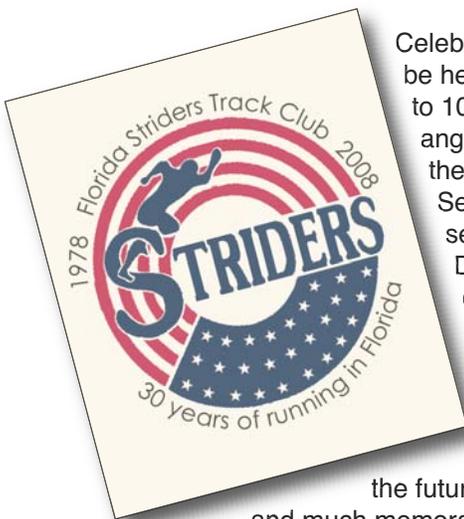




## The Florida Striders are Celebrating 30 Years!



Celebrate!!! The 30th Anniversary Banquet will be held on Friday September 19, from 6:00 pm to 10:00 pm, at the Hilltop Restaurant in Orange Park. The cost is \$20 per person and the deadline for RSVP and pre-payment is September 8th. RSVP and Checks to be sent to Glenn Hanna at 7765 Rock Ridge Drive, Jacksonville, Florida, 32244. Make checks payable to the Florida Striders Track Club. We are inviting Founding and long time members, past presidents and long time sponsors. This will be a Jacket Required affair and should be a good time to reminisce and talk about

the future! There will be presentations, speeches and much memorabilia on display.

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

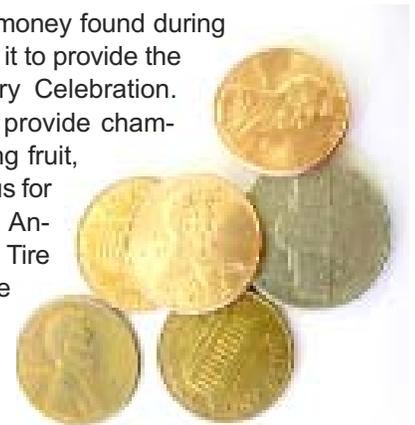
Please send these to [StrideRightEdit@aol.com](mailto:StrideRightEdit@aol.com)

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## Jenny's Pennies 30th Anniversary Celebration October 12

There is a long tradition of collecting any money found during the runs and giving it to Jenny Allen, who uses it to provide the goodies for our Sunday Morning Anniversary Celebration. Come help us spend Jenny's pennies! We'll provide champagne, orange juice and coffee. You can bring fruit, bagels, coffeecake, donuts, etc. to share. Join us for a group picture and help celebrate The 30th Anniversary of our Sunday morning runs from Sun Tire on Blanding Boulevard in Orange Park. The party will start about 8AM, after the Sunday morning run. Jenny does a wonderful job and it is always a very enjoyable time.



# Prez Sez

By Dave Bokros



We have many Striders on the injured list. There is a tendency for runners, especially those who have been running for some time, to ignore general training rules that can keep them off the injured list. Some of the steps you can take are simple.

**Stretch after every run.** If something is tightening up during a run or giving you trouble, stop during the run and stretch it out. It will only continue to tighten and hurt more if you don't.

**Never increase your weekly mileage or your long run by more than ten percent.** You might get away with it a couple times, but consistently doing this without recovery will leave you more likely to suffer an injury that will wipe out your progress with downtime.

If you are increasing your weekly mileage every week, run a lighter week every third week to give your body a chance to recover.

**Make sure you are wearing the correct shoe for your foot.** Go see the folks at 1st Place Sports if you are local to Jacksonville, or a **Continued on page 6**

## Board of Directors' Minutes 08/12/2008

The meeting was called to order by Dave Bokros at 7:15 p.m. Directors present were Randy Arend, Dave Bokros, Vicky Connell, Janis Dolemba, Mike Ford, Glenn Hanna, Kim Lundy, Mike Mayse, and Regina Taylor.

**Minutes:** There was one change to the July minutes. It was brought out that Mary Ann Steinberg had earlier clarified that each county is required to have School Health Advisory Committee (SHAC), and not each school.

