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## River Road Resolution is Off to a Fine Start

The expression "tough act to follow" is exactly how I felt about following the 26th, and very successful, Farewell Autumn Fitness in September. It was my recommendation to change our September event, frequented by near misses by hurricanes, to a January event with much better weather. While it sounded like a good strategic change, an inaugural event with an anemic turnout of the River Road Resolution was the last thing I wanted. Long story a little shorter, I was thrilled with the turnout, with a final registration count of 520 in the 5 K and a new all-time Fun Run turnout of 1344 in the One Mile Fun Run. Mother Nature did her part by providing ideal racing weather. When you include an unsurpassed crew of Coordinators and their excellent volunteer teams it is no surprise that we enjoyed a good time and a great race together on Saturday, January 13th.

The 1344 record turnout in the One Mile Fun Run was amazing. 12 schools earned awards that totaled almost $\$ 1900$. We are pleased Continued on page 5



Join your friends and fellow Striders at the second annual Striders outing to the Jacksouville Barracudas Hockey game on Friday, February 23, 2007 at 7:05 pm. The Barracudas take on the Huntsville Havocs. You need to reserve your ticket in advance and ask for the Florida Striders block. The Barracuda ticket office number is is $367-1423$. For more information, contact Glenn Hanna, your social coordinator at 777-9351 or ghanna@bellsouth.net.

## Florida Striders River Run Hospitality Tent Saturday March 10...Starting at Gam....

Stan Scarlett, Tent Coordinator, needs your help in setting up the interior of the tent and preparing for the feast of food and beverages. Stan knows how to have a River Run party! To volunteer at the tent, please contact Stan at stanscarlett@msn.com or 994-2687. Come out and enjoy the festivities of the Florida Striders River Run Hospitality Tent!!! Drop off your things prior to the race, and bring a chair to relax in after the race. Bring a dish to share. Florida Striders Track Club Merchandise will be available for sale at the tent!


Prez Sez

By Dave Bokros

The Clay County Department of Health has asked the Florida Striders Track Club to help organize and support a program called Step Up, Florida! . This is a state sponsored program to promote an active, healthy lifestyle. Sound familiar? It should since it is what the Striders are all about. This program mandates that each county in Florida host an event in the month of February to appeal to it's county members that might not be so active but would like to know more.

This year's event is being coordinated by none other than the lightening fast Mary Ann Steinberg, who, as it turns out just took a job with the Clay County Department of Health. She is doing a fan-
tastic job of gaining some serious support for the event and it is shaping up to be a great day for the entire family! The event will be held at Spring Park in beautiful Green Cove Springs on February 17th beginning at 10:00 am. Registration for the event will start at $8: 30$ am, however, and we need your help! There will be non-competitive $5 k$ and 1 -mile walk/run. There will also be some celebrities and possibly some state representatives in attendance.

Check out the link from the logo on www.floridastriders.com for more information.

If you would like to help, please contact me at dbokros@comcast or call me at 904-545-4538.

See you on the road!

## Board of Directors' Minutes 1/9/2007

The meeting was called to order by Dave Bokros at 7:05 p.m. Directors present were Jay Birmingham, Dave Bokros, Vicky Connell, Mike Ford, Glen Hanna, George Hoskins, Kellie Howard, David Kelly, Kim Lundy, John Metzger, Denise Metzger, Sharon Pentaleri, John Powers, and Terry Sikes.

Minutes: A correction was made to the December Minutes to add John Powers to the Budget Committee members. Motion was made, seconded and passed to accept the minutes with the correction.

Treasurer's Report: The December Treasurer's report was filed as written.
Hog Jog Race Report: Dave presented the Hog Jog report for Steve Bruce. There was a net profit of $\$ 1264.74$ with 139 participants. This ended in a discrepancy of $\$ 220$, because a higher amount was actually deposited into the Strider account. Dave stated he would look into it to resolve the difference.

Step Up Florida Program: Mary Ann and John Steinberg who are Strider members talked to the board about this State Wide Initiative that occurs in February to promote healthy lifestyles in people of all ages and abilities. Mary Ann is trying to organize a Walk-Run event to promote their activities in Green Cove Springs on Saturday, February 17th at 10:00 a.m. She is asking to partner with the Striders to help pull this off. When asked if this would be a competitive event, she stated that probably not this year, but maybe next year. It was brought up that this event was on a week day last year, but this year they want to involve more people, so they've scheduled it on a Saturday. Dave asked who would do traffic control, and Mary Ann said the Green Cove Springs Police Department. Mary Ann asked the Striders to help with the course layout and marking, registration (no entry fee), and Course Marshalls. There are promotional items which will be given out to participants (jump ropes, beach balls, Frisbees, pedometers, etc). Refreshments will be provid- Continued on page 13

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
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Secretary:

* Vicky Connell . . . . . .(H) 276-0193
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*Lillian Lawless
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North Florida RRCA Representative: Mike Bowen . . . . . . . .(H) 850-308-1953 email: michael.s.bowen@gmail.com
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| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Orange Park Medical Center $\quad \begin{array}{r}269.9400 \\ \text { Run to the Sun }\end{array}$ |  |  |  |  |  |  |  |  |
| Orange Park Kennel Club <br> 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\#742194707. 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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| Publix <br> Supermarket Charities <br> Garber Chevrolet | About Bicycles <br> Orange Park, Florida 904-272-9100 <br> http://AboutbicyclesOP.Tripod.com |  |  | PINCH-A-PENNY POOL-PATIO-SPA The Perfect People For A Perfect Pool ${ }^{\circledR}$ <br> new balance Jacksonville 620-0483 |  |  |  |  |
| Green Cove Springs, Florida Memorial Day 5K <br> Fagan \& Broussard <br> John Fagan, P.A. 278-6000 <br> Autumn Fitness 5K | citistreet <br> A State Street and Citigroup Company <br> Memorial Day 5K |  |  |  |  |  |  |  |
|  |  |  |  |  | Smoa <br> \& Nix <br> (904) <br> Autumn | Davis LLP <br> 5831 <br> ss 5K | Bartanyall international <br> For all your <br> Active Lifestyle Nutrition <br> http://sbarton.qhealthzone.com |  |
| Rannies <br> Wings \& Oyster Bar <br> Green Cove Springs, Florida |  |  |  | Florida Heart Center <br> We Care For Your Heart (904) 269-1664 <br> Hassein Ramezani, MD |  | (20ㅜㅇ) | age Bread Market Kreme |  |

## Renew with Something New

The New Year has grown from an infant to a tyke. You're no longer writing 2006 on your checks. Some of your Resolutions have fallen by the roadside but a few are still intact. You've been able to cover more miles in shorts so far than you usually can in winter.

Beginning has magic in it, says the sage. Does your new year have magic?

As a coach of young runners, I look for ways to keep it new. Almost any stimulus works if it's not too tough. Sprints, walking breaks. Throw in a hurdle or a skipping drill. Fast, slow, long, and short. Practical jokes and impractical work-outs-it keeps things fun for the kids.

I'm reminded of a 20 -year old article I read in a weight lifting magazine. The author was promoting 'The Confusion Principle' to build big muscles. The gist was that by constantly changing one's workout intensity, duration, the lifts, the weights, a struggle to adapt would stimulate more gains. Schwartzenegger's routine must have been confusing, I reckon.

I'm not advocating confusion-there's plenty of that in every other aspect of life. I AM advocating variety in the form of adding something new.

How about veering off an old course into a neighborhood you've never run?

Gallop over a mound of dirt at a construction site. Swerve into a big puddle of water after (or during) the next rain storm. Run off the sidewalk, into the grass. Cruise across a golf course. Run the wrong way around a track.

