



Volume 26, Number 7

STRIDERIGHT

Florida Striders Track Club



www.floridastriders.com



July 2007

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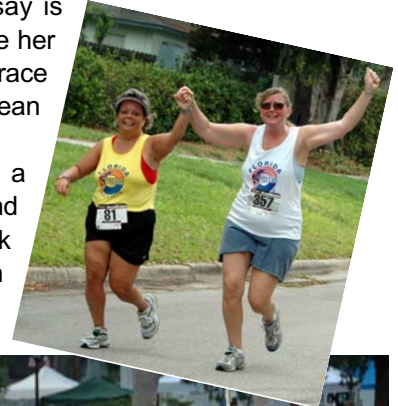
Memorial Day 5k *rundown!*

By Dave Bokros • Photos by Vanessa Boyd

The Florida Striders can be proud of another world-class 5k production! We all met in the usual place to find Green Cove Springs full of energy, even at 6:00 am! Everything went extremely well, right down to the traditional singing of the Star Spangled Banner by the lovely and talented Michelle Krueger. For those that have not heard the story, Dean and Michelle met at the Memorial Day 5k while stretching for the race on the Green Cove Springs municipal pier. Some time later they were engaged to be married and the rest, as we say is history! We have been fortunate enough to have her sing the national anthem at every Memorial Day race since then. Congratulations, by the way, to Dean and Michelle, who are expecting their first child.

Justin Jacobs scorched the course with a 15:56 with Ryan Sloan and Paul Mcrae just behind at 16:26 and 16:28, respectively. Kim Pawelek proved once again, that she is the fastest woman in town with 17:51,

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SOCIALS

JULY 22



Outback Crab Shack at Six Mile Marina

Directions: The Outback Crab Shack at Six Mile Marina is about 3 miles south of the Shands Bridge cutoff (US 16) on State Road 13. For more information, please call Glenn Hanna at 777-9351 or ghanna@bellsouth.com. Come one, come all! Access by boat also!

Tuesday, August 21st will be a Jacksonville Suns Baseball game. We need a minimum of 25 people to get a group rate. Striders wishing to attend should contact Gayla Poythress in advance.

AUGUST 21



Prez Sez By Dave Bokros

It is hot, hot, hot outside! Those long runs get harder and harder, but getting those runs and your weekly base mileage in is not nearly as hard as laying off and coming back in the fall. These are the times that build good friendships. Get up early if you want to beat the heat, just remember all the rules for night time safety.

If you haven't, already, look at the race calendar. Pick out a race in the fall- winter if it's a marathon. Get out a calendar, and set up a training plan. If you are not sure how to set up a training plan, or just want some good advice, call one of your board members and they will help put you in touch with the right coach.

Summer is every bit as bad as those cold, rainy days of winter, but remember how you felt when you went out in the cold rain for a long run with friends. All of your neighbors stayed home and slept in- a good excuse not to do anything outside. You, on the other hand, went out and had a great time with friends! Remember how good you felt when you were done? That hot shower or bath afterwards. The elevated metabolism that lasts for the rest of the day. Turn that around and apply that attitude to the hot summer days! Find a reason to get excited to be outside! It's only as bad as you let it seem. In all this, remember to hydrate, hydrate hydrate!

See you on the road! ●

Board of Directors' Minutes 6/12/2007

Dave Bokros called the meeting to order at 7:10 pm. Directors present were Denise Metzgar, John Steinberg, Mike Ford, Mike Mayse, Keith Poythress, Gayla Poythress, George Hoskins, Nicole Sullivan, Dave Bokros, Glenn Hanna, Kay Womack, James Vavrina, Kelly Howard, John Metzgar.

Minutes: Mike Mayse made one change to the minutes for the May meeting. During the treasurers report there was a question over the equipment items purchased, among the items mentioned in the May minutes were several new tables.

Treasurer's Report: The May Treasurer's report was filed as written. George Hoskins amended the March and April treasurer reports filed by Dave Bokros to account for some minor accounting errors. The reports were both accepted as amended by George Hoskins.

Striders received \$500.00 from the Reinhold Foundation thanks to an application authored by Bob Boyd. Discussion over the Compass bank CD that is due to mature in June resulted in a motion by Mike Mayse to roll CD into an 8 month CD offered by Compass Bank with 5.25% interest rate. The motion was seconded by Kelly Howard and carried by a unanimous vote.

Run to the Sun Race Report: Dave Bokros presented the report in the absence of Gary Hallett. The report was accepted as presented to the Board of Directors. Also presented was a letter of resignation from Gary Hallett as RTTS Race Director. Gary has done a fine job but does not feel that he can commit to another year due to travel for work. Gary will pass down his race material to the next race director when appointed.

Continued on page 16

2007-2008 Board of Directors & Key Members

(Board Members marked with an *)

President/Memorial Day 5K Director:

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Memorial Day 5K

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Memorial Day 5K



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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Fun, Fit, and Faster – The New Runner Class of 2007!



By Bob Boyd

Photos by Vanessa Boyd

The Florida Striders held another 10 week New Runner Class from March to May and enjoyed the Memorial Day 5K as our graduation race. This class was the largest to date, with 72 class members. For comparison, we had 43 in this class last year and 37 in the 2005 class. There is a brief presentation each week to help educate the class on important elements of running. The topics include shoes, injury prevention, strength training, nutrition, hydration, running attire, safety, race preparation, and training principles. Each class includes a warm-up, stretching, training, a cool-down, and post-run stretching. The classes are held at the St. Johns Country Day School Track on Wednesday evenings. We have been blessed with very good and very qualified speakers during the classes who include John & Denise Metzgar, Jay Birmingham, Nicole Sullivan, and Allen Weiss. The group leaders who run with the class members are critical to the success of these athletes training. Their interest and interaction with the class members are the key to the good results. Special thanks to each of our group leaders:

Vanessa Boyd
Dave Bokros
Jennifer O'Brian
Jeff Suits

Staci Suits
Vicky Connell
Sandra Maveety
Kim Lundy
Kay Womack
James Vavrina
Lesley Jones
Kim Anthony
Jen Cunningham
Blake Cunningham
Keith Poythress

Keith deserves extra credit for handling a lot of Strider Merchandise as a result of the influx of new members as does our Membership Director, Mike Mayse. Thanks also go to Dave Bokros and George Hoskins for handling numerous deposits throughout the class. We hold a class party at the end of the 10 weeks where special class shirts are presented. 1st Race Medals are presented throughout the class as members run their 1st races and the bulk are awarded at our Memorial Day graduation race.

It was literally my pleasure to coach so many athletes as they worked together to get fitter, faster, and have fun in the process. The accomplishments and dedication of these athletes is both heartwarming and inspiring. I feel the same way about the group leaders and speakers who shared their time and talent to give back to the sport they love. You inspire me and I am proud of your accomplishments and very pleased to be part of this winning team. ●

Following are the names of our 2007 Running Class athletes:

Stephanie Atkinson	Bill Kayser
Diane Banner	Megan Kayser
Tom Bass	Melissa Kretchmer
Joshua Boer	Ed Kirby
Jan Bohn	Erin Kirby
Shana Boer	Katherine Klemm
Cindy Bradley	Rolanda Lamb
Pam Brisky	Josh Linder
Patty Brisky	Donna Lovelace
Leilia Brown	Jessica Lovelace
Heather Burke	Joshua Lovelace
Sarah Calhoun	Thomas Lovelace
Diane Carter	Sheri Malone
Kristin Carter	Karen McCormick
Carla Cran	Jamie McKinstry
Justin Cran	Cathy McCrary
Amanda Crews	David Michal
CalLee Davenport	Kim Morrison
Amy Decker	Kevin O'Brien
Billie Eason	Chris Owen
Brian Forster	Valerie Petrosky
Jane French	Barbara Scott
Nicole Galvan	Nicole Simmons
Jenny Gamble	Marielle Slappe
Thomas Gamble	Erica Smith
Christy Gemmill	Sunshine Smith
Cody Gonyon	Ryan Smith
Sherry Gonyon	Shelli Smith
Jacqueline Hardin	Joe Spradling
Kim Helinsky	Rachel Spradling
Mike Helinsky	Ashley Stone
Craig Hollis	Brenda Thomas
Theresa Hollis	Rena Towsley
Jim Hughes	Heather Trubey
KimBerly James	Mary Jane Waugh
Lisa Joca	Carol Wright

RUNDOWN

Continued from page 1

followed by Kaitlyn Iselborn and Megan Bary with times of 18:22 and 20:38.

John Metzgar won Top Male Masters with a 16:32, just four seconds ahead of John Steinberg who won the 45-49 age group for the men. Rosa Haslip won Top Masters Women with a 20:42.

Also running this year's race were the graduating members of Bob and Vanessa Boyd's beginning runners class! They all trained very hard and deserve many kudos for putting up with the heat of the Spring season leading up to the race!

