



Volume 27, Number 1

STRIDERIGHT

Florida Striders Track Club



www.floridastriders.com



January 2008

inside

Prez Sez	2
Minutes	2
Board/Key Members	2
Sponsors	3
Wide World of Running	4
Enmark Savannah Bridge Run	5
We Get Letters	5
Wednesday Night Lights	6
Why Road I.D.?	6
FSTC Budget	7
River Road Resolution 5k Flyer	8
River Road Resolution Entry Form	9
Membership Application	9
Step Up, Florida 5K Flyer	10
Step Up, Florida 5K Application	11
New and Renewing Members	10
January Race Calendar	12
Striders at the Races	13
Group Training Runs	14
The Back Page	15
Spirit of the Marathon	15



Jacksonville Marathon Strider water stop

Thanks to all the volunteers, Great job, at this year's Jacksonville Marathon Strider Water Stop. In photo (left to right): Alex Heineman, John Powers, Chris McKenney, Cynthia Heineman, Raphael Edwards, David Johnson, and Rebecca Kitts. Kneeling: Danny Weaver. Not in picture: Megan McKenney, Glenn Hanna, and Kelly Howard.

January Social

Sunday, January 20
1:30 - 4 PM

Carlani's Italian Restaurant

789 Blanding Blvd
Orange Park, FL 32065
(904) 276-5555

There will be drink and food specials for us provided by Carlani's.

For more information please call Gayla (541-1878) or Glenn (777-9351).

We Need Volunteers!



River Road Resolution 5K January 12

Would you like that glow of accomplishment with a lot less sweat? We can help! More specifically, we would appreciate your help as a volunteer at our January 12th 2008 River Road Resolution 5K. We still could use assistance in a few areas. Yes, you will look stunning in your complimentary race t-shirt, so please do tell me your t-shirt size in case we forget to ask. Please contact Bob Boyd at 272-1770 or BobBoydFL@comcast.net.

Step Up, Florida 5K and 1 Mile Walk & Run February 2

Volunteers will get very nice embroidered quality caps, plus a race t-shirt. Please contact Mary Ann Steinberg at 529-2810 (W) or 215-5926 (C). Or email Mary Ann at Mary_Steinberg@doh.state.fl.us.





Prez Sez By Dave Bokros

This has been a fantastic year! I am sure it has had its ups and downs for most of us, but a great year, nonetheless.

This time of year is hard on running. It is hard to come home after a long day and get out in the dark. The shorter daylight hours actually slow our bodies down and cause them to retire early, making the evenings long and sleepy.

The better news is, we have passed the Winter Solstice, which means the days are getting longer by nearly one minute a day. Now it is Gate River Run time! This time seems to bring everyone out of the woodwork. This happens to be my favorite season. There is no time like now to get back into the swing if you haven't run for a while. Pick out a training plan and GET ON IT! I want to set a new Strider Attendance record for this year's Gate River Run!

See you on the road! ●

Board of Directors' Minutes 12/13/2007

The meeting was called to order by Dave Bokros at 7:05 p.m. Directors present were Jay Birmingham, Dave Bokros, Vicky Connell, Mike Ford, Gary Hallett, Glenn Hanna, George Hoskins, Kellie Howard, Kim Lundy, Gayla Poythress, Keith Poythress, Mike Mayse, John Metzgar, Denise Metzgar, John Steinberg, Mary Steinberg, James Vavrina, and Kay Womack.

Minutes: No changes to the November minutes.

Treasurer's Report: George Hoskins reviewed the November report. He noted a bill received this month from the Clay County Sheriff's Office for a service fee dating back to April. General consensus was that this bill is accurate, just processed late. Mike Ford noted that if you call the Sheriff's office, Sergeant Collins is the correct person to call for race support. George pointed out that the VyStar CD matures this month. He would like to take all money out of the VyStar Credit Union CD and purchase the one with the best interest rate at Compass Bank. Kay Womack made a motion to do so which was seconded by Mike Ford. It was approved unanimously.

Earmark Funds for New Clock: Mike Mayse presented a price list for Digital Timing Clocks. He would like us to earmark funds for a new Race clock for sometime in the future when we have a need. He said the one we have now is run on batteries that will run out at some point and we don't know when that will be. It is 20 years old. Jay Birmingham pointed out that maybe we need to go ahead and purchase a new one now rather than wait for the old one to die just before a race. Some discussion ensued reference available money and the value of spending it now. It was finally tabled for the budget discussion later on the agenda.

Fleming Island Elementary Fun Run Support: Karen McCormick has a running club at Fleming Island that we've never supported. She would like to borrow our clock and some road cones to put on a 3K race January 26 for school families. The money raised would go back into the program. John Metzgar moved we loan them our equipment, Kelly Howard seconded, and it was approved unanimously. Mike Mayse volunteered to show up with the clock and other equipment they need.

Clay County Kids Day Fun Run: This fun run is **Continued on page 11**

2007-2008 Board of Directors & Key Members

(Board Members marked with an *)

President/Memorial Day 5K Director:

*Dave Bokros(C) 545 4538

email: DBokros@comcast.net

Vice President/Membership Director/Newsletter Circulation Manager*:

Mike Mayse(H) 777 6108

email: FloridaStriders@comcast.net

Treasurer:

*George Hoskins(H) 264 4372

email: ghoskins@bellsouth.net

Secretary:

*Vicky Connell(H) 276 0193

email: VickyJC@comcast.net

River Road Resolution 5K Director: Bob Boyd

(H) 272 1770(W) 272 1770

email: BobBoydFL@gmail.com

Equipment Director & Webmaster:

JD Smith(H) 264 1673

email: smithj53@bellsouth.net

Children's Run Coordinator/Photographer:

Vanessa Boyd(H) 272 1770

email: vanessaAboydFL@gmail.com

The Back Page Columnist:

Mike Marino.....(H) 477 8631

email: m.t.marino@clearwire.net

Social Coordinator:

*Glenn Hanna(H) 777 9351

email: ghanna3@bellsouth.net

Directors at Large:

*Mike Ford(H) 406 2989

email: forddog92@hotmail.com

*Jay Birmingham(H) 612 2357

email: jaygreatheart@aol.com

*Kim Lundy(H) 213 0250

email: woodski135@aol.com

*Kellie Howard(H) 732 7377

email: kelski@comcast.net

*John Metzgar(H) 215 9440

email: weluv2run@aol.com

*Denise Metzgar(H) 215 9440

email: weluv2run@aol.com

*Gayla Poythress.....(H) 541 1878

email: poyth@bellsouth.net

*Keith Poythress.....(H) 541 1878

email: poyth@bellsouth.net

*Mary Ann Steinberg

email: 4steinbergstrun@bellsouth.net

*John Steinberg

email:4steinbergstrun@bellsouth.net

*Nicole Sullivan(H) (954) 253 8099

email: colely77@yahoo.com

*James Vavrina...(C) 718 4247

email: jamesvav@hotmail.com

*Kay Womack:(C) 718 4210

email: kaywoma@hotmail.com

Hog Jog Director:

