

## FSTC 2009 Scholarship Winners



Danny Weaver, Dave Bokros, Kellie Howard, and Kim Lundy were present to meet each winner, treat them to dinner and then award them their scholarship.

The Florida Striders received 22 applications for this year's college scholarships. The applicants represented 15 area public and private high schools and included thirteen females and 9 males. This group of student athletes included many outstanding individuals, many with GPAs above a 4.0. The scholarship committee worked hard at evaluating each applicant and had a difficult task when it came to narrowing the field down to the 3 winners. After much discussion, the scholarship committee is very proud to announce the 2009 Florida Striders \$1,000 College Scholarship winners:

**Callie Cooper**

**Bartram Trail High School**

**James Mollenhour**

**Bishop Kenny High School**

**Erin O'Hara**

**Clay High School**

These three high school graduates represent an outstanding breed of athletes! All 3 winners were captains of both their track and cross-country teams, had at least a 4.0 GPA, were members of the National Honor Society and active in church and/or community work.

Callie will continue her studies and her running at the University of Florida, Jimmy plans to attend Florida State University and Erin will attend the University of North Florida. We will feature one scholarship winner each month and share their essay, which was a part of the scholarship packet.

Please read about Callie Cooper and her essay on page 5.

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### July Social

Jane Manion will be hosting a party on **Sunday, July 19th from 4-7 p.m.** for the purpose of getting all the old Striders together. Of course, all Striders are invited, just bring a dish to share and your beverage.

**276 Gleneagles Dr., OP  
213-0115**

**Directions:** Going south on Blanding, turn right onto Loch Rane Blvd, (going north, turn left) toward Orange Park Country Club. Be sure to check in at guardhouse. Once inside the gate proceed on Loch Rane Blvd and turn **RIGHT** on Edinburgh. (Second right past stop sign). Take the first **LEFT** (Gleneagles). Janes' house is the two story Mediterranean style on left.

# Prez Sez

By Kellie Howard



Recently I was asked by a friend "Who are the Florida Striders?" I think the best way to answer that question is to state the club's mission which is "Promote and encourage running by educating the community about the benefits of physical fitness and sport".

I believe that the club demonstrated our mission by our many activities that we held during the month of May. For example, our running class of 161 runners, which was coached by 25 of our Florida Striders, completed their 5K graduation run this month. We also offered a beginners triathlon course with over 30 athletes. The Memorial Day 5K run had 715 finishers. All of these events encourage others to do what most of us love to do, go out and run.

I encourage each of us to be an ambassador for running by letting our friends, neighbors and co-workers know the joys of running. If you know someone that runs, invite them to one of the many group runs that can be found in this news letter. An invitation from a friend to a group run is how I first heard about the Florida Striders. Now, as President, I have the opportunity to encourage others to join and know the friendships and health benefits that I have enjoyed as a result of that invitation. =

## Board of Directors' Summary of Action 5/10/2009

The Meeting was called to order by Dave Bokros at 7:05 pm. Board members in attendance were Lisa Adams, Dan Adams, Dave Bokros, Vicky Connell, Mike Ford, Kellie Howard, Glenn Hanna, Ann Krause, Bill Krause, Kim Lundy, Mike Mayse, Melissa Saunders, Regina Sooley, Mary Ann Steinberg, John Steinberg, Regina Taylor, James Vavrina, and Kay Womack..

**Election of Club Officers:** Kellie Howard presented the slate of officers: Kellie Howard – President, Dave Bokros - Vice-President, Vicky Connell – secretary, Randy Arend – Treasurer. Mike Mayse moved that we approve the board slate as presented by the nominating committee. Lisa Adams seconded. It was approved unanimously.

Dave Bokros made a motion to adjourn at 8:23 p.m. and Glenn Hanna seconded. All approved, and the meeting was adjourned.

Respectfully submitted,  
Vicky Connell

## Striders Special Board Meeting 4/29/2009

Board Members in attendance were Randy Arend, Dave Bokros, Vicky Connell, Glen Hannah, Kellie Howard, Kim Lundy, Mike Mayse, Keith Poythress, Regina Sooley, Mary Ann Steinberg, John Steinberg, James Vavrina, and Kay Womack.

The meeting was called to order by Kellie Howard at 7:34.

Kellie explained that we had asked Doug Alred from 1st Place Sports to attend our meeting and discuss our option to take a sponsorship from the Jacksonville Running Company (JRC) for our four annual Strider Races.

Doug Alred talked to the group and answered questions. Doug then left.

James Vavrina made a motion that we ask the JRC if they'd still sponsor us in some other fashion that won't impact our relationship with 1st Place Sports like the Hog Jog 5K or other activities. Mike Mayse seconded the motion. A vote was taken with one against, the rest in favor.

Kellie asked for any other motions. Mary Ann moved we adjourn. It was seconded and approved.

The meeting was adjourned at 8:12. =

## 2009-2010 Board of Directors & Key Members

(Board Members marked with an \*)

### President and Scholarship Coordinator:

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Mike Bowen .....(H) 850-308-1953  
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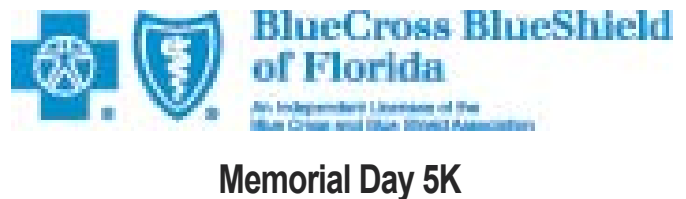


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Memorial Day 5K

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## Missing Something?

If you haven't already noticed, we have combined the June and July issues of the StrideRight. You are now receiving the action packed double issue! Additionally, in order to save space for more of your fabulous running stories, we are printing abridged versions of the minutes and results. Both can be viewed in their entirety on the Strider's website. =



# On Being a Vigilante

This article has nothing to do with taking the law into your own hands. It is about a running coach, Dr. Joe I. Vigil. All of us who have ever run for or coached with him are proud to call ourselves Vigilantes.

Joe Vigil (pronounced Vee-Hill) was born in southern Colorado and grew up in the village of Antonito. He matriculated at Adams State College, 30 miles to the north, served in the U.S. Navy during the Korean War, earned master's degrees in biology and chemistry, then a PhD. at the University of New Mexico in exercise physiology.

A state championship winning coach in both football and track at Alamosa High School, he almost took a job to teach and coach in Colorado Springs but chose to stay in the high desert San Luis Valley and coach at ASC. The rest, as they say, is history.

Vigil, then in his mid-30s, convinced the US Olympic Committee to hold the 1968 Olympic Trials in Alamosa for the marathon, 20 kilometer walk, and 50 kilometer walk. Since Olympic host Mexico City and Alamosa both stand at 7,500 feet above sea level, it made perfect sense. The races ran smoothly and Vigil was selected to accompany the team to Mexico eight weeks later. It was the first of eleven consecutive Olympic Games that he has attended as an official member of the United States' contingent.

While at Adams State College, Vigil developed the reputation for taking average high school runners and developing them, over three or four years, into national class. Fourteen times, ASC won national men's cross country titles in NAIA or NCAA Div II (1971-1993). Twelve times his men's team won indoor or outdoor track titles. On occasion he also coached the women's teams and they enjoyed similar successes.

Vigil has been courted to assume head coaching jobs at NCAA Div I programs. When I was his graduate assistant (1991-1994) I heard him turn down a coaching position at a major track power in the East.

"Why should I leave the best place in the world to train runners?" he told me. "This is a Garden of Eden."

The Eden of Colorado has rarified air and sub-zero temperatures three months of the year, but I knew what he meant. The San Luis Valley stimulates great blood chemistry, has few of the distractions that tempt runners in big cities, and has a tradition unequalled by Eugene or Boston.

Jacksonville area people know about Deena Kastor (nee Drossin) and her River Run and Olympic successes. Deena was about to leave University of Arkansas after a lack-luster collegiate career when a Vigilante on the staff convinced her to give Vigil a call.

"I was packed, heading back to San Diego," Kaster recalls, "but after talking to Coach Vigil for 30 minutes, I headed straight to Alamosa." She has been America's pre-eminent runner since making that decision.

Vigil coached male and female runners to more than 400

## Wide World of Running By Jay Birmingham

All-American honors and personally coached Olympians Pat Porter (10,000), Julie Jenkins (800), Kastor and Meb Keflezghi (marathon). In the three years I worked with Vigil, a steady stream of Olympians and Olympic hopefuls passed through Alamosa. Among them were Olympic medalists Gelindo Bordin (ITA) and Juma Ikangaa (TAN), training for international competitions, national team contingents from Finland and South Korea, and Olympic coaches from Ethiopia and Japan.