**Treasurer's Report:** Janis Dolemba said we have a new CD with an interest rate of 3.25 with Compass Bank. It will mature in 12 months. She noted that it was time to transfer money from some of the race accounts into checking. The race accounts for Memorial Day and Run to the Sun are completed.

**Budget Report for Kid's Camp 2008:** Vicky Connell presented the budget report from the camp. She pointed out that the estimated 50 attendees was pretty close with 47 Youth who showed up. She also noted that out of the \$500 donated by the Strider Board, only \$155.32 was needed. This was mostly due to a donation from Publix of a \$100 gift certificate and a donation of Power Aid from First Place Sports. Dave Bokros mentioned that the camp was complimented by a local High School Cross Country and Track Coach as being the best running camp he'd ever attended.

**Children's Run/Walk Grant Request:** Mike Ford reviewed the requests for grants from CE Bennett, Grove Park and Coppergate Elementary Schools. Each request was for \$500, with slightly different uses of the money. He pointed out that the Striders stockpile 50 Mile Club t-shirts, toe tokens, etc. to be available for the schools. We buy them in bulk to keep the costs down. Dave pointed out that we usually only fund the schools with start up money, and rarely receive a request for additional funding. Kim pointed out that the Children's Running Committee has recommended approval and the board needs to give final approval. Mike Mayse made a motion to accept all three requests and Glenn Hannah seconded. It was unanimously approved.

**Socials:** Glenn stated that attendance at the last two socials has been very low. It was questioned whether this was just due **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  
email: DBokros@comcast.net

**Vice President and Scholarship Coordinator**  
\*Kellie Howard . . . . .(H) 732-7377  
email: kellski@comcast.net

**Treasurer:**  
\*Janis Dolemba . . . . .(H) 399-2436  
email: jdolemba@hotmail.com

**Secretary:**  
\*Vicky Connell . . . . .(H) 276-0193  
email: VickyJC@comcast.net

**Membership Coordinator/Newsletter Circulation Coordinator/Equipment Coordinator:**  
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**River Road Resolution 5K Director:**  
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Vanessa Boyd . . . . .(H) 272-1770  
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**Social Coordinator/Quarterly Meeting Speaker Coordinator:**  
\*Glenn Hanna . . . . .(H) 777-9351

**Run to the Sun Director/Assistant Social Coordinators:**  
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email: kaywomack@gmail.com

**Directors at Large:**  
\*Randy Arend . . . . .(H) 272-3861  
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\*Regina Sooe . . . . .(H) 673-0608  
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**Hog Jog Director:**  
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**RRCA Southern Region Director:**  
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**North Florida RRCA Representative:**  
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email: michael.s.bowen@gmail.com

**Strider "Person" Coordinator for Races:**  
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email: saffat@jea.com

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Kristen Hughes  
email: kristenhughes@comcast.net

**StrideRight Editor**  
Trish Kabus . . . . .(C) 343-5181  
email: striderightedit@aol.com

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



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River Road Resolution Run 5K



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Wings & Oyster Bar  
Green Cove Springs, Florida



Memorial Day 5K

**Florida Heart  
Center**

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



**Krispy Kreme**

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.

# On Your Mark...

by Cheryl Norman

My newest novel, *Running Scared*, is one I brainstormed with my training partner (the late Marv Jones) during one of our long runs in Jacksonville.

Writing a novel is a lot like running a marathon. Not everyone can write, and not everyone can run. But if you have the ability and the desire, you can achieve either goal by breaking the project into steps (pun intended).

First, is the decision step. Yes, I will complete a marathon/novel. That's the commitment phase. With a marathon, this involves registering for the event. For the writer, it means warning your family that you'll be unavailable for services they're accustomed to having you provide, such as dinner.

Next, if you're a first-timer, there's the education step. Take a class. Read a book. I took Chuck Cornett's marathon training class many years ago. I also took Jeff Galloway's class in Atlanta, along with reading his book. I've attended numerous workshops and classes on fiction writing, and I have an office filled with books I've read to prepare me for writing a novel.

Armed with knowledge, you're ready for the next step. Training. I call this the rehearsal phase. You're conditioning yourself for the long haul, the ultimate 26.2 mile event. Each long training run stretches your distance and strengthens your conditioning. You alternate long runs with shorter runs for the rest-and-recovery of the muscles and tissues you're taxing.

