

Florida Striders Track Club

# STRIDERIGHT



June 2007

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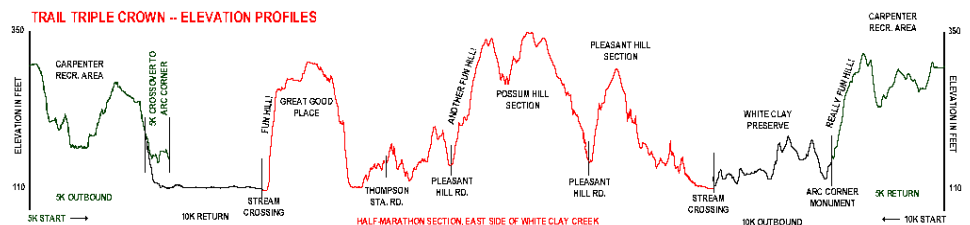
by Frank Sutman

On April 28th I discovered a different type of series race, held in White Clay Creek State Park, just north of Newark, Delaware. The Triple Crown consists of a half marathon, a 10K, and a 5K, all held on hilly, technical single track trails. “Interesting”, you say. “Do they hold the races on successive weekends?” Not nearly. Those of us warped enough to attempt this must complete all three races in the same morning. Just for good measure, there is also a trail marathon occurring at the same time. You’ve got to love any race that refers to its finishers as “survivors”.

I arrive at the race staging area at 6:30 AM on Saturday morning. It had rained hard the day before. This was going to be a real trail run. No fancy bottled water here. Volunteers are filling up 5-gallon buckets with a hose. Bring it on, baby! With all due respect to my good friend Kim, I get the best RANDOM race number I've ever received....#1234. This one's a keeper!

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**Thursday June 28th from 6:00 to 8:00 PM**

Dinner and adult beverages can be ordered from the Menu (prices are reasonable).

JD Smith will be the featured speaker with a presentation on his run in the “Cold Southern Region”.

Please R.S.V.P to Glenn Hanna at 777-9351 or ghanna3@bellsouth.net if you plan to attend.

# JULY

The annual pilgrimage to the Outback Crab Shack in St. Johns County. Actual date/time to be determined (most likely 3rd or 4th Sunday)

# AUGUST

Possibly a group gathering at a Jax  
Suns Baseball game.



## Prez Sez By Dave Bokros

Runners are a unique bunch. We show up in strange places, wearing strange clothes, and do strange things. Who gets up at 5:00 in the morning to drive somewhere and run until they are exhausted just to get a T-shirt? We do! We are die-hards and bonifide athletes. Most of us, however, have not been running all of our lives. I have only been running for five or six years. A good number of accomplished marathoners I know did not start running until they were in their thirties. How did we come this far? How did we get this affliction?

We all started in the same place. We ran and we ran and wrestled with that elusive three mile mark or thirty minutes. Some of us were lucky enough to

encounter other generous runners who were more than happy to take the time to help us achieve and even surpass our goals. I would not be running the way I do now had it not been for the generosity and patience of other runners. I have been lucky enough to give back some of this encouragement through the Florida Striders.

We all have goals and dreams. Some of us want to go to Boston. Some of us just want to stay healthy. Some of us just want to see as many people, adults and children, enjoy this sport as much as we do.

Remember how hard your first race was. Remember those days where you would not have **Continued on page 4**

## Board of Directors' Minutes 5/8/2007

The meeting was called to order by Dave Bokros at 7:12 p.m. Directors present were Dave Bokros, Vicky Connell, Mike Ford, Glenn Hanna, Kellie Howard, George Hoskins, Kim Lundy, Keith Poythress, Gayla Poythress, Mike Mayse, John Metzgar, Denise Metzgar, John Steinberg, Mary Ann Steinberg, Nicole Sullivan, James Vavrina, and Kay Womack.

**Welcome to New Board Members:** Dave Bokros thanked all the new Board members for being present and volunteering their time to do the job. He asked everyone to familiarize themselves with the bylaws. He encouraged everyone to speak their minds at meetings. He explained that the meetings would be run by parliamentary procedure and how we would follow the agenda.

**Nomination and Election of Club Officers:** Dave entertained nominations for club officers. Mike Mayse made a motion to nominate Dave Bokros as President. Mike Ford proposed an amendment to the motion which would nominate all the current officers for the next year with the exception of Vice President, and that nominee would be Mike Mayse. This amendment was accepted by Mike and seconded by Kellie Howard. Motion was passed unanimously. The 2007-2008 Board consists of Dave Bokros, President; Mike Mayse, Vice President; Vicky Connell, secretary; George Hoskins, Treasurer.

**Minutes:** Vicky Connell explained that each month after the meeting she sends the minutes out to all the board members for review and corrections. Once all corrections are made, she sends it to the StrideRight for publishing. Board members then have an opportunity to review them one last time in the newsletter, and state further corrections at the Board meeting. Vicky then read March's minutes as presented in the StrideRight, and asked if there were any corrections. There were no corrections. A motion was made to accept them as written by Keith Poythress, seconded by Kellie Howard.

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## 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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# Printer's Ink to Electrons – A Brief History of Running Magazines

When I discovered post-high school running, I became interested in results of road races, articles about running, scheduled events, and running products. Unlike the current and unceasing tsunami of all that stuff in 2007, there was close to nil in 1963. One of my running buddies of that era was Steve Price, founder and coach of the Kettering Striders, a (gasp) track club for girls.

Steve also conducted a slate of road races in Monroe, Ohio, a (oh-my-gosh) metric series, ranging from 10 kilometers to 30 kilometers plus a marathon each year. It was at one of those races that I saw my first running publication.

Long Distance Log was a hand-typed monthly by former Olympian Browning Ross. The 8- to 12-page rag consisted mostly of race results from the Middle Atlantic and New England states. Occasionally, there would be something from far-off California! The cost was \$5 per year for 12 issues. Ross was later banned from athletics by his local AAU (the heavy-handed governing body of all amateur sports in that era) for “making money from his sport.” Not only did Ross produce LDL, he also sold running shoes at races out of the trunk of his car, another Cardinal Sin.

