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River Road Resolution is Off to a Fine Start

By Bob Boyd • Photos by Vanessa Boyd

he 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 5K 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





FEBRUARY STRIDERS SOCIAL February 23

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Join your friends and fellow Striders at the second annual Striders outing to the Jacksonville

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 6am...

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 fantastic 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 5k 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 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: lalawless@verizon.net River Road Resolution 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(H) 278-7342 *David Kelly email: davidk2301@yahoo.com * Sharon Pentaleri(H) 389-6271 email: sharon@pentaleri.com Hog Jog Director: Steve Bruce(H) 728-7759 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: striderightedit@aol.com



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 workouts—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.

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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 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 enhanced the safety and flow of those Continued on following page

Prize Winning Schools

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



Sponsors

Jacksonville Greyhound Racing **Consulate Health Care** (formerly Tandem Health Care) **Publix Charities** Florida Powertrain Myers Pediatric Dentistry Smoak, Davis, & Nixon LLP Bartanyan International Fagan & Broussard, P.A. Florida Heart Center Krispy Kreme Donuts Blue Ridge Water Village Bread PowerAde **1st Place Sports**

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 Kennv 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 **Keith Poythress** John Raiford Pat Raiford Celita Ricks Matt Ross Marge Ruebush 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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Men 2 & Under 335 138 1 Eric Conder, 1 27:50	8:57
Men 3 - 10 32 146 1 Nathan Shoaf, 10 28:14 457 149 2 Jonathan Killea, 9 28:40 591 175 3 Cody Wolfenbarger, 8	9:05 9:14
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161 202 5 Ryan Gregory, 8 32:37 511 224 6 Trey Rapp, 9 38:52 357 228 7 Marcus Murphy, 6 39:23 350 235 8 Charles Wood, 6 51:39	10:30 12:30 12:40 16:37
Men 11 - 14 417 31 1 Luke Humphreys, 13 21:36 571 40 2 Tyler Stevens, 12 22:24 349 44 3 Cody Helms, 13 22:36 170 50 4 Richard Young, 13 22:53 419 52 5 Blake Barelare, 13 22:55 600 56 6 Philip Bowers, 11 23:25 171 64 7 Cory Gassett, 13 23:52 200 68 8 Robby Moran, 12 24:01 412 72 9 Trey Mayberry, 13 24:08 527 73 10 Harrison Matthews, 13 24:09 74 14 Kida Casiaa 44:09	6:57 7:12 7:16 7:22 7:23 7:32 7:32 7:41 7:44 7:46 7:46
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596	96 13 Saxon Wright, 11	25:24	8:10	342	63	3 Michael Brower, 27	23:51	7:40
506	104 14 Michael Geer, 11	25:53	8:20	142	79	4 James Stauffer, 27	24:30	7:53
585		26:06	8:24	354	81	5 Michael Proffitt, 27		7:56
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164	128	10 Joseph Twichell, 26	27:05	8:43
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310	33	4 Michael Solis, 34	21:47	7:01
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375	58	6 Michael Kirkham, 34		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 Rev Gripon, 34	24:00	7:43
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139	153	21 Dan Defranzo, 33	29:00	9:20
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468	26	3 Brett Beisker, 35	21:12	6:49
398	32	4 Robert Dews, 37	21:41	6:59
186	37	5 David Clarkson, 39	22:17	7:10
379	45	6 Scot Jezik, 36	22:39	7:17
83	49	7 Scott Rogers, 35	22:53	7:22
459	60	8 Scott Kingston, 39	23:45	7:39
78	67	9 Craig Clouser, 36	23:56	7:42
498	76	10 Ronald Williams, 37	24:23	7:51
118	82	11 Poul Pedersen, 37	24:41	7:56
594	90	12 Brian McGovern, 3	6	
		,	24:59	8:02
101	95	13 Monte Shipps, 39	25:19	8:09
460	102	14 Bill Powers, 35	25:49	8:18
347	124	15 Christopher, 36	26:37	8:34
194	140	16 Michael Baines, 38	27:58	9:00
598	156	17 Johnny Hollingswo	orth, 37	
			29:09	9:23
452	167	18 Darrin Handsome,	35	
			29:53	9:37
86	174	19 Dwight Averitt, 37	30:13	9:43
356	177	20 Eric Chambers, 39	30:57	9:58
323	198	21 Bill Deangelis, 36	32:25	10:26
	205	22 Ted Baynocky, 39	33:38	10:49
	225	23 David Lee, 37	39:06	12:35
341	226	24 Jonathan W. Hugh		
			39:08	12:36
168	227	25 Ray H. Ulrich, 38	39:21	12:40
510	236	26 Trey Rapp, 36	52:22	16:51
Men	40 -	44		
528	8	1 David Tucker, 44	18:33	5:58
63	9	2 John Wisker, 40	18:41	6:01
424	10	3 David Bonnette, 40	18:47	6:03
8	11	4 Dean Krueger, 41	18:54	6:05
198	15	5 Mike Cummings, 43	19:28	6:16