Steve Bruce(H) 728 7759

email: stevebruce@comcast.net

River Run Hospitality Tent Coordinator:

Stan Scarlett(H) 994 2687

email: stanscarlett@msn.com

RRCA Southern Region Director:

Ken Bendy(H) 278 2926

email: kbendy@aol.com

North Florida RRCA Representative:

Mike Bowen(H) 850 308 1953

email: michael.s.bowen@gmail.com

Run to the Sun Director:

*Gary Hallett(C) 759 7902

email: ghall32447@aol.com

Strider "Person" Coordinator for Races:

Al Saffer(W) 665 6996

email: saffat@jea.com

Scholarship Coordinator

Mike Ford(H) 406 2989

email: forddog92@hotmail.com

Assistant Social Coordinators:

Gayla Poythress.....(H) 541 1878

email: poyth@bellsouth.net

Kay Womack:(C) 718 4210

email: kaywoma@hotmail.com

StrideRight Editor

Trish Kabus(C) 343 5181

email: striderightedit@aol.com

SUPPORT OUR SPONSORS... THEY SUPPORT OUR SPORT



orangeparkmedical
MEMORIAL HEALTH CENTER

Mike Shad Nissan

269-9400

Run to the Sun

Orange
Park
Kennel Club



**Publix
Supermarket
Charities**

**FLORIDA POWERTRAIN
& HYDRAULICS, INC.**

Run to the Sun 8K &
River Road Resolution Run 5K

**CENTEX
HOMES**

Run to the Sun 8K



Garber Chevrolet

Green Cove Springs, Florida
Memorial Day 5K

**AB
About Bicycles**
Orange Park, Florida

904-272-9100
<http://AboutbicyclesOP.Tripod.com>

**PINCH-A-PENNY
POOL-PATIO-SPA**

**The Perfect People
For A Perfect Pool®**

new balance
Jacksonville
620-0483



John Fagan, P.A.
278-6000

River Road Resolution Run 5K

citistreetSM

A State Street and
Citigroup Company

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.

Run
to
the Sun



Donnie A. Myers
Gary R. Myers
(904) 272-6606

**General
Truck**

**Equipment &
Trailer Sales,
Inc.**

**Smoak, Davis
& Nixon LLP**

CERTIFIED PUBLIC ACCOUNTANTS
(904) 396-5831
River Road Resolution
Run 5K

**Bartanyan
International**

For all your
Active Lifestyle Nutrition
<http://sbarton.qhealthzone.com>

Ronnies

Wings & Oyster Bar
Green Cove Springs, Florida



Memorial Day 5K

**Florida Heart
Center**

We Care For Your Heart
(904) 269 1664
Hasein Ramezani, MD



Village Bread
Market



Krispy Kreme

TED CORBITT – A Personal Remembrance

Ted Corbitt, the father of American ultramarathon running, died in mid-December, one month before his 88th birthday. The first president of the New York Road Runners Club, Ted was a 1952 Olympic marathoner and a friend to all runners who met him.

Ted's feats of endurance were legendary, even in the early 1960s, when I began serious training. He was featured in the first issue of Distance Running News which evolved into Runner's World magazine. Corbitt set American records at every distance 50 miles and beyond including 134 miles in 24 hours.

He sometimes ran 30 mile workouts on a 200 yard path around a park in the Bronx. He was notorious for his 31-mile training runs around Manhattan. Some Labor Day weekends, he would cover three straight days of 100 kilometers per day, to prepare for his ultramarathon races.

In 1976, former RW editor Joe Henderson suggested that I contact Ted Corbitt, for advice on my tentative plan to run from LA to New York City. Corbitt's careful-typed reply was life-changing:

"I know dozens of runners in New York City alone, who pay lip-service to a transcontinental run, but they never get started," Corbitt wrote. "If you can see your way clear to do the run, I urge you to proceed." He continued with suggestions on weekly mileage and long runs, mostly assuring me that I had sufficient marathon running background and ultramarathon experience to make an attempt.

Following my failed trans-USA attempt in 1977, Corbitt and I interacted several times regarding certification of the River Run course. Ted was chairman of the RRCA standards committee which promoted accurate measurement of road courses nationwide.

In 1979, I corresponded with Ted again, still yearning to complete a transcontinental run.

"Why don't you consider doing it Shepherd's way?" he wrote, a reference to South African Don Shepherd, who, in 1964, completed the course with no support crew and a small backpack.

"You will not be tempted to alter your pace or ignore how you feel in response to your support crew," Corbitt pointed out. "You will listen to your body, just as you do when training."

Eight months later, Ted Corbitt signed my final witness card on the steps of New York City Hall on July 30, 1980. I learned at the reception that Ted had been instrumental in arranging my crossing of the Verrazano Narrows Bridge that

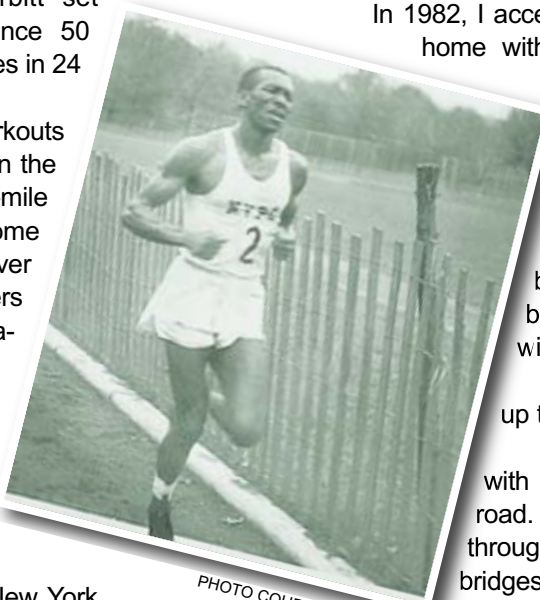


PHOTO COURTESY OF NYRR

The Wide World of Running

By Jay Birmingham

morning with a police escort. He also insisted that I not round up my finish time to 71 days, 23 hours.

"You ran 71:22:59," he stated firmly.

A month later, Ted wrote a summary of my run for the NYRRC newsletter.

In 1982, I accepted his invitation to spend a night at his home with him and his wife, Ruth, as I passed through New York on my east coast run from Fort Kent, Maine, to Key West.

After a shower and a sumptuous meal, we talked for a couple of hours. My eyes lit up when he showed me the small guest room where I would sleep. The bookshelves were crammed with running books and he invited me to read anything I wished.

"You need to rest," he said. "Don't stay up too long."

The next morning he sent me on my way with a nutritious breakfast and a lunch for the road. He charted a great running route for me through the tangle of Manhattan streets and bridges.

