

## Striders at the 2008 Savannah Enmark Bridge Run

By Dave Bokros

If you think that the Hart bridge is a challenge then you owe it to yourself to run the Enmark Bridge Run in Savannah, Ga. The race combines a 5k, 10k, and the infamous Double-Pump challenge. The Double-Pump combines the 5k and 10k into one long 15k that requires crossing the Talmadge Bridge over the Savannah River bridge three times. Several Striders recently made the trip to Savannah for the event.

The day started early. I woke up around 5:30 am, dressed and ran down to the Civic center to see if I could pick up my race packet only to find that race packets for those running the Double-Pump are taken to Trade Center on the north side of the Savannah River. Well, back to the hotel. Shuttles run from the Civic Center on the south side of the river to the race start on the north side until 7:45 am so I had lots of free time on my hand. I found myself in the lobby waiting for the dining room to open for breakfast with a young man, 13, from Clover, South Carolina. We ate breakfast together in anticipation of a cold



Continued on page 5

### Inside

Prez Sez	2
Minutes	2
Board/Key Members	2
Sponsors	3
Wide World of Running	6
River Run Wrist Bands	6
FSTC 2009 Budget	7
River Road Resolution 5K flyer	8
River Road Resolution Application	9
Striders at the Races	10
GCS Christmas Fun Run	11
Group Training Runs	12
Jan//Feb Race Calendar	13
Back Page	14
New & Renewing Members	14



### 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, its easy, and we can teach you what you need to know, so don't be shy. Contact Bob Boyd at [BobBoydFL@gmail.com](mailto: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.

### STEP-UP 5K AND 1 MILE FUN RUN/WALK Free Event with Health Festival in the Park Step-Up FLA

Saturday, February 7, 2009  
Green Cove Springs  
5K - 10 a.m. • 1 Mile Fun Run at 11 a.m.  
For more information and race flyer go to  
<http://www.floridastriders.com>



# Prez Sez

By Dave Bokros



I hope that everyone is looking forward to the New Year! Remember that the River Road Resolution 5k will be run on January 17th of this year and we can use all the support that we can get!

There are many great things that go into our events. The races, the Gate River Run tent, sponsorship, socials; all these things are made possible by members that give their free time to help make this club number one! If you have never helped with the Gate River Run tent, or the races I would encourage you to do so; a good time is always had by all.

For all of you that helped make 2008 great, we all thank you! For all of you that will help make 2009 even better, we will most likely show our appreciation in a way that will make you glad that you got involved!

See you on the road! =

## Board of Directors' Minutes 12/16/2008

The meeting was called to order by Dave Bokros at 7:04 pm. Board members in attendance were Randy Arend, Dave Bokros, Vicky Connell, Janis Dolemba, Mike Ford, Kellie Howard, Glenn Hanna, Kim Lundy, Mike Mayse, Keith Poythress, Regina Sooeey, Regina Taylor, Mary Ann Steinberg, John Steinberg, James Vavrina, and Kay Womack.

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

**Treasurer's Report:** Janis Dolemba stated there wasn't much activity to report. There were no questions.

**Proposed 2009 Budget:** Dave stated that the proposed budget was as shown on the hand out. Randy Arend noted that last year we had budgeted \$23,950 as income from Race Proceeds, but the actual was considerably less at \$14,566. Although most of the races made more money than anticipated from racer entries, many of the sponsorships were down, resulting in reduced income. There are other avenues of income as well, some of which are membership. Mike Mayse reviewed the figures for membership, stating that he estimates memberships to generate \$8500 which is higher than proposed. Randy agreed to change to his figure. There was more discussion about various figures listed under income and expenses. Kellie Howard mentioned that there wasn't much in the income for advertisement, and that maybe we should look at making income on the website. There was discussion about the cost of mailing the newsletter, as well as membership costs such as envelopes and postage. Currently there is a \$2450 deficit between income and expenses in the proposed budget. Vicky pointed out that we've had previous years where there was a surplus, and it was plenty to get us through times that are leaner. Everyone started looking at places to cut the budget and bring in more income, to include additional sponsorships. Dave proposed we go with the budget as written with some of the expenses cut back in order to make it balance. He suggested we keep close track of actual expenses and when we get more income, we prioritize where the money will get added back in. Janis pointed out that we are allowed to go \$2750 over budget according to the by-laws. Mike Mayse made a motion that we approve the budget as proposed by Dave, and Kellie Howard seconded. It was approved unanimously.

**Scholarship Committee:** Kellie Howard reported that we need to appoint a scholarship committee. Kim Lundy and Mike

Continued on page 6

## 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:

\*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 Sooeey . . . . .(H) 673-0608  
email: regina@reginasooey.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

SUPPORT OUR SPONSORS... THEY SUPPORT OUR SPORT



orange**park**medical  
MEMORIAL HEALTH CENTER

**Mike Shado Nissan**

269-9400

Run to the Sun

Orange  
Park  
Kennel Club



**BODY WISE®**  
for every body • every day



**Publix  
Supermarket  
Charities**

FLORIDA POWERTRAIN  
& HYDRAULICS, INC.

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



**About Bicycles**  
Orange Park, Florida

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

**CENTEX  
HOMES**

Run to the Sun 8K



Garber Chevrolet



Green Cove Springs, Florida  
Memorial Day 5K

**citistreet**<sup>SM</sup>

A State Street and  
Citigroup Company

Memorial Day 5K

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

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

**new balance**  
**Jacksonville**  
620-0483

Run  
to  
the Sun



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

**General  
Truck**  
**Equipment &  
Trailer Sales,  
Inc.**

**Smoak, Davis  
& Nixon LLP**  
CERTIFIED PUBLIC ACCOUNTANTS  
(904) 396-5831  
River Road Resolution  
Run 5K

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

**Ronnies**  
Wings & Oyster Bar  
Green Cove Springs, Florida



Memorial Day 5K

**Florida Heart  
Center**

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



Village Bread  
Market



**Krispy Kreme**

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.