Those of us with decades of running experience have a

## The Wide World of Running By Jay Birmingham

passion for the sport. We will run somehow, anywhere, all hours, most days. We love our old familiar courses and sometimes run the same race, year after year. (I envy the soon-tobe 30 -year veterans of River Run.)

But variety is the spice of life, of eating, and of running, too. A rut is a grave with the ends knocked out, I've heard. To spice up your running, drive to someone else's neck of the woods, run their favorite course. Do a little speed work or lengthen your longest-ever run.

Choose a new event to race this year. Pick something unusual. Run under the next full moon. Get a gang together and run a relay. Your imagination is likely better than mine. Write an article for Strideright!!

Your blood has been replaced three times, every red cell, in the past year. You are awash in new oxygen, new hormones, new insights. Change is constant and always stimulating.

May your 2007 renew your passion for running as never before.

Jay Birmingham has coached children and adults for over forty years in Ohio, Colorado, Nebraska, and Florida. He is head cross country and track coach at St. Johns Country Day School.

# 2007 Florida Striders Track Club Annual \$1,000 College Scholarships Available 

Eligibility Requirements:

- Must be a resident of Northeast Florida for the past two years.
- Must be a graduating high school senior.
- Must be a runner or active in track and field events.
- Please be advised that NCAA regulations may prohibit you from accepting this scholarship if you attend college/university on an athletic scholarship.

ENTRY DEADLINE: Applications must be received by March 31, 2007
A complete application should include:
1 - This form completed (4 pages, including items I through X)
2 - Essay about your running (item IX)
3 - Two (2) recommendations
4 - High school transcript (if desired, not required)


Please return the complete application to (prior to March 31, 2007):

Florida Striders Track Club
Scholarship Applications
P. O. Box 413

Orange Park, FL 32067-0413
Sorry, no e-mailed applications accepted.

RIVER ROAD RESOLUTION RUN
Continued from page 1

to help facilitate the many wonderful coaches and volunteers who donate so much of their time and energy to help make fitness a regular and fun part of our children's lives. The Florida Striders commitment to making a difference in children's fitness is reflected in the approximately $\$ 14,000$ of our annual budget which goes directly to support children's running and scholarships.

I am pleased to report that we got an awful lot of compliments on how smoothly our event went and the good time that was had by our participants. I was happy to say "Thank You," but the great outcome was the result of how an awesome team makes it all look easy. JD Smith and Mike Mayse had an amazing amount of stuff in all the right places needed to put on a race. Weren't all those new bright orange cones with "FSTC" stenciled upon them looking sharp? Marge Ruebush, who is just plain wonderful, and a fine registration team handled not only the 5 K 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 enhanced the safety and flow of those Continued on following page

Prize Winning Schools<br>Lakeside Elementary Argyle Elementary Thunderbolt Elementary Pinewood Christian Swimming Pen Creek Elementary Grove Park Elementary Wilkinson Elementary St. Marks Elementary Middleburg Elementary Oakleaf Elementary Doctors Inlet Elementary Lake Asbury Elementary

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Jacksonville Greyhound Racing
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## Volunteers

Diane Aimone
John Aimone
Sherri Alexander
Jenny Allen
Richard Allen
Kim Anthony
Lindsay Arnett \& Kirsten
Rainey Arnett
Lillian Arnold
Fallon Bibb
Dave Bokros
Dave Bonnette
Bob Boyd
Roberta Boyd
Vanessa Boyd
Rebecca Brown
Laurie Burke
Chelsea Clarkson
Dave Clarkson
Laura Clarkson
Joe Connally
Marissa Connell
Tori Connell
Tyree Crews
Patricia Czarnecki
Darcy Daniels
Charles Desrosier
Gretchen Ehlinger
Elena Etter
Karen Fleming
Fleming Island NJROTC
Mike Ford

Frank Frazier Annette Gray Gary Hallett George Hoskins
Kellie Howard Garrett Jones Ian Jones Lesley Jones
Zach Jones
Trish Kabus
Drew Kenny
Peg Lawson
Kory Longworth
Mike Mayse
Patt McEvers
Denise Metzgar
John Metzgar
Dick Miller
Elke Miller
Kathy Murray
Lisa Myers
Jeff Nelson
Karen Nolan
Pat Noonan
Jennifer O'Brian
John Powers
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Paul Ruebush
Al Safer
Lori Scarlett
Stan Scarlett
Ed Schmidt
Jeanette Schmidt
Susan Scott
Cheryl Ruppert
JD Smith
Ruth Smith
Linda Stapleton
Jeff Suits
Staci Suits
John TenBroeck
Kathy Torrence
Kim Tracanna-Breault
James Vavrina
Norma Wasson
Maggie Whitney
Denise Williams


1344 through registration, a great start, and an exciting finish. 28 schools were represented in our record setting Fun Run and the 12 receiving checks to directly support their school's Run/Walk fitness programs are listed below. Denise Williams' great refreshment crew kept the food and drink flowing in fine fashion. Doug Alred did a good job of making the race timing seamless and handling pre-race registration and packet pick-up. John TenBroeck 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 cannot fully express the contributions, nor my appreciation of the work done so many 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 and launched the 1st River Road Resolution in fine fashion. Please accept my sincere thanks to each and every one of you.


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$\begin{array}{lllll}157 & 92 & 12 & \text { Taylor Harris, } 11 \quad \text { 25:15 } & \text { 8:07 }\end{array}$ $\begin{array}{llllll}596 & 96 & 13 & \text { Saxon Wright, } 11 & 25: 24 & 8: 10\end{array}$ 50610414 Michael Geer, $11 \quad 25: 53 \quad 8: 20$ $\begin{array}{lllll}585 & 109 & 15 & \text { Scott Mattson, } 14 & 26: 06 \\ 8: 24\end{array}$ 24111416 Jacob Abdel, 11 26:18 $\quad$ 8:28 41111617 John Brennock, 11 26:23 8:29 31213118 Jonathan Gregory, 12
27:18 8:47

6914219 Tyler Lewis, $14 \quad$ 27:59 $9: 00$ $378 \quad 147 \quad 20$ Ross Garrett, 13 28:36 9:12 21315121 Madison Holesko, 14

28:55 9:18
40115922 Brian Santiago, 13 29:26 9:28
18316823 Nick Russett, 13 30:02 9:40
40417624 Arthur McCloskey, 13
30:21 9:46
$\begin{array}{llll}209 & 180 & 25 & \text { Chris Moran, } 14 \\ 31: 01 & 9: 59\end{array}$ 58218326 Taylor O'Grady, 12 31:10 10:02 57520827 Parker Wisnieski, 12 33:59 10:56
23123028 Josh Stanley, 13 40:15 12:57
Men 15-19
$\begin{array}{llllll}234 & 34 & 1 & \text { David Stanley, } 19 & 21: 49 & 7: 01\end{array}$
$46 \quad 1502$ Scott Arend, $15 \quad$ 28:49 $9: 16$
672113 Chris Varnes, 19 34:08 10:59
Men 20-24
$47513 \quad 1$ Rolando Brooks, 23 19:24 6:14
193172 Jacques Heymann, 24
19:51 6:23
187423 Corey Shore, 22 22:26 7:13
476474 Kenneth Knapik II, 21
22:46 7:19
37458 Nick Tate, $22 \quad$ 22:49 7:21
$\begin{array}{lllll}117 & 54 & 6 & \text { Jimmy Mansfield, } 20 & 23: 05 \\ 7: 26\end{array}$
$532 \quad 80 \quad 7$ Sean Stevens, $24 \quad 24: 35 \quad 7: 55$
$120 \quad 1038$ Justin Wiley, 24 25:52 8:19
492329 Jose Murcia, $22 \quad 41: 11 \quad 13: 15$
Men 25-29
206191 Kevin Benedict, 28 20:03 6:27

