



30th Anniversary Celebration

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By Richard Allen

30 years! That's how long we have been meeting on Sunday morning to run from Sun Tire. This Anniversary Celebration was one of the best and was attended by many for the first time.

We all missed "Mr. Running of North Florida", John TenBroeck, who passed away recently. John was well loved and respected by the running community. He was best known as the man behind the microphone at many area races. John had a dry sense of humor that kept us all in stitches.

Mark Woods attended our celebration and wrote an article for the Times Union about Jenny's Pennies and how this event got started.

We all enjoyed champagne, Bloody Marys, fruit salad, bagels, cake and other pastries. These were funded by the money you found.

Many thanks to Marge Ruebush, Lori Scarlett, Elke Miller and Jeff Nelson for all

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Prez Sez

By Dave Bokros



Working for 1st Place Sports I see a lot of interesting things. The other day a gentleman came in to get new shoes. He knew his shoes were worn out because he was suffering from some knee pain. He told me he runs 2.5 miles a day every day before he leaves for work. You could tell that this starts out his day in a way that keeps him healthy and makes the day go that much better for having run first thing in the morning.

I had to look up his shoes. They were under another person's name. When I looked back through invoices to see what he wore I found that there were several men's shoes of varying styles and sizes under the customer name that I was given. After fitting the shoes the man waited for the other gentleman to show up. The second customer also needed shoes, asked if I minded if his friend took off with the shoes so that he could continue shopping while his friend headed home.

From the looks of them it looked like they worked construction. The only thing I could figure is that the second gentleman employs or works with the runners who receive the various shoes I saw on the previous invoices. What can you say to that?

This is a tough time. It might get even tougher. Through all of it, running will keep us all sane. It is good to know that people will perform these acts of charity. It also seems to fit in with the spirit of Thanksgiving and the holidays well. Let's all remember that our fellow runners sometimes

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Board of Directors' Minutes 11/18/2008

The Meeting was called to order by Dave Bokros at 7:10 pm. Board members in attendance were Randy Arend, Dave Bokros, Janis Dolembro, Mike Ford, Kellie Howard, Glenn Hanna, Kim Lundy, Mike Mayse, Regina Taylor, James Vavrina, and Kay Womack.

Minutes: There were no changes to the October minutes.

Treasurer's Report: Janis Dolembro stated there was nothing unusual to report. Randy Arend asked about the \$105 charge for the City of Jacksonville Police Escort. Dave Bokros explained that it was for the Fun Run done during the Grand Slam Against Tobacco.

Strider Support for the Fleming Island Fun Run (3K): Karen McCormick has asked if we will support this race again as we did last year. It will take place January 31st at 9 a.m. Last year we provided the timing clock and cones for the course. Mike Mayse moved we provide the support again. Kellie Howard seconded, and there was unanimous approval.

Anniversary Dinner Expenses: The budget for the dinner was \$3200, and actual expenses were \$3,564.59. We were slightly over budget, but all considered it money well spent since an event of this type doesn't happen often.

Contingency Spending for Children's Running: Bob and Vanessa Boyd let Dave know they are out of several sizes of the 50 mile shirts which the Striders provide for children's running. He would like to have \$200 to purchase additional shirts to get to the end of the year while waiting for the new budget to kick in. Dave noted that since we started providing the shirts, they have presented over 1000 shirts. Mike Ford noted that if we order the shirts now, by the time we get them and pay the bill, it will almost be January anyway. Kellie made a motion to approve authority to order shirts for children's running with the understanding that the purchase will be charged to the

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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 Dolembro(H) 399-2436
email: jdolembro@hotmail.com

Secretary:

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

Membership Coordinator/Newsletter Circulation Coordinator/Equipment Coordinator:

*Mike Mayse(H) 777-6108
email: mjmayse@comcast.net

River Road Resolution 5K Director:

Bob Boyd(H) 272-1770
email: BobBoydFL@gmail.com

Children's Run Coordinator/Photographer:

Vanessa Boyd(H) 272-1770
email: VanessaABoydFL@gmail.com

The Back Page Columnist:

Mike Marino(H) 477-8631
email: m.t.marino@clearwire.net

Social Coordinator

*Glenn Hanna(H) 777-9351

Run to the Sun Director/Assistant Social Coordinators:

*Kay Womack(C) 718-4210
email: kaywomack@gmail.com

Directors at Large:

*Randy Arend(H) 272-3861
arendrr@aol.com

*Mike Ford(H) 406-2989
email: forddog92@hotmail.com

*Kim Lundy(H) 213-0250
email: woodski135@aol.com

*Keith Poythress(H) 541-1878
email: poyth@bellsouth.net

*Mary Ann Steinberg
email: 4steinbergstrun@bellsouth.net

*John Steinberg
email: 4steinbergstrun@bellsouth.net

*Regina Taylor(H) 928-9555
email: rhtaylor64@comcast.net

*Regina Sooley(H) 673-0608
email: regina@reginasooley.com

*James Vavrina(C) 718-4247
email: jamesvav@hotmail.com

Hog Jog Director:

Steve Bruce(H) 728-7759
email: stevebruce@comcast.net

River Run Hospitality Tent Coordinator:

Stan Scarlett(H) 994-2687
email: stanscarlett@msn.com

RRCA Southern Region Director:

Ken Bendy(H) 278-2926
email: kbendy@aol.com

North Florida RRCA Representative:

Mike Bowen(H) 850-308-1953
email: michael.s.bowen@gmail.com

Strider "Person" Coordinator for Races:

Al Saffer(W) 665-6996
email: saffat@jea.com

Webmaster

Kristen Hughes
email: kristenhughes@comcast.net

StrideRight Editor

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

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30TH ANNIVERSARY

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their help. Thanks to Stan Scarlett for decorating the memorabilia table and to Patt McEvers for donating all the OJ.

This year we found a total of \$183.17. One evening at Bolles Danny Weaver and the Bolles Running Group found \$25. Mike Ford, Bobby Greene and Ken Bendy all found five dollar bills. Danny Cole found two, one dollar bills and Leslie Jones found a one dollar bill. Robert Shields sent checks totaling \$25.90 that he found while running.

Runners were asked to fill out cards with memories of their Sunday morning runs.

Pam Nelson wrote, "Found a gold wedding band folded over twice and tossed in a gutter."

Trish Kabus wrote, "My first run with the Striders from Sun Tire was Oct. 1999. It was the morning of the Anniversary Run. When I returned from our 12 mile run and saw all the food and Bloody

Marys, I thought that the Striders did this every Sunday. I thought, boy I am going to like this club."

Danny Weaver wrote, "At Moose Haven there was a little old lady who used to wave to us every Sunday. One year at Easter we all signed a card for her and we ran in and gave it to her. Good Memories"

Regina Sooeey wrote, "I started training for my 1st marathon over here in 2001. Everyone was so friendly and accommodating. I was hooked. It was great to just try to hang on while listening to stories and jokes."

Susan Gostage wrote, "I have found many good friends and lots of laughs on our Sunday runs. We always look forward to John Powers jokes."

Tanys Carere wrote, "My first ever long run (10 miles) was here running with the Florida Striders. I looked forward to every Sunday run to catch up with my running buddies and "coaches" Denise Dailey and Stef Griffith."

Chuck Griffith wrote, "I found \$20.00





during a run and gave it to Jenny Allen.

Kent Smith wrote, "Fleeting Memory – When I used to be able to do the 10 or 12 miles with NO STOPS."