I thoroughly enjoyed directing this race! Record registrations grossed \$10,227.00! The final accounting isn't all done, but a good portion of that will go back in the bank to support children's running and other community involvement by the Florida Striders to promote active, healthy lifestyles! I would take credit for something, but I really can't! It is a result of the energy and enthusiasm of all of the Striders and volunteers that the race went so well! My personal thanks to all who helped, and the City of Green Cove Springs for their efforts in making us feel welcome and allowing us to be an integral part of the Memorial Day festivities for 2007! The dedication of the days events by Mayor John Buchanan, Council member and Strider Debbie Ricks, and the Navy and Marine Corps Band was wonderful. My thanks also to Lee Bentley, City Planner and Chief Robert Musco of the Green Cove Springs Police Department for their handling of all aspects surrounding the event! I can't think of a better city to host a run! Special thanks, also, to Doug and Jane and all the folks at 1st Place Sports for all that they do! Gordon Slater and Kim Pawelek put in a tremendous amount of work behind the scenes to make sure that pre-race registration is handled without a hitch! ●

Mark 2007 as another record attendance year for the Memorial Day 5k! Many thanks go out to the coordinators:

Julie Runnfeldt, Registration Coordinator
Vanessa Boyd, Fun Run Coordinator
Kay Womack, Volunteer Coordinator
JD Smith, Equipment Coordinator
Mike Mayse, Equipment Coordinator
James Vavrina, Course Director
John TenBroeck, Starter and Awards MC
Glenn Hanna, Refreshments Coordinator



And the usual cast of fantastic volunteers:

John Powers
Michelle Krueger
Clay County Fire/Rescue
Denise Dee
Lesley Jones
Jennifer O'Brian
Jan Buzzell
Ed Schmidt
Jeanette Schmidt
Peg Lawson
Kim Lundy
Kim Anthony
Virginia Anthony
Denise Metzgar
Staci Suits
Jeff Suits
Bob Boyd

Pat Raiford
Jane Mannion
Ginger French
April McKinstry
Heather Derosie
Yessenia Rodriguez
Elsa Valdez
Carmen Valdez
Carmen Valdez
Elena Etter
Vicky Connell
Marissa Connell
Roberta Boyd
Jeff Nelson
April McKinstry
Patricia Czarnecki



Memorial Day 5K

May 28 2007



Florida Striders Track Club

147	316	10	Timothy Gildersleeve, 7	42:20	13:38
692	324	11	James Davie, 10	48:44	15:41

Men 11 - 13

609	77	1	Austin Koffarnus, 11	21:17	6:51
645	82	2	Cody Helms, 13	21:38	6:58
253	84	3	Richard Young, 13	21:40	6:58
642	88	4	Quinn Heinton, 11	22:02	7:05
578	122	5	Garett Cooke, 12	23:52	7:41
77	174	6	Nathan Roberts, 13	26:20	8:28
208	184	7	Michael Ryan, 13	26:50	8:38
600	186	8	David Palmer, 13	26:53	8:39
143	208	9	Ryan Dentmon, 13	27:55	8:59
326	211	10	Nicholas Brown, 11	28:00	9:01
591	220	11	Tj Jakubowski, 11	28:38	9:13
228	263	12	Colton Delaney, 11	31:23	10:06
672	317	13	Christopher Jacque, 13	43:05	13:52

Men 14 - 19

231	8	1	Christopher Bartley, 19	16:41	5:22
392	9	2	Cameron Dickerson, 17	17:08	5:31
218	10	3	Michael Wallace, 15	17:09	5:31
330	11	4	Alex Schannen, 16	17:19	5:34
299	18	5	Christopher Dendor, 16	18:07	5:50
250	22	6	Matthew Acheson, 18	18:20	5:54
586	24	7	Tommy Brauer, 19	18:24	5:55
652	29	8	Tommy Fossa, 17	18:47	6:03
602	35	9	Sterling Clay, 15	19:08	6:09
527	38	10	John Sword, 17	19:18	6:13
378	43	11	Tommy Lucas, 15	19:42	6:20
374	54	12	Daniel Vanalstyne, 14	20:15	6:31
210	59	13	Cameron Robert, 15	20:42	6:39
209	72	14	Peter Ryan, 15	21:11	6:49
500	100	15	David Steinberg, 15	22:29	7:14
268	106	16	Larry Carnes, 17	22:51	7:21
556	110	17	Joshua Marsh, 14	23:02	7:25
559	130	18	Philip Bowers, 14	24:30	7:53
490	138	19	Alex Benn, 16	24:48	7:59
325	152	20	Carl Brown, 16	25:17	8:08
633	164	21	Nathan Chinquee, 16	25:50	8:19
634	165	22	Christopher Beatty, 16	25:50	8:19
120	173	23	Scott Collins, 17	26:12	8:26
682	209	24	Paul Ferrell, 14	27:58	9:00
592	256	25	Evan Clay, 19	30:41	9:53
426	293	26	Cody McDowall, 14	35:07	11:18
398	313	27	Joey Harper, 14	41:32	13:22

Men 20 - 24

369	15	1	Matthew Altman, 24	17:55	5:46
236	20	2	Michael Lapenna, 20,	18:17	5:53
368	21	3	Eric Dinger, 21	18:18	5:53
241	36	4	Charles Koch, 24	19:10	6:10
671	37	5	Rolando Brooks, 23	19:18	6:13
200	62	6	Ali Canton, 22,	20:48	6:41
569	155	7	Shawn Wynn, 23	25:27	8:11
670	162	8	Jonathan Tucker, 20	25:45	8:17

ID#	PLACE	CLASS PLACE	FINISHER	TIME	PACE
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Open Men

2	1	1 E	Justin Jacobs, 24	15:56	5:08
9	2	2 D	Ryan Sloan, 19	16:26	5:17
10	3	3 G	Paul McRae, 34	16:28	5:18

Open Women

11	1	1 GG	Kim Pawelek, 33	17:51	5:44
644	2	2 DD	Kaitlyn Iselborn, 16	18:22	5:54
396	3	3 DD	Megan Bary, 16	20:38	6:38

Masters Men

4	4	1 I	John Metzgar, 44	16:32	5:19
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Masters Women

305	4	1 II	Rosa Haslip, 43	20:42	6:40
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Grand Masters Men

359	16	1 K	Bill Beaumont, 50	17:55	5:46
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Grand Masters Women

580	26	1 KK	Sali Pylipow, 50	23:45	7:39
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ID#	PLACE	CLASS PLACE	FINISHER	TIME	PACE
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Men 2 & Under

380	277	1	Tom Tresca, 1	32:54	10:35
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Men 3 - 10

334	124	1	Nicholas Heath, 9	23:59	7:43
80	141	2	Jack Roberts, 8	25:05	8:04
324	222	3	Nicholas Hill, 10	28:40	9:14
643	245	4	Kyle Runnfeldt, 9	30:00	9:39
166	257	5	Adam Robert, 9	30:43	9:53
168	271	6	Mitchell Robert, 6	31:57	10:17
264	289	7	Oren Punnett, 8	33:52	10:54
356	296	8	Daniel Wallace, 9	36:01	11:35
636	306	9	Garrett West, 8	39:30	12:43



243	172	9	Patrick Gunnell, 21	26:03	8:23
472	175	10	Zachary Decristofaro, 23	26:25	8:30
666	193	11	David Alessandria, 20	27:00	8:41
240	202	12	Christina Hebert, 22	27:34	8:52
239	203	13	Mark Hebert, 24	27:34	8:52
629	207	14	Adam Gunter, 24	27:52	8:58

Men 25 - 29

199	13	1	Bradford Risner, 27	17:39	5:41
693	32	2	Chris Nie, 26	19:04	6:08
320	33	3	Anthony Fripp, 28	19:06	6:09
343	55	4	Robert Walker, 25	20:22	6:33
691	64	5	Lewis Preddy, 29	20:51	6:42
488	65	6	Seth Myers, 25	20:57	6:44
523	104	7	Lynn Preston, 28	22:40	7:18
261	133	8	Ben Brumm, 28	24:36	7:55
195	170	9	James Matteu, 28	25:57	8:21
589	179	10	Stephen Matyi, 25	26:36	8:33
216	198	11	Michael Blake, 26	27:19	8:47
322	247	12	Peder Nelson, 27	30:06	9:41
526	310	13	Jesse Olmstead, 29	41:12	13:16

Men 30 - 34

5	6	1	Shawn Williams, 31	16:39	5:22
683	17	2	Orestes Gutierrez, 30	18:07	5:50
296	25	3	Jason Arnold, 33	18:27	5:56
111	27	4	Derek Adametz, 33	18:30	5:57
387	30	5	John Funk, 30	18:57	6:06
255	70	6	Brett Smithley, 32	21:03	6:46
504	91	7	Charles Linder, 32	22:09	7:07
412	94	8	Robert Crampton, 31	22:16	7:10
66	95	9	Neal Harris, 33	22:17	7:10
646	101	10	Nate Conner, 31	22:36	7:16
284	121	11	Michael Kirkham, 34	23:43	7:38
541	126	12	Bill Pepitone, 32	24:07	7:45
553	131	13	Jonathan Lineberry, 33	24:33	7:54
74	135	14	Shane Pipher, 33	24:41	7:57
543	142	15	David Condie, 34	25:06	8:04
540	151	16	Steve Holliday, 32	25:15	8:07
448	161	17	Jeff Suits, 34	25:45	8:17
587	188	18	Ryan Smith, 33	26:54	8:39
317	200	19	Armand Panganiban, 31	27:23	8:49
566	206	20	Jeffrey Burnside, 31	27:51	8:58
509	215	21	Chad Stackhouse, 32	28:19	9:07
444	223	22	William Kayser, 30	28:42	9:14
70	229	23	Christopher Green, 32	29:07	9:22
41	234	24	Lee Punnett, 34	29:32	9:30
673	259	25	Ryan Worthington, 30	30:58	9:58
318	261	26	Ken Solomon, 32	31:02	9:59
599	268	27	Joshua Boer, 30	31:51	10:15
690	294	28	Brian Vaesa, 32	35:23	11:23
332	295	29	Eric Sullivan, 32	35:40	11:29
648	299	30	Jason Rouse, 31	36:19	11:41