326592 Clif Robinson, 25 23:31 7:34
$342 \quad 63 \quad 3$ Michael Brower, 27 23:51 7:40
142794 James Stauffer, 27 24:30 7:53
$354 \quad 81 \quad 5$ Michael Proffitt, 27 24:38 $\quad 7: 56$
$230 \quad 84 \quad 6$ David Cognetta, 29 24:46 7:58
$\begin{array}{llll}197 & 86 & 7 \text { Ronnie Soud, } 26 & 24: 49 \\ 7: 59\end{array}$
$51787 \quad 8$ Jason Junker, $27 \quad 24: 51 \quad$ 8:00
$\begin{array}{llll}146 & 108 & 9 & \text { Christopher Day, } 29 \\ 26: 05 & 8: 24\end{array}$
16412810 Joseph Twichell, 26 27:05 8:43
47415411 Travis Salazar, 25 29:01 $9: 20$
50116212 Philip Shoemaker, 26
29:32 9:30
49016913 Stephen Heydorn, 25
30:02 9:40
$\begin{array}{lllll}217 & 185 & 14 & \text { Ian Hawkins, } 27 & 31: 16 \\ \text { 10:04 }\end{array}$
23720715 James Concilro, 26 33:50 10:53

| Men | 30 | -34 |  |  |  |
| :--- | :---: | :---: | :--- | :---: | :---: |
| 124 | 4 | 1 | David Frank, 31 | $17: 57$ | $5: 47$ |
| 1 | 5 | 2 | Gary Myers, 34 | $17: 59$ | $5: 47$ |
| 581 | 12 | 3 | Michael Ferns, 32 | $19: 17$ | $6: 12$ |
| 310 | 33 | 4 | Michael Solis, 34 | $21: 47$ | $7: 01$ |
| 89 | 41 | 5 | Seth Pajcic, 30 | $22: 26$ | $7: 13$ |
| 375 | 58 | 6 | Michael Kirkham, 34 | $23: 29$ | $7: 33$ |
| 314 | 62 | 7 | Jason Gross, 33 | $23: 49$ | $7: 40$ |
| 116 | 69 | 8 | Mark Foret, 34 | $24: 05$ | $7: 45$ |
| 546 | 75 | 9 | Rey Gripon, 34 | $24: 10$ | $7: 47$ |
| 136 | 77 | 10 | William Morris, 33 | $24: 24$ | $7: 51$ |
| 121 | 88 | 11 | Marcel Lieuw, 34 | $24: 54$ | $8: 01$ |
| 442 | 94 | 12 | James Vavrina, 30 | $25: 16$ | $8: 08$ |
| 319 | 97 | 13 | Scott Wilson, 31 | $25: 34$ | $8: 14$ |
| 440 | 101 | 14 | Jeff Suits, 33 | $25: 47$ | $8: 18$ |
| 543 | 121 | 15 | Jonathan Lineberry, 33 |  |  |
|  |  |  | $26: 32$ | $8: 32$ |  |
| 68 | 127 | 16 | Larry Ashley, 34 | $26: 58$ | $8: 41$ |
| 38 | 133 | 17 | David Albritton, 31 | $27: 26$ | $8: 50$ |
| 385 | 143 | 18 | Lance Sr, 34 | $28: 01$ | $9: 01$ |
| 557 | 144 | 19 | Neal Mars Jr, 32 | $28: 05$ | $9: 02$ |
| 563 | 148 | 20 | Erik Heineman, 34 | $28: 39$ | $9: 13$ |
| 139 | 153 | 21 | Dan Defranzo, 33 | $29: 00$ | $9: 20$ |
| 184 | 190 | 22 | Jack Linn, 30 | $31: 28$ | $10: 07$ |

Men 35-39
$151 \quad 7 \quad 1$ Chris Brock, $36 \quad 18: 26 \quad 5: 56$
521182 Thomas McDonough, 35
19:55 6:24
$468 \quad 26 \quad 3$ Brett Beisker, $35 \quad 21: 12 \quad 6: 49$
$398 \quad 32 \quad 4$ Robert Dews, $37 \quad 21: 41$ 6:59
$\begin{array}{lll}186 & 37 & 5\end{array}$ David Clarkson, 39 22:17 $7: 10$
$379 \quad 45 \quad 6$ Scot Jezik, $36 \quad 22: 39 \quad 7: 17$
$83 \quad 49 \quad 7$ Scott Rogers, $35 \quad 22: 53 \quad 7: 22$
$459 \quad 60 \quad 8$ Scott Kingston, $39 \quad 23: 45 \quad$ 7:39
$\begin{array}{lllll}78 & 67 & 9 & \text { Craig Clouser, } 36 & 23: 56 \\ 7: 42\end{array}$
$498 \quad 76 \quad 10$ Ronald Williams, 37 24:23 $7: 51$
$\begin{array}{llll}118 & 82 & 11 & \text { Poul Pedersen, } 37 \\ 24: 41 & 7: 56\end{array}$
$594 \quad 90 \quad 12$ Brian McGovern, 36
24:59 8:02
1019513 Monte Shipps, 39 25:19 8:09
$\begin{array}{lllll}460 & 102 & 14 & \text { Bill Powers, } 35 & 25: 49 \\ 8: 18\end{array}$
$\begin{array}{lllll}347 & 124 & 15 & \text { Christopher, } 36 & 26: 37 \\ \text { 8:34 }\end{array}$
$194140 \quad 16$ Michael Baines, 38 27:58 9:00
59815617 Johnny Hollingsworth, 37 29:09 9:23
45216718 Darrin Handsome, 35 29:53 9:37

| 86 | 174 | 19 | Dwight Averitt, 37 | $30: 13$ |
| :--- | :--- | :--- | :--- | :--- | 9:43

$\begin{array}{llll}356 & 177 & 20 & \text { Eric Chambers, } 39 \text { 30:57 } \\ \text { 9:58 }\end{array}$
$323198 \quad 21$ Bill Deangelis, 36 32:25 10:26 $\begin{array}{llll}50 & 205 & 22 \text { Ted Baynocky, } 39 & 33: 38 \\ \text { 10:49 }\end{array}$ $\begin{array}{lllll}96 & 225 & 23 & \text { David Lee, } 37 & 39: 06 \\ 12: 35\end{array}$ 34122624 Jonathan W. Hughes, 37 39:08

12:36
$\begin{array}{llllll}168 & 227 & 25 & \text { Ray H. Ulrich, } 38 & 39: 21 & 12: 40\end{array}$
51023626 Trey Rapp, $36 \quad 52: 22 \quad 16: 51$
Men 40-44
$\begin{array}{lllll}528 & 8 & 1 & \text { David Tucker, } 44 & 18: 33 \\ 5: 58\end{array}$
$63 \quad 2 \quad 2$ John Wisker, $40 \quad 18: 41 \quad$ 6:01
$424 \quad 10 \quad 3$ David Bonnette, $40 \quad 18: 47 \quad 6: 03$
$\begin{array}{lllll}8 & 11 & 4 & \text { Dean Krueger, } 41 & 18: 54 \\ \text { 6:05 }\end{array}$
$\begin{array}{lll}198 & 15 & 5 \\ \text { Mike Cummings, } 43 & 19: 28 & 6: 16\end{array}$
454226 Keith Poythress, 43 20:18 6:32
$447 \quad 27 \quad 7$ Raymond Ramos Jr, 44 21:13 $\quad 6: 50$
$\begin{array}{lllll}134 & 30 & 8 & \text { Michael Mandt, } 40 \quad 21: 34 & 6: 56\end{array}$


