

A Special Thanks to River Run Volunteers

By Stan Scarlett

I would like to thank all the volunteers that made the Florida Strider 2009 Hospitality Tent a huge success. We solved several problems that popped up last year and have a few things to work on for next year. When I arrived at 6:00 am, I saw that the gates had been opened before I got there. Thanks to General Mike Mayse and everyone else that beat me there, they were well under way to getting things ready. What amazes me every year, is that our volunteers just step forward and start getting things done. When they finish one job, they say, "What needs to be done next?" I tried to delegate more and set up area Managers this year. I think it went well. It was great to have the Amelia Island Runners Track Club (AIR) with us this year. I hope you had a chance to meet and socialize with them. I'll go into more depth later, about our plans for next year to improve our Tent event. Right now, I need to recognize our "TENT HOGS"!



Please email me (stanscarlett@msn.com) and let me know if I've left anyone off. And if you want to

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UPCOMING SOCIALS

April 26 • 12 Noon

The Striders Annual Picnic & Board of Directors Elections is just around the corner. Mark your calendars now for Sunday April 26 at 12 noon. Come on over to the Southside of Jax at Secret Cove, near Danny and Jenny Suber's house close to St. Lukes Hospital.

Hamburgers, hot dogs, and garden burgers with all the trimmings will be provided by the club, along with beverages. Please bring a dish to share and some comfy chairs to sit on. For more info or to volunteer at the picnic, please contact Glenn Hanna at (904) 777-9351 or ghanna3@bellsouth.net.

Directions: Exit I-95 at JT Butler Blvd. East (towards beaches). Stay in the right lane to get to Belfort and make a left (north) onto Belfort. Go past St. Lukes, about 1 mile to Secret Cove entrance on the right. Go 1 block to gravel road on left - follow gravel road to parking and pavilion.

May

Social and Volunteer party for the Memorial Day Race May 25th. Details in the May issue of the StrideRight.

Prez Sez

By Dave Bokros



These are tough times. There is no doubt, we are all cutting back to save what we can in the event of the unlikely or unexpected. Not eating out as much and not running out to buy the latest gadget I am finding myself, as I hope many others are, with a lot of free time on my hands.

Runners are generous people. I can't think of a more comforting group of people to spend your time with. If you are currently worried about your job, or maybe you have lost your job like many of us, take the time to go for a run. Keep yourself healthy, and come out and play.

Let's make a promise to each other. Let's come out for a run or running workout and let's not complain about anything. Let's make the time we spend with each other positive and affirming and try to use it as an escape. A chance to spend time with friends and do something that takes precious little money and always makes us feel better about ourselves!

I know that anyone who is currently in a rut or is not feeling so great during this tough time may not be running or even reading the StrideRight. So, as I have so many times before, I challenge all of you to think of someone that has dropped off your running radar and give them a call and get them back out. You will be glad that you did.

Times are tough, but runners are much tougher. We will all get through this the same way celebrate after a tough race- together.

See you on the road! =

Board of Directors' Minutes 3/10/2009

The Meeting was called to order by Dave Bokros at 7:05 pm. Board members in attendance were Randy Arend, Dave Bokros, Vicky Connell, Janis Dolemba, Mike Ford, Glenn Hanna, Kellie Howard, Mike Mayse, Keith Poythress, Mary Ann Steinberg, John Steinberg, James Vavrina, and Kay Womack. Also attending were Bob and Vanessa Boyd.

Minutes: There were no changes to the February minutes. They were accepted as published.

Treasurer's Report: Janis Dolemba stated that income has gone up since \$6000 was transferred from River Run Resolution funds to the general fund. Mary Ann Steinberg asked her for the invoices needed to make payment from the Step Up Florida 5K Funds. Randy noticed one inaccurate line in the report and Janis stated that she would correct it and send out a new report.

RRR 2009 Race Report Bob Boyd said attendance was up about 4%, even with the very cold weather. The net profit was about \$200 less than what was predicted in the 2009 Strider budget because of the loss of sponsorship. Randy Arend noted that this was probably due to the cost of the heaters which were well worth the money. Dave noted that Bob and Vanessa Boyd have done a fantastic job and it's well appreciated. They received a round of applause.

Run to the Sun 2009 Budget Kay Womack presented her budget for the race. She's expecting about 580 participants. She has already received monies from Mike Shad Ford for sponsorship. Mike Mayse asked Kay if they would like us to put up a banner for them as we have previously done for major sponsors. Kay said she would find out. She noted that our charges for Police support would go up a bit because we have to use the local Orange Park Police. The Sheriff's Deputies were not available. It was noted that in the future we should try to submit our dates as early as possible in

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2008-2009 Board of Directors & Key Members

(Board Members marked with an *)

President/Memorial Day 5K Director:

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RIVER RUN VOLUNTEERS

Continued from page 1

be a "TENT HOG", volunteer next year. (Wages and 401K plans are great!) Special thanks to Doug and Jane Alred, First Place Sports, Susan Stevenson and her Massage Students from Massage Therapy Program, Kirby Tent Rental, Portable Sanitation Co. And without Mike Mayse, we could not do all of this. Trish Kabus was great in doing the articles in the StrideRight. =

Mike Mayse
Ronald Cooper
John Powers
Danny Weaver
Glenn Hanna
Matt Ross
Lori Scarlett

Robert Irvin
Jenny Allen
Janet Irvin
Richard Allen
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Danny Suber
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Mike Ford
Tom Bass
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Bobby Green
Keith Poythress
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Dave Bokros
Stacy Cruikshank(AIR)
Shirley Henkel
George Hoskins
Vanessa and Bob Boyd
Marilyn Roberts(AIR)
Kellie Howard
Janet Elliot
Al Safer
Butch Elliot
Bob Moyer
Trisk Kabus
Jim Hill (AIR)
Rosa & Gary Hasslip (AIR)
Elena Etter

Hydration Dynamics

Spring becomes summer quickly in Florida. The wise runner knows to stay hydrated for optimum performance and good health. This month, I'd like to share with you some of the physiology of sweating, drinking, and hydrating. It's more complicated, and more interesting, than you might have thought.

Your cells are aqueous. In addition to all the proteins, fats, and carbohydrates that comprise each of your billions of cells, water is the bulk of the suspending cytoplasm. Bones, muscles, and blood; heart, pancreas, and liver; lungs, brain, and skin—all those parts are more water than anything else.

Cells function best when fully-hydrated. Fatigue is worsened when cells lack water. Performance is maximized when those hundreds of ions can swim freely from place to place (I use the word swim metaphorically). Hundreds of protein complexes called enzymes make muscles contract, produce energy molecules (ATP), filter wastes, and convert foods into fuel in your cells. All these processes work best when the cells are plump with adequate water.

Losing water is easier than keeping it. Just breathing normally, you exhale upward of one quart (2 pounds) of water daily. This water comes from moisture in your lungs and leaves along with carbon dioxide. Go for an hour run and you offload another cup of water, just panting.

Nitrogen wastes are constantly eliminated through the production of urine. These come from breaking down proteins, some for fuel and some from daily wear and tear. The kidneys efficiently reclaim the bulk of the fluid that passes through their collecting tubes, but normal urine production still costs you up to 2 more quarts of water a day.

Urine production is increased by numerous diuretics, substances that make you produce more urine and void more frequently. Caffeine is the top culprit in our culture. Coffee and tea, chocolate, and now, many sports drinks and "energy" drinks contain the chemical and your body eliminates it as fast as possible. Other diuretics include aspirin, supplemental vitamins, chlorine in drinking water, and food preservatives.

Perspiration proceeds, like exhalation, constantly. Minute quantities of sweat exude from your pores day and night. Trot ten miles on an April morning and you can easily shed five pounds of sweat. Marketers would have us believe that electrolytes are pumped from our bodies in massive quantities, too. That's a sales pitch. Healthy adrenal glands tell the kidneys when to discard excess sodium and other minerals and when to hoard them. Cramps rarely come from mineral loss—blame dehydration for muscles that don't want to contract and relax normally.

So much for water out. How about water in?

Of course, you need to drink. But a water molecule is a water molecule and any source will do.

Nothing beats aqua pura for speed of entry into your now-shriveled up body. Those cells have gone from plums to prunes from all that water loss described above.

Wide World of Running By Jay Birmingham

As soon as water hits your stomach, thirsty cells begin sucking it in.

Unless . . .

Unless you are throwing glucose (corn syrup, sucrose, dextrose), minerals, vitamins, and other stuff in along with it. Pure H₂O moves easily into cells by the process of osmosis. But osmosis is governed by the relative concentration of minerals on each side of a cell membrane. Water moves toward minerals. Since there are usually more minerals inside cells than outside, water zips through the membranes until the cell is fully hydrated.

But if you have swallowed full-strength sports drink, an energy gel, or any kind of food with the water, there is now a battle for the water molecules you need. When Dr. David Costill first researched this forty years ago, no one had dreamed that salt tablets (or drinks with electrolytes in them) would impede water absorption. But that's what happens. Adding anything to the water you drink slows the absorption rate.

