



## Joe Connolly runs his 900th race!

Joe Connolly gets up close to his specially designed 900th race cake after completing the July 4 Celebration 5km

See complete story on page 11

RANDY LEFKO/TIMES-UNION COMMUNITY PHOTOGRAPHER

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## UPCOMING SOCIALS

### 30th Anniversary Dinner!

Friday September 19th, 2008- Save the date! We will be hosting a special dinner at the Hilltop Club in Orange Park in celebration of the Florida Striders 30th year of operation. Dinner will be \$20 per person. Look for the August Strideright for more detail and RSVP information. Expect to hear from Striders that you may have never met or have not seen in many years! We are working on the list of honored guests and formal invitations will be extended to the guests of honor very soon. We will have a lot of history on display and will make sure that everyone has a great time!

### Camp Blanding Picnic August 24th

We will have a picnic at Camp Blanding in conjunction with the Hammerhead Olympic Triathlon. We will be on the Lake and grill the usual fare. Bring a side dish to share and your bathing suit. Feel free to bring your kayaks or personal watercraft. We will provide soft drinks and water, feel free to bring the adult beverage of your choice. This was a beautiful day last year, and while it rained a little, we were under covered shelter so it was not a big deal. Everyone had a great time! No Pets Please

You must RSVP to Glenn Hanna before August 15th. If you are not military and

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# Prez Sez

By Dave Bokros



It's hot! It will get hotter. Your times will be slow and you won't feel that great all the time. Just remember to gut it out, but be smart. Pay attention to your body, pay attention to your friends while you are running. Remember to hydrate. If you fell nauseous or your friends complain of nausea then stop! We live in a tough part of the country so don't feel bad if you feel you have to stop.

The following is a link to the signs of heat stress and stroke from Oklahoma University. Take the time to read them and know what to do if you or, since you will be a babbling idiot on the verge of coma, your running partner exhibits the sign of heat stress or stroke. It can kill and we don't want that!

<http://www.pp.okstate.edu/ehs/training/heat.htm>

The only way to get used to the heat is to run in it, but do your best to be safe. Trust you when I say you will be missed if something happens to you. I hope everyone is having a great summer. Get out and run and just think about how well you will do and how good it will feel when the temperature starts to drop!

See you on the Road! =

## Board of Directors' Minutes

6/10/2008

The meeting was called to order by Dave Bokros at 7:05 p.m. Directors present were Randy Arend, Dave Bokros, Vicky Connell, Janis Dolemba, Mike Ford, Glenn Hanna, Kellie Howard, Kim Lundy, Keith Poythress, Mike Mayse, Regina Taylor, Regina Soeey, John Steinberg, Mary Ann Steinberg, and James Vavrina.

**Minutes:** There were no changes to the June minutes.

**Treasurer's Report:** Janis Dolemba reviewed the Treasurer's report, pointing out that there were two deposits made from the Children's Running Camp. Dave asked about the return check charge, and Janis stated it was from a check she received for \$6 that was returned with a charge of \$25. It was noted one of the CD's is about to mature. Kim Lundy moved that Janis look for and purchase a CD with the best rate she can find for one year. Keith Poythress seconded, and the board approved unanimously. Janis noted that she is looking for another bank because of problems she has had with Compass Bank.

**School Health Advisory Council (SHAC):** Mary Ann Steinberg stated that all schools are required to have a SHAC, and Clay County just recently started theirs. One of the goals of the SHAC is to make the schools aware of the Run/Walk clubs within the schools. They also push for better nutrition and healthy lifestyles. Maria Laracka set up the first meeting with mostly people from the schools and health department, while it's supposed to include people from the community. She is looking for additional community members. The board meets quarterly with the next meeting taking place September 9th from 2:00 p.m. to 3:30 p.m. Mary Ann is hoping for a Strider representative to attend. Dave asked if anyone was interested in attending, stating we could rotate this responsibility. Mike Ford asked if this is just the Clay County SHAC or does it include surrounding areas. Mary Ann answered that it only includes Clay. The board agreed to send a rep to this meeting, to be decided when it gets a bit closer. Vicky Connell stated that she would be interested in attending. John Steinberg also volunteered to attend. A motion was made by Kellie to send a rep, seconded by John Steinberg, and approved by all. Mary Ann stated that the third Annual Step Up America 5K will occur February 7, 2009. Mike Ford moved for the Striders to support this race, sec-

