

Memorial Day 5k 2008

By Dave Bokros, Race Director
Photos by Vanessa Boyd

It was a beautiful morning in Spring Park for the Memorial Day 5k and Fun Run. When we arrived early to set up it was only 62 degrees and 78% humidity. Almost didn't seem right being so comfortable.

As usual, there trickled in the always-reliable Strider volunteer staff to make the event a first class race and a good time for all. It always makes me smile to see so many of you willing to come out so early and help us get things done right! To be honest, I think directing the race is a lot more fun than running it!

This year we registered 809 runners and walkers with 719 finishers! This is an all time record as far as I can tell. My first

year as race director, 2006, saw 421 finishers. I attribute this to many factors-personal fitness is increasing in popularity. Charted over the last three years this race has seen a near 20% increase in attendance every year! I think that is a wonderful trend, but I attribute a lot of it to organizations like the Florida Striders Track Club, JTC Running, 1st Place Sports, Amelia Island Road Runners and, let's not forget the organization that provides our guidance and many of our valuable resources, the Road Runners Club of America (RRCA.org).

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UPCOMING SOCIALS

July: A family picnic after the Xterra 5K Trail run on **Saturday, July 26th**. We will set up near the Start/Finish line which is near the beach access between parking lots 10 and 11. Watch for the Strider signs pointing you in the right direction. The Club will provide hot dogs/hamburgers and drinks; bring your own covered dishes and any other beverages which are allowed in the park. For more social information, please see page 8. ■

JULY 26

Prez Sez

By Dave Bokros



The Florida Striders recently hosted the first summer Kid's Camp and it was a huge success. I was lucky enough to fit two and a half of the camp days into my schedule and it was a great time. Kudos to all of the volunteers and the Camp Director, Vicky Connell on a job well done- I am sure this will be an annual event and the kids had so much fun, as did we all, that I think it will be much larger next year.

This brings something to mind that I try to say often but it can't be repeated enough. The Florida Striders track Club is now into it's 30th year. We are very healthy as a club. Countless people have worked for decades to grow this club into a something that everyone who has ever been a member or contributed can be proud of.

The events that we host, the classes and clinics, and the work that everyone puts into them is amazing. I only took this job because I wanted to give something back to an organization that was generous to me. I have seen some incredible things. I have watched as ideas are hatched and become wonderful things like the Kid's Camp. I want to remind everyone that its you, the mem-

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Board of Directors' Minutes

6/10/2008

The meeting was called to order by Dave Bokros at 7:06 p.m. Directors present were Dave Bokros, Kellie Howard, Kim Lundy, Regina Taylor, Randy Arend, Regina Soeey, James Vavrina, Kay Womack, Glenn Hanna, Mike Mayse, and Janis Dolemba.

Minutes: A motion was passed to accept the minutes from the May meeting.

Run to the Sun Race Report: Kay Womack presented the report. She stated that sponsorship was up and down. There was a \$5,000 race profit. Karen McCormick did a good job with course director duties. There was discussion about the distribution of water on race day. Kay has a plan for better distribution next year. Kim Lundy said the snacks were excellent. James said a few signs are missing after the race. James also commented that IPODS were a problem at this race and the Memorial Day 5K Race. Some run with the volume so loud that it is impossible for the runner to hear what's going on around him. A police officer was giving directions and runners were unresponsive. It was discussed that before all races the bullhorn be used to reiterate safety rules and the prohibition of using strollers at races.

Treasurer's Report: Janis Dolemba said the CD was rolled over for 8 months and will mature Feb 6, 2009. Rate is at 3.4%. Kellie said that the books balance. The report was approved by majority.

Youth Running Camp: Dave gave an update on the camp since Vicky was unable to make the meeting tonight. He stated that the camp is going great. Kids are very appreciative and the instructors are providing very good sessions. Kim Lundy mentioned that the Striders might consider contributing to the Ridgeview High School Track "Meter" fundraiser as a way to thank them for letting us use their facility for the camp. She agreed to find out the cost of sponsoring a "rubberized meter" at RHS and will bring the item back to the board for discussion at the July meeting

Social Committee Report: Glenn Hanna stated that different quotes are being sought for the 30th year celebration location. Mike Mayse asked if the club will subsidize the event? The committee was going to meet right after the Executive Meeting

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2008-2009 Board of Directors & Key Members

(Board Members marked with an *)

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A New Adventure

By Frank Frazier

The consequences of not listening to the body continue to plague a senior runner.