454 22 6 Keith Poythress, 43 20:18 6:32 447 27 7 Raymond Ramos Jr, 44 21:13 6:50

134 30 8 Michael Mandt, 40 21:34

For many more outstanding color photos, please go to www.floridastriders.com









6:56



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1 Stephen Solomon, 45

4 William Pennington, 49

2 Randy Arend, 46

5 Michael Kearney, 46

6 Frank McBride, 47

7 Mary Ann Steinberg, 46

3 Pete Sites, 45

Men 45 - 49

16

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The official Gate River Run training course



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

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!

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.

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



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		triders Track roposed Budg							
		2005 Budget		2005 Actual	Ad	2006 ctual - 10 mo		2007 ProposedBudget	
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, 50
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	Ψ	7,000.00	Ψ	7,709.00	Ψ	6,339.00	Ψ	7,000.00	
Merchandise Sales		1,500.00		1,124.35		1,048.00		1,100.00	
Dinner Socials Sales		1,500.00		1,124.33		108.00		500.00	
Donations & Adult Running Program		1,500.00		660.00		1,155.00		750.00	
		- 150.00				270.00		250.00	
Advertising		150.00		-					
Children's Pass Through Sponsorships		- 500.00		-		3,300.00		3,300.00	Offset below
Reinhold Award Other Income	\$		\$	500.00 12,393.16	\$	13,509.00	\$	14,300.00	Need to ask Bob Boyd
Total Income	\$,	
	Þ	32,450.00	\$	33,873.97	Þ	35,526.00	Þ	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 Insuran c e		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	\$		\$	13,458.91	\$	10,755.00	\$	16,240.00	cales more than onset by give-a-ways for new members
Club Activity									
River Run Tent & Club Picnic/Elections		\$1,250.00		\$945.06		\$950.00	\$	1,000.00	
Dinner So c ials - 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	-		•		•	500.00	•	500.00	
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	\$	-			\$	-	\$	-	
	\$	33.640.00	\$	29,938.14	\$	23,947.00	\$	34,725.00	
lotal Expense	Ψ							34,723.00	
Total Expense		*	\$	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 8K, the largest 8K 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 running goals in a fun, educational, and injury free setting. Between the two organizations, they have the ability to create outstanding educational and networking sessions that will greatly benefit everyone attending the 50th Convention.

"Celebrating our 50th Convention in Chicago is really exciting", exclaims Jean Knaack, executive director. "Not only is this the first time the RRCA Convention has been hosted in Chicago, but Chicago is also home to a very large running community and world class road races."

Planning efforts are underway to highlight the impact RRCA Conventions have had on the running community over the last 50 years. RRCA Eastern Region Director Brent Ayer is chairing the efforts to develop the twenty-four months worth of 50th Anniversary celebratory events for the RRCA.

If your club or event is interested in sponsoring the 50th Convention, please contact Jean Knaack.