Continued on page 7

## 2008-2009 Board of Directors & Key Members

(Board Members marked with an \*)

### President/Memorial Day 5K Director:

\*Dave Bokros .....(C) 545-4538  
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### Vice President and Scholarship Coordinator

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### Treasurer:

\*Janis Dolemba .....(H) 399-2436  
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\*Vicky Connell .....(H) 276-0193  
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### Membership Coordinator/Newsletter Circulation Coordinator/Equipment Coordinator:

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### River Road Resolution 5K Director:

Bob Boyd .....(H) 272-1770  
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### Children's Run Coordinator/Photographer:

Vanessa Boyd .....(H) 272-1770  
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### Social Coordinator/Quarterly Meeting Speaker Coordinator:

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### Run to the Sun Director/Assistant Social Coordinators:

\*Kay Womack.....(C) 718-4210  
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### Directors at Large:

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\*James Vavrina...(C) 718-4247  
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### Hog Jog Director:

Steve Bruce .....(H) 728-7759  
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### River Run Hospitality Tent Coordinator:

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email: stanscarlett@msn.com

### RRCA Southern Region Director:

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email: kbendy@aol.com

### North Florida RRCA Representative:

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### Strider "Person" Coordinator for Races:

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

# Two Good Feet

Twenty-six bones make a foot.

Fourteen little bones in your five toes; five metatarsals; three cuneiforms and a cuboid; the navicular, the talus, and the big old calcaneus (heel bone). One bone for each mile of a marathon.

Too many runners treat the foot like a hoof. It is not a single entity, to be shoe-horned into a Reebok. I'm here to implore you to treat your feet like you love them. If you will be good to your feet, they are much more likely to be good to you!

Grab your right foot with both hands, shoe off. Sock on or sock off, doesn't matter. Fold your leg, tailor-fashion, so your foot is in your lap and get busy. You are going to make your foot happy.

With your thumbs, start working into the fat pads at the ball of your foot. Push and knead, twist and pull. There are five metatarsals that press against that pad every time your foot pushes off the ground. Explore that quintet of bones and get to know them better.

Now work out to the tip of each toe, feeling each of those 14 little bones. Fold them back and forth, twist each one, tweak them and pull them. Don't they tell you they are glad to be touched?

## WIDE WORLD OF RUNNING

By Jay Birmingham

Those other seven bones, the larger ones, suffer lives of neglect. But not on your foot! Go after them, too. Twist your foot and appreciate your arch. Wiggle your ankle and realize that ligaments connect each bone to its neighbors. Stretch and probe, and rotate your ankle with both hands, first one direction and then the other. Go ahead, roll it through the whole range of motion.

You have just completed caressing your foot. In the meantime, you have also stretched dozens of the tendons that connect muscles to those 26 bones, from the thick Achilles tendon to the tiniest toe flexor and extensor. Every muscle that moves your foot in running has its origin in the knee area or lower leg. By tugging on the foot, you have given each of those muscles a subtle stretch. The foot-rub technique is far more effective than toe touches or leaning against a tree.

Lie back and allow your foot to rest on the ground, your knees bent. Raise your right foot (the one you just massaged), and tilt your leg to one side,

then the other. You should observe that your calf muscles are flaccid and sag, totally relaxed. Palpate (touch) your calf and make it jelly-like. It is not normal for it to be permanently taut.

While lying there, jiggle your hamstring muscles. They, too, have probably benefited from the work you have done on your foot and will be supple.

Halfway done.

Repeat the routine on your left foot. Seek areas that are especially stiff or tender and give them an extra minute.

Now you have two happy feet, two loose ankles, two relaxed calves and shins, and thigh muscles more at ease than you have had for quite some time.

This routine, repeated daily, will greatly increase the likelihood of superior foot health, and reduce your need for time-consuming stretching programs.