# Throw the Switch

## New Year's Resolutions, Part I

Michael Phelps was selected the 2008 Sportsman of the Year by Sports Illustrated magazine a couple of weeks ago. Writer Alan Shipnuck takes us into Phelps' world before and since the Olympic Games. We learn what and who motivates the world's best swimmer, peering into the psyche of this athlete who has accomplished so much.

With 2009 now underway, many of us re-dedicate ourselves to our goals. Our sport of running—with its ancillary benefits of physical fitness, weight control, stress relief, social interactions, and so much more—is unlike most pastimes. One does not just buy a ticket or sign up or make a declaration to whoever is in earshot.

Running takes effort. Good running takes a lot of effort. Competitive running takes unceasing focus and daily rededication. Percy Cerutti, the Australian mentor of a half-dozen world record setters, penned a few verses that capture the requirements:

Running, running, hear the beat,  
Bursting lungs and pounding feet.  
If you're soft and just so-so,  
Don't start running, no, no, no.  
Running is not meant for you,  
Only for the Chosen Few.  
For the really strong and tough,  
Those who like to make it rough.

### Wide World of Running By Jay Birmingham

So how can I get you, kindred spirits in our special sport, to find the drive that you wish you had (or once had and seem to have lost)? I give you Michael Phelps who, unwilling to rest on past accomplishments, looks forward to a resumption of the serious training that led him, in August 2008, to Olympic glory.

Writer Shipnuck describes the return to fitness that awaits Phelps and asks him if he is afraid that he has lost his edge.

"Phelps sits up straight, looks you in the eye and says with some steel in his voice, 'When I have to turn the switch back on, I know I can. All I have to do is put my mind to something and that's it, it's done.'"

Turn the switch on. Do it. Yoda, the Jedi Master, had another phrase that sounds like Phelps. Do or Do Not. There is no try.

Get out and run. I'll be looking for you. =

*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.*

## Thanks Jacksonville Marathon FSTC Volunteers!



Many thanks to the volunteers who made the Striders 2008 JAX Marathon such a rousing success. If you have never worked a water stop, try next year. It was enjoyed by all.

**Standing (left to right):** Tyler Heineman, Cynthia Heineman, Eric Heineman, Stan Scarlett, Chris McKenney, John Powers, Kellie Howard, Christina McDonough, & Danny Weaver **Kneeling (left to right):** John McKenney, JD Smith, Andrea Morrison, Philip Powers, Sean McDonough, & Liam McDonough. Not pictured: Bob Boyd and Melissa Saunders.



## SAVANNAH BRIDGE RUN

Continued from page 1

morning start. Until I assumed he was a college student until I asked where he attended school. Jacob Brumble later ran the 10k to finish second in his age group with a 58:42 finish!

After breakfast I wished young Jacob a good run and trotted off to catch the shuttle. The trip over the Talmadge Bridge, a 5.5% grade topping out at 196 feet above the Savannah River. This was a nice preview of the chore that awaits you when you do the Double-Pump. I arrived at the north side start and got my race packet. Since I had no way to get my race packet back to the south side I put the shirt on over my Strider Shirt, put my number on my shorts and my disposable timing chip on my shoe. I gave the rest of it back to volunteers at registration. The Trade Center is a nice place for runners to congregate since the thermometer read just above 40 degrees. There was little if any wind but the sky was gray and

stayed that way for the duration of the race. The convention center is a nice place to stretch out. Somewhere around 8:00 am we all begin to file out for the 8:15 start. The race was a little late in starting due to the last few shuttles having so many runners. This gave me enough time to find Keith, Gayla, James, and Kay and we all stood around fidgeting in the cold trying to stay warm. If you do this run, wear gloves and maybe a hat

might be a good idea!

The race takes off and the first bridge climb is about a mile away. The Talmadge Bridge is approximately 1.4 miles long. The first climb is a sober reminder that you have to do this two more times! Save some energy for climb two and three. If you register for the Double-Pump you have 40 minutes to complete the 5k. After the 5k, hopefully you have some time to stretch and stash extra clothes if you need to. The 10k takes you through some of historic Savannah, looping north, east, South, then West again for the run up to the bridge. This gives you some time to get into a new groove and enjoy the scenery. Once you hit the on ramp to the bridge it is all work. The bridge is built like the Dames Point Bridge in Jacksonville. Same design. Luckily, the bridge span is pretty flat between suspension towers and it is nice to recover and look out over the river before the run downhill. Save a little for the end after the last run down the Talmadge Bridge. When you come down the bridge for the last time you are nearly finished, but the last mile is no coasting finish. The off ramp loops around to take you back under the bridge only to face another hill. It's not very big, but it's enough. This little hill will suck what is left out of you only to dump you into the last 800 meters to discover that these are also a steady uphill climb to the finish. Anybody doing the 5k or 10k has bragging rights for the climb. The Double-Pump, however, will challenge anyone who takes it on, but you earn the right to feel smug about your accomplishment for

Continued on next page





## SAVANNAH BRIDGE RUN

Continued from previous page

some time to come!

Many Jacksonville area runners made the trip for the run. Nicholas Kurgat and George Towett ran elbow to elbow until the last second when Kurgat sprinted past Towett for a 30:13 win with Towett close behind with 30:19. Paul McRae took First in Men's 10k 35-39 with an impressive 33:20, followed by Joe Pinto in Second with 35:54. JC Pinto placed Third in women's overall with 36:44, and Jerry Lawson, a.k.a. Flash (American Marathon record holder for 2:09:35 Chicago Marathon 1997), took Second Masters Male in the 10k with 35:59. Jerry is now in the Masters category and traveling whenever he can to dash the hopes of local masters runners and take their lunch money! The Striders' own Keith Poythress took First Masters

Male in the Double-Pump with 1:03:51. That's a 20:34 5k and a 43:18 10k! Can't wait to see Keith's Gate River Run.