Twenty years ago, Sports Illustrated ran a feature article on four of America's most dominant coaches in collegiate sports. Included were Pat Summit, the women's basketball coach at Tennessee; Dan Gable, Iowa's wrestling legend; Doc Councilman of Indiana swimming fame; and Joe Vigil for cross country.

\* \* \* \* \*

What is it like to be a Vigilante? It is simply to place yourself under the influence of a good coach. There are no secret workouts, no diets to follow, no special stretches or running skills to learn. What Joe Vigil teaches is commitment to a lifestyle.

German poet Goethe once wrote the simple phrase, "Are you in earnest?"

Modern translation: Are you going to do what you say you are going to do?

For 26 years as a college teacher, Vigil rose before dawn to study. He ran daily before his knees decided he should walk. He never missed a day of teaching or coaching and was never late to class, even when mountain passes were choked with snow. He set an example that could only be equaled.

"You must hold yourself to a higher standard than anyone else expects of you," he'd tell the young men at our daily pre-training meetings.

The training was demanding but tackled with enthusiasm and purpose. Some workouts were traditional: Repeat miles on Thursdays, 15 milers on Sunday morning at eight.. Most runners did more. Nearly everyone ran on weekday mornings although Vigil never promoted it. More mileage simply was needed. The Vigilantes who had gone before ran in the mornings, lifted weights, and did plyometrics throughout the winter. So the tradition continued.

In 1994, Vigil retired to Arizona but has continued coaching in the Olympic Development Program, spending much time in California with Kastor and Keflezghi and other Olympic aspirants.

On May 30, Joe Vigil was honored by Adams State College at the dedication of its new

**Continued next page**

# Calle's Scholarship Essay

Callie Cooper is a graduate of Bartram Train High School and will be attending the University of Florida in the fall. She was a member of the BTHS cross country and track teams where she earned a varsity letter in both sports all four years and was the captain of both teams her senior year. She was the President of the National Honor Society and a member of the Science Honor Society and Social Science Honor Society. Callie is active in the community by volunteering for Relay for Life where she was a Team Captain and also the Youth Committee Chair. She has also volunteered at Camp I Am Special where she served as a camp counselor for special needs children for the past few summers. Callie has a personal best of 18:48 for her HS XC 5K, 11:12.68 for the 3200m and a 1600m best of 5:12.08. Callie has received much recognition including being named to the All-Conference, District, Regional and State Teams for both track and cross country.



## By Callie Cooper

When I first started running, I never would have thought how much it would influence my life. As a freshman on the cross country team, I was rather naive and unaware of my potential. However through the guidance of my coaches and the support of my family, friends, and teammates, I have been shaped into the person I am today because of running.

Running created a complete transformation in my lifestyle, demeanor, reputation and overall outlook on life. I believe I truly cannot live without running anymore. Had you told me that four years ago, I never would have believed you. When I first started running the summer before my freshman year, I was 5'2", 140 pound, and chubby - to say in the least. I ran my first race on the fourth of July that year (Celebration 5k) in just over 30 minutes. This year, I finished a disappointing ninth place at the state meet with a less than stellar 18:48, and assisted my team in claiming our second consecutive state title.

Through the guidance and my admiration of my sister and teammates, I strove to improve and excel in cross country that first year and ever since. I'm often told I don't possess much talent for running, so I found I have to use a bit more grit and determination in order to achieve my goals and aspirations. Running has taught me more life lessons than any other facet of my life besides my family. I have honed my skills in patience, determination, teamwork, leadership, and

ability to overcome challenges through running. It has also completely changed my health and wellbeing, for I am now vegan and completely conscious of every aspect of health that shapes runners into champions.

Running has given me more opportunities than any other activity I have ever participated in. Despite the numerous groups and activities I work with through my volunteering and school, I have never met even close to as many friends or created as many networks and future opportunities for myself than I have through running.

Next year, I am running on a very small scholarship at the University of Florida on both the cross country and track teams. Although I am extremely excited for this wonderful opportunity, I am also scared to death. It is often hard for me to fathom the amount of work, dedication, and determination it will take to succeed on the team, but whenever I am feeling discouraged I try to think of how much sacrifice and pain it took me to get to where I am now, and the task of succeeding as a Gator seems somewhat less daunting. =

**This was the essay that Calle submitted as part of her FSTC scholarship application packet. She is one of three \$1,000 winners. The other two winning essays will be published in the July and August StrideRights.**

**Continued from previous page** field house. More than two hundred former runners and coaches attended and unveiled a statue of their beloved coach.

We all remember teachers who had a profound influence on our lives. Some of them we revere in our hearts because they made us better than we thought we could be. Vigil is such a one for me. =

*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.*

## RACE PHOTOS

If you would like a high resolution version of any of the race pictures please contact Vanessa Boyd at [VanessaABoydFL@gmail.com](mailto:VanessaABoydFL@gmail.com), along with the event and picture number, and we will email it to you at no charge.

<http://www.floridastriders.com/photos.html>

## We Get Letters

Vanessa

Just another thank you, for your support in helping me get CES Run/Walk Club off to a great start. Your suggestions, support and financial assistance was greatly appreciated. We had 45 members that came every Wednesday faithfully. I was surprise myself that they stayed with the challenge. Even parents support was awesome.

Again, thank you and looking forward to another successful year in 2009-2010 school year.

Sincerely,  
Alma E. Bailey  
Physical Education Teacher  
Callahan Elementary School

.....

Melissa and Susan Gostage recently traveled to Big Sur, California to compete in the 2009 Marathon on April 26, 2009. Susan and her daughter-in-law, Melissa, traveled from Jacksonville to California to compete. They also met up with Susan's son, William, who lives in Westlake Village (about 5 hours south of Big Sur). Their results listed in the Striders at the Races section on page 8.

Melissa writes, it was a hilly, difficult course but the scenery made it all worth while. It is truly a beautiful place! =

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



Tom and Shirley Henkel recently traveled to Pensacola and Shirley took this cool photo of Tom on their morning run.

## 2009 Run To The Sun Volunteers

Special Thanks to all of the Run to the Sun volunteers! It was a GREAT race because of your help!

James Vavrina  
Jeff Nelson  
Keith Poythress  
Gayla Poythress  
Jennifer O'Brian  
Kristen Hughes  
Michelle Ramos  
Ray Ramos  
John Powers  
Vanessa Boyd  
Bob Boyd  
Tori Connell  
Vicky Connell  
Mark Dickson  
Jennie Murphy  
Kathy Murray  
Ashley Hatten  
Steven Soultanian  
Ann Waters  
Jana Manning  
Antonio Ferguson  
Samantha Rekos  
James Heard  
Gloria Heard  
Pam Brisky

Chelsea Metzgar  
Virginia Anthony  
Kim Anthony  
Emily Tate  
Laura  
Frank Frazier  
Glenn Hanna  
Eric Bush  
JD Smith  
John Steinberg  
Pat Czernecki  
Sara Matakaitus  
Melissa Saunders  
Annette Gray  
Marilyn Karnuth  
Melissa Dooley  
Chrystal Gray  
April Blythe  
Barbara Bradford  
Kim Tracanna-Breaul  
Chris Breaul  
Laurie Burke  
Rose Woolwine  
Stephanie Shafer  
Ruth Smith

Mary Gladding  
Jay Birmingham  
Debbie Birmingham  
Mark Lay  
Debbie Adams  
Krissa Arend  
Tom Dowling  
Winkie Dowling  
Tracy Akers  
Chris Van den Avont  
Jennifer Hill  
Chris McKenney  
Reed Arend  
Giovanna Beato  
Taylor Burger  
Chelsea Dotson  
Rebecca Harrelson  
Alyssa Hawkins  
Tabitha Lewis  
Lacey Miller  
John Potier  
Taylor Rogers  
Jennifer Smith  
Pressley Stewart  
MJ Eckford =



# New, Renewing and Expiring Memberships

## NEW MEMBERS

Vlanda Bellamy	5/31/10
Bey-Li Blalek	5/31/10
Dionne Blodgett	5/31/10
Christopher Branton	5/31/10
Jacinta Carter	5/31/10
Tanner Chamblee	5/31/10
Diondria Clinkscate	5/31/10
Derey Freitag	5/31/10
Marlon Gapasin	5/31/10
Charles Goodyear	5/31/10
Bradley Harper	5/31/10
Trevor Kintyhtt	5/31/10
Andrew Marchand	5/31/10
Maria Munyon	5/31/10
Brody Nolan	5/31/10
Brittany Norman	5/31/10
Dave Pizzi	5/31/10
Whitney Radford	5/31/10
Sijifredo & Clarissa Ramos	5/31/11
Philip Rollo	5/31/10
Caroline Sabatella	5/31/10
Jordan Steinmetz	5/31/10
Paul Williams	5/31/10