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15389 Packy Murphy, 41 855510 Ray Lamb, 42 $58 \quad 57 \quad 11$ Dale Averitt, 41 $352 \quad 78 \quad 12$ Tom Jakubowski, 41 4509913 Bruce Kane, 44 25:41-8:16 $\begin{array}{llll}228 & 100 & 14 \text { Joe Wiggins, } 41 \quad 25: 45 & 8: 17\end{array}$ $\begin{array}{lllll}58 & 110 & 15 & \text { Dale Averitt, } 41 \quad 26: 09 & 8: 25\end{array}$ 5611116 Buddy Denny Jr, 44 26:11 $\quad 8: 25$ 31611217 Sean O'Donovan, 41 26:12 8:26 46111518 Bradley Shepherd, 40

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41011719 John Brennock, 42 26:23 $\quad$ 8:29
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$\begin{array}{llllll}595 & 73 & 11 & \text { Sandra Maveety, } 45 & 28: 40 & 9: 14\end{array}$
$\begin{array}{lllll}433 & 74 & 12 & \text { Kim Anthony, } 46 & 28: 41 \\ 325 & 88 & 13 & \text { Donna Himel, } 47 & 29: 22 \\ 9: 27\end{array}$
$\begin{array}{lllll}561 & 90 & 14 & \text { Brenda Mitchell, } 48 \text { 29:35 } & \text { 9:31 }\end{array}$
40711416 Beth Hagenbeck, 45
31:09 10:01

## The official Gate River Run training course



In service to the community, Shands Jacksonville and YMCA of Florida's First Coast are pleased to provide the official Gate River Run training course - free of charge.

NOVICE AND INTERMEDIATE RUNNERS: Courses are designed to prepare runners for the Gate River Run 15K on March 10, 2007. Both YMCA members and non-members are encouraged to participate. The training courses take place through March 3.

The course will include complimentary running literature and drawings for prizes. Shands Jacksonville, University of Florida medical professionals and YMCA staff will facilitate all classes and group runs.

Call Shands Jacksonville at (904) 244-9754 to reserve your space today!

## The Dynamics of Running and Program Development

Evaluating your short and long-term goals for novice and intermediate runners, tracking your performance, assessing your running form and choosing the right shoes.

Barco-Newton Family YMCA
Sat., Feb. 10 from 9-10:30 a.m.

## Yates Family YMCA

Sat., Feb. 3 from 8-9:30 a.m.

## Injury Prevention, Nutrition and

Hydration for Runners
Preventing muscle and bone injuries, as well as fueling your body with
proper nutrition and hydration.

Barco-Newton Family YMCA
Sat., Feb. 17 from 9-10:30 a.m.

Yates Family YMCA
Sat., Feb. 10 from 8-9:30 a.m.

## The Psyche of a Runner

Succeeding through mental preparedness and pre-race relaxation techniques.

Barco-Newton Family YMCA
Sat., Feb. 24 from 9-10:30 a.m.

TRAINING LOCATIONS:
Barco-Newton Family YMCA
2075 Town Center Blvd.
Orange Park, FL 32003
(904) 278-9622

Yates Family YMCA
221 Riverside Ave.
Jacksonville, FL 32202
(904) 355-1436

## UF\&ShandsJacksonville <br> The University Of Florida Health System

Yates Family YMCA
Sat., Feb. 17 from 8-9:30 a.m.

| 505 | 122 |  | Rita Geer, 46 | 31:23 | 10:06 | 589 | 40 | 4 | Gail Pylipow, 50 | 26:19 | 8:28 | 586 | 224 |  | Susan Malanows |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 111 | 127 | 18 | Jamie Boyd, 45 | 31:45 | 10:13 | 106 | 51 | 5 | Susan Roche, 51 | 27:05 | 8:43 |  |  |  |  | 48:51 | 15:43 |
| 33 | 128 | 19 | Janet Tellier, 47 | 31:46 | 10:13 | 130 | 53 | 6 | Anne Laroche, 53 | 27:12 | 8:45 | Wom | en 60 |  |  |  |  |
| 205 | 133 | 20 | Cheryl Pfannenste | in, 48 |  | 31 | 108 | 7 | Rebecca Brown, 50 | 30:50 | 9:55 | 389 |  |  | Marianne Schroed | r, 60 |  |
|  |  |  |  | 32:03 | 10:19 | 19 | 126 | 8 | Sara Winchester, 52 | 31:35 | 10:10 |  |  |  |  | 26:05 | 8:23 |
| 393 | 148 | 21 | Sandy Kelley, 48 | 33:21 | 10:44 | 14 | 147 | 9 | Sandra Shines, 50 | 33:18 | 10:43 | 156 |  |  | Winny Yaun, 60 | 30:04 | 9:41 |
| 148 | 166 | 22 | Kelly Minor, 46 | 34:36 | 11:08 | 480 | 150 | 10 | Patti Pownall, 54 | 33:31 | 10:47 | 358 | 194 |  | Freda Blackmar, 63 | 39:22 | 12:40 |
| 66 | 171 | 23 | Debbie Coffman, 48 | 34:59 | 11:16 | 308 | 167 | 11 | Debra Davey, 52 | 34:42 | 11:10 | 466 |  |  | Pat Heth, 62 | 46:52 | 15:05 |
| 578 | 186 | 24 | Bonnie Jedrziewsk | i, 47 |  | 10 | 180 | 12 | Patricia Jensen, 52 | 36:14 | 11:40 | 448 | 230 |  | Winnifred Dowling, |  |  |
|  |  |  |  | 38:19 | 12:20 | 536 | 214 | 13 | Joy Parrish, 51 | 42:34 | 13:42 |  |  |  |  | 53:05 | 17:05 |
| 113 | 189 | 25 | Sonya Phillips, 45 | 39:01 | 12:33 |  |  |  |  |  |  |  |  |  |  |  |  |
| 36 | 209 | 26 | Kristin Friend, 46 | 41:29 | 13:21 | Women 55-59 |  |  |  |  |  | Women 65-69 |  |  |  |  | 9:10 |
| 395 | 225 | 27 | Jeanine Humphries | s, 46 |  | 438 | 48 | 1 | Donna Rettini, 55 | 26:56 | 8:40 | 301 | 70 | 1 | Susan Wallace, 65 | 28:29 |  |
|  |  |  |  | 48:57 | 15:45 | 109 | 87 | 2 | Holly Hosch, 55 | 29:22 | 9:27 | Women 70-74 |  |  |  |  |  |
|  |  |  |  |  |  | 513 | 97 | 3 | Kathleen Clouse, 58 | 30:03 | 9:40 |  |  |  |  |  |  |
| Wom | en 5 | - |  |  |  | 522 | 107 | 4 | Pat Noonan, 57 | 30:46 | 9:54 | $539 \quad 1791$ |  |  | Shirley Newport, 70 36:08 |  | 11:38 |
| 87 | 24 | 1 | Linda Quirk, 53 | 24:46 | 7:58 | 469 | 115 | 5 | Cheryl Rogers, 56 | 31:10 | 10:02 |  |  |  |  |  |  |
| 110 | 32 | 2 | Jane Mondadori, 52 | 25:53 | 8:20 | 155 | 116 | 6 | Kathy Williams, 57 | 31:13 | 10:03 | Women 75-79 |  |  |  |  |  |
| 572 | 38 | 3 | Faith Leri, 50 | 26:12 | 8:26 | 408 | 134 | 7 | Sue Cervantes, 59 | 32:07 | 10:20 | 303 | 201 |  | Diane Aimone, 77 | 40:01 | 12:53 |