Other Striders include Gayla Poythress, Dave Bokros, James Vavrina, Kay Womack who successfully completed the Double-Pump challenge and Gerry and Margaret Tyburski who braved the 10k race. Times were as follows:

### Double Pump

Gayla Poythress	1:24:29
Dave Bokros	1:26:07
James Vavrina	1:32:40
Kay Womack	1:45:32

### 10k

Gerry Tyburski	57:06
Margaret Tyburski	1:05:16

The race is a great time and a welcome test of your running mettle. I would highly recommend it to anyone. The post race celebration includes free beer,

Brunswick stew, and widely dispersed propane heaters to make the award ceremony enjoyable. The awards are very nice and the race is very well organized and directed by Robert Espinoza of Fleet Feet Savannah. Some of us rewarded ourselves with an extended weekend stay in Savannah and the race was just the beginning of the day. There is a Christmas Parade on the historic waterfront at 5:00 PM and lots of warm places to share a cup or two of cheer with friends for the holidays. As you can see from the photos, Savannah is a great place to unwind and have a good time. The picture of Keith standing on his tiptoes shows him tagging a local pub with a Strider sticker that we often carry on running travels. You never know where you might find one. Savannah, Orlando, San Francisco, and, I am told, all over Napa Valley as well as many local Jacksonville and Orange Park establishments. =

## River Run Wrist Bands

As the Striders did last year, we are ordering wrist bands, to distribute, prior to the River Run, to our members and their guests. This will give them access to the hospitality tent area.

(Please don't forget to bring food and ask your guests to bring food.) We will start giving the bands out to members and their guests as soon as we get them prior to River Run day, March

14th. Each member and their guests will need to wear their wrist band and have it visible when they come to the tent.

We will send a "blast" email to our members when the bands come in.

There will be further information in the February issue of the StrideRight. =

## MINUTES

Continued from page 2

Ford volunteered to sit on the committee again this year, and Kellie stated she would get the additional person outside the Strider Board.

### General Discussion:

Mary Ann Steinberg reported on the Step Up Florida event. She mentioned some of the sponsors who have volunteered as well as individuals. She has lots of items to give away to schools as incentives to participate. Jeff Galloway will be participating in the event

as the key note speaker. The date of the event is February 7, 2009. The top ten schools who participate in the run will earn cash prizes.

Mike Ford gave out some dates to be put on our calendars. The elementary school track meet will be March 21. The Hershey games will either be the 3rd, 10th, or 17th of May.

Randy Arend encouraged everyone to be thinking of ways to generate more revenue for the club.

Glenn Hanna asked if anyone had talked to some of the people mentioned

as special speakers. Kay Womack stated she had talked to the dietician for the Jaguars who was a possibility. He's willing to do a talk and would charge \$200. Other possibilities were mentioned as well.

Mike Mayse thanked the budget committee for their work.

Kellie made a motion to adjourn at 8:36 p.m. and Mike Mayse seconded. All approved, and the meeting was adjourned.

Respectfully submitted,  
Vicky Connell =

## The Florida Striders Track Club \$1,000 College Scholarship Application

**ENTRY DEADLINE: Applications must be received by March 11, 2009**

For more information and to download the Scholarship Application, go to  
[www.floridastriders.com/scholarship.html](http://www.floridastriders.com/scholarship.html)

# Florida Striders Track Club 2009 Budget

	2008 Budget	2008 Actual	2009 Budget
<b>Income</b>			
Run to Sun 8k	\$ 8,000.00	\$ 3,468.25	\$ 4,000.00
Memorial Day 5k	7,000.00	3,469.33	4,000.00
River Road Resolution 5k	7,750.00	6,429.13	5,450.00
Hog Jog 5k	1,200.00	1,300.00	1,200.00
<b>Total Race Proceeds</b>	<b>\$ 23,950.00</b>	<b>\$ 14,666.71</b>	<b>\$ 14,650.00</b>
Dividends & Interest	\$ 1,400.00	\$ 1,500.00	\$ 1,400.00
Membership	7,000.00	8,868.05	8,500.00
Merchandise Sales	2,000.00	1,176.95	1,500.00
Dinner Social Sales	600.00	-	-
30th Anniversary Celebration	1,500.00	1,496.20	-
Donations & Adult Running Program	750.00	1,740.00	1,500.00
Youth Running Camp	-	1,365.00	1,500.00
Advertising	250.00	40.00	-
Children's Pass Through Sponsorships	3,300.00	1,800.00	1,800.00
Miscellaneous Other	-	91.52	-
<b>Total Other Income</b>	<b>\$ 16,800.00</b>	<b>\$ 18,077.72</b>	<b>\$ 16,200.00</b>
<b>Total Income</b>	<b>\$ 40,750.00</b>	<b>\$ 32,744.43</b>	<b>\$ 30,850.00</b>
<b>Expense</b>			
<b>Administrative</b>			
General Office Postage & Supplies	\$ 200.00	\$ 369.49	\$ 750.00
Newsletter Printing Mailing and Layout	7,834.00	8,903.60	9,000.00
Membership Postage & Supplies	500.00	-	-
Affiliation Costs and Insurance	2,582.20	2,605.60	2,650.00
New Equipment Maintenance/Insurance	5,500.00	4,278.65	500.00
Storage Rental Fees	1,020.00	1,050.00	1,050.00
Website Fees	218.95	238.95	220.00
Volunteer Member Awards & Miscellaneous	300.00	361.25	300.00
Nike Reuse-a-shoe shipping	-	-	100.00
Merchandise Cost Expense	2,420.70	2,715.60	1,500.00
<b>Total Administrative Expense</b>	<b>\$ 20,575.85</b>	<b>\$ 20,523.14</b>	<b>\$ 16,070.00</b>
<b>Club Activity</b>			
River Run Tent & Club Picnic Elections	\$ 780.25	\$ 920.75	\$ 930.00
Monthly Socials	1,690.00	824.97	800.00
30th Anniversary Celebration	3,200.00	5,193.55	-
RRCA Convention	1,200.00	-	1,200.00
Banners & Signs	900.00	575.13	400.00
<b>Total Club Activity Expense</b>	<b>\$ 7,770.25</b>	<b>\$ 7,514.40</b>	<b>\$ 3,330.00</b>
<b>Community Activity</b>			
Donations	\$ 500.00	\$ 675.00	\$ -
Adult Running Programs	1,080.00	2,100.64	1,100.00
Children's Running Programs	8,200.00	9,041.82	6,500.00
Youth Running Camp	-	1,056.51	1,500.00
Children's Pass Through Sponsorships	3,300.00	1,800.00	1,800.00
Scholarships	3,000.00	3,000.00	3,000.00
<b>Total Community Activity Expense</b>	<b>\$ 16,080.00</b>	<b>\$ 17,673.97</b>	<b>\$ 13,900.00</b>
<b>Total Expense</b>	<b>\$ 44,426.10</b>	<b>\$ 45,711.51</b>	<b>\$ 33,300.00</b>
<b>Net Income (Expense)</b>	<b>\$ (3,676.10)</b>	<b>\$ (12,967.08)</b>	<b>\$ (2,450.00)</b>