Writing involves training for the

real event, too. There are character profiles, plot outlines, research, and then the synopsis. Some writers skip this phase, but I prefer to know my characters and setting thoroughly.

The training step can include the setback phase. A pulled hamstring or plantar fasciitis can interfere with your schedule, sending you back a week or two to re-build your conditioning. Novel writing has plenty of setbacks that involve deleting huge passages that just don't work then re-writing them.

The next step is the finish. Running a marathon from the start to the finish line takes hours; writing a novel takes months. Otherwise, the steps are the same: one step/paragraph at a time. Steps accumulate into miles, twenty-six-point-two miles into a marathon; Paragraphs become scenes, groups of scenes become chapters, and a number of chapters later, a completed novel.

The final step is celebrating your success. This is where the lines between finishing a marathon and completing a novel blur for me. At the conclusion of either event, I eat obscene amounts of food. Then I tell all

my friends, colleagues, strangers on the street: I did it!

Cheryl has combined her passion for writing and healthful cooking by publishing two cookbooks, both of which finaled in the EPPIEs for the self-help category.

Having lived in Kentucky, Georgia, New Jersey, and Colorado, Cheryl and her husband have returned to north-eastern Florida, where they live with a spoiled poodle. Their modest home in the woods is a perfect writers retreat.

For more about Cheryl, visit her website at <http://cherylnorman.com>.

Other Books by Cheryl Norman:  
FULL MOON HONEYMOON,  
FULL MOON LULLABY, LAST RESORT, and STORMS OF THE HEART (Wings ePress, Inc)

HASTY TASTY MEALS, and  
HASTY TASTY MEALS IN THE RV (Pawprints POD)

RESTORE MY HEART (Medallion Press)

Coming soon:  
RECLAIM MY LIFE (Medallion Press)

ROMANCE ON ROUTE 6 Anthology (Highland Press) =

Cheryl Norman grew up in Louisville, Kentucky. At the age of 13, she wrote her first mystery. After a twenty-five year career with BellSouth, she eventually returned to fiction writing and won the 2003 EPPIE award for her contemporary romance, *Last Resort*. Her debut with Medallion Press, *Restore My Heart*, earned her a mention in *Publisher's Weekly* as one of ten new romance authors to watch.

Cheryl currently serves as president of Ancient City Romance Authors, and is co-chair of education for First Coast Romance Writers. She helps writers nationwide with grammar via her Grammar Cop blog, newsletter articles, and workshops.

## Save the Date!

The 2009 IRON HORSE 100MILE, 100KM AND 50 MILE ENDURANCE RUNS will be held on February 21, 2009. The new location for the run will be the old Norfolk-Southern railroad track that runs from Lake Butler to Palatka. Our course will start in Grandin and go east 12.5 miles and then back. So if you have the urge to try a trail Ultra this is for you. The course is unimproved and is in all respects a trail run. We also have a dire need for volunteers to man aid stations during the day and particularly at night. If any of you want to volunteer to do some trail maintenance prior to the race with weed whackers and chain saws that also would help me out. More info to follow. If you have interest e mail me at [crodatz@bellouth.net](mailto:crodatz@bellouth.net) The website [IronHorse100kmclub.com](http://IronHorse100kmclub.com) will be updated within a week. =

**Iron Horse**  
**endurance runs**

# RRCA National Run@Work Day



## When & Where

On **September 19, 2008**, the Road Runners Club of America will launch the 3Rd 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).

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 incorpo-

rate 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. =

Please Print		<b>Application for Membership</b> <b>FLORIDA STRIDERS TRACK CLUB</b>		New <input type="radio"/>
				Renewal <input type="radio"/>
Name: Last _____	First _____	M.I. _____		
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Phone: Work _____	Employer _____			
E-mail _____	Occupation _____			
Signature _____	Annual Dues:	Family \$20 <input type="radio"/>	Mail Application with dues to: Florida Striders 8559 Boysenberry Lane E. Jacksonville, FL 32244	
Date _____	Single \$15 <input type="radio"/>			
	Junior (under 18) \$10 <input type="radio"/>			
	Senior (over 65) \$10 <input type="radio"/>			
<small>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.</small>				

Continued from page 2

running store. The shoe store in the mall is not likely to have sales people that really understand the mechanics of running and how to evaluate your stride. If you have not done this before, take the shoes you are running in now so they can look at the wear pattern on the sole.