At 65 years old I have personally enjoyed running as few others have, not that I enjoyed every step as I recall James Parks commenting, yet there were few steps that I hated.

While never fast, I have been able to be consistently in the top 3 of my local age group ratings for about 25 years and now after 2 ½ decades of no-injury running – at least none of substance, my running world has come to a screeching halt.

On Dec 30, 2007 I ran a 5K hilly cross country race and the next day a 5K road race. It was during the 2nd race that I pulled a hammy (or abductor muscle) in my right leg. With the runner's mentality, I knew that I could run thru it and continued training with less intensity. I also participated in a couple of races, the last one being in early Feb 2008. My leg continued getting worse & I continued not letting it heal. In mid Feb a co-worker – Doug Aiosa - suggested that I take up some bike riding with him. I figured I could ride a little and not run as much and the fact that for nearly 3 weeks in late Feb & thru mid March I would not be in a position to run hardly any (the track on a large cruise ship is not conducive to distance running). At the end of the vacation the leg hurt as much as ever & I started going to my favorite crack-practor (Harry Edwards). Harry did treatments over about a 3 week period and told me to cut my running back (I was back to about 10 miles a week – any more cut back would put me at no running). It was then that I decided to get more serious about my biking and joined the North Florida Bike Club.

My 1st ride with them was a 38 mile ride about the 1st week of April and I was exhausted at the end of the ride.

Doug then started talking about doing the BRAG (Bike Ride Across Georgia) in mid June. This is a 7 day ride covering about 450 miles with 1 of those days being a rest day.

The more Doug talked, the more it sounded like a good idea and the biking was not hurting my leg. While I was tired after a long bike ride, I was not sore and stiff after the longer rides. Over the next several weeks, we continued increasing our distances and frequency of biking and I found that I could ride 65 miles on Sat & then 50 on Sun and still feel pretty good. Mind you, I was not fast in riding, but I was not last either.

As the BRAG approached it became evident that we would not be able (for family reasons) to ride the whole week so we cut back to planning on doing the BRAG Lite – 180 miles over the last 3 days of the week. I was personally looking forward to doing something different like this ride.

On Wed June 11, Doug's wife – Lori – hauled Doug, his 14 year old son

At 65 years old I have personally enjoyed running as few others have, not that I enjoyed every step as I recall James Parks commenting, yet there were few steps that I hated.

(Kevin) and I to Dublin, GA, where we met up with about 1800 other riders – we soon learned that the majority of them had left Oxford, GA on the previous Sunday and had already ridden for 3 days thru the hills & heat of north central Georgia. They looked tired. It was a rest day for some of them & others took the opportunity to ride loops out of Dublin – up to 100 miles long. We immediately made our 1st mistake as we were setting up our tent in a rain squall. By the time the tent



was up, it was wet, we were wet, our bags of gear were wet and then it quit raining. At least we had time to get dried out before sunset so at least we didn't sleep wet.

Each of the over night stops was at a local high school and the 3 that we stayed at were all nearly new with huge gyms and while we elected to go the tent route out in the school yards, many of the riders chose to sleep in gyms/classrooms/halls. It was a bit crowded in some of those areas but they didn't have to put up/take down/pack and get a tent in the trailers that carried all the other luggage to the next destination.

At 6 AM on Thursday morning we rolled out of our tent along with the others and prepared for our 1st days ride. As we rode toward Hazlehurst, GA we found more hills than we anticipated and had prepared for, but as we talked to other riders we found that they were happy that the hills were not as bad as the previous 3 days had been – and it was not as hot! At the end of the 1st day (66 miles) we were happy to get out of the saddle and let our butts and legs rest.

On Friday morning we rolled out at 6 AM – again, and prepared for another day in the saddle. The 1st half of the day had some hills but not near as bad as Thursday. We were looking at the map profile of the days ride and knew that the last half of the day was much smoother riding than the first day and a half. During the day we found out what "Shake & Bake" means in reference to riding. If you don't know, you need to take up a little riding so you can learn. The day finished after only 61 miles and lots less hills. We were more tired than the day before.

On Saturday morning we rolled out at - you guessed it - 6 AM and prepared for our last day of riding for a while. Again, we looked at the profile map and saw that we had very nearly a flat ride for the day with only 8 miles of "Shake & Bake". Some how we didn't see the last part of the course on the profile map which was 2 significant bridges right at the very end of the ride. At the end of Saturday we had only ridden 56 miles and I felt almost cheated because the

course was so flat and smooth I could have ridden another 15 to 20 miles.