Each morning, for 40+ years, I have started each day with a quick foot rub and the practice has served me well. Give it a try. Your feet will love you.

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

## Important info regarding the St John's Country Day School Track!

The Orange Park Wednesday Night track group will be moving to the Orange Park High School Track for the weeks from June 16th through August 11.

Due to resurfacing and some other summer events at St John's the track will be off-limits for outside use. Please spread the word and join us at the Orange Park High School track for the same Wednesday night workouts.

We expect to return to St John's after August 11th. The Florida Striders would like to thank St John's for their continued generosity to the Striders and their community by granting us use of their facilities.

When you get a chance thank Kim Hoyt for helping us with access to the OP High track! Please use the parking area on the west side of the bleachers (closest to Blanding Blvd.

**To assure that your results get listed in the StrideRight please don't forget to sign the Strider Man!**

# JACKSONVILLE

- G R A N D P R I X -

## Overall Winners

John Metzgar	1st place	\$1000
Justin Jacobs	2nd place	\$600
Shawn Williams	3rd place	\$400
Kathleen Kaye	4th place	\$200
John Steinberg	5th place	\$100

## AGE GROUP WINNERS

### Men 11 - 13

Matthew Walker

### Men 25 - 29

Bradford Risner

### Men 30 - 34

Jason Arnold

### Men 35 - 39

Paul Wilson  
Andrew Marchand  
Chris Brock

### Men 40-44

John Wisker  
Timothy Starling  
David Bonnette

### Men 45 - 49

Jim Shields

### Men 50 - 54

Terry Sikes  
Stephen Beard  
Larry Sassa

### Men 55 - 59

Bruce Holmes  
Bernie Candy  
Paul Geiger

### Men 60 - 64

George White  
George Hoskins

### Men 65 - 69

Paul Smith  
Frank Frazier  
Otto Monroe

### Men 70 - 74

Al Saffer  
Everett Crum

### Men 75 & Up

Joe Connolly

### Women 10 & Under

Lindsey Averitt,  
Ashton Holliday

### Women 11 - 13

Lindsey Depontes

### Women 20 - 24

Rebekah Wild

### Women 25 - 29

Jo Shott  
Women 30 - 34

### Women 30-34

Kim Pawelek  
Barbara Carrico  
Joy Murphy

### Women 35 - 39

Kim Scurti  
Susan Jennings

### Women 40 - 44

Regina Taylor  
Lisa Thomas  
Alison Ronzon

### Women 45 - 49

Elizabeth Diamond

### Women 50 - 54

Maggie Miller  
Gail Pylipow

### Women 55 - 59

Donna Rettini

### Women 60 - 64

Donna Scalia

### Women 65 - 69

Elfrieda Wyner  
Elda Bell

### Women 75 - UP

Diane Aimone

## UPCOMING SOCIALS

Continued from page 1

do not have a valid military ID and sticker on your vehicle you must contact Glenn Hanna prior to August 15th so that security knows you are coming and you can drive on base. Contact Glenn at [ghanna3@bellsouth.net](mailto:ghanna3@bellsouth.net) for more info. ==



TOM SKORDAS

## Longtime Community Service Award

On June 21, past president and long-time Florida Strider, John TenBroeck was awarded the Longtime Community Service Award at the JTC Running 25th Annual Awards Banquet.

Congratulations John and thanks for all you do for our running community!

The Jacksonville Grand Prix will consist of 16 races. Overall scoring was determined by using age-graded performance factors (these factors are determined as a percentage of the current age record for each age based on information supplied by USA Track and Field). Age group points are based on scoring in the top ten of each age group.

# RRCA National Run@Work Day September 19, 2008



## History

In 2006 the Road Runners Club of America (RRCA) founded the grassroots movement to promote National Run@Work Day. Successful Run@Work Day events were held around the country from New York, NY to Atlanta, GA to Houston, TX to Spokane, WA.

## What

### National Run@Work Day

## When & Where

On **September 19, 2008**, the Road Runners Club of America will launch the 3<sup>rd</sup> Annual National Run@Work Day. National Run@Work Day events will be held around the country by RRCA members, supporters and individuals interested in promoting the improved health status of working adults.