## RENEWING MEMBERS

Randy Abate	5/31/10
Debbie Adams	5/31/10
Suzanne Baker	4/30/10
Kevin Carlton	5/31/10
Mamie Davis	4/30/12
Tom Disher-Ryan	4/30/11
John & Michelle Dunsford	4/30/10

Janet Elliott	5/31/10
Claudia/John French/Slough	4/30/10
John Funk	5/31/10
Charlynnne Graham	4/30/10
Scott Grimm	5/31/10
Teresa Hankel	4/30/11
Tom & Shirley Henkel	4/30/10
Diane Jacobs	4/30/11
Drew Kenny	5/31/10
Heather LaBelle	4/30/10
Sully Lopez	5/31/10
Charles Mann	5/31/10
George Martin	5/31/10
Karen & Steve McCormick	4/30/10
Marvin, Cindy & Spencer Mollnow	4/30/10
Bob & Judy Moyer	4/30/10
Megan Paquette	5/31/10
Cauly Redenius	5/31/10
Matt Ross	4/30/11
Paul & Marge Ruebush	4/30/10
Barbara Scott	5/31/10
JoAnne Seach	4/30/11
Scott Seibler	4/30/10
Robert Shields	5/31/10
Allan Smith	5/31/12
Regina Sooeey	5/31/10
Robert Sroka	5/31/10
Pat Stack	5/31/10
Herbert Taskett	4/30/10
Roberta Tomlinson	5/31/10
Arthur Trapani	5/31/10
Tom & Kary Zicafoose	4/30/10

## MULTI-YEAR RENEWALS

Stephen Beard	5/31/10
John & Sandra Bowsman	5/31/10
Bernie Candy	5/31/10
Robert & Karin Glenn	5/31/10
Denise Stuart	5/31/10
Eric & Bernita Bush	5/31/10
Claire & Henry Gilbert	5/31/10
Irene Herbertson	5/31/10
John Gauer	5/31/11
Patrick Hargarten	5/31/10
Luke Byrne	5/31/10
Freddy Fillingham	5/31/11
Virginia & Gordon Butler	5/31/11
Frank & Lillian Sutman/Lawless	5/31/12

## EXPIRING MEMBERSHIPS

David Albritton	4/30/09
Nick Anderson	4/30/09
Sherry Anderson	4/30/09
Tom Bass	4/30/09
Kyle Bruner	4/30/09
Mary Heinton	4/30/09
Nancy Hendrickson	4/30/09
Mitchell Herold	4/30/09
Hall Hunt	4/30/09
Jim Kelley	4/30/09
Mark Lay	4/30/09
Michael Martinez	4/30/09
Tracey Martinez	4/30/09
Michelle McCollum	4/30/09
Renota Mcvay	4/30/09
Rex & Wendy Patterson	4/30/09
Brooke Springer	4/30/09 =

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

## Mark Your Calendar for Some Wednesday Night Track Changes This Summer in Orange Park!

If you are a regular at the Florida Striders Weds night track workout at St. Johns Country Day School (SJCDs) in Orange Park, you need to note some changes. The SJCDs track will not be available for four Wednesday evenings over the summer, but the gracious folks at Orange Park High School will share their track with us those evenings. The specific dates are: 6/17, 6/24, 7/1, and 8/5. Other than those four dates, we will be at St. Johns Country Day School.

If you are not a regular at the track in Orange Park, you need to revisit that decision. Both facilities have excellent rubberized surfaces, great for running, excellent facilities, and great company that makes all the difference in the quality of your workouts. We especially want to thank St. Johns Country Day School and Orange Park High School for allowing us to use their facilities and their long term support of better health in our community. =

# Striders at the Races

## Race Results

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

### Big Sur International Marathon

Big Sur, CA

April 26, 2009

William Gostage	4:09:03
Melissa Gostage	4:40:10
Susan Gostage	5:15:44

### SHRIMP FESTIVAL 5K

Fernandina Beach

May 2, 2009

David Bonnette	17:49	1st A/G
Bill Pennington	21:59	3rd A/G
Lynn Bonnette	36:00	

### RUN FOR COVER 5K

Duval Courthouse

May 2, 2009

Andrew Marchand	17:18	1st Overall
John Funk	18:27	1st A/G
Keith Poythress	19:16	

Masters Male

Stephen Beard	19:40	1st A/G
Barbara Carrico	20:31	1st A/G
George White	20:48	1st A/G
Lewis Buzzell	21:12	2nd A/G
Bryan Rohlin	21:31	2nd A/G PR
Ann Krause	22:04	3rd A/G
Steve Brennan	22:50	2nd A/G
Rebekah Wild	23:57	1st A/G
Bonnie Brennan	24:09	1st A/G PR
Sue Whitworth	24:20	1st A/G
Bernie Powers	25:10	3rd A/G
Patrick Rohlin	26:24	1st A/G
Mark Lay	26:53	
Steve Waterhouse	27:55	
Ed Kelly	27:57	
Claire Gilbert	29:29	2nd A/G
Isabel Torres-Padin	30:00	1st A/G
Al Saffer	30:39	1st A/G
Adrian Brooks	31:11	1st A/G
Kent Smith	32:55	3rd A/G
Gina Waterhouse	37:06	
Joe Connolly	44:25	1st A/G

### SAN PABLO ELEMENTARY 5K

Jacksonville Beach

May 2, 2009

Bernie Candy	20:23	1st Overall
Vicki Choinski	32:29	1st A/G

### OAKLEAF ANY WAY YOU CAN 5K

Oakleaf Plantation

May 9, 2009

Jason Arnold	17:59	1st Overall
Scott Olivolo	19:28	2nd Overall
Stephen Beard	19:59	1st A/G
Scott Hershey	20:57	3rd A/G
Barbara Carrico	20:59	1st A/G
George White	21:03	1st A/G
Eric Bush	21:58	
Bryan Rollin	22:07	
Ann Krause	22:34	1st A/G
Sue Whitworth	24:36	2nd A/G
Glen Hanna	26:26	
Bernie Powers	26:31	
Stephanie Forman	28:11	
Paul Smith	29:15	3rd A/G
Sharon Medders	29:48	3rd A/G
Al Saffer	30:29	
Freddy Fillingham	32:10	
Charles Goodyear	33:59	
Joe Connolly	45:13	923rd Race
Emily Bush	52:11	(age 6)
Aubrey Burke	52:14	(age 8)

### OAKLEAF ROLL (Any You Can)

Paul Smith	10:51	1st Overall
Tyler Imrich	13:54	3rd A/G
Blake Pylipow	14:19	1st Biker
Simon Jacobson	14:56	1st A/G
Pete Pylipow	20:55	2nd A/G
Gail Pylipow	20:56	1st A/G
Cole Imrich	22:27	(age 6)
Carrie Imrich	22:28	

### RITA CARING & SHARING 5K

May 16, 2009

Owen Shott	16:19	
		3rd Overall Male
John Wisker	16:45	
		Masters Male
Jason Arnold	17:15	1st A/G
John Funk	18:00	3rd A/G
Bill Dunn	18:17	1st A/G
Regina Taylor	19:37	
		3rd Overall Female
Stephen Beard	19:42	2nd A/G
Scott Seibler	19:57	1st A/G
Barbara Carrico	20:01	1st A/G
Scott Hershey	20:09	3rd A/G
George White	20:12	1st A/G
Jo Shott	20:28	1st A/G

Bryan Rohlin 21:40

Jimmy Rogers 21:41

Ann Krause 21:50

Masters Female

Rebekah Wild 2:04 3rd A/G

Kathy Murray 22:11 1st A/G

Janis Delombo 23:34

Sue Whitworth 23:59

Grandmasters Female

Maria Littlejohn 24:34 3rd A/G PR

Bernie Powers 24:38 3rd A/G

Patrick Rohlin 27:33 2nd A/G

Sharon Medders 28:46 1st A/G

Traci Akers 28:52 PR

Christine Scrimme 29:41 PR

Claire Gilbert 29:46 2nd A/G

Al Saffer 29:50 1st A/G

Adrian Brooks 30:59 PR

Freddy Fillingham 31:08 1st A/G

Charles Goodyear 32:21 2nd A/G PR

Barbara Whitter 34:28

Joe Connolly 44:14 3rd A/G

### NEVER QUIT 5K

Jacksonville Beach

May 31, 2009

Gil Flores	26:45	
Holly Wyche	36:58	
Joe Connolly	44:20	1st A/G
Cary Wyche	45:28	(Age 6)
Jakob Wyche	45:28	(age 7)
Mel Abando	45:46	