This is a game that while very dangerous, more time consuming than running & much more expensive, I still really enjoy riding. Also, I find that it does not provide near the aerobic benefits that running does but I'm sure that there are some benefits - such as keeping me out of some bars.

When Ms Nancy told me that she hoped my next wife enjoys my biking

more than she does, I took that as a clue that maybe I should cut back my riding some and not be riding long on both Sat & Sun. (I'm thinking I'd like to do a century right away - well, that is only one day). And then some friends and I are talking about doing a 500 to 600 mile loop out of Jax next spring and camping out - maybe she'll ride with me. She was nice enough to drive to St Simons Island and pick the 3 of us up and on her birth day no less!! =

Youth Running Camp Huge Success!!

By Vicky Connell,
Camp Director

The Strider's sponsored a Youth Running Camp June 9th through the 13th. It was for youth ages 12 to 17. Although registration started out slowly, it picked up steam as word spread of the camp. The final count was 47 kids, with a few that joined as the camp was in progress. The volunteers who contributed their time and talents numbered about 25. There were so many volunteers that some were put on a stand by list just in case we needed them!

The camp provided a variety of activities and classes, all designed to impart a love of running while teaching the right way to do it. The instructors for the classes were professionals from around the area, most being part of our own Strider family. John Metzgar instructed them in interval training, then came the next day to run laps around the track with them. John Steinberg shared his own brand of race preparation and strategy, bringing his gym bag packed for a race. Dr. Marshal Armitage taught injury prevention, helping them to understand how their bodies develop and grow, and need special care as athletes. Kristie Matherne instructed them in the importance of strength training, and then demonstrated a variety of techniques and how to use your own body weight to exercise. Denise Metzgar gave them invaluable information on how to choose a running shoe and the advantages of technical

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YOUTH RUNNING CAMP

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running wear. Regina Soeey taught them the importance of cross training, while Vicky Connell shared with them the value of keeping an exercise journal.

Each day started with a warm up and dynamic stretching led by JR Nesi (a local High School running coach). Then everyone divided into ability groups to do the daily run with volunteers. The camp followed the hard/easy concept, alternating each day. Two of our volunteer running group leaders were college track runners Melissa Sams and Tiffany Saxton. The kids were fortunate to have such talented runners to help them each day! All of the volunteers did at least some running with the kids, demonstrating our own dedication to the sport.

After our morning run and additional static stretching, there was a daily “running” game of some sort just for fun. These were led by Jen Halter. It seemed each day the games got sillier, and everyone enjoyed them more. There was also a good amount of sprinting going on without anyone even realizing it! It’s hard to say which they liked the most – the relay which involved wearing a silly pool toy, dropping into a tub of ice and eating an ice pop, or the all out water balloon war on the last day.

In addition to their regular instruction, the kids received classes each day in nutrition from Registered Dietician Becky Delgado, with help one day from Mary Ann Steinberg. Becky’s casual yet engaging style of teaching had the kids coming back to camp each day bubbling with excitement about what they had read on labels of food at home and what they had taught their parents! Each day Kim Lundy ensured that they got a sam-

pling of healthy snacks, ranging from yogurt, to trail mix, cheese sticks, cut fruit, peanut butter, frozen blueberries and other items. There weren’t many leftovers to speak of, because the snacks were fantastic!

On the last day, Mike Ford (also a local school running coach) took a video of each child while they were running, and then analyzed their stride in a classroom while they watched the video and had a final healthy snack of popcorn. They also received their beautiful camp T-shirt (watch for the bright blue shirt with the colorful camp logo) designed by Tori Connell.

Some other invaluable volunteers were Janet Elliot who handled registration and daily attendance; Eric Bush who ran with the kids and jumped in to help with whatever was needed, Bernita Bush who provided medical support, help with the snacks and makes a mean batch of Powerade (thanks to 1st Place Sports for the donation!); Robert Crampton, Cassie Marquis and Darin Bickle who ran with kids; Dave Bokros who helped with planning and showed up to run and help out wherever needed; and last but not least, Bob and Vanessa Boyd who did a great deal of the advance planning and research, not to mention all the great advice they gave to Vicky. Thanks also to Publix who donated a \$100 gift card to make our snack budget stretch much further!