Worst case scenario: The cells of your stomach and duodenum actually have to give up water temporarily (osmosis goes both ways) to dilute the drink in your system until it is isotonic and can then be absorbed. Meanwhile, your dehydrated body is even more dehydrated.

All liquids provide water, so anything works. Just watch out for those diuretics.

Food contains abundant water, too. Fruits are over 90 percent water, vegetables a little less, and meats and nuts are low. Some purists contend that a person doesn't really need supplemental water if their diet is high in the right kinds of food. I've not tried that out yet.

Should you be concerned about hyponatremia? That is too little sodium in the system from too much water ingestion, a topic that got lots of ink a couple of years back. "Water poisoning", as it's called, is extremely rare. Unless you are forcing water down, refusing to eat, and avoiding salt, there is absolutely no need to worry.

When you are thirsty, drink. If you suspect you don't drink enough, drink a couple more glasses of water a day. If you check your weight after a long run and you are five pounds light, try to go to bed that night back at your pre-run weight. Your cells will be happier for it, your recovery will be faster, and you will set yourself up for optimum performance and good health.

Cheers! =

Jay Birmingham has run for over fifty years, races well in hot weather, and weighs himself immediately after long runs, just to record a low number in his training log.

2009 Hershey Track & Field District 2 Championships

(Pre-registration by 5/5 required)

On Saturday May 9th, the District 2 Championships for the Hershey Track & Field Youth Program will be held at Orange Park High School. Boys and girls 9 to 14 years old are eligible to compete (age is determined by year of birth 2000 to 1995).

The top two finishers in each event qualify for the state championship at Lake Brantley High School in Altamonte Springs on June 27th. State winners are entered in a regional pool and become eligible for selection to a Regional Team, which will travel free to Hershey, Pennsylvania, to compete in the North American Final, held July 30 to August 2, 2009. A boy and girl from this district qualified last year.

Participants can compete in three events (two running and one field or two field and one running). Events include the 50-meter dash (9-10), 100-meter dash (all ages), 200-meter dash (all ages), 400-meter dash (9-10, 11-12), 800-meter run (11-12, 13-14), 1600-meter run (13-14), 4x100 meter relay (all ages), standing long jump (all ages), and softball throw (all ages).

A copy of the participant's birth certificate must be provided at registration, if a coach has not previously confirmed date of birth using school records. No shoes designed for spikes are permitted for running events and no turf/spiked shoes are permitted for field events. No jewelry should be worn.

There is no entry fee. The Florida Striders Track Club sponsors this event. Waivers/entry forms are available on www.floridastriders.com. Pre-registration

is required. There is no day-of registration. Ribbons (1st-6th for each event) were donated by Sigma Marketing. T-shirts will be awarded to state qualifiers so they can be worn at the state championships during opening ceremonies.

All races are finals. If other local Hershey meets send entries, then the top two finishers from each race will compete in finals later in the day or on a future date. Other than long jump, all events are youngest to oldest girl/boy. Only meet officials are allowed on the infield of the track during races.

Our meet begins at 8 a.m. Subsequent event times below are estimates and indicate the order of events only. Events will begin as soon as the prior event is completed. Please come early to be sure you do not miss your heat.

- 8:00 Softball throw
- 8:00 Standing-long jump
- 9:00 100-meter dash
- 9:45* 1600-meter run
- 10:10* 400-meter dash
- 10:40* 50-meter dash
- 10:55* 200-meter dash (after 400m)
- 11:40* 800-meter run (after 200m)
- 12:05* 4X100 meter relay

*Times are approximate and the event may start earlier, as each event will follow immediately after the prior event. Come early to make sure you do not miss your heat!

Please call Bob Boyd, 272-1770, or email BobBoydFL@gmail.com about the 5/9 event. Call James May, 779-6105, or email claysports@bellsouth.net, for info on the state meet or the web site at www.floridastriders.com. =

42nd Annual Breathe Easy Clay County Elementary Track and Field

With Superheroes Batman and Wonder Woman making an unexpected visit to a throng of nearly 2,000 Clay County elementary school students at Middleburg High School's track, the excitement level for the 42nd annual Breathe Easy Clay County Elementary Track and Field meet was incredible. Close to 6000 people attended the event.

The Clay County Health Department and Tobacco Free Florida, both supported by the Florida Department of Health to increase awareness of the dangers of tobacco, were sponsors for the track meet and had plenty of information, activities and booths to inform and educate visitors about tobacco.

Striders who volunteered at the Breathe Easy Track Meet were Mike Ford (meet coordinator), Rachel Ford, Glenn Hanna, Randy Arends, Kim Lundy, Mark Malnow, John, Mary Ann, David and Luke Steinberg. =



PHOTO BY RANDY LEFKO

RUNNER'S QUIZ

By Jay Birmingham

Answers are on page 17

Lakes and Islands

1. How far is it around Lake Asbury in central Clay County?
2. What is the running distance around Doctors Lake?
3. Manhattan is an island, one of the five boroughs of New York City. How far is it around?
4. Lake Tahoe perches between Nevada and California and hosts an annual race of what distance?
5. How far is the perimeter of Lake Okeechobee, which is the site of an ultramarathon? =

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Course begins and ends at
the Orange Park Kennel Club

8K 8:00 AM

1 Mile Fun Run 9:30 AM

Awards Ceremony 10:00 AM



Entry Received By	Striders/Military	Other
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4/9/09 to 4/17/09	\$14	\$17
Day of Race	\$20	\$20

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AWARDS

Awards will be given to Top 3 overall male and female, Top Master's male and female, Top Grandmaster's male and female. Awards will also be given to the first three finishers in each age group as follows: 10 and 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 and over. The awards ceremony will be held at the Orange Park Kennel Club at 9:30 AM.

RACE PACKET PICKUP

Packets will be available at your selected 1st Place Sports location (be sure to select location on your registration form) on Thursday, April 16 and Friday, April 17. Packets will also be available at the starting line beginning at 6:30 AM on the day of the race.

You can also register online at active.com
There is a \$3 charge for online registration.

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2009-2010 Florida Striders Board of Director Nominees

Dan Adams

and his wife Lisa joined the Florida Striders in 1999 and after a few years away rejoined the Striders last year. Dan enjoys the social aspect of running and feels the Striders provide the perfect combination of camaraderie and support. Wednesday track workout is his favorite strider event. Going to Mellow Mushroom after the track workout is a close second. His favorite races are the Outback Distance Classic and the Gate River Run. Being a Strider has been such a positive experience, Dan would like to have the opportunity to serve on the Board to continue the great Stride traditions. One of his initiatives would be to try to attract younger runners to join our club.



to organizing a monthly prediction run and recruiting new members.

Randy Arend

began running over 10 years ago, and became a Strider in 2000 after participating in his first Gate River Run. His enthusiasm for running has grown over the years, in part from the great camaraderie and advice received from other runners, especially fellow Striders. He considers running to be beneficial for all who participate, and that the Striders' efforts to provide opportunities and encourage participation from the community, particularly through its youth programs, make it a valuable local asset. Randy looks forward to assisting the Florida Striders Track Club in achieving its objectives of promoting and encouraging running in the community. Randy and his wife Krissa have a 17-year old son, Scott.



began to do more serious running, eventually leading to her first marathon. From there she began participating in triathlons, which is where she is most competitive. Vicky moved to Orange Park in 1994 and did a lot of solo running, till she stumbled onto some info about the Striders. She's been a member ever since. She loves the camaraderie she has found being a part of the Striders, and is happy to volunteer for the board and do what she can for the organization. This year Vicky will be coaching the first ever Florida Striders Beginner's Triathlon Class. She is also the new Swim Coach at Ridgeview High School. Vicky is married to Jim who runs with her occasionally but prefers to get his exercise paddling kayaks and playing the drums. She has two daughters: Tori (19), who is the designer for many of the Strider race t-shirts, and Marissa (15), who can often be seen volunteering at races. Vicky is still active in the Army Reserve, and enjoys helping others to become fit and healthy.

Lisa Adams

joined The Striders in 1999 and enjoyed many Sun Tire, Bridge and Bolles speed workouts before moving to Milton Fl. When she and



Dan moved back, they rejoined the Striders and have again been able to participate in many training runs at Sun Tire and St. Johns track. Lisa enjoys running in the local races. A few of her favorites are the Strider events, the Gate, the Outback and Jax Marathon. This year she also participated in two team distance runs: the Oregon Hood to Coast with Dan and the Florida Ragnar with local running friends. On most days you can find Lisa and Dan running on Fleming Island's long sidewalk and the Black Creek Trail with their three girls, Megan (7), Grace (4), Addison (3) Tucker the dog, and great running partner Melissa Saunders. Lisa enjoys sharing her love of running with others. She coached Girls on the Run for three seasons, helps with Thunderbolt's Run-Walk club and coaches her daughter's soccer team. Lisa would love to serve on the Strider Board and is looking forward



Dave Bokros

has been running since 2001. He has served on the Board of Directors for the striders for several years, and as President for three. He

has also performed many tasks as a volunteer including Course Director and Race Director for the Memorial Day 5k. Dave enjoys running for fitness and coaching others in their running pursuits. His favorite runs include the Outback Distance Classic, Gate River Run, and bridge loops in Downtown Jacksonville.