Two years later, I met up with Ted at the finish line of the NYC marathon. It was a brutally hot day, similar to the recent Chicago race, and sirens screamed in Central Park. Dozens of runners were being dragged to the medical tents and transported to hospitals.

I was disappointed with my 3:06 finishing time until Ted wrote to me a few days later.

"You should realize that your performance was outstanding, given the conditions," he explained. "Your 300th place finish in the field of over 10,000 is commendable. You beat many outstanding runners."

During his lifetime, Ted Corbitt served hundreds of US military veterans in his profession as a physical therapist. He served thousands of runners in his role as a race organizer, club officer, and course certifier. But when Ted Corbitt made the effort to correspond with an unknown runner from Jacksonville, and encouraged him follow his dreams, he became the most influential runner I have ever known.

Jay Birmingham has been a contributor to the StrideRight for several years. ●

Editor's Note: In the December 24 edition of *Sports Illustrated*, in the For the Record section, they printed a tribute and a photo of Ted Corbitt.

Enmark Savannah Bridge Run

by Keith Poythress

Just wanted to give you a quick report from a recent race we went to. It was the Enmark Savannah River Bridge Run. You could do the 5k, 10k or both; they call it the double pump. You start the 5k at 8:15am on the other side of the river and if that's all you want to do then you stop, enjoy the food and drink they have for you at the finish line, and they had a lot, from the usual fruit selection to bagels and doughnuts, a nice hearty stew, of course there were several types of drink to chose from. For those who chose to wait, the 10k started at 9am and it wound it's way through the historic part of downtown for the first mile before hitting the bridge. I should say something about their bridge, it may be a slightly lower grade than our Hart bridge, (theirs 5.5% grade, ours 6% grade) but it's longer and you have to do it twice for the 10k. The Double Pump is the thing you do for braggin' rights. It's like our River run in prominence for the city. Unlike our 15k, this one you get to take a break at the 5k point, you get to rest as long want to, providing you finish under 40 minutes and make it to the 10k start line in time, oh, and did I mention that you have to go over the bridge 3 times!

Of the 10 runners who went up to run the bridge we all dared the Double Pump only Dave did the 10k , he had a good reason though, he was coming off a broken foot that put him off his training for quite awhile. All the runners who went up were Striders except for one, Gary Haslip and that's an oversight we hope to rectify soon. His wife Rosa is a Strider and Gayla and I are members of the Amelia Island Runners, we like the idea of getting the local running groups together. ●



Savannah River Bridge - just as bad as the Hart, times 3.

Here is a picture of the finishers in Savannah. Wow, that was a workout! Gary & Rosa Haslip, Celita Cole, Lesley Jones, Keith & Gayla Poythress, Dave Bokros, Kim Anthony, Kay Womack and James Vavrina.

Place	Name	Double pump time	5k chip time	10k ° chip time	
3	Keith Poythress	1:05:36	21:22	43:49	3rd age group
3	Gary Haslip	1:07:06	21:33	45:33	3rd age group
1	Rosa Haslip	1:08:25	22:10	45:47	1st age group
2	Celita Cole	1:17:10	25:58	51:12	2nd age group
16	James Vavrina	1:24:34	26:41	57:53	
13	Gayla Poythress	1:33:34	27:37	1:05:57	
17	Lesley Jones	1:48:19	31:21	1:16:58	
11	Kim Anthony	1:54:43	35:08	1:19:35	
18	Kay Womack	1:54:45	35:08	1:19:37	
56	Dave Bokros			58:40	

We Get Letters

Striders,

On behalf on the Amelia Island Runners, we would like to extend a big "thank you" to all of the Florida Striders who made their way to Amelia Island's Fort Clinch State Park for the December 8 Reindeer Run.

Besides capturing many age group awards, the Striders helped make the event a rousing success. More than 300 runners competed in the 5K, 10K and Children's Fun Run. It was especially inspiring to see one of your, and the state's, most accomplished distant runners John Metzgar guiding Bob Boyd, who captured the Male Grand Masters with a dazzling 43:01.

We always enjoy the kinship that exists between our two clubs. Your members know how to transform area running events into a celebration of the sport, and the Reindeer Run was no exception.

Again, we appreciate the support, and hope to see you again at our February 2 Pirates on the Run.

And, we look forward to continuing to compete in your club's signature events as well.

Bill Pennington
Vice President-Amelia Island Runners
Reindeer Run Race Director
www.ameliaislandrunners.com ●

Wednesday Night Lights

by John Metzgar

Do the early sunsets of winter have you down? Winter is a tough time of year to squeeze in your training run during the daylight hours. Running in the dark is a fact of life for those working and running this time of year. However, there is a wonderful opportunity for one of your weekly runs to be “under the lights” on Wednesday night at St. John’s Country Day School. For about 3 years now, they have been kind enough to offer the use of their track at a small fee to cover the cost of running the lights. For the most part, Strider’s have enjoyed this benefit to sharpen-up our speed on a rubberized track, but please don’t let that deter or intimidate you from coming out and striding through an easy run or walking. It is a great place to gather with runners/ walkers of all abilities. We have enjoyed as many as 50 runners down to as little as 6. Running with group, to me, is motivating and inspiring, not to mention more fun. Please come out and take advantage of this great benefit.

The designated meeting time is 6:30 PM Wednesday. We are asked to enter the St John’s campus from the Doctors Lake Dr. side. Directions: From Route 17 and Kingsley Ave. Proceed WEST on Kingsley. Make a LEFT just before the railroad tracks onto Doctors Lake Dr. Follow Doctors Lake for approximately 2 miles and look for the school on the right. The track is straight back near the baseball field.

Those preferring an approach from the southwest can catch Peoria Rd. off of College Dr. (not far from Blanding Blvd): Follow Peoria Rd. across the tracks, the road will elbow LEFT (and turn into Doctors Lake Dr.). The school is about 2 miles on the left following the elbow at the RR tracks.

Note: From time to time (usually once or twice a year) we will be surprised by an event and will have to wait or forgo our track session. We normally still get in a workout on the near-by field that is lit by the glow of the track lights. We do continue to meet at St John’s weekly throughout the year even when the lights are no longer needed. Hope to see you there. ●

Why Road I.D.?

by Nancy Pullo

My daughter Jennifer & I are training with the Galloway group for the Breast Cancer Marathon which will take place in February 2008. The group scheduled run/walk was to be held on Saturday, December 1st – 8 miles. Due to my having strained my IT band, I didn’t want to run until I had a massage which I scheduled for Saturday morning.

We agreed to do our run Sunday morning at 7 a.m. The weather at the beach had a little bite to it. What to wear . . . long sleeves . . . short sleeves. The weather forecast was warm and sunny with a high of 79° so it would be a singlet.