The last thing the kids did at camp was fill out a survey to show what they enjoyed and whether they would return next year. (Thanks for the survey go to Kim Lundy.) The answer was an enthusiastic “yes – we’ll be back!” =



MEMORIAL DAY 5k

Continued from page 1



The race was off to a fine start at 8:00 am and the competition was hot! Justin Jacobs led the way and crossed the finish line with a blistering 15:59! Our favorite coach and mentor, John Metzgar, was next in with 16:30 with Francisco Garcia close behind with a 16:45. John Steinberg took Masters men with 16:50. The lovely and talented Michelle Krueger was the first female to cross with a 17:57! Clair Domingo was just 12 seconds behind with 18:09 and Jo Shott took third with 19:31 and Kim Scurti took Masters Female with 19:58. Fantastic race and, as usual, fun to watch!

Let's not forget, Joe Connelly, 83, who came in with a 44:36! Joe has been running races in this area longer than most of us have been on this earth. I hope that I am as healthy as Joe when I am in my eighties.

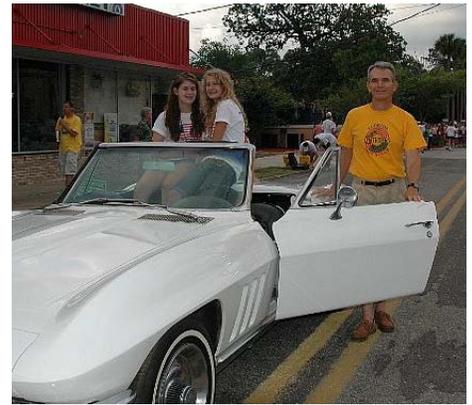
The annual Beginning Runner class

organized by Bob and Vanessa Boyd brought a huge crowd of proud runners to the event. Special thanks to Bob, Vanessa, and all of the group leaders for helping these runners and walkers make their goal. Thanks, also, to the fine group of athletes in training that made up the class. We enjoy leading this group every year and get more out of it than you might think. Welcome all of you to the Florida Striders Track Club- we hope that you will all stay for a very long time!

My thanks go out to Mike Mayse, who manages equipment and logistics like no one else can, Kay Womack for recruiting the volunteers necessary for all of this, James Vavrina, the Course Director, Julie Runnfeldt for managing registration, Mike Ford for wrangling the children at the Fun Run start and Mr. John TenBroeck for starting the 5k and announcing the awards. There are many more long-time loyal volunteers, like Pat Raiford who comes to nearly every race to help out, and Ed and Jeanette Schmidt who show up every year to help with registration.

Thanks also to Vac-con, Body Wise, Ronnie's Wings and Oyster Bar, Robert Shields, Blue Ridge Water, WJCT channel 4, 1st Place Sports, and our gracious hosts, the City of Green Cove Springs.

Great race and a good time, everyone. I look forward to next year! =



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

New, Renewing and Expiring Memberships

NEW MEMBERS

Amber Kirby 6/30/10
Wendy Rother 6/30/09

RENEWING MEMBERS

Doug & Jane Alred 6/30/09
Joyce Durate 6/30/09
Harry Edwards 5/31/09
Lorraine Hughey 6/30/09
Melissa Kretchmer 6/30/09

Chris Rodatz 6/30/10
Cecile Spiegel 5/31/09

MULTI-YEAR RENEWALS

Thomas Warren 6/30/09
Chuck Ellis 6/30/09

EXPIRING MEMBERSHIPS

Angela Adamson 5/31/08

Mary Algire 5/31/08
Sherrilynne Chung 5/31/08
Gil Flores 5/31/08
James & Robin Giles 5/31/08
Rich Gilmore 5/31/08
Karen Howard 5/31/08
Kelli McGreevy 5/31/08
Dorsey "Bryce" Motes 5/31/08
Ronald Rapaport 5/31/08
Jennifer & Quinn Roberts 5/31/08
Michael Wallace 5/31/08
Jacob Witt 5/31/08

In our continuing efforts to improve communications we are adding another feature to our monthly report. We have added the membership expiration date. This will allow you to double check my work and ensure I get it right. If your name does not appear in this column or you think something is in error with your renewal date please email me at floridastriders.com or call Mike Mayse (904) 777-6108.