|  | Florida Striders Track Club 2007 Proposed Budget |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | $\begin{gathered} 2005 \\ \text { Budget } \end{gathered}$ |  | $\begin{gathered} 2005 \\ \text { Actual } \\ \hline \end{gathered}$ |  | $\begin{aligned} & 2006 \\ & \text { ual - } 10 \text { mo } \\ & \hline \end{aligned}$ |  | 2007 <br> sedBudget |  |
| Income |  |  |  |  |  |  |  |  |  |
| Run to Sun |  | \$5,900.00 |  | \$6,347.41 |  | \$8,300.00 |  | \$10,325.00. | Add \$2500 for OPMC |
| Memorial Day 5k |  | \$4,800.00 |  | \$4,616.80 |  | \$4,500.00 |  | \$4,500.00 |  |
| River Road Resolution 5k |  | \$5,800.00 |  | \$8,353.76 |  | \$8,151.00 |  | \$3,600.00 * | Per Bob Boyd removed 3000 (2500 OPMC + General Truck, 500) |
| Hog Jog |  | \$1,250.00 |  | \$2,162.84 |  | \$1,066.00 |  | \$1,200.00 |  |
| Race Proceeds |  | \$17,750.00 |  | \$21,480.81 |  | \$22,017.00 |  | \$19,625.00 |  |
| Dividends \& Interest | \$ | 550.00 | \$ | 1,109.81 | \$ | 1,289.00 | \$ | 1,400.00 |  |
| Memberships |  | 7,000.00 |  | 7,709.00 |  | 6,339.00 |  | 7,000.00 |  |
| Merchandise Sales |  | 1,500.00 |  | 1,124.35 |  | 1,048.00 |  | 1,100.00 |  |
| Dinner Socials Sales |  | 1,500.00 |  | 1,290.00 |  | 108.00 |  | 500.00 |  |
| Donations \& Adult Running Program |  | - |  | 660.00 |  | 1,155.00 |  | 750.00 |  |
| Advertising |  | 150.00 |  | - |  | 270.00 |  | 250.00 |  |
| Children's Pass Through Sponsorships |  | - |  | - |  | 3,300.00 |  | 3,300.00 | Offset below |
| Reinhold Award |  | 500.00 |  | 500.00 |  | - |  | - | Need to ask Bob Boyd |
| Other Income | \$ | 14,700.00 | \$ | 12,393.16 | \$ | 13,509.00 | \$ | 14,300.00 |  |
| Total Income | \$ | 32,450.00 | \$ | 33,873.97 | \$ | 35,526.00 | \$ | 33,925.00 |  |
| Expense |  |  |  |  |  |  |  |  |  |
| Administrative |  |  |  |  |  |  |  |  |  |
| General Office Postage \& Supplies | \$ | 200.00 | \$ | 62.01 | \$ | 93.00 | \$ | 150.00 |  |
| Newsletter Printing, Mailing, and Layout |  | 7,250.00 |  | 7,461.26 |  | 6,365.00 |  | 7,850.00 |  |
| Membership Postage \& Supplies |  | 600.00 |  | 228.95 |  | 585.00 |  | 600.00 |  |
| Affiliation Costs and Insurance |  | 2,360.00 |  | 2,239.07 |  | - |  | 2,600.00 | RRCA \& USAT\&F |
| New Equipment/Maintenance/Insurance |  | 650.00 |  | 609.67 |  | 355.00 |  | 1,800.00 | 180 new cones |
| Storage Rental Fees |  | 900.00 |  | 960.00 |  | 1,020.00 |  | 1,020.00 |  |
| Website Fees |  | 220.00 |  | 250.95 |  | 219.00 |  | 220.00 |  |
| Volunteer/Member Awards \& Misc. |  | 300.00 |  | 105.35 |  | 281.00 |  | 300.00 | Corp filing fee \& bank fees to set up new acct |
| Merchandise Cost Expense |  | 1,700.00 |  | 1,541.65 |  | 1,837.00 |  | 1,700.00 | Sales more than offsett by give-a-ways for new members |
| Total Administrative Expense | \$ | 14,180.00 | \$ | 13,458.91 | \$ | 10,755.00 | \$ | 16,240.00 |  |
| Club Activity |  |  |  |  |  |  |  |  |  |
| River Run Tent \& Club Pienic/Elections |  | \$1,250.00 |  | \$945.06 |  | \$950.00 | \$ | 1,000.00 |  |
| Dinner Socials - expense |  | 1,600.00 |  | 1,611.79 |  | - |  | 585.00 |  |
| Monthly Socials |  | 200.00 |  | 106.55 |  | 159.00 |  | 200.00 |  |
| RRCA Convention |  | 1,300.00 |  | 1,246.69 |  | -- |  | 1,500.00 |  |
| Banners \& Signs |  | 360.00 |  | - |  | 545.00 |  | 350.00 |  |
| Total Club Activity Expense | \$ | 4,710.00 | \$ | 3,910.09 | \$ | 1,654.00 | \$ | 3,635.00 |  |
| Community Activity |  |  |  |  |  |  |  |  |  |
| Donations | \$ | - | \$ | - | \$ | 500.00 | \$ | 500.00 |  |
| Adult Running Programs |  | 1,000.00 |  | 197.00 |  | 1,417.00 |  | 1,050.00 . | Added $\$ 300$ for lighting at St. Johns |
| Children's Running Programs |  | 4,950.00 |  | 3,680.65 |  | 5,321.00 |  | 8,000.00 |  |
| Children's Pass Through Sponsorships |  | 6,800.00 |  | 7,191.49 |  | 3,300.00 |  | 3,300.00 |  |
| Scholarships |  | 2,000.00 |  | 1,500.00 |  | 1,000.00 |  | 2,000.00 |  |
| Total Community Activity Expense | \$ | 14,750.00 | \$ | 12,569.14 | \$ | 11,538.00 | \$ | 14,850.00 |  |
| Contingency Funds | \$ | - |  |  | \$ | - | \$ | - |  |
| Total Expense | \$ | 33,640.00 | \$ | 29,938.14 | \$ | 23,947.00 | \$ | 34,725.00 |  |
| Difference (Profit/Loss) | \$ | (1,190.00) | \$ | 3,935.83 | \$ | 11,579.00 | \$ | (800.00) |  |



Although officially founded in 1958, a group of dedicated runners convened in 1957 to discuss the state of road racing in the US. Since that time, the RRCA has continued to convene for 50 years as a running community to discuss important issues related to the sport of grassroots, distance running. The goal of the RRCA Convention has always been to promote idea sharing, best practice discussions, and the development of quality road races that anyone can run.

We invite everyone in the running community to join us March 21 through 25,2007 to celebrate 50 years of convening to promote grassroots distance running around the country. The Alpine Runners of Lake Zurich and Illinois Runs will host the 50th RRCA Annual Convention in Chicago, IL. The Convention will be held in conjunction with the 28th Annual LaSalle Bank Shamrock Shuffle 8 K , the largest 8 K run in the country, which is scheduled for March 25, 2007.
"I look forward to developing this great event and welcoming everyone to our beautiful city of Chicago," stated Beth Onines, planning chair for the Convention. "Convention attendees will not only be able to see our beautiful city, but they will have the opportunity to learn from expert speakers we will have lined up for our sessions. Our Convention Committee is already working on all the fine details to make everyone's stay in Chicago one of the best RRCA conventions they have experienced."