Men 35 - 39

341	7	1	John White, 39	16:40	5:22
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37	26	2	Mills Ramseur, 35,	18:29	5:57	225	159	20	James Giles, 41	25:44	8:17
190	39	3	Andrew Marchand, 36	19:21	6:14	73	163	21	Robbie Milligan, 44	25:50	8:19
55	42	4	Scott Olivolo, 38	19:37	6:19	661	168	22	Guy Jackson, 42	25:52	8:19
39	49	5	Robert Smith, 39	19:57	6:25	233	177	23	Kim Leggette, 40	26:29	8:31
340	67	6	Victor Arreola, 39	20:58	6:45	654	182	24	Bradley Sheperd, 41	26:44	8:36
122	74	7	Mike Lewis, 37	21:12	6:49	300	187	25	Douglas Palmer, 40	26:54	8:39
393	79	8	David Clarkson, 39	21:28	6:54	612	190	26	James Jacola, 44	26:57	8:40
630	81	9	Sherwin Salla, 35	21:34	6:56	662	191	27	David Weiss, 42	26:59	8:41
148	85	10	Tom Gildersleeve, 38	21:44	7:00	478	192	28	Joe Spradling, 42	26:59	8:41
383	99	11	Steven Barr, 37	22:27	7:13	531	199	29	Tony Frey, 41	27:21	8:48
384	102	12	Joe Skryd, 39	22:39	7:17	689	205	30	Vincent Cameron, 41	27:39	8:54
217	119	13	Darrell Life, 38	23:37	7:36	133	214	31	Hernan Arboldeda, 40	28:08	9:03
485	154	14	Corey Jamros, 38	25:24	8:10	457	216	32	Greg McCrary, 40	28:20	9:07
688	158	15	Andrew Anderson, 37	25:42	8:16	635	226	33	Jon Ambrose, 43	28:57	9:19
79	166	16	Quinn Roberts, 39	25:50	8:19	288	230	34	Maurice George, 41	29:14	9:24
391	169	17	Pat Farenga, 39	25:53	8:20	89	231	35	Forrest Andrews, 44	29:14	9:25
473	185	18	Thomas Pittman, 37	26:52	8:39	528	272	36	Ed Kirby, 44,	32:09	10:21
601	195	19	Robert Walthour, 35	27:05	8:43	421	291	37	Evan Gould, 40	34:46	11:11
263	196	20	Clayton Punnett, 36	27:08	8:44	93	318	38	Tom Magyari, 42	43:27	13:59
130	217	21	Patrick Haldeman, 36	28:23	9:08	101	320	39	Gerry Doyle, 42	44:06	14:11
67	219	22	Bill Eisert, 36	28:37	9:13	293	327	40	Dale Shackelton, 43	52:21	16:51
530	227	23	Rich Gilmore, 38	28:58	9:19						
43	233	24	David Punnett, 35	29:32	9:30	Men 45 - 49					
416	237	25	Richard Tygrest, 35	29:44	9:34	3	5	1	John Steinberg, 48	16:36	5:21
129	239	26	Daniel Hoffman, 37	29:47	9:35	12	12	2	Jim Shields, 49,	17:20	5:35
429	242	27	Shaun Harris, 38	29:48	9:35	314	28	3	Chris Laduke, 46	18:36	5:59
536	266	28	Kevin Obrien, 38	31:39	10:11	291	31	4	Keith Brantly, 45	19:03	6:08
257	269	29	Umesh Marathe, 37	31:53	10:16	606	48	5	Joe McQuade, 46	19:53	6:24
169	270	30	Paul Robert, 38	31:57	10:17	355	51	6	John Hagan, 48	20:00	6:26
435	279	31	David Webster, 36	33:14	10:42	605	57	7	Michael Brown, 48	20:25	6:34
161	290	32	Sean Stampfle, 36	34:21	11:03	38	60	8	Tom Combs, 46	20:44	6:40
545	305	33	Jay Jernigan, 37	38:28	12:23	382	61	9	Kevin Claney, 46	20:45	6:41
155	307	34	Raymond Ponce, 37	39:36	12:45	376	63	10	Scott Meier, 48	20:48	6:42
535	311	35	Brett Edwards, 39	41:12	13:16	366	66	11	Jeb Stewart, 46	20:58	6:45
56	312	36	Jose Colon-Torres, 36	41:29	13:21	316	68	12	Gary Haslip, 45	21:01	6:46
						407	90	13	Raymond Ramos, 45	22:05	7:06
						49	93	14	Simon Jacobson, 49,	22:11	7:08
Men 40 - 44						651	108	15	James Fossa, 46	22:56	7:23
362	14	1	John Wisker, 40	17:49	5:44	574	113	16	Gary Turner, 49,	23:21	7:31
344	19	2	Michael Dahlin, 43	18:16	5:52	385	114	17	Zane Blocker, 48	23:23	7:31
409	23	3	David Bonnette, 40	18:21	5:54	640	123	18	Tim Purvis, 46	23:58	7:43
15	44	4	Dean Krueger, 41	19:44	6:21	663	127	19	William Lund, 47	24:21	7:50
607	45	5	Mike Cummings, 43	19:46	6:22	413	128	20	Thomas Bass, 45	24:26	7:52
335	46	6	Mark Grubb, 42	19:50	6:23	26	132	21	George Johnston, 45	24:34	7:54
463	52	7	Keith Poythress, 43	20:02	6:27	686	137	22	R Y. Johnson, 49	24:42	7:57
197	69	8	Michael Mandt, 40	21:02	6:46	511	150	23	Chris Staggers, 45	25:13	8:07
205	89	9	Bruce Meier, 42	22:05	7:06	61	157	24	Tim Simpson, 49	25:37	8:15
583	96	10	Bob Buscemi, 40	22:22	7:12	641	160	25	Jim Morgan, 46	25:45	8:17
338	109	11	Scott Shemenski, 43	22:58	7:23	537	180	26	Larry Branz, 48	26:40	8:35
450	112	12	David Arnold, 44	23:16	7:29	220	183	27	David Ferguson, 4	26:48	8:38
533	125	13	Leonard Pfuntner, 41	24:01	7:44	624	201	28	Stephen McNally, 46	27:33	8:52
613	136	14	Joe Naczi, 43	24:42	7:57	33	204	29	Wayne Pollaci, 49	27:37	8:53
590	139	15	Thomas Jakubowski, 41	24:52	8:00	131	212	30	Alex Fletcher, 46	28:01	9:01
514	143	16	Manuel Ortiz, 40	25:07	8:05	480	213	31	Christopher Newmes, 45	28:07	9:03
466	148	17	Davey Jones, 43	25:12	8:06	427	218	32	Jon Braasch, 47	28:34	9:12
234	149	18	Douglas Pickel, 42	25:12	8:06	594	228	33	Jeffrey Parisi, 46	29:02	9:20
475	156	19	Keith Koerber, 40	25:36	8:14						