Jennifer & I left my house at 34th Avenue South; running north. My husband Randy had mentioned that the tide was really low and that it would be a good opportunity to run on the beach. Jennifer & I decided to run on the street for half the distance and then run back on the beach.

After turning around at Florida Boulevard, we stayed on First Street until reaching Sea Walk Pavilion when we walked down to the beach to finish our run. The beach was beautiful, the tide all the way out, there was no wind and the sky was blue. At 4th Avenue North we noticed a man lying face down in the sand. He was dressed in running clothes and, as I approached, I noticed he had a yellow timing chip on his shoe. That, plus the fact he was wearing a Summer Beach Run technical wear shirt, told me he was not just a “Sunday morning jogger” but a devoted racer.

As I pulled the ear bud from his ear I asked him if he was

alright. His breath came in a big “woosh” and then he was still. As neither Jennifer nor I had a cell phone with us, we called out to passers by asking if someone had a cell phone. A man on a bicycle gave me his cell phone and I called 911.

Meanwhile more people were coming by and they started calling out for a medical person or someone trained in CPR. A young man (he couldn’t have been more than 18 years old) ran over to the fallen runner, giving instructions to another man standing by and they started CPR, with the young man breathing into the mouth and the other man pressing on his chest.

Within five minutes an EMT team arrived, carrying a couple of medical bags and a stretcher; soon another group of medically trained men arrived. Altogether there were 10 men working on this runner. They stuck a tube down his throat and put a couple of pads on his chest and after a few minutes put him on the stretcher and carted him away.

One of the medical professionals was talking to Jennifer and the young man that administered CPR. I noticed that the runner did not have a Road I.D. on either shoe so told this EMT about the timing chip and the information it contained. He thanked me for the information and said it was important to know that.

I have been thinking about, and praying for this fallen runner. I’m also thinking about his family, wondering how long it took to identify him and how worried they must have been when he didn’t return from his run.

It could be you, me, or a loved one. Shoe I.D. is the easiest way to carry i.d. when you run. If you don’t do it for yourself, do it for those who love you. ●

Florida Striders Track Club 2008 Approved Budget

	2007 Proposed Budget	2007 Actual	2008 Approved
Income			
Run to Sun	\$10,325.00	\$6,467.38	\$8,000.00
Memorial Day 5k	\$4,500.00	\$5,989.37	\$7,000.00
River Road Resolution 5k	\$3,600.00	\$8,000.00	\$7,750.00
Hog Jog	\$1,200.00	\$1,200.00	\$1,200.00
Race Proceeds	\$19,625.00	\$21,656.75	\$23,950.00
Dividends & Interest	\$ 1,400.00	\$ 1,400.00	\$ 1,400.00
Membership	7,000.00	7,060.23	7,000.00
Merchandise Sales	1,100.00	1,878.00	2,000.00
Dinner Socials Sales	500.00	-	600.00
Donations & Adult Running Program	750.00		750.00
Advertising	250.00	250.00	250.00
Children's Pass Through Sponsorships	3,300.00	3,300.00	3,300.00
Reinhold Award	-	500.00	
Other Income	\$ 14,300.00	\$ 14,388.23	\$15,300.00
Total Income	\$ 33,925.00	\$ 36,044.98	\$ 39,250.00
Expense			
Administrative			
General Office Postage & Supplies	\$ 150.00	\$ -	\$ 200.00
Newsletter Printing, Mailing, and Layout	7,850.00	7,331.30	7,834.00
Membership Postage & Supplies	600.00	218.95	500.00
Affiliation Costs and Insurance	2,600.00	2,600.00	2,582.20
New Equipment/Maintenance/Insurance	1,800.00	1,800.00	5,500.00
Storage Rental Fees	1,020.00	1,020.00	1,020.00
Website Fees	220.00	218.95	218.95
Volunteer/Member Awards & Misc.	300.00	300.00	300.00
Merchandise Cost Expense	1,700.00	2,620.70	2,420.70
Total Administrative Expense	\$ 16,240.00	\$ 16,109.90	\$ 20,575.85
Club Activity			
River Run Tent & Club Picnic/Elections	\$ 1,000.00	\$ 780.25	\$ 780.25
Dinner Socials - expense	585.00		
Monthly Socials	200.00	505.33	1,690.00
RRCA Convention	1,500.00	1,200.00	1,200.00
Banners & Signs	350.00	869.20	900.00
Total Club Activity Expense	\$ 3,635.00	\$ 3,354.78	\$ 4,570.25
Community Activity			
Donations	\$ 500.00	\$ 800.00	\$ 500.00
Adult Running Programs	1,050.00	1,362.40	1,080.00
Children's Running Programs	8,000.00	6,970.41	8,200.00
Children's Pass Through Sponsorships	3,300.00	3,300.00	3,300.00
Scholarships	2,000.00	3,500.00	3,000.00
Total Community Activity Expense	\$ 14,850.00	\$ 15,932.81	\$ 16,080.00
Contingency Funds	\$ -	\$ -	\$ -
Total Expense	\$ 34,725.00	\$ 35,397.49	\$ 41,226.10
Difference (Profit/Loss)	\$ (800.00)	\$ 647.49	\$ (1,976.10)

River Road Resolution 5K



January 12, 2008



Saturday, January 12 2008 - 8 AM

No Excuses - Just Do It & register for the River Road Resolution 5K! Put your New Year resolutions into action. This Jacksonville Grand Prix Race starts and finishes at the Orange Park Kennel Club, is a USATF Certified Course (FL-02016DL), and is run along the beautiful St. Johns River on River Road. Start the New Year right!

5K AWARDS: Top 3 Male & Female; Top Masters & Grand Masters; plus Top 3 in each age group, Male & Female: **AGE GROUPS:** 10 & under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & over. (No multiple awards)

Walkers are invited to join us, however there will be no Walking Awards category in this race.

FUN RUN: One mile Fun Run starts at 9:00 AM. There is no charge for the Fun Run, but all runners must complete an entry form. Awards to all Fun Run finishers.

RACE PACKET PICKUP: Thurs., 1/10, or Fri., 1/11, at the 1st Place Sports location noted on your entry form (10 a.m. - 6 p.m.) in either:

Orange Park: 550-7 Wells Rd, 264-3767,

Jax: 3931 Baymeadows Rd, 731-3676, or

Jax Beach: 424 South 3rd St., 270-2221.

Race Day at the Orange Park Kennel Club.

Day of race registration will begin at 6:30 AM.

T-Shirts are guaranteed to all pre-registered

5K entrants.

COST: Please see the following table:

*There is an additional \$2 discount if you

Race Entry received:	Strider or Military	Not a Strider
by January 2	*\$12	*\$14
1/3 thru 1/11	*\$15	*\$17
Race Day	**\$20	**\$20

• have your own ChampionChip except for day of race Registration (see entry form to enter your personal chip number.)