Your host club, the Alpine Runners of Lake Zurich was founded in 1981 when a group of high school reunion organizers got together to plan their ten year reunion. As it turned out, half of the planning team was distance runners, so they set out to develop a running club while the rest of the committee planned the reunion. Twenty-five years later, the Alpine Runners of Lake Zurich have grown to be one of the most visible running clubs in the Chicago area. Illinois Runs Training Programs is the brainchild of long time Chicago distance runner, Beth Onines. Illinois Runs is designed to help runners in the Chicago area set and achieve their run-


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## RRCA Personal Fitness Program

Since 1974, the RRCA has been helping motivate runners through the Personal Fitness Program. From beginning runners to experienced endurance athletes, we all need a little motivation now and then. To reward individuals for their dedication to living a healthy life and incorporating running as their regular exercise, we invite you to join the Personal Fitness Program. Program fees are varied based on your goal.

How the Program Works:
1 - Select your 6 month total mileage goal from 300, 600, or 1000 miles
2 - Log onto www.RRCA.org/Running/Tools
3 - Create your FREE Account to Log Your Miles
4 - Start running and logging your miles

## MINUTES

Continued from page 2
ed by other sponsors. They are working on getting some high profile local celebrities to attend. Festivities would take place at the Green Cove Springs Spring Park before and after the WalkRun. A motion was made and seconded to support this program with personnel and equipment as previously mentioned. It was passed unanimously.

Support for the National Marathon to Fight Breast Cancer: Dave Bokros presented information about this Marathon event, suggesting that the Striders become sponsors at the $\$ 500$ level as an Aid Station Sponsor. The $\$ 500$ level grants three items: Sponsor branding on aid station; Sponsor name on marathon web site; Race Day packet insertion. It will take place in February of 2008. Kellie stated it might be better to be a Water Stop Sponsor, which involves a donation of water as opposed to the $\$ 500$. Most likely there would be many Strider members willing to help out such a good cause. General agreement was that we'd like to be able to help in a more visible way, even though we were unsure what the actual cost would be. It would also give us the same three items as an Aid Station Sponsor. A motion was made, seconded, and passed unanimously to participate in the marathon as a Water Stop Sponsor. It was also stated that we need to get more info on the cost of providing the water.

Run to the Sun Race Date Change: There was a conflict with the MS Society having a walk on the same day as our original race date. There was some confusion at the Kennel Club with letting the MS Society have the date we normally use each year. We could not get them to change their date, but we were able to work with the Spartan 5 K team to exchange race dates, $4 / 14 \& 4 / 21$. We will do our part to promote their event and support it, as we have for many years. The new date for the Run to the Sun 8K Race is April 14th. It was mentioned that this information needs to be put out soon so that everyone gets it.

5 - After six months, total your miles, indicate your total on the Personal Fitness Program form and mail your log and form along with your payment to receive your reward. You can also sign-up online.
6 - Celebrate your accomplishment!
For each distance received, the RRCA will provide rewards. For individuals that achieve 300 miles in six months you will receive an embroidered patch and certificate of accomplishment. For achieving 600 miles in six months, you will receive a Sport Science performance $t$-shirt, an embroidered patch and a certificate of accomplishment. For achieving 1000 miles in six months, you can receive either an embroidered golf shirt or a fleece vest, an embroidered patch, and a certificate of accomplishment.

Scholarship Committee: Dave is looking for members of the Scholarship Committee. Mike Ford, Kim Lundy, Kellie Howard and Sharon Pentaleri volunteered. Mike will be the chairman and Kim Lundy will act as secretary. The information must go out to all the counties that we have members in and to their boards for approval. Private schools must receive the information individually.

Social Update: Next social is Jan 21st at Glen's home. For February, Glen suggested we set up a night at a Hockey game for the Barracuda's on Feb 23rd. He cannot reserve a block of tickets without actual funds in hand. He doesn't know how many will attend, so that's not an option. They will try to reserve a block for us as much as possible, but it's not guaranteed. Members who desire to attend should ask for the Florida Strider block when they buy their tickets. No socials are currently scheduled for March. Mike Ford stated that the night with Todd Williams speaking has not worked out. It was agreed to try for it again next year.

## General Discussion:

Kim Lundy asked about the Fat Tuesday 5 Miler. Dave didn't have any additional info, but said he would pass it along when he gets it.

Sharon Pentaleri turned in some ribbons left over from when she was Children's Running Coordinator.

John Powers asked if Dave was set to go to the RRCA convention. He said yes, he had just made his reservations.

Mike Ford mentioned that the Striders have been in the paper several times in the past week.

John Metzgar reminded us that we need to submit proposals for additional Board member. We currently have 15 members, and we need a total of 20 .

Mike Ford asked for some leads to help finish off his facilities for the track team at his school (Oakleaf).

The meeting was adjourned at 8:30 p.m.
Respectfully submitted,
Vicky Connell

# FAT TUESDAY 2-MILER <br> "Get the Gulf Coast Back on its Feet!" Join the fun on "FAT TUESDAY" FEBRUARY 20 6:30 pm - 8:30 pm • Jacksonville Landing Hosted by Jacksonville Track Club 



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

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

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

REGISTRATION \& RACE PACKET PICK-UP
You can register and pick up your packet with your t-shirt and race number at one of the three $1^{\text {st }}$ Place Sports locations: 3931 Baymeadows Road in Jacksonville, 550-7 Wells Road in Orange Park and 424 S. $3^{\text {rd }}$ St. in Jacksonville Beach, from 10 am to 6 pm on Saturday, Feb. 17 and Monday, Feb 19. Packets may also be picked up at the Jacksonville Landing on race day, beginning at 5:00 pm.
**SAME DAY REGISTRATION ALSO AVAILABLE!**
BE SURE TO INDICATE ON THE ENTRY FORM WHERE YOU PLAN TO PICK UP YOUR RACE PACKET.
START AND FINISH
The event will start in the front of the Jacksonville Landing on Water St. at 6:30 pm. The runners and walkers will head east and do a loop on Bay Street and finish back at The Landing.

## PARKING

Parking is available at the Jacksonville Landing and surrounding area

ENTRY FEES
\$15 until Feb. 10 (Must be postmarked by Feb. 10) •\$20 after Feb. 10

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


Habitat
for Humanity ${ }^{\text {o }}$
Hómex
Delivery
$\qquad$
Address $\qquad$ City $\qquad$ State $\qquad$ Zip $\qquad$
Enclosed is \$ $\qquad$ T-shirt size; S M L XL

Please indicate where you plan to pick up your race packet: _ Baymeadows Rd. _ Jax Beach __ Orange Park __ Day of race only Do you want us to send you a membership description and an application to the Jacksonville Track Club? $\square$ Yes $\square$ No In case of unforeseen circumstances, the race may be postponed or cancelled at the race director's discretion. No entry fees will be refunded.