It was from the pages of Long Distance Log that I connected with two other “track nuts” who spread the running gospel—Arne Richards of Manhattan, Kansas, and Dick King of Chicago. Both were compulsive communicators and scarcely a month went by without some contact from each guy. I learned of the University of Chicago's indoor race series from King. In January 1966, I ran a one-mile indoor steeplechase in an armory in the Windy City. From Arne, I learned of the Heart of America Marathon.

The Heart of America was my first 26-miler. Like a first kiss, it was special. I was hooked. Not only did I get to meet Arne, but we got to see a new publication that was passed out to the 80 runners who assembled in Columbia, Missouri—Distance Running News. I still have Volume One, No. 1. The 8-1/2" x 5-1/2" booklet contained photos, articles, and advertisements: Onitsuka Tiger running shoes, one pair of TG-4 trainers and one pair of TG-2 racing flats for \$12.00. There were some race results; a few coming events. It was America's first real running magazine.

Published by a Kansas boy named Bob Anderson, DRN grew up to become Runner's World. In time, Anderson moved to Mountain View, California with his magazine and the rest is history. After more than a decade of being the only national running mag, RW's success inspired another monthly, runner magazine. Published in New York City by George Hirsch, runner was slick, had in-depth articles, and plenty of features about Boston and New York's marathons, Olympians, and running research.

In the mid-1980s, however, the battle for the same adver-

## The Wide World of Running

By Jay Birmingham

tising dollars became too fierce. Runner's World was acquired by Hirsch, who kept the name of the magazine for his own. A few years later, Grolier Publishing bought Runner's World and moved the business to Enola, Pennsylvania.

Running Times magazine began serious inroads into RW's audience around that time, de-emphasizing articles for beginners and pushing regional coverage. Taking a research-oriented (as opposed to an advertiser-driven) approach to its articles, RT is smaller, more concise, and less repetitious.

Over the past 30 years, several regional and national publications have come and gone—Marathoner was just one such bold attempt at specialization. Ultrarunning is alive and well after 30 years, serving a specialty audience.

In the Twenty-First Century, however, a new generation logs on to its computers, surfing sites, reading blogs and message boards, and terms I don't yet know. Instead of being scarce, running news is as passe' as 24-hour television.

In a decade, perhaps sooner, all running literature will be of the electronic variety. But until then, I will continue to eagerly check my mailbox for my track club newsletter, my monthly running magazine, and (gasp) occasionally a letter from an old running buddy from long ago.

*Jay Birmingham welcomes your feedback at [jaygreatheart@aol.com](mailto:jaygreatheart@aol.com). He coaches at St. Johns Country Day School and has been running since 1958. ●*

### PREZ SEZ

Continued from page 2

gone out the door were it not for the encouraging words of your running friends. Remember those days especially when you pass someone on the road, or track, or trail who may need that encouragement. Remember what those lean, gristly, runners looked like when you first started showing up for Sunday runs or races and know that they didn't always look that way.

I love to tell people I meet and talk to about the Striders that the most impressive thing that stands out is that I have never heard a negative word spoken on the road or track about other runners and their abilities. That has always been the most impressive character that the Striders express.

Let's do what we can to make sure that never changes. Remember where you started.

See you on the road! ●

## MINUTES

Continued from page 2

**Treasurer's Report:** George Hoskins explained that he has been absent for the past few months due to a job offer which required him to leave town for 3 months. In his absence, he handed off the duties of Treasurer to Dave Bokros. George thanked him for doing a great job. George presented the Treasurer's Report, which he said needs to be revised to reflect actions from the month of March while he was absent. For his beginning figure at the start of April, he used the amount of cash on hand which doesn't reflect outstanding checks. However, the income figures and outgoing checks for April were correct. George pointed out that the new runners class has brought in a significant amount of new memberships and revenue. George pointed out that the budget for each race account was reflected. The Run to the Sun currently has over \$11,000. Mike Ford noted that the Compass Bank CD matures in June and would need action. It was determined that the next board meeting would give sufficient time to vote on this matter, also giving George time to come up with options to present. A question was directed to Mike Mayse on what type of equipment he had bought. He stated it was a variety of items to include easels, picture frames for posters, and other items to replace things used at races. The Treasure's report was filed as presented by George Hoskins.

**Race Dates for 2008 -** Run to the Sun (RTTS), River Road Resolution (RRR), and Hog Jog for 2007: Dave Bokros presented proposed race dates for the RTTS, RRR, and the Hog Jog. The date for the RRR was Jan 12, which Kim Lundy pointed out coincided with the Disney Marathon weekend. Some discussion ensued and a hold was put on that date to look at other options. The other dates were April 12 for the RTTS, May 26 for the Memorial Day Run and Nov 10th, 2007 for the Hog Jog. A motion was made by Kellie Howard to approve all dates except the RRR until Bob Boyd had an opportunity to speak with the Kennel Club, seconded by Keith Poythress. It was passed unanimously.

**Social Update:** Glenn Hanna stated that we are planning a dinner meeting in June with JD Smith who will discuss his winter running. Glenn also stated he had others interested in helping him plan this. He's looking for a place to hold at least 80 people, cater the event, and provide a bar. It would take place on a Tuesday or Wednesday night. Dave Bokros suggested we talk to the Bush hospitality room where we used to go. It was mentioned that they have changed their rules for capacity which now caps at 50. Other ideas were Eagle Harbor, the Holiday Inn, and the Oakleaf Clubhouse. Glenn also mentioned the Lions Club where we could bring in our own caterer. Glenn asked for anyone who wants to help to stay after the meeting to discuss. Other upcoming socials are as follows:

May – joint social with race volunteers after the Memorial Day 5K

July – trip to Outback Crab shack

August - Gayla volunteered to set up a group outing to one of the Sun's games

September – social at Camp Blanding on Lake Kingsley

October – Jennie's Pennies at Sun Tire

December – block party at the Irving's

### General Discussion:

Mary Ann Steinburg wrote a summary of the Step Up Event and how it coordinated with the Strider's Kids Running Clubs. The Striders were featured in the Department of Education Florida Healthy Schools newsletter whose purpose is to highlight effective school and community programs. She is going to do this event again on February 2, 2008 and would like the Striders to be partners again. Kim Lundy mentioned feedback she had heard that was very positive – lots of kids were able to participate in the 5K since there was no cost involved. A lot of people tried this event for their first ever race. A motion was made by Kay Womack to support this program and seconded by Keith Poythress. It was approved unanimously.