Race Results

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

SAN PABLO ELEMENTARY 5K FOR PLAY (Short Course) Jacksonville Beach May 24, 2008

Steve Bruce	22:00	
Maria Littlejohn	22:20	2nd A/G
Kimberly Lundy	22:24	
Masters Female		
Chelle Mahaney	22:30	1st A/G
Stephanie Lundy	25:10	3rd A/G
Al Saffer	26:23	1st A/G
Dot Mitchell	33:40	1st A/G

WORLD GOLF VILLAGE 5K St. Augustine June 7, 2008

Justin Jacobs	15:35	1st A/G
Mark Woods	18:28	
Masters Male		
Bruce Holmes	19:07	1st A/G
Keith Poythress	19:23	3rd A/G
Stephen Beard	19:52	2nd A/G
Paul Smyth	20:05	3rd A/G
Michael Mandt	20:20	
George White	20:44	2nd A/G
Randy Abate	21:40	
Paul Smith	22:18	1st A/G
Ann Krause	22:22	1st A/G
Stephanie Griffith	22:28	2nd A/G
Gail Pylipow	22:53	3rd A/G
Simon Jacobson	23:53	
Tom Zicafoose	24:14	
James Vavrina	24:20	
Sue Whitworth	24:44	
Bradley Shepard	26:11	
Tom Bass	26:32	
Gayla Poythress	26:36	
Callee Davenport	26:54	
Joe Sova	27:23	
Patricia Stack	27:36	
Leslie Magruder	29:04	
Bernie Powers	29:06	
Freddy Fillingham	31:23	3rd A/G
Al Saffer	31:31	1st A/G
Kay Womack	32:10	
Cole Mandt	32:55	(8 yrs. old)
Bo Holub	33:15	1st A/G
Joe McCoy	33:54	
Bill Krause	37:28	
Joe Connolly	44:23	2nd A/G

RUN FOR THE PIES MIZUNO CHAMPIONSHIP Jax Landing June 14, 2008

Justin Jacobs	15:44	7th O/A
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John Metzgar	16:16	29th O/A
John Steinberg	17:02	46th O/A

OESRUN FOR THE PIES Jax Landing June 14, 2008

Drew Kenny	18:30	
David Bonnette	18:31	
Terry Sykes	18:33	
Keith Poythress	18:48	
Big Time PR!		
Randy Arend	18:56	
Bill Dunn	19:05	
Bruce Holmes	19:22	1st A/G
Bruce Holmes	19:24	1st A/G
Mallory Bane	19:54	1st A/G
Stephen Beard	20:01	
Regina Taylor	20:37	2nd A/G
George White	20:39	2nd A/G
Robert Crampton	20:55	
Raymond Ramos	21:10	
Rexx Weir	21:14	
Randy Abate	21:22	
Rebekah Wild	21:32	3rd A/G
Regina Sooeey	21:33	3rd A/G
Paul Smith	21:46	1st A/G PR
Eric Bush	21:49	
Lewis Buzzell	22:29	
Gail Pylipow	22:33	1st A/G
Ann Krause	22:35	3rd A/G
Kelly Howard	22:45	
Paul Smith	22:45	
Paul Berna	22:55	
Thom Henkel	23:08	
Simon Jacobson	23:28	
Bob Kennedy	23:42	
Danny Weaver	23:49	
James Vavrina	23:50	
Suzanne Baker	24:02	Big PR
Cynthia Maerz	24:09	
Tom Zicafoose	24:11	
Roberta Tomlinson	24:36	
Tracy Pfuntner	24:36	
Kristie Matherne	24:54	
Gayla Poythress	25:20	
Maria Littlejohn	25:41	
Sue Whitworth	25:48	
Chelle Mahaney	26:13	
Mary Algire	26:18	
Tyler Imrich	26:18	
Carrie Imrich	26:30	
John Gauer	26:54	
Ben Holland	27:05	
Kara Albach	27:42	
Kimberly Lundy	27:50	

George Obi	28:57	
Bernie Powers	29:32	
Traci Bane	29:41	
Al Saffer	30:58	2nd A/G
Kay Womack	31:19	
Lesley Jones	31:42	
Mary Hutto	31:49	
Staci Suits	32:01	
Kim Anthony	32:11	
Nancy Pullo	32:32	2nd A/G
Randy Pullo	32:33	
Cathy Reidy	33:59	
Jonie Davis	34:24	
Gordon Slater	34:27	
Leo Sheckells	34:29	
Cauly Redenius	34:34	
Patt McEvers	35:02	3rd A/G
Shirley Henkel	35:46	
Terry Bell	36:01	
Elda Bell	36:02	
Mark Lay	39:33	
Joe Connolly	39:55	1st A/G
Claire Gilbert	40:20	
Michelle Ramos	40:44	
Lisa Myers	40:58	
Claire Gilbert	40:59	
Audrey Myers	41:32	
Charles Desrosier	46:53	
Shannen Crampton	58:20	

MORE UPCOMING SOCIAL INFORMATION

August: Picnic at Camp Blanding on Saturday, **August 24** in conjunction with the triathlon. Club will provide hot dogs/hamburgers and drinks; everyone should bring covered dishes, desserts and their own beverages. Location will be at the picnic area on the lake. Directions will be provided later. **In order to meet Security requirements and get everybody on Base, we need a list of all those attending by August 18th.** Please contact Glenn at 777-9351 or ghanna3@bellsouth.net. Anyone not on the list by that date cannot get on base unless they have a Military ID or are escorted by someone who does.

