



Volume 26, Number 4

STRIDERIGHT

Florida Striders Track Club



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April 2007

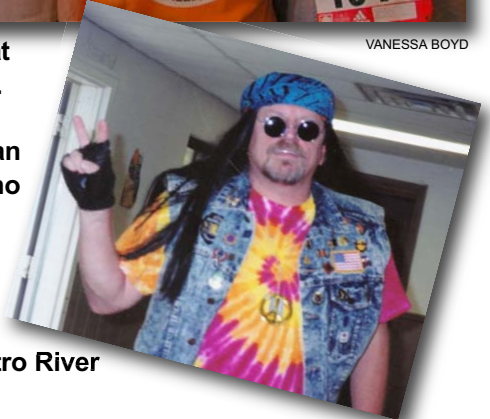
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VANESSA BOYD

There were lots of smiling volunteers at the River Run Hospitality tent this year. Bob Moyer, Richard and Jenny Allen, Glenn Hanna, Marge Ruebush, and Stan Scarlett (left to right) are just a few who year after year continue to make this event a success.



Is our Membership Director, Mike Mayse (right) dressed to go to the Retro River Run or just posing for a cool photo?

APRIL SOCIAL & ANNUAL PICNIC

The Florida Striders Track Club
Annual Picnic & Board of Directors Election

APRIL 22 • 12-5PM

The Striders Annual Picnic & Board of Directors Elections is just around the corner. Mark your calendars now for Sunday April 22, 2006 at 12 noon. Come on over to the Southside of Jax at Secret Cove, near Danny and Jenny Suber's house close to St. Lukes Hospital.

Hamburgers, hot dogs, and garden burgers with all the trimmings will be provided by the club, along with beverages. Please bring a dish to share and some comfy

chairs to sit on. For more info or to volunteer at the picnic, please contact Glenn Hanna at (904) 777-9351 or ghanna3@bellsouth.net. **Directions:** Exit I-95 at JT Butler Blvd. East (towards beaches). Stay in the right lane to get to Belfort and make a left (north) onto Belfort. Go past St. Lukes, about 1 mile to Secret Cove entrance on the right. Go 1 block to gravel road on left - follow gravel road to parking and pavilion. ●



Prez Sez By Dave Bokros

I think you all know me, or, at the very least, have an idea who I am, so I don't see the need to publish an extra bio for me this year.

I am currently serving as president and would happily serve another year if nominated for that position and elected. A lot has happened in the past year. The children's running committee and coaches have grown that program to near 3,000 children, if my estimates are correct. We have elected to spend a little more in that direction so that we can purchase things like toe tokens, 10 mile and 50 mile t-shirts in bulk to make it less expensive for those programs to operate. A new beginning runners program started Wednesday, March 21st and there are over 40 participants. It should be noted that many of the people helping this class are graduates from the

beginning runners classes that were given in the fall of 2005 and spring of 2006. Those graduates have become very active members in the club, as well as their community, to help promote the sport of running and an active, healthy lifestyle. It is good to see so many give back and share the sport and their experience with new runners. They are doing a great job of fostering the same enthusiasm in the new runners that they have found in their own lives. There aren't enough words that can be said for this kind of generosity.

I am not writing a bio because it is not important to me that you know who I am or what my accomplishments might be. I do, however, find it important to thank those that have given back to so many. The Board of Directors is a fantastic group of people and the **Continued on page 4**

Board of Directors' Minutes 3/20/2007

The meeting was called to order by Dave Bokros at 7:07 p.m. Directors present were Dave Bokros, Vicky Connell, Glen Hanna, Kellie Howard, Kim Lundy, John Metzger, Denise Metzger, Sharon Pentaleri, John Powers, and Terry Sikes. Also attending were Bob and Vanessa Boyd.

Minutes: Vicky Connell asked if there were any corrections to February's minutes as presented in the StrideRite. There were no corrections. A motion was made to accept them as written by Terry Sikes, seconded by John Metzger.

Treasurer's Report: Dave Bokros reviewed the Treasurer's Report. He noted that on our last Statement, Compass Bank had charged us for imagining. The River Road Resolution imaging has been dropped and Dave recommended we drop the others pending consultation with George Hoskins. Dave also noted that we have new memberships this month totaling \$543, which were mostly a result of people signing up along with their River Road Resolution entry. Our current total funds available are \$59,134.27. Under expenses there was an order of \$1610 for new clothing items. Many of these were preordered and there was a merchandise income of \$258. Vanessa Boyd noted that the \$425.18 under expenses was actually for ribbons, not marathon medals. The March Treasurer's report was filed as written with one correction.

Run to the Sun Race Proposed Budget: Dave Bokros stated that sponsorships are looking good so far. Some of the expenses may be a little higher because of additional police force needed for this route. Net race profit should run about \$7850. Jaxson de Ville will be there at the start of the children's race. The Jaguars will have a booth at the race.

River Road Resolution 5K Race Report: Bob Boyd gave the report. He stated that approximately 100 more people showed up than **Continued on page 5**

2005-2006 Board of Directors & Key Members

(Board Members marked with an *)

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The Florida Striders Track Club is incorporated as a non-profit organization under the laws of Florida and is granted federal tax exempt 501(c)3 status under the blanket exemption of the RRCA ID#74-2194707. StrideRight is published monthly at P.O. Box 413, Orange Park, FL. Non-profit Organization Bulk Rate postage is paid at Orange Park, FL.



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Jenny's Pennies and Lots More

The first year I moved to the Jacksonville area, 1973, I found \$17.35. I was amazed. Having run previously in rural Ohio, the discovery that I could accumulate enough money on the road to support my candy bar habit was intriguing and motivating. The money was everywhere, lying in the road, on sidewalks, blowing down the street. Pennies, mostly; some edge-on between bricks. Others required a return with a screwdriver—the pesky but impossible-to-ignore coins were embedded in tar or chewing gum.

“You stop for PENNIES?”, I’ve been asked. But I’ve never forgotten the dictum of fellow runner Jed Lindblad. “If you don’t pick ‘em up, you’ll never find any more.” Works for me.

In 1986, I peaked at \$38.10, still a PR.

But let me tell you about Harry Berkowitz of New York. Harry is a money magnet. All his kids have separate savings accounts—based solely on found money.

Harry’s finding feats are legendary—in a typical year, his found money exceeds \$200. He figures that he will be able to put at least one kid through college on the money he has accumulated (with compound interest) since he began running in the mid-1960s.

I had heard of Harry before I met him. In more than a couple places I had read of his amazing “eye”.

“Running into the sun, you’ll always find more,” he declared. “The reflection of light is just so much better. Rainy days are better still. The water just beads up on coins.”

Like vitamin salesmen’s claims, Harry’s exploits sounded more fantasy than likely. That is, until I ran in a 7-day, 300 mile race the North-South length of New York State in 1988.