Mike Ford brought up the Children's Health Care Day held last year at Middleburg High School, which had lots of booths of various types. About 1000 people attended. The Striders sponsored a 2 mile race and a 1 mile fun run for the kids. He got a call from Dr. Otto asking us to sponsor this event again. It was put off for a later discussion. Mike also mentioned the Hershey Games which were sponsored by the Striders and went very well last weekend. Mike put together a team from local middle and junior High Schools which participated as a Strider Team at the Episcopal Games and took 1st place in the name of the Striders, wearing Strider shirts. Mike asked the members of the scholarship committee to stay after the meeting to review the Strider scholarship applications.

Kim Lundy said the Hershey Games were very well received. She asked if anyone from the board would join her at Patterson Elementary tomorrow to pass out Run/Walk Medals at 2:45 p.m. A couple of members said they would try to make it. Mike Ford stated that Oakleaf is doing their awards on Thursday if anyone was interested in attending there as well.

Mike Mayse reported on manning the entrance to the Strider tent at the River Run this year and how everyone wanted to come in and partake of our goodies. He said he wanted to try and control this better next year by handing out arm bands to members and their guests, requiring them to wear one for admittance to the tent. Mike said he can get 1000 of them for about \$75. He also said he wants to retire the Shower Man from our races, saying it rarely gets used any more. He asked if anyone on the board ever uses it or thinks it needs to be there. There were no objections – Dave said he would mention it to the Race Directors in case they wanted it.

Glenn mentioned that he was open for ideas for socials. He also said that anyone could initiate a social without it being "official". Mary Ann Steinberg mentioned that Gold Head State Park has a great facility for picnics, with cabins that have kitchens and other amenities.

Kellie made a motion to adjourn, seconded by Mike Mayse. The meeting was adjourned at 7:53 p.m.

Respectfully submitted,  
Vicky Connell ●

## TRIPLE CROWN

Continued from page 1

It's unique to get a single number with three pull-off tabs.

The half marathon and marathon are supposed to start together at 7:30. OK, the half started at about 7:40. So many people registered that they staggered the beginning of the marathon by about 10 minutes. There were about 200 runners in the half. Perhaps thirty of us were attempting the whole three race series. Shortly before the start I run into Christy, from our local training group. She asks nervously, "I overheard some people talking about how cold the water was going to be in the stream crossing. They weren't talking about this race, were they?" I laugh. "So, you didn't read the fine print in the pre-race instructions? We get to ford White Clay Creek at the 3- and 10-mile marks. Don't worry, it's only supposed to be knee deep".

The race begins. Temperatures are in the low 60's, the early morning fog has burned off, and it is a beautiful day! Many sprint down the steep, grassy hill for about a quarter mile before quickly reaching narrow, technical single track. There was no way I'm going to sprint, trying to finish 22.4 miles of hilly trail running in one morning. We hit the single track. I wind up in a conga line of about 30 runners jogging behind some big guy wearing a Camelback. Hmmm! I am only able to pass perhaps a third of the pack. A local familiar with the course says not to worry, we will reach a brief dirt road section in about another half mile. I wait for the dirt road, and then am able to get out of the congestion and run at a more reasonable pace.

The scenery is lovely. We alternate up and down hills and along the creek. We occasionally hit mud wallows that threaten to suck the shoes off of our feet....but they are limited and don't last. Most of the trail is quite runnable. The 50-yard wide creek crossing is just a good opportunity to wash off the mud caked onto my legs and shoes. And yes, the water is quite cold. But it is April, and it is Delaware. Luckily, I avoid slipping on the rock-covered creek bottom and record zero face plants for the day.

The hills are not that long, but they are numerous and occasionally steep. More mud, more hills, some rocks, and some easy cruising. There is good traffic control at road crossings and water stations are every couple of miles. At the 10-mile mark we re-cross the creek. The lead-in to the finish is a muddy free-for-all. I finish the half in 1:51. Lillian would later say to me, "What was wrong? That's a really slow time for you". I simply responded, "You didn't see the course".

Now came the tough part. The organizers stagger the race starting times so that the majority of series runners can finish one race before the next one starts. Personally, I would have been better with a 5-minute refreshment stop and starting again. It was a 40-minute wait before the 10K started. That's plenty of time to stiffen up, at least for me. I tried to keep moving and absolutely did not sit down.

We line up for the 10K. There are perhaps 150 people in the field. 80% are newbies; 20% are doing the series. The

newbies look so nice. Most are wearing clean white shirts and new-looking shoes. They look at us series runners quite nervously. I'm caked in mud to my waist, and the back of my shirt is splattered with debris all the way up to the neckline. My hat is even dirty. When I return their anxious stares they avert their eyes. I love it! The series runners start to develop a common bond. "Yeah, we bad". I get to chat with a number of the guys gunning to complete all three races. Most of us are enjoying our first time at this unique event.

The 10K starts. We are reversing direction on the half marathon course, running out the finish. I think I mentioned the marathon. Marathoners were coming in on the same trail. Luckily, we had no head-on collisions. I start slowly, having had plenty of time to stiffen up. After a mile or so I feel pretty loose again and pick up the pace. I start passing series runners that were way ahead of me in the half. This event is all about pacing. The 10K has plenty of mud, roots, rocks, and some blowdown, but does avoid crossing the creek. The last quarter mile of the 10K is that steep hill, now up, that we started the half marathon on. Most of the people I can see ahead of me are walking up the hill. I slog through it running, passing six or eight people in the last few minutes of the race. I finish in 50:51. Believe it or not, considering the course, I'm happy with my time.

Here come another 25 minutes of waiting, this time for the 5K to start. The half and 10K results are on big boards, so we can see how we placed relative to each other in the series.