Pat Noonan wrote, "I arrived in OP from NY on Friday, Sept '87 and ran with the Striders that Sunday ---- Been here since."

Pamela Miller wrote, "I found the Striders website before moving to Jacksonville from LA, CA – 2003. I moved here on Friday and started running 10 miles that Sunday. The hill on Kingsley wasn't a hill when I first moved here, but after about two years I found out that was a hill here. I enjoy the Striders group."

Denise Dailey wrote, "I started running with the Striders on Wednesday at Orange Park High School with Marie, Nancy, Jenny, Ken, Frank, Richard and Wally. After a long while they talked me into running Sunday mornings (6:30 AM was too early-I had a life) and I was hooked."

Jenny Allen wrote, "Back when the whole group ran together on Sunday morning, we used to have "Chinese Fire Drills." Everyone would run in a long line, single file, and the last person in line had to run to the front of the line and so on. It was fun and when it was your turn to run to the front of the line you got in a little speed work."

Marge Ruebush wrote, "Chuck Cornett was one of our leaders in the early days. His philosophy was that we did not run faster than the slowest runner on any Sunday AM. The point being that we made sure that everyone had someone to run with. We try to still make sure that all our new runners are recognized and feel welcome in our club."

As we look forward to the 31st Anniversary Celebration next October, keep pounding the pavement and keep those pennies rolling in. =



My First Track Club, 1964

Hanging on the wall of my bedroom is a shadow box housing a running singlet. A genuine relic of my running past, the 44-year-old garment has survived college, graduate school, at least two dozen moves to six states, and a half-dozen major life changes. How it lasted to the present day is a minor miracle. It was discovered, as fossils often are, in a box of running t-shirts, dating from the 2004 River Run to the 1976 New York City Marathon. A white singlet with blue piping, it says OHIO VALLEY TRACK CLUB.

My wife, Debbie, rescued it this summer from my cabin in Colorado, washed it for the first time in probably 35 years, and mounted it in the box. I glance at it every day now, and the memories come flooding back. The OVTC was my first track club.

In May of 1963, I was a newly-retired runner, my prep running days complete. No one I knew raced after high school, and there was no adult running going on in Ohio, or so I thought. By mid-summer, however, I missed running enough to go to Riverside Park in Dayton for an evening jog. It changed my life.

Chaminade High School was a track dynasty at the time, producing bunches of crack milers whose times made me feel pedestrian, though I had enjoyed some success at rural Wilmington H.S. There they were, a dozen of them, hammering across the grass, charging up a steep hill near the museum. They were emaciated and tireless, excited over the results of their time trial.

A week later, I returned, hoping to see them again. I jogged around, warily, and was startled by a voice.

"Would you like to run with us?"

Thus began my return to running and my introduction to the sport of cross country.

By Labor Day the next year, 1964, I placed eighth in an open cross country race in Cincinnati, and met Don Wahle, the founder and leader of the Ohio Valley Track Club. Six feet, three inches tall, with Coke-bottle-bottom eyeglasses (I'm serious), Don was friendly and quite old, at least 32. He and two other old guys wearing Ohio Valley Track Club uniforms came up to me.

"Would you like to run with us?" Don asked.

Since I was not yet eligible for collegiate running at my new school, I was game.

The OVTC was solely a competitive group: no meetings, no newsletter, a roster that changed from week to week. We converged on a parking lot in northern Cincinnati, piled into the largest cars, and drove out to challenge the world.

Barry Binkley was a stocky high school coach, famous for

Wide World of Running By Jay Birmingham

his 3:00-flat split for the ¾ mile leg on a Miami University distance medley relay. Bob Roncker, a social studies teacher, was a UC graduate. Don was the heart and soul of the club, a Xavier grad, who worked as a bookkeeper for a local company. Jack Mahurin was an English teacher, an alumnus of Western Kentucky. The five of us were joined by a half-dozen other locals, most post-collegians who just couldn't give up their running.

We all trained hard, independently, sharing workouts and track articles with each other. Don kept us connected through postal cards. His large printed capital letters announced our next race and where to meet.

"U OF KY, 4 MILES XC, OCT 17, MEET AT D.E.S.C. PARKING LOT, 6 A.M."

I don't recall a time when fewer than five guys showed up. We'd drive to the meet and run ourselves to exhaustion, grab a sandwich, and then drive back home.

In the fall of 1965, led by Mahurin's first place finish, we won the Kentucky AAU Cross Country Championship over 15 other clubs. I got to take the trophy home for a week, a compliment from the team for being second man that day. Two weeks later, we captured third place in the 25-team Ohio AAU meet behind Ohio State and Miami.

I remember wearing my OVTC singlet in my first marathon in 1966, in Columbia, Missouri. Later that fall, I actually won a race, a one-hour run on the University of Kentucky track, passing clubmate Al Sewell in the final minute to prevail over a field of 17 guys, most of them collegians..

I was—and I think most of us were—proud of our little club.

Although the singlet survives, my racing shorts are long gone. The same goes for my dark blue warm-ups which sported the initials, OVTC.

Don said it stood for Old and Very Tired Club. What a great couple of years for me to race with those old, but not so very tired, guys. =

Jay Birmingham coaches at St. Johns Country Day School. He has coached 24 individual state champions, 30 collegiate All-Americans, and was the 1996 NAIA National Men's Cross Country Coach of the Year.

Christmas Parade Fun Run volunteers needed!

The annual Green Cove Springs Merchant's Association will hold their annual Christmas Parade Fun Run on Saturday December 6th at 1:45 pm. The Fun Run will be free to all participants and will follow the parade route immediately before the start of the Christmas Parade. We need volunteers! To volunteer please contact Vanessa Boyd at Vaness-aboydf@gmail.com to volunteer. =

Hog Jog 2008

By Steve Bruce

The 2008 Hog Jog had the best turnout in over eight years for both the 5K and one mile run. I am proud to be associated with the fine group of volunteers who make this event possible.

I would like to extend a special thank you for the volunteers who keep coming back year after year. There is a group of core volunteers who have made this event possible. JD Smith, Jeff Nelson and Dick Miller have worked the finish line for at least the past six years. Ken Bendy has always been there with his high-quality announcing. Marie Bendy and Marge Ruebush continue to keep the registration and scoring organized. Ken tells me that next year they most likely will be out of town during the Hog Jog. If this turns out to be true, Ken and Marie will be missed. Somehow a Hog Jog will not be the same without them.

Even though over the years, I have not always given her enough help, Elke Miller keeps coming back to work the water stop and refreshments. Glen Hanna and Mike Mayse have been major contributors and are always very pleasant to work with. The unique "Hog" t-shirts would not be possible without the artistic talent of Trish Kabus.

This year we had two key volunteers who worked hundreds of miles away. Vanessa Boyd promoted the event through e-mails to schools from her new home in Maine. Lillian Lawless recruited and coordinated all volunteers through the Florida Strider command center in Wilmington, DE while her husband Frank Sutman was running the trails sporting his new white Strider singlet.