Harry was jogging along in the back of the 22-man field, picking up only the leavings overlooked by the rest of us who preceded him. It was on Day Four when The Master con-

The Wide World of Running By Jay Birmingham

vinced me.

That day, we were covering 46 miles into Albany, the Empire State’s capitol. It was a good day for finding money. Averaging between four and six miles an hour, several of us were getting lucky. By mid-morning, I had found six quarters, a wad of four dollar bills, many pennies, a dime and a nickel. The afternoon was even better. Running into town, through the business district and to the day’s finish line, the pickings grew even greater. I found a five-spot. Then, in what could have only been the aftermath of a motorcycle accident, where coins were all over the road, I crouched to pick up handfuls of change. I got to the day’s finish, wealthier by \$18.30. I was amazed and couldn’t wait to see how much Harry Berkowitz had fallen short.

About two hours later, up the capitol steps trotted Harry.

“Nice run, Harry,” I said. “You find any money?”

Harry beamed. Covering the same 46 miles covered first by twenty-one other runners, Harry had PR’ed. Somehow, he had found \$44.11 on that day’s run. It was astounding, really. How could I (we) have missed that much money on the roads and shoulders of New York’s highways? Harry didn’t miss it.

So I’ve been calculating—if I had a dollar for every mile I have ever run . . .

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. ●

MINUTES

Continued from page 2

prospective members are also wonderful, as you will see. The real force that makes this club what it is and generates the fantastic momentum that we have gained over the years are it’s members. Every one of you at one time or another has given of their time to help with at least one of our events or helped out with one of our programs. I wish I could list you all, but that would make the StrideRight too thick to put in the mail!

If you haven’t been out for a run with us for a while, come on out. If you haven’t volunteered for an event in a while or ever, get your contact information to Gary Hallett at Ghallett@seabev.com and volunteer at the Runt to the Sun and I promise you a great time!

You are, without a doubt, the finest collection of friends I have ever had! Keep doing what you are doing and the board will keep doing what they do to make sure you have the resources to make those things happen! See you on the Road! ●

Coming Next Issue!



Look forward to a Gate River Run recap in the May issue of the StrideRight. It isn’t too late to send in your River Run story. We would love to hear from you! Send your favorite stories to StrideRightEdit@aol.com

30th Annual Okefenokee Swamp Run 10K

By Shirley Henkel

Eleven brave Striders attended the 30th Okefenokee Swamp Run on March 24, 2007. The 90-minute drive from Jacksonville was worth the trip. The weather was 53 degrees at the 9 am start. The beautiful natural scenery overlooking a lake helped prepare us for the partial cross country 10K. A few surprises along the course included a large black widow spider and a snake which solicited a few screams until we found out they were decoys. At the finish we were served hot pancakes and deer meat. The awards went five deep and the Striders managed to "bring home the bacon". The awards were uniquely crafted heads of animals on wooden stumps. Randy Pullo celebrated his birthday by taking first place in his age group, and was appropriately awarded a rabbit head, of course. Nancy Pullo took second place in her age group, a squirrel.

Mike Haga took first in his age group, another rabbit. Shirley Henkel took second place in her age group, a squirrel. Freddie Fillingham took fifth place with a frog, (who knows what place he would have gotten if he had turned in the correct time), Elfrieda Wyner took overall Women's Masters and was presented a large beaver head, Tom Henkel took Men's Great Grand Masters, another beaver head, and Everett Crum took first in his age group, another rabbit. Everett loves cross country. The Okefenokee Track club has some of the nicest folks around and they know how to put on a race! ●



MINUTES

Continued from page 2

were expected. This resulted in about a \$2000 increase in registration fees received. This helped to offset some of the Sponsorships that did not come through because of the change in race date. We assume Sponsorship will be back up next year as usual. Total race expenses were very close to what was budgeted. The fun run had a 26 year record attendance with 1344 runners. We modified the distribution to the schools such that no school who won money received less than \$50. This modification resulted in a total award of \$1886. The Orange Park Kennel Club paid \$1800 directly to the winning schools, per agreement. Vanessa and Bob were pleased to contribute the nominal \$86 to make the awards come out such that no school winning received less than \$50. John Powers received a sponsorship plaque for Florida Power Train and our thanks for his excellent long term work in acquiring several sponsors for the Florida Striders.

Children's Run Report: Vanessa Boyd reported that we will be giving out over 1450 marathon medals to the schools this year. Much of the increase from the 1000+ marathon medals awarded in 2006 is due to McCrae Elementary increasing their number from 20 to over 300 marathon medals from 2006 to 2007 which has increased their mileage tremendously. All toe tokens have been ordered, as well as the 50 mile shirts and 100 mile shirts, which were shown to the board by Vanessa. The toe tokens, 50 Mile & 100 Mile Club shirts will be given to elementary school children in the area to recognize their mileage accomplishments in the school Run/Walk Clubs. Kim Lundy received a shirt so that she could give out the first 100 mile shirt to one of the students in her program. This is a 6th grader who does 5Ks and completed

the most recent River Run.

Annual Picnic Update: We need to decide on a date. The location will again be the Secret Cove Subdivision off Belford Road in Southside. Several options were discussed. Kellie Howard made a motion that first choice for a date should be April 22nd, and second choice April 29th. This was seconded by Kim Lundy, and passed unanimously.

General Discussion:

John Powers asked when Dave leaves for the RRCA convention, and the answer was Thursday.

Glenn Hanna talked about socials for the rest of the year. The May social will be in conjunction with the volunteer party for Memorial Day volunteers. June social – JD Smith has volunteered to give a talk about racing the Antarctica Marathon. He has photos to share as well. The idea is to have a dinner at the same time.

Vicky Connell volunteered to host the social in September on the 16th at Camp Blanding. She explained that it will require advance commitment by those wanting to attend so she could submit their names at the gate for admittance. She said she would try to reserve a private area for the party which includes a beach for boating, a volleyball net, bathrooms, a picnic area and barbeque grills. The cost would be approximately \$60.

Vanessa mentioned we have 46 runners signed up for the Adult beginner's running class starting tomorrow night. This is the largest class so far.

Glenn Hanna made a motion to adjourn, seconded by John Powers. The meeting was adjourned at 7:53 p.m. ●

Respectfully submitted,
Vicky Connell

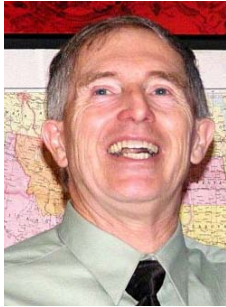
2007-08 Florida Striders Board of Directors Nominees

Dave Bokros

He says you know him and don't need to read his bio, please see page 2 for his actual words, in Prez Sez.

Jay Birmingham

Jay Birmingham, 61, married to Debbie and lives in OP. Has run over 160,000 miles in 45 years including LA to NYC, Maine to Key West, and a 26-state run of 4,526 miles. Fastest of 76 marathon finishes is 2:39:13. Teaches and coaches at St. Johns Country Day School.