It looks like I have a chance to win my age group (40-49) if I don't crash and burn in the 5K. The 5K is smaller, about 100 runners. More clean, fresh newbies show up. Many again stare in disbelief and muted horror at the trail-weary and filthy series runners.

Finally, we are off, following the first course, down the steep hill. One woman in front of me is desperately trying to avoid the first mud wallow, skirting its side. I just laugh as I pass her. It seems that most of the series runners are behind me. Could that be? Most of the people I can see up ahead are too clean. I pass several people in the last mile, and finish 10th overall in the 5K in a 26:05 (read tough, tough course!)

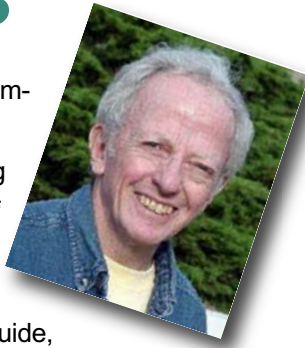
I'm relieved to be done. Series runners are high fiving each other. I can finally use the hose, thoughtfully provided, to wash dried mud off my legs and shoes. I call Lil to let her know I have survived. All the standing around between races has done something to my feet, and it's not good. I remove my soaked, stinky trail shoes and socks. I cannot put on dry shoes because my feet keep cramping up. There's a complimentary survivors barbeque, but I'm not very hungry. I think I have won my age group, but am not 100% sure due to the rather complex scoring of three races. I want to wait for the awards ceremony, but it is taking forever. After about 45 minutes of walking around barefoot, I feel that I can get in the car and drive home without cramping. I make it home successfully, completing an amazing morning of trail running.

Delaware's Triple Crown of trail running is a unique event. Come on out and join me for it next year. ●



# Free Interactive Programs

Winter resident and Strider member Hal Higdon announces that a half dozen of his interactive training programs now are available free of charge thanks to a sponsorship with Target. Higdon, author of *Marathon: The Ultimate Training Guide*, offers online programs for all distances from the 5-K to the marathon. Sign up and Hal will send you a daily email telling you how to train, also offering tips about that training. Usually, the programs cost between \$14.95 to \$49.95. The free programs are aimed at beginners and those training for races between 5-K and 10-K. Hal says Target decided to sponsor the programs to promote its C9 line of activewear. Even if you can't use one of these beginner-oriented programs, you may know someone who can. The free interactive programs can be found at: <http://www.trainingpeaks.com/hal/> ●



## Congratulations Striders

The Reinhold Foundation recognizes groups that do good work in Clay County each year at an annual awards breakfast. The award is based on work done in the prior calendar year. The Florida Striders work in our community to improve health and fitness, particularly our work with the children in our community, was recognized with a \$500 check this morning. Vanessa and I were quite proud to accept the award on behalf of our club. I've been writing the grant submissions for the last four years and we have now won in three of those four years. I don't think it is my writing skills - it is the good work of our club that literally keeps getting better each year. Congratulations to all Striders for their good work that is making a positive difference!

– Bob Boyd ●



## Imagine This!

Just got back from completing the toughest marathon I have ever done THE GREAT WALL MARATHON May 19 in 7:52:03 (20 A/G). The marathon is run approx 130km north of Beijing in the town of Kuaihuolin, China.

The hardest part of the run was the second ascent of the wall after approx 21 Mile mark; a steep climb up a goat trail with periodic uneven steps to the wall entrance with temp of 90 +. I actually did not see anybody running on the wall, more of a fast hike due to the steepness, uneven gnarled steps with some areas exposed to sheer drop off cliffs.

Most of the experienced wall runners said it may take more than 2 hours longer than your usual road marathon time and how right they were. ●



– Gary Lewis



# Hershey Games A Success

By James May • Photos by George Hoskins

On Saturday May 5th, the Florida Striders sponsored the District 2 championships for the 30th annual Hershey Track & Field Games. The event held at the Orange Park High School track drew 57 girls and 78 boys in the three age groups (9-10, 11-12, 13-14). This was an increase (11) from the previous year.

One hundred and two runners pre-registered through their run/walk clubs or through the Striders youth track team. This resulted in the majority of the runners (68 of 135) being in the 11-12 age group. Shani Dempsey, a Strider who coaches the Mandarin Middle School girls' track team, brought nine girls and two boys to help boost our 13-14 age group numbers.

The top two finishers in each event qualified for the state championship meet held June 23rd in Gainesville at the University of Florida. The young Striders you have seen practicing on Wednesday nights at St. John's Country Day School qualified for the state championships. Several had efforts that would have won state last year, including all winning distance runners. Other qualifiers are in the process of becoming Striders, so they too can experience the success achieved by our young members.

We had an excellent team of volunteers helping with the Hershey Games. The games are completely free for the participating children, as with all Florida Strider children's events. A list of the volunteers follows. You can also find a great collection of photographs from the event on our website, [www.FloridaStriders.com](http://www.FloridaStriders.com) under the "Pictures" link. George Hoskins took the photos and Vanessa Boyd provided the editing.

Special thanks are in order for Mike Ford collecting registrations from Clay County schools; Carol MacDougall for coordinating pre-registration, registration, and results; Kim Hoyt for coordinating volunteers, equipment,



and facilities; and Bob Boyd for organization of the event and procuring needed supplies. All children placing 1st or 2nd in their events earned the right to compete in the State Hershey meet and received a Hershey T-shirt with a large Florida Strider logo on the back. We wish them the best in their future competitions and are proud of them all. ●







## Volunteers

Elder Anderton  
Cris Barlow  
Dave Bokros  
Brittany Bokros  
Bob Boyd  
Vanessa Boyd  
Elder Bratt  
Asharia Chavez  
Christy D'Andrea  
Shani Dempsey  
Heather Derousie  
Karen Fleming  
Mike Ford  
Glenn Hanna  
Elder Hansen  
Kim Hoyt

George Hoskins  
Shamika Johnson  
Kim Lundy  
Kelsey Kinkton  
Carol MacDougall  
Katie Maffeo  
James May  
Elder Parke  
Krystal Pressey  
Yesenia Rodriguez  
JD Smith  
Jeff Suits  
Staci Suits  
Rena Towsley  
Elsa Valdez

## First Woman's Strides in Boston Still Echoing

*Editor's Note: Tom Sullivan, with the help of John Powers, took the time to send me an interesting article that was published in the New York Times Sports on April 15th. I had planned on reprinting the article for the StrideRight. Upon looking in to their copywriting policy, it was going to cost \$400. to reprint the article. So here is my report on the article. If you would like to read the article in whole, I will be happy to email it to you!*

In 1967, officials tried to eject the author of the article from the Boston Marathon simply because she was a woman. Marathon's were a man's race and women were too

fragile to run that distance. She did complete the race, but it took a body block on the official, from her boyfriend at the 2 mile mark.