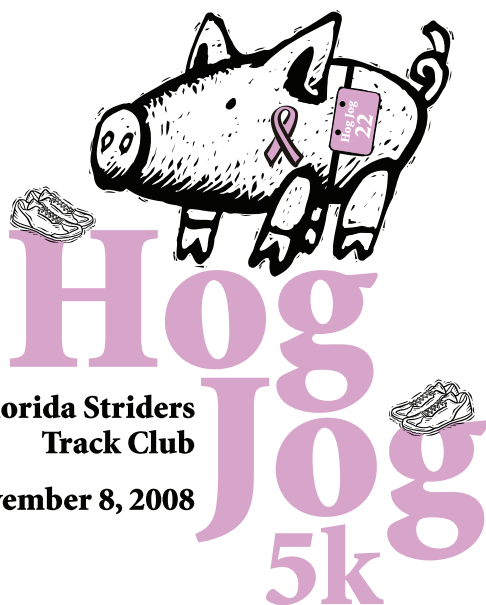
For those volunteers I did not mention, thank you for your great support. Hope to have you back next year. =

Hog Jog Trivia

Can you identify these Striders?

1. For the past six years he has either won or placed in his Hog Jog age group (now in the 55 – 59). Instead of his name he, writes a "Z" on his finishing card. This year he was so excited about the outcome of the presidential election, he became confused and wrote an "O" on the card.
2. She is a four time Hog Jog race director.
3. He is a four time Hog Jog race director.
4. These two Striders got their vehicle stuck in the mud when measuring the course.
5. These two co-directors are responsible for moving the race to its current location at Van Zant Park.
6. This Hog Jog Race director ran the 1991 Boston Marathon with a Hog Jog singlet.

The first three to e-mail the correct answers to stevebruce@comcast.net will win a free entry to the 2009 Hog Jog. =



Overall Female

6	1	Hoyt Tomlinson	13	19: 55	6:25
11	2	Mary Ann Brown	14	20: 27	6:36
23	3	Jo Shott	29	21: 25	6:55

Master Male

7	6	Randy Arend	48	20: 4	6:28
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Master Female

40	8	Lauri Barnhill	40	24: 10	7:48
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Grand Master Male

26	23	George White	61	22: 2	7:6
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Grand Master Female

43	9	Gail Pylipow	51	24: 25	7:53
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Female 10 and Under

107	31	Callie Jones	9	29: 47	9:36
121	38	Casey Arnold	10	30: 55	9:58
122	39	Emily Mickel	10	30: 58	9:59
123	40	Grace Boran	9	31: 14	10:5
140	46	Catherine Cavallo	10	33: 2	10:39
167	65	Ashlynn Evecington	10	37: 16	12:1
168	66	Aubrey Burke	7	37: 23	12:4

Overall	Gender	Name	Age	Time	Pace
Overall Male					
1	1	Jason Arnold	34	17: 50	5:45
2	2	Andrew Marchand	37	18: 49	6:4
3	3	Matthew Borello	14	19: 6	6:10



170	67	Carly Clark	10	37: 33	12:7
174	68	Cameron Labelle	8	38: 16	12:21
176	69	Brianne McCulloough	9	38: 42	12:29
179	72	Kaitlyn Soupene	9	38: 59	12:35
186	77	Peyton Labelle	6	42: 16	13:38
195	82	Lauren Boyd	8	45: 5	14:33
198	83	Hannah Schultz	10	48: 18	15:35

Female 11 -14

34	5	Nancy Harms	14	23: 39	7:38
48	11	Paige Boran	12	24: 45	7:59
58	13	Jessica Fletcher	12	25: 40	8:17
67	20	Emily Knox	11	6: 29	8:33
87	22	Abby Hulshult	12	28: 11	9:5
96	26	Karli Himmerreich	13	28: 51	9:18
99	27	Bailey Hulshult	14	29: 6	9:23
102	28	Ciara Quinn	12	29: 18	9:27
111	33	Abigail Sears	13	30: 7	9:43
112	34	Isabel Torres-Padin	11	30: 8	9:43
113	35	Caroline Knox	12	30: 9	9:44
136	44	Michelle Mahoney	14	32: 51	10:36
156	57	Kate Ross	11	35: 36	11:29
178	71	Shelby Vann	11	38: 45	12:30
181	73	Elizabeth Bradnord	11	39: 47	12:50
192	80	Holly Wyche	14	44: 6	14:14
193	81	Madison Moyer	11	44: 7	14:14

Female 15 -19

30	4	Eric O'Nora	17	22: 40	7:19
56	16	Katherine Borello	17	25: 30	8:14
128	42	Shelby Gentry	16	31: 40	10:13

Female 20 - 24

125	41	Amy Conner	21	31: 18	10:6
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148	52	Heather Rozelle	24	34: 15	11:3
153	55	Misty Infinger	24	34: 42	11:12

Female 25 - 29

38	7	Lindsey Keester	25	24: 4	:46
53	15	Anne Orsi	26	25: 6	8:6
66	19	Stacey Gibson	26	26: 26	8:32
88	23	Tonia Kempston	27	28: 12	9:6
109	32	Heather Obermiller	25	29: 56	9:39
164	62	Deborah Patton	26	36: 44	11:51
1165	63	Laura Edwards	28	36: 48	11:52
1184	75	Jackie Harden	26	42: 14	13:37

Female 30 - 34

36	6	Melissa Saunders	30	23: 55	7:43
86	21	Carrie Imrich	33	28: 7	9:4
93	25	Tabitha Rogers	34	28: 33	9:13
139	45	Rachel Ford	31	32: 57	10:38
149	53	Jennifer Rivera	32	34: 29	11:7
159	60	Mollie Garrett	32	36: 11	11:40
201	84	Shannen Crampton	32	55: 1	17:45

Female 35 - 39

45	10	Roberta Tomlinson	35	24: 43	7:58
49	12	Abby Butler	38	24: 49	8:0
62	17	Grace Staten	38	26: 0	8:23
92	24	Laurie Burke	35	28: 32	9:12
103	29	Pamela Davis	38	29: 22	9:28
105	30	Melissa Sparks	35	29: 31	9:31
129	43	Lisa Moyer	37	31: 42	10:14
142	47	Kay Womack	37	33: 6	10:41
147	51	Christine Jones	36	34: 14	11:3
158	59	Myriam Mickel	38	36: 0	11:37
177	70	Lisa Myers	36	38: 44	12:30

185	76	Heather Labelle	37	42: 15	13:38
189	78	jamie wyche	37	43: 33	14:3

Female 40 - 44

145	49	Lorraine Hughey	44	33: 40	10:52
146	50	Patricia Estbeban	40	34: 9	11:1
155	56	Bernita Bush	42	35: 16	11:23
163	61	Sharon Spears	41	36: 43	11:51
166	64	tracy Ladue	40	36: 49	11:53

Female 45 - 49

52	14	Vicky Connell	49	25: 4	8:5
63	18	Susan Harms	48	26: 8	8:26
119	37	Lorrinda Seiberling	48	30: 36	9:52
157	58	Charlene Dangerfield	45	35: 47	11:33
190	79	Ramona Brown	46	44: 2	14:12

Female 50 - 54

117	36	Kimberly Lundy	51	30: 18	9:46
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Female 55 - 59

144	48	Kay Manly	55	33: 35	10:50
150	54	Sharon Medders	55	34: 30	11:8
182	74	Dotti Cahill	58	39: 55	12:53