Vicky Connell

Vicky started out her modest athletic career as a swimmer in High School. From there she ran occasionally to keep

those college pounds off. After college she joined the Army and began to do more serious running, eventually leading to her first marathon. From there she began participating in triathlons. Vicky moved to Orange Park in 1994 and did a lot of solo running, till she stumbled onto some info about the Striders. She's been a member ever since. She loves the camaraderie she has found being a part of the Striders, and is happy to volunteer for the board and do what she can for the organization. Vicky is married to Jim who runs with her occasionally but mostly provides support, and has two daughters, Tori (17) and Marissa (13). She is currently working on certifications to become a Personal Trainer and Nutrition Counselor.



Mike Ford



Mike is a native of Hartford, CT where he ran for Southern Connecticut State University and graduated with a Bachelor of Science in Physical Education in 1992. He coached the men and women's distance runners at East Carolina between 1993-1998 and graduated from ECU with a Masters Degree in Adaptive Physical Education in 1996. Between 1999 and 2004 Mike was a physical education teacher in Pasco County Florida and in 2001 became the Special Olympic Coach of the Year. In 2004, he began working for Clay County School

System at Paterson Elementary and inherited a very healthy run/walk club which surpassed the 325 member mark. He is presently teaching at OakLeaf school (K-8). Mike is coaching junior high track and boys and girls cross country teams. Mike and his wife, Rachel, have been married for 5-12 years. Their son, Keegan, is almost two and has competed in two consecutive River Run diaper dashes.

Gary Hallett

Gary has been a Strider since 2001 and a board member for the past three years. He is the Run to the Sun race director and sits on the Children's Running Committee. Gary has been a runner since 2000. He has two sons, Ryan is a sophomore at UF and Christopher, a sophomore at Fleming Island High.



Glenn Hanna

Having been a Strider since 2001 and a Board member for the last year, Glenn would like to continue to work with the Members and the community to advance the benefits of running and introduce it to as many people as possible. As the Social Coordinator Glenn hopes to continue innovation and boost interest in the Social events to appeal to as many of the members (including the children) as possible.

George Hoskins



George Hoskins became active in the Striders in 2000. He was previously a member in the early 1980's. He has served as the Merchandise Coordinator and has volunteered at races. George is currently the Club treasurer. As a board member he will support Strider efforts to further running as a family fitness activity in the local community. George worked as a civilian social worker at the Naval Hospital for twenty five years before retiring in December 06. George and Mary live in Orange Park and have two sons and two grandchildren.

Kellie Howard

Kellie is in the 35 – 40 age group and has been running road races since elementary school. Her father was an excellent runner who she enjoyed going to road races with. Kellie's favorite race



as a child was sponsored by the Nestle candy company.

Her training runs are with fellow Striders in the San Marco, San Jose and Beauclerc areas and She averages about 28 miles per week. She supports the Striders message to encourage running at all levels. Besides running, Kellie enjoys playing tennis and working out at the gym. She works at Shands Jacksonville Medical Center as the Director of Medical Staff Services.



Kim Lundy

Kim's first ever race was our very own Autumn Fitness 5K in 2003. She has been hooked on running ever since. Kim has been a Strider for 3 years and is currently serving on the Board. She also is the sponsor of the Run/Walk Club at Middleburg Elementary which is in its first year. She also enjoys helping

Bob and Vanessa Boyd with the Beginning Running Classes by being a Group Leader. She enjoys the friendship of the Wednesday evening runners as she trained for the Disney Half Marathon in January. Kim is a Clay County school counselor and also looks forward to helping with the Children's Running Programs. .

Michael J. Mayse

Mike moved to Jacksonville in the late fall of 1994 after retiring from the best damn Air Force on the entire planet. He met Ken Bendy at the Winter Beaches run in 1995 and has been a Strider member ever since, except for a brief period when he moved back to Dayton, Ohio for a couple years.



Mike was an avid runner for 30 plus years finishing the Marine Corp Marathon twice, standing up. His personal best marathon time was the 1993 Columbus Marathon with a 3:46 finish, not bad for a fat boy! After all those years of pounding his knees on concrete and asphalt his running days are pretty much over. However, he still enjoys supporting the club and those six mile walks on Sunday mornings with the rest of those worn out Striders with bad knees.

Over the years Mike has served the Striders in various positions. He built and maintained the original Strider Website. He was Equipment Coordinator for several years and at one time held the Secondary Illustrious Potentate, more commonly called Vice President position. Currently Mike is the club's Membership Coordinator and StrideRight Distribution Coordinator.

Mike looks forward to many more wonderful years of working with the club because of the really great folks in the Strider organization and the valuable services the Strider's provide to the community.

Denise and John Metzgar

Denise and John Metzgar moved to Jacksonville in 1991 and were impressed with the running clubs and the many quality races throughout the year. Their love for running in Jacksonville was highlighted by the friendly and dedicated members of the Striders and JTC that they have grown to know and love. Having to depart on orders to Norfolk, VA in 1995 they greatly missed the Jacksonville running scene. The superb running community in Jacksonville weighed heavy in their decision to seek orders returning them in 2000. They have greatly enjoyed their return to what they feel is one of the best places to live, run and race (and it isn't because of the trails). As board members for the Striders, they would both like to give something back to a club that has given them so much. They would love to have a greater role in promoting running among the Jacksonville's youth and those seeking a healthier lifestyle. They are just completing their first year on the board.



Keith & Gayla Poythress

They have been Strider members since 2004. They really enjoy the camaraderie with fellow runners at the races and the socials. Keith is the merchandise coordinator for the Striders. They have a daughter Amanda (15)

and son Jesse (21). They have expressed a deep love of running and would like to help the Striders any way possible.

John and Mary Ann Steinberg

John and Mary Ann Steinberg moved to Fleming Island from Saint Joseph, Michigan in 2006. Together with sons David, 15 and Luke, 13 they have enjoyed becoming active in the local running circuit and making many great new friends.

In John's 34 years of running he has had many accomplishments. A 3-time NCAA All-American at Ferris State University, he was inducted into the Hall of Fame in 2004. Having been sponsored by both Brooks and



Reebok National Teams, he has run 18 marathons, including an overall win at the Charlotte Observer Marathon. He was also selected twice on National Ekiden Teams. John's "other" claim to fame is winning a major 15k race (48:40) while pushing then 18month old David in the Baby Jogger. John served as the Michigan Long Distance Chairman for the USATF as well as Elite Athlete Coordinator for various races. John has optical and business degrees and currently works in sales.

Mary Ann, a runner for 37 years, has 36 marathons under her belt. She competed on scholarship at Boston University under the coaching of Joan Benoit-Samuelson and graduated with a degree in Human Movement. She did post graduate studies at Michigan State University in Exercise Physiology where she began competing in triathlons. Career highlights include National Junior records at 20km and 25km and All-American in Indoor Track. She was formerly sponsored by Nike and Brooks National Teams. Mary Ann works for the Department of Health as the "Step Up, Florida! Healthy Communities Program Coordinator" for Clay County. She has also worked in education and has previously coached high school track and field.