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

You may also register on-line at [www.Active.com](http://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 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](http://www.floridastriders.com), or contact our Membership Director, Mike Mayse, 777-6108, or email [mjmayse@comcast.net](mailto: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](http://Active.com). They charge \$3 for their service.

RIVER ROAD RESOLUTION 5K ENTRY FORM										RACE# (FSTC USE ONLY) _____	
<b>Packet Pick-Up (Choose One)</b>		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"/>		<b>FUN RUN</b> (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> <b>Fee Enclosed</b> \$ _____ </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) _____
----------------------	------------	---

Make Check Payable to: River Road Resolution 5K • 3931 Baymeadows Rd • Jacksonville, FL 32217 or drop off at any 1st Place Sports location.

# Striders at the Races

## Race Results

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

### OUTBACK STEAKHOUSE HALF MARATHON Outback Plaza November 27, 2008

Justin Jacobs	1:08:37	1st A/G
John Metzgar	1:18:13	1st A/G
John Wisker	1:21:58	3rd A/G
David Bonnette	1:24:19	
Sung Ho Choi	1:24:40	
Bill Phillips	1:24:55	2nd A/G
Terry Sikes	1:25:05	3rd A/G
Mark Woods	1:25:42	
John Funk	1:25:57	
Lonnie Willoughby	1:29:19	
Keith Poythress	1:31:32	
Randy Arend	1:32:19	
Bruce Holmes	1:32:19	1st A/G
Tim Deegan	1:32:27	
Stephen Beard	1:32:29	
Robert Crampton	1:34:04	
George White	1:35:16	2nd A/G
Bernie Candy	1:35:31	3rd A/G
Robert Walker	1:36:44	
Regina Taylor	1:36:54	
Regina Sooeey	1:37:17	2nd A/G
Rosa Haslip	1:37:41	3rd A/G
Steve O'Brien	1:37:45	
Michael Mandt	1:37:46	
Raymond Ramos	1:38:18	
Patrick Gaughan	1:38:43	2nd A/G
Gary Haslip	1:38:47	
Paul Smyth	1:39:11	
Wendy Patterson	1:39:12	
Paul Geiger	1:40:30	
Bill Pennington	1:40:45	
Victor Corrales	1:41:05	
Elfrieda Wyner	1:41:21	1st A/G
Laurie Pinover	1:42:12	
Ann Krause	1:42:33	
Randy Abate	1:42:13	
Danny Cole	1:42:49	
Holly Turner	1:43:19	
Paul Berna	1:43:41	
Paul Smith	1:44:04	2nd A/G
Kathy Murray	1:45:12	
Stephanie Griffith	1:45:20	
Kim Crist	1:47:31	
Eric Bush	1:48:21	
Frank Frazier	1:48:27	
Kristen Smith	1:49:54	
Leonard Pfuntner	1:50:01	

Teresa Hankel	1:51:22	
Vicky Connell	1:52:12	
Ken Wilson	1:52:58	
David Kelley	1:53:57	
Bonita Golden	1:54:32	
Sue Whitworth	1:54:53	
Gail Pylipow	1:55:06	
Tracy Pfuntner	1:55:12	
Kelli Howard	1:57:48	
Danny Weaver	1:58:45	
Bob Kennedy	1:59:57	
Mary Algire	1:59:58	
Kevin Terry	2:00:52	
Pamela Miller	2:02:03	
Barbara Ebers	2:02:16	
Marie Bendy	2:02:16	2nd A/G
Harry Edwards	2:03:08	
Jack Hayes	2:03:17	
Simon Jacobson	2:03:28	
Maria McNary	2:03:56	
Claudia French	2:04:32	
Melinda Terry	2:05:56	
Dave Bokros	2:06:41	
Chelle Mahaney	2:06:58	
Linda Wolfenbarger	2:08:15	
Denise Dailey	2:09:56	
Jonathon Lineberry	2:12:08	
Sandy Rosenberg	2:13:20	
Ed Kelly	2:13:35	
Cathy Haga	2:14:09	
Richard Horton	2:14:26	
Bernie Powers	2:14:39	
Tom Zicafoose	2:16:13	
Gerry Tyburski	2:16:14	
Augie Leone	2:20:34	1st A/G
Susan Gostage	2:20:58	
Claire Gilbert	2:25:22	
Ed Hardee	2:29:20	
Bo Holub	2:30:11	
Nancy Pullo	2:31:02	
Kay Womack	2:36:55	
Gil Flores	2:40:20	
Mark Lay	2:40:45	
Richard Vance	2:59:16	
Trish Kabus	3:12:14	