Male 10 and Under

41	33	Xaiver Sampsel	10	24: 12	7:48
54	39	Christian Draper	10	25: 8	8:6
69	49	Trey Fenske	10	26: 50	8:39
71	51	Austin Burke	9	27: 0	8:43
77	57	Garrett Carter	10	27: 34	8:54
79	59	David Sullivan	10	27: 45	8:57
81	61	Cameron May	7	27: 47	8:58
83	63	Zachary Alvarado	9	27: 55	9:0
101	74	Ryan Futch	10	29: 17	9:27
104	75	Joseph Ralston	7	29: 30	9:31
114	79	Logan Rainwater	10	30: 13	9:45
116	81	Grant Arnold	8	30: 17	9:46
118	82	Connoer Boyd	10	30: 35	9:52
124	84	Daniel Crouch	10	31: 17	10:5
126	85	Dennis Shields	7	31: 36	10:12
131	88	Christopher Mickel	7	32: 22	10:26
134	91	Harrison Vann	8	32: 40	10:32
135	92	Holden Coleman	9	32: 50	10:35
137	93	Spencer Mollnow	10	32: 54	10:37
138	94	Dillon Bonham	8	32: 55	10:37
161	101	Adam Moore	7	36: 20	11:43
169	103	Tristan Delage	9	37: 30	12:6
173	106	Devin Alvarado	10	38: 13	12:20
183	109	Ben Gessner	10	40: 39	13:7
187	110	cary wyche	7	43: 23	13:60
188	111	jakob wyche	7	43: 24	14:0
194	113	Kasey Kern	6	44: 21	14:18
196	114	Dalton Loesch	6	46: 0	14:50
197	115	Nathan Moyer	8	47: 5	15:11
200	117	Jared Tomlinson	5	50: 17	16:13





Male 11 -14

12	10	William Walker	13	20: 34	6:38
14	12	Steven Barlow	12	20: 47	6:42
16	14	Justin East	14	21: 10	6:50
18	16	Isaac Jones	13	21: 18	6:52
22	20	Alek Abate	13	21: 22	6:54
25	22	Eric Tallbacka	12	21: 56	7:5
27	24	Albert Gubitz	13	22: 21	7:13
29	26	Allen Roark	14	22: 30	7:15
50	38	Brandon McCulloough	11	24: 57	8:3
58	42	John Sullivan	12	25: 40	8:17
68	48	Tyler Imrich	12	26: 43	8:37
73	53	Julian Sanchez	13	27: 6	8:45
74	54	Tyler Cannady	13	27: 16	8:48
75	55	Brantley Lewis	11	27: 19	8:49
78	58	David Damiani	11	27: 41	8:56
85	65	Matthew Gillingham	11	28: 6	9:4
89	66	Josh Jones	14	8: 16	9:7



98	72	Andrew Lopez	12	29: 5	9:23
110	78	Daniel Tarklington	12	29: 59	9:40
127	86	John Biscardi	13	31: 37	10:12
154	99	alex Ladue	12	35: 0	11:17
162	102	Chris Wright	13	36: 22	11:44
171	104	Zachary Marshall	13	38: 11	12:19
172	105	Nicolas Moreno	14	38: 12	12:19
199	116	Jesse Law	11	48: 28	15:38

Male 15 - 19

10	9	Nathan O'Nora	15	20: 25	6:35
91	68	Brett Lovell	16	28: 30	9:12
100	73	Blake Davis	15	29: 7	9:24

Male 20 - 24

8	7	Kurt Barnhill	20	20: 5	6:29
15	13	Ryan Doot	24	20: 48	6:43
35	30	Mark Bailey	22	23: 54	7:43

Male 25 - 29

4	4	Casey saac	29	19: 15	6:13
5	5	Owen Shott	28	19: 16	6:13
55	40	Michael Mora	28	25: 9	8:7
59	43	Scott Obermiller	26	25: 41	8:17

Male 30 - 34

13	11	Robert Ralston	30	20: 40	6:40
17	15	Robert Crampton	32	21: 17	6:52
42	34	Michael Myers	31	24: 22	7:52
70	50	Shawn Gordon	34	26: 52	8:40
80	60	James Varina	32	27: 46	8:57
133	90	David Halstead	30	32: 30	10:29

Male 35 - 39

24	21	Rick Damo	36	21: 26	6:55
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Volunteers needed!!

Jax Marathon Technical T-shirt for all volunteers.

For more information Contact: J. D. Smith 264-1673 (Hm), 214-6654 (Cell)
or email: smithj53@bellsouth.net

39	32	Doug Deters	35	24: 9	7:47
47	37	Roger Jones	39	24: 45	7:59
57	41	Darren Conrad	38	25: 31	8:14
61	45	Gene Imrich	37	25: 58	8:23
90	67	Nathan Vore	38	28: 20	9:8
151	97	Frank Tagliarini	39	34: 31	11:8
152	98	Erick Mack	38	34: 33	11:9
160	100	Allen Moore	37	36: 19	11:43

Male 40-44

9	8	Todd Pye	42	20: 15	6:32
28	25	Eric Bush	40	22: 25	7:14
46	36	Lou Ippolito	41	24: 44	7:59
64	46	Robert Bonham	43	26: 9	8:26
95	70	scot hoosier	40	28: 50	9:18
120	83	Darryl Lenhardt	42	30: 37	9:53
180	108	Rick Delacruz	44	39: 0	12:35

Male 45 - 49

65	47	Jerry Hulshult	47	26: 25	8:31
84	64	William Lundy	48	28: 5	9:4
94	69	Mark Borello	45	28: 35	9:13
97	71	Mark Rowden	48	28: 52	9:19
108	77	George Bailey	49	29: 55	9:39
143	96	Stephen McLung	45	33: 7	10:41
175	107	Anthony Dangerfield	47	38: 28	12:25
191	112	Donald Brown	47	44: 5	14:13

Male 50 - 54

19	17	Eric Tallbacka	51	21: 19	6:53
20	18	Scott Seibler	54	21: 20	6:53
21	19	Victor Corrales	50	21: 21	6:53
32	28	Paul Berna	52	23: 25	7:33
33	29	Robert Barnhill	51	23: 35	7:36
72	52	Greg Lohman	54	27: 5	8:44

106	76	Mark Seibler	51	29: 35	9:33
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Male 55 - 59

31	27	Craig Harms	58	23: 18	7:31
37	31	Tom Zicafoose	55	24: 3	7:45
44	35	Quincy Masters	57	24: 37	7:56
76	56	Glenn Hanna	58	27: 23	8:50
115	80	Bernie Powers	58	30: 16	9:46

Male 60 - 64

60	44	Danny Weaver	61	25: 52	8:21
141	95	Jay Birmingham	63	33: 3	10:40

Male 65 - 69

82	62	Doug Barrows	65	27: 53	8:60
132	89	Freddy Fillingham	67	32: 29	10:29

Male 70 - 74

130	87	Al Saffer	74	31: 55	10:18 =
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RIVER ROAD RESOLUTION 5K VOLUNTEERS

We are looking for volunteers to help with the River Road Resolution 5K & One Mile Fun Run on Saturday, January 17, 2009. We can use your help even if you are planning to race that morning. It's fun, it's easy, and we can teach you what you need to know, so don't be shy. Contact Bob Boyd at BobBoydFL@gmail.com, or call 272-1770, with your name, shirt size, whether you are also racing that morning, and if you have a preference on where you want to help.

Please keep

Gordon Slater
in your thoughts and
prayers, as he battles with
a sudden illness.

Cards and letters may be sent to:
140 Cuello Ct # 201
Ponte Vedra, FL 32082

No phone calls, please.



Saturday, January 17 2009 · 8 AM

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

5K AWARDS: Top 3 Male & Female; Top Masters & Grand Masters; plus Top 3 in each age group, Male & Female: **AGE GROUPS:** 10 & under, 11-13, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & over. (No multiple awards)

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

FUN RUN: One mile Fun Run starts at 9:00 AM. There is no charge for the Fun Run, but all runners must complete an entry form & bring it on Race Day (do not mail-in). Awards to all Fun Run finishers.