### MIZUNO CHAMPIONSHIP 5K

Jacksonville Landing

June 13, 2000

Owen Shott	15:51	6th O/A
Justin Jacobs	15:54	5th A/G
John Metzgar	16:43	1st A/G
Mary Ann Brown	16:53	1st A/G
Regina Taylor	17:57	2nd A/G
Jo Shott	18:01	3rd A/G

### RUN FOR THE PIES 5K

June 13, 2009

John Wisker	17:18	1st A/G
Bill Dunn	18:23	1st A/G
Bill Phillips	18:37	2nd A/G
John Funk	18:28	4th A/G
David Bonnette	18:39	2nd A/G
Terry Sikes	18:45	4th A/G
Randy Arend	19:36	4th A/G
John Heisner	19:43	4th A/G



Keith Poythress	19:45	
Bruce Holmes	19:59	1st A/G
Robert Walker	20:03	
Raymond Ramos	20:08	
Denise Metzgar	20:23	st A/G
Michael Mandt	20:24	
Bernie Candy	20:53	2nd A/G
Stephen Beard	20:56	
Rexx Weir	21:21	1st A/G
George White	21:28	5th A/G
Lewis Buzzell	21:39	3rd A.G
Eric Bush	21:49	
Rebekah Wild	22:04	1st A/G
Regina Sooeey	22:05	4th A/G
Ann Krause	22:28	1st A/G
Paul Smith	22:39	1st A/G
Mark Dickson	22:40	
Kathy Murray	22:51	4th A/G
Paul Berna	22:59	
Tracy Pfuntner	23:15	
Charlie Hunsberger	23:21	
Gail Pylipow	23:51	3rd A/G
Tom Zicafoose	23:54	
Kellie Howard	23:59	
Steve Brennan	24:39	
Simon Jacobson	24:44	
Cynthia Maerz	24:54	
Bonnie Brennan	25:01	2nd A/G
Kathy Heisner	25:24	
Sue Whitworth	25:36	4th A/G
Marie Littlejohn	25:43	
Rachel Heisner	25:46	
George Hoskins	25:52	
Kristie Matherne	25:56	
Bradley Shepard	26:33	
Kayla Poythress	26:35	
James Vavrina	27:00	
Bernie Powers	27:03	
Debbie Adams	27:09	
Robert Soroka	27:07	
Kimberly Lundy	27:46	
Claudia French	27:58	4th A/G
Cameron May	28:18	
Lesley Jones	30:44	
Mark Lay	31:19	
Al Saffer	31:21	1st A/G
Holly Wyche	32:07	
Kay Womack	32:43	
Nancy Pullo	33:04	2nd A/G
Adrian Brooks	33:45	
John Aimone	33:57	2nd A/G
Charles Goodyear	34:10	
Terry Bell	36:59	
Elda Bell	37:00	3rd A/G
Michelle Ramos	37:51	
Joe Connolly	40:30	1st A/G
Diane Aimone	42:35	1st A/G
Chase Harrell	43:19	
Jakob Wyche	43:29	
Cary Wyche	43:30	=

**For Complete Race Results, please go to  
www.floridastriders.com/results.html**

## Memorial Day 5K 2009 RESULTS

**May 25, 2009  
Green Cove Springs, FL**

CLASS	PLACE	PLACE	FINISHER	TIME	PACE
<b>Open Men</b>					
197	1	1	M25 Justin Jacobs, 26, Jacksonville, FL	16:00	5:09
225	2	2	M25 Owen Shott, 29, Jacksonville, FL	16:31	5:19
202	3	3	M20 Johnathan Esteban, 20, Jax FL	16:40	5:23
<b>Open Women</b>					
4	1	1	W30 Michelle Krueger, 33, Jacksonville, FL	17:56	5:47
396	2	2	W14 Kaitlyn Iselborn, 18, Jacksonville, FL	18:49	6:04
227	3	3	W25 Jo Shott, 29, Jacksonville, FL	19:18	6:13
<b>Masters Men</b>					
2	4	1	M45 John Metzgar, 46, Orange Park, FL	16:47	5:25
<b>Masters Women</b>					
45	6	1	W40 Regina Taylor, 44, Jacksonville, FL	19:58	6:26
<b>Grand Masters Men</b>					
107	18	1	M50 John Evans, 52, Raleigh, NC	18:33	5:59
<b>Grand Masters Women</b>					
13	22	1	W50 Ann Krause, 51, Jacksonville, FL	22:29	7:15
CLASS	PLACE	PLACE	FINISHER	TIME	PACE
<b>Men 2 &amp; Under</b>					
588	106	1	Ronald Jackson, 1, OP, FL	23:10	7:28
875	210	2	Jeff Schriver, 1, Orange Park, FL	28:35	9:13
151	253	3	Joey Blitch, 1, Fernandina Bch, FL	30:26	9:49
<b>Men 3 - 10</b>					
369	157	1	Wyatt Griner, 10, Starke, FL	25:39	8:16
1920	173	2	Cameron May, 8, OP, FL	26:46	8:38
756	185	3	Jack Agar, 10, Orlando, FL	27:14	8:47
<b>Men 11 - 13</b>					
992	33	1	Eric Tallbacka, 13, Jacksonville, FL	19:26	6:16
919	41	2	Steven Barlow, 12, Orange Park, FL	19:59	6:27
758	52	3	Austin White, 13, GCS, FL	20:40	6:40
<b>Men 14 - 19</b>					
68	9	1	Cody Gibbons, 16, St Augustine, FL	18:00	5:48
164	17	2	Cody Helms, 15, GCS, FL	18:28	5:57
77	22	3	Matthew Hurst, 15, Palatka, FL	18:48	6:04
<b>Men 20 - 24</b>					
165	7	1	Jordan Turner, 23, Canton, GA	17:34	5:40
882	26	2	Joshua Peek, 22, St Augustine, FL	19:00	6:08
304	32	3	Matthew Worsham, 22, Jax, FL	19:20	6:14

## Continued from previous page

### Men 25 - 29

144	13	1	Mike Lemus, 26, Jacksonville, FL	18:20	5:55
228	38	2	Keith McCarthy, 28, Jax Bch, FL	19:56	6:26
349	45	3	Jamie Byrd, 28, Orange Park, FL	20:14	6:31

### Men 30 - 34

189	10	1	Orestes Gutierrez, 33, Jacksonville, FL	18:03	5:49
538	14	2	Alexander Jones, 32, Jax Bch, FL	18:21	5:55
865	15	3	Christopher Armoreda, 34, Macclenny, FL	18:22	5:55

### Men 35 - 39

6	6	1	Jason Lewis, 39, Jacksonville, FL	17:27	5:38
3	8	2	Jason Arnold, 35, Palatka, FL	17:53	5:46
233	16	3	Andy Woods, 36, PV Beach, FL	18:24	5:56

### Men 40 - 44

10	5	1	John Wisker, 42, Palatka, FL	17:08	5:31
733	11	2	David Bonnette, 42, Orange Park, FL	18:05	5:50
246	27	3	Paul Wilson, 40, Ponte Vedra Beach, FL	19:07	6:10

### Men 45 - 49

510	12	1	Gerry Glynn, 46, Jax Bch, FL	18:11	5:52
184	39	2	Scott Trost, 46, Hinesville, GA	19:58	6:26
366	50	3	Davis Ely, 48, Jacksonville, FL	20:37	6:39

### Men 50 - 54

735	20	1	Bill Dunn, 51, Orange Park, FL	18:37	6:00
12	21	2	Jim Shields, 51, Jacksonville, FL	18:43	6:02
86	23	3	Bill Phillips, 54, St Augustine, FL	18:51	6:05

### Men 55 - 59

527	60	1	Patrick McKeefery, 56, Jax Bch, FL	20:52	6:44
313	72	2	Charles Lechner, 55, Jacksonville, FL	21:35	6:58
29	77	3	Lewis Buzzell, 57, Jacksonville, FL	21:48	7:02

### Men 60 - 64

14	42	1	Bruce Holmes, 61, Jacksonville, FL	20:00	6:27
54	83	2	Herbert Taskett, 61, Atlantic Beach, FL	21:57	7:05
531	133	3	Steve Brennan, 63, St Augustine, FL	24:04	7:46

### Men 65 - 69

843	85	1	Paul Smith, 67, Jacksonville, FL	21:59	7:05
56	86	2	Frank Frazier, 66, Orange Park, FL	22:01	7:06
726	176	3	Jack Hayes, 68, GCS, FL	26:58	8:42