All RRCA club and event officers and directors are highly encouraged to attend this momentous occasion. The Convention is an opportunity to meet with dedicated individuals in the running community that share your passion and commitment to the sport. You will meet with your Region Director, your RRCA State Rep, and you will learn about how they can help your club and events. Networking with RRCA sponsors, national leaders, and RRCA national staff provide you with insight into the organization and the benefits of membership.

The Road Runners Club of America is a non-profit organization of over 700 running clubs and 175,000 members across the United States. The RRCA chapters organize races, have training runs, provide safety guidelines, promote children's and masters fitness running programs, and have social programs. http://www.RRCA.org







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 Walk-Run. 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 5K 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

"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 1st Place Sports locations: 3931 Baymeadows Road in Jacksonville, 550-7 Wells Road in Orange Park and 424 S. 3rd St. in Jacksonville Beach, from 10 am to 6 pm on 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

and surrounding area

ENTRY FEES

Parking is available at the Jacksonville Landing \$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









_____ FAT TUESDAY 2-MILER ENTRY FORM ____ Age (on race day) _____ Sex _____ Name ____ _____ City _____ State _____ Zip _____ Address T-shirt size; S M L Enclosed is \$

Please indicate where you plan to pick up your race packet: ___Baymeadows Rd. ___Jax Beach ___Orange Park ___Day of race only Do you want us to send you a membership description and an application to the Jacksonville Track Club? □ Yes □ No

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

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

of the course, all such risk being known and appreciated by me. I realize that this is a strenuous event which requires proper physical conditioning. I hereby certify that I am in such physical condition and good health. I also give permission for the free use of my name and picture in any written account, broadcast or telecast of this event for any legitimate purpose.

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

DATE

		<u>GROL</u>	JP 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				
			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 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				
-		FLORID	# in Family Spouse's Name	K CLUB Renewal O				
Phone: Work			Employer	Mail Application				
E-mail Signature Date			Sir	with dues to: mily \$20 O ngle \$15 O nior (under 18) \$10 O enior (over 65) \$10 O				
ty to safely complete a FS ity, the conditions of the re waive, release, and agree	STC sponsored race. I assu bad and traffic on the cours to hold harmless the Road	ume all risks associated with running and volunteerin se, all such risks being known and understood by me	g to work in club races including, but not limited to, sip/trip/falls, conta I. Naving read this waiver and knowing these facts and in consideratio k Club and all sponsors, their representatives and successors from all	Ity able and/or property trained to do so. I agree to abide by any decision of a race official relative to my abili- ict with other participants, volunteers, or officials, the effects of the weather including high heat and/or humid- no fyour acceptance of my application for membership. I for myself and anyone entitled to a cd no my behalt, claims or liabilities of any kind arising out of my participation in these club activities, even though these liabil- February 2007 • StrideRight • Page 15				



<u>Saturday, February 17, 2007</u> <u>10:00 am</u> 5k 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 <u>free T-shirts</u>, 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! Striders at the Races

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

Inaugural Victory Junction Gang Half-Marathon **December 3** Randleman. N.C.

Gordon Simms 2:00.25

LAST GASP 5K CROSS COUNTRY **Jacksonville University** December 30, 2006

Bruce Holmes 21:22 8th O/A Male Keith Poythress 22:26 2nd A/G Steve O'Brien 22:44 3rd A/G Paul Geiger 23:08 23:44 2nd A/G Frank Frazier Mike Marino 24:04 and a twisted ankle Randall Pullo 24:15 2nd A/G Kathy Murray 24:20 5th O/A Female Dave Bokros 25:14 Kent Smith 27:13 3rd A/G Kimberly Lundy 30:55 **Doug Barrows** 32:08 Gary Ledman 32:46 Leslev Jones 32:19 Claudia French 32:23 3rd A/G Isabell Torres-Padin 3rd A/G 32:40 Steve Bruce 32:50 Freddy Fillingham 35:03 Al Saffer 35:10 1st A/G Nancy Pullo 37:05 2nd A/G Annalee McPhilomy 40:50 2nd A/G ACL Replacement come back Leo Sheckells 41:53 Trish Kabus 45:53