### OUTBACK STEAKHOUSE 6K

Alek Abate	25:07	
Glen Hanna	25:53	
Nancy Harms	27:01	3rd A/G
Cynthia Maerz	28:37	1st A/G

Susan Harms	28:48	3rd A/G
Hernando DeSoto	30:34	
Gayla Poythress	30:43	
Tyler Imrich	31:05	
Austin Branch	31:21	
Stephanie Lundy	32:55	
Kimberly Lundy	32:55	
Ted Branch	33:10	
Ken Bendy	33:11	3rd A/G
Kelsey Branch	33:35	
Cody Wolfenbarger	34:30	
Margaret Tyburski	34:51	
Wayne Wolfenbarger	35:36	
Lesley Jones	36:15	
Freddy Fillingham	36:16	
Pat Noonan	37:36	
Bob Tatum	38:58	
Bill Krause	40:01	
Meghan Noonan	46:03	
Michelle Ramos	47:13	
George Obi	48:56	1st A/G
Jodie Branch	56:43	
Patt McEvers	56:43	
Charles Desrosie	56:43	3rd A/G

### SPACE COAST HALF MARATHON Melbourne, FL November 30, 2008

Kent Smith	2:20:29
Trish Kabus	3:10:40

### FESTIVAL OF LIGHTS 5K Baptist Eye Institute December 7, 2008

David Bonnette	19:19	2nd A/G
Stephen Beard	20:22	1st A/G
Robert Crampton	20:35	
George White	21:00	1st A/G
Michael Mandt	21:02	
Raymond Ramos	21:38	3rd A/G
Ann Krause	22:33	
Masters Female		
Paul Smith	23:26	1st A/G
Lewis Buzzell	24:32	
Tyler Imrich	25:23	
Gene Imrich	26:13	
Gil Flores	26:30	
Hernando DeSoto	26:31	
George Hoskins	26:44	3rd A/G
Bernie Powers	27:20	

Kellie Howard	27:43		Ann Krause	46:15	1st A/G	Stephen Beard	3:55:56	
Maria McNary	27:47	1st A/G	Frank Frazier	47:07	1st A/G	Danny Cole	3:58:07	
Gail Pylipow	28:19		Kathy Murray	48:20	1st A/G	Kristin Smith	3:59:04	
Blake Pylipow	29:11		Gil Flores	53:50		Kim Crist	3:59:40	3rd A/G
Sue Whitworth	28:29		Tyler Imrich	58:15	2nd A/G	Raymond Ramos	4:11:07	
Carrie Imrich	28:31		Bernie Powers	1:00:58		Vicky Connell	4:11:53	
Dennis Lee	30:34					Paul Smith	4:39:08	3rd A/G
John Metzgar	31:13			5K		Pamela Miller	4:56:38	
	Escorted New Runners					Gil Flores	4:44:47	
Pat Gallagher	31:32	1st A/G	Alex Abate	20:19	1st A/G	Augie Leone	5:34:14	
Jonie Davis	32:58		Nancy Harms	21:54	1st A/G			
Claire Gilbert	33:17		Carrie Imrich	27:13				
Denise Metzgar	33:32		Al Saffer	29:54	2nd A/G			
	Escorted New Runners		Jonie Davis	33:33				
Evan Gould	38:33		Bill Krause	34:27		John Funk	1:27:45	
Michelle Ramos	40:43		Norm Wyner	37:55		David Steinberg	1:27:41	3rd A/G
George Obi	44:38	3rd A/G				Dave Shaffer	1:29:40	
Joe Connolly	47:00					Randy Arend	1:31:18	
						Bruce Holmes	1:34:00	1st A/G
						Robert Crampton	1:35:10	
						Bernie Candy	1:36:39	2nd A/G
						Robert Walker	1:37:47	
						Tracy Dawson	1:39:01	
						Regina Taylor	1:40:08	
						Holly Turner	1:42:33	2nd A/G
						Rosa Haslip	1:42:41	3rd A/G
						Randy Abate	1:43:45	
						Denise Metzgar	1:44:00	
						Paul Geiger	1:44:02	
						Leonard Pfuntner	1:44:29	
						Paul Berna	1:44:54	
						Ann Krause	1:46:45	
						George White	1:47:04	3rd A.G

# Green Cove Springs Christmas Parade Fun Run

I want to thank all of the volunteers who dedicated their time, including Karen McCormick, Collin McCormick, John, Denise, and Chelsea Metzger, Carol MacDougall, Lesley and Devin Jones, Mike Ford, Mike Mayse, Bob Boyd, Glenn Hanna, and John, Mary Ann, David and Luke Steinberg. I also want to thank all the P.E. and Run/Walk Coaches for doing a great job in getting their students to this event.