### Men 70 - 74

28	120	1	Ben Mathews, 71, Jacksonville, FL	23:39	7:38
120	254	2	Al Saffer, 74, Jacksonville, FL	30:27	9:49
901	284	3	Philip Trast, 71, Glen Ellyn, IL	32:16	10:24

### Men 75 - 79

15	223	1	Pat Gallagher, 78, Orange Park, FL	29:12	9:25
60	246	2	Elmer Schroer, 76, Jacksonville, FL	29:58	9:40
78	250	3	Bob Meister, 77, Jacksonville, FL	30:16	9:46

### Men 80 & Up

16	361	1	Joe Connolly, 84, Jacksonville, FL	45:15	14:36
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CLASS  
PLACE PLACE

FINISHER

TIME

PACE

### Women 2 & Under

343	222	1	Christina Oettel-Clark, 2, Jacksonville, FL	35:47	11:32
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580	280	2	Malia Blake, 1, GCS, FL	40:25	13:02
294	314	3	Starr Keating, 1, Orange Park, FL	45:07	14:33

### Women 3 - 10

352	81	1	Lj Parliment, 8	26:31	8:33
173	125	2	Reagan Miller, 10, St Johns, FL	29:26	9:29
813	193	3	Casey Arnold, 10, Fleming Island, FL	34:01	10:58

### Women 11 - 13

869	43	1	Samantha Bernabeu, 13, Middleburg, FL	24:48	8:00
172	49	2	Madison Miller, 13, St Johns, FL	24:58	8:03
876	57	3	Jessica Fletcher, 12, Orange Park, FL	25:31	8:14

### Women 14 - 19

248	4	1	Mary Ann Brown, 14, Orange Park, FL	19:24	6:15
17	12	2	Annelise Arnold, 17, Jacksonville, FL	21:07	6:49
929	13	3	Margaret Booher, 16, Jacksonville, FL	21:19	6:52

### Women 20 - 24

829	50	1	Jennifer Macdonald, 23, OP, FL	25:00	8:04
20	61	2	Marissa Masellis, 21, Lake City, FL	25:50	8:20
372	71	3	Kristen Stanley, 24, Orange Park, FL	26:13	8:27

### Women 25 - 29

371	19	1	Erin Dankworth, 26, Ponte Vedra, FL	22:13	7:10
525	44	2	Christi Carson, 27, Jacksonville, FL	24:49	8:00
991	58	3	Kristie Matherne, 26, Orange Park, FL	25:43	8:18

### Women 30 - 34

219	18	1	Lisa Adams, 34, Fleming Island, FL	21:52	7:03
229	37	2	April Martin, 33, Orange Park, FL	24:01	7:45
187	41	3	Janis Dolemba, 32, Jacksonville, FL	24:35	7:56

### Women 35 - 39

8	5	1	Britta Fortson, 36, Jacksonville, FL	19:35	6:19
237	8	2	Michelle McCollum, 36, Lake City, FL	20:20	6:33
826	11	3	Elena Davis, 39, Middleburg, FL	20:47	6:42

### Women 40 - 44

9	9	1	Denise Metzgar, 42, Orange Park, FL	20:46	6:42
860	14	2	Kim Scurti, 41, Jacksonville, FL	21:24	6:54
948	30	3	Tracy Pfuntner, 43, Orange Park, FL	23:21	7:32

### Women 50 - 54

900	24	1	Holly Turner, 54, Orange Park, FL	22:36	7:17
108	27	2	Donna Evans, 51, Raleigh, NC	23:10	7:28
704	29	3	Gail Pylipow, 52, Orange Park, FL	23:21	7:32

### Women 55 - 59

532	40	1	Bonnie Brennan, 55, St Augustine, FL	24:29	7:54
131	88	2	Suzan Schumacher, 55, Jax, FL	26:58	8:42
748	123	3	Claire Gilbert, 56, Orange Park, FL	29:18	9:27

### Women 60 - 64

284	143	1	Winney Yaun, 63, GCS, FL	30:34	9:52
51	163	2	Karen Allman, 63, Gainesville, FL	31:43	10:14
249	171	3	Susan Gostage, 63, Jacksonville, FL	32:12	10:23

### Women 65 - 69

506	150	1	Susan Wallace, 67, Atlantic Bch, FL	30:48	9:56
529	178	2	Nancy Pullo, 67, Jax Bch, FL	32:56	10:37
161	235	3	Ginger Frazer-French, 68, Jax, FL	36:42	11:50

### Women 75 - 79

502	297	1	Diane Aimone, 79, Jacksonville, FL	42:58	13:51
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# Florida Striders Host the District Hershey Games May 9, 2009



By Bob Boyd

The Hershey Games District 2 Meet enjoyed record attendance with 187 registered athletes between the ages of 9 and 14. The Hershey Games provide two field events (softball throw & standing long jump (SLJ)) and a myriad of track events from 50m to 1600m. The 1st and 2nd place winners in each event for their age group (9-10, 11-12, 13-14) at our district meet are eligible to compete in the State Hershey Meet. In addition to the 1st – 6th place award ribbons, provided by Sigma Marketing, the Florida Striders provided T-shirts to the 1st & 2nd place finishers in each event, which they can wear to the State Meet. This year's State Meet will be held on June 27 in Altamonte Springs. The complete results and photos from the event can be found on our website, [www.FloridaStriders.com](http://www.FloridaStriders.com). Special awards were also made to the Most Outstanding Performer in each age group and these individuals are listed below.



The Florida Striders work hard to put on this quality meet and maintain the tradition of providing exciting athletic competitions at no cost to our young athletes. We plan to continue to grow attendance, up 50% this year, giving even more children the opportunity to enjoy excellent competition..

We had an excellent all-volunteer team, who are listed below. I want to mention several of our coordinators. James May's many contributions included coordinating the Soft Ball Throw, providing much of the equipment needed for the meet, coordinating with Hershey State & National, and distributing awards to the athletes. Kim Ericson worked with me on event planning and organized a great group of Orange Park High School volunteers. Carol MacDougall handled pre-registration and worked with Jeanie Wilson who handled the results for each event. Kim Lundy raised the quality bar and comfort level for many by providing a Florida Strider refreshment concession stand. Shani Dempsey was the starter for all the track events, working with Jeff Nelson, our meet Judge.. Debbie Adams was our Clerk of the Course, working with Karen Fleming. James Vavrina and Kay Womack were our boys & girls standing long jump event coordinators. Kristin Smith did a great job handling announcements for our meet. Dave Bokros coordinated the track event timing. Mike Mayse helped me both before and after the event with equipment needed for the meet and clean-up. We wish to especially thank

**Continued on page 17**

## Volunteers

Debbie Adams  
Dave Bokros  
Bob Boyd  
Vanessa Boyd  
Abby Ballack  
Chris Barlow  
Michael Barlow  
Derrick Bryant  
Brittnee Busatto  
Shani Dempsey  
Kevin Elder  
Kim Ericson  
Antonio Ferguson  
Karen Fleming  
Glenn Hanna  
Ashley Hatten  
Keith Hill  
Ron Jackson  
Shanice Jones  
Kim Lundy  
Carol MacDougall  
James May  
Mike Mayse  
Bryana Mincey  
Vance Prince  
Deidra Scott  
Alan Shields  
Kristin Smith  
Steve Soultanian  
Eric Tallbacka  
James Vavrina  
Matthew Walker  
Suzy Walker  
Jeanie Wilson  
Kay Womack



## Most Outstanding Performer By Age Group Awards to:

9-10 Girls - Briana Washington, St Augustine, (1st in 100 and 200)  
9-10 Boys – Demarae Byrd, (1st in 100 and 200)  
11-12 Girls - Kayla Heard (1st in 100, 400, and SLJ)  
11-12 Boys - Ronald Jackson, Patterson Elementary (1st in 200, 400, and softball throw with meet records in each)  
13-14 Girls - Czdari Lee (1st in Softball Throw and 200)  
13-14 Boys – Andrew Hill, (1st in 100 and SLJ)



# Strider First and Last Triathlon Class – Part 1

By Vicky Cornell

It all started a couple of years ago when I was telling a Staci Suits, a Florida Strider friend, about my latest triathlon experience. She expressed a desire to do one some day. I encouraged her to try it, but she was hesitant and said she'd need a lot of help. As we talked, several other friends joined in and said the same thing. A few months later I was talking to Regina Sooeey who also does triathlons and said she'd be willing to help me with the class. It took another year before I was really ready to move forward. I was a bit intimidated about the amount of planning it would take to teach not just one sport, but three. Regina pointed out that most of the people in the class would probably already be runners from the Florida Strider group, so that took a bit of the burden off. Finally, the planning began in earnest.