September: Founders Banquet, in commemoration of the 30 years of the Florida Striders. More details to come! 

Group Training Runs

DAY	TIME	DISTANCE	JACKSONVILLE AREA	CONTACT
Sunday	6:30 AM	5 to 10 Miles Various pace groups	Atlantic Beach Ragtime Restaurant First Street & Atlantic Blvd	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

MINUTES

Continued from page 2

so conversation was tabled.

Our next social will be held at Hanna Park, the same day as the Xterra Race on July 26th. The next Stride Right will have a

site location at Hanna Park for the social.

General Discussion: Kim Lundy turned in concession stand profits (\$71.72) from the Hershey games to Janis Dolemba, as well as her report. James commented that the Hershey Track Meet was a good event but that the numbers

were low this year. A big thank you goes to Kim Ericson, Bob Boyd, and the rest of the volunteers at the Hershey Track Meet.

There was a motion for adjournment and the meeting was adjourned at 7:48 p.m.

Submitted by Mike Ford ==

PREZ SEZ

Continued from page 2

bers, that make this club great! If you have ideas, don't be shy! Let us know

what you have in mind. If you want to be more involved, give us a call or send any one of us an email and we will get you involved. You may not think that you have much to contribute, but I can promise you

that you do.

Thanks to any and all of the Florida striders that make this club number one!

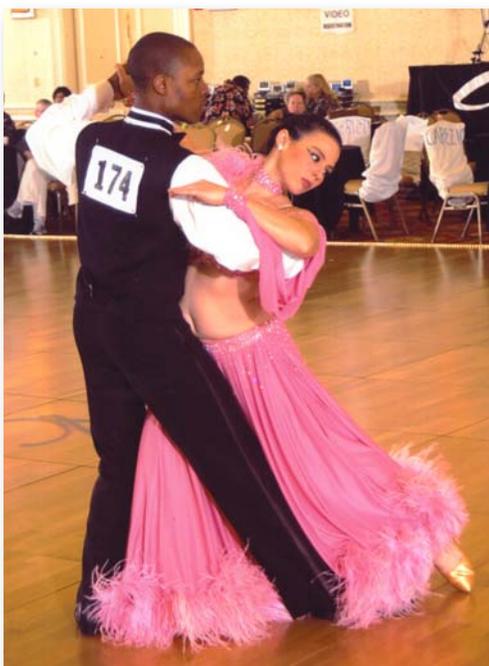
See you on the road., ==

Summer 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 North Florida list, with web links, see <http://members.aol.com/rrcahtml/rrcacal.htm>

DATE	EVENT	TIME	LOCATION	CONTACT
July 4	Celebration 5K	7:30 a.m.	3931 Baymeadows Rd. Jax	(904) 731-1900 First Place Sports
July 19	New Bridge of Lions 5K	7:30 a.m.	St. Augustine	(386) 736-0002 AltaVista Sports
July 26	First Coast 5K Trail Run	8:00 a.m.	Kathryn Abbey Hanna Park 500 Wonderwood Dr. Atlantic Beach	(904) 838-7359 XTERRA first Coast
July 26	29th Annual Summer Track Classic	5:00 p.m.	Bolles School 7400 San Jose Blvd. Jax	(904) 388-7860 JTC Running
August 2	JDR Bridges Run 5K	7:30 p.m.	Hemming Plaza Jax	(904) 731-1900 First Place Sports
August 8 & 9	Tour de Pain 3 races in 24 hours 4 Mi. Beach Run 5K on Baymeadows 1 Mile Sizzler	7:30 p.m. 7:30 a.m. 4:30 p.m.	Jax Beach Seawalk 1st Place Sports Baymeadows Rd. Hemming Plaza Jax	(904) 731-1900 First Place Sports



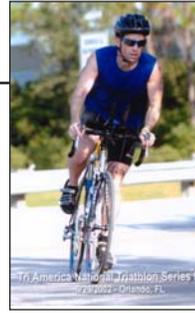
DID YOU KNOW?