Vanessa Boyd



## RESULTS

Continued from page 11

Kathy Murray	1:47:10		James Hughes	2:04:56		Nancy Pullo	2:29:28	3rd A/G
Bonnie Brooks	1:47:13		Bonita Golden	2:07:38		Jonie Davis	2:29:56	
Stephanie Griffith	1:49:07		Marie McNary	2:07:59	2nd A/G	Rebecca Brown	2:30:36	
Eric Bush	1:50:46		Claudia French	2:08:07		Kay Womack	2:38:51	
Teresa Hankel	1:51:49		Harry Edwards	2:09:44		Bonita Bush	2:43:34	
Sue Whitworth	1:53:00		Denise Dailey	2:10:36		Jim Kehr	2:47:51	
Frank Frazier	1:53:11	3rd A/G	Linda Wolfenbarger	2:10:58		Bill Krause	2:49:41	
Barbara Krause	1:54:07		James Vavrina	2:13:02		Richard Vance	3:00:32	
Tracey Pfuntner	1:55:07		Kara Albach	2:13:41		Evan Gould	3:01:20	
Gail Pylipow	1:55:09		Kelli McGreevy	2:14:47		Trish Kabus	3:35:53	=
David Kelley	1:55:33		Bernie Powers	2:15:02				
Leslie Hague	2:01:28	3rd A/G	Chelle Mahaney	2:15:11				
			Tom Zicafoose	2:17:33				
			Kent Smith	2:19:41				
			Pat Gallagher	2:24:53				
			Claire Gilbert	2:28:05				

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

## Group Training Runs

DAY	TIME	DISTANCE	JACKSONVILLE AREA	CONTACT
Sunday	6:30 AM	5 to 10 Miles Various pace groups	Atlantic Beach 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 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

# Jan/Feb 2009 Race Calendar

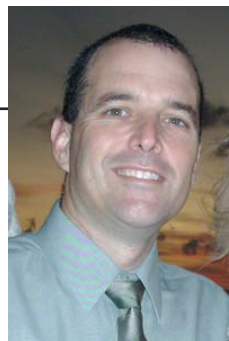
Published as a service. Accuracy is not guaranteed. If you would like your race listed: Contact either Ken Bendy, RRCA Southern Director (904) 278-2926 Email kbendy@aol.com or Mike Bowen, RRCA State Rep (N. Florida) 850-452-6711 (day) 850-3081953 (eve) Email Michael.s.bowen@gmail.com.

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

DATE	EVENT	TIME	LOCATION	CONTACT
January 10	Cool Shark 5K	8:30 a.m.	695 Harry Driggers Blvd. Brunswick, GA	(912) 506-4741 C.B. Greer Elementary
<b>January 17</b>	<b>River Road Resolution Run 5K</b>	<b>8:00 a.m.</b>	<b>Kennel Club Orange Park</b>	<b>(904) 272-1770 Florida Striders Track Club</b>
January 24	Matanzas 5K	9:00 a.m.	Events Field Castillo Dr. St. Augustine	(904) 461-1615 Ancient City Road Runners
January 31	Newnan's Lake 15K	8:00 a.m.	Earl P. Powers Park Hawthorn Rd. Gainesville	(352) 378-8725 FL Track Club
January 31	Palmer Catholic Academy 5K	8:00 a.m.	Mickler's Landing Ponte Vedra	(386) 736-0002 Alta Vista Sports
February 1	Super Sunday 5K	8:30 a.m.	8505 San Jose Blvd. Jax	(904) 731-1900 Jacksonville Jewish Federation First Place Sports
February 7	3rd Annual Step Up Florida! 5K & 1 Mile	10:00 a.m..	Spring Park Green Cove Springs	(904) 529-2810 Clay County Health Dept
February 8	Winter Beach 5 & 10 Mile	3:00 p.m.	Spring Park Green Cove Springs	(904) 731-1900 JTC Running
<b>February 15</b>	<b>26.2 with Donna National Marathon &amp; Half Marathon to Fight Breast Cancer</b>	<b>7:30 a.m.</b>	<b>Near Mayo Clinic 4500 San Pablo Rd. Jacksonville</b>	<b>(904) 355-PINK (7465) Donna Hicken Foundation</b>

# The Back Page

BY MIKE MARINO



Hope everyone enjoyed the holidays, to include Christmas, Hanukah, Thanksgiving, even Halloween. Yeah, I know, I missed last month. I was busy though, as my month included the end of the season stuff at work, getting married, a honeymoon, clearing out and renting out my wife's house...in three days, moving her in, and I turned 40 to boot. All went well though, even turning 40 (hey, I can only be half as bad as turning 80). And fret not about missing a Back Page last month, as this is a Special Double Holiday Version!

We start off our local races with the Jacksonville running community's way of celebrating Halloween, which is running 10 miles or 5K through a cemetery at the **Evergreen Pumpkin Run**. **Justin Jacobs** was obviously spooked by the cemetery setting and wanted to get out of there as fast as he could, sprinting to a 2nd overall finish in 51:46. Nine Striders ran scared to age group wins, which included our fastest female Strider, **Regina Taylor** (1:11:58), **John Metzgar**, **John Wisker**, **Bill Phillips**, **Frank Frazier**, **Ann Krause**, **Elfrieda Wyner**, **Danny**

**Weaver** and **Al Saffer**. Placing 2nd in their age groups were **Terry Sikes**, **Paul Smith**, **Paul Geiger**, **Stephanie Griffith**, **Susan Wallace** and **Chelsea Metzgar**. Also taking home awards in the 10 miler with 3rd place age group finishes were **John Funk**, **Wendy Patterson** and **Nancy Pullo**. In the 5K, **Keith Poythress** and **Nancy Harms** led the Strider charge with age group wins in times of 19:39 and 22:21, respectively. Also winning their age groups in the 5K were **Lewis Buzzell**, **Denise Mezgar**, **Simon Jacobson** and **Everett Crum**. **Craig Harms** and **Pat Gallagher** placed 2nd in their age groups.