201	235	34	Dale Thomas, 47	29:33	9:31	650	107	9	Ralph Johnson, 56	22:54	7:22
554	241	35	Kevin Ott, 49	29:47	9:35	621	120	10	Quincy Masters, 56	23:40	7:37
417	243	36	Glenn Klauer, 49	29:52	9:37	486	140	11	Glenn Hanna, 57	24:54	8:01
593	255	37	Tim Clay, 45	30:41	9:52	367	144	12	Alan White, 55	25:08	8:05
625	274	38	Gary Schumacher, 49	32:40	10:31	27	176	13	Joe Butler, 59	26:27	8:31
118	281	39	Peter Magyari, 49	33:27	10:46	251	181	14	Doug Matyi, 56	26:41	8:35
353	292	40	Chuck Fry, 49	34:59	11:16	525	221	15	Harold Johnson, 59	28:40	9:13
685	304	41	Bob Glod, 49	38:23	12:21	628	224	16	James Renninger, 57	28:50	9:17
160	323	42	Charles Sininger, 47	45:53	14:46	555	240	17	Ed Hardee, 55	29:47	9:35
498	326	43	James Heard, 46	51:29	16:34	522	250	18	Bernie Powers, 56	30:22	9:46
						415	267	19	Lathun Brigman, 57	31:45	10:13
Men 50 - 54						196	288	20	Danny Randolph, 55	33:48	10:53
524	40	1	Terry Sikes, 50	19:25	6:15	285	300	21	Paul Kirkham, 58	37:08	11:57
386	41	2	Edward Bates, 50	19:35	6:18	564	309	22	Larry Burnside, 55	40:48	13:08
399	47	3	Dave Shutt, 51	19:51	6:23	114	321	23	Dennis Maloney, 55	45:12	14:33
47	50	4	Stephen Beard, 51	19:58	6:25						
20	58	5	Del Conner, 54	20:25	6:34	Men 60 - 64					
106	73	6	Steve O'Brien, 52	21:11	6:49	306	53	1	David Ohnsman, 63	20:07	6:28
349	75	7	Bill Pennington, 50	21:15	6:50	19	80	2	Frank Frazier, 64	21:29	6:55
333	76	8	Dan Holloway, 52	21:17	6:51	181	87	3	Tom Henkel, 63	22:00	7:05
297	98	9	Rick Swenson, 53	22:27	7:13	627	92	4	Tom Graham, 63	22:09	7:08
36	115	10	Kevin Brown, 53	23:24	7:32	462	116	5	George Hoskins, 62	23:26	7:32
25	117	11	Edwin Higginbotham, 53	23:27	7:33	178	134	6	Neal Cohen, 62	24:40	7:56
249	129	12	Danny Senn, 53	24:30	7:53	637	147	7	Jim Voss, 63	25:11	8:06
549	145	13	James Jackson, 51	25:09	8:05	420	153	8	Gary Cook, 62	25:17	8:08
597	194	14	Charles Mann, 52	27:00	8:41	596	197	9	Ed Kelly, 61	27:18	8:47
100	210	15	Chris Gentry, 50	27:59	9:00	501	225	10	Vincent Seiferd, 62	28:54	9:18
109	244	16	Gary Ledman, 53	29:58	9:38	676	283	11	Jay Birmingham, 61	33:28	10:46
623	246	17	Donald Chapman, 52	30:04	9:40	266	284	12	Doug Barrows, 63	33:29	10:46
149	248	18	David Hodson, 52	30:21	9:46	48	297	13	Ron Elinoff, 64	36:02	11:36
105	249	19	Mark Lay, 51	30:21	9:46						
610	251	20	David Michal, 53	30:23	9:46	Men 65 - 69					
616	253	21	Alonzo Mangcy, 52	30:29	9:48	191	111	1	Paul Smith, 65	23:13	7:28
184	254	22	Jim Connell, 52	30:31	9:49	69	118	2	Hal Lerch, 69	23:27	7:33
44	258	23	Bill Krause, 50	30:50	9:55	246	146	3	Otto Monroe, 65	25:10	8:06
76	262	24	Edwin Hicks, 51	31:22	10:06	179	167	4	Benjamin Holland, 66	25:51	8:19
302	264	25	Layne Wallace, 52	31:24	10:06	402	171	5	Jack Hayes, 66	26:02	8:23
312	265	26	Johnny Woodhouse, 53	31:35	10:10	194	178	6	Michael Van Horn, 66	26:35	8:33
30	273	27	Gerry Tyburski, 51	32:26	10:26	14	232	7	Freddy Fillingham, 65	29:21	9:27
121	278	28	Dick Collins, 52	32:56	10:36	577	236	8	Gary Cooke, 65	29:35	9:31
24	285	29	Thomas Ryan, 52	33:39	10:50	13	238	9	Gordon Slater, 67	29:45	9:35
397	286	30	Rex Wells, 50	33:43	10:51	375	252	10	Phillip A. Trast, 69	30:23	9:47
507	301	31	James Hughes, 50	37:12	11:58	377	287	11	Stan Scarlett, 65	33:48	10:53
394	303	32	Jon Pagh, 52	38:16	12:19	18	308	12	John Tenbroeck, 66	40:05	12:54
170	315	33	Dan Scharman, 50	42:20	13:37	127	314	13	Arthur Trapani, 68	41:49	13:28
172	325	34	Roger Thompson, 54	51:09	16:28	72	322	14	Ben Mathews, 69	45:36	14:40
Men 55 - 59											
110	34	1	Bruce Holmes, 59,	19:08	6:09	107	276	1	Al Saffer, 72	32:53	10:35
604	56	2	Patrick Gaughan, 57	20:23	6:34	92	280	2	Don Magyari, 71	33:27	10:46
16	71	3	Paul Geiger, 55	21:08	6:48	95	282	3	Fred Pereira, 73	33:28	10:46
58	78	4	Lewis Buzzell, 55	21:26	6:54	336	298	4	Stewart Geiger, 70	36:02	11:36
32	83	5	John Hirsch, 55	21:40	6:58	65	302	5	Robert Shields, 72	38:14	12:18
281	86	6	Gary Corbitt, 56	21:50	7:01						
632	97	7	Randy Pullo, 57	22:25	7:13	Men 75 - 79					
346	105	8	Joe Blackshear, 55	22:45	7:19	303	275	1	John Aimone, 77	32:44	10:32

96	328	2	Bob Lafferty, 75	53:01	17:04
117	329	3	Bob Ruff, 79	56:20	18:08

Men 80 & Up

34	319	1	Joe Connolly, 82	43:41	14:04
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ID#	PLACE	CLASS PLACE	FINISHER	TIME	PACE
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Women 2 & Under

370	276	1	Katie Angers, 1	48:50	15:43
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Women 3 - 10

539	45	1	Ashton Holliday, 9	25:15	8:07
561	59	2	Payton Crews, 7	26:20	8:28
423	196	3	Jill Foster, 10	34:06	10:58
424	204	4	Jenna Foster, 8	34:41	11:10
544	235	5	Haleigh Jernigan, 7	38:28	12:23
395	246	6	Haley Mason, 8	41:28	13:21
477	278	7	Rachel Spradling, 10	49:02	15:47
294	280	8	Emily Shackelton, 6	52:19	16:50
497	281	9	Ciara Heard, 7	52:55	17:02

Women 11 - 13

639	19	1	Micayla Costa, 13	22:24	7:12
638	29	2	Jordyn Costa, 12	23:58	7:43
308	67	3	Nancy Harms, 12	26:47	8:37
620	79	4	Kaylee Speer, 11	27:17	8:47
681	170	5	Mary K Thyfault, 12	33:00	10:37
499	171	6	Nora Jones, 11	33:05	10:39
327	197	7	Claire Brown, 11	34:06	10:58
658	253	8	Gloria Esguera, 13	43:05	13:52

Women 14 - 19

86	7	1	Callie Cooper, 16	21:03	6:46
87	12	2	Courtney Cooper, 18	21:23	6:53
237	13	3	Brittany Lyle, 15,	21:59	7:04
337	15	4	Allison Shemenski, 15	22:09	7:08
232	20	5	Erin O'Nora, 15	22:50	7:21
588	33	6	Chelsea Metzgar, 15	24:31	7:53
352	37	7	Kaleigh Hecht, 16	24:45	7:58
538	63	8	Kelsey Branz, 15	26:36	8:34
345	103	9	Kirsten Loftus, 17	28:39	9:13
400	107	10	Taylor Shutt, 14	28:50	9:17
140	114	11	zzAlexis Dentmon, 16	29:05	9:22
141	115	12	Casey Dentmon, 15	29:06	9:22
185	125	13	Tori Connell, 18	29:41	9:33
364	145	14	Julianne Kauffman, 18	30:46	9:54
469	166	15	Ashley Stone, 19	32:42	10:31
660	202	16	Chelsea Jackson, 14	34:36	11:08
128	214	17	Stephanie Hoffman, 17,	36:09	11:38
667	218	18	Taylor Solomon, 15	36:41	11:48
668	219	19	Merissa Humm, 14	36:42	11:48
53	244	20	Melanie Johnston, 15	40:51	13:09
153	256	21	Jennifer Olsen, 18	44:23	14:17
152	257	22	Caitlin Hyland, 18	44:36	14:21
432	277	23	Virginia Anthony, 14	48:51	15:43



Women 20 - 24

98	23	1	Rebekah Wild, 24	23:35	7:35	461	135	16	Christina McKenney, 34	30:15	9:44
230	61	2	Kathleen Oppen, 24	26:28	8:31	474	137	17	Melissa Pittman, 34	30:19	9:45
483	66	3	Katie Maveety, 2	26:42	8:36	286	147	18	Stephanie Ward, 32	31:08	10:01
351	88	4	Matalie Clem, 24	27:38	8:54	447	149	19	Staci Suits, 33	31:14	10:03
656	94	5	Lisabeth Quinn, 20	28:03	9:02	142	150	20	Jennifer Dentmon, 31	31:19	10:05
655	95	6	Helen Quinn, 24	28:14	9:05	443	156	21	Shanna Rautio, 34	31:33	10:09
513	101	7	Helen McClernon, 20	28:33	9:11	248	157	22	Virginia Bisiaux, 34	31:35	10:10
563	119	8	Jessica Denney, 24	29:21	9:27	256	159	23	Raina Smithley, 30	31:54	10:16
653	132	9	Kristie Matherne, 24	30:04	9:41	52	172	24	Tiffany Fravala, 31	33:06	10:39
487	142	10	Rachel Myers, 24	30:38	9:52	419	181	25	Rebecca Carpenter, 31	33:36	10:49
615	164	11	Danielle Campbell, 22	32:30	10:27	506	183	26	Kristen Hughes, 34	33:50	10:53
254	215	12	Ashlie Graham, 23	36:12	11:39	470	185	27	Chris Owen, 33,	33:54	10:54
295	220	13	Ellen Boyer, 24	37:00	11:54	575	195	28	Shauna Morse, 34	34:05	10:58
657	282	14	Katie Smith, 21	54:27	17:31	445	223	29	Megan Kayser, 30	37:07	11:57
						508	225	30	Ingre Stackhouse, 33	37:09	11:57
						551	231	31	Lisa Meadows, 34	38:02	12:14
						552	232	32	Angela Taylor, 30	38:02	12:14