Vicky Connell

started out her modest athletic career as a swimmer in High School. From there she ran occasionally to keep those college pounds off. After college she joined the Army and



Darcy Daniels

has been running off and on since middle school, although long distances were never her "thing" during school. She took up running again in her adult years to keep the weight off and relieve stress. Since then, it's been a constant part of her life and offers a break from everyday life.



Darcy is originally an Atlanta girl, who graduated from Mercer University (Go Bears). After living in several cities, she has settled in Jacksonville for almost 5 years now (wow - time flies). Darcy learned of the Striders through a friend who told her to just "join at least for the River Run tent and massages ☺". She was right!! Since enjoying the tent the first year and later joining the running classes, she has met a great group of people that are always friendly and encouraging.

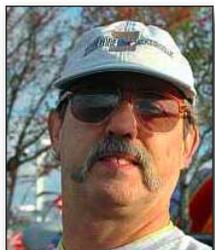
To date, Darcy's favorite run has been the MS Mud Run 10k ~ who knew that getting a mouth full of mud could be so much fun! She joined to raise money and awareness after a close friend was

diagnosed with MS and ended up having one of the best times ever!

Darcy is employed as the Reporting and Analysis Manager for the University of Florida Jacksonville. It's a challenging but rewarding job and definitely requires running to relieve the stress! In Darcy's spare time (what's that?), she enjoys shopping (especially shoes), canoeing, playing with her dogs Bert and Abby, reading, and football (Go Noles).

Darcy looks forward to serving on the board and learning more about the behind the scene details.

Mike Ford has been a member of the Florida Striders since moving to the area in 2004. He is in his 5th year serving on the Executive Board and the Children's Running Committee and his 3rd year on the Scholarship Committee for the Striders. He is the starter for all of the Strider's 1 mile Fun Run's and an official at the Hershey Games. Mike is a native of Hartford, CT where he ran for Southern Connecticut State University and graduated with a Bachelor of Science in Physical Education in 1992. He coached the men's and women's distance runners at East Carolina University from 1993-1998 and graduated from ECU with a Masters Degree in Adaptive Physical Education. Between 1999 and 2004 Mike was a physical education teacher in Pasco County, Florida and in 2001 became the Special Olympic Coach of the Year. In 2004, he began working for Clay County School System and is presently teaching at OakLeaf School and coaching the OakLeaf Jr. High track team. Mike and his wife, Rachel, have two children Keegan, 3, and Kailyn, 9 months.



Glenn Hanna

Having lived in Jacksonville since 1990, Glenn has been running off and on since junior high school. He joined the Striders in 2001 to meet other runners and to gear back up on the pavement. He has four grown children, one older

son and three "lovely and kinda wacky" daughters. Glenn is the Quality Program/Continuous Improvement Coordinator at a Wire Mill on the Westside of Jacksonville. As a Board of Director, he would like to be more involved in the children's running programs and the overall growth of the Striders on getting the word out to all about the benefits of a running lifestyle.

Kellie Howard

has been jogging since elementary school and on the Striders Board for the past three years. The past year she has served as vice-president. She has also participated on the Scholarship Committee for the past three years and for the last two years as its chair. She supports the Striders message to encourage running at all levels.



Kellie started running to compete in a two mile race with her father that was sponsored by the Nestle candy company. For a nine year old, it was a great after party. The after parties are still her favorite part of running. Her favorite races these days are the vacation races she goes on with her friends and ones with a lot of good giveaways.

Her training runs are morning runs in the San Marco, San Jose and the Beauclerc areas. Besides running, Kellie enjoys playing tennis and strength training. She has a bachelor's degree in Economics from the University of Central Florida and a Master of Public Health degree from the University of South Florida. She is employed by Shands Jacksonville Medical Center as the Director of Medical Staff Services



Ann & Bill Krause moved to Jacksonville from Livonia, MI 3 years ago. It was up there, 15 years ago, that Ann started running. She has run almost

every day since! I thought she was crazy when she would go out and run in 10 degree weather, said Bill, until he was bit with the running bug a few years later. It really is a great way to start your day. We would talk about anything and everything, and before you knew it, we were done with the run, and feeling good. It was nice running up there, but there were a limited number of races each year, and you didn't know very many of the other runners.

I think we average about 35 races a year down here, and we love the camaraderie of the running community. We were accepted and felt like a part of the group from our very first race; the Winter Beach's run in 2006. Everyone is welcome, whether you are an elite runner, or a jogger.

We are honored that you have considered us for the Striders Track Club Board. This is an excellent organization, and we are proud to be members. I was pleased when I found out that they give so much back to the community, especially the kids. We have made a lot of new friends, and they are all healthy. (Notice I didn't say injury free!). We look forward to making many new friends and helping give back to our community.

Kim Lundy's

first ever race was our very own Autumn Fitness 5K in 2003. She has been hooked on running ever since. Kim has been a Strider for 4



years and is currently serving on the Board. She also is the sponsor of the Run/Walk Club at Middleburg Elementary which is in its first year. She also enjoys helping Bob and Vanessa Boyd with the Beginning Running Classes by being a Group Leader. She enjoys the friendship of the Wednesday evening runners as she trained for the Disney Half Marathon in January. Kim is a Clay County school counselor and also looks forward to helping with the Children's Running Programs.



Mike Marino has been a Strider since

2001 and even remained a Strider when he was transferred to Orlando for work in 2003 through 2006. He prefers triathlons over road races, trails over pavement, and open water over pools. Mike has been part of the Strider Trail Buffs since it started in 2003, serving as the self-proclaimed anchor of the squad, meaning he is always the last team member to finish. He likes extreme events, with the most extreme events he's done being swimming from Alcatraz and being part of a 100K relay swim for a world record -Mike swam in open water from 2:20am to 3:00am for my leg of the relay. Mike took on doing the Back Page for the StrideRight about two years ago, which he tries to make fun for those who read it. He works as a Program Administrator for the Department of Juvenile Justice, overseeing the unit responsible for Quality Assurance reviews of juvenile justice programs in Northeast Florida.

Melissa Saunders moved to Florida from Maine three years ago. She moved here from a small island in Maine called Mount Desert Island, or Acadia National Park. Florida was not home right away for Melissa until one summer day while she was in Maine visiting her family, she met two people that would change all that. "I was introduced to Bob and Vanessa Boyd while running with a friend. Bob told me all about the Florida Striders and what they had to offer. Soon I started going to the wednesday night track workouts and running and helping with the local strider races. Now Florida is somewhere I can call home, and I think that is truly because of all the wonderful friends I have met in the florida striders." Melissa helps with her sons run/walk club at his school, she enjoys volunteering at races and running the fun runs with her two small children. Any morning you can easily spot Melissa and Lisa Adams pushing their jogging



strollers around Fleming Island. I wonder how many miles they have put on those joggers?!



Regina Sooeey started running in 2001 to achieve the goal of completing the Gate River Run before her 30th birthday. She missed her deadline by a few days, but getting that coveted Top 10% medal was amazing and she was hooked. She then decided to sign up for a marathon, and much to her dismay, no one ran at a sensible hour, so she was forced to get up in the wee hours to go long with the Sun Tire group. She didn't know the route, the people, or the proper pacing.....so she just kept quiet and tried to hang on while she enjoyed the lively conversations, which seemed all too personal to be shared at such an early hour. Thanks to these friendly and experienced runners Regina was well-prepared for her marathon and hooked on the comraderie of the Jax running community. 16 marathons and 3 Ironmans later, training and racing were here to stay.

In 2004, Regina decided to use her love of sports to give back as a triathlon coach for Team in Training. She turned couch potatoes into athletes while they raised money to fight blood cancers and made lifelong friends. She has since coached hundreds of athletes to complete their first triathlon or marathon, while raising thousands of dollars. Regina feels strongly about sharing the gift of fitness with others and doing it for a good cause. Since then she has been a Girls on the Run coach and has served one year on the Strider Board. She had a blast volunteering for the kids running camp last summer, and looks forward to coaching a successful beginning triathlon class with Vicky this season. She looks forward to getting more involved on the Board this year, and continuing to focus on giving back.

Regina is a lawyer turned Realtor with Watson Realty, and real estate is one of her true passions. When Regina is not working or training she loves to travel, scuba dive, hike, camp, experi-

ence fine wine, and spend time with her husband Darin. Darin proposed to Regina at the finish of the 2008 River Run, so River Run will always be memorable for Regina. Regina and Darin love to run and play with their two spoiled children, Maggie and Bella.