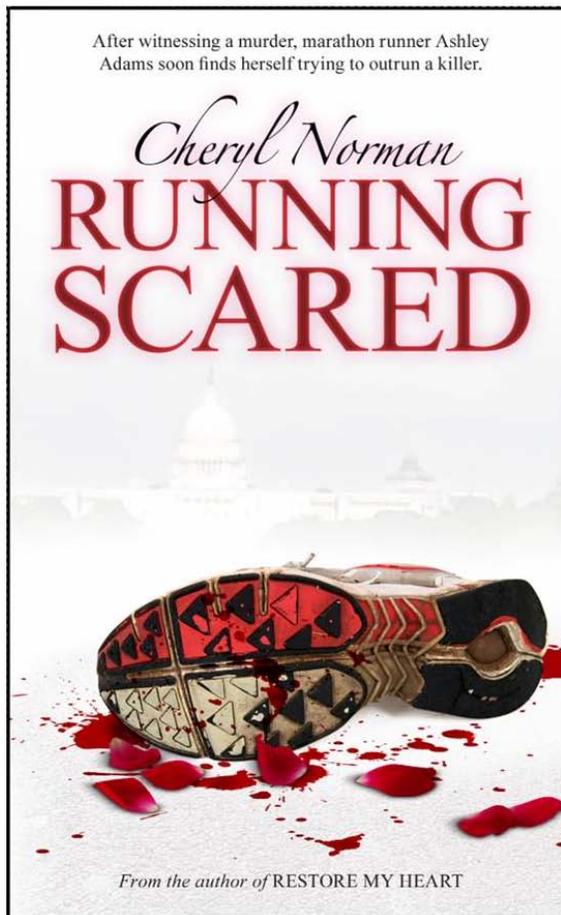
**Replace your shoes every 350 miles.** The materials in the shoe that support your feet break down and your feet take on more and more of the impact. Keep a running journal and make note of when you buy new shoes. I am suffering from sore achilles tendons because I let my shoes go far too long.

**Use a training plan.** If you are training for a race or increasing your mileage find a training plan designed by a professional and stick with it. (Hal Higdon and Jeff Galloway are two great resources).

**Pain and discomfort are two different things.** My friend Bill Dunn said to me once that running is all about tolerating discomfort. That completely changed the way I looked at my running. How long, hard, and fast you become depends on raising the level of discomfort that you are willing to tolerate. This is entirely different than pain. If you experience pain in joints, muscles, tendons- take a break and do something about it. If it persists without attention you will find yourself taking a lot more time off than a few days. If the pain won't go away, then go see your doctor or a good physical therapist for evaluation. Maybe you have developed a bad habit or your stride has changed and you may need to go to a different shoe or adjust your stride. One thing is certain; most pain only increases without attention until you have no choice but to do something about it.

Train hard if you want, but train smart! We have many members that are qualified and experienced that can help with advice. If you ask me, however, I will most likely refer you to someone who actually knows what he or she is talking about!

See you on the road! =



**A woman training for the Marine Corps Marathon witnesses a murder and finds herself *Running Scared* from a killer.**

**RUNNING SCARED**

**by Cheryl Norman**

ISBN: 978-193383641-6 Medallion Press \$7.95



**Former Florida Strider Cheryl Clark, writing as Cheryl Norman, has written a romantic suspense novel set in Jacksonville and Washington D.C. Visit her website at [cherylnorman.com](http://cherylnorman.com).**

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## MINUTES

Continued from page 2

to it being summertime and many people on vacation. Glenn stated that the rest of the year is fairly well set, which is true for about half of each year. This year we tried to do some different things, which seemed to get more people as opposed to the picnics which not as many people attend. He's going to try and set the dates for the annual events as early as possible. He also wants to come up with a better means of communication for events instead of just the website and email. It was suggested that maybe we are scheduling too much, and we shouldn't have one every month. For 2009, Glenn wants to cut down on the amount of picnics, and maybe increase the dinner meetings. There was agreement from the group.