The hardest part was figuring out how to organize all three sports. Bob Boyd agreed to let the people who were signed up for my triathlon class join his Wednesday night running class, so that was one part done. I knew that most people would need the most help on the

swim, so that was the next hurdle. Laura Burk, who runs the swim program at the Dye Clay YMCA, agreed to let us swim once a week at the Y pool, and even gave me the use of one of her experienced coaches! I was ecstatic! Although an experienced swimmer myself, my coaching experience was limited, and I wanted someone else to get us started.

For help with biking, I turned to Kent Lofton at About Bikes, who graciously agreed to sponsor the class and help us get started with info on bikes and triathlon racing. Things were really coming together now. Regina and I decided we would do what's called in triathlon lingo a "brick" on Saturdays, which means doing two different sports back to back. Ours would consist of biking and then a short run. We chose to start on the Baldwin trail in Jacksonville, mostly for safety reasons with a group of beginners.

Now all that was left to do was come up with a cute logo for our group (pictured at the top of this article, courtesy of my daughter Tori), print the flyers and start advertising. I got my first entry into the class within a few days! I was surprised not only to get it so soon, but that it was

a man! I was assuming the class would consist of about 10 girls that I knew were considering it! And then, it was like the floodgates opened, and I started getting entries in the mail every day, along with emails and phone calls. When the class size reached 25, I began to panic a little. I called Regina, and she said don't worry, we could probably handle 25 since they wouldn't all show up at one time for practices. Within a few days the number had reached 30, and I really panicked! Regina agreed we should probably cut it off, so with much regret, I began to turn people away. I pulled all advertising, but continued to receive phone calls and emails. The class could easily have had 45 people or more.

We started the first night with a meeting to explain everything and answer questions. Kent agreed to lend his store for this purpose, and go over some basic biking principles and maintenance tips for everyone. Several more people showed up unannounced the first night, and we ended up with 32 in the class. The shop was crowded, but it seemed like a very enthusiastic group.

News of our class had spread. I







choose for our class to do the Jacksonville Sprint Triathlon out at Little Talbot Island with DRC Sports. I chose this race for several reasons – I've done it many times so it's familiar, it's a smaller race, and it seems to be less intimidating than others I've done. Much to my surprise, out of the blue I got a call from DRC Sports saying they heard about our class and wanted to sponsor us also. My group got a discount into the race, as well as reserved slots! This was so cool!

Our first training night was running with the class on Wednesday, and I didn't have much to do. That Saturday was our first brick. I was a bit nervous about 32 people showing up at once to bike, but as it turned out, we only had about 15, and it went very well. We even had some guest "coaches" to help me out. I spent most of the first session changing and pumping tires up, which indicated we needed a clinic on how to change your own tire. We did that several weeks later.

Of course, when you do things the first time, there are bound to be hiccups. And we've definitely had a few of those. The night of our first swim session started out great. We had about 20 people show

up. The coach the Y lent me was fantastic, and I was thrilled. But 25 minutes into our 60 minute class, I was informed the Y pool was closing in 5 minutes and we had to get out! We got out of the water and I had to rearrange our time to a half hour earlier for future swims. We also had to add another night of coaching so the lanes wouldn't be so crowded. And then some really bad news. Our coach was leaving and couldn't be there for our class after all! Regina and I became instant swim coaches. Fortunately she'd done this before, and helped me come up with some good workouts to prepare for a triathlon.

And then there was that big week of rain. Our first ocean swim was cancelled. Considering that most of the people in the class are terrified of swimming in the ocean, this was another big disappointment. And then came some really surprising news – the race we were signed up for had moved to Camp Blanding, which is a lake swim! I quickly spread the word and we shifted gears to prepare our class for a lake swim instead of the ocean. A few days later we hear that Camp Blanding is off, and they don't

know where the race will be held! Finally, DRC sports settled on Fernandina for the race, and we're back to the ocean. (DRC sports had some big hurdles put in their way, thus all the changes.)

At this point, the Hammerhead Triathlon Club stepped up to the plate to help us out. They let us join in what they call a "Hammer Jammer", which is basically a triathlon without the "racing" part. We had 20 people from the class show up, many doing their first ocean swim and then biking and running. It was an eye opener for some, as they began to learn what works and doesn't work when you go from one sport to another. We also joined the Hammerheads on one of their weekly ocean swims, getting another opportunity to see what open water feels like.

Weekly swimming, biking and running continued, and then it was time for our transition clinic. We did this at my home since I have a pool and a large yard (we parked 22 cars in my side yard!). I borrowed bike racks from the Hammerheads and my back yard became a "transition" area.

They lined up by the pool in groups of 4 or 5, we said go, and they jumped in, swam to the steps, ran out to their bikes where they had to put on shoes and bike helmets, run to the front driveway, get on their bikes and take off down the street. We stopped a few of them to take off their helmets and put them on right (they were backwards, but I won't name any names!). They biked down the street a couple of miles, then came back to transition for the run, which was about a half mile. Afterwards there was much discussion about what worked and what didn't, and then we did it all again.

Then came the fun part. We got to eat a fantastic breakfast which everyone contributed to, and look at the photos Tori took of the whole thing. There was much talk and laughter, and they must have enjoyed it because they stayed a long time. It was really a blast!

And now all that's left is one more swim practice, one more run, and a nice class dinner with guest speakers to motivate them. Next weekend will be the race, and you'll have to wait for next month's newsletter to see how that goes. =

# Middle School Northern Region Championship - April 18

Congratulations to the Strider Girls Track team who traveled to Bradford High School on April 18th and won the Middle School Northern Region Championship. The Boys finished second in the team competition.

The meet started off with a second place mark in the 4x400 meter relay. Abigail Chowdury, Jessica Chowdury, Niasha dennis, and Corleese Garroway posted a 4:32.25. The 3000meter was dominated by two friends of the Striders: Danielle Dunn running for the JTC ran 11:00 followed by Clay PAL, Mary Ann Brown

11:17.33. What a race! Correll Armont, Marissa Weidner, Kia Nakamura, Whitney Radford, Brody Nolan, DavYon Thomas, and Andrew Neswiacheny all had great performances in the 100 and 200 meter hurdles.

Four out of the top 8 places in the girls 100meter went to Immani Davidson, Kala Johnson, Dede Clinkscale, Breanda Bellamy.

Five of the top 8 places in the girls 200 meter were recorded by Bellemy, Johnson, Andrea Neswiacheny, Niasha Dennis, and Radford.

Four of the top 7 places in the

400meter went to Garroway(1:06.79), Dennis, Clinksdale, and Amber Henry.

Andrea Neswiacheny finished 5th in the 800meter in 2:48.52.

Kyanna Carter(28-05), Marissa Weidner, and Amber Hendry all dominated the triple jump.

The 4x100 A team (Kala Johnson, Alexa Sierra, Niasha Dennis, and Immani Davidson) and 4x100 B team (Clinksdale, Radford, Means, Bellamy) ran 52.36 and 53.10 to place 1st and 2nd.

The 4x800 meter relay team placed first with a time of 11:34.75. =



## Running Class 2009 Graduation Race & Update

By Bob Boyd

The class may be over, but the bragging is not. My athletes may be too modest to share how well they did, but I have no such problem. It was my distinct pleasure to hand out a large number of 1st Race Medals to our 2009 Running Class members after they completed their 1st races at the Memorial Day 5K in Green Cove Springs on May 25th. The Memorial Day 5K was the graduation race following an 8 week training program. While about half our class were beginning runners, we also had about 10% each on Intermediate & Advanced training programs, and another 30% doing Speed work. Not only were there a lot of well earned 1st Race medals, but a copious quantity of PR's earned too.

Our class worked hard through the class and it showed on race day. I am very proud of all our athletes for their good work. The group leaders in our class do an excellent job of supporting our athletes and are responsible for the success of our program. Not only are our group leaders out there every week helping and coaching, several were active at Memorial Day running in our athletes. I am continually inspired by our athletes in the class and the dedication of our group leaders in sharing their love of running and their support of our athletes. My initial article listed the names of the 158 class members enrolled at that time. I wanted to note the 3 additional athletes who joined subsequently: Jacinta Carter, Marlon Gapasin, & Paul Williams. I failed to in-

clude two of our excellent 1st time group leaders, Lisa Adams and Melissa Saunders, in my earlier article and want to correct that error now. Kim Crist was wonderful to take pictures for us after the race. Speaking of pictures, our website, [www.FloridaStriders.com](http://www.FloridaStriders.com) has Vanessa's pictures of the 5K, Fun Run, and group picture of our class, along with Kim's post-race pictures. These pictures are free to download and we can provide a high resolution version upon request at no charge too. I wish to thank all of our group leaders and speakers for sharing their time, talent, and enthusiasm throughout our class. I want to thank our athletes for their good work, motivation, and enthusiasm. I am blessed with many inspirational people in my life. =





# Middle School State Track Championship - May 16, 2009

Clermont, Florida

Coming off the 1st place Girls Region2/ Northern Championship in April the Girls finish 6th in the state of Florida as a team out of 39 teams.