RACE PACKET PICKUP: Thurs., 1/15, or Fri., 1/16, at the 1st Place Sports location noted on your entry form (10 a.m. - 6 p.m.) in either:

Orange Park: 550-7 Wells Rd, 264-3767,
Jax: 3931 Baymeadows Rd, 731-3676 & 2016 San Marco Blvd, 399-8880, or Jax Beach: 424 South 3rd St., 270-2221.

Race Day at the Orange Park Kennel Club. Day of race registration will begin at 6:30 AM. T-Shirts are guaranteed to all pre-registered 5K entrants.

COST: Please see the following table:

*There is an additional \$2 discount if you have your own ChampionChip except for day of race Registration (see entry form to enter your personal chip number.)

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

Make check payable to: River Road Resolution 5K

Mail completed application & check to:
River Road Resolution 5K
3931 Baymeadows Rd
Jacksonville, FL 32217

Race fees are non-refundable.

More Information: Contact Bob Boyd at 272-1770, BobBoydFL@gmail.com or www.floridastriders.com.

You may also register on-line at www.Active.com.



FUN RUN!

There is a FREE one mile Fun Run at 9:00 AM with awards for all finishers and \$1800 in participation money for elementary schools!

Race Entry received:	Strider or Military	Not a Strider
by January 7	*\$12	*\$14
1/8 thru 1/16	*\$15	*\$17
Race Day	**\$20	**\$20



the local station

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

Florida Striders Membership Application				New <input type="radio"/>
Please Print				Renewal <input type="radio"/>
Name: Last _____		First _____		M.I. _____
Address _____		# in Family _____		Your Occupation: _____
City/State/Zip _____		Spouse's Name _____		Your Employer: _____
Phone: Home _____		Birthdate(s) _____		
Phone: Work _____		Annual Dues:		
E-mail _____		Family \$20 (2 years \$40, 3 years \$60) <input type="radio"/>		<div style="border: 1px solid black; padding: 5px;"> Mail Application with dues to: Florida Striders 8559 Boysenberry Lane E. Jacksonville, FL 32244 </div>
Signature _____		Single \$15 (2 years \$30, 3 years \$45) <input type="radio"/>		
Date _____		Junior (under 18) \$10 (2 yrs \$20, 3 yrs \$30) <input type="radio"/>		
		Senior (over 65) \$10 (2 yrs \$20, 3 yrs \$30) <input type="radio"/>		

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road or the traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, The Florida Striders Track Club, and all sponsors, their representatives and successors from all claims and liabilities of any kind arising out of my participation in these club activities, even though that liabilities may arise out of negligence or carelessness on the part of the persons named in this waiver. Rev. 12/01

ADDITIONAL SPONSORS



for every body - every day





We Care For Your Heart





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

RIVER ROAD RESOLUTION 5K ENTRY FORM										RACE# (FSTC USE ONLY) _____	
Packet Pick-Up (Choose One)		Baymeadows 1st Place Sports 1/15 or 1/16 <input type="checkbox"/>		San Marco 1st Place Sports 1/15 or 1/16 <input type="checkbox"/>		Day of Race @ Orange Park Kennel Club <input type="checkbox"/>		<div style="border: 1px solid black; padding: 2px; display: inline-block;">Y</div> <div style="border: 1px solid black; padding: 2px; display: inline-block;">N</div>		Ever run and/or walked a race before?	
<div style="border: 1px solid black; padding: 2px; display: inline-block;">M</div> <div style="border: 1px solid black; padding: 2px; display: inline-block;">F</div>		<div style="border: 1px solid black; padding: 2px; display: inline-block;">S</div> <div style="border: 1px solid black; padding: 2px; display: inline-block;">M</div> <div style="border: 1px solid black; padding: 2px; display: inline-block;">L</div> <div style="border: 1px solid black; padding: 2px; display: inline-block;">XL</div>		5K <input type="checkbox"/>		FUN RUN (no charge - just bring entry form with you on Sat., 1/17, race day)		Personal Champion <input type="checkbox"/>		Chip # (can NOT be used for Day of Race registration) _____	
Street Address (include apt. number) _____											
City _____ State _____ Zip Code _____											
Telephone Number _____											
<div style="display: flex; justify-content: space-between;"> <div> Fee Enclosed \$ _____ </div> <div> Check <input type="checkbox"/> </div> <div> Cash <input type="checkbox"/> </div> <div> FSTC Member <input type="checkbox"/> </div> <div> Military <input type="checkbox"/> </div> </div>											

BY MY SIGNATURE I ACKNOWLEDGE THAT: Participating in an organized running event is a potentially hazardous activity. I will not participate unless physically and medically able. I agree to abide by all decisions of race officials relative to my ability to safely complete the race course. I assume all risks associated with participating in this event including but not limited to: Slip/trip/fall, contact with other participants, weather conditions, traffic and conditions of the road/surface, all such risks being known and accepted. Having read this waiver and in consideration of entry into this event being accepted, I, for myself and anyone named or entitled to act on my behalf, waive and release members and volunteers of the Florida Striders Track Club (FSTC), Road Runners Club of America (RRCA), the town of Orange Park and all sponsors, their representatives and successors, from all claims and/or liabilities of any kind arising out of my participation in this event, including any liability that may arise out of negligence or carelessness by persons or organizations named in this waiver. I agree and grant permission that should circumstances arise, I defer to race officials and/or qualified persons as to my need to be examined and/or treated medically during the race. I agree that race officials and/or qualified persons have the right to disqualify and remove me from the race course should I be suffering from a life threatening condition. I further grant to Releasees the right to use any and all photographs, images, or accounts of this event in any manner that it feels appropriate. I agree to abide by all RRCA Guidelines, including but not limited to: No use of headphones or any other device that limits awareness of the participant or any type of wheeled conveyance (excluding use by handicapped or physically disabled participants). Animals are prohibited from the race course unless for the use and assistance of handicapped or physically disabled participants.

Your Signature _____	Date _____	Parent's Signature (if under 18 years of age) _____
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Make Check Payable to: River Road Resolution 5K • 3931 Baymeadows Rd • Jacksonville, FL 32217 or drop off at any 1st Place Sports location.

Weight Gain and Marathon Training..... Why? Why? Why?

By Kay Womack, MPA, RD

When marathon training, a runner's life revolves around training times, mileage logs, food, hydration, and sometimes, the scale. For many runners, the mileage logged when marathon training promotes weight loss. But, sometimes, the number on the scale will creep up. It seems impossible. The miles and miles should offset that piece of chocolate cake you splurged on last Saturday.....or should they?

For the most part, weight gain, loss, or maintenance is a numbers game. Simple addition and subtraction, really. Your body needs a certain number of calories each day just to function. Yep, breathing, sleeping, thinking, dreaming all require energy. (Calories are a measure of energy). Now, these activities don't require a LOT of calories but they do add up over the course of the day.

The total is known as your Basal Metabolic Rate (BMR).

A 30 year old woman who is 5'6" and weighs 140 pounds has a BMR of about 1400 calories. So, 1400 calories just to live. We can add in about 300 calories per day for

other stuff, like walking to the car, taking a shower, and getting dinner on the table.