VYSTAR GATOR BOWL 5K Jacksonville Landing December 31, 2006

David Bonnette	19:31	
Mary Ann Brown	20:23	1st A/G
Keith Poythress	21:08	
Raymond Ramos	22:10	

Celita Ricks 22:36 Kathy Murray 22:45 **Danny Weaver** 24:24 Kelli Howard 24:42 Kent Smith 25:30 26:10 Ben Holland 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 MILE Jacksonville Landing January 6, 2007

Stephen Beard Randy Arend **Brent Beisker** John Hirsch Michael Mandt Joe Broome 42:37 2nd A/G **Barbara Whitter Bradlev Shepard** Glenn Hanna Gordon Slater Freddy Fillingham Al Saffer Sandra Shines

36:08 36:54 38:26 38:57 38:52	1st A/G 1st A/G 3rd A/G 1st A/G 2 3rd A/G
46:34	2nd A/G
	48:21
51:26	
54:30	2nd A/G
55:25	3rd A/G
56:36	1st A/G
1:03:54	ŀ

DELEON SPRINGS HALF MARATHON & 5K

Deland January 7, 2007

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

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

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	19:42	2nd A/G
Bernie Candy	19:57	2nd A/G
Pete Sites	20:09	1st A/G
Susan Miller	20:25	1st A/G
Raymond Ramos	20:52	2nd A/G
Paul Smith	22:14	1st A/G
Louis Buzzell	23:20	3rd A/G
John Bowsman	24:08	1st A/G
Gil Flores	25:00	
Ben Holland	25:04	2nd A/G
Barbara Whitter	25:22	
	Master	rs Female
Ed Kelly	27:00	2nd A/G
Freddy Fillingham	28:49	3rd A/G
Al Saffer	31:31	1st A/G
Sandra Shines	32:28	3rd A/G
Linda Brown	45:12	1st A/G

Please sign the StriderMan after each race! Or email your times to Patti at epstewart2002@vahoo.com or mail them to her at 1513 Maple Leaf Lane, Orange **Park, FL 32003**

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February 2007 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
February 3	2nd Annual Clermont Half Marathon/5/10K	7:00 a.m.	Lake Lousia State Park 7035 Hwy 27 Clermont	(888) 281-0533 Buttar.com
February 4	Winter Beach Run 5 & 10 Mile	2 p.m.	Lifeguard Station Jacksonville	(904) 731-1900 Jacksonville Track Club
February 4	Super Sunday 5K	9 a.m.	JCA 8505 San Jose Blvd. Jax	(386) 736-0002 Alta Vista Sports
February 17	Iron Horse 100 Mi/100K/50 Mi.	6:00 a.m.	Black Creek Park	(904) 655-6511) crodatz@bellsout.net Iron Horse
February 17	Step Up, Florida 5k 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 5/10K	8:30 a.m.	City Hall 224 Ash Street Fernandina Beach	(904) 491-0369 Amelia Island Runners
February 20	Fat Tuesday 2 Miler	6:30 p.m.	Jacksonville Landing	(904) 387-0528 Jacksonville Track Club
February 24	Ortega River Run 5 Mile	8:30 a.m.	St. Marks Episcopal Day School Ortega Blvd. Jacksonville	(904) 731-1900 St Marks Episcopal Day School
April 14 NEW DATE	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
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! Sun to the Run - April 14 Spartan Run - April 21

NEW MEMBERS

David Albritton **Brooks Andrew** Jennifer Bailev Humberto Bermudez Tamara Bowers Lauren Cage Vincent Cameron David Clarkson Debbie Driskell Barbara Ebers Jason Gross Cvnthia Heineman Ronald Jackson Sandy Kelley Jonaththan Lineberry Jamie McKinstry Matthew Meloche Simone Meyenberg-Shields Jay Millson Kelly Minor Tara O'Brien 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

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

CONTINUED FROM PAGE 19

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 x 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 x 90 seconds hard with 90 sec recovery, then 4 x 60 sec hard with 60 sec recovery, then 4 x 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 5K 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