## Why

The US Centers for Disease Control and Prevention (CDC) National Health and Nutrition Examination Survey (NHANES) estimates that 64% of US adults are either overweight (33%) or obese (31%), meaning they have an excess weight of 30 lbs or more. For over 20 years, the CDC has been tracking obesity trends, and they have reported that the rate of overweight adults in the US has increase by 18% in those 20 years.

The causes of overweight and obesity can be complex. However simply put, overweight and obesity results from an energy imbalance. Eating more calories and not getting enough exercise or physical activity results in the imbalance that causes obesity. The result of overweight and obesity can be an increased risk of many diseases and health conditions such as heart disease, diabetes, high blood pressure, osteoarthritis and others. The rise of overweight and obesity and the resulting health conditions has a dramatic effect on health insurance costs around the US. It is estimated that overweight and obesity health related medical costs have reached an all time high of \$75.8 billion per year ([www.cdc.gov](http://www.cdc.gov)).

The goal of the RRCA National Run@Work Day is to raise national awareness about the importance of daily physical activity. RRCA members across the country will organize community based events encouraging people to incorporate at least thirty-five minutes of exercise into their daily lives. Incorporating thirty-five minutes of exercise can markedly improve one's overall physical health and can help alleviate health related medical costs associated with overweight and obesity.

## How

- An RRCA National Run@Work Day event can be hosted by a running club or event, an individual, or a corporation
- The event should be a fun run and/or walking event with the duration of at least thirty-five minutes held before work, during lunch, or immediately after work or all of the above in order to accommodate varying schedules
- Event hosts should work with a company's human resources department or staff to organize and promote the event within the company
- Post your local RRCA Run@Work Day event for FREE on the RRCA Calendar at [www.RRCA.org](http://www.RRCA.org)
- Provide participants with general nutrition, fitness and healthy living information
- Download, print, and share the RRCA Brochure found on the Programs section of our website
- Work with local sponsors to provide participant incentives, event support, and promotion
- Use our sample press release to send to your local media
- Contact the RRCA at [office@rrca.org](mailto:office@rrca.org) or call 703-525-3890 for more information.

***We Run the Nation!***



## MINUTES

Continued from page 2

ended by Mike Mayse, all were in favor.

**Health Department Logo w/ Major Sponsors:** Dave would like to put the Step Up Florida Logo with a link to the website on our Strider website main page. Kellie so moved, Keith seconded, all approved.

**2008-2009 Race Dates:** Dave presented a calendar of Strider Race dates for the coming year, to include the Hog Jog for this year. He noted that the River Road Resolution (RRR) 5K was moved to the third weekend in January (the 17th) so as not to conflict with the Disney Marathon. The Run to the Sun (RTTS) is traditionally the second weekend in April, but we're moving it to the 18th to accommodate the Sheriff's Department and not conflict with the Clay County Fair. Mike Ford asked if our first three races of the year are part of the Grand Prix, and Dave told him they are. The Memorial Day 5K will be May 25th. The Hog Jog has been recommended to be held November 8th by Steve Bruce, the Race Director. Mary Ann asked if there were other Fun Runs to add to the schedule. Dave said the RRR and RTTS are the big races which give money to the schools for the Children's Fun Runs. Mike Ford went over the October, November, and December Fun Runs for the kids that have some prizes, but no money for the schools. Dave agreed to add these Fun Runs to the website calendar. Glenn moved that we approve

the dates as recommended, Janis seconded, and all approved unanimously.

**Socials:** 30th Anniversary Picnic –

Glenn stated that the Xterra Trail Run, which was attached to the Social for next month, has been cancelled. Instead, we will do a day at the beach, going on some runs in advance and then having a picnic on the 26th of July. For August, we will be at Camp Blanding in conjunction with the Hammerhead Olympic Triathlon (HOT) on Sunday, the 24th. Glenn mentioned that we must have an RSVP in advance to get people access to the post. He and Dave are collecting names to turn in.