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

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

GROUP TRANING 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 <br> 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 | $\begin{gathered} \text { Super WalMart (NE corner) } \\ \text { Fleming Island } \end{gathered}$ | Kay Womack (904) 215-8656 kaywoma@hotmail.com |
| Monday | 5:30 PM | $\begin{array}{\|c\|} \hline 6 \text { Miles } \\ \text { Downtown Bridges } \end{array}$ | 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. | Danny Weaver (904) 287-5496 |
| Weds. | 6:00 PM | 6.2 Miles Easy pace | Jacksonville <br> 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  <br> Application for Membership  <br> FLORIDA STRIDERS TRACK CLUB New O <br> Renewal 0  |  |  |  |  |
| Name: Last |  |  |  |  |
| Address $\qquad$ City/State/Zip |  |  |  |  |
| Phone: Home |  |  |  |  |
| E-mail |  |  | Employer Occupati | Mail Application with dues to: |
|  |  |  | Annual Dues: |  |
| Date |  |  |  | ngle \$15 O 8559 Boysenberry Lane E. <br> Janior (under 18) \$10 O  |
|  |  |  |  |  |
| Itime |  |  |  |  |
|  |  |  |  |  |



## Saturday, February 17, 2007 10:00 am <br> $5 k$ and 1 mile fun run and walk.

## Good fun and activities for the entire family!

Registration is FREE and opens at 8:30 am at Spring Park in Green Cove Springs, Florida. You can register in advance by mailing your completed and signed application to:

Clay County Health Department Attention: Step Up, Florida PO Box 578
Green Cove Springs, FL 32043

Informational Web Sites: www.floridastriders.com www. Stepupflorida.org

Call Mary Ann Steinberg at 904-269-6340 ext. 249 for more information!
Step up, Florida is a program sponsored by the State of Florida to promote and active, healthy lifestyle. There will be free T-shirts, water bottles, and other fun things to take home. There will be displays and presentations by the Florida Striders Track Club. The Clay County Health Department, and some celebrity guests!

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

| Inaugural Victory Junction Gang |
| :---: |
| Half-Marathon |
| December 3 |
| Randleman, N.C. |

Gordon Simms $\quad 2: 00.25$
LAST GASP 5K CROSS COUNTRY

| Jacksonville University |
| :--- |
| December 30, 2006 |


| Bruce Holmes | 21:22 | Elda Bell | 35:50 |
| :---: | :---: | :---: | :---: |
|  | 8th O/A Male | Terry Bell | 35:50 |
| Keith Poythress | 22:26 2nd A/G | George Obi | 43:35 |
| Steve O'Brien | 22:44 3rd A/G | Diane Aimone | 44:51 |
| Paul Geiger | 23:08 |  |  |
| Frank Frazier | 23:44 2nd A/G | EXPLORATION RUN 5 MILE |  |
| Mike Marino | 24:04 | Jacksonville Landing |  |
|  | and a twisted | January 6, 2007 |  |

Leo Sheckells $\quad 41: 53$
Trish Kabus 45:53

## VYSTAR GATOR BOWL 5K

Jacksonville Landing December 31, 2006

| John Steinberg | $2: 54: 08$ 2nd A/G |
| :--- | :---: |
| Regina Sooey | $3: 43: 53$ |
| George Hoskins | $5: 10: 33$ |
| ROMANS ROAD 5K |  |
| Jacksonville |  |
| January 20, 2007 |  |


|  |  |  | Bill Phillips | 18:22 | 1st A/G |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Stephen Beard | 36:08 | 1st A/G | Stephen Beard | 19:42 | 2nd A/G |
| Randy Arend | 36:54 | 1st A/G | Bernie Candy | 19:57 | 2nd A/G |
| Brent Beisker | 38:26 | 3rd A/G | Pete Sites | 20:09 | 1st A/G |
| John Hirsch | 38:57 | 1st A/G | Susan Miller | 20:25 | 1st A/G |
| Michael Mandt | 38:52 | 3rd A/G | Raymond Ramos | 20:52 | 2nd A/G |
| Joe Broome |  |  | Paul Smith | 22:14 | 1st A/G |
| 42:37 2nd A/G |  |  | Louis Buzzell | 23:20 | 3rd A/G |
| Barbara Whitter | 46:34 | 2nd A/G | John Bowsman | 24:08 | 1st A/G |
| Bradley Shepard |  | 48:21 | Gil Flores | 25:00 |  |
| Glenn Hanna | 51:26 |  | Ben Holland | 25:04 | 2nd A/G |
| Gordon Slater | 54:30 | 2nd A/G | Barbara Whitter | 25:22 |  |
| Freddy Fillingham | 55:25 | 3rd A/G |  | Masters Female |  |
| Al Saffer | 56:36 | 1st A/G | Ed Kelly | 27:00 | 2nd A/G |
| Sandra Shines | 1:03:54 |  | Freddy Fillingham | 28:49 | 3rd A/G |
|  |  |  | Al Saffer | 31:31 | 1st A/G |
| DELEON SPRINGS HALF MARATHON \& 5K |  |  | Sandra Shines | 32:28 | 3rd A/G |
|  |  |  | Linda Brown | 45:12 | 1st A/G |


| Celita Ricks | $22: 36$ |
| :--- | :--- |
| Kathy Murray | $22: 45$ |
| Danny Weaver | $24: 24$ |
| Kelli Howard | $24: 42$ |
| Kent Smith | $25: 30$ |
| Ben Holland | $26: 10$ |
| Jeff Suits | $26: 55$ |
| John Aimone | $30: 21$ |
| Freddy Fillingham | $32: 01$ |
| Al Saffer | $32: 37$ |
| John Nalley | $35: 01$ |
| Elda Bell | $35: 50$ |
| Terry Bell | $35: 50$ |
| George Obi | $43: 35$ |
| Diane Aimone | $44: 51$ |
| EXPLORATION RUN 5 IMILE |  |
| Jacksonville Landing |  |
| January 6,2007 |  |


| Jennifer Dubon | 1:58:12 |
| :--- | :--- |
| Kimberly Lundy | $2: 19: 26$ |
| Yvette Dubon | $2: 34: 21$ |
| Sean Phillips | $2: 52: 37$ |
| Alan Phillips | $2: 52: 55$ |
| Kay Womack | $3: 03: 37$ |

WALT DISNEY WORLD MARATHON Lake Buena Vista January 7, 2007

MANS ROAD 5K January 20, 2007

## Please sign the StriderMan after each race! Or email your times to Pattíat epstewart2002@yahoo.com or mail them to her at 1513 Maple Leaf Lane, Orange Park, Fl 32003

| Steve Bruce | $1: 57: 48$ |
| :--- | :---: |
| Kent Smith | $2: 10: 12$ |
| Trish Kabus | $3: 28: 10$ |
| WALT DISNEY WORLD HALF |  |
| MARATHON |  |
| Lake Buena Vista |  |
| January 6, 2007 |  |
| Regina Sooey | $1: 48: 27$ | 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 |
| :---: | :---: | :---: | :---: | :---: |
| February 3 | 2nd Annual Clermont Half Marathon/5/10K | 7:00 a.m. | Lake Lousia State Park 7035 Hwy 27 <br> Clermont | $\begin{aligned} & \text { (888) 281-0533 } \\ & \text { Buttar.com } \end{aligned}$ |
| February 4 | Winter Beach Run 5 \& 10 Mile | 2 p.m. | Lifeguard Station Jacksonville | (904) 731-1900 <br> Jacksonville Track Club |
| February 4 | Super Sunday 5K | 9 a.m. | JCA <br> 8505 San Jose Blvd. Jax | (386) 736-0002 Alta Vista Sports |
| February 17 | Iron Horse $100 \mathrm{Mi} / 100 \mathrm{~K} / 50 \mathrm{Mi}$. | 6:00 a.m. | Black Creek Park | (904) 655-6511) crodatz@bellsout.net Iron Horse |
| February 17 | Step Up, Florida $5 k$ and 1 mile fun run \& walk | 10:00 a.m. | Spring Park Green Cove Springs | Mary Ann Steinberg (904) 269-6340 x 249 |
| February 17-18 | Pirates on the Run $5 / 10 \mathrm{~K}$ | 8:30 a.m. | City Hall 224 Ash Street Fernandina Beach | (904) 491-0369 <br> Amelia Island Runners |
| February 20 | Fat Tuesday 2 Miler | 6:30 p.m. | Jacksonville Landing | $\begin{gathered} \text { (904) 387-0528 } \\ \text { Jacksonville Track Club } \end{gathered}$ |
| February 24 | Ortega River Run 5 Mile | 8:30 a.m. | St. Marks Episcopal Day School Ortega Blvd. Jacksonville | $\begin{aligned} & \text { (904) 731-1900 } \\ & \text { St Marks } \\ & \text { Episcopal Day School } \end{aligned}$ |
| April 14 NEW DATE | Run to the Sun 8 K FUN RUN | 8:00 a.m. | Kennel Club Orange Park | (904) 213-7758 ghall32447@aol.com Florida Striders Track Club |
| May 28 | Memorial Day 5K FUN RUN | 8:00 a.m. | Spring Park Green Cove Springs | (904) 545-4538 Dbokros@comcast.net Florida Striders Track Club |