John and Mary Ann Steinberg moved to Fleming Island from Saint Joseph, Michigan in 2006. Together with sons David, 17 and Luke, 15 they have enjoyed becoming active in the local running circuit and making many great new friends.

In John's 36 years of running he has had many accomplishments. A 3-time NCAA All-American at Ferris State University, he was inducted into the Hall of Fame in 2004. Having been sponsored by both Brooks and Reebok National Teams, he has run 18+ marathons, including an overall win at the Charlotte Observer Marathon. He was also selected twice on National Ekiden Teams.

John's "other" claim to fame is winning a major 15k race (48:40) while pushing then 18month old David in the Baby Jogger.

John served as the Michigan Long Distance Chairman for the USATF as well as Elite Athlete Coordinator for various races. John has optical and business degrees and currently works in sales.

Mary Ann, a runner for 39 years, has 36+ marathons under her belt. She competed on scholarship at Boston University under the coaching of Joan Benoit-Samuels and graduated with a degree in Human Movement. She did post graduate studies at Michigan State University in Exercise Physiology where she began competing in triathlons. Career highlights include National Junior records at 20km and 25km and All-American in Indoor Track. She was formerly sponsored by Nike and Brooks National Teams. Mary Ann works for the Department of Health as the Healthy Communi-

ties Program Coordinator for Clay County. She is race coordinator of the 'Step Up Run and Walk'. Mary Ann has worked in education and has previously coached high school track and field.

John and Mary Ann are grateful for all the opportunities and friendships' running has given them. It will come as no surprise that they met at a marathon!

They are very passionate about giving back to a sport that has given them so much. They hope to continue using their talents, experience and motivation to engage more people, especially youth, in healthy and active lifestyles.

Regina Taylor

is a Jacksonville native but still a relative new comer to the running circuit. She ran for a couple of years back in the late ninety's and did the Gate River Run in 1997. But it wasn't until 2004 after she turned 40 that Regina really became interested in running. She wanted to lose weight and get in shape so I decided to try running again. To get



started Regina followed a training program called "The Couch Potato to 5K" around July of that year. She also used the 2005 Gate River Run as a goal to keep me motivated. Soon after that race she learned of the Grand Prix and all the good road races throughout the year and kind of got hooked. Regina enjoys pushing herself and the races keep her focused. She really had a good year her first year and was named the 2005-2006 Outstanding Women's Master Division Runner by the Jacksonville Track Club. Regina is very proud of that. She joined the Striders in 2005 and it really is the best running club in the area. Besides running she also enjoys bowling, being a member of the Gold Wing Road Riders Association, and going to baseball games. She also spends a lot of time with her dachshund, Willie, and of course my boyfriend Larry who most of you usually see at the races with her. He is Regina's biggest supporter.

James Vavrina

James was a cross country runner



in high school. After a few years of sedentary life, he decided to take up running again and joined the Striders Beginning Running Class. Since then, he has completed the Disney half marathon, the Gate River Run, and many other road races. James feels like he has made a lot of great friends in the organization and is excited to serve on the board.

Kay Womack

Kay has been a casual runner since 1999. After relocating to Orange Park for work, she joined the Striders and participated in the Beginning Runner class in 2005. In the class, she met a lot of great friends. Kay has completed the Mayor's Marathon in Anchorage, Alaska, the Mardi Gras half marathon in New Orleans, the Disney half marathon, and a plethora of 5 and 10K races. She has really enjoyed meeting everyone in the Striders and looks forward to giving back to such a great organization. =

A big thanks goes out to Keith Poythress, Mike Mayse, and Janis Dolemba for their dedication and contributions in serving on the 2008-09 Board of Directors!



May 9, 2009
8:30 a.m.
FCCJ North Campus
Jacksonville, Florida

New Balance Girls on the Run 5K (3.1 mile) event is a non-competitive family-friendly run/walk and fest where everyone is #1!

All proceeds from the New Balance GOTR 5K will benefit young girls who may need financial assistance to participate in the GOTR NE Florida program, which educates and prepares girls for a lifetime of self-respect and healthy living.

GOTR NE Florida (a non-profit organization) serves over 1,000 girls in the 5-county area each year - 35% of whom receive scholarships or reduced fees to participate.

*Register as a Running Buddy if you'd like to run with a GOTR participant at both her practice 5K and our 5K!

Please visit our website, www.gotrneflorida.org to register. =

Step Up 2009 Run & Walk

THANK YOU to the **AWESOME** volunteers who made the Step Up 2009 event a record setting and fun filled Saturday.

TOP 10 Schools :

1. \$250 Lakeside Elementary 165
2. \$225 Paterson Elementary 151
3. \$200 Thunderbolt Elementary 142
4. \$175 Coppergate Elementary 106
5. \$150 Oakleaf Village Elementary 88
6. \$125 Ridgeview Elementary 81
7. \$100 Lake Asbury Elementary 68
8. \$100 Swim Penn Creek 61
9. \$100 John Stockton Elementary 57
10. \$75 McRae Elementary

Nearly 2000 completed the fun run alone.

Great job everyone! =

Mary Ann Steinberg

Race Results

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

PIRATES ON THE RUN 10K

Fernandina Beach

February 21, 2009

Randy Arend	41:24	1st A/G
Anthony Truitt	42:22	2nd A/G
Gary Haslip	43:02	3rd A/G
Alek Abate	43:50	1st A/G
George White	44:42	
	Grand Master Male	
Victor Corrales	45:29	1st A/G
Elfrieda Wyner	46:57	
	Grand Masters Female	
Frank Frazier	47:33	1st A/G
Ann Krause	48:25	1st A/G
Kathy Murray	49:20	1st A/G
Rebekah Wild	51:19	1st A/G
Gil Flores	54:30	
Tyler Imrich	54:42	3rd A/G
Gene Imrich	56:54	
Carrie Imrich	1:00:35	
Mark Lay	1:10:06	

PIRATES ON THE RUN 5K

Randy Abate	22:05	2nd A/G
Al Saffer	31:26	1st A/G
Jonie Davis	32:31	
Norm Wyner	49:47	

DAILY'S ORTEGA RIVER RUN 5 MILE

Feb 28, 2009

St. Mark's School

John Metzgar	28:07	3rd O/A Male
David Bonnette	30:30	
Bill Phillips	30:32	
Terry Sikes	30:55	2nd A/G
Mark Woods	30:58	
John Funk	30:51	2nd A/G
Jacob Gladding	32:37	3rd A/G
Randy Arend	32:48	
Anthony Truitt	32:39	
Steve Barlow	33:11	2nd A/G
Bruce Holmes	33:36	1st A/G
Regina Taylor	33:54	1st A/G
Robert Walker	33:55	
Sam Gladding	34:50	
Alek Abate	34:57	2nd A/G
George White	35:03	3rd A/G

Raymond Ramos	35:10	
Patrick McKeefery	35:13	2nd A/G
Stephen Beard	35:29	
Steve O'Brien	35:44	
Bill Dunn	35:48	
Paul Geiger	36:16	3rd A/G
Raymond Ramos	35:15	
Denise Metzgar	35:16	
Patrick Gaughan	36:26	
Lewis Buzzell	36:37	
Randy Abate	36:41	
Michael Mandt	36:42	
Elfrieda Wyner	36:49	1st A/G
Kaitlin Yaracs	36:56	
Frank Frazier	37:01	2nd A/G
Nancy Harms	37:03	
Gary Hallett	37:17	
Bill Gladding	37:28	
Thom Henkel	37:58	3rd A/G
Maurya Sova	38:03	2nd A/G
Kathy Murray	38:10	3rd A/G
Paul Berna	38:15	
Rebekah Wild	38:16	
Stephanie Griffith	38:25	2nd A/G
Brian Murray	38:51	
Craig Harms	39:11	
Cynthia Maerz	39:35	
Tom Zicafoose	39:37	
Sharon Luci	39:41	1st A/G
Danny Weaver	39:44	
Kim Crist	40:16	
Sue Whitworth	40:54	
Gil Flores	41:09	
Gail Pylipow	41:18	
David Kelley	41:15	
Susan Harms	41:41	
Kelly Howard	41:43	
Maria Littlejohn	42:08	
Dave Bokros	42:10	
Bonita Golden	43:01	
George Hoskins	43:27	
Chelle Mahaney	43:30	
Glenn Hanna	43:32	
Steve Lucy	43:35	
Tyler Imrich	43:53	
Kevin Terry	44:00	
Jack Hayes	44:04	
Harry Edwards	44:36	
Maria McNary	44:46	3rd A.G
Gene Imrich	45:19	
Melinda Terry	45:46	