John and Mary Ann are grateful for all the opportunities and friendships' running has given them. It will come as no surprise that they met at a marathon! They are very passionate about giving back to a sport that has given them so much.

They hope to continue using their talents, experience and motivation to engage more people, especially youth, in healthy and active lifestyles.



Nicole Sullivan

My name is Nicole Sullivan and I moved to Jacksonville about 4-years ago to finish my undergraduate degree in Nutrition and Dietetics. I graduated in December 2006 with my Master of Science in Health degree in Nutrition and Dietetics from the University of North Florida. While working on my

MSH I interned at Brooks Rehabilitation Hospital, Baptist Medical Center Downtown, and at various community facilities throughout Jacksonville and neighboring cities. Also during my MSH internship I traveled to Belize for two weeks to take part in nutrition counseling, education, and researching the general population's nutritional intake and deficiencies. Currently, I am working at River Garden Hebrew Home as a Clinical Dietitian as well as studying to take my Registration Examination to be a Registered Dietitian.

I started running in March 2005. The Gate River run was my first race and longest run. Suddenly I became addicted to running. I have always been quite athletic, but never competitive, therefore I was never interested in racing. Once I realized that racing is not really about beating someone else it is more for your own glory and self-satisfaction than anything else. After realizing that I was running/competing against myself

and no one else, I started to inquire more about the different running events in Jacksonville. I started doing training runs with the Striders running group in Orange Park about two years ago with a close friend of mine, Gretchen Ehlinger, to help get ready for, what I never thought I would do, a ½ Marathon. Now that I have completed five ½ marathons, my next goal is to finish a Marathon and take part in a Triathlon.

I have been honored with the opportunity to help with the Florida Striders newsletter by writing a few articles regarding nutrition tips and delicious recipes that may help replenish your energy stores while adding a healthy twist. Now I feel quite honored and privileged to be a nominee for the Striders Board of Directors.

James Vavrina

James was a cross country runner in high school. After a few years of sedentary life, he decided to take up running again and joined the Striders Beginning Running Class. Since then, he has completed the Disney half marathon, the Gate River Run, and many other road races. James feels like he has made a lot of great friends in the organization and is excited to serve on the board.



Kay Womack

Kay has been a casual runner since 1999. After relocating to Orange Park for work, she joined the Striders and participated in the Beginning Runner class in 2005. In the class, she met a lot of great friends. Kay has completed the Mayor's Marathon in Anchorage, Alaska, the Mardi Gras half marathon in New Orleans, the Disney half marathon, and a plethora of 5 and 10 K races. She has really enjoyed meeting everyone in the Striders and looks forward to giving back to such a great organization. ●

Thank You!

John Deantonis

David Kelly

Sharon Pentaleri

John Powers

Terry Sikes

for your dedication and contribution in serving on the 2006-07 Board of Directors.

Mike Shad Nissan



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RUN TO THE SUN

APRIL 14, 2007 • ORANGE PARK

Presented by the Florida Striders Track Club

Saturday April 14, 2007 • 8:00AM • Orange Park, FL

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\$17 April 5th - 13th
\$20 Day of Race for All

\$2.00 discount for
Military and Florida
Strider members

Make checks payable and mail to:

Run to the Sun
3931 Baymeadows Road
Jacksonville FL 32217



**ADDITIONAL
SPONSORS**



Prefer the convenience of On Line Membership, Renewal, or Race Registration? Visit Active.com. They charge \$3 for their service.

RUN TO THE SUN 8K ENTRY FORM

RACE# (FSTC USE ONLY)

Packet Pick-Up (Choose One)

Baymeadows 1st Place Sports 4/12 or 4/13 ☐ Orange Park 1st Place Sports 4/12 or 4/13 ☐ Jax Beach 1st Place Sports 4/12 or 4/13 ☐ Day of Race @ Orange Park Kennel Club ☐

First Name Last Name Y ☐ N ☐
Age Sex M ☐ F ☐ Adult Sizes S ☐ M ☐ L ☐ XL ☐ 8K ☐ FUN RUN (no charge - just bring entry form with you on Sat., 4/14, race day) ☐ Personal Champion ☐ Chip # (can NOT be used for Day of Race registration)

Street Address (include apt. number)

City State Zip Code

Telephone Number Fee Enclosed \$ Florida Striders Track Club Member ☐ Military ☐

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

Your Signature Date Parent's Signature (if under 18 years of age) Date
Make Check Payable to: Run to the Sun 8K and mail to: 3931 Baymeadows Road, Jacksonville FL, 32217 or drop off at any 1st Place Sports location.

8K Awards – Top three Men & Women Overall, Top Men & Women Masters, Top Men & Women Grand Masters plus Top Three in each age group Age Group Awards – 10 & Under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & over (no multiple awards) Overall and age group winners will receive points in the 2006-2007 Jacksonville Grand Prix.

8K Race Start – The race begins on Wells Road, just off US 17, adjacent to the Kennel Club. Over 700 runners will participate – please line up according to your ability.

8K Finish – Once you have finished the race, make sure you leave your ChampionChip with one of our Finish Line volunteers.

Fun Run Start – The one mile run begins in the grassy area on the East side of the Kennel Club. Runners will be sent in waves to ensure a smooth beginning.

Fun Run Finish – The Fun Run finishes on the same Finish Line as the 8K. Many runners come through in a short period of time – please collect your ribbon and proceed out of the chute area as quickly as possible to prevent runners from backing up.

Packet Pickup – available at any 1st Place Sports (indicate pickup preference on entry form).

- Thursday, April 12th 10:00am - 6:00pm
- Friday, April 13th 10:00am - 6:00pm
- Day of Race pick up available beginning at 6:30am

Fun Run – This is a free event and a great opportunity for your school to raise money. All finishers will receive a ribbon and over \$1500 will be awarded to schools based on participation. All participants must complete an entry form prior to the race. **PLEASE ARRIVE AT THE RACE NO LATER THAN 8:45 AM TO ALLOW TIME TO REGISTER AND GET TO THE START LINE BEFORE THE RACE STARTS**

For More Information Contact Gary Hallett at 213-7758, garyhallett@runtothesun2007.com or check out our website at www.floridastriders.com