Since that time, marathon running has attracted millions of woman and the inclusion of the woman's marathon since the 1984 Olympics. This has taught us that women do have the endurance and stamina to complete this distance. Running raises women's self esteem and it empowers them. Women's marathoning has created a global phenomniom.

In this year's Boston marathon, 40 percent of the field were women. Women have won the right to run and can now be hailed as stars of the sport. ●



# RRCA Announces Multi-Use Trail Safety Tips

Over the last two decades there has been significant growth of the multi-use trail system. Northern Virginia is home to one of the busiest trails in the region, the W & OD trail. The trail, 45 miles in length, spanning several municipalities, takes its name from the railroad, the Washington & Old Dominion, whose trains ran along the right-of-way from 1859 until 1968.

On any given day people flock to the W & OD trail to run, ride, skate, walk, bird watch, picnic, and more. The Road Runners Club of America takes this opportunity to share these important safety tips when training on the growing number of multi-use trails around the country. These safety tips, coupled with the RRCA General Running Safety Tips (<http://www.rrca.org/programs/education/safety.pdf>) should help keep you and everyone else on the multi-use trail safe.

- Follow the rules of the road - travel on the right and pass on the left.
- Don't run down the middle of the trail. Run to the right side to allow others to pass safely.
- Don't wear headphones – but if you insist on going against this RRCA safety guideline, keep the volume low or only wear one headphone.
- If you are running an out-and-back route on a trail, don't just make a sudden u-turn at your turn around point. Stop, step to the right to allow oncoming traffic the opportunity to pass. If you are wearing headphones, now is a good time to pop out an earphone to make sure no one is approaching. Ensure the trail is clear of oncoming traffic (runners, cyclists, in-line skaters, etc.) then make your u-turn. Making a sudden

u-turn without looking over your shoulder is a good way to get hit by an oncoming cyclist or skater.

- Avoid running on trails in the evening if they are not well lit and do not have regular traffic.
- Never run more than two abreast if you are running in a group. Don't be a trail hog. While pedestrians have the right of way on most trails, the goal is to share the trails.
- Alert people when you are passing them – don't assume they are aware of their surroundings. A simple "on your left" warning will suffice.
- Be alert on blind curves.
- Stop at stop signs if the trail crosses a roadway. Don't assume cars on the road will stop for the trail crossing.
- Be mindful of young children on the trail – their movements can be unpredictable. Slowing the pace a bit when you pass small children on the trail is a wise idea. Use this as an opportunity to slow the pace then pick up the tempo.
- Respect private property along the trail.
- Don't litter. If you can't find a trash can, carry your trash home in your FuelBelt (<http://www.fuelbelt.com>)
- Get approval from local authorities before planning a race or training event on your local multi-use trail. ●

*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>*

## Sign the Pledge to Run@Work and enter to win a FREE pair of PUMA performance running shoes

The Road Runners Club of America is pleased to announce that PUMA® has joined the efforts to support the 2nd Annual RRCA National Run@Work Day® scheduled on September 21, 2007. PUMA will provide a free pair of PUMA performance running shoes to four lucky individuals that sign the pledge to Run@Work on September 21st.

Simply sign the pledge at <http://www.RRCA.org/programs/runatwork> and your name is entered into the random drawing for a free pair of PUMA performance running shoes. ●

## A Novel Run

The Bartram Trail Friends of the Library is sponsoring a 5K run/walk on Saturday, June 9, 2007 starting at 8 am. The theme of the run is **A Novel Run** and will include a costume contest for the best male and female literary character and also the most creative literary character costume. The race will begin and end at Mills Field and will have trophies for age-category winners as well as a raffle and, of course, a run tee shirt. ●



# Striders at the Races

## RACE RESULTS

To get your race results published, email [m.t.marino@att.net](mailto:m.t.marino@att.net)

### CITISTREET CORPORATE RUN 5K

Jacksonville Landing  
April 26, 2007

Justin Jacobs	16:12	1st O/A
Bill Dunn	18:58	
John Funk	19:13	
Keith Poythress	20:11	
Stephen Beard	20:33	
Frank Frazier	21:33	
Rosa Haslip	21:57	
Raymond Ramos	22:03	
Ed Hardee	22:54	
Micayla Costa	23:39	
Amy Costa	23:40	
Bonita Golden	26:31	
Melissa Stone	27:58	
Mark Lay	30:42	
Kelly Minor	32:18	
Denise Williams	34:18	

### ANY WAY YOU CAN 5K

Orange Park  
April 28, 2007

Jim Henderson	18:19	3rd O/A
Michael Mandt	21:18	2nd A/G
Robert Crampton	22:02	
Raymond Ramos	22:07	3rd A/G
Craig Harms	22:55	1st A/G
Susan Harms	24:22	3rd O/A
Tracy Pfuntner	24:58	1st A/G
Nancy Harms	25:56	1st A/G
Kimberly Lundy	26:05	3rd A/G
Callee Davenport	27:51	
Al Saffer	30:46	1st A/G
Heather Trubey	31:30	
Mark Lay	31:44	
Erica Smith	31:45	
Kelly Minor	31:54	
Pamela Miller	35:22	
Michelle Ramos	38:35	
Nichole Galvin	41:03	