Denise Dailey	45:49	
Kimberly Lundy	45:51	
Gary Ledman	45:54	
Joe Sova	46:11	
Pat Gallagher	46:57	1st A/G
Carrie Imrich	47:02	
Ben Holland	48:05	
Mark Lay	48:15	
Bradley Shepard	48:21	
Claudia French	48:29	
Ed Kelly	48:30	
Bruce Howard	48:31	
Patricia Czarniecki	50:13	
Leslie Jones	50:39	
Bernie Powers	51:08	
Bob Meister	51:17	
Ed Hardee	51:18	
Dave Butler	52:57	
Annie White	52:58	
Vicki Choinski	53:03	
Denise Williams	53:31	
Al Saffer	54:08	3rd A/G
Jonie Davis	54:28	
John Aimone	55:44	
Freddy Fillingham	57:07	
Judith Gould	57:18	
Evan Gould	57:38	
John Hirsch	58:25	
Shirley Henkel	58:30	
Sandra Shines	1:00:29	
Tom Ryan	1:01:36	
Robin Zipperer	1:02:21	
Michelle Ramos	1:06:47	
Diane Aimone	1:07:05	1st A/G
Joe Connolly	1:13:36	

GASPARILLA DISTANCE CLASSIC 15K

Tampa

February 28, 2009

Donna Hiatt	1:42:49
Jerry Hiatt	1:43:02
Bob Tatum	1:46:29

GASPARILLA DISTANCE CLASSIC HALF-MARATHON

Tampa

March 1, 2009

Mel Abando	3:15:51
Sara Schaffer	4:09:20

NOCATEE 5K
Nocatee
February 7, 2009

Owen Shott	16:17	1st A/G
Bernie Candy	20:20	1st A/G
Stephen Beard	20:30	1st A/G
Rebekah Wild	22:39	2nd A/G
Randy Abate	24:06	3rd A/G
Randy Pullo	24:06	3rd A/G
Sue Whitworth	25:30	1st A/G
Bernie Powers	27:58	
Vicki Choinsk1	31:40	
Freddy Fillingham	31:49	2nd A/G
Al Saffer	32:03	1st A/G
Nancy Pullo	32:36	1st A/G
Philip Trast	40:47	2nd A/G
Joe Connolly	45:01	3rd A/G

Frank Frazier	1:11:26	2nd A/G
Paul Geiger	1:11:26	
Rosa Haslip	1:11:41	
Rexx Weir	1:11:??	
Lewis Buzzell	1:12:02	
Vic Corrales	1:12:19	
Nancy Harms	1:12:20	
Paul Smith	1:12:24	3rd A/G
Amy Costa	1:12:47	
Robert Barnhill	1:12:59	
Kathy Murray	1:13:04	
Ann Krause	1:13:10	
Thomas Carlson	1:13:25	
William Powers	1:14:47	
Melissa Saunders	1:14:52	
Bob Boyd	1:14:53	
Laurie Barnhill	1:14:58	
Bill Gladding	1:15:30	
Patrick Gaughan	1:15:35	
Raymond Ramos	1:16:16	
Suzanne Baker	1:16:55	
Sharon Lucie	1:17:06	5th A/G
Herb Taskett	1:17:07	
Rebekah Wild	1:17:13	
Stephanie Griffith	1:17:19	
Tracy Pfuntner	1:17:27	
Katie Maveety	1:17:35	
Kim Crist	1:17:43	
Cynthia Lyons	1:17:47	
Gail Pylipow	1:17:59	
Gary Myers	1:18:10	
Eric Bush	1:18:11	PR
Craig Harms	1:18:40	
Tom Zicafoose	1:18:43	
Michael Fitzsimmons	1:18:56	
Roberta Tomlinson	1:18:59	
Danny Weaver	1:19:22	
David Kelley	1:20:20	
Maria Littlejohn	1:20:24	
Kevin Carlton	1:20:33	
Steve Bruce	1:21:05	
Kacee Bryner	1:21:16	
Carole Fitzsimmons	1:21:16	
Bonita Golden	1:22:02	
Susan Harms	1:22:38	
Davis Ohnsman	1:22:42	
Lisa Brown	1:22:57	
Dave Brokos	1:23:01	
Sandra Maveety	1:23:07	
Jeanie Wilson	1:23:27	
Kimberly Lundy	1:25:31	
Mark Barnes	1:25:50	
Chuck Bryner	1:25:54	
Denise Dailey	1:26:04 (Walker)	
Harry Edwards	1:26:25	
Chelse Metzgar	1:27:01	
Larry Brantz	1:27:01	
Jayme Gould	1:27:23	
Richard Horton	1:27:26	
Steve Lucie	1:27:31	

Jack Hayes	1:27:34	
Maria McNary	1:27:37	5th A/G
Kevin Terry	1:27:45	
Jerry Bennett	1:28:06	
Marie Bendy	1:28:07	3rd A/G
Rebecca Brownell	1:28:54	
David Brownell	1:28:54	
Gordon Simms	1:29:13	
Thom Henkel	1:29:48	
Mike Haga	1:29:48	
Gayla Poythress	1:30:22	
Danny Suber	1:30:45	
Robert Sroka	1:31:16	
Tom Bass	1:31:31	
Jeff Suits	1:31:34	
Chelle Mahaney	1:34:07	
Melinda Terry	1:34:07	
George Hoskins	1:34:28	
Wayne Wolfenbarger	1:34:40	
Joe Sova	1:34:49	
Tyler Imrich	1:34:50	
Gene Imrich	1:34:51	
Augie Leone	1:35:06 4	th A/G
Simone Meyenberg	1:35:06	
Leslie Magruder	1:35:17	
Bradley Shepard	1:35:39	
Amy Davenport	1:36:11	
Mark Lay	1:36:38	PR
Carrie Imrich	1:36:45	
Linda Wolfenbarger	1:36:55	
Pat Gallagher	1:38:09	5th A/G
Randy Pullo	1:38:32	
Gary Hallett	1:38:33	
Ryan Hallett	1:38:34	
Chris Hallett	1:38:34	
Susan Gostage	1:38:39	
Victoria Connell	1:39:09	
Vicky Connell	1:39:11	
Staci Suits	1:39:18	
Billy Fehrs	1:39:44	Streaker*
Josh Costa	1:41:14	
Simon Jacobson	1:41:47	
Julie Runnfeldt	1:42:09	
Bob Meister	1:42:51	
Kathy Haga	1:42:21	
Bernie Powers	1:42:51	
Lesley Jones	1:43:22	
Claudia French	1:43:27	
Donna Hiatt	1:44:15	
Janet Elliot	1:44:18	
Patricia Czarniecki	1:44:48	
Jerry Hiatt	1:45:13	
James Vavrina	1:46:08	
Bonnie Brooks	1:46:29	
Stephen McClung	1:47:37	
Shirley Henkel	1:48:??	
Bob Tatum	1:48:12	
Bruce Howard	1:48:21	

GATE RIVER RUN 15K
Jacksonville sports complex/fairgrounds
March 14, 2009
(times are "Gun" times)

Owen Shott	51:24	
Jason Arnold	55:12	
Mark Woods	58:15	
David Bonnette	58:25:00	
John Metzgar	58:25:00	
John Funk	59:10	
Terry Sikes	1:00:10	5th A/G
Page Ramezani	1:00:43	5th A/G
Kurt Barnhill	1:01:23	
Dave Shaffer	1:01:18	
Randy Arend	1:02:39	
Bruce Holmes	1:04:41	1st A/G*
Jay Millson	1:04:43	
Dan Adams	1:05:48	
Raymond Ramos	1:06:16	
Robert Crampton	1:06:18	
Stephen Beard	1:06:23	
Sam Gladding	1:06:35	1st AG
Bernie Candy	1:06:43	2nd A/G*
Jack Howdeshell	1:06:45	
George White	1:07:09	3rd A/G*
Steve Barlow	1:07:45	
Gary Haslip	1:08:05	
Barbara Carrico	1:08:06	
Steve O'Brien	1:08:20	
Cynthia Lyons	1:08:29	
Regina Soeey	1:08:57	
Keith Poythress	1:09:27	
Denise Metzgar	1:09:29	
Kaitlin Yaracs	1:09:40	2nd A/G
Wendy Patterson	1:09:56	
Alek Abate	1:10:28	4th A/G
Bill Pennington	1:10:55	
Micayla Costa	1:10:56	
Elfrieda Wyner	1:11:07	1st A/G Streaker*

Stephanie Griffith	1:17:19	
Tracy Pfuntner	1:17:27	
Katie Maveety	1:17:35	
Kim Crist	1:17:43	
Cynthia Lyons	1:17:47	
Gail Pylipow	1:17:59	
Gary Myers	1:18:10	
Eric Bush	1:18:11	PR
Craig Harms	1:18:40	
Tom Zicafoose	1:18:43	
Michael Fitzsimmons	1:18:56	
Roberta Tomlinson	1:18:59	
Danny Weaver	1:19:22	
David Kelley	1:20:20	
Maria Littlejohn	1:20:24	
Kevin Carlton	1:20:33	
Steve Bruce	1:21:05	
Kacee Bryner	1:21:16	
Carole Fitzsimmons	1:21:16	
Bonita Golden	1:22:02	
Susan Harms	1:22:38	
Davis Ohnsman	1:22:42	
Lisa Brown	1:22:57	
Dave Brokos	1:23:01	
Sandra Maveety	1:23:07	
Jeanie Wilson	1:23:27	
Kimberly Lundy	1:25:31	
Mark Barnes	1:25:50	
Chuck Bryner	1:25:54	
Denise Dailey	1:26:04 (Walker)	
Harry Edwards	1:26:25	
Chelse Metzgar	1:27:01	
Larry Brantz	1:27:01	
Jayme Gould	1:27:23	
Richard Horton	1:27:26	
Steve Lucie	1:27:31	