Your Florida Striders treasurer is also a ballroom dancer? Janis Dolemba recently traveled to Boston to compete in a National Ballroom Dancing competition. The name of the competition is the Yankee Classic. It is a big competition that is held every year in June. She had a great time! Janis danced with her dance instructor, Michael Butler, and they competed in 40 dances. They danced the Tango, Waltz, Foxtrot, Swing, Hustle, Merengue, Rumba, Cha-cha, Salsa and Mambo. They did each dance in 4 different levels for a total of 40. She got 1st 14 times, 2nd 7 times, and 3rd 5 times. Janis got 4th and 5th for the remaining 14 dances, which was exciting because they only give awards for the top 5 in each dance. It was lots of fun to get dressed up for competition for a change! They also got to watch the professional dancers, who were phenomenal. Way to go, Janis!

Due to space limitations, the FSTC membership application will not appear in the issue. Look for it again in the August StrideRight or go to www.floridastriders.com!

The Back Page

BY MIKE MARINO



Has it been hot around here or is it me? I tried to cool off with some swimming in the lake I live by and even that was hot. Well, we live through it, and run through it, each year. And why not, being drenched in sweat and guzzling sports drinks just seems suit us; it's even attractive on some folks. And with the heat comes the multiple 5K races and summer trips of our membership, so there are plenty of races to report.

Starting locally we had the **San Pablo Elementary 5K for Play** on May 24th. A small contingent of Striders put forth impressive efforts, with **Steve Bruce** leading all Striders in 22:00. **Maria Littlejohn** was our fastest female with a 22:20 and 2nd place in her age group. **Kimberly Lundy** was in top form, winning the Female Masters Division. Winning their age groups were **Chelle Mahaney, Al Saffer**, and Dot Mitchell; and placing 3rd in her age group was Stephanie Lundy. Nice effort folks.

Two weekends later on June 7th in St. Augustine was the **World Golf Village 5K**. Leading the Strider romp with a 2nd place overall finish in a time of 15:35 was **Justin Jacobs**. **Mark Woods** ran as smooth as he writes, winning the Masters Division. And we put together another age group sweep, this time complements of some Strider ladies, with **Ann Krause, Stephanie Griffith** and **Gail Pylipow** finishing 1st, 2nd and 3rd in their age group, respectively. Other age group champs were **Bruce Holmes, Paul Smith, Al Saffer**, and **Bo Holub**. Pacing to 2nd place age group finishes were **Stephen Beard, George White** and **Joe Connolly**. And 3rd place age group efforts were put forth the "y" **Paul Smyth, Keith Poythress**, and **Freddy Fillingham**. And because we here at the Back Pages like to recognize youthful efforts, we'll give print to eight year old Cole Mandt for an impressive finish.

Now the big local race, and let's face, the big local party: **THE RUN FOR THE PIES!** Running, pies, music and drink: what a combination! And not only does everyone get to run in a fun race, but they also get to watch the best in the champi-

onship race, actually getting to see what their faces look like when they race. We had three Striders in the **Mizuno Championship**, with **Justin Jacobs** posting a 15:44 in placing 7th overall, **John Metzgar** putting up a 16:16, and **John Steinberg** running a 17:02. In the OES Run for the Pies (the event for the rest of us), **Drew Kenny** led all Striders with an 18:30 and leading all female Striders was **Mallory Bane** (at 13 years old) with a 19:54 and 1st place age group finish. Other Striders winning their age groups were: **Bruce Holmes, Paul Smith** (with a PR), **Gail Pylipow**, and **Joe Connolly**. Our 2nd place age group finishers were **Regina Taylor, George White, Nancy Pullo**, and **Al Saffer**. And with 3rd place age group efforts were **Patt McEvers, Ann Krause, Rebekah Wild, Alison Ronzon** and **Regina Soeey** (also with a PR). And given the theme of the race, the following Striders ran fast enough to win a pie: **Kelly Howard, Bill Dunn, Randy Arend, Terry Sykes, David Bonnette, Keith Poythress** (with a BTPR – that's big time PR) and just about all those listed above for age group efforts. Way to go folks.

To complete the local races while adding a splash of water and ride was Race #2 of the **BFAST** series. **Vicky Connell** was out representing Striders in strong fashion, placing 2nd in her age group with a 1:09:59.