Women 25 - 29

279	35	1	Heather Zeigler, 27	24:32	7:54	611	234	33	Donna Mosley, 34	38:26	12:22
373	41	2	Amber Lenfert, 25	25:01	8:03	579	240	34	Shelli Smith, 30	39:53	12:50
503	53	3	Alicia Deel, 29	26:00	8:22	204	242	35	Sheri Malone, 34	40:03	12:53
674	54	4	Danielle Marth, 25	26:03	8:23	434	249	36	Courtney Snelgrove, 32	41:39	13:24
647	71	5	Theresa Ledoux, 25	26:53	8:39	132	274	37	Monica Arboleda, 34	48:05	15:29
321	72	6	Jessica Bishop, 26	26:53	8:39						
262	74	7	Deborah Boley, 28,	26:56	8:40						
363	78	8	Melissa Bearden, 27	27:16	8:46						
568	97	9	Meagan Springer, 26	28:21	9:07						
520	105	10	Jennifer Merante, 26	28:45	9:15						
695	141	11	Stephanie Broder, 29	30:38	9:52						
437	143	12	Heather Trubey, 29	30:39	9:52						
433	155	13	Erica Smith, 29	31:33	10:09						
28	160	14	Cristin Kelly, 27	31:54	10:16						
512	205	15	Kristena Jones, 26	34:56	11:14						
453	222	16	Marielle Slappe, 28	37:07	11:57						
438	236	17	Lisa Joca, 29	38:51	12:30						
439	237	18	Brian Forster, 27	38:51	12:30						
576	239	19	Nicole Galvan, 28,	39:49	12:49						
258	271	20	Jennifer Pennington	47:35	15:19						
664	283	21	Samantha McGregor, 25	54:27	17:31						
665	285	22	Denise Phillips, 28	56:00	18:01						

Women 30 - 34

502	9	1	Barbara Carrico, 33	21:14	6:50						
675	10	2	Kimberly Patterson, 30	21:17	6:51						
619	31	3	Char Fosmoe, 30	24:28	7:52						
35	34	4	Janis Dolemba, 30	24:32	7:54						
441	40	5	Stephanie Richards, 31	25:00	8:03						
547	47	6	Christine Fletcher, 34	25:25	8:11						
245	55	7	Heather Monroe-Ossi, 34	26:04	8:23						
560	60	8	Tyree Crews, 31	26:20	8:28						
274	69	9	Tricia Sevilla, 30,	26:49	8:38						
550	83	10	Lori Coogan, 33	27:23	8:49						
277	92	11	Camille Larocca, 33	27:55	8:59						
323	104	12	Shellie McCary, 34	28:44	9:15						
42	106	13	Penny Punnett, 34	28:49	9:16						
275	122	14	Shannon Conner, 31	29:35	9:31						
379	123	15	Taryn Tresca, 32	29:38	9:32						

Women 35 - 39

626	6	1	Kim Scurti, 39	21:00	6:45						
54	16	2	Katherine McCombs, 3	22:11	7:08						
188	17	3	Gail Long, 36	22:17	7:10						
339	24	4	Kimberly Arreola, 35	23:38	7:36						
534	25	5	Karen McCormick, 39	23:41	7:37						
108	30	6	Kellie Howard, 39	24:26	7:52						
598	32	7	Ashley Peterson, 38	24:29	7:53						
617	36	8	Jacqueline Culver, 38	24:37	7:55						
406	42	9	Heidi Carr, 38	25:10	8:06						
546	44	10	Laura Keating, 36	25:14	8:07						
75	51	11	Kimberly Pierce, 35	25:55	8:20						
414	58	12	Maria Littlejohn, 35	26:08	8:24						
319	62	13	Kim Bowen, 36	26:35	8:33						
270	76	14	Connie Walker, 38	27:09	8:44						
88	80	15	Nicole Andrews, 37	27:20	8:48						
460	82	16	Chelle Mahaney, 39,	27:21	8:48						
350	87	17	Robin McKinstry, 35	27:38	8:54						
203	90	18	Eva James, 37	27:45	8:56						
78	91	19	Jennifer Roberts, 36,	27:48	8:57						
582	98	20	Dottie Miller, 35	28:23	9:08						
548	99	21	Teri Billingsly, 38	28:23	9:08						
562	100	22	Lee Ann Buscemi, 37	28:25	9:09						
287	102	23	Lisa Evans-Boley, 38	28:33	9:11						
292	110	24	Gretchen Jackson, 35	28:57	9:19						
59	116	25	Micki Francis, 39	29:13	9:24						
388	117	26	Pam Joyce, 37	29:17	9:25						
649	128	27	Cindy Frazer, 35	29:45	9:34						
167	129	28	Cheri Robert, 37	29:47	9:35						
430	130	29	Lisa Torres, 37	29:52	9:36						
659	138	30	Melissa Esguerra, 37	30:19	9:45						
146	144	31	Amanda Gildersleeve, 39	30:44	9:53						
62	146	32	Masci, 37	30:57	9:57						

227	152	33	Kimberly Delaney, 37	31:23	10:06	570	261	53	Nicole Simmons, 39	45:16	14:34
456	158	34	Cathy McCrary, 39	31:50	10:15	357	263	54	Amy Decker, 39	45:25	14:37
68	165	35	Toni-Lynne Morera, 39	32:34	10:29						
484	176	36	Melissa Jamros, 38	33:30	10:47	Women 40 - 44					
276	180	37	Kimberly Giannetti, 37	33:35	10:48	313	8	1	Alison Ronzon, 43	21:13	6:50
468	186	38	Cindy Bradley, 36	33:54	10:55	7	11	2	Denise Metzgar, 4	21:19	6:52
265	187	39	Tamar Punnett, 37	33:54	10:55	315	14	3	Kathy Murray, 44	22:02	7:05
694	189	40	Rose Marie K. Preddy, 39	33:57	10:55	103	18	4	Regina Taylor, 42,	22:22	7:12
510	191	41	Rachel Cornett, 38	34:01	10:57	532	27	5	Tracy Pfuntner, 41	23:46	7:39
679	192	42	Janalyn Peppel, 35	34:01	10:57	271	38	6	Sheri Hutfles, 42	24:46	7:58
198	193	43	Kelly Register, 36,	34:03	10:57	176	46	7	Norma Artiles, 43,	25:21	8:10
405	198	44	Jennifer O'Brian, 39	34:10	11:00	238	57	8	Cynthia Maerz, 40	26:07	8:24
677	201	45	Amy Camp, 38	34:23	11:04	595	84	9	Tonia Steward, 42	27:29	8:51
219	207	46	Susan Kelley, 39	35:21	11:23	331	85	10	Suzanne Thompson	27:36	8:53
517	212	47	Ermite Cange, 36	35:38	11:28	464	118	11	Gayla Poythress, 40	29:19	9:26
608	216	48	Christine Beauregard, 37	36:18	11:41	542	120	12	Danielle Smith, 40	29:27	9:29
214	217	49	Jodie Richards, 39	36:27	11:44	224	127	13	Pamela Ruskin, 44	29:45	9:34
99	226	50	Jen Ryan, 35	37:16	11:59	496	131	14	Caroline Sabatella, 40	29:59	9:39
687	233	51	Leann Anderson, 37	38:24	12:21	207	133	15	Joanne Seach, 44	30:05	9:41
571	247	52	Stacee Reape, 36	41:32	13:22	558	139	16	Tamara Bowers, 40	30:24	9:47



For a complete gallery of color race photos, please go to
www.floridastriders.com