**30th Anniversary Dinner:** Glenn said they would be getting together soon to discuss the program. Mike Mayse said he has some ideas for getting more peo-

ple to attend socials. We could make phone calls, and do mass mailings. He plans to mail a flyer for the Dinner, and he needs help to do the mailing. It was agreed that this is a good idea. Mike set Sunday the 17th for us to get together to prepare the mailing. We'll meet at Vicky Connell's home at 2 pm. Dave will take care of getting the flyer completed, and Mike Mayse will bring all materials needed for mailing.

**New Board Member:** Dave said that he would like to invite Mike Marino to be a Board Member. Mike Mayse made a motion and Glenn seconded that the invitation be extended. There was unanimous approval.

**General Discussion:** Dave had our current tax return and reviewed some of the items and offered it for anyone who wanted to see it. He mentioned Ed Kelly who does our taxes for us, and does an excellent job. Dave also shared a Thank-You card from Joe Connolly for the celebration of his 900th race.

Kim Lundy talked about holding the

Youth Running Camp at Ridgeview High School, and how it had been such a great facility for us. She said it would be nice to do something to thank them. The school has an ongoing fund raiser to rubberize their track for \$200 per meter. She suggested we donate \$500 to fund 2.5 meters. If we do this, we will get recognition of the Striders on a large board in front of the concession stand. Vicky said we should throw in the extra hundred and make it an even 3 meters. Kim made a motion that we donate \$600 for 3 meters, Janis Dolemba seconded, and all approved.

Kim has a possible new sponsor for the Memorial Day 5K Race. Blue Cross/Blue Shield may donate \$2500. They want to know what they can bring to the race. Dave said he would get with her after the meeting to discuss.

There was a motion for adjournment and the meeting was adjourned at 8:25.

Respectfully submitted,  
Vicky Connel I =

# New, Renewing and Expiring Memberships

## NEW MEMBERS

Shelby Kittrell 8/31/09

## RENEWING MEMBERS

Mary Algire 8/31/09

Steve, Maria, Isabel, Juan

Bruce/Padin 8/31/11

Alexander & Micheala Combs

8/31/09

Dena & Rick Gaucher 8/31/09

David Goedtker 8/31/08

Bruce Holmes 8/31/09

Michael Killea 8/31/11

Michael & Amy Mandt 8/31/10

Mike Marino 8/31/09

Maria McNary 8/31/09

David & Marilyn Ohnsman

8/31/09

Terry Sikes 8/31/09

Ed, Michelle, Jesse, Schuyler

Velasco 8/31/10

Mark Woods 8/31/11

## MULTI-YEAR RENEWALS

Larry Mattingly 9/30/09

Maria Littlejohn 9/30/09

Vicki Choinski 9/30/09

Bobby Greene 9/30/09

Susan Shelton 9/30/09

Daniel Ovshak 9/30/09

Bill Phillips 9/30/09

James/Kay Vavrina/Womack

9/30/10

John Kotsubka 9/30/10

William Kennedy 9/30/10

Stephen McClung 9/30/10

## EXPIRING MEMBERSHIPS

William Jones Jr. 7/31/08

Angela & Paul Masci 7/31/08

Christina McKenney 7/31/08

Curtis & Jennifer Stubbs 7/31/08

Jamee Leann Weir 7/31/08

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

# Check it out - [www.floridastriders.com](http://www.floridastriders.com)!

# Sept/Oct 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 NF list, with web links, see <http://members.aol.com/rrcahtml/rrcocal.htm>

