea how much to taper would recommend a traditional approach. There should be some degree of taper leading up to any race of any distance that is important to you. But for the sake of time and space on paper I will address only tapering for a marathon. I recommend that your last long run (one of 18 or more miles) be three weeks before the day of your race.

You can do shorter "long" runs of 10-15 on the two weeks before your race. The week following your last long run experts advise decreasing mileage by 15-20% per week for the next two weeks and the final week you should run about 30% of your peak mileage in the six days leading up to race day. For example, if you peaked at 60 mpw (and assuming you ran peak mileage four weeks before the race) you would run a about 48-50 miles per week the following week, 38-40 the next week and 20 miles plus your race on the week of your marathon. And be sure not to neglect your speed work in those taper weeks. Small amounts of controlled, fast running as you cut mileage will keep you sharp by fine-tuning your fast twitch muscle fibers and will also remind you that you are fit. Good luck to all of you running fall marathons. See you next month! ●

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

Local Running Info On The Internet



www.floridastriders.com

You can contact us via e-mail at: **Dbokros@comcast.net**

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>