This puts us at 1700 calories for the day. Now, we get to add our activity into the equation. To simplify matters and not bore everyone with a bunch of math, we'll use a quick and easy method. Our same 30 year old woman is going to burn about 100 calories for every mile that she runs. Let's say she ran a 5K this morning. Three hundred more calories burned. So, we end up with 2000 calories for the day.

Here's the ugly part. One pound of fat is 3500 calories worth of stored energy. You got it ladies and gentlemen, 35 miles to lose it. If you are looking to gain, go buy 14 "insert name of random candy bar here" and gobble them down. Doesn't really seem fair that the gaining part

seems a little easier and less time consuming, does it?

When you are marathon training, it's pretty easy to give yourself a green light to indulge. Hey, you ran 15 miles this morning, a platter of wings can't touch that! The wings will match you mile for mile at 100 calories per wing. We won't even discuss any ranch or blue cheese.

Let's say that your body is your temple and you would not even consider letting the likes of a fried chicken wing pass your lips. Why else might you gain weight when getting in that last mile is more important than kissing your husband or wife hello??? Here is a list of some possibilities:

Is a sports drink your Beverage of Choice??? It is preached to us runners, hydration, hydration, hydration. Depending on how much you are drinking, a bottle of sports drink is as much as 120

The miles and miles should offset that piece of chocolate cake you splurged on last Saturday.....or should they?

calories. If you are running 3 miles, that one bottle of sports drink equals about half of the energy that you have burned. Other beverage culprits may be juice, that one glass of wine or beer, or your weekly coffee extravaganza drink. Water and sugar free beverages are your friend. Always on the lookout for marketing opportunities, the sports drink companies are making lower calorie drinks. I'm a fan, give them a try.

Are you trying to eat more carbs for energy? Carbs are an important source of energy but they are generally calorie dense foods. It's important to eat carbs, don't get me wrong. We convert them to energy faster than any other nutrient and our brains prefer to use them for energy. Don't stop eating them, you won't be as smart. BUT, do watch your portion sizes.

It's pretty safe to say that a portion size for most carbs is about half a cup. Read labels carefully and measure food in order to be sure. A food journal can be a valuable tool. Recording the foods you eat, portion sizes, and calories can be eye opening and help to keep you on track for your goals.

Maybe, just maybe, you are building some muscle. Muscle weighs more than fat but it takes up less room. Increasing your muscle mass can also increase your BMR. Muscle requires energy to just sit there and look pretty. Fat, it just sits there, like, well, a blob.

The way to increase your muscle mass is by weight bearing exercise. Strength training, paired with running, is a surefire way to increase muscle mass. If the scale stops moving the way you want it to, get out a measuring tape. If the inches around your waist, hips, thighs, etc. are shrinking, you are building muscle and losing fat. That's a good thing!!

Lastly, our bodies are smart. They adapt easily to whatever environment we place them in. If you run every day, your body will learn to hold onto energy and not burn as many calories. In science, we call that efficiency. In the weight loss world, well, I won't say what people like to call it. In order to continue to lose weight, you have to increase the intensity, length, or frequency of your workouts. It may seem like a Catch 22 situation, but, the upside is that you will be able to run farther, faster, and better as time goes on.

Most importantly, don't let the scale be your only measure of success. Be proud that you are doing something to help yourself be healthy. Most Americans would be hard pressed to run even one mile. You are TRAINING FOR A MARATHON! Many people only dream about this. Run with your head held high, at the back, front, or middle of the pack!

See you out there! =

Striders at the Races

Race Results

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

CHICAGO MARATHON

Chicago, IL

October 12, 2008

Sung Ho Choi	3:04:40
Rexx Weir	3:56:48

EVERGREEN PUMPKIN RUN 10 MILE

Evergreen Cemetery

October 26, 2008

Justin Jacobs	51:46	2nd O/A
John Metzgar	59:28	1st A/G
John Wisker	1:00:43	1st A/G
Bill Phillips	1:03:46	1st A/G
John Funk	1:04:10	3rd A/G
Terry Sikes	1:05:00	2nd A/G
Mark Woods	1:05:02	
Randy Arend	1:08:42	
Robert Walker	1:09:20	
Stephen Beard	1:09:22	
Gary Haslip	1:11:26	
Michael Mandt	1:11:56	
Regina Taylor	1:11:58	1st A/G
Raymond Ramos	1:13:27	
Steve O'Brien	1:13:27	
Jack Howdeshell	1:15:55	
Bill Pennington	1:16:10	
Frank Frazier	1:16:26	1st A/G
Paul Smith	1:16:27	2nd A/G
Paul Smyth	1:16:32	
Laurie Pinover	:16:45	
Paul Geiger	1:16:54	2nd A/G
Paul Berna	1:16:59	
Wendy Patterson	1:16:59	3rd A/G
Ann Krause	1:17:21	1st A/G
Stephanie Griffith	1:17:31	2nd A/G
Elfrieda Wyner	1:17:41	1st A/G
Leonard Pfuntnr	1:17:46	
Lonnie Willoughby	1:19:05	
Rebekah Wild	1:20:02	
Kathy Murray	1:21:27	
Danny Weaver	1:24:38	1st A/G
Ken Wilson	1:24:44	
Tracy Pfuntnr	1:24:10	
Kellie Howard	1:25:24	
David Kelley	1:25:55	
Sue Whitworth	1:27:13	
Bob Kennedy	1:28:30	
Randy Pullo	1:29:00	
James Vavrina	1:29:56	
Kevin Terry	1:30:36	

Chelsea Metzgar	1:31:31	2nd A/G
Callee Davenport	1:32:34	
Gil Flores	1:33:32	
Heather Burke	1:34:04	
Chelle Mahaney	1:34:10	
Claudia French	1:34:26	
Melinda Terry	1:34:46	
Jonathon Lineberry	1:34:54	
Gayla Poythress	1:37:59	
Harry Edwards	1:38:30	
Bernie Powers	1:41:12	
Susan Wallace	1:41:22	2nd A/G
Rebecca Brown	1:43:38	
Jennifer Halter	1:43:51	
Sandy Rosenberg	1:45:06	
Al Saffer	1:48:14	1st A/G
Melissa Pittman	1:49:03	
Nancy Pullo	1:49:20	3rd A/G
Kara Albach	1:49:44	
Leslie Magruder	1:49:45	
Mark Lay	1:51:49	
Claire Gilbert	1:52:22	
Kay Manley	1:58:17	

EVERGREEN 5K

Keith Poythress	19:39	1st A/G
Alek Abate	21:36	
Eric Bush	21:55	
Lewis Buzzell	22:08	1st A/G
Nancy Harms	22:21	1st A/G
Denise Metzgar	22:29	1st A/G
Craig Harms	22:30	2nd A/G
Simon Jacobson	23:07	1st A/G
Susan Harms	25:16	
Everett Crum	28:40	1st A/G
Pat Gallagher	29:06	2nd A/G
Jonie Davis	32:23	
Gordon Slater	34:03	
Bill Krause	37:09	
Michelle Ramos	42:01	
Will Causseaux	43:00	
Emilee Bush	45:04	
Benita Bush	45:05	
Joe Connolly	45:46	

DAYTONA HALF MARATHON

Daytona Beach

October 26, 2008

Kent Smith	2:16:04
Trish Kabus	3:02:19

MARINE CORPS MARATHON

Washington, DC

October 26, 2008

Carole Fitzsimmons	4:19:07
Michael Fitzsimmons	4:36:24
Kimberly Lundy	4:56:30

PAINT THE TOWNE 5K RRCA STATE CHAMPIONSHIP

Daytona Beach

November 2, 2008

Marie Bendy	26:41	
		Sr. Grand Master
Ken Bendy	29:41	3rd A/G
Patt McEvers	34:12	
Charles Desrosier	47:00	