### COUNTRY MUSIC MARATHON

Nashville, TN  
April 28, 2007

Kim Hoyt	3:44:54
Katie Deen	3:56:57
Barbara Whitter	5:19:41
Ed Kelly	5:40:22

### COUNTRY MUSIC HALF MARATHON

George Hoskins	2:28:42
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### RUN FOR COVER 5K

Jacksonville  
April 30, 2007

Stephen Beard	19:45	2nd A/G
Robert Crampton	21:24	1st A/G
Lewis Buzzell	21:35	1st A/G
		1st Attorney
Paul Smith	23:31	1st A/G
Maurya Sova	22:25	
		Masters Female
Gil Flores	23:40	
Barbara Whitter	25:29	1st A/G
Sandra Shines	32:47	1st A/G
Joe Connolly	43:14	2nd A/G

### FLEMING ISLAND 5K

Fleming Island  
May 5, 2007

David Bonnette	18:41	
		Masters Male
Bill Phillips	19:05	1st A/G
Bill Dunn	19:36	1st A/G
Bernie Candy	19:39	1st A/G
Keith Poythress	20:16	1st A/G
George White	21:06	1st A/G
Mike Mandt	21:33	3rd A/G
Frank Frazier	21:38	2nd A/G
Raymond Ramos	22:18	3rd A/G
Jack Roberts	24:15	1st A/G
James Vauvina	24:22	
Tracy Pfuntner	24:57	2nd A/G
Len Pfuntner	24:58	
Kimberly Lundy	25:43	1st A/G
Jack Hayes	26:07	1st A/G

Sue Whitworth	27:07	2nd A/G
Jennifer Roberts	27:10	
Maria Littlejohn	28:23	
Marie McNary	28:54	1st A/G
Simone Shields	29:01	
Freddy Fillingham	29:25	2nd A/G
Gayla Poythress	32:40	
Sandy Kelley	33:09	
Al Saffer	34:49	1st A/G
Dottie Cahill	35:12	1st A/G
Abby Roberts	39:03	1st A/G
Spenser Mollnow	44:53	

### SHRIMP FESTIVAL 5K

Fernandina Beach  
May 5, 2007

Del Conner	20:50	2nd A/G
Bill Pennington	21:08	3rd A/G
Rosa Haslip	21:11	1st A/G
Kathy Murray	22:25	3rd A/G
Ed Hardee	22:36	1st A/G
Kathy Conner	20:50	
Nicole Galvin	34:25	

### RITA CASH IN THE SPRING 5K

Jacksonville  
May 12, 2007

Justin Jacobs	15:57	2nd O/A
John Metzgar	17:37	
		Masters Male
Orestes Gutierrez	17:44	
Jeremy Ferman	18:50	2nd A/G
Len Ferman	18:51	1st A/G
Bill Dunn	18:52	3rd A/G
Stephen Beard	20:07	2nd A/G
George White	21:02	1st A/G
Rosa Haslip*	21:11	1st A/G
Frank Frazier	21:33	2nd A/G
Denise Metzgar	21:44	2nd A/G
Raymond Ramos	22:07	
John Hirsch	22:19	2nd A/G
Regina Taylor	22:25	3rd A/G
Paul Smith	23:17	1st A/G
Chelsea Metzgar	23:54	2nd A/G
Tom Zicafoose	23:47	
Len Pfuntner	24:08	



Tracy Pfuntner	24:16		Michelle Ramos	37:43		Stephen Beard	19:57	1st A/G
Tom Bass	25:30		Nicole Galvin	39:15		Randy Arend	20:09	1st A/G
Bonita Golden	25:45		Joe Connolly	43:59	2nd A/G	George White	20:24	1st A/G
Grand Masters Female		PR	Katy Stanley	46:28		Robert Crampton	21:19	
Josh Stanley	29:51		Susan Stanley	47:34		Lewis Buzzell	21:56	1st A/G
Erica Smith	30:57		Carolyn Disher-Ryan	51:49	1st A/G	Paul Smith*	23:07	1st A/G
Freddy Fillingham	31:14	3rd A/G				Tracy Pfuntner	23:45	3rd A/G
Judith Gould	31:27					Kimberly Lundy	26:03	3rd A/G
Jonie Davis	31:41					Freddy Fillingham	28:52	2nd A/G
Sandra Shines	32:36					Gordon Slater	28:50	
Al Saffer	32:42	1st A/G				Cathy Reidy	29:25	
Burness Morris	32:58		Patty Stewart-Garbrecht	18:58	1st A/G	Gayla Poythress	29:38	
Evan Gould	34:35		Keith Poythress	19:51	2nd A/G	Erica Smith	30:38	

**PINE FOREST 5K**  
**Jacksonville**  
**May 19, 2007**

## 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 <b>NEW! Use main gate on Doctor's Lake Drive and park in the parking lot near the athletic field</b>	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

Sandra Shines 32:04  
 Nicole Galvin 39:06  
 Kathleen Ngo 40:22  
 Shannen Crampton 52:03

**VILANO 5K**  
**St. Augustine**  
**May 19, 2007**

Bernie Candy 20:54 2nd A/G  
 Steve Bruce 25:35  
 Jack Hayes 28:10  
 Kent Smith 28:19  
 Jim Kehr 29:49 2nd A/G  
 Vicki Choiniski 30:49  
 Chris Kerr  
 Bo Holub 33:21  
 Trish Kabus 41:47



# February 17, 2008

**www.BreastCancerMarathon.com**

Jeff Galloway Training Programs are the Official Training Program of the Breast Cancer Marathon • 100% of race entry fee goes to breast cancer research and care

## Training Kick-Off

With Coach and Olympian Jeff Galloway. Join him for a Free Clinic!

## NEW DATE: Saturday, June 9

St. Augustine • A new training group will be forming in St Augustine! Contact your St. Augustine Galloway Program Director, Trish Kabus at 343-5181 or trishk22@aol.com for more information.