The boys had a 2nd place finish at the Regionals and managed to finish 3rd out of 43 teams at the state meet.)



The Strider girls results are:

<b>100 meter dash</b>	Ka'la Johnson	13.26	
<b>100 meter dash</b>	Imani Davidson	13.51	
<b>200 meter</b>	Breana Bellemly	28.57	
<b>400 meter</b>	Corleese Garroway	1:05.83	
<b>100 hurdles</b>	Whitney Radford	19.75	
<b>200 hurdles</b>	Correll Armont	34.22	(8th place)
<b>4x100 relay</b>	A-Team	52.33	(6th place)
(Kala Johnson, Alexa Sierra, Nia Dennis, Imani Davidson)			

<b>4x100 relay</b>	B-team	53.35	(8th place)
(Brea Bellemly, Whitney Radford, Khadijah Means, Dede Clinksale)			

<b>4x400 relay</b>	4:20.62	(5th place)
(Abigail Chowdury, Jessica Chowdury, Nia Dennis, Corleese Garroway)		

<b>4x800 relay</b>	10:51.01	(4th place)
(Abby Chowdury, Jessica Chowdury, Andrea Neswiacheny, Corleese Garroway)		



<b>Triple Jump</b>	Kyanna Carter	30 feet 1.5 inches	(7th Place)
	Amber Hendry	29 feet 10 inches	(9th Place)
<b>Shot Putt</b>	Jordan Steinmetz	30 feet 5 inches	
<b>Discus throw</b>	Jordan Steinmetz	86 feet 2 inches	(3rd place)
	Britney Norman	85 feet 10 inches	(4th place)

The Boys highlighted results are as follows:

<b>100 meters</b>	Jeremiah Tarver	12.28	
<b>200 meters</b>	Jeremiah Tarver	25.55	
<b>1500 meters</b>	Dean Gleaton	4:51.41	
<b>100 hurdles</b>	Brody Nolan	16.36	
<b>100 hurdles</b>	Kia Nakamura	18.67	
<b>4x100 meter relay</b>	50-94		
(Brody Nolan, Andrew Neswiacheny, Kia Nakamura, Phillip Rollo)			



<b>Long Jump</b>	Jeremiah Tarver	18 feet 10 3/4 inches	(5th place)
<b>Triple Jump</b>	Jeremiah tarver	38 feet 2 inches	(2nd place)
<b>Shot Putt</b>	Brad harper	41 feet 6 inches	(4th place)
	Derek Freitag	40 feet 4 inches	(7th place)
	Trevor Kintyhtt	40 feet 1 inch	
<b>Discus throw</b>	Trevor Kintyhtt	163 feet 5 inches	(1st Place)
	Derek Freitag	141 feet 4 inches	(2nd place)
	Brad Harper	119 feet 4 inches	(7th place)
	Tanner Chamblee	109 feet 11 inches	=

# My Dozen Favorite Area Races

By Bernie "Also-Ran" Powers

Inspired by my friend "Strider Man Master" and his "10 Running Rules To Remember" in the May 2009 StrideRight, I decided to list my dozen favorite area races. These are in completely random order and like any of my opinions, subject to change at the drop of a hat. I run as many area races as I can (39 last year), so I get a pretty good sampling of what's available. See if you agree:

**St. Patty's 10K** (March) - Any race in Evergreen Cemetery is fun to me, so I won't list the Pumpkin Run 10 mile (October) separately, but it's just as good. The course is almost completely shaded, the weather is usually cool, there's NO traffic, and it's not overcrowded, so it's a pleasant and fast race.

**Festival Of Lights 5K** (December) - This race starts at dusk, so you finish (at least I do) in the dark. Cool weather, festive spirit, a lot of fun. One of the few races my wife will run with me.

**Tour de Pain** (August) - Call me crazy (you'll have to stand in line) but this "three races in 24 hours" grind is always something I look forward to running. It's hot, tiring, and spread all over town, but I still love it. Plus, it's nice to wear the shirt afterwards and impress your friends—"You did WHAT?"

**Gate River Run 15K** (March) - The mac daddy of them all. Sort of like a Led Zep concert. This race has gotten so big that unless you're one of the elite you can't expect to set any speed records, but nobody would think of missing it. Hanging out in the Striders Corral before and after is half the fun.

**Swamp Run 10K** (March) - Up in Waycross, GA at the Laura Walker State Park, this little gem of a race is near the top of my list. It's half cross-country (I tripped over a root and fell this year) and half road race. The sausage and pancake breakfast that the volunteers cook after the race is worth the price of admission alone! And the awards are five deep!

**Outback 1/2 Marathon** (November) - Everyone seems to enjoy this long race. Maybe they're all thinking of Thanksgiving dinner when they're finished. I know I am. Shady and usually cool. Plenty of water tables and plenty of cheering neighbors.

**Resolution 5K** (January) - How to start your running year. Pretty course along the river in Orange Park. Good food and good mood. Cold weather at the start, which wakes me up.

**Turtle Trot 10K** (August) - This race is in Fernandina Beach, mostly in the

State Park. Shady, breezy, not overcrowded, and a fast course. The runners in Fernandina are very nice and friendly, too. Big awards ceremony in the gym afterwards with lots of food and applause.

**Matanzas 5K** (January) - What can you say about running through downtown St Augustine in the early spring? Cool, fast, and fun, but parking can be tricky. Big whoop-de-doo in the gym after.

**Memorial Day 5K** (May) - This race comes just before the weather gets really hot, so it serves as an interesting transition. Green Cove Springs is a beautiful place to start and finish, too.

**Jacksonville Marathon & 1/2 Marathon** (December) - This one gets my heart thumping just thinking about it. The excitement starts building when you arrive at Bolles School and wander around in the dark. I have to park a half mile away but I don't care!

**Ortega River 5 mile** (February) - An odd distance at five miles, but good at breaking the 3.1 mile monotony. At four miles, I begin to wonder why I'm so tired—Oh yeah, this is five miles, not five kilometers! Two bridges—one flat and the other not very steep, and a pretty course through Old Ortega and Fairfax. The Boy Scout spaghetti dinner at the church the night before is a good deal, too. =

Please Print		Application for Membership		FLORIDA STRIDERS TRACK CLUB		New <input type="radio"/> Renewal <input type="radio"/>	
Name: Last	_____	First	_____	M.I.	_____		
Address	_____			# in Family	_____		
City/State/Zip	_____			Spouse's Name	_____		
Phone: Home	_____			Birthdate(s)	_____		
Phone: Work	_____			Employer	_____		
E-mail	_____			Occupation	_____		
Signature	_____			Annual Dues:	Family \$20	<input type="radio"/>	<div>Mail Application with dues to: Florida Striders 8559 Boysenberry Lane E. Jacksonville, FL 32244</div>
Date	_____				Single \$15	<input type="radio"/>	
					Junior (under 18) \$10	<input type="radio"/>	
					Senior (over 65) \$10	<input type="radio"/>	
<small>I know and understand that running in and/or volunteering to work at FSTC races are potentially hazardous activities. I will not participate in club activities unless I am medically able and/or properly trained to do so. I agree to abide by any decision of a race official relative to my ability to safely complete a FSTC sponsored race. I assume all risks associated with running and volunteering to work in club races including, but not limited to, slip/trip/falls, contact with other participants, volunteers, or officials, the effects of the weather including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and understood by me. Having read this waiver and knowing these facts and in consideration of your acceptance of my application for membership I, for myself and anyone entitled to act on my behalf, waive, release, and agree to hold harmless the Road Runners Club of America, the Florida Striders Track Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities, even though these liabilities may arise out of negligence or carelessness on the part of persons named on this waiver.</small>							

# 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
Sunday	630 AM	Varied	Various Mandarin locations	Stephanie Griffin (904) 268-1503 or cell (904) 233-6964
Monday	5:30 PM	6 Miles Downtown Bridges	Jacksonville River City Brewing Com- pany 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

## HERSHEY GAMES

Continued from page 11

Orange Park High School and Athletic Director Clayton Anderson for the use of their fine facility. I have the nagging feeling that I have overlooked some of the contributors that made the 2009 Hershey Games a big success so please accept my apologies in advance. All of our volunteers, sponsors, and the Florida Striders in particular should feel very good about helping make a positive difference in the lives of the children in our community. =