TOM WALKER MEMORIAL HALF MARATHON

Gainesville

November 8, 2008

Ken Wilson	1:58:34
Jeanie Wilson	2:09:50

MANDARIN 10K

Mandarin Park

November 15, 2008

Justin Jacobs	32:46	2nd O/A
John Wisker	37:01	
		Masters Male
Bill Phillips	37:44	1st A/G
Mark Woods	38:31	2nd A/G
John Metzgar	38:51	3rd A/G
David Bonnette	38:47	1st A/G
John Funk	39:27	
Terry Sikes	40:01	
Robert Walker	41:51	3rd A/G
Bruce Holmes	2:01 1	st A/G
Lonnie Willoughby	42:07	
Stephen Beard	42:12	
Randy Arend	42:29	
Sung Ho Choi	42:41	
Bernie Candy	42:49	2nd A/G
Robert Crampton	43:29	
Regina Taylor	43:57	
George White	44:44	3rd A/G

Continued on next page

RESULTS

Continued from page 7

Raymond Ramos	45:13		Roberta Tomlinson	49:48	Jennifer Halter	1:00:27	
David Ohnsman	46:13	1st A/G	Randy Pullo	50:04	Denise Dailey	1:00:58	
Alek Abate	46:49	1st A/G	Kathy Murray	50:06	Pat Stack	1:01:32	
Ann Krause	46:50	1st A/G	Danny Weaver	51:59	Pat Gallagher	1:01:48	1st A/G
Randy Abate	46:56		Tom Zicafoose	52:09	Stephany Lundy	1:02:52	
Patrick Gaughan	47:05	3rd A/G	Maria Littlejohn	52:29	Kimberly Lundy	1:02:53	
Paul Berna	47:13		David Kelley	53:20	Bernie Powers	1:03:45	
Elfrieda Wyner	47:14	1st A/G	Sue Whitworth	53:20	Simon Jacobson	1:04:04	
Paul Geiger	47:18		Janis Delembo	53:51	Claire Gilbert	1:06:31	
Laurie Pinover	47:29	3rd A/G	Mary Algire	54:37	Al Saffer	1:09:08	3rd A/G
Rebekah Wild	47:58		Kevin Terry	56:59	Nancy Pullo	1:09:52	3rd A/g
Holly Turner*	48:08	2nd A/G	Jack Hayes	57:13	Kay Manley	1:12:14	
Paul Smith	48:34	2nd A/G	Harry Edwards	58:01	Judith Gould	1:17:22	
Stephanie Griffith	48:51		Maria McNary	58:21	Bill Krause	1:22:16	
Bob Kennedy	49:45		Hernando DeSoto	58:30	Diane Aimone	1:23:58	1st A/G
			Melinda Terry	59:25	Michelle Ramos	:26:14	
			George Hoskins	59:34	Mel Abando	1:30:32	
			Claudia French	1:00:04	Shannen Crampton	1:53:06	=

Save the Date!

Iron Horse endurance runs

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 The website IronHorse100kmclub.com will be updated within a week. =

MINUTES

Continued from page 2

2009 budget. It was seconded by Randy. There was unanimous approval. Mike Ford agreed to call Roby Dickerson who prints the shirts and ensure this is good with him.

Social Update: Glenn Hannah talked about socials and how some are not that well attended. Glenn has scheduled the socials for next year that are required and/or the most popular. This will give us only two picnics (the Board of Director's Nominating Picnic and Camp Blanding Picnic) as well as Jennie's Pennies Brunch, and the Ponte Vedra social. This leaves only 3 or 4 months with nothing scheduled. He stated that we would probably not fill in these months. The

only other thing that might be added is a dinner social with a speaker, since those seem popular. January, February, June, and September are the months that are open. Consensus was to add a dinner social and leave the other months open. A possible speaker would be Jeff Galloway who will be here in February for the Step-Up Florida 5K. Glenn stated he will look for a venue.

Strider Support for the Ironhorse 100 Ultra Marathon: Dave said he is helping Chris Rodats with this race. It takes place on a rail trail, and they need volunteers. The date of the event is February 21st. It is a 24 hour race. Dave wants to use the Strideright to solicit volunteers. Kay made a motion to support this race seconded by Mike Mayse. It was approved by all.

General Discussion:

Mike Ford mentioned the 3rd Annual Kid's Day in Middleburg, which also occurs February 21st. He has set up the 5K for the past two years. Dr. Otto has requested our support again. Mike expressed that this event has not always gone as well as it could have, and maybe we should table the discussion for this month. Kay Womack moved that we should not support this event since we already have a commitment that day. Mike Mayse seconded and the vote was unanimous.

Mike Mayse made a motion to adjourn at 8:00 p.m. Kay Womack seconded, all approved, and the meeting was adjourned.

Respectfully submitted,
Vicky Connell =

December 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.

for a NF list, with web links, see <http://www.ameliaislandrunners.com/kbendy/rrcacal.htm>

DATE	EVENT	TIME	LOCATION	CONTACT
December 6	Jingle Bell Run for Arthritis 5K	8:00 a.m.	Jacksonville Beach	(888) 353-5770 Arthritis Foundation
December 6	Reindeer Run 1.5 miles along parade route	9:50 a.m.	Downtown St. Augustine San Marco Blvd.	stjohnschd.org
December 6	Ed Root Memorial 5/10K	9:00 a.m.	Coronado Civic Ctr. New Smyrna Beach	(386) 736-0002 Alta Vista Sports
December 7	Festival of Lights 5K	6:00 p.m.	Baptist Eye Institute Jax	(904) 731-1900 First Place Sports
December 13	Reindeer 5/10K	8:00 a.m.	Fort Clinch State Park 2601 Atlantic Ave. Fernandina Beach	(904) 277-8365 Amelia Island Runners
December 21	Jacksonville Bank Marathon/Half Marathon	7:00 a.m.	Bolles School 7400 San Jose Blvd Jax	(904) 731-1900 First Place Sports
December 28	Last Gasp 5k Cross Country Run	2:00 p.m.	Jacksonville University Campus, off University Blvd	JTC Running Herb Taskett 904-725-9308
December 31	Vystar Gator Bowl 5K	1:30 p.m.	Jacksonville Landing. Jax	(904) 731-1900 First Place Sports
January 17	River Road Resolution Run 5K	8:00 a.m.	Kennel Club Orange Park	(904) 272-1770 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

need a little prodding, at least, to keep them on track.

During this Thanksgiving holiday take some time to relax. If you are not in shape to run the Outback Distance Classic Half Marathon, then come out and do the 6k if you can and let us all take the time to reconnect. If you haven't been to a race for a long time or out for a run with friends then make a point of it and we will all be glad to see you!

This Thanksgiving and throughout the holiday season share yourself with friends and family. Think of someone you have not heard from in a while and reach out to them.

Happy Thanksgiving! =

New life for old shoes!

The Florida Striders have begun to collect old running shoes for reuse! The shoes that are wearable will be donated locally for those that need them and those that are beyond the garden shoe phase will be shipped to Nike for the Nike Reuse-a-Shoe program. The program recycles the material in your shoes for use in rubberized track surfaces and other athletic court surfaces in schools around the world! There will be a box for shoe donation at all Florida striders races.