Bob Buehn	1:49:29
Vicki Choinski	1:49:44
Miles Hyman	1:50:00
Winney Yaun	1:50:08
Kathy Balek	1:50:30
Nancy Pullo	1:50:49
Jonie Davis	1:51:15
Leo Sheckells	1:51:59 Streaker*
Sandy Kelley	1:52:05
Bo Holub	1:52:08
Claire Gilbert	1:52:14
Al Saffer	1:52:44
Adrienne Brooks	1:52:45
Kay Manley	1:53:29
Jim Kehr	1:53:40
Christine Kehr	1:53:40
Annie White	1:54:03
Dave Butler	1:54:04
Kay Womack	1:54:49
Judy Rippetoe	1:55:09
Doug Barrows	1:55:56
Ken Bendy	1:57:15
Patt McEvers	1:57:15
Jennifer Green	1:59:24
Bobby Green	1:59:25
Bernita Bush	2:01:02
Bill Zipperer	2:02:21
Robin Zipperer	2:02:22
Jay Birmingham	2:03:00
Freddy Fillingham	2:03:39
Sandra Shines	2:04:18
Terry Bell	2:10:40
Elda Bell	2:10:40
Lynn Bonnette	2:11:16
Michelle Ramos	2:11:29
Ginger French	2:14:18
Richard Vance	2:14:24
John Hirsch	2:17:17
Bob Moyer	2:20:56 (New knee)
Hal Higdon	2:21:25
Charlene Graham	2:22:00
Trish Kabus	2:29:50
Irene Herbertson	2:26:41 1st A/G
Janet Irvin	2:31:24
Mel Abando	2:33:19
Norm Wyner	2:33:25 Streaker*
Joe Blewett	2:41:33
Joe Connolly	2:46:30 5th A/G

918th Race

* Streaker- has run every River Run

FLORIDA TIMES UNION 5K FOR CHARITY

Richard Allen	NTR
Jenny Allen	NTR
Emilee Bush	51:00
Aubrey Burke	51:00

ADIDAS JR. RIVER RUN

Cole Imrich	10:00
Aubrey Burke	11:18
Emilee Bush	17:40

Michelob Ultra Lighthouse 5K St. Augustine, FL March 21, 2009

John wisker	17:04	1st A/G
Jo Shott	20:44	1st A/G
Tyler Haga	22:27	2nd A/G
James Haga	22:08	3rd A/G
Kim Lundy	27:08	2nd A/G
Cole Mandt	30:41	(age 8)
Mike Mandt	30:42	
Kent Smith	31:15	
Bo Holub	34:56	
Darlene Schmitt	40:21	
Trish Kabus	40:22	

ST. PATTY'S DAY 10K Evergreen Cemetery, Jax March 22, 2009

Owen Shott	32:15	3rd	O/A
Justin Jacobs	32:44	1st	A/G
John Metzgar	35:30		
			Masters Male
Tim Dalton	37:39	2nd	A/G
John Funk	37:44		
David Bonnette	38:02	1st	A/G
Bill Phillips	38:13	1st	A/G
Terry Sikes	38:43	2nd	A/G
Randy Arend	40:45		
Raymond Ramos	41:43		
Mark Woods	41:44		
Bruce Holmes	41:52	1st	A/G*
Regina Taylor	42:01	2nd	A/G
Gary Haslip	42:43		
George White	42:44	2nd	A/G*
Mike Mandt	43:27		
Alek Abate	43:30	1st	A/G
Paul Geiger	44:51	3rd	A/G
Elfrieda Wyner	44:54	1st	A/G
Lewis Buzzell	45:07		
Frank Frazier	45:23	1st	A/G
Paul Smith	45:29	2nd	A/G
Ann Krause	46:02	1st	A/G
Laurie Pinover	46:49	3rd	A/G
Kathy Murray	47:22		
Roberta Tomlinson	48:46		
Tracy Pfuntner	49:16		
Kellie Howard	49:38		
Paul Smyth	49:48		
Sue Whitworth	50:26	3rd	A/G
Scott Obermiller	50:45		
Anna Wallace	50:56		

Mike Haga	50:58		
Dave Brokos	51:19		
Gil Flores	51:31		
Bonita Golden	53:14		
Kevin Terry	53:56		
Maria McNary	55:10	1st	A/G
Melinda Terry	56:09		
Bernie Powers	56:27		
Kathy Haga	56:42		
Sandy Rosenberg	58:10	3rd	A/G*
Chelsea Jackson	58:34	2nd	A/G
Leigh Jacobs	58:44		
Pat Gallagher	59:05	1st	A/G
Mark Lay	59:41		
Claudia French	1:01:09	2nd	A/G
Leslie Magruder	1:02:18		
Claire Gilbert	1:03:34		
Ed Hardee	1:03:41		
Al Saffer	1:07:31	2nd	AG
John Aimone	1:07:37		
Diane Aimone	1:20:55	1st	A/G
Michelle Ramos	1:21:21		

ST. PATTY'S DAY 5K

Stephen Beard	20:06		
			Masters Male
Robert Crampton	20:10	1st	A/G
Jo Shott	20:13		
			Open Female
Randy Abate	21:25	1st	A/G
Rosa Haslip	22:06		
			Masters Female
Gail Pylipow	24:57	1st	A/G
James Vavrina	29:50		
Kay Womack	31:50		
Jonie Davis	32:01		
Bill Krause	39:00		
Dennis Magruder	42:32		
Jacob Wyche	40:39		
Jamie Wyche	40:40		
Cary Wyche	43:06		
Mel Abando	44:15		
Trish Kabus	44:17		
Kent Smith	47:52	2nd	A/G
Shannen Crampton	48:49		

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





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April/May 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.ameliastrandrunners.com/kbendy/rrcocal.htm>

DATE	EVENT	TIME	LOCATION	CONTACT
April 18	Run to the Sun 8K	8:00 a.m.	Kennel Club Orange Park	(904) 215-8656 Florida Striders Track Club
April 18	12th Annual RayZ Awareness Run 5K	7:30 a.m.	Oceanfront Park A1A & SR 40 Ormond Beach	(386) 255-1279 Daytona Beachcombers
April 23	Corporate Run 5K	6:30 p.m.	Metropolitan Park Jax	(904) 731-1900 1st Place Sports
April 25	Spartan 5K	8:00 a.m.	St Johns Country Day School 3100 Drs. Lake Dr. Orange Park	(904) 731-3676 St. Johns Country Day School
May 1	All Comers Track Meet	6:00 p.m.	Bolles School San Jose Campus Jax	(904) 384-TRAK (8725) JTC Running
May 2	Run for Cover 5K	8:00 a.m.	Duval County Courthouse Jax	(904) 731-1900 1st Place Sports
May 2	15th Annual Shrimp Festival 5K	8:00 a.m.	Main Beach Fernandina Beach	(904) 261-1080 McArthur Family YMCA
May 2	San Pablo Elementary 5K	9:30 a.m.	Lifesaving Station Jax Beach	(904) 241-7199 San Pablo Elementary
May 9	Oakleaf 5K Any Way You Can	8:10 a.m.	Duval County Courtshous Jax	(904) 731-1900 1st Place Sports
May 9	New Balance Girls on the Run 5K	8:30 a.m.	FCCJ North Campus 4501 Capper Rd. Jacksonville	(904) 730-9670 Girls on the Run
May 25	Memorial Day 5K	8:00 a.m.	Spring Park Green Cove Springs	(904) 445-4538 Florida Striders Track Club

Group Training Runs

Due to space limitations, the group trainings runs will not appear in this issue. You can find them on the Stiders web site at <http://www.floridastriders.com/trainsched.html>. Or look for it back here next issue!