410	140	17	Lesley Jones, 42	30:36	9:51	192	52	3	Bonita Golden, 51	25:56	8:21
360	148	18	Lucretia Inmon, 42	31:09	10:01	505	56	4	Sue Whitworth, 52	26:05	8:24
226	151	19	Robin Giles, 44	31:23	10:06	467	70	5	Kimberly Lundy, 50	26:50	8:38
557	174	20	Lorraine Hughey, 43	33:11	10:41	186	81	6	Susan Worthington, 51	27:20	8:48
529	177	21	Kristi Houlberg, 41	33:30	10:47	371	108	7	Cathy Hall, 53	28:51	9:17
584	194	22	Nancy Glasser, 41	34:04	10:58	372	109	8	Alice Phillips, 51	28:51	9:17
425	206	23	Sherry Gonyon, 41	35:20	11:22	21	112	9	Anne Laroche, 53	29:01	9:20
278	208	24	Valerie Ficke, 40	35:23	11:23	180	167	10	Shirley Henkel, 52	32:46	10:33
408	227	25	Michelle Ramos, 42	37:28	12:03	182	169	11	Sandra Shines, 50	32:50	10:34
440	229	26	Beth Mitchell, 42	37:37	12:06	622	188	12	Holly Chapman, 51	33:56	10:55
581	230	27	Amy Haun, 43	37:41	12:08	84	221	13	Kathy Conner, 53	37:06	11:56
289	241	28	Laurie Walsh, 41	39:54	12:50	280	224	14	S Kay Manly, 54	37:07	11:57
159	243	29	Candace Sininger, 44	40:28	13:01	481	228	15	Jean Dominguez, 50	37:36	12:06
273	248	30	Liz Cutrone, 43	41:34	13:23	187	245	16	Ann Avery, 53	41:28	13:21
235	254	31	Megan Pickel, 40	43:09	13:53	401	252	17	Robin Nutter, 53	43:03	13:51
115	260	32	Jeanmarie Reed, 42	45:11	14:32	171	255	18	Marcia Thompson, 52	43:22	13:57
81	262	33	Diane Carter, 40	45:25	14:37	154	258	19	Maryellen Olsen, 53	44:55	14:27
215	265	34	Lori Ruiz, 41	45:53	14:46						
113	284	35	Susan Maloney, 44	55:36	17:54						
Women 45 - 49											
6	5	1	Patti Stewart-Garbrecht, 45	20:44	6:40	465	73	1	Donna Rettini, 55,	26:55	8:40
354	21	2	Cindy Hagan, 47	22:51	7:21	112	89	2	Chin-Chin Ward, 55	27:43	8:55
389	22	3	Millie Tanner, 46	23:02	7:25	244	96	3	Carol Palmer, 56	28:18	9:06
8	28	4	Mary Ann Steinberg, 47	23:52	7:41	183	124	4	Holly Hosch, 55	29:39	9:33
45	48	5	Ann Krause, 49	25:25	8:11	365	182	5	Joyce Duarte, 57	33:43	10:51
221	49	6	Laurie Fischer, 48	25:27	8:11	347	210	6	Linda Carpenter, 57	35:30	11:25
85	50	7	Charlotte Cooper, 47	25:39	8:15	476	273	7	Tamiko Oishi, 59	48:01	15:27
585	64	8	Sonja Brauer, 47	26:42	8:35						
482	65	9	Sandra Maveety, 47	26:42	8:35						
307	68	10	Susan Harms, 47	26:47	8:37						
260	75	11	Mary Algire, 49	27:03	8:42						
361	77	12	Gloria McNeil, 45	27:11	8:45						
358	86	13	Ilene Chazan, 47	27:37	8:53						
22	111	14	Daryl Laroche, 46	29:00	9:20						
436	121	15	Cheryl Pfannenstien, 48	29:35	9:31						
403	134	16	Kim Anthony, 47	30:05	9:41						
390	136	17	Babs Shutt, 47	30:18	9:45						
418	154	18	Carol Klauer, 47	31:30	10:08						
29	163	19	Margaret Tyburski, 45	32:26	10:26						
51	168	20	Jodie McGregor, 47	32:48	10:33						
422	173	21	Judith Gould, 46	33:09	10:40						
342	178	22	Linda White, 45	33:30	10:47						
614	199	23	Teresa Naczi, 45	34:19	11:03						
678	200	24	Beth Matthews, 49	34:23	11:04						
202	209	25	Andrea Bishop, 49	35:27	11:24						
189	211	26	Deborah Waters, 4	35:37	11:28						
515	213	27	Karen Howard, 47	35:51	11:32						
495	238	28	Cathy Kreuzberg, 45	39:44	12:47						
23	259	29	Cindy Lotane, 49	44:58	14:28						
126	269	30	Shirley Colston, 48	46:06	14:50						
229	272	31	Amanda Morris, 4	48:00	15:27						
Women 50 - 54											
618	39	1	Kim Crist, 50	24:52	8:00						
46	43	2	Suzan Schumacher, 53	25:12	8:07						
Women 55 - 59											
						465	73	1	Donna Rettini, 55,	26:55	8:40
						112	89	2	Chin-Chin Ward, 55	27:43	8:55
						244	96	3	Carol Palmer, 56	28:18	9:06
						183	124	4	Holly Hosch, 55	29:39	9:33
						365	182	5	Joyce Duarte, 57	33:43	10:51
						347	210	6	Linda Carpenter, 57	35:30	11:25
						476	273	7	Tamiko Oishi, 59	48:01	15:27
Women 60 - 64											
						31	93	1	Maria McNary, 60	28:01	9:01
						71	161	2	Sunny Mathews, 60	31:56	10:16
						64	162	3	Karen Allman, 61	32:12	10:22
						684	179	4	Peggy Glanz, 63	33:35	10:48
						298	190	5	Dana Moser, 62	34:00	10:57
						97	203	6	Jane Lafferty, 62	34:37	11:08
						63	250	7	Carolyn Disher, 61	42:00	13:31
						442	266	8	Pat Heth, 63	45:54	14:46
						381	275	9	Joyce Butts, 60	48:15	15:32
						603	279	10	Linda Gouger, 61	49:32	15:56
Women 65 - 69											
						301	113	1	Susan Wallace, 65	29:03	9:21
						631	153	2	Nancy Pullo, 65	31:30	10:08
						83	184	3	Ginger Frazer-French, 66	33:53	10:54
						91	267	4	Judy Magyari, 68	45:56	14:47
						116	286	5	Mary Frances Ruff, 69	56:07	18:03
Women 70 - 74											
						428	175	1	Shirley Newport, 71	33:15	10:42
						94	268	2	Kathy Pareira, 71	46:02	14:49
						82	270	3	Margaret Eaton, 72	46:56	15:06
Women 75 - 79											
						242	126	1	Marcella McCulloch, 78	29:44	9:34
						304	251	2	Diane Aimone, 77	42:08	13:34
						124	264	3	Marie Gier, 79	45:48	14:44



2007 RRCA National Run@Work Day®

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.



RRCA National Run @ Work Day

The goal of the RRCA National Run@Work Day is to raise awareness about the importance of daily physical activity for adults. Running clubs, running events, company-based wellness programs, human resources departments, and individuals nationwide are encouraged to plan thirty-five minute fun runs and walks with their employers. Run@Work day events are community based events that promote and provide the opportunity for individuals to incorporate at least thirty-five minutes of exercise into their daily routine either before work, during lunch, or immediately following work. Incorporating exercise into an adult's daily routine can markedly improve one's overall physical health and can help alleviate health related medical costs associated with being overweight.

To help employers, running clubs, or individuals, plan and promote their local Run@Work Day event, the RRCA has developed a "Planning Kit" which can be found at <http://www.rrca.org/programs/runatwork>. The "Kit" contains a sample press release for announcing local events, ideas for planning and promoting the event, and information on nutrition and running that can be shared with event participants. In addition, Run@Work Day events can be posted on the RRCA Calendar for FREE at <http://www.rrca.org/calendars>. Event organizers can use the special event code, Run@Work Event, when posting their event and be sure to encourage your participants to sign the pledge of participation.

About PUMA®

Founded in Herzogenaurach, Germany in 1948, PUMA is one of the world's largest providers of athletic footwear, apparel and accessories. PUMA has a global distribution base reaching sport retailers, department stores and boutiques in over 80 countries worldwide. In 1999 the brand established a strong, growing retail organization with concept stores in many big metropolitan cities worldwide. Over the years, PUMA has stayed true to its four cornerstones: heritage, sport, technological innovation and design. The brand is focusing on bringing distinctive designs and a global outlook to each product range by blending influences of sport, lifestyle and fashion. This fusion is known as "Sportlifestyle". PUMA views sport as a philosophy on life – one that emphasizes fitness, wellness and simply living an active life. <http://www.PUMA.com> ●

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>

Striders at the Races

RACE RESULTS

To get your race results published, email m.t.marino@att.net

The Great Wall Marathon

China

May 19, 2007

Gary Lewis 7:52:03

BEACHES FINE ARTS SERIES

TRIATHLON #1

Ponte Vedra

May 19th

Justin Jacobs	49:10	
	2nd Overall	
Michael Mandt	1:01:55	
Regina Sooley	1:03:36	1st A/G
Danny Weaver	1:08:58	