**Al says, "Don't forget to sign the Strider Man!"**

### NEW MEMBERS

Benjamin Mathews  
 Karen & Steve McCormick  
 Lisa Meadows

### RENEWING MEMBERS

Stephen Beard  
 John & Sandra Bowsman  
 Virginia & Gordon Butler  
 Bernie Candy  
 Janet Elliott  
 Freddy Fillingham

Gil Flores  
 Claudia French  
 John Gauer  
 Robert & Karin Glenn  
 Bonita Golden  
 Sherry Gonyon  
 Jerri & Ernie Hamm  
 James Henderson  
 Kimberly, Peter & Alexandra Hoyt  
 Justin Jacobs  
 Theresa Kamajian  
 David Kelley  
 Benjamin Mathews

Karen & Steve McCormick  
 Lisa Meadows  
 Dorsey "Bryce" Motes  
 Kathleen Ngo  
 Patricia & Pete Noonan  
 Barry & Harriet Panensky  
 Rex & Wendy Patterson  
 Eugene & Watsie Petree  
 Ronald Rapaport  
 Jennifer & Quinn Roberts  
 Mary Louise Shannon  
 Staci Suits  
 Jacob Witt  
 Kaitlin Yaracs

### MULTI-YEAR RENEWALS

Warner Millson  
 Danny & Jenny Suber  
 Lorri & Benjamin Howard  
 Annalee McPhilomy  
 Matthew Acheson  
 Michael Putala  
 Frank & Lillian Sutman/Lawless ●

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:	
Date _____		Family \$20	<input type="radio"/>
		Single \$15	<input type="radio"/>
		Junior (under 18) \$10	<input type="radio"/>
		Senior (over 65) \$10	<input type="radio"/>

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.

# June 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](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
June 2	Davidson Realty World Golf Village 5K	8:00 a.m	World Golf Village St. Augustine	(904) 731-1900 First Place Sports
June 8	JTC Mile Festival	7:00 p.m.	Bolles School 7400 San Jose Blvd. Jax	(904) 388-7860/384-8725 Jacksonville Track Club
June 9	A Novel Run 5K	8:00 a.m.	Mills Field East of SR 13 Fruit Cove	(904) 731-1900 First Place Sports
June 16	Avia Jacksonville Championships 5K	7:30 p.m.	Jacksonville Landing	(904) 731-1900 First Place Sports
June 16	Run for the Pies 5K	8:00 p.m.	Jacksonville Landing	(904) 731-1900 First Place Sports
June 22	JTC All Comers Track Meet #3	7:00 p.m.	Bolles School 7400 San Jose Blvd. Jax	904) 388-7860/384-8725 Jacksonville Track Club.
July 4	PACE Celebration 5K	7:30 a.m.	1st Place Sports 3931 Baymeadows Rd. Jax	(904) 731-1900 First Place Sports
<b>November</b>	<b>Hog Jog 5K</b> <b>FUN RUN</b>	<b>9:00 a.m.</b>	<b>Van Zant Park, Lake Asbury</b>	<b>(904) 728-7759</b> <b>stevebruce@comcast.net</b> <b>Florida Striders</b> <b>Track Club</b>
<b>January 2008</b>	<b>River Road Resolution Run 5K</b> <b>FUN RUN</b>	<b>8:00 a.m.</b>	<b>Orange Park Kennel Club</b>	<b>(904) 272-1770</b> <b>BobBoydFL@comcast.net</b> <b>Florida Striders</b> <b>Track Club</b>



Hello and a good month to all. I guess many of you are wondering exactly who I am, especially given I have been out of commission for some time due to an ankle sprain I got running the Last Gasp Cross Country Race at the end of December (yeah, it was that bad). But before I get to that, I would like to recognize Patti for the wonderful job she did with wrapping up the monthly race results and providing training tips through Pacing with Patti. I take on this volunteer task knowing I have big shoes to fill, but also know I can reference past StrideRights for ideas and inspiration.

Now back to the question of who I am. I've been a Strider since 2002, and even maintained my membership while living in Orlando from 2003 to 2006. I do triathlons as well as road races, and you may have seen me on my bike during the Jacksonville Marathon this past year (and others) hollering out encouragements to all participants. I am also an upstanding member of the Strider Trail Buffs, and proclaim myself to be the anchor of the Buffs, meaning I have been the last one on the team to finish races we've been in with only one exception. I hope to meet more of you as I get back into my training soon. But enough about me, on to the results, as there were several races since the last issue of StrideRight.

We got off to a great start for the month on April 26th at the Jacksonville Landing with **Justin Jacobs** racing to an overall victory at the **Citistreet Corporate Run 5K** in a time of 16:12. Leading the charge for female Striders was **Rosa Haslip** with a time of 21:57. Impressive times (sub 20 for men and sub 24 for women – it works for the Pies) were also turned in by **Bill Dunn**, **John Funk**, and **Amy Costa**.

**At the Any Way You Can 5K** in Orange Park on April 28th, **Jim Henderson** and **Susan Harms** found a way to take home 3rd place overall prizes in times of 18:19 and 24:22, respectively. Scoring age group wins were **Craig Harms**, **Tracy Pfuntner**, **Nancy Harms** and **Al Saffer**. **Michael Mandt** ran swiftly enough to capture 2nd place in his age group, and **Raymond Ramos** and **Kimberly Lundy** placed third in their age groups.

**The Run for Cover 5K** on April 30th, had **Stephen Beard** as our fastest Strider in 19:45, which was good for a 2nd place age group finish. Leading our female Striders while racing to an overall Master's division victory was **Maurya Sova** in a time of 22:25. Strider age group champions included **Robert Crampton**, **Paul Smith**, **Barbara Whitter**, **Sandra Shines**, and **Lewis Buzzell**, who was also the first attorney to finish. **Joe Connolly** turned in a 2nd place age group finish as well.

Striders showed up in force at the **Fleming Island 5K** on May 5th, bringing home the overall Master's title, compliments of **David Bonnette** in a time of 18:41, and a dozen 1st place age group finishes. The age group winners were:

**Bill Phillips**, **Bill Dunn**, **Bernie Candy**, **Keith Poythress**, **George White**, **Kimberly Lundy**, **Jack Hayes**, **Marie McNary**, **Al Saffer**, **Dottie Cahill**, **Abby Roberts**, and, perhaps most impressively, 8-year-old **Jack Roberts** in a time of 24:15. Second place age group finishes were earned by our fastest female Strider, **Tracy Pfuntner** (24:57), **Frank Frazier**, **Sue Whitworth** and **Freddy Fillingham**. Rounding out our winning charge were **Mike Mandt** and **Raymond Ramos**, each earning 3rd place in their age group.