**Justin Jacobs** and **Regina Taylor** led the Strider effort again on November 15th at the **Mandarin 10K**. Justin was again 2nd overall in 32:36 and Regina posted a 43:57. **John Wisker** ran to a master's division win and **Bill Phillips**, **David Bonnette**, **Bruce Holmes**, **David Ohnsman**, **Alek Abate**, **Ann Krause**, **Elfrieda Wyner**, **Pat Gallagher** and **Diane Aimone** won their age groups. Winning 2nd place prizes in their age groups were

**Maria McNary**, **Paul Smith**, **Holly Turner**, **Bernie Candy** and **Mark Woods**. Leading the 3rd place age group finishers was **John Metzgar** and he was joined by **Robert Walker**,

**George White**, **Patrick Gaughan**, **Laurie Pinover**, **Al Saffer** and **Nancy Pullo**. In all, twenty-three awards won by Striders at a Grand Prix event, well done folks.

The next race brought the start of the holiday season (at least for runners) with the **25th Annual Outback Steakhouse Half Marathon & 6K** on Thanksgiving Day. The usual suspects were at the front of the Strider pack again, with **Justin Jacobs** winning his age group in 1:08:37 and **Regina Taylor** being fastest female Strider in 1:36:54. **Bruce Holmes** (1st), **George White** (2nd) and **Bernie Candy** (3rd) combined to sweep the 60-64 year old age group, and **John Metzgar**, **Elfrieda Wyner** and **Augie Leone** also recorded age group wins. **Bill Phillips**, **Regina Bickle** (Soeey), **Patrick Gaughan**, **Paul Smith** and **Marie Bendy** ran to 2nd place age group finishes. Also getting in a prize winning run before stuff-

## New, Renewing and Expiring Memberships

### NEW MEMBERS

Mel Abando	12/31/09
Adrienne Brooks	12/31/09
Alex Hawkins	12/31/09
Sandra Henney	11/30/09

### RENEWING MEMBERS

Jay Birmingham	12/31/09
Chuck & Kacee Bryner	12/31/09
Hernando DeSoto	12/31/09
Charles Desrosier	12/31/09
Patrick Gallagher	12/31/09
Craig, Susan & Nancy Harms	12/31/09

Robert Jamieson	12/31/09
Glenn Landers	12/31/10
Cynthia Lyons	12/31/09
Dotti Cahill & Tom Marsland	12/31/09

Kristie Matherne	12/31/09
Pamela Miller	12/31/09
Amy Randall	12/31/09
Randolph & Patricia Sandy	1/31/10

Tom Sullivan	12/31/10
Jan Taylor	12/31/09
Kathy King & Anthony Truitt	12/31/10

### MULTI-YEAR RENEWALS

Mary & Bill Gladding	12/31/10
Carol & Michael Fitzsimmons	12/31/10

### EXPIRING MEMBERSHIPS

Marie Allison	11/30/08
Joe Blewett	11/30/08
Tyree Crews	11/30/08
Jonie Davis	11/30/08
Nancy Fraser	11/30/08
Lesley Jones	11/30/08
Carrie McCutcheon	11/30/08
Eric Schneider	11/30/08 =

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



ing themselves with turkey were **John Wisker, Terry Sikes** and **Rosa Haslip**, all who placed 3rd in their age groups. Also of note, **Lonnie Willoughby** and **Bonita Golden** reported PRs. In the accompanying 6K, **Alek Abate** was our fastest Strider with a 25:07 and **Nancy Harms** was our fastest female in 27:01 while placing 3rd in her age group. Winning their age groups were **Cynthia Maerz** and **George Obi**, and **Charles Desrosier, Ken Bendy** and **Susan Harms** ran to 3rd place age group finishes.

Staying with the holiday theme, The **Festival of Lights 5K** was run on December 7th. **David Bonnette** led all Striders with a 19:19 and 2nd place age group finish. **Ann Krause** was our fastest female Strider and the fastest in the master's division as well. Age group championship efforts were turned in by **Stephen Beard, George White, Paul Smith, Maria McNary** and **Pat Gallagher**. And 3rd place age group efforts were run by **George Obi, George Hokins** and **Raymond Ramos**. Also enjoying the fun were **John and Denise Metzgar**, who escorted new runners while celebrating the season.

The following weekend on December 13th brought the **Reindeer Run 10K & 5K** in Fernandina Beach (I thought reindeer flew – maybe this was their warm up before Christmas). As for the races, in the 10K **George White** led all Striders, posting a 43:43 and a grand master's division win. **Rosa Haslip** led the female Strider charge with a 44:53 and a master's division win. Complementing Rosa's master effort was **Elfieda Wyner**, who won the grand master's division for the ladies. Pacing to age group wins were **Steve O'Brien, Ann Krause, Frank Frazier** and **Kathy Murray**. **Randy Abate** and **Tyler Imrich** ran to 2nd place age group awards, and **Bill Pennington** placed 3rd in his age group. In the 5K, **Alek Abate** and **Nancy Harms** won their age groups and **Al Saffer** took home a 2nd place age group prize. And a fun run too (perhaps with the reindeer), in which we had **Cole Imrich** finishing the 1-mile jaunt.