New, Renewing and Expiring Memberships

NEW MEMBERS

Davis Bennett	3/31/10
Sheryl Bos	3/31/10
Julie Breuer	3/31/10
Traci Brooks	3/31/10
Tim Dalton	2/28/10
Cathy Giles	3/31/10
Thomas Harrell	3/31/10
Billy Jones	3/31/10
Stan Lambert	3/31/10
April & Craig Martin	3/31/10
Timothy Nguyen	3/31/10
Scott Obermiller	3/31/10
Nell Robinson	3/31/10
Darlene Schmitt	3/31/10
Joseph Strickland	3/31/10
Roberto Suarez	3/31/10
Mike Wyche	3/31/10

RENEWING MEMBERS

David Albritton	2/28/10
Marie Allison	2/28/10
Terry & Elda Bell	2/28/10
Darcy Daniel	2/28/10
Teri Detwiler	3/31/10
Janis Dolemba	3/31/10
Elena Etter	2/28/10
Gil Flores	3/31/12
Patrick Gaughan	2/28/10
Stephanie & Chuck Griffith	2/28/11
Jennifer Halter	3/31/10
Joanne & Buddy Harris	2/28/10
Hal Higdon	2/28/10
David Horn	3/31/10
George Hoskins	3/31/12

Miles & Judy Hyman	2/28/10
Simon Jacobson	2/28/10
Roger Jones	2/28/12
Trish Kabus	2/28/10
Ed Kelly	2/28/10
Harry Klug	4/30/10
Gary Ledman	2/28/10
August Leone	2/28/10
Barry Marquart	3/31/10
Robert Meister	2/28/10
Burness Morris	2/28/10
Jeffrey & Pam Nelson	2/28/12
Jennifer O'Brian	2/28/12
Kimberly Pierce	2/28/11
Danny Randolph	3/31/10
Paul Smyth	2/28/11
Melinda & Kevin Terry	2/28/12
Robert & Barbara Walker/Gilbert	2/28/10
Rebekah Lynn Wild	5/31/10
Joseph & Amy Young	2/28/10

MULTI-YEAR RENEWALS

Al Saffer	3/31/10
Alan & Tina Koch	3/31/10
Amy, Joe, Micayla, Jordyn & Josh Costa	3/31/11
Chelle Mahaney	3/31/10
Cris Barlow	3/31/11
Cynthia Maerz	3/31/11
Dawn Hagel	3/31/11
Don Thieman	3/31/11
Ed Hardee	3/31/11
Edward Schmidt	3/31/11
George White	3/31/11

Gerry & Margaret Tyburski	3/31/11
Jack Knee	3/31/11
James & Debbie Smith	3/31/11
John McBrearty	3/31/10
Judith Daniel	3/31/10
Keith & Gayla Poythress	3/31/10
Kelly Minor	3/31/11
Kent Smith	3/31/10
Paul & Gene Geiger	3/31/10
Paul Berna	3/31/11
Peg Lawson	3/31/11
Randy & Krissa Arend	3/31/11
Robin McBride	3/31/10
Teri Detwiler	3/31/10
Tracy Dawson	3/31/10
Wayne & Linda Wolfenbarger	3/31/10

EXPIRING MEMBERSHIPS

Ken Brinsko	2/28/09
Kevin Carlton	2/28/09
Rita Chilton	2/28/09
Eric Conder	2/28/09
Lois Corbett	2/28/09
Kevin Hibbits	2/28/09
Richard Horton	2/28/09
George Martin	2/28/09
Sandra Maveety	2/28/09
Mary Pregler	2/28/09
Shanna Rautio	2/28/09
Robert Smith	2/28/09
Mary Dietz Terry	2/28/09 =

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.

Answers to the Runner's Quiz.

Questions on page 4

1. Circling both lakes around Lake Asbury is roughly 9 miles; the dam between the north and the south sections gives the runner the choice of a 4 miler or a 5 miler. I'm wearing my GPS watch next time and I'll get back to you. 2. The Doctors Lake Loop, following the Doctors Lake bike path counterclockwise to Peoria, College, CR 220, Lakeshore West, Harbor Lake, Eagle Harbor, US 17, Holly Point West, Nelson, Carnes, Milwaukee, and Dogwood is a neat 17.4 miles. 3. Diana Nyad swam around Manhattan in 1975 and Ted Corbitt often ran around the island, sometimes twice in a single training run. Each loop is 31 miles. 4. The annual ultramarathon around Lake Tahoe covers 72 miles. 5. The Lake Okeechobee Scenic Trail ultramarathon is 118 miles.

The Back Page

BY MIKE MARINO



March – What a month! Still cool enough in the morning to enjoy a long run without being totally drenched, warm enough in the afternoon to enjoy the beach. College hoops too to keep us entertained, baseball's spring training, and of course, the nations largest 15K happens right here in Jacksonville. Seems to have gotten everyone motivated too, as there are lots and lots of results to report.

A bunch of aarrhhs and perhaps eye patches were appropriate for our first race, which was the **Pirates on the Run 10K and 5K** on February 21st in Fernandina Beach. In the 10K, **Randy Arend** led the Strider assault with a 41:24 and an age group win. **George White** and **El-**

frieda Wyner each conquered those in their gender for the Grand Master's Division awards, and Elfrieda was our fastest female with a 46:57. Pillaging the awards table and taking 1st place prizes (actually, they earned them by running, but you knew that) were **Alek Abate, Victor Corrales, Frank Frazier, Ann Krause, Kathy Murray** and **Rebekah Wild**. Also earning awards were **Anthony Truitt**, who placed 2nd in his age group, and **Gary Haslip** and **Tyler Imrich**, who each took 3rd in their age groups. In the 5K, **Randy Abate** led the charge with a 22:05, and **Al Saffer** took 1st in his age group.

The next weekend saw a grand prix event with the **Daily's Ortega River Run 5 Miler**. **John Metzgar** was our fastest Strider, placing 3rd overall with a 28:07. Half a dozen Striders bested all comers in their age groups, which included **Pat Gallagher, Diane Aimone, Bruce Holmes, Sharon Lucie, Elfrieda Wyner**, and our fastest female Strider, **Regina Taylor** (33:54). Runner-up age group efforts were turned in by **Terry Sikes, John Funk, Frank Frazier, Maurya Sova, Stephanie Griffith, Steve Barlow, Alek Abate**, and **Patrick McKeefery**. Also adding to their collection of race awards

MINUTES

Continued from page 2

order to secure the Deputies. Total expenses in the budget are about \$9400. Mike Mayse made a motion to accept the budget as presented. Kellie Howard seconded, and there was unanimous approval. Dave Bokros noted that Kay has tendered her resignation as race director after the conclusion of this year's race. He noted we need to look for someone else.

Run to the Sun Fun Run Award funding: Vanessa Boyd informed the board that funding for the Run to the Sun Fun Run (which goes to local schools) is down because of a sponsorship drop. She said that the Florida Striders Track Club should consider making up the difference. The Florida Striders Track Club provided money to the schools last year due to the late retract of monies from a sponsor. Mike Mayse made a motion that we support the Fun Run with \$1000 from the Run to the Sun race profit. There was much discussion about where the money should come from. Randy suggested the money come from the Children's Running budget. Mike Ford said we should wait and see if we get any sponsors to donate the money. Kellie said we should have the Children's Run-

ning Committee make a recommendation and the monies should come from the children's running existing budget. Bob Boyd replied that there were no additional funds available in the children's running existing budget (all funds have already been designated for expenditure). Mike Mayse pointed out that additional funds have become available recently to the general fund; for example the Hog Jog had an additional \$1000 profit, we have new possible sponsors, as well as other unexpected funds. Mike was asked to restate his motion which he did, and Janis Dolemba seconded the motion. A vote was then taken. The motion was approved with two dissenting votes.

Mellow Mushroom Prediction Run: Dave explained that he spoke with the Marketing Representative at Mellow Mushroom who wants to partner with the Striders. They would like to give us \$2500 to cover all four Strider races. The Prediction Run would be a Sunday afternoon race where you cannot wear watches or any tracking devices and you have to predict your time in advance. The person who comes closest to their prediction wins. We would assist with running the race, and there would be T-shirts for prizes. The course would be a 5K on trails and sidewalk. No traffic control or visible time clock would be pro-

vided. Everyone is on their own for safety. There are no charges to participate in the race. A race would be held every month. Mary Ann suggested we ask them to make it quarterly instead of monthly. Mike Ford made a motion that we have Dave make arrangements with Mellow Mushroom for this sponsorship package and James Vavrina seconded it. It was passed unanimously.

Step Up, Florida! 2010: Mary Ann let us know the date for the race will be the first or second week of February. She stated the race is growing and so is sponsorship. Kellie Howard made a motion and Glenn Hannah seconded that we support this event for next year. It was passed unanimously.

Breathe Easy Track Meet March 21st: This is the Saturday after the River Run. Dave asked for volunteers to help out. He said to get with Mike Ford if you can help. Mike Ford passed out ribbons to show our logo on them. He also showed us the race bibs which will have our logo as well. Mike said there will be quite a show during the event. He needs timers and someone to help with putting up tents. Our banner will go in the tent.

Mike Ford made a motion to adjourn at 8:30 p.m. and Kellie Howard seconded. All approved, and the meeting was adjourned. =

with 3rd place age group finishes were **Al Saffer, Jacob Gladding, Maria McNary, Kathy Murray, Thom Henkel** and **Paul Geiger**. Great effort folks in what is a competitive race.