**Next Glenn talked about the Founder's Day Banquet.** The committee looked at several venues, and determined that the Hill Top offered us the best deal. He gave us the available dates in September to choose from and it was proposed to accept the 19th as the primary, 13th second, and the 12th as the third choice. Kellie said we will charge everyone \$20 per person. The room holds 150 people, and they will serve a buffet which includes prime rib, salmon and fettuccine. This is dependent on 100 people attending. The committee has estimated at least 75 paying guests and 25 guests of honor to receive complimentary meals. If 75 people pay, and we spend money for guests as well as invitations, the committee estimates it will cost \$3200, half of which is already covered in the social budget. The original social budget was \$1690 for the year, and we've only used about \$100 of it so far.

The cost of the room is \$800. The minimum required is 50 people, maximum 150. Regina Taylor asked what the program would include. Dave stated there would be some awards and a presentation, but that has not been determined yet. There will also be a cash bar. Mike Mayse checked the by-laws to ensure we could vote for a non-budgeted item, and determined that we could. Vicky moved that we approve the budget and the dates as set forth, and Kellie seconded. There was some initial dissent until the motion was clarified to be an additional non-budget item which would not affect the current social budget. There was a count of votes and all approved.

### General Discussion:

Mike Ford mentioned that he hasn't decided whether to do an additional Children's Fun Run in October. He also said he's getting inquiries about whether he's going to do Cross Country at the Junior High Level.

Mary Ann said that Charles E. Bennett Elementary gave the Application for a Run/Walk Club grant to Dave.

Keith Poythress presented a proposal to collect old athletic shoes for recycling, saying he would like the support of the Striders. We would table the discussion for the next agenda.

There was a motion for adjournment and the meeting was adjourned at 8:20.

Respectfully submitted,  
Vicki Connell =

## New, Renewing and Expiring Memberships

### NEW MEMBERS

Christine & John Allmand	7/31/09
Jacinta Carter	6/30/09

### RENEWING MEMBERS

Thomas Pittman	7/31/11
Jennifer & Quinn Roberts	7/31/11

### MULTI-YEAR RENEWALS

Christina Tellus	8/31/09
Steve & Gina Waterhouse	8/31/09
Larry Flowers	8/31/10

### EXPIRING MEMBERSHIPS

Jan Bohn	6/30/08
Cindy Bradley	6/30/08

Diego Esguerra	6/30/08
Laurie & Stephanie Fischer	6/30/08
John Hirsch	6/30/08
Bob Kennedy	6/30/08
Sara Matukaitus	6/30/08
Chris Owen	6/30/08
Ashley Peterson	6/30/08
Terry Sikes	6/30/08
Ashley Stone	6/30/08
Keith Timmons	6/30/08

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](mailto:floridastriders.com) or call Mike Mayse (904) 777-6108.

# Striders at the Races

## Race Results

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

### CELEBRATION 5K Jacksonville July 4, 2008

Justin Jacobs	15:42	1st A/G
John Funk	18:52	
Bruce Holmes	19:08	1st A/G
Keith Poythress	19:21	
Randy Arend	19:39	
Stephen Beard	19:55	3rd A/G
Robert Crampton	20:27	
George White	20:54	2nd A/G
Randy Abate	21:30	
Eric Bush	21:35	
Paul Smith*	21:53	1st A/G
Raymond Ramos	21:55	
Ann Krause	22:04	1st A/G
Maura Sova	22:31	1st A/G
Rexx Weir	22:09	
Lewis Buzzell	22:13	3rd A/G
Alek Abate	22:20	2nd A/G
Stephanie Griffith	22:32	2nd A/G
Gayle Pylipow	22:37	3rd A/G
Jack Howdeshell	22:33	
Randy Pullo	22:42	
Simon Jacobson	22:57	
Tracy Pfuntnr	23:04	3rd A/G
Paul Geiger	23:09	
John Hirsch	23:08	
Suzanne Baker	23:18	
Tom Zicafoose	23:45	
James Vavrina	23:59	
Danny Weaver	24:20	
Kwan McCall	24:21	2nd A/G
Kara Albach	25:00	
Sue Whitworth	25:17	
Gayla Poythress	25:22	