Also on May 5th was the **Shrimp Festival 5K** in Fernandina Beach. Leading the Strider effort was **Del Connor** in 20:50, good for 2nd in his age group, and **Rosa Haslip** in 21:11, which earned a 1st place age group finish. **Ed Hardee** was also in championship form, winning his age group, and **Bill Pennington** and **Kathy Murray** ran to 3rd place age group finishes.

A week later on May 12th saw another impressive Strider effort here in Jacksonville at the **Rita Cash in the Spring 5K**. **Justin Jacobs** led the way with a 2nd place overall finish in 15:57, followed by **John Metzgar** winning the Masters in 17:37 and an impressive 17:44 by **Orestes Gutierrez**. **Rosa Haslip** was again our fastest female Strider, winning her age group with a time of 21:11, and along with **Denise Metzgar** (2nd) and **Regina Taylor** (3rd), combined to make it a Strider sweep of the women's 40-44 age group. **Bonita Golden** ran a PR (25:45) in the Grand Masters female, and age group wins were recorded by **Len Ferman**, **George White**, **Paul Smith**, **Al Saffer**, and **Carolyn Disher-Ryan**. Pacing to 2nd place age group finishes were **Jeremy Ferman**, **Stephen Beard**, **Frank Frazier**, **John Hirsch**, **Chelsea Metzgar**, and, in his 837th race, **Joe Connolly**. Third place age group efforts were turned in by **Bill Dunn** and **Freddy Fillingham** as well.

On May 19th at the **Pine Forest 5K** in Jacksonville, **Patti Stewart-Garbrecht** decided she would lead all Striders before bolting for D.C., recording an age group win with a time of 18:58. **Keith Poythress** was our fastest male Strider, winning 2nd place in his age group in 19:51. We recorded another age group sweep, this time in the men's 65-69 age group, with **Paul Smith** leading the way, **Freddy Fillingham** in 2nd, and **Gordon Slater** in 3rd. Other age group champions were **Stephen Beard**, **Randy Arend**, and **George White**. **Kimberly Lundy** and **Tracy Pfuntner** each earned 3rd place age group prizes.

And the **Vilano 5K** in St. Augustine, which was also on May 19th, (and the last of the local races to report on – whew), saw **Bernie Candy** recording the fastest Strider time in 20:54, good for 2nd in his age group, and **Vicki Choinski** as the fastest female Strider. **Jim Kehr** also ran to a 2nd place age group finish.

**Striders – They're Everywhere!!**

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Doesn't that sound better than Striders on the Road? Five Striders made the trip to **Nashville, Tennessee for the Country Music Marathon and Half Marathon** on April 28th (and I imagine they saw the Grand Ole Opry too). Finishing the Marathon while hopefully listening to some classic country tunes were **Kim Hoyt** (leading the Strider effort with a 3:44:54), **Katie Deen, Barbara Whitter and Ed Kelly**. Our sole Strider in the **Half Marathon** was **George Hoskins**, who posted a 2:28:22. Congrats to all of you on finishing.

And from our newly established Strider colony in Delaware, **Frank Sutman** got himself into two fairly unique races. Anyone surprised? I think one of the races is described in an article on previous pages, so I won't go into detail here, but it involved running a half-marathon, followed by a 10K, and then running a 5K...all in the same morning on a very difficult course that included trudging through muddy trails. (Where was Bill Dunn while this was going on?) Frank recorded an age group win for the three races combined. The other race was the **Delaware Marathon** on May 20th, though he did it as the anchor leg of a 4-person coed masters relay. Frank's team posted a very impressive 2:42:53 and was the first relay team to finish.

And finally... I saw my two predecessors had a special few paragraphs or so to make their summaries unique. Patti had her training tips, and Rob Glenn had his rant. Well, for now, my unique something will be Tidbits and Awards!! For Tidbits, these would be any peculiar happenings, notes or silly stuff about racing, training, or Striders. These can be streaks, firsts, errors, race rituals, etc. For Awards, these will vary from month to month,

both in name and the accomplishments they recognize. Awards will usually be based on some type of special accomplishment, but may also be for frivolous feats, and I am the sole judge of who gets an award and for what. Also, while we have no prizes for awards, all award winners shall be entitled to a, lets call it a (pause for effect), a nice smug feeling. Yes, award winners, whenever among Striders, shall be entitled to be completely and utterly full of themselves (this shouldn't be too hard for some). And even beyond that, award winners shall also be allowed to deduct 4 to 10 seconds off of each interval at the track, claim to have run two additional miles during long runs, and slightly tip their nose at any other Strider and nod with a "hmpfh" when making such claims.

For Tidbits this month...Did you notice Rosa Haslip ran the same time, 21:11, on consecutive weekends? And both for age group wins. Now that's consistency! ....Could the Strider winnings this month be a record? If you took time to count (admit it, you didn't), you'd find Striders turned in 40 age group wins, and these were in addition to an overall win, a 2nd place overall, two 3rd place overall finishes, and three wins in the Masters divisions – nice effort folks!

For awards, I'll wait until next month, giving folks the opportunity to nominate someone they feel is deserving of the "nice smug feeling" and other benefits described above. Of course, for the Tidbits and Awards, I'm open to your input or nominations, which can be sent to me along with your race results at [m.t.marino@att.net](mailto:m.t.marino@att.net).

Here's hoping you liked my first effort for this article and also hoping I'll see you folks more often, as I'm finally beginning to train again. Til next time, train well and be safe. ●

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 [m.t.marino@att.net](mailto:m.t.marino@att.net) or Mike's snail mail 9858 Moorings Dr., Jacksonville, FL 32257

## Local Running Info On The Internet



[www.floridastriders.com](http://www.floridastriders.com)

You can contact us via e-mail at:  
**[Dbokros@comcast.net](mailto: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/rcahtml/rccarep.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>