Striders at the Races

RACE RESULTS

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

DAILY'S ORTEGA RIVER RUN

5 MILE

St. Marks School

February 24, 2007

Justin Jacobs	25:52	1st O/A
John Steinberg	25:58	2nd O/A
John Metzgar	27:21	
Masters Male		
David Bonnette	30:46	3rd A/G
Patti Steward-Garbrecht	30:59	1st A/G
Orestes Gutierrez	31:18	
Bruce Holmes	31:27	1st A/G
Sharon Pentaleri	31:33	1st A/G
Jay Millson	31:34	
Robert Walker	32:53	
Bernie Candy	32:54	2nd A/G
Luke Steinberg	32:58	1st A/G
Stephen Beard	33:11	1st A/G
Randy Arend	33:48	
Katlin Yaracs	34:03	
Steve O'Brien	34:17	3rd A/G
Paul Geiger	34:21	
Frank Frazier	34:25	2nd A/G
Terry Sikes	34:34	
Raymond Ramos	34:38	
Elbert Shubert	34:53	
Samuel Gladding	35:20	2nd A/G
Gary Hallett	35:32	
David Steinberg	35:45	
Elfrieda Wyner	35:58	1st A/G
Kathy Murray	35:59	
Michael Mandt	36:01	
Holly Turner	36:24	1st A/G
John Hirsch	36:30	
Lewis Buzzell	36:31	
Regina Taylor	36:33	
Brett Beisker	36:46	
Thom Henkel	36:52	
Everett Crum	36:58	1st A/G
Mary Anne Steinberg	37:02	2nd A/G
Jacob Gladding	37:12	3rd A/G
Bonnie Brooks	37:42	
Tom Zicafoose	37:57	
Danny Weaver	38:36	
Bill Gladding	38:43	
Bob Kennedy	38:53	
Celita Ricks	38:58	

Paul Berna	39:10	
Jan Taylor	39:11	1st A/G
Robert Irvin	39:16	
Kelli Howard	40:14	
John Bowsman	40:33	
Hernando DeSoto	40:46	
Matt Ross	41:03	2nd A/G
Jonathan Lineberry	41:54	
Gil Flores	41:58	
Barbara Whitter	41:59	
Ben Holland	42:04	3rd A/G
Kent Smith	42:30	
Gordon Simms	43:01	
Harry Edwards	43:09	
Craig Harms	43:12	
Nancy Harms	43:16	2nd A/G
Susan Harms	43:16	
Melinda Terry	43:48	
Robert Turner	43:54	
John Gauer	44:01	
Sue Whitworth	44:18	
Ed Kelly	44:30	
Kimberly Lundy	44:52	
Giovanna Orara	44:55	
Tamara Bowers	45:01	
Mary Algire	45:24	
Doug Barrows	46:15	
Robert Meister	46:23	1st A/G
Roxanne Slater	46:23	
Gala Poythress	47:18	
Maria Littlejohn	47:38	
Gary Ledman	48:29	
Kim Anthony	49:00	
Freddy Fillingham	49:16	
Gordon Slater	49:36	
Patti Czarnecki	49:38	
John Aimone	50:12	2nd A/G
Laurie Ricciardi	50:24	
Al Saffer	50:58	3rd A/G
Cheryl Pfannenstien	50:59	
Vicki Choiniski	51:33	
Jonie Davis	52:02	
Mark Lay	52:47	
Tina Zarkis	53:19	
Cathy Reidy	53:31	
Sandra Shines	54:16	
Norm Wyner	54:58	
Shirley Henkel	55:04	

Ginger Frazer-French	55:23	3rd A/G
Meg Frey	56:48	
Kerri Johns	57:34	
Mary Gladding	59:15	
Kay Womack	59:40	
Kevin Ott	59:59	
Trish Kabus	1:01:42	
Norma Wasson	1:03:15	1st A/G
Michelle Ramos	1:03:42	
Traci Bane	1:04:48	
Joe Connolly	1:13:05	

GATE RIVER RUN 15K

Jacksonville

March 10, 2006

Justin Jacobs	49:51	
John Steinberg	50:38	
2nd Masters Overall		
John Metzgar	53:45	1st A/G
Page Ramezani	59:22	2nd A/G
David Bonnette	59:47	
Patti Stewart Garbrecht	59:47	1st A/G
Bruce Holmes	1:00:11	4th A/G
Jay Millson	1:01:17	
Sharon Pentaleri	1:01:37	2nd A/G
Sung Ho Choi	1:02:11	
David Ohnsman	1:02:24	1st A/G
Bernie Candy	1:04:16	
Anthony Truitt	1:04:16	
Steve Beard	1:04:46	
Robert Walker	1:04:53	
Rosa Haslip	1:05:52	3rd A/G
Joseph Young	1:06:27	
Randy Arend	1:06:31	
Steve O'Brien	1:06:55	
Terry Sikes	1:06:56	
Chris Hallett	1:06:57	
Tim Deegan	1:07:14	
Patrick Gaughan	1:07:35	
Cynthia Lyons	1:07:46	
Katlin Yaracs	1:08:10	3rd A/G
Paul Geiger	1:08:28	
Del Conner	1:08:40	
Karin Glenn	1:08:45	
Frank Sutman	1:08:46	
Rexx Weir	1:08:52	
Wendy Patterson	1:09:31	

Keith Poythress	1:09:48	PR	Everett Crum	1:12:17	1st A/G	Stephanie Griffith	1:16:46	
Tim Young	1:09:51		Regina Taylor	1:12:24		Paul Smyth	1:16:47	
Maryann Brown	1:10:15	1st A/G	Paul Smith	1:12:24		Robert Irvin	1:17:01	
Frank Frazier	1:10:24		Bonnie Brooks	1:12:42		Paul Berna	1:17:32	
Gary Hallett	1:10:29		Lewis Buzzell	1:12:58		Regina Sooeey	1:17:50	
Elbert Shubert	1:10:59		Amy Davis	1:13:09		Sharon Luci	1:17:16	4th A/G
Kathy Murray	1:10:58		Raymond Ramos	1:14:51		Danny Weaver	1:17:21	
John Hirsch	1:11:13		Danny Suber	1:15:30		Steve Bruce	1:17:34	
Elfrieda Wyner	1:11:53		Kim Hoyt	1:16:07		John DeAntonis	1:18:01	
Holly Turner	1:12:01	2nd A/G	Bob Boyd	1:16:07		Hernando DeSoto	1:18:04	
Thom Henkel	1:12:06		Celita Ricks	1:16:08		Mike Haga	1:18:15	
Tracy Dawson	1:12:13		Tom Zicafoose	1:16:17		Simon Jacobson	1:18:24	PR

GROUP TRAINING RUNS

DAY	TIME	DISTANCE	JACKSONVILLE AREA	CONTACT
Sunday	6:30 AM	5 to 10 Miles Various pace groups	Atlantic Beach Sea Turtle Inn	Bill or Dot Mitchell (904) 241-0331 mitd0005@mac.com
Sunday	6:30 AM	6 to 20 Miles Various pace groups	Orange Park Sun Tire Blanding Blvd.	Dave Bokros at DBokros@comcast.net or 904-545-4538
Sunday	7:00 AM	10 to 15 Miles Moderate pace	Jacksonville Jewish Community Alliance 8505 San Jose Blvd.	Wendy Patterson (904) 237-4100 wenrex@comcast.net
Sunday	10:00 AM Seasonal	3-8 Miles Trail Run	Ponte Vedra Guana State Park	Craig O'Neal (904) 568-4825 charityrunningcoach@yahoo.com
Sunday	7:00 AM	7.5 Miles Black Creek Trail	Super WalMart (NE corner) Fleming Island	Kay Womack (904) 215-8656 kaywoma@hotmail.com
Monday	5:30 PM	6 Miles Downtown Bridges	Jacksonville Charthouse Restaurant parking lot	Danny Weaver (904) 287-5496
Tuesday	6:30 PM	5+ miles	Ponte Vedra Beach Sawgrass Village	Craig O'Neal (904) 568-4825 charityrunningcoach@yahoo.com
Weds.	6:30 PM	Interval Training	Orange Park, St. Johns Country Day Track NEW! Use main gate on Doctor's Lake Drive and park in the parking lot near the athletic field	Dave Bokros at DBokros@comcast.net or 904-545-4538
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