David Kelley	25:26	
Chelle Mahaney	25:46	
Denise Dailey	25:50	Walker!
Kimberly	26:15	
John Gauer	26:58	
Ben Holland	27:00	2nd A/G
Bradley Shepard	27:05	
Marie Bendy	27:08	2nd A/G
Ed Kelly	28:16	
Dennis Lee	28:20	
Leslie Magruder	28:43	
Patricia Czarnecki	29:07	
Bernie Powers	29:28	
Keith Timmons	30:13	
Nancy Pullo	31:32	3rd A/G
Al Saffer	31:34	2nd A/G
Bo Holub	31:35	1st A/G
Ken Bendy	31:44	3rd A/G
Freddy Fillingham	32:34	
Mark Lay	32:35	
S. Manley	32:40	
Cathy Reidy	33:07	
Evan Gould	33:28	
Judy Gould	33:37	
Patt McEvers	34:06	
Bernita Bush	34:16	
Gordon Slater	34:27	
Haley Mason	34:30	
Carrie Howell	34:53	
Mike Martinez	34:57	
George Mosley	37:10	
	41:59	
Amanda Myer	43:39	
Charles Desrosier	44:12	
Bill Mitchell	45:25	
Joe Connolly	45:33	1st A/G

Michelle Ramon	46:16
Shannen Crampton	1:01:24

### CELEBRATION 1MILE FUN RUN

Dot Mitchell	11:53
Ran with these 2 Grandkids	
Breanna	9:30
Morgan	11:56

### FOLKMOOT 5K Waynesville, NC July 19, 2008

Marie Bendy	27:54	2nd A/G
Ken Bendy	31:34	

### NEW BRIDGE OF LIONS 5K St. Augustine July 19, 2008

Ann Krause	22:44	1st A/G
Gail Pylipow	23:40	2nd A/G
Tracy Pfuntnr	24:48	
Jim Hughes	25:03	
Kristen Hughes	25:14	
Chelle Mahaney	26:37	
Kimberly Lundy	27:27	
Maria Littlejohn	28:13	
Pat Gallagher	29:39	1st A/G
Bernie Powers	31:32	
Bo Holub	32:50	3rd A/G
Kent Smith	37:44	
Jill Wright	38:33	
Joe Blewett	39:23	
Bill Krause	39:44	
Trish Kabus	50:36	

900th race!

Please Print

## Application for Membership FLORIDA STRIDERS TRACK CLUB

New   
Renewal

Name: Last \_\_\_\_\_ First \_\_\_\_\_ M.I. \_\_\_\_\_

Address \_\_\_\_\_ # in Family \_\_\_\_\_

City/State/Zip \_\_\_\_\_ Spouse's Name \_\_\_\_\_

Phone: Home \_\_\_\_\_ Birthdate(s) \_\_\_\_\_

Phone: Work \_\_\_\_\_ Employer \_\_\_\_\_

E-mail \_\_\_\_\_ Occupation \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

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

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

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

## 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

## Congratulations to Shannen and Robert Crampton!

On the arrival of...

**Cristopher Timothy-Robert Crampton**

**July 8th at 8:27 p.m.**

**6lbs. 13.7 oz. and 22 1/2 inches in length.**

The family will be at the JDR Bridge Run, and are looking forward to seeing everyone. Four days prior to Christopher's arrival, Shannon ran the Celebration 5k in 1:02:24. She reported that although it wasn't a PR, she was glad to get in the 5k. Shannen and Robbie say that they are so happy to have the little guy in their life. And Robbie will be hopefully be going to track, and I will try to make it.