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 NEW 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 Jose Blvd.	Danny Weaver (904) 287-5496
Weds.	6:00 PM	6.2 Miles Easy pace	Jacksonville Boone Park Riverside	Doug Tillett (904) 388-6139 douglastillett@hotmail.com
Thursday	6:30 PM	5 Miles Varied pace	San Marco/Largo Park Corner of Naldo and Largo	Doug Tillett (904) 388-6139 douglastillett@hotmail.com
Saturday	7AM	7+ miles	Ponte Vedra Beach Sawgrass Village	Craig O'Neal (904) 568-4825 charityrunningcoach@yahoo.com
Saturday	6:30 AM	10 to 15 Miles Moderate pace	Julington Creek Starbucks	Wendy Patterson (904) 237-4100 wenrex@comcast.net

The Dangers of Running

By Frank Frasier

I recently wrote an article about biking and mentioned in the article that biking is a much more dangerous game than running.

Now, about the dangers of running, several of you know that I took a tumble while running Sunday, Nov. 9, and I'll have to say, it really hurt. I was only a mile into a much longer run and Jack Sykes walked me back to my vehicle, because I couldn't make him not. All of the runners

and walkers out that morning insisted that they'd go back with me and I finally had to be almost rude and tell them to go on with their morning – I was sure I could make it back.

The sidewalk just had a slight depression in it and I wasn't paying attention. I mean we've all run right over that same spot and many much worse for years with never a thought of falling. I whacked the left side of my head pretty hard and if it didn't momentarily knock me out, then it sure did daze me for a few

seconds. The real problem was my left shoulder – as soon as I tried getting up, I could feel the bones/ligaments/muscles, something in there that was clicking, grinding and popping that just was not right. This happened about 6.45 AM and it was 9 AM before a Doc in the Box opened there on Blanding. Eventually, they got around to me and took x-rays that showed a dislocation. We got out of there just before 12.30.

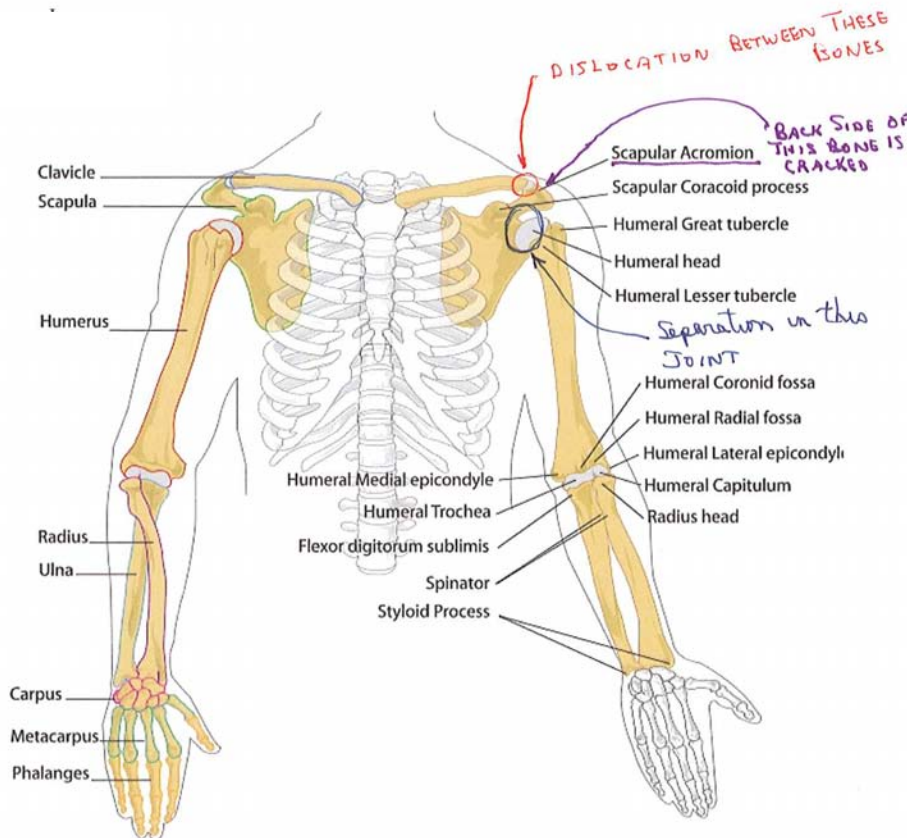
The doctor did 2 things for me. 1st and most important, he wrote me a script for some little white feel good pills (Ms Nancy immediately took me to the CVS across the street where they filled the script and I took a pill). It's amazing how quickly those things can take some major pain away. 2nd, he gave me a script to see an Orthopedic Physician. (That was disturbing because usually the word following Orthopedic is Surgeon). I got an appointment with Jacksonville Orthopedic Institute on Tuesday afternoon (they first suggested Thursday afternoon and I convinced that I hurt worse than that).

The good news is no surgery will be done. They gave me some simple - non weight bearing - exercises to keep my shoulder from locking up and I go back in 2 weeks to see how I am progressing. I have a:

Dislocation
Separation
Cracked bone

It will be at least a couple of weeks before I start running again

It could be a lot worse! =



New, Renewing and Expiring Memberships

NEW MEMBERS

Robert Barnhill	11/30/09
Arnold Cooper	11/30/09
Brett Lovell	11/30/09

RENEWING MEMBERS

Michael, Rachel &	
Keegan Ford	11/30/09
Gene Imrich	10/31/09
Dana, Katherine, Alexandra	

& Jacob Midgett	10/31/09
Elfrieda & Norm Wyner	10/31/09

MULTI-YEAR RENEWALS

Kwan McCall	11/30/10
Bill & Lissa Dunn	11/30/10

EXPIRING MEMBERSHIPS

Joan Crawford	10/31/08
Adam Maveety	10/31/08 =

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 or call Mike Mayse (904) 777-6108.

The Back Page

BY MIKE MARINO

Hello good running folks. Sorry for not getting The Back Page to you this month, but between trying to get work done before taking off for a week and then trying to catch up at work after my week long honeymoon in Cancun, time just got away from me. Oh yeah, I got married this month too. Yeah, I know, it seemed somewhat sudden to me too, given my now wife Janice and I have been together for only a little over five years, though she and some others felt it was long overdue. Nonetheless, we enjoyed a very simple wedding out behind the dumpsters at the Atlanta Bread Company (there is an opening to the lake back there with a great view) and a wonderful honeymoon, from which I included a picture. Janice will be joining the Striders (I guess I owe an extra \$5 for the family version) and I'm sure everyone will make her feel welcome. I'll provide an extra special Holiday Back Page next month. Until then, train well and be safe. =



STRIDER CHRISTMAS OPEN HOUSE Sunday, December 21st

6:30 PM - Avondale Luminaries

Join us for an evening of Holiday Spirits • Champagne Punch

Bring your own adult beverage & an hors d'oeuvre to share

Robert & Janet Irvin, 3811 Boone Park Avenue
Jacksonville, FL 32205, 388-5664

(Off of Pine Grove between Park St. & Hershel)



Florida Striders
P.O. Box 413
Orange Park, FL 32067-0413

Please get your race times
in as soon as possible if you
want them published. You
can send your times, trash,
& trivia by e-mail
(preferred) to
m.t.marino@clearwire.net
or Mike's snail mail
9858 Moorings Dr.,
Jacksonville, FL 32257

Local Running Info



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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