David Kelly	1:18:44		Jerry Hiatt	1:35:39	Norm Wyner	2:07:54	
Michael Myers	1:19:27		Kent Smith	1:37:08		30th River Run	
Alexandria Midgett	1:19:24	4th A/G	Eric Bush	1:37:24	Steve McClung	2:08:59	
Angel McSwain	1:19:56		Back from Iraq Yesterday!		Jennifer Johnson	2:15:20	
Janet LaVoie	1:20:06		Kim Anthony	1:37:32	Carol Webster Mann	2:23:59	
Theresa Kamajian	1:20:18		Patricia Czarnecki	1:37:56	Linda Brown	2:25:49	
KC Bryner	1:20:24		Cathy Haga	1:38:50	Bill Mitchell	2:36:57	
David Balz	1:20:26		Denise Dailey	1:39:15			
John Bowsman	1:20:36		Kelly Komatz	1:40:21			
Gil Flores	1:21:05		Chris Komatz	1:40:1			
Katie Yaun	1:21:17			1st River Run			
Bob Kennedy	1:21:34		Barry Marquart	1:40:02	Steve Whittle	27:05	I'm aback
Richard Horton	1:21:52		Nancy Pullo	1:40:59	Donna Hiatt	33:00	
Kelli McGreevy	1:22:03		Bobby Green	1:41:00			Staying injured!
Ed Hardee	1:22:09		Phillip Trast	1:41:58			
Melissa Gostage	1:22:35		Julie Runnefeldt	1:41:20			
Melody Blythe	1:23:34		James Morris	1:41:33			
Ken Wilson	1:23:44		Will Tomlinson	1:42:12			
Gordon Simms	1:24:11		Stan Scarlett	1:42:20	Jack Roberts	6:00	6th A/G
	24th RR in a row		Dennis Lee	1:42:53			
Mike Mandt	1:24:57		Glenn Landerd	1:43:00			
Darcy Scarlett Daniel	1:25:30		Kathy Klein	1:43:00			
Jonathon Lineberry	1:26:02		John Nalley	1:43:21			
Chuck Bryner	1:26:18		Jamie McKinstry	1:43:26	Bill Phillips	18:51	1st A/G
Kevin Terry	1:26:30		Susan Gostage	1:43:44	Thom Henkel	22:16	1st A/G
Randy Pullo	1:26:31		Laurie Ricciardi	1:43:48	John Dunsford	24:57	
Harrison Stubbs	1:26:47		Vicki Choinski	1:44:43	Kent Smith	25:44	
Brian Joyner	1:26:59		Janet Elliot	1:44:33	Steve Whittle	29:17	
Dave Bokros	1:27:03		Tom Sullivan	1:44:46	Bo Holub	32:02	3rd A/G
Sue Whitworth	1:27:38		Jonie Davis	1:44:50	Shirley Henkel	33:18	
Don Thieman	1:27:58		Pat Noonan	1:45:16	Cole Mandt	36:18	
Curtis Stubbs	1:28:15		Robin McBride	1:45:31	Michael Mandt	36:21	
Melinda Terry	1:28:29		Denise Williams	1:46:41	Trish Kabus	38:22	
Kimberly Lundy	1:28:29		Mark Lay	1:47:05			
Jeanie Wilson	1:28:41		Shirley Henkel	1:47:46			
Alicia "Renee" Deel	1:29:15		Charles Hammonds	1:47:48			
Carol Palmer	1:29:31		Al Saffer	1:47:56			
Jd smith	1:29:59		Ken Bendy	1:49:53			
Maria Littlejohn	1:30:15		Debbie Lindell	1:49:54			
August Leone	1:30:18	2nd A/G	Winney Yaun	1:50:00	Justin Jacobs	32:04	2nd O/A
Angela Spofford	1:30:52		Cassidy Binderim	1:52:10	John Steinberg	32:58	3rd O/A
Taylor Shutt	1:31:06		Terry Bell	1:52:37	John Metzgar	33:58	Masters
Jennifer Roberts	1:31:13		Sandra Shines	1:52:57	Male		
Mary Hutto	1:13:27		Tina Zarkis	1:54:33	Patty Stewart-Garbrecht	39:13	1st A/G
Staci Suits	1:31:31		Ron Rapaport	1:56:51	David Bonnette	39:14	2nd A/G
Ed Kelly	1:32:02		Marie Bendy	1:57:43	Bruce Holmes	39:41	1st A/G
Melissa Stone	1:32:07		Patt McEvers	1:58:20	Stephen Beard	41:25	2nd A/G
Earl Vinson	1:32:08		Danny Randolph	1:59:09	Robert Walker	41:30	3rd A/G
Bob Meister	1:32:09	3rd A/G	Kelly Minor	1:59:24	Luke Steinberg	41:50	
Melissa Stone	1:32:00		Kerri Johns	2:00:05	Randy Arend	41:58	2nd A/G
Charles Mann	1:32:36		Dottie Cahill	2:01:31	Rosa Haslip	42:06	2nd A/G
Kathy Reidy	1:33:00		Evan Gould	2:03:29	Paul Geiger	43:00	3rd A/G
David Albritton	1:33:06		Christine Kehr	2:03:49	Frank Frazier	43:27	2nd A/G
Bruce Holmes	1:33:17		Jim Kehr	2:03:49	Regina Taylor	44:03	
Gary Ledman	1:35:27		Kay Womack	2:04:49	Raymond Ramos	44:20	3rd A/G
					John Hirsch	44:39	