• **There are no discounts available for Day of Race Registration and personal ChampionChips cannot be used. All Day of Race entries are \$20.

• **Make check payable to:** River Road Resolution 5K

• **Mail completed application & check to:**

River Road Resolution 5K

3931 Baymeadows Rd

Jacksonville, FL 32217

• Race fees are non-refundable.

• **More Information:** Contact Bob Boyd at

272-1770, BobBoydFL@gmail.com or

www.floridastriders.com.

• You may also register on-line at

www.Active.com.



the local station

The Florida Striders Track Club is a family oriented club that stages three Grand Prix races each year and a Social each month. Profits from our events are funneled back into community projects to promote fitness and health. Our Newsletter, the Strideright, includes articles from our members, fitness tips, pictures of our members in action, race results, and items of general interest. See our website, www.floridastriders.com, or contact our Membership Director, Mike Mayse, 777-6108, or email mjmayse@comcast.net for more information. Complete the membership application below and come have fun with us.

Florida Striders Membership Application			
Please Print			New <input type="radio"/>
Name: Last _____ First _____ M.I. _____			Renewal <input type="radio"/>
Address _____		# in Family _____	Your Occupation: _____
City/State/Zip _____		Spouse's Name _____ Your Employer: _____	
Phone: Home _____		Birthdate(s) _____	
Phone: Work _____		Annual Dues:	
E mail _____		Family \$20 (2 years \$40, 3 years \$60) <input type="radio"/>	
Signature _____		Single \$15 (2 years \$30, 3 years \$45) <input type="radio"/>	
Date _____		Junior (under 18) \$10 (2 yrs \$20, 3 yrs \$30) <input type="radio"/>	
		Senior (over 65) \$10 (2 yrs \$20, 3 yrs \$30) <input type="radio"/>	
		Mail Application with dues to: Florida Striders 8559 Boysenberry Lane E. Jacksonville, FL 32244	
I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the race. I assume all risks associated with running and volunteering to work club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road or the traffic on the course, all such risks being known and appreciated 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 and release the Road Runners Club of America, The Florida Striders Track Club, and all sponsors, their representatives and successors from all claims and liabilities of any kind arising out of my participation in these club activities, even though that liabilities may arise out of negligence or carelessness on the part of the persons named in this waiver. Rev 12/01			

ADDITIONAL SPONSORS	Pediatric Dentistry & Orthodontics Donnie A. Myers, D.D.S Gary R. Myers, D.M.D (904) 505-2010	GENERAL TRUCK EQUIPMENT & TRAILER SALES INC	FLORIDA POWERTRAIN & HYDRAULICS, INC.	Smoak, Davis & Nixon LLP
	Publix Charities	 John Fagan, P.A.	 BLUE RIDGE <i>Water Company, Inc.</i>	Florida Heart Center <i>We Care For Your Heart</i>

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

RIVER ROAD RESOLUTION 5K ENTRY FORM															RACE# (FSTC USE ONLY)			
Packet Pick-Up (Choose One)																		
Baymeadows 1st Place Sports 1/10 or 1/11 <input type="checkbox"/>					Orange Park 1st Place Sports 1/10 or 1/11 <input type="checkbox"/>					Jax Beach 1st Place Sports 1/10 or 1/11 <input type="checkbox"/>					Day of Race @ Orange Park Kennel Club <input type="checkbox"/>			
<div style="display: flex; justify-content: space-between;"> <div> First Name </div> <div> Last Name </div> <div> Ever run/walked a race? Y N </div> </div>																		
Age 					Sex M F					Adult Sizes S M L XL					5K <input type="checkbox"/>	FUN RUN <small>(no charge - just bring entry form with you on Sat., 1/12, race day)</small>	Personal Champion 	Chip # (can NOT be used for Day of Race registration)
Street Address (include apt. number) 																		
City 															State 	Zip Code 		
Telephone Number 															Fee Enclosed \$ 	<input type="checkbox"/> Florida Striders Track Club Member	<input type="checkbox"/> Military	
BY MY SIGNATURE I ACKNOWLEDGE THAT Participating in an organized running event is a potentially hazardous activity. I will not participate unless physically and medically able. I agree to abide by all decisions of race officials relative to my ability to safely complete the race course. I assume all risks associated with participating in this event including but not limited to: Slip/trip/fall, contact with other participants, weather conditions, traffic and conditions of the road/surface, all such risks being known and accepted. Having read this waiver and in consideration of entry into this event being accepted, I, for myself and anyone named or entitled to act on my behalf, waive and release members and volunteers of the Florida Striders Track Club (FSTC), Road Runners Club of America (RRCA), the town of Orange Park and all sponsors, their representatives and successors, from all claims and/or liabilities of any kind arising out of my participation in this event, including any liability that may arise out of negligence or carelessness by persons or organizations named in this waiver. I agree and grant permission that should circumstances arise, I defer to race officials and/or qualified persons as to my need to be examined and/or treated medically during the race. I agree that race officials and/or qualified persons have the right to disqualify and remove me from the race course should I be suffering from a life threatening condition. I further grant to Releases the right to use any and all photographs, images, or accounts of this event in any manner that it feels appropriate. I agree to abide by all RRCA Guidelines, including but not limited to: No use of headphones or any other device that limits awareness of the participant or any type of wheeled conveyance (excluding use by handicapped or physically disabled participants). Animals are prohibited from the race course unless for the use and assistance of handicapped or physically disabled participants.																		
Your Signature _____					Date _____					Parent's Signature (if under 18 years of age) _____					Date _____			
Make Check Payable to: River Road Resolution 5K • 3931 Baymeadows Rd • Jacksonville, FL 32217 or drop off at any 1st Place Sports location.																		



Step Up, Florida! 5K and 1 Mile Run & Walk

Saturday, February 2, 2008

Spring Park in Green Cove Springs

5K starts at 10:00 a.m.

1 Mile Fun Run starts at Approximately 11:00 a.m. after the finish of the 5K.

Registration Information: The event is open to all runners, joggers and walkers. This event is **FREE** for both the 5K and 1 mile fun run.

You can register in advance by mailing your completed and signed entry form to:

Clay County Health Department
Attention; Step Up, Florida!
P.O. Box 578
Green Cove Springs, FL 32043

Informational websites:

www.floridastriders.com
www.stepupflorida.org

For further information call 904-529-2810

Awards: New, three color t-shirt for first 1000 entrants. Custom Step Up, Florida travel coffee cups to all participants. Lots of goodies and fun things to take home! There will be no age group awards in this free event.

Start Location and Finish: Both runs will start at the corner of Walnut and Magnolia Ave., near Ronnie's Wings. The finish for both races is at the corner of Walnut and St. John's Ave.

Race Timing and Mile Splits: Digital Clocks will be located at all mile marks. A Digital Clock will also be at the finish line. All turns will be marked and traffic will be controlled.