DATE	EVENT	TIME	LOCATION	CONTACT
September 6 <b>NEW DATE</b>	Carabba's Summer Beach Run 5 Mile	7:00 p.m.	Seawalk Pavilion Jax Beach	(904) 731-1900 JTC Running
September 13	1st Annual Jack's 25/50K Trail Race	8:00 a.m.	Gamble Rogers State Park 3100 S A1A Flagler Beach	(386) 986-8572 Jack Forman Memorial
September 20	5th Annual Run 4 Kids 5K	7:30 a.m.	Cabana Beach Club Ponte Vedra Beach	(904) 731-1900 First Place Sports
September 20	Endless Summer 10K Cross Country	7:30 a.m.	Anastasia Park St. Augustine	(904) 814-2113 Friends of Anastasia State Park
September 27	Children's Way 5K	8:00 a.m.	Ronald McDonald House 824 Children's Way Jax	(904) 731-1900 First Place Sports
October 4	Marine Corps Half Marathon & Freedom 5K	7:00 a.m.	Memorial Wall Jax Municipal Stadium Jax	(904) 731-1900 First Place Sports
October 26	Inaugural Daytona Beach Half Marathon	7:00 a.m.	Daytona International Speedway 1801 W. International Speedway Blvd Daytona Beach	(407) 648-4900 ext. 16 Expanded Race Info Central Florida Sports Commission
November 8	Hog Jog 3 Mi.	9:00 a.m.	Ronnie VanZant Park Lake Asbury	(904) 728-7759 stevebruce@comcast.net Florida Striders Track Club
February 15	National Marathon to Fight Breast Cancer "26.2 With Donna"	7:30 a.m.	Near Mayo Clinic Jacksonville	Donna Hicken Foundation

## Race Results

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

### JDR BRIDGES RUN 5K Hemming Plaza August 2, 2008

Justin Jacobs	16:17	2nd O/A	George White	21:04	1st A/G	John Gauer	28:49	3rd A/G
Jason Arnold	17:42	1st A/G	Robert Crampton	21:42		Pat Gallagher	30:16	1st A/G
Randy Arend	20:09	1st A/G	Randy Pullo	22:51	1st A/G	Kent Smith	30:35	3rd A/G
Keith Poythress	20:24		Paul Smith	23:13	1st A/G	Al Saffer	31:57	1st A/G
Anthony Truitt	21:03	3rd A/G	Ann Krause	23:15	1st A/G	Nancy Pullo	33:16	1st A/G
			Gail Pylipow	23:44	2nd A/G	Gordon Slater	34:23	
			Simon Jacobson	24:50		Freddy Fillingham	35:05	
			James Vavrina	26:01				
			Sue Whitworth	26:41	3rd A/G			

### TOUR DE PAIN (3 Races in 24 Hours) Jacksonville August 8 & 9, 2008

	4 MI.	5K	MILE	TOTAL	A/G
Justin Jacobs	23:14	15:32	4:39	43:25	1st
John Wisker	25:34	18:01	5:08	48:43	1st
David Bonnette	25:56	18:42	5:15	48:51	3rd
John Metzgar	25:57	17:56	5:05	48:58	1st
Bill Phillips	26:32	18:58	5:24	50:54	1st
John Funk	26:45	18:47	5:31	51:03	3rd
Terry Sikes	26:46	18:48	5:32	51:06	2nd
Jacob Gladding	26:59	19:18	5:16	51:33	
Keith Poythress	27:17	19:36	5:27	52:20	
Randy Arend	27:30	19:53	5:53	53:16	
Bill Dunn	28:26	19:53	5:48	54:07	
Mallory Bane	28:59	19:54	5:37	54:30	1st
Robert Walker	28:45	20:11	5:37	54:33	
Stephen Beard	28:57	20:23	5:54	55:49	
Regina Taylor	29:43	20:45	5:57	56:25	1st
George White	29:36	21:08	6:02	56:46	1st
Samuel Gladding	30:57	20:25	6:19	57:41	1st
Lonnie Willoughby	30:28	21:24	6:00	57:52	
Robert Crampton	31:29	21:26	5:49	58:44	
Denise Metzger	30:35	21:58	6:19	58:52	2nd
Rexx Weir	30:32	21:53	6:29	58:54	
Randy Abate	27:17	19:36	6:20	59:38	
Lewis Buzzell	31:57	22:12	6:19	1:00:28	
Paul Smith	31:36	22:24	6:36	1:00:36	1st
Regina Sooy	31:55	21:59	6:43	1:00:37	
Ann Krause	32:04	22:01	6:32	1:00:57	2nd
John Hirsch	32:37	23:35	7:03	1:03:15	
Eric Bush	33:05	24:21	6:57	1:04:23	
Gayle Pylipow	33:55	23:42	6:52	1:04:29	3rd
Rebekah Wild	34:40	23:54	6:40	1:05:14	
Alek Abate	34:08	24:09	6:45	1:05:02	3rd
Simon Jacobson	34:47	24:06	6:23	1:05:16	
Tom Zicafoose	35:26	24:14	6:50	1:06:30	
Michael Myers	34:40	24:51	6:52	1:06:23	
Roberta Tomlinson	34:44	24:32	7:11	1:06:27	