FLORIDA TIMES UNION 5K FOR CHARITY

ADIDAS JR. RIVER RUN

BUD LIGHTHOUSE 5K St. Augustine March 17, 2007

ST. PATTY'S DAY 10K Evergreen Cemetery March 18, 2007

Everett Crum	44:41	1st A/G	Bonita Golden	53:15	2nd A/G	Chuck Hammonds	28:14	
Kathy Murray	45:01		Kent Smith	53:40		Jonie Davis	30:21	
Mike Haga	45:27		John Gauer	54:00		Norm Wyner	30:57	1st A/G
David Steinberg	45:53		Ana Wallace	54:08		Danny Randolph	32:41	
Elfrieda Wyner	46:14	1st A/G	Mary Algire	55:20		Sandra Shines	32:48	
Thom Henkel	46:21	3rd A/G	Jd Garbrecht	55:36		Valerie Howard	35:26	
Bonnie Brooks	46:26	2nd A/G	Gordon Slater	59:59		Preston Hammonds	35:26	
Paul Smith	47:11	1st A/G	Laurie Ricciardi	1:01:18		Trish Kabus	38:30	
Mary Ann Steinberg	47:28		Al Saffer	1:06:30	2nd A/G	Joe Connolly	45:26	1st A/G
Danny Weaver	48:30		Jennifer O'Brien	1:07:39		Beckie Randolph	49:45	
Paul Smyth	48:55					Vanessa Randolph	51:40	●
Kelli Howard	48:55	1st A/G	ST. PATTY'S DAY 5K					
Janet LaVoie	50:15	1st A/G						
Ben Holland	51:52	2nd A/G	Orestes Gutierrez	18:41	1st A/G			
Kevin Terry	52:42		Craig Harms	23:10	1st A/G			
James Vavrina	53:14		Raymond Watkins	24:42	3rd A/G			

**Please sign the
StriderMan after each race!**

NEW MEMBERS

Dave Balz
Cris Barlow
Cassidy Binderim
Melody Blythe
Hilda Boitnott
Tracy Dawson
Alicia "Renee" Deel
Lisa Girgis
Bob Glod
Evan Gould
Mike & Cathy Haga
Charles Hammonds
Ed Hardee
Rosa Haslip
Mary Hutto
Brian Joyner
Cynthia Maerz
Chelle Mahoney
Robin McBride
Patty Moon

Danny Randolph
Kim Schaefer
Nicole Simmons
Angela Spofford
Susan Thibodeaux
Don Thieman
Tim Young

RENEWING MEMBERS

Rebecca Brown
David & Rebecca Brownell
David & Susan Caldwell
Eric Conder
Amy, Joe, Micayla, Jordyn
& Josh Costa
Denise Dailey
Judith Daniel
Paul & Gene Geiger
Miles & Judy Hyman
Harry Klug

Alan & Tina Koch
Mark Lay
Kay Manly
Charles Mann
Barry Marquart
Sandra Maveety
Patt McEvers
John, Denise, Chelsea &
Cameron Metzgar
Jennifer O'Brian
Grady Pauley
Keith & Gayla Poythress
Celita Ricks
Sandy Rosenberg
Matt Ross
Nadine Thomas
Roberta Tomlinson
Lupita Trujillo-Thieman
Holly & Fletcher Turner
Stephen Whittle
Rexxmann Wier
Joseph & Amy Young

MULTI-YEAR RENEWALS

Peg Lawson
Glenn & Ann Batteiger
Edward Schmidt
Al Saffer
Kent Smith
Jack Knee
Paul Berna
James & Debbie Smith
Gerry & Margaret Tyburski
Randy & Krissa Arend
Tanyas Carere
Gary Hallett
Stephany Holt
Dawn Hagel
Kathy Murray
Vicky, Jim, Tori & Marissa
Connell ●

Please Print

Application for Membership
FLORIDA STRIDERS TRACK CLUB

New ☐
Renewal ☐

Name: Last _____ First _____ M.I. _____
Address _____ # in Family _____
City/State/Zip _____ Spouse's Name _____
Phone: Home _____ Birthdate(s) _____
Phone: Work _____ Employer _____
E-mail _____ Occupation _____
Signature _____ Annual Dues: Family \$20 ☐
Date _____ Single \$15 ☐
Junior (under 18) \$10 ☐
Senior (over 65) \$10 ☐

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

I know and understand that running in and/or volunteering to work at FSTC races are potentially hazardous activities. I will not participate in club activities unless I am medically able and/or properly trained to do so. I agree to abide by any decision of a race official relative to my ability to safely complete a FSTC sponsored race. I assume all risks associated with running and volunteering to work in club races including, but not limited to, slip/trip/falls, contact with other participants, volunteers, or officials, the effects of the weather including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and understood by me. Having read this waiver and knowing these facts and in consideration of your acceptance of my application for membership I, for myself and anyone entitled to act on my behalf, waive, release, and agree to hold harmless the Road Runners Club of America, the Florida Striders Track Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities, even though these liabilities may arise out of negligence or carelessness on the part of persons named on this waiver.

April 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
April 7	Captain Chuck Cornett Memorial Navy Run 10K & 5K walk	7:30 a.m	Naval Air Station Jacksonville Runners without DOD ID/vehicle decal must pick up a pass at the Orange Park Holiday Inn on 4/6. Picture ID required for base entry	(904) 542-3239 MWR NAS Jax
April 7	Running the Blues 5K	7:30 a.m	Life Saving Station Jacksonville Beach	(904) 285-1552 Performance Multisports
April 7	Run, Forest Easter Beach Run	9:12 a.m.	The Bandshell 250 N. Atlantic Ave. Daytona Beach	(386) 671-3409 Daytona Beach Leisure Services
April 14	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
April 21	RayZ Awareness 5K	7:30 a.m.	Birthplace of Speed/ Oceanfront Park SR 40 & A1A Ormond Beach	(386) 255-1279 Daytona Beachcombers
April 21	Run with the Spartans 5K	8:00 a.m.	St. Johns Country Day School 3100 Drs. Lake Dr. Orange Park	(904) 264-6748 bbuehn@yahoo.com St. Johns Country Day School
April 22	Publix Family Fitness Weekend 5K	9:00 a.m.	Beachers Lodge SR.206 & A1A S St. Augustine Beach	561) 241-3801 ext. 101 Exclusive Sports Management
April 27	JTC All Comers Track Meet #2	7:00 p.m.	Bolles School 7400 San Jose Blvd. Jax	(904) 388-7860/384-8725 Jacksonville Track Club
April 28	Hidden River 5K trail Run (Clothing Optional)	10:00 a.m.	Hidden River Resort (14 mi. north of Maccleny) off CR 185, south of Moniac, GA.	(912) 843-2603 Benefit for Golden Retriever Emer. Asst. Team
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

BY PATTI STEWART-GARBRECHT



This is an exciting month for race reporting. There are so many great races to talk about. The premier race this issue is the 30th Annual Gate River Run. Congratulations to Deena Kastor, who was able to hold off all the boys to pick up the Equalizer Bonus by running the course in 47:20. Under less than ideal running conditions Deena was only 4 seconds off her PR and American record for 15K. Most experts thought the men's American record for 15K would fall this year. But Todd Williams' record time of 42:22 went unbroken. The pre-race favorite, Ryan Hall went out hard, but was passed and beaten by Olympic Silver Medalist Meb Keflezighi in a time of 43:39. Meb has now won this race six times. More on the Gate River Run later in the column.