Post-Race Refreshments: HoneyBaked Ham and Starbucks will be providing refreshments along with snacks donated by local businesses at the finish area.

Packet Pickup: Run packets will be available race day starting at 8:30am at Spring Park in Green Cove Springs. The registration area will be on Walnut Street near St. John's Ave. at the north end of the park.

Special Raffle: Southwest Airlines will be raffling off two round trip tickets in a random drawing for all race finishers at the completion of the fun run. Other items donated by local business will be raffled off in the post race drawings.

*The Florida Department of Health is working towards a healthy Florida through the **Step Up, Florida! Healthy Communities Program** with the goal of reducing chronic diseases such as heart disease, stroke, diabetes and cancer. Adopting healthier behaviors such as being physically active, eating nutritious foods and avoiding tobacco can prevent or control the devastating effects of chronic disease.*

Clay County award winning YMCA cheerleaders will cheer on runners at the start and finish of the race!

Continued from page 2

Meet Manager Software for Hershey Meet: Dave discussed the software used last year for the meet which was undesirable for several reasons. Mike Mayse made a motion to purchase the Meet Manager Software and John Metzgar seconded. It was approved unanimously. Current funding from the Children's Running Committee budget will support this purchase.

Proposed 2008 Budget: Dave Bokros presented the 2008 budget proposal. Dave answered questions about budget numbers for income and expenses. Mike Mayse pointed out some items he is requesting for equipment to use during races. Several items were changed to general consensus. Kay Womack made a motion to approve the budget as updat-

Logo contest update: Gary Hallett has received 10 entries so far, from 2 people.

Social Update: Gail Poythress and Glenn Hanna put together a spreadsheet for the 2008 Social calendar. Glenn reminded us that this is tentative and always subject to change. Additional activities can always be added as ideas are presented.

Vicky Connell

The StrideRight is always looking for stories, photos, or any bits of information to share with other members.

**Please send these to
StrideRightEdit@aol.com!**

Pamela Miller
Paul Smith
Jill Wright

Hernando DeSoto
Carol & Mike Fitzsimmons
Mary & Bill Gladding
Simon Jacobson
Robert Jamieson
Lesley Jones
Cynthia Lyons
Kristie Matherne
Carrie McCutcheon
Jan Taylor

Charles Desrosier
Glenn Landers
Dotti Cahill & Tom Marsland
Pamela Gornick
Kate Clouse & Jerry Bennett
Ken, Jeanie & Erin Wilson ●

David Bonnette
John (Stan) Champion
John De Antonis

First Name															Last Name																										
				M		F																																			
Age on Race Day				E-mail address for confirmation of entry recieved and for up to date information																																					
Street Address																																									
City																				State		Zip																			
Telephone Number												School																													

I am voluntarily participating in Step Up, Florida. This is an event that will occur on public thoroughfares. I understand that there are certain risks inherent in this type of activity, including but not limited to unknown road conditions along the route, traffic hazards, slip/trip/fall, and contact with other participants, weather conditions, and the conditions of the road/surface and the possible hazards of physical activity due to unknown medical conditions. By signing this statement, I am acknowledging that I understand that I should consult with a physician prior to engaging in any physical activity. I also acknowledge that I have chosen to engage in this event with its inherent risks and accept the liability for such risks attendant to this activity. I also acknowledge that by signing this statement I give my consent to release the use of any images of me obtained during the event to be used in any publication or news release promoting or reporting this event. If I am an employee of the Department of Health I am also acknowledging by signing this statement that I have not been required to participate and that I am voluntarily accepting participation in this activity as part of my normal job responsibilities. Having read this waiver and in consideration of entry into this event being accepted, I, for myself and anyone named or entitled to act on my behalf, waive and release members and volunteers of the Florida Striders Track Club (FSTC), Clay County Health Department (CCHD), Road Runners Club of America (RRCA), the town of Green Cove Springs and all sponsors, their representatives and successors, from all claims and/or liabilities of any kind arising out of my participation in this event, including any liability that may arise out of negligence or carelessness by persons or organizations named in this waiver. I agree and grant permission that should circumstances arise, I defer to race officials and/or qualified persons as to my need to be examined and/or treated medically during the race. I agree that race officials and/or qualified persons have the right to disqualify and remove me from the race course should I be suffering from a life threatening condition period. I agree to abide by all RRCA Guidelines, including but not limited to; no use of headphones or any other device that limits awareness of the participant or any type of wheeled conveyance (excluding use by handicapped or physically disabled participants). Animals are prohibited from the race course unless for the use and assistance of handicapped or physically disabled participants.

Signature _____

Date _____

January 2008 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
January 6	DeLeon Springs Half Marathon & 5K	8:00 a.m	State Park DeLeon Springs	(386) 736-0002 AltaVista Sports
January 12	River Road Resolution Run 5K FUN RUN	8:00 a.m.	Orange Park Kennel Club	(904) 272-1770 BobBoydFL@gmail.com Florida Striders Track Club
January 19	Romans Road 5K	8:00 a.m.	Westside Baptist Church 7775 Herlong Road Jax	(904) 777-6130 Runners For Christ
January 26	Matanzas 5K	9:00 a.m	Ketterlinus Gym Castillo Dr. St. Augustine	(904) 501-0900 Ancient City Road Runners
February 2	Step Up, Florida 5K & 1 Mile Run & Walk	10:00 a.m 11:00 a.m.	Spring Park Green Cove Springs	(904) 529-2810 Clay County Health Department
February 2	Super Sunday 5K	8:00 a.m.	JCA 8505 San Jose Blvd. Jax	(904) 731-1900 First Place Sports
February 2	Palmer Catholic 5K	8:00 a.m.	Mickler's Landing Ponte Vedra Beach	(904) 543-8515 Palmer Catholic Academy
February 2	Pirates on the Run 5/10K	8:30 a.m.	City Hall - 224 Ash St. Fernandina Beach	(904) 491-0369 Amelia Island Runners
February 17	National Marathon to Fight Breast Cancer "26.2 With Donna"	8:00 a.m.	Near Mayo Clinic Jacksonville	(904) 731-1900 Donna Hicken Foundation

Striders at the Races

RACE RESULTS

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

OUTBACK DISTANCE CLASSIC HALF MARATHON

Outback Plaza - San Jose Blvd.
November 22, 2007

Chelle Mahoney	2:08:32
Eric Bush	2:18:07
Bernita Bush	2:41:17

RITA 5K TOWN CENTER

Jax
December 1, 2007

Charles Parker	19:43	2nd AG
Bernie Candy	19:40	1st A/G
Stephen Beard	19:46	2nd A/G
Robert Crampton	20:29	
George White	20:24	1st A/G
Frank Frazier	21:26	1st A/G
Raymond Ramos	21:26	
Elfrieda Wyner	21:49	

Masters Female

Everett Crum	22:36	1st A/G
Chelle Mahoney	26:00	2nd A/G
David Albritton	27:22	
Leo Sheckells	28:19	
Roxanne Slater	28:26	
Freddy Fillingham	29:32	
Cathy Reidy	29:38	
Evan Gould	30:30	
Vicky Choinski	30:36	
Sandra Shines	31:54	
Al Saffer	32:51	2nd A/G
Gordon Slater	33:22	
Joe Connolly	41:23	1st A/G
Shannen Crampton	43:07	
Mark Lay	43:20	
Stephanie Johnson	48:00	
Gene Moss	48:00	

Enmark Savannah Bridge Run 10K/5K

Savannah, GA
December 1, 2007

See page 5 for article and results!