Results  
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# 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 kaywomack@gmail.com
Monday	5:30 PM	6 Miles Downtown Bridges	Jacksonville <b>NEW</b> River City Brewing Company 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

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	4 MI.	5K	MILE	TOTAL	A/G
Kara Albach	35:25	24:23	6:44	1:06:32	
Bonita Golden	35:20	24:28	6:58	1:06:46	
Tracy Pfuntner	35:35	24:29	7:10	1:07:14	
Zachary Jones	36:25	26:28	6:42	1:09:35	
Jonathan Lineberry	36:37	25:41	6:53	1:10:11	
Sue Whitworth	37:20	25:09	7:43	1:10:12	
Dave Bokros	36:35	26:42	7:02	1:10:19	
George Hoskins	37:01	26:12	7:20	1:10:33	
James Vavrina	38:15	26:38	6:38	1:11:31	
Chelle Mahaney	37:51	26:17	7:29	1:11:37	
Chuck Bryner	38:40	26:46	7:31	1:12:57	
Kimberly Lundy	38:12	26:45	8:01	1:12:58	
Gayla Poythress	38:30	27:10	7:37	1:13:17	
Andrea Morrison	38:44	27:35	7:47	1:14:06	
Thomas Pittman	39:27	28:30	7:24	1:15:21	
John Gauer	39:18	28:51	7:50	1:15:59	

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BY MIKE MARINO



A slow month as far as races, but that doesn't mean it wasn't eventful. I hope everyone made it through Tropical Storm Fay safely and without any significant damage to their homes. And knowing how seriously some of you folks take your running, I hope you enjoyed your time on the treadmill during the storm or, if you're really bent, while you ran outside during the storm. The good news is that you get extra time to train for the Summer Beaches Run, which was delayed due to the storm. But be careful while running around with all those fallen branches and other debris on the sidewalks. On to the race results.

On August 2nd we had a hot evening for the **JDR BRIDGES RUN 5K**. I was told the Acosta Bridge, which was at the end of the race, really burned. It didn't seem to bother the several Striders at the front of the pack and on top of their age groups though. **Justin Jacobs** led the Strider charge, posting a 16:17 while placing 2nd overall. We had ten Striders at the top of their age groups, which included: **Jason Arnold, Randy Arend, George White, Randy Pullo, Paul Smith, Ann Krause** (fastest Strider female 23:15), **Al Saffer, Nancy Pullo, Pat Gallagher**, and 9-year-old **Haley Mason**, who was taking on the bridges for the first time. **Gail Pylipow** battled the inclines and heat to a 2nd place age group finish, while **Anthony Truitt, Sue Whitworth, John Gauer and Kent Smith** fought to 3rd place age group finishes. Nice effort folks.

And if that wasn't tough enough, the next weekend

brought one of Jacksonville's most challenging events, the **Tour de Pain**. Three races in twenty-four hours, the first being four miles on the beach on Friday

night (August 8th), the second being a 5K on Saturday morning, and then a one mile blast on Saturday night. In addition, it was incredibly competitive, as it was the first Jacksonville Grand Prix event for the 2008 – 09 season. Striders were up to the challenge though, recording a dozen age group wins. **Justin Jacobs** led all Striders again with a combined time of 43:25 (23:14, 15:32, 4:39) while winning his age group. **Mallory Bane**, at age 13, was our fastest female Strider, winning her age group in a combined time of 54:30 (28:59, 19:54, 5:37). Rounding out our dozen champions were **John Wisker, Samuel Gladding, George White, John Metzgar, Bill Phillips, Regina Taylor, Paul Smith, Pat Gallagher, Diane Aimone**, and **Traci Bane**. Cumulative 2nd place awards were earned by **Denise Metzger, Philip Trast, Terry Sikes, Nancy Pullo, John Aimone, Ann Krause**, and **Haley Mason** (yeah, the 9-year-old – way to go kid). And placing 3rd in their age groups were **Gayle Pylipow, Alek Abate, Al Saffer, Freddy Fillingham, David Bonnette**, and **John Funk**. Congrats to all our age group award winners and to every who completed all three races.