# August 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](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
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
August 23	Carabba's Summer Beach Run 5 Mile	7:00 p.m.	Seawalk Pavilion Jax Beach	(904) 731-1900 First Place Sports
August 30	Turtle Trot 5/10K	8:00 a.m.	Atlantic Rec. Ctr 2601 Atlantic Ave. (Ft. Clinch State Park) Fernandina Beach	(904) 277-3676 <a href="http://www.ameliaislandrunners.com">www.ameliaislandrunners.com</a> Amelia Island Runners
November 8	Hog Jog 5K Cross Country and FUN RUN	TBD	Van Zant Park Lake Asbury	(904) 728-7759 <a href="mailto:stevebruce@comcast.net">stevebruce@comcast.net</a> Florida Striders Track Club
January 17	River Road Resolution Run 5K and FUN RUN	TBD	Orange Park Kennel Club	(904) 272-1770 <a href="mailto:BobBoydFL@gmail.com">BobBoydFL@gmail.com</a> Florida Striders Track Club
February 15	National Marathon to Fight Breast "26.2 with Donna"	7:30 a.m.	Near Mayo Clinic Jacksonville	Donna Hicken Foundation
April 18	Run to the Sun 8K and FUN RUN	TBD	Orange Park Kennel Club	(904) 718-4210 <a href="mailto:kaywoma@hotmail.com">kaywoma@hotmail.com</a> Florida Striders Track Club

# The Back Page

BY MIKE MARINO



Hello and “big ups” to all of you toughing it out and running races in July. Not many races to report, but nonetheless several Striders got out to do what races there were. Some of you must be getting up there in races, and maybe just for fun you’ll want to re-search the number of races you have done and track those you do heretofore (more on that later). As for right now, here are your results.

The 4th of July gave us not only barbeques and fireworks, but also the **Celebration 5K** in Jacksonville. Striders were celebrating in a big way at the race, both individually and as groups. Our fastest individual was **Justin Jacobs**, who ran a 15:42 for a 3rd place overall finish. For groups, we had Strider men and women sweeping age groups. For the ladies,

**Ann Krause, Stephanie Griffith** and **Gayle Pylipow** combined to sweep women’s 50-54 age group. Ann was also our fastest female Strider as well, posting a 22:04. For the men, **Paul Smith, Ben Holland** and **Ken Bendy** swept the 65-69 age group. Other Strider age group champions were **Bruce Holmes, Maura Sova, Bo Holub** and, in his 900th race, **Joe Connolly**. Pacing to 2nd place age group finishes were **George White, Alek Abate, Kwan McCall, Marie Bendy** and **Al Saffer**. And also finding reason to celebrate with 3rd place age group finishes were **Nancy Pullo, Lewis Buzzell, Tracy Pfuntner** and **Stephen Beard**. Two other notable performances were turned in by two walkers, **Denise Dailey** and **Shannen**

**Crampton**. Denise walked, I repeat, walked a 25:50, and Shannen completed the 5K just four days before giving birth. And there were Striders in the fun run too, with **Dot Mitchell** running alongside her grandchildren **Breanna** and **Morgan** to the finish. Great effort everyone and a big patriotic salute to all of you.

The only other local race to report is the **“New” Bridge of Lions 5K**, held in St. Augustine on July 19, 2008. Seventeen Striders reported to the race, and were led by **Ann Krause**, who won her age group with a 22:44. **Pat Gallagher** won his age group as well, while **Gail Pylipow** recorded a 2nd place age group finish and **Bo Holub** a 3rd place age group finish.

Continued on next page

## Jax Runner, 83, makes 900th race

By RANDY LEFKO  
Times-Union Community  
Contributor

Joe Connolly doesn’t think he’ll be around for number 1,000, but the wily running veteran of Jacksonville took a bit of the fanfare of July 4 with his 900th running race in his 83 years of existence. Connolly ran the 30th annual Celebration 5km road race Friday and was feted for his running perseverance.

“I have had prostate cancer and even had a heart attack during the River Run 15km race a couple of years ago, but I’m still here,” Connolly quipped through a slightly embarrassed smile as the Jacksonville running community highlighted his day. “I’ve never really won anything big with running except my age group. Not too many 80 year olds kicking around with running shoes on, you know.”

Connolly, an accountant for the CSX Corporation, started his running epic in 1971 and has kept the dream alive

through two wives, lots of rain, a beer can thrown at him, a Bible-touting spitter and the inspiration of two people in particular; world-reknown runner and book writing philosopher Dr. George Sheehan, of New Jersey, and fellow age group combatant Norman Fernee.