FESTIVAL OF LIGHTS 5K

Jax
December 2, 2007

John Wisker	17:28	1st A/G
John Funk	19:00	

Stephen Beard	20:07	1st A/G
Michael Mandt	20:16	
Patrick Gaughan	20:26	1st A/G
Robert Crampton	20:27	
George White	20:55	1st A/G
Lewis Buzzell	21:10	2nd A/G
Everett Crum	23:18	1st A/G
Tracy Pfuntner	23:58	
Kimberly Lundy	27:09	1st A/G
Ed Hardee	30:49	
Sandra Shines	32:22	
Judith Gould	32:26	
Evan Gould	32:49	
Cathy Reidy	32:47	
Ginger Frazer French	37:43	
Mark Lay	38:16	
Shannen Crampton	42:50	
Joe Connolly	43:17	1st A/G
George Obi	43:39	

REINDEER RUN 5K

Fernandina Beach
December 8, 2007

Denise Metzgar	21:09	
Masters Female		
Craig Harms	22:07	1st A/G
Scott Arend	22:11	1st A/G
Nancy Harms	23:04	1st A/G
Susan Harms	24:20	3rd A/G
Gene Imrich	25:24	
Carrie Imrich	28:00	
Tyler Imrich	28:15	
Al Saffer	32:28	1st A/G

REINDEER RUN 10K

Keith Poythress	42:01	1st A/G
Randy Arend	42:08	2nd A/G
Bob Boyd	43:01	
Grandmasters Male		
George White	43:03	
Sr. Grandmasters Male		
Steve O'Brien	43:34	1st A/G
Frank Frazier	44:33	1st A/G
Elfrieda Wyner	45:12	
Masters Female		
Everett Crum	48:35	1st A/G
Gayla Poythress	55:35	3rd A/G

JINGLE BELL 5K RUN FOR ARTHRITIS

Jax Landing
December 15, 2007

Al Saffer	31:43.	1st A/G
-----------	--------	---------

JACKSONVILLE MARATHON

Bolles School
December 16, 2007

Justin Jacobs	2:40:33	2nd A/G
John Metzgar	2:50:52	
John Steinberg	2:55:58	
Sung Ho Choi	3:15:52	
David Bonnette	3:17:56	
Terry Sikes	3:19:22	
Robert Crampton	3:35:38	
Danny Cole	3:48:04	
Del Conner	3:49:53	
Kim Hoyt	3:50:30	
Frank Frazier	3:54:11	2nd A/G
Kim Crist	4:03:55	
Katie Maveety	4:05:40	
Paul Smith	4:19:27	
George White	4:29:24	
Mike Haga	4:31:44	
Raymond Ramos	4:32:40	
Chris Rodatz	5:09:37	

JACKSONVILLE HALF MARATHON

John Wisker	1:27:37	
Mark Woods	1:27:45	1st A/G
Patti Stewart-Garbrecht	1:32:20	1st A/G
Stephen Beard	1:34:20	
Bernie Candy	1:35:57	1st A/G
Paul Geiger	1:40:41	
Cynthia Lyons	1:42:07	
Michael Mandt	1:43:41	
Lewis Buzzell	1:45:55	
Regina Taylor	1:45:56	
Stephanie Griffith	1:47:21	
Gary Hallett	1:47:25	
Bob Boyd	1:47:25	
Paul Berna	1:52:13	
Carol Fitzsimmons	1:55:00	3rd A/G
Michael Fitzsimmons	1:55:34	
Hernando DeSoto	1:55:49	
Kwan Supapan-McCall	1:56:53	
Cynthia Maerz	1:57:00	
George Hoskins	1:57:59	1st A/G
James Giles	1:58:20	

Angela Adamson 1:59:33
 Maria Littlejohn 1:59:05
 Bonita Golden 2:01:12
 Teresa Hankel 2:02:10
 David Kelley 2:02:25 3rd A/G
 Sandra Maveety 2:03:44
 Matt Ross (AKA Steve Bruce) 2:06:22

Kimberly Lundy 2:07:09
 Marie Bendy 2:09:10 1st A/G
 Melody Blythe 2:11:05
 Denise Dailey 2:14:39
 Kristie Matherne 2:15:26
 Elbert Shubert 2:15:30
 Kevin Terry 2:15:56
 Kent Smith 2:16:51
 Cathy Haga 2:17:53

Rebecca Brown 2:17:56
 Melinda Terry 2:18:57
 Ed Kelley 2:23:23
 Pamela Miller 2:25:57
 Staci Suits 2:26:08
 Vicki Choinski 2:26:31
 Kim Anthony 2:26:06
 Joni Davis 2:30:17
 Nancy Pullo 2:37:53 2nd A/G
 Tom Zicafoose 2:39:10
 Robin McBride 2:39:14
 Shirley Henkel 2:40:30
 Kelly Howard 2:42:47
 Judith Gould 2:42:52
 Evan Gould 2:42:53
 Ken Bendy 2:43:24
 Patt McEvers 2:43:25

Kay Manley 2:49:15
 Sandra Shines 2:49:40
 Kay Womack 2:50:50
 Trish Kabus 3:01:14
 Michelle Ramos 3:16:35
 Tom Henkel (21 miles) 3:22:53 ●

**Don't forget to
 sign the Strider
 Man at all the
 races!**

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	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	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
Saturday	6:30 AM	10 to 15 Miles Moderate pace	Julington Creek Starbucks	Wendy Patterson (904) 237-4100 wenrex@comcast.net

The Back Page

BY MIKE MARINO

Happy Holidays!! Hope everyone has enjoyed Christmas or Hanukah (or both – I had a friend growing up who did both). Seems everything picks up around the holidays, including races with holiday themes and long distance runs. This, of course, means we have plenty of results.

Starting off the month on, when else, December 1st, was the **RITA St. Johns Town Center 5K** here in Jacksonville. **Charles Parker** led all Striders with a 19:43 and a 2nd place age group finish. **Elfrieda Wyner** was our fastest female Strider, posting a 21:49 on her way to a Masters Division win. **Bernie Candy, George White, Frank Frazier, Everett Crum, and Joe Connolly** were in championship form, each winning their age groups. **Stephen Beard** and **Al Saffer** ran to 2nd place age group finishes as well.