On December 21st we had the **26th running of the Jacksonville Bank Marathon & Half Marathon**. As I recall, it was unseasonably hot that morning. As

it was a marathon, "**Bruce**" **Sung Ho Choi** was there (he did 12 marathons this year) and he was our fastest Strider with a 3:02:06. Our fastest female Strider was **Wendy Patterson**, who battled the 26.2 miles for 3:48:06. Bringing home age group awards were **Kim Crist, Paul Smith** and **Terry Sikes**, who all took third in their age groups. Congrats to all who finished the marathon, especially those first timers. For the half, **John Funk** led all Striders in 1:27:48 and **Tracy Dawson** was our fastest female Strider with a 1:39:01. Our 60-64 year old men owned all age group awards for this half marathon too, with **Bruce Holmes** winning, **Bernie Candy** in 2nd, and **George White** in 3rd. **Marie McNary** and **Holly Turner** placed 2nd in their age groups, and **Nancy Pullo, Leslie Hague, Frank Frazier, Rosa Haslip** and **David Steinberg** ran to 3rd place age group finishes. And of note here, I understand **Frank Frazier** did the half (and other races) with a badly injured and perhaps broken shoulder. Here's hoping for a speedy recovery for Frank.

And for this last race, held on December 28th, I don't have complete results, as they haven't been posted for two days. However, I know part of the results. And with that, at the **32nd Annual Last Gasp Cross Country Race**, in the team competition, the **Strider Trail Buffs** rolled again!! Yes, we defended our title! Once losers for six years, now a juggernaut! Complete race results to come next month, and more specifics later.

### **Striders – They're Everywhere!**

Seems the fall and winter bring all kinds of opportunity for travel, so there's a lot to report. Starting off back on October 12th, **Rexx Weir** and **Bruce Sung Ho Choi** made a trip to the windy city for the **Chicago Marathon**. **Rexx** posted a 3:56:48 and **Bruce** a 3:04:40, and it was **Bruce's** tenth time doing the Chicago Marathon. Well done fellas.

**Kimberly Lundy** and **Carole and Michael Fitzsimmons** also went to a big marathon, going to the nation's capital for the **Marine Corps Marathon** on October 26th. **Carole** led the three with a 4:19:07 and **Michael** and **Kimberly** weren't far behind. Great effort folks.

Daytona Beach seemed to be a pop-

ular destination, as Striders made three separate trips to the world's most famous beach. The first Daytona trip was made by **Kent Smith** and **Trish Kabus** for the **Daytona Half Marathon** on October 26th. **Kent** led the way with a 2:16:04. The next weekend on November 2nd, **Charles Desrosier, Patt McEvers** and **Ken and Marie Bendy** were in Daytona for the **Paint the Towne 5K RRCA State Championship**. **Marie** bested all comers in the Sr. Grand Master Division with a 26:41 and **Ken** ran to a 3rd place age group finish. Rounding out our Daytona adventures were **Jim** and **Christine Kehr**, who were at the **Jingle Bell Beach Run** on November 22nd. **Jim** posted a 30:35 while taking 3rd in his age group.

Seven Striders decided Disney World was the place to celebrate Halloween, and that running the **Tower of Terror 13K** was the way to do it. This sounds like a fun race; run at night through and around Disney's Hollywood Studios (formerly MGM). Typical of a Disney event, there was plenty of entertainment and a post race party, with all finishers having access to the Hollywood Studios Park after the race. **Robert Crampton** led the group with a 57:16 while placing 2nd in the military division. **George White** wasn't far behind and took 2nd in his age group. Also making the trip were **Shannen Crampton, Doug Aiosa**, and **Carrie, Gene** and **Tyler Imrich**. Good work folks and let me know if you decide to do it again next year.

Reporting in from Huntington, West Virginia, **Bonita Golden** took in the **Marshall Marathon** on November 2nd. **Bonita** characterized it as follows: well executed race with 342 finishers, great town, friendly people, good restaurants, and beautiful drive to and from (how many of you thought of John Denver singing Take Me Home, Country Roads...) All of this must have had **Bonita** fired up, as she ran a PR 4:21:12.

Also on November 2nd, **Gary Lewis** ran the **City of Oaks Marathon** in Raleigh, North Carolina. **Gary** was kind enough to send the hill profile for the course, and to be honest, I'd have trouble doing this 26.2 miles on a good day on my bike. According to the profile, it's a steady climb from miles 5 to 9, down from

# The Back Page

CONTINUED FROM PAGE 14 & 15

9 to 13, a steep climb (over 200 feet) from miles 13 to 15, up and down from 15 to 19, another steady climb from 19 to 22, gradual decline from 22 to 25, and up for the last mile. Kudos to Gary on finishing very challenging course.

And finally, on Thanksgiving Day, **Pat Gallageher** was in Berwick, Pennsylvania for the **100th Run for the Diamonds** (yes, 100th). It's a nine mile course with a 450 foot rise in elevation from miles 2 to 4 and then a gradual descent to the finish. The race holds true to the namesake, with the leading runners being awarded

with diamonds; rings for the men and pendants for the women. Pat was the oldest runner to complete the race, covering the course in 1:30:57. Well done Pat.

## Tidbits and stuff I missed

Urgh. I'm tired with this special double holiday version. I'll do special double tidbits next month....maybe. Well, if y'all send them in.

Happy New Year folks and best of luck in meeting your goals in 2009. Until next time, train well and be safe.



## Award

Another grand team win, and thus another nice smug feeling goes to the two-time Last Gasp team champions – the **STRIDER TRAIL BUFFS!!** **“Bruce” Sung Ho Choi, Frank Sutman, Keith Poythress, and Bill Dunn** made it happen, and took me along as the anchor of the squad. We did it in true Buff fashion too, with Frank, Bill and me running despite not being 100%, and Bruce and Keith being out there after doing a marathon the week before. Bruce took the “Toughest Buff” honors though, as he did a ten mile training run the morning of the race, I guess as a warm-up, and then headed to the gym after the race. Great effort guys, and here's to making it a three-peat in 2009. =

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 4159 Marianna Road Jacksonville FL 32217

## 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>



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

NON-PROFIT ORG.  
U.S. POSTAGE  
PAID  
ORANGE PARK, FL  
PERMIT NO. 215