WORLD GOLF VILLAGE 5k

St. Augustine

June 2, 2007

Orestes Gutierrez	17:42	3rd A/G
Bill Dunn	19:08	2nd A/G
Bernie Candy	19:42	1st A/G
Stephen Beard	20:15	1st A/G
Keith Poythress	20:20	1st A/G
George White	21:35	1st A/G
Mike Haga	22:05	
Simon Jacobson	22:26	
Robert Crampton	23:12	
Paul Smith	23:20	1st A/G
Tom Zicafoose	23:41	
Tracey Pfunter	24:28	2nd A/G
Maria Littlejohn	26:01	3rd A/G
Kimberly Lundy	26:48	2nd A/G
Sandra Maveety	26:59	
Cathy Haga	28:17	
David Michal	29:36	
Freddy Fillingham	29:44	
Gordon Slater	30:47	
John Gauer	30:48	3rd A/G
Al Saffer	31:56	1st A/G
Bo Holub	32:02	1st A/G
Patricia Jensen	43:50	
Joe Connolly	46:15	3rd A/G
Shannen Crampton	48:54	

Rock & Roll Marathon

San Diego, CA

June 3rd, 2007

John Heisner 3:04:38
16th A/G (of 1049)

NE 5

RRCA 5-MILE CHAMPIONSHIP

Omaha, NE

June 2, 2007

Kent Smith 46:36 1st A/G

A NOVEL RUN 5K

Fruit Cove

June 9, 2007

Bill Phillips	18:54	1st A/G
Bernie Candy	19:51	1st A/G
Stephen Beard	20:08	2nd A/G
George White	21:24	1st A/G
Maurya Sova	22:24	
	Masters Female	
Tom Zicafoose	23:24	3rd A/G
Robert Crampton	23:31	2nd A/G
Paul Smith	23:56	1st A/G
Raymond Ramos	24:09	3rd A/G
Tracy Pfunter	24:57	1st A/G
Gil Flores	25:14	
David Michael	28:55	
Cathy Reidy	29:49	
Freddy Fillingham	30:13	3rd A/G
Susan Gostage	32:11	1st A/G
Al Saffer	33:02	1st A/G

BEACHES FINE ARTS SERIES

TRIATHLON #2

Ponte Vedra

June 9, 2007

Justin Jacobs	52:30	1st A/G
Michael Mandt	1:03:39	
Regina Sooley	1:04:19	1st A/G

DELAWARE OPEN 5K TRACK

CHAMPIONSHIPS

June 14, 2007

Frank Sutman 17:36

RUN FOR THE PIES 5K

Jacksonville Landing

June 16, 2007

Orestes Gutierrez	17:45	
Bill Dunn	18:26	3rd A/G
David Bonnette	18:43	
Page Ramezani	18:58	1st A/G
Terry Sikes	19:07	1st A/G
John Funk	19:21	
Keith Poythress	19:40	PR

Randy Arend	19:42	PR
David Ohnsman	19:49	2nd A/G
Stephen Beard	19:53	3rd A/G
Patrick Gaughan	20:14	2nd A/G
Michael Mandt	20:20	
Seth Myers	20:42	
George White	20:56	3rd A/G
Hunter Shutt	21:03	
Rosa Haslip	21:09	2nd A/G
Robert Walker	21:14	
Tim Martin	21:18	
Bill Pennington	21:22	
Gary Haslip	21:25	
Frank Frazier	21:53	
David Steinberg	21:54	
Mike Haga	21:59	
Kathy Murray	22:08	
Thom Henkel	22:11	
John Marsh	22:11	
Raymond Ramos	22:18	
Chelsea Metzgar	22:21	
Simon Jacobson	22:34	
Regina Taylor	22:50	
George Hoskins	22:53	
Tom Zicafoose	23:08	
Kelli Howard	23:09	
Paul Smyth	23:10	
Danny Weaver	23:12	
John Hirsch	23:13	
Mary Ann Steinberg	23:26	
Paul Smith	23:33	1st A/G
Janis Dolemba	23:38	PR
Roberta Tomlinson	23:46	
James Vavrana	23:48	
Tracy Pfunter	23:58	
Hernando DeSoto	23:59	
Leonard Pfunter	24:04	
Robert Irvin	24:15	
Robert Crampton	24:17	
Taylor Shutt	24:56	
Gordon Simms	25:43	
Ben Holland	26:14	3rd A/G
Kevin Terry	26:19	
Melinda Terry	26:35	
Lisa Meadows	26:36	
Alicia Deel	26:42	
Bradley Shepard	26:51	
Charles Mann	26:59	
Bonita Golden	27:12	
Roxanne Slater	27:19	

Kent Smith	27:32		Janis Martin	33:31	
Gary Ledman	27:53		Shirley Henkel	33:43	
Kim Anthony	28:52		Terry Bell	33:54	
Davis Michael	29:12		Elda Bell	33:55	3rd A/G
Kathy Haga	29:17		Ginger French	34:52	
Freddy Fillingham	29:20		Burness Morris	35:00	
Babs Shutt	29:51		Michelle Ramos	39:26	
Gayla Poythress	29:53		Diane Aimone	41:33	1st A/G
Leo Sheckells	30:15		Trish Kabus	41:49	
Al Saffer	30:35	1st A/G	Joe Connolly	43:31	1st A/G
Leslie Jones	30:35		George Obi	44:05	2nd A/G
Stan Scarlett	31:01		Shannen Crampton	50:43	
John Gauer	31:06				
Gordon Slater	31:18				
Susan Gostage	31:39				
Jonie Davis	31:45		Justin Jacobs	15:57	
John Aimone	32:00	1st A/G	John Metzgar	16:25	
Rachel Myers	32:29		John Steinberg	16:37	
Sandra Shines	32:59				

RUN FOR THE PIES ELITE RACE

Tocoma City Half Marathon Tocoma, Washington

John Funk 1:30:20

Bay to Breakers 12K San Francisco, CA

Tina Koch 1:28:39

Alan Koch 1:28:40

If you are planning to run the Firecracker 5 or 10K in Daytona on July 1, everyone is welcomed to stop by our house afterwards for a cold drink! Even come down the evening before, and stay with us! –Trish & Kent

MINUTES

Continued from page 2

Scholarship Update: Mike Ford presented the recommendations of the scholarship committee to the board. Mike described the selection process wherein the applications were edited to omit any identifying personal information before the committee reviewed them. The committee, consisting of Mike Ford, Kim Lundy, Kelly Howard, and Sharon Pentaleri reviewed the applications independently before meeting. The committee met to review the applications and upon reviewing the applications identified candidates one through four, with four as a backup in the event the second and third candidates could not be awarded the scholarship. In deliberating the merits of the application the committee came to a stalemate. After much more review and discussion with various references it was discovered that the second and third candidates are identical twins. Given the circumstances and the financial health of the Striders, the committee recommended that we award three \$1,000 scholarships for 2007. A motion was formed by Mike Mayse that we offer three \$1,000 scholarships from this

year forward. The motion was seconded by John Metzgar and carried by unanimous vote.

Big thanks to the scholarship committee for all of their hard work.

Social Update: Everything is in place for the June 28th social at Leslies Café for dinner and slide show of JD Smith's trip to Antarctica. Tuesday, August 21st will be a Jacksonville Suns Baseball game. We need a minimum of 25 people to get a group rate. Striders wishing to attend should contact Gayla Poythress in advance. The July social will be the traditional outing on the 22nd to the Outback Crab Shack, and September's will be a family picnic at Camp Blanding.

General Discussion: Mike Ford mentioned a Junior High cross country meet for the fall and that he might be looking for strider support for the event but would explore it formally in a future meeting. ●

The meeting was adjourned at 8:20 pm.

Respectfully submitted,

Dave Bokros

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 _____
 Date _____

Annual Dues: Family \$20 ☐
 Single \$15 ☐
 Junior (under 18) \$10 ☐
 Senior (over 65) \$10 ☐

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

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

NEW MEMBERS

Angela Adamson
Dylan Barbetti
Jan Bohn
Deborah Boley
Cindy Bradley
Joyce Durate
Diego Esguerra
Laurie & Stephanie Fischer
James Giles
Rich Gilmore
Karen Howard
Lorraine Hughey

Melissa Kretchmer
Sara Matukaitus
Chris Owen
Ashley Peterson
Thomas Pittman
Ashley Stone
Keith Timmons
Michael Wallace
Rebekah Lynn Wild

RENEWING MEMBERS

Debbie Adams

Richard & Jenny Allen
Doug & Jane Alred
Eric & Bernita Bush
Luke Byrne
Sherrilynne Chung
Tommy & Cathy Dobbs
Harry Edwards
Chuck Ellis
John Hirsch
Bob Kennedy
Kelli McGreevy
Bradley Shepherd
Terry Sikes
Cecile Spiegel