On the very next night and also in Jacksonville was the **Florida Telco Festival of Lights 5K**. Shining brightest among the seven Striders winning their age groups was **John Wisker** with a 17:28. Joining John as age group champions were **Stephen Beard, Patrick Gaughan, George White, Everett Crum, Kimberly Lundy** and **Joe Connolly**. Taking home a 2nd place age group award was **Lewis Buzzell**, and leading the way for Strider females was **Tracy Pfuntnier** with a time of 23:58.

Many Striders on December 8th made the quick trek up to Fernandina Beach to run in the **Reindeer Run 10K and 5K**. All nine Striders participating in the 10K took home awards. Leading the way was **Keith Poythress** with a 42:01 and an age group win. Showing dominance in, shall we say the “advanced in age” divisions were **Bob Boyd** in the Grandmasters Male division (welcome back Bob!), **George White** in the Sr. Grandmasters Male division, and **Elfrieda Wyner** in the Masters Female division, who was also our fastest female Strider with a 45:12. **Steve O'Brien, Frank Frazier** and **Everett Crum** were faster than anyone else in their age groups, while **Randy Arend** and **Gayla Poythress** placed 2nd and 3rd in their age groups, respectively. In the 5K, **Denise Metzgar** led all Striders, sprinting to a 21:09 and Masters Division win. **Al Saffer, Scott Arend, Craig Harms**, and



Nancy Harms all won their age groups and **Susan Harms** placed 3rd in her age group.

And rounding out the Christmas themed runs was the **Jingle Bell 5K** on December 15th at the Landing. **Al Saffer** was the lone Strider reported to be there, and he did us proud with an age group win. It was a great event and for a good cause, but it seems most everyone was gearing up for the races the next day.

Yes, the races on December 16th, the **Jacksonville Bank Marathon and Half Marathon**. By my count, there were 80 Striders between the two events (18 in the marathon and 62 in the half). Congrats to everyone in both of these events. Each race had rough conditions to contend with too, with high temperatures and humidity at the start and swirling cold winds a couple of hours into the race. Leading the Strider charge in the marathon was **Justin Jacobs**, who posted a very impressive 2:40:33 on his way to a 2nd place age group finish. Also going under three hours were **John Metzgar** (2:50:52) and **John Steinberg** (2:55:58), who placed 2nd and 3rd in their age group, respectively. **Frank Frazier** placed second in his age group, and leading all female Striders was **Kathy Murray** with a 3:50:28. In the half marathon, **John Wisker** led all Striders with a 1:27:37, and leading all female Striders with a 1:32:20 was **Patti Stewart-Garbrecht**, who won her age group along the way. Also chalking up age group champion awards were **Mark Woods, George Hoskins** and **Marie Bendy**. **Nancy Pullo** placed 2nd in her age group, and **Carol Fitzsimmons** and **David Kelley** each placed 3rd in their age groups. Again, congrats to all who participated in these events.

Striders – They're everywhere!!

Last month's report included the **Marine Corps Marathon** in Washington DC, but missed the most impressive Strider effort. Our apologies to **Patti Stewart-**

Continued on following page



SPIRIT OF THE MARATHON

There will be a showing of **MARATHON THE SPIRIT** in select theatres January 24, 2008. The movie is playing one day only at 7:30 pm. This is a John Dunham film and features the stories of five runners, including Deana Kastor and Daniel Njenga. I have not seen it, but I encourage you to check out the link and purchase your tickets ahead of time- which is the only way to get them, as I understand it. I looked at the trailer and found it compelling. I have my ticket and will be at the Cinemark Tinseltown at 4535 Southside Boulevard if anyone wants to make it a night out!

<http://www.marathonmovie.com/home.html>

Garbrecht, who place 3rd in her age group with a 3:16:34.

Nine Striders headed north to the real South in Savannah, Georgia to do the **Enmark Savannah River Bridge Run** on December 1st. Interesting event, it offers a 5K and a 10K, or, if you are so inclined, the "double pump", which is both events with a combined time. As would be expected, all but one of the Striders in attendance did the double pump. Leading the Strider charge in the double pump was **Keith Poythress** in a cumulative time of 1:05:36. **Rosa Haslip** was the fastest female Strider with a cumulative time of 1:08:25. Also doing the double pump were **Celita Cole** (2nd place age group), **James Vavrina**, **Gayla Poythress**, **Lesley Jones**, **Kim Anthony**, and **Kay Womack**. The lone Strider doing only a single event, the 10K, was our very fine president, **Dave Bokros** (his duties must have prevented him from doing the double pump).

Back to the marathon theme, and while we're at it, the milestone theme. All the way from the left coast, **John Heisner** competed in and finished the **Cal International Marathon**. The marathon distance is nothing new to John; he's been at it for over five years. But John's time in this marathon was the milestone he has been chasing for the past five years – sub three hours. Congratulations John on your time of 2:59:27.

On December 8th, **George Hoskins** competed in the **Florida Senior Games State Championships** in Ft. Myers. George put forth a very impressive effort, taking 2nd in the state for the 5K with a time of 22:51.

And, hey hey hey heyyyy!!! Some oft injured slob (namely, **me**) got back into the

act at the **Safety Harbor Multi Sport Weekend** on December 8th. I participated in the Triathlon (yes, this late in the season), covering the ¼ mile swim, 10.5 mile bike and 5K run in 1:06:38. Great to be back.

Tidbits

Halfway through the **2007 – 2008 Grand Prix** and it looks like **John Metzgar** is out to defend his crown. John has the midpoint lead, though **Justin Jacobs** isn't too far behind in second place. Many Striders are at the top of their age groups as well – keep it up folks.

Special kudos out to the not so fleet of foot but nonetheless very determined 4½ hour to 5½ hour marathoners. I was out on my bike to watch and encourage this group of runners during the Jacksonville Marathon. Talk about inspiring; these folks have no quit in them. They don't move fast, but somehow they move forward. If you ever get the chance, take some time to watch the folks finishing at the end of the race; their spirit is incredible.

Awards

With it being Christmas, **Everyone** gets an award!!! I'm sure everyone has done something great this holiday season, whether it be related to running (maybe your first marathon or half marathon), or whether it be something personal, such as doing something extra special for someone else this holiday season. It's also for the great year 2007 has been for Striders, to which everyone has contributed. Great work folks and here's looking forward to an ever better year in 2008. Until next time, train well and be safe.....and **HAPPY NEW YEAR!!!** ●

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@clearwire.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/rrcahtml/rrcarep.htm>
You can get entry forms & results for all 1st Place Sports events on the Internet at <http://www.1stplacesports.com>
Also get the latest running news from the RRCA's national office, including a nationwide race schedule as well as important info from clubs across the country at <http://www.rrca.org>