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	4 MI.	5K	MILE	TOTAL	A/G
Gil Flores	40:03	28:19	8:07	1:16:29	
Pat Stack	40:24	28:57	8:36	1:17:57	
Leslie Magruder	41:30	29:25	8:28	1:19:43	
Pat Gallagher	43:05	28:04	8:58	1:19:35	1st
Philip Trast	42:05	29:59	9:08	1:21:12	2nd
Mark Johnson	43:16	30:44	8:01	1:22:01	
Traci Bane	44:53	30:52	9:09	1:24:54	1st
Al Saffer	44:39	32:14	8:58	1:25:51	3rd
Lesley Jones	45:41	31:54	9:23	1:26:58	
Freddy Fillingham	47:01	33:01	9:17	1:29:19	3rd
Nancy Pullo	47:41	32:33	9:28	1:29:42	2nd
Gordon Slater	47:10	33:20	9:27	1:29:57	
Claire Gilbert	47:02	24:22	10:23	1:31:47	
Mark Lay	53:00	32:30	8:35	1:34:05	
Bernita Bush	50:17	35:18	9:25	1:35:00	
Evan Gould	52:10	36:12	8:57	1:37:19	
Judith Gould	52:13	34:55	10:22	1:37:30	
John Aimone	49:58	38:04	9:45	1:37:47	2nd
Haley Mason	52:07	38:14	9:43	1:40:04	2nd
Jill Wright	54:53	38:36	10:42	1:44:11	
George Mosley	55:00	39:22	11:30	1:45:52	
Diane Aimone	59:48	42:19	12:51	1:54:59	1st =

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The only other local race, held just a day after Tropical Storm Fay left the area, was the **Hammerhead Olympic Triathlon (HOT)** on August 24th. Yeah, triathletes ain't skurred of a little weather. **Justin Jacobs** put together another great race, placing 2nd overall in covering the 1.5K swim, 40K bike and 10K run in 2:09:22. The lone female reporting in was **Vicky Connell**, and she represented the Strider ladies very well, winning her age group in a time of 2:45:31. **Mark Woods** also had a fine effort, placing fourth in his age group.

## Striders – They're Everywhere!

We start in Waynesburg, Pennsylvania on July 26th with the **Rain Day 5K**. This race is devoted to a local farmer who claimed it always rained on his birthday. Turns out it has rained on this fella's birthday 111 out of the last 134 year (though I don't think he's been alive the whole time). **Kacee and Chuck Bryner** did the race, and have for a few years. Kacee placed 2nd in her age group (she won it the previous three years) and Chuck proudly anchored his age group (he admitted to finishing last). They didn't tell me the weather conditions, but my guess is that it rained.

**Vicky Connell** made a trip all the way to Lake Dunmore, Vermont to do the **Vermont Sun Olympic Triathlon** on August 2nd. Vicky covered the very hilly course in a time of 2:53.00 while finishing 4th in her age group.

And from Delaware, **Frank**

**Sutman** ran the **7th Annual Wilmington Blue Rocks 5K** on August 25th. Frank covered the course in 18:36 and placed 2nd overall. Great to hear Frank is still doing well; hope to see you soon pal.

## Tidbits and stuff I missed

The Jacksonville Grand Prix for 2008-09 started this month. Can John Metzgar make it four years in a row? Or will Justin Jacobs break through? Or will it be somebody else? Best of luck to everyone trying to do all races in the Grand Prix.

## Award

Little bit of a change this month. Rather than entitling our award winner to a nice smug feeling, I'm going to encourage our award winner to accept her award in modest and humble fashion, as smugness is not something we want to teach young children. Yes, a child has won this month's award. Let's give it up for 9-year-old **Haley Mason!** The kid reeled off four tough races in seven days, which included the **Tour de Pain** and her first ever run on the bridges. And not only that, she won her age group at the bridges event and placed 2nd in her age group at the Tour de Pain. Super job Haley and here's hoping we see you at a lot more races.

That's all for this month folks. Remember to post your times on the Strider man at the local races and send in those results from you out of town adventures and triathlons. 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

## 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/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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