Denise Stuart
Philip Trast
Barbara Whitter

MULTI-YEAR RENEWALS

Kimberly, Jack, Stephanie &
Michael Lundy
Thomas Warren ●

**Don't forget to sign the
Strider Man!**

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

July 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
July 1	32 Annual Florida Hospital 5 & 10K	7:00 a.m	Band Shell on the Beach Daytona Beach	(386) 405-6108 rswendt@earthlink.net Daytona Beach TC
July 4	PACE Celebration 5K	7:30 a.m.	1st Place Sports 3931 Baymeadows Rd. Jax	(904) 731-1900 First Place Sports
July 4	Sunshine Festival 5K	8:00 a.m.	Mallory Park Park St. Simons Island, GA	(912) 638-2396 Golden Isles Track Club
July 21	"New" Bridge of Lions 5K	7:30 a.m.	St. Augustine	(904) 794-5702 Alta Vista Sports
July 21	Vestcor Bridges Run 5K	7:30 p.m.	Hemming Plaza Laura & Duval Sts. Jax	(904) 731-1900 First Place Sports
July 28	First Coast 5K Trail Run	8:00 a.m.	Hanna Park 500 Wonderwood Ave Atlantic Beach	(904) 838-7359 XTERRA
July 28	27th Annual JTC Summer Track Classic	5:00 p.m.	Bolles School San Jose Blvd	(904) 388-7860/384-8725 JTC Running
November	Hog Jog 5K FUN RUN	9:00 a.m.	Van Zant Park, Lake Asbury	(904) 728-7759 stevebruce@comcast.net Florida Striders Track Club
January 2008	River Road Resolution Run 5K FUN RUN	8:00 a.m.	Orange Park Kennel Club	(904) 272-1770 BobBoydFL@comcast.net Florida Striders Track Club

The Back Page

BY MIKE MARINO

The forecast from now until September: lows in the 70s, highs in the high 80s to mid 90s, possible afternoon thunderstorms, and it will be humid. Are you ready for the summer?! Whether you see it as “ah yes, another day in paradise” or “oh my God its hot!,” summer is here. Distances are short, you break a good sweat just while stretching, you have to pack a change of clothes to put on after your run, and that post-run sports drink is absolutely wonderful. Summer also means races just about every weekend, which held true for the past month.

We started the month with our very own Strider race and tribute to all armed services personnel past and present at the **Memorial Day 5K** in Green Cove Springs on May 28 (pretty big of us is you ask me). In reviewing the results, it was no doubt a Strider race, as we dominated. **Justin Jacobs** led the way as the overall winner in 15:56. Overall Masters Division wins were turned in by **John Metzgar** (16:32) and our fastest female Strider, **Rosa Haslip** (20:42). And in the age groups by my count, Striders recorded 11 wins, 8 places, and 11 shows (for those not familiar with race betting lingo, you should understand wins, places are 2nd place and shows are 3rd place; and no, I wasn't taking bets on the race). So...WINS - **Patti Stewart-Garbrecht, John Aimone, Paul Smith, John Steinberg, Al Saffer, Bruce Holmes, Joe Connolly, Micayla Costa, David Ohnsman, Rebekah Wild and Maria McNary**. PLACES - **Jack Roberts, Diane Aimone, Jordyn Costa, Frank Frazier, Patrick Gaughan, Denise Metzgar, Orestes Gutierrez, and Nancy Pullo**. SHOWS - **Dave Shutt, David Bonnette, Alicia Deel, Ginger Frazer-French, Bonita Golden, Tom Henkel, Nancy Harms, Katie Maveety, Carol Palmer, Kathy Murray, and Paul Geiger**. Nicely done by all of you and special thanks to all the volunteers who made it happen.

Striders continued to impress on June 2 at the **World Golf Village 5K** in St. Augustine. Leading the charge was **Orestes Gutierrez** in 17:42, good for 3rd in his age group. Age group wins were recorded by **Bernie Candy, Stephen Beard, Keith Poythress, George White, Paul Smith, Al Saffer, and Bo Holub**. Racing to 2nd place age group finishes were **Bill Dunn, Kimberly Lundy**, and our fastest female Strider, **Tracey Pfuntner** (24:28). Rounding out the impressive showing with 3rd place age group prizes were **Joe Connolly, Maria Littlejohn, and John Gauer**.

A **Novel Run 5K** was held in Fruit Cove on June 9. **Bill Phillips** was our fastest Strider, winning his age group in 18:54. **Maurya Sova** was the fastest female Strider with a time of 22:24, which made her the fastest Masters female as well. Faster than all comers in their age groups were **Bernie Candy, George White, Paul Smith,**



Al Saffer, Tracy Pfuntner, and Susan Gostage. Second place age group finishes were turned in by **Stephen Beard and Robert Crampton**; while **Freddy Fillingham, Raymond Ramos and Tom Zicafoose** each took 3rd in their age group.

The following weekend, on June 16, there was Jacksonville's annual night of running, partying, and glut-tony – **The Run for the Pies**. What other event in the world allows one to demonstrate athletic prowess and then provides free pies and beer?! In the elite event, Striders were represented well by **Justin Jacobs** (15:57), **John Metzgar** (16:25) and **John Steinberg** (16:37). In the Pies run, **Orestez Gutierrez** really wanted his pie, outpacing all other Striders with a time of 17:45. Strider age group champions were **Page Ramezani, Terry Sikes, Paul Smith, Al Saffer, John Aimone, Diane Aimone, and Joe Connolly**. Running to 2nd place age group prizes were **David Ohnsman, Patrick Gaughan, Rosa Haslip, and George Obi**. And taking home 3rd place party favors were **Bill Dunn, Elda Bell, Stephen Beard, Ben Holland and George White**.

And just to add a “splash” of spice to the results, two of the **Beaches Fine Arts Series Triathlons** (BFAST) were held; the first being on May 19 and the second on June 9. The first race was done as a duathlon due to nasty riptides and currents, with a mile run replacing the swim, followed by a 10.5 mile bike and 5K run. This seemed to suit **Justin Jacobs** just fine, as he recorded the fastest running times on his way to a 2nd place overall finish in 49:10. At the second event, which started with the traditional ¼ mile swim, Justin was 4th overall while winning his age group. The different race formats didn't seem to faze **Regina Sooeey** either way, as she won her age group at both races.

Striders, They're Everywhere!!

And I mean everywhere! From the country's west coast to the Far East and back to Delaware, there were Striders running. **Gary Lewis** made the trek all the way to China to run **The Great Wall Marathon**. In what he described as the toughest marathon he had ever done, Gary finished his jaunt along the wall in 7:52:03. The next furthest trip was made by **John Funk**, who traveled to his home town of Tacoma, Washington for the inaugural **Tacoma City Half Marathon**. John covered the scenic, hilly 13.1 miles in 1:30:20, which was good enough for 2nd in his age group and 10th overall. Our lone California based Strider, **John Heisner**, completed the **Rock & Roll Marathon** in San Diego on June 3rd. John's time of 3:04:38 placed him 16th among the 1049 runners in his

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age group. Well done John. Staying on the left coast, **Tina and Alan Koch** decided to check out the Golden Gate Bridge and other San Francisco sights, as well as run the **Bay to Breakers 12K** (how many miles is that?). They must have been neck and neck the whole way, but it was Tina in the end pulling out a one second victory over Alan in 1:28:39. And lastly, from Delaware, on June 14th **Frank Sutman** spent his time running in circles.....at the **Delaware Open 5K Track Championships**, finishing 2nd in the Masters Division in a time of 17:36.

Tidbits

Last month with all the graduation parties, the end of one party, after most guests had left, found the graduate, parents and remaining guests confused when they came across the signature of "Paul Baker" on a large card signed by all at the party and on a gift card. None of them knew a Paul Baker. After much deliberation and elimination, the mystery was solved and attributed to the unique handwriting skills of our very fine Strider President, Dave Bokros....I made my return to group training the past two Wednesdays at the Bolles track. It was great to see everyone who showed up, but I had never seen such small turnouts, especially last week. All of us there were very sad, a little lonely even, and I was persuaded to bring it up here. So with that, get back to the track, its where all the cool people hang out.

Awards

I've given this a lot of thought, especially since there weren't any nominations – come on folks, help me out. Regardless, I did find someone to give an award. This first award will be the **"Now that was**

Something Special Award" and it goes to **Regina Sooley**. As many of you may know, Regina has served as a trainer for folks taking part in events through Team in Training. People she has trained have raised hundreds of thousands of dollars for cancer research while preparing to do special events. Regina helped out with the training aspect because she knew it supported a great cause, but she stayed away from fundraising basically because she didn't feel she could do it. Last fall, however, following her step-father being diagnosed with cancer, she felt compelled to raise money herself. Turns out Regina could raise money, as she raised over \$5000 for cancer research, well over the \$3900 required to be raised for the event. And while the event she was to participate in (an Olympic distance triathlon in Texas) was cancelled due to bad weather, she accomplished her main goal of raising money for not only a worthy, but also personal cause.

Well done Regina, and with winning this award, and since there is no money in the budget for actual prizes, you are now entitled to (pause for effect)...a nice smug feeling. Yes, feel absolutely wonderful about yourself and even act as an elitist if you want because you won an award! You can embellish the facts of your wonderful deed too, by perhaps telling people you won the race, that you raised even more money than you did, that it was an Ironman, etc., but only for the next 30 days.

Alright folks, keep sending those race results (triathlons too) and start sending nominations for tidbits and awards to me at m.t.marino@att.net. 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 or Mike's snail mail 9858 Moorings Dr., Jacksonville, FL 32257

Local Running Info On The Internet



www.floridastriders.com

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

Florida RRCA Championship Races and various running related web site links can be found on the RRCA Southern

Director's home page at
<http://members.aol.com/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>