The **Ortega River Run** 5 miler was held on February 24, 2007 at St. Mark's School. This is always a fun race with great scenery and it's also a good tune-up for the Gate River Run. This year the weather was perfect for running fast times and many Striders ran well. **Justin Jacobs** was our first Strider to finish and also overall race winner in a time of 25:52. Following Justin in second place was **John Steinberg** only 6 seconds back in 25:58. Masters Male winner was **John Metzgar** in a time of 27:21. On the women's side, **Patti Stewart-Garbrecht** in 30:59, **Sharon Pentaleri** in a time of 31:33 and **Katlyn Yaracs** in 34:03 rounded out the top three, and top three age group win-

ners. Other age group winners included **Bruce Holmes, Luke Steinberg, Stephen Beard, Elfrieda Wyner, Holly Turner, Everett Crum, Jan Taylor, Robert Meister and Norma Wasson.**

Now back to the **Gate River Run** on March 10. It is no surprise that **Justin Jacobs** was our first male Strider and only Strider under 50:00 in a time of 49:51. In talking with Justin following the race, he revealed to me that he really wanted to be under 49:00. As always, I blamed the warm and conditions and reassured him that I really thought under better conditions he would have met his goal. I would like to point out that Justin's time this year was nearly 2 minutes faster than he ran last year. So good job Justin and may next year's race be your best one yet. Justin was followed by **John Steinberg** in a time of 50:38. John also won 2nd Masters. John was beaten only by some chap from Colorado who is 7 years younger and trains at altitude! No fair. John was followed by our other John, **John Metzgar** in a time of 53:45 which won his age group. John is recovering from some injuries and seems to coming along nicely. On the women's side **Patti Stewart Garbrecht** was the first Strider also winning her age group in a time of 59:47 (the goal being under one hour). **Sharon Pentaleri** was next in a time of 1:01:37 and 2nd in her age

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Just for Children Ages 9 – 14, Saturday May 5th 2007

Hershey Track & Field District Championship at the Orange Park High School Track

Do your children enjoy fun competition? We have a great event for you so mark your calendars now! The Hershey Track & Field Championship involves six different events for children aged 9 to 14 years old (birth certificates are required at registration, which begins at 8:30 a.m.) on Saturday May 5th at the Orange Park High School Track. Your age for the meet is determined by your age as of 12/31/2007. Anyone in Northeast Florida can compete who has not been in another local Hershey Meet this year. There is no charge for the children to compete. The top two finishers in each event qualify for the state championship on June 23rd in Gainesville, Florida. The top two finishers in each event will receive state meet T-shirts at this event. State winners are entered in a regional pool and become eligible for selection to a Regional Team, which will travel free to Hershey, Pennsylvania, to compete in the North American Final later this summer.

Participants can compete in three events (two running and one field or two field and one running). Events include the 50-meter dash (9-10), 100-meter dash (all ages), 200-meter dash (all ages), 400-meter dash (9-10, 11-12), 800-meter run (11-12, 13-14), 1600-meter run (13-14), 4x100 meter relay (all ages), standing long jump (all ages), and softball throw (all ages). We have more information on the Florida Strider website, www.FloridaStriders.com, which will have the application, how to pre-register, and more information on the state meet. This event is sponsored by the Florida Striders. Coaches in Clay County are encouraged to send their completed entry forms to Mike Ford at Oakleaf if they will arrive no later than May 1st. Please call James May, a Strider himself with four children, for more information at 779-6105. If you would like to help with this great event, please contact Kim Hoyt at 904-505-4774 or KimHoyt@comcast.net. ●

group. **Rosa Haislip** was next in a time of 1:05:52 and 3rd in her age group. Since this is such a large race and it is so difficult to place in any age group, I would like to recognize all of the Striders who placed in their respective age groups. Aside from those already mentioned, **David Ohnsman, Maryann Brown** and **Everett Crum** all won their age groups. **Page Ramezani, Holly Turner** and **August Leone** all placed 2nd in their age groups. **Katlin Yaracs, Elfrieda Wyner** and **Bob Meister** all placed 3rd in their age groups. **Sharon Luci** and **Alexandria Midgett** both placed 4th in their age groups. **David Bonnette** and **Keith Poythress** both reported big PR's. **Eric Bush** ran the race in 1:37:24 the day after returning home from Iraq. Thank you Eric for your service to our country. We are glad you are home safe and physically able to run. **Elfrieda and Norm Wyner** are our two Strider Streakers. Now say that ten times fast.

Next up is the **St. Patty's Day 10K** at the Evergreen Cemetery on March 18th. It was the usual cast of characters for the top spots. **Justin** ran 32:04 for 2nd overall, **John S.** ran 32:58 for 3rd overall. This also happens to be an age graded time of 89% of the world record (impressive to say the least). **John M.** ran 33:58 for top Master's male. Darn those Russian woman coming in threes to a local race! I did manage to win my age group in a time of 39:13. **Rosa Haislip** ran 42:06 for an age group win and **Regina Taylor** followed in 44:03 for 3rd in her age group. I would like to mention that Rosa is getting quite a bit faster and I'll be watching my back. Age group winners include **Bruce Holmes, Everett Crum,**

Elfrieda Wyner, Paul Smith, Kelli Howard, and **Janet LaVoie.**

In the **St. Patty's Day 5K** (same place, same time). **Orestes Gutierrez** was the first male Strider in a time of 18:41. **Jonie Davis** was the first female Strider in a time of 30:21. **Norm Wyner** and **Joe Connolly** won their age groups.

On March 17th several Striders ran the **Bud Lighthouse 5K** in St. Augustine. **Bill Phillips** won his age group in 18:51. **Thom Henkel** also won his age group running 22:16. **John Dunsford, Kent Smith, Steve Whittle, Bo Holub, Shirley Henkel, Cole Mandt, Michael Mandt,** and **Trish Kabus** all finished the race.

My training tip for this month is good nutrition. I am not a nutritionist and God knows I don't always eat the right things. I have a real fondness for sweets, especially chocolate. For a change I am not going to tell you what I think you should do (or try). I am going to encourage everyone to take a good hard look at what you eat from day to day. This may require keeping a food diary (or not). It is true that you are what you eat. Your body depends on the fuel you eat to get you through your daily activities and your runs. Optimal nutrition will keep your engine running smoothly. Most of us have a pretty good idea of what we SHOULD be eating or not eating. Let's all just take a look at our eating habits this month and see what we can change for the better and see if it affects our running in a positive way. It may be eating more veggies or drinking less coffee or soda. I challenge you to make a positive change this month. Happy Trails, see you next month. ●

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



www.floridastriders.com

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

Florida RRCA Championship Races and various running related web site links can be found on the RRCA Southern Director's home page at

<http://members.aol.com/rrcahtml/rrcarep.htm>

You can get entry forms & results for all 1st Place Sports events on the Internet at <http://www.1stplacesports.com>

Also get the latest running news from the RRCA's national office, including a nationwide race schedule as well as important info from clubs across the country at <http://www.rrca.org>