## Pacing with Patti

This month's column comes to you from the DC area, as I am here for business as I write. It also happens to be the place that I will have to call home in a few short months. Wow, I better get used to the cold. But while the weather isn't great, the trails and scenery and hills are wonderful for running. I had the unique experience of running from Bethesda to Georgetown on the Capital Crescent Trail while it snowed. It will be hard for me to leave all my friends in Jacksonville, but maybe this place won't be too bad after all. So, enough rambling...off to the races

The Last Gasp 5K Cross Country Race was held at Jacksonville University on December 30th. Our top Strider was Bruce Holmes with a time of 21:22. Bruce was followed by Keith Poythress in a time of 22:26. Kathy Murray was our top female Strider in a time of 24:20 followed by Kim Lundy in 30:55. Our lone age group winner was AI Saffer in a time of 35:10.

One day later the Gator Bowl 5K was held at the Landing. Some Striders actually did both the Last Gasp and the Gator Bowl. Our first Strider to cross the line


BY PATTI STEWART-GARBRECHT
was David Bonnette in 19:31, followed by Keith Poythress in a time of 21:08 ( pretty good for a guy who just raced the day before). Our first female Strider was that little dynamo Mary Ann Brown in 20:23 followed by Celita Ricks in 22:36.

On January 6 the Exploration 5 Mile Run was held at the Landing. Well, I should say that it started at the Landing. It actually involved two bridges and a jaunt up the spiral ramp on the north side of the river. So if anyone is wondering why the times were slower than expected, that's the reason. Our first Strider was Stephen Beard in 36:08 which was good enough for an age group win. Stephen was followed by Randy Arend in $36: 54$ and John Hirsch in $38: 57$ who were both age group winners as well. Barbara Whitter was our first female Strider in a time of 46:34 and Continued on following page

NEW DATES!

NEW MEMBERS<br>David Albritton<br>Brooks Andrew<br>Jennifer Bailey<br>Humberto Bermudez<br>Tamara Bowers<br>Lauren Cage<br>Vincent Cameron<br>David Clarkson<br>Debbie Driskell<br>Barbara Ebers<br>Jason Gross<br>Cynthia Heineman<br>Ronald Jackson<br>Sandy Kelley<br>Jonaththan Lineberry<br>Jamie McKinstry<br>Matthew Meloche<br>Simone Meyenberg-Shields<br>Jay Millson<br>Kelly Minor<br>Tara O'Brien<br>Jennifer Otero

Elizabeth Russom Dave Shaffer Nathan Shoaf
Pete Sites
Paul Smith
Shayla Spinner
Tom Tresca
Sue Whitworth
Tina Zarkis
RENEWING MEMBERS

Kate Clouse \& Jerry Bennett
Lewis Buzzell, III
John Coleman, DPM
Rosalind Flowers
David Hallums
Donna \& Jerry Hiatt
Robert \& Janet Irvin
Jeanette \& Clint Johnson
Ed Kelly
Michael Mayse

Michael Myers
Alan \& Ann Phillips
Julie Runnfeldt
Gordon \& Kim Simms
Joe \& Maurya Sova
Bob Tatum
Ken, Jeanie \& Erin Wilson
Roy \& Julia Wood

## MULTI-YEAR RENEWALS

Carol Palmer
Everett Crum
Gary Lewis
Nicholas Jongebloed
Babs \& Dave Shutt
Benjamin Holland
Frances Kennedy
John Nalley
Randolph \& Patricia Sandy
Leslie Hague
Janine Moore

## Pacing with Patti

## CONTINUED FROM PAGE 19

2nd in her age group. Our only other age group winner was AI Saffer in 56:36.

A fair number of Striders made the trip to Orlando for the Disney Marathon and Half Marathon on January 6th. John Steinberg won 2nd is his age group in the Marathon running 2:54:08. I should mention that it was an extremely hot day and that nobody ran the times they had hoped for. Regina Sooey ran 3:43 and George Hoskins finished in 5:10. The following individuals completed the half marathon: Regina Sooey, Kim Lundy, Jennifer Dubon, Yvette Dubon, Sean Phillips, Alan Phillips and Kay Womack.

The inaugural River Resolution Run was held on January 13th. Complete results for this race are included in this month's Strideright. Our first male Strider was Justin Jacobs in 15:55. Justin happened to win the race outright. Next up was Drew Kenny in 18:07 good enough for the Male Master's title. David Bonnette ran 18:47 for a PR (he's on a roll). Elfrieda Wyner was our first Female Strider in a time of 22:12 winner the Grand Masters title. She was followed by much younger runners Kathy Murray in 22:18 and Bonnie Brooks in 22:28. Kathy and Bonnie also won their respective age groups. NURSES RULE! Other age group winners include Frank Frazier, Paul Smith, Amber Estupinian and Diane Aimone.

On the road, Patrick Gaughan, Kathy Murray and Jay Herring ran the Newman's Lake 15K on January 20th.

This month's training tip is about fartlek training. For those who don't like doing speed work on the track or if you don't have access to a track, or if you are transitioning
from base work to speed work, you might want to give fartlek training a try. While the word sounds offensive or obscene, "fartlek" is a Swedish work meaning "speed play". Now doesn't that sound like more fun than "speed work"? Fartlek runs can be very relaxed and informal or more structured but all types involve alternating fast paced running with easy paced running. I prefer to do them by effort (hard then easy). Ideally your "fast" segments should be somewhere in the neighborhood of your 5K race pace. Ideally your recovery segments should be your normal easy pace (not a crawl). As I mentioned earlier, fartleks can be as informal as alternating pace every other telephone pole or mailbox. Or you can do a timed fartlek where you decide in advance how long the hard segments and recovery segments will be and start your watch. A great timed fartlek run would be easy warm-up followed by $6 \times 3$ minutes hard with 1-2 minutes of recovery. Or you can do one on one off. You decide. Another great workout is the Monaghetti Fartlek popularized by the Colorado Buffalos. This involves warming up, then $2 \times 90$ seconds hard with 90 sec recovery, then $4 \times 60 \mathrm{sec}$ hard with 60 sec recovery, then $4 \times 30$ seconds hard with 30 seconds easy, then 15 seconds hard with 15 seconds recovery. The hard part is that the hard pace should be 5 K pace and the recovery should be at marathon pace. It sounds complicated, but it really isn't and the payoffs are significant. It is a great workout and doesn't take too long. Keep in mind that fartlek runs are considered to be harder runs and should be followed by an easy day. Now doesn't that all sound like great fun? Good luck and happy trails.

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


## 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 Southem Director's home page at http://members.aol.com/rcahtm//rcarep.htm You can get entry forms \& results for all 1st Place Sports events on the Internet at htp://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 htpp://www.rrca.org