Taking in somewhat a different race, **Kay Manly** did **The Mud Run** at Cecil Field on February 28th. Kay described it as a very fun 6 mile run with about 20 boot camp style obstacles. Included was an 8 foot wall, a rope ladder climb, more than one belly crawl through the mud, climbing hills, and then sliding down the muddy side to splash in a pit of water. One obstacle was a 4 foot deep trench filled with water and mud and 5 telephone poles laid out on top. Runners were expected to crawl over pole one then under the next. What a mess – sounds fun. Kay did with a team in a little over 2 hours, and she admitted to be fully covered in mud. Best of all, it was a MS Society event, with proceeds going to charity.

On March 7th several Striders found themselves in St. Johns County's newest development for the **Nocatee 5K**. **Owen Shott** ran a very fast race, winning his age group with a 16:17. Joining Owen as age group champs were **Bernie Candy, Stephen Beard, Al Saffer, Nancy Pullo** and **Sue Whitworth**. Leading our 2nd place age group finishers was our fastest female Strider, **Rebekah Wild** (22:39) and she was joined by **Freddy Fillingham** and **Phillip Trast**. **Randy Pullo, Randy Abate** and **Joe Connolly** ran to 3rd place age group awards while touring the new community.

Now the biggy – **the Gate River Run 15K National Championship** – when the very best runners descend on Jacksonville. What a brilliantly designed course. Its as if the course gives you a moderate challenge for 7½ miles, then sees if you have the “Hart” inside you to make it to the 8-mile mark at the top of the bridge, and then rewards you with the fastest mile of the race going down the bridge to the finish. Thousands of folks gear up to compete in this race, and thousands gear up just to finish it. Striders put forth an outstanding effort this year. Leading all Striders was **Owen Shott** with a 51:24. Other Striders going under an hour were **Jason Arnold,**

Mark Woods, David Bonnette, John Metzgar and John Funk. Our fastest female was **Barbara Carrico**, who posted a 1:08:06. Our 60-64 year old men claimed the top three spots in their age group, with **Bruce Holmes** (1st), **Bernie Candy** (2nd) and **George White** (3rd) pulling off what has become a typical sweep for these guys, though this time on a national level. Also earning the right to call themselves Gate River Run Age Group Champions were **Sam Gladding, Irene Herbertson, and Elfrieda Wyner**. Also making their way to the River Run podium for age group awards were: 2nd place – **Frank Frazier** and **Kaitlin Yaracs**; 3rd place – **Marie Bendy** and **Paul Smith**; 4th place – **Alek Abate** and **Augie Leone**; and 5th place – **Sharon Lucie, Terry Sikes, Page Ramezani, Maria McNary, Pat Gallagher**, and, in running his 918th race, **Joe Connolly**. Other Strider efforts of note: **Eric Bush** and **Mark Lay** reported PRs; **Denise Dailey** walked a 1:26:04; and **Elfrieda Wyner, Billy Fehrs, Leo Sheckells** and **Norm Wyner** have completed every single River Run. Strider tots joining the festivities by participating in the Jr. River Run were **Cole Imrich, Aubrey Burke** and **Emilee Bush**. Cole led the group with a time of 10:00, though not to be outdone, **Emilee and Aubrey** also did the 5K run for charity. Way to go to everyone who made it out for this incredible event.

Three races the next weekend, starting with the **St. Augustine Lighthouse 5K** on March 21st. Legend has it that this place is haunted, and an episode of Ghost Hunters showed an unexplained figure at the top of the lighthouse (or at least they didn't explain it). As for the race, **John Wisker** posted a Strider best 17:04 on his way to an age group win and **Jo Shott** posted a female Strider best 20:44 while also winning her age group. **Tyler Haga** and **Kim Lundy** paced to 2nd place age group prizes, while **James Haga** earned a 3rd place prize. Eight-year-old **Cole Mandt** made it all five kilometers to the finish as well. And in line with the haunting theme, **Mark Lay, Bruce Holmes** and **Diane** and **John Ai-mone** were said to be there, but their names never made it to the results.

Also on the 21st was the **Julington**

Creek Plantation Family Day 5K. Two Striders that a Jacksonville race weekend just can't go without, **Al Saffer** and **Joe Connolly**, were there. Al won his age group and Joe took 2nd in his.

On March 22nd, we had another competitive race, this time with the **St. Patty's Day 10K**, a grand prix event, and an accompanying 5K. Talk about rough, three straight weeks of competitive racing, but at least you got five days to recover from whatever Irish folk theme celebration you may have indulged in on St. Patrick's Day. In the 10K grand prix event, **Owen Shott** led all Striders with a 32:15 and 3rd place overall finish. **John Metzgar** was the best in the Master's Division with a 35:30. Our 60-64 year old men were at it again, this time with **Sandy Rosenberg** (3rd) joining **Bruce Holmes** (1st) and **Bernie Candy** (2nd) for the age group sweep. Ten more Striders were in age group championship form, which included **Justin Jacobs, Alek Abate, David Bonnette, Bill Phillips, Elfrieda Wyner, Frank Frazier, Ann Krause, Maria McNary, Diane Ai-mone** and **Pat Gallagher**. Running to 2nd place in their age groups were **Tim Dalton, Terry Sikes, Paul Smith, Shelsea Jackson, Claudia French, Al Saffer**, and our fastest female Strider, **Regina Taylor** (42:01). Rounding out the winning ways in the 10K with 3rd place age group efforts were **Paul Geiger, Laurie Pinover** and **Sue Whitworth**. In the 5K, **Jo Shott** took part in her second race of the weekend, this time claiming an overall win with a 20:13. **Stephen Beard** (20:06) and **Rosa Haslip** went overall as well, with both claiming Masters Division titles. **Robert Crampton, Randy Abate** and **Gail Pylipow** won their age groups and **Kent Smith** was 2nd in his age group. And looking like leprechauns in completing the race were **Jacob and Cary Wyche** – both are 7 years old.

Striders – They're Everywhere!

Starting off in Tampa, five Striders reported in from the **Gasparilla Distance Classic 15K and Half-Marathon**, held on February 28th and March 1st. Two pirate themed events in a month, hmmm. **Donna and Jerry Hiatt** and **Bob Tatum** took part in the 15K, all posting times in the 1:40s.

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CONTINUED FROM PAGE 19

For the Half- marathon, **Mel Abando** ran a 3:15:51 and **Sara Schaffer** posted a 4:09:20.

Not so far away in Palatka, **Christine and Jim Kerr** took part in the **Azalea Festival 5K** at Ravine Gardens State Park on March 7th. Sounds like a pretty race, and Jim and Christine enjoyed the course with times of 27:35 and 32:41, respectively.

Also celebrating St. Patrick's Day with a race was **Regina Soeey**, who traveled to Virginia Beach for the **Shamrock Marathon** on March 22nd. Regina said it was a great race that she would encourage folks to do. She did quite well too, placing 9th among the 170 ladies in her age group with a time of 3:39:07. Is Chicago next Regina?

Holly Turner decided our nation's capital was a good place to do a marathon, and thus she did the **National Marathon** in Washington D.C. on March 21st. Holly described the weather conditions for the race to be sunny and cool 32 degrees and the course as having several hills that provided a great view of the city. It all seemed to be to Holly's liking, as she placed 2nd in her age group with a 3:46:03 and qualified for the Boston Marathon to boot. Congratulations Holly on a great race!

Sticking with the capital theme, **Jack Howdeshell** went to our state capital to run in the **Springtime Tallahassee 10K** on March 28th. The course was hilly and challenging, but it didn't stop Jack from running a BTPR (Big Time PR) with a 42:51. It was Jack's first time under 45 minutes – way to go Jack!

Tidbits and stuff I missed

Only two misses reported, first for the **Donna Half Marathon**. We missed **Kay Manly**, who took it all in with a time of 2:40 and change. Seems Kay likes charity events, with or without the mud. And in the **26.2 with Donna Marathon**, **Richard Vance** finished in the time of 6:57:41. Way to go, Richard!

For the tidbit, I've got a "Who'd of thunk it". Not thinking I would get anything more than a standard response, I mailed 1600 Pennsylvania Avenue with an invitation for President Obama and his family to join our club as honorary Striders. Surprisingly, I got a personal response signed by the President and first lady accepting the invitation. So, if you see 'em, welcome our newest members. Their membership began as of today, April 1st – yeah, April Fools day – ha – admit it, I got ya!

Award

I found one Strider's effort this month just jumped out at me, and since I give the award, she gets it. The great effort included an overall Grand Master's win, two age group wins at grand prix events, and a River Run age group win. And add to it that she's never missed a River Run. Congratulations to **Elfrieda Wyner** on earning the "**Woohoo, What a Month!**" award. And with the award Elfrieda, you are entitled to that ever so coveted.... nice smug feeling.

And that would be all for the month good Strider folks. Until next time, train well and be safe. =

Please get your race times in as soon as possible if you want them published. You can send your times, trash, & trivia by e-mail (preferred) to m.t.marino@clearwire.net or Mike's snail mail 4159 Marianna Road Jacksonville FL 32217

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/rccahtml/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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