And last and definitely not least, a combination of local races, the **Jacksonville Grand Prix**. It could be argued that the Jacksonville Grand Prix is the toughest series nationwide, consisting of 16 races of various distances, including a marathon and half-marathon, and multiple instances of races on back-to-back weekends. Striders did incredibly well again this year. Winning their age groups in the Grand Prix, which requires accumulating at least 500 points, were **Rebekah Wild, Regina Taylor, Diane Aimone, John Wisker, Terry Sikes, Bruce Holmes, George White, Paul Smith, Al Saffer**, and **Joe Connolly**. Running hard to the 5th overall spot,

which is in the money for the Grand Prix, was **John Steinberg**. Making an incredible effort to earn the 2nd overall spot for the second year in a row was **Justin Jacobs**. Most impressive though, as well as un-

precedented, **John Metzgar** was the overall winner for the third year in a row and fourth out of the last five. John's repeat last year was the first time anyone ever won two years in a row since the Grand Prix started in 1984, and now he's pulled off the three-peat. Great work John



Striders – They're everywhere!!

The biggest out of town effort, make that out of country effort, was turned in by **Alan and Tina Koch**. The two vacationed in Copenhagen, Denmark and participated in the **Copenhagen Marathon** (photos above). It was Alan's first marathon, and Tina accompanied him for the first 19 miles, not going the entire way due to a knee injury incurred while training for the event. The two found the marathon was a great way to see Copenhagen's numerous parks, cafes, canals and historical sites, including Copenhagen's icon, "The Little Mermaid". The two started the marathon with a Danish running team, who was celebrating their hero Erhard Filtenborg, who was running his 400th marathon (impressive). Alan and Tina wore their Strider shirts, getting many "go Florida" comments from the many spectators along the way. The

course was flat and the temperature was right at 50 degrees. Alan finished in 5:22:38, received a medal emblazoned with "The Little Mermaid," and recommends the vacation and the race for anyone looking to do a marathon.

Just about the same distance away, though still in the country, **George Hoskins** got in a couple of races while working at a military base in Hawaii. George did the **Wheeler Army Airfield 10 Miler** on June 14th, winning his age group with a 1:35. On June 22nd, he ran in the **Aloha State Games 10K**, winning his age group again in a time of 56:20 over the hot and hilly course. In addition to his great efforts, George asked that I pass along an Aloha to all his fellow Striders. Aloha to you too George.

Bonita Golden was our next vacationer to take in a race, and while at a family reunion no less. Bonita ran in the **Komen Race for the Cure 5K** in Raleigh, North Carolina. Bonita described it as a beautiful, hilly, challenging course. Bonita reported her regular bridges runs in Jacksonville helped her to a time of 24:51.

A little further north, **Frank Sutman** and **Frank Reynolds** (a.k.a. Dr. Radical) renewed an old friendly rivalry at the **B+ 5K** in Wilmington, Delaware. Frank took an early lead and was up by 10 seconds at the 1-mile mark, but then Frank passed Frank on a steep hill at the 2-mile marker and was able to hold off Frank the rest of the way, posting an 18:15 while Frank came in just behind him with an 18:25. Good job Franks! (note: Frank

Sutman had the 18:15.)

And finally, a new Strider, **Jack Howdeshell**, ran in the **Kiwanis 5K Melon Run** in Montecello, Florida on June 21st. Jack described it as a small, local event and he did very well, placing 2nd in his age group with a 23:09. Welcome to the club Jack, and keep those great results coming.

Tidbits and stuff I missed.

In competing in the Run for the Pies, **Joe Connolly** stepped to the line to race for the 899th time. And with his next race, he will be in what I'm going to designate as the Strider 900 Club. And just an idea, inspired by Joe's great determination and effort, I think we should recognize Striders for every 100 races they finish, giving folks hats or t-shirt to identify the "club" their in. Any thoughts folks?

Award

Pretty simple, you win the Jacksonville Grand Prix three years in a row and four out of the last five; you get a Back Pages Award. Congratulations to **John Metzgar** on his unprecedented dominance of Jacksonville running. His endurance, speed, and dedication along with his ability to "show up" for every race is inspiring. And with the award, of course, and in addition to the cool grand he just pocketed for winning the Grand Prix, John is now entitled to....a nice smug feeling. In all seriousness, incredible job John.

That's all for this month. Remember to record your results on the Strider Man clipboard at the local races. Until 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@clearwire.net or Mike's snail mail 9858 Moorings Dr., Jacksonville, FL 32257

For Local Running Info



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>



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