“Dr. George was a great runner for his age, but he was very inspirational with the books he wrote about the whole running aura,” said Connolly. “Norman, God rest his soul, died a couple of years ago from prostate cancer, but he and I raced side by side plenty of times then shared off-the-run good times. I could never quite catch him.”

Connolly’s early athletic career centered around Boston College ice hockey where he played center then he developed a passion for tennis and found out running could help his game.

“Running actually helped my tennis, then I started to like the runs more than tennis,” he said.

Connolly’s northeastern roots, mainly the Cape Cod area, gave him his most

memorable runs as he ran in three of the infamous Falmouth Road Races.

“It’s just so pretty up there and a little cooler,” he said.

Connolly received a couple of plaques, a clock and even a 900th race cake while listening up to see if he would snare yet another age group win which he did.

The Jacksonville Track Club, the Florida Striders, and Doug Alred of 1st Place Sports, who is race director to many Jacksonville run races, all gave kudos to Connolly on July 4.

“He has always been around and always smiling,” said Alred, who remembered the heart attack year. “We thought that would be the end of his running, but he’s still running.”

As Connolly stacked up his hardware to head home, he advised a younger athlete of one thing. “Keep moving, it keeps you young.”

Re-printed with permission from the Florida Times-Union’s Community Spotlight, July 8, 2008.

## Striders – They're everywhere!!

For the first time in Back Page history, and perhaps even StriderRight history, we have more out of town races to report than local races. Way to get out there folks and report your travels back to me. And cool places too.

Starting off all the way up in Fairbanks, Alaska, **Winney Yaun** ran in the **Mosquito Meander 5K** on June 14th. Almost 800 folks finished the race, which beckons the question: Who knew there were that many people in Alaska that could do a 5K without dogs pulling them along in a sled? My inane thoughts aside, Winney was up to task, representing not only us Striders by all of Florida in impressive fashion by placing 3rd in her age group.

**George Hoskins** has made it back from Hawaii, but got in one more race while there, doing the **Schofield Barracks July 4th 5K**. George showed those Hawaiians what Striders are made of, place first in his age group with a 25:21. Way to go George, and welcome home.

Rounding out our travels were **Marie and Ken Bendy**. The two raced in the **Folkmoot 5K** in Waynesville, North Carolina on July 19th. Marie led their effort, placing 2nd in her age group.

## Tidbits and stuff I missed.

Don't think I missed anything, and if I did, then somebody has missed that I missed it. For the tidbit, Congratulations to Robert and Shannen Crampton on the arrival of their son, Christopher, on July 8th. Christopher weighed in at a lean 6

lbs., 13.7 oz. and was 22 ½ inches long. Definitely a runner's build, and the little guy has already has been to several races (pre-birth) with mom carrying him to the finish. My guess is that he has racing in him, and we'll be seeing Christopher at the fun runs in no time.

## Award

It was an easy decision for me again this month, with **Joe Connelly** being our award winner. As you read earlier, Joe did his 900th race this past month. That is a lot of racing folks. Just to put it in perspective, if someone started racing right now and did one race every week without fail until reaching 900, he or she would do their 900th race in the year 2025. Even if someone took 50 years to do 900 races, that's 18 races a year, which is still a lot. Further, Joe has done many of his races while in his "advanced years" (he's 83 now). Very impressive Joe and simply inspiring, so much inspiring that folks have shown interest developing some type of recognition for Striders at every 100 races completed (start tracking your races folks). If we do this Joe, we'll owe you nine of whatever it is used for the recognition. Great job and congratulations on making it to the line 900 times. And with the award, of course, you are entitled to....a nice smug feeling.

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

## For Local Running Info



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

You can contact us via e-mail at: [Dbokros@comcast.net](mailto:Dbokros@comcast.net)  
Florida RRCA Championship Races and various running related web site links can be found on the RRCA Southern Director's home page at <http://members.aol.com/rccahtml/rccarep.htm>  
You can get entry forms & results for all 1st Place Sports events on the Internet at <http://www.1stplacesports.com>  
Also get the latest running news from the RRCA's national office, including a nationwide race schedule as well as important info from clubs across the country at <http://www.rrca.org>



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