# July/August 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/rrcocal.htm>

DATE	EVENT	TIME	LOCATION	CONTACT
July 4	Celebration 5K	7:30 a.m.	1st Place Sports 3931 Baymeadows Rd. Jax	(904) 731-1900 1st Place Sports
July 4	25th Annual Sunshine Festival 5K	7:30 a.m..	Mallory Park St. Simons Island, GA	(912) 634-2514 Golden Isles Track Club
June 11	Save the Loop 5K	7:30 a.m.	Beach St. & Granada Blvd. Ormond Beach	(386) 441-7126 Volusia/Flagler Environmental Action Committee
July 18	"New" Bridge of Lions 5K	7:30 a.m.	1 South Castillo Dr. St. Augustine	(904) 794-5702 AltaVista Sports.
July 18	Vestcor 5K Bridges Run	7:30 p.m.	Hemming Plaza Jax	(904) 731-1900 1st Place Sports
July 25	Summer Track Classic	5:00 p.m.	Bolles School San Jose CampusJax	(904) 384-TRAK (8725) JTC Running
August 1	Feel the Heat 5K	7:30 a.m..	Holly Hill Rec. Ctr. 1046 Daytona Ave. Holly Hill	(386) 673-9123 racesmith.com
August 7	Tour de Pain Three Races in 24 hours 4 mile Beach Run 5K 1 Mile	7:30 p.m. 7:30 a.m. 4:30 p.m.	Jax Beach Seawalk 1st Place Sports Baymeadows Bay St. JaX	(904) 731-1900 1st Place Sports
August 22	Carrabba's Summer Beach Run 5K	6:00 p.m	Seawalk Pavilion Jax Beach	(904) 384-TRAK (8725) JTC Running
September 5	Turtle Trot 5K	7:30 a.m..	Fort Clinch State Park 2601 Atlantic Ave. Fernandina Beach	(904) 277-3676 Amelia Island Runners

# The Back Page

BY MIKE MARINO



Sorry this one got turned in a little late, but with the weather, I was out gathering two of every animal, or at least as many that could fit on my boat. Luckily, the rain stopped and I was able to return most of the animals to their homes, though I'm not quite sure what happened to the snakes, so watch out for them when you're running. Alright, enough of the biblical references, on to the results.

The local stuff got started with three races on May 2nd. The first May 2nd race to report was the **Shrimp Festival 5K** in Fernandina Beach. **David Bonnette** led the small Strider contingent at the race, netting an age group win with a 17:49. **Bill Pennington** earned 3rd place in his age group, and everybody had a lot of shrimp.

The next May 2nd race was the **Run for Cover 5K**, I guess an appropriate name for a race the day after May day. First place and Strider seemed to be the theme of the day. The first of the firsts was a brand new Strider, **Andrew Marchand**, who won the race in 17:18 – nice first effort as a Strider Andrew. We owned 1st place in Master's Divisions too, with **Keith Poythress** winning the men's and **Ann Krause** winning the women's. We had eleven Striders claim 1st place in their age group, which included: **John Funk**, **Stephen Beard**, **Barbara Carrico** (fastest of all the Strider ladies with a 20:31), **George White**, **Rebekah Wild**, **Bonnie Brennan** (with a PR), **Sue Whitworth**, **Patrick Rohlin** (11 yrs. old), **Isabel Terres-Padin** (also 11), **Al Saffer**,

and **Joe Connolly** (he's 84). Running to 2nd place age group finishes were **Bryan Rohlin** (PR), **Lewis Buzzell** and **Claire Gilbert**. And finding awards with 3rd place age group efforts were **Bernie Powers**, **Kent Smith** and **Adrienne Brooks**. Nice job everyone.

The final May 2nd jaunt was the **San Pablo Elementary 5K** in Jacksonville Beach. **Bernie Candy** led all Striders, as well as everyone else at the race, winning the race in 20:25. Yes, at 61 years old, Bernie won the race! Also being able to raise her finger as being number one was **Vicki Choinski**, who won her age group.

The next weekend, May 9th, saw the **Oakleaf Any Way You Can 5K** at Oakleaf Plantation. I gather they did two races, an actual running event and a "roll", with the roll one really bringing out the "anyway you can" theme. Starting off with the foot race, Striders went overall in each gender, with **Jason Arnold** winning the race in 17:59 and **Barbara Carrico** winning the women's race in 20:59. **Scott Olivolo** also went overall, placing 2nd in the race. Besting the competition in their age groups were **Stephen Beard**, **George White** and **Ann Krause**. **Sue Whitworth** placed 2nd in her age group and **Scott Hershey**, **Paul Smith** and **Sharon Medders** took 3rd in their age groups. Also of note in the footrace was **Joe Connolly** doing his 923rd race and **Emily Bush** (age 6) and **Abrey Burke** (age 8) finishing the race. As for the "roll",

**Paul Smith** rolled to the finish line faster than anyone else, winning the race in 10:51 (and no, I don't know what type of rolling device he used). Rolling to age group wins were **Blake Pylipow** (age 9 and said to be the 1st biker), **Simon Jacobson** and **Gail Pylipow**. **Pete Pylipow** found his way to a 2nd place age group finish and **Tyler Imrich** placed 3rd in his age group. Six-year-old **Cole Imrich** found the finish line as well.

Rounding out the local road races was the **RITA Caring & Sharing (Cash) 5K** on May 16th. Lots of Striders were there and many earned awards. Leading all Striders was **Owen Shott**, who placed 3rd overall with a 16:19. Complementing Owen's effort was **Regina Taylor**, who took 3rd overall in the women's race with a 19:37. We pretty much owned the Master's Divisions again, with **John Wisker** winning the men's, **Ann Krause** winning the women's, and **Sue Whitworth** winning the women's Grand Masters. We had an even 10 age group winners, and they were: **Jason Arnold**, **Bill Dunn**, **Scott Seibler**, **Barbara Carrico**, **George White**, **Jo Shott**, **Kathy Murray**, **Sharon Medders**, **Al Saffer** and **Freddy Fillingham**. Our 2nd place age group finishers were **Stephen Beard**, **Patrick Rohlin**, **Claire Gilbert** and **Charles Goodyear** (PR). And running to 3rd place age group prizes were **John Funk**, **Scott Hershey**, **Rebekah Wild**, **Maria Littlejohn** (PR), **Bernie Powers**, and **Joe**

For complete results  
and color photos, go to  
**www.floridastriders.com**

# The Back Page

CONTINUED FROM PAGE 19

**Connolly.** Three other Striders turned in PRs as well, with **Traci Akers, Christine Scrimme and Adrienne Brooks** going faster than they ever had before.

And while the road races are done, we still got one more! Yes, the first Jacksonville triathlon to report – the first of the **Beaches Fine Art Series Triathlon (BFAST)**. Three lady Striders swam, biked and ran their way to awards, with **Regina Sooeey** leading the way with a 1:20:16 and an age group win. **Kaity Maveety** also won her age group, while **Vicky Connell** took 2nd in her age group.

## Striders – They're Everywhere!

Only a couple of out-of-town results this month, but both took place in California. We start off with a family trip and long run, with **Susan Gostage** and daughter-in-law **Melissa** traveling to Big Sur, California for, what else, the **Big Sur International Marathon**, held on April 26th. Meeting up Susan and Melissa was Susan's son William. The three reported the course to be difficult and hilly, but with incredible scenery, making it worth the challenge. William ran a 4:09:03, Melissa a 4:40:10, and Susan took in all the beautiful scenery in 5:15:44. Great job folks.

In Southern California, our California Strider, **John Heisner**, made waves at the **Orange County Marathon** on May 3rd. John posted a 3:07:33, which earned him an 11th overall finish, an age group win, and \$250 in prize money for being the 2nd Master's Division finisher. John tried to temper his success and his now

new status as a professional runner by saying his success was due to a "thin field." John's definition of a thin field you ask?, that would be a total of 1339 runners and 112 in his age group. Maybe that is thin by California standards, but for the Back Page, that's a pretty phat effort. Way to go John – see you at the Pies.

## Tidbits and stuff I missed

It's been a busy month, and there is nothing further to report on the 100 by 10K relay for the world record. We have contacted a couple of schools with stadium tracks, though neither felt they could accommodate us for four days. Our search will continue though, and this will happen. Stay tuned.

## Award

Did you notice the "overall" effort put forth this month. Five different Striders won races; this has to be unprecedented. And as such, we shall honor this unprecedented happening by awarding the five folks with the **"Overall, We're Better than You" award** (much in line with the smug feeling thing). So congratulations to **Barbara Carrico, Andrew Marchand, Bernie Candy, Jason Arnold, and Paul Smith** on both your overall wins and the Back Page award. And with the award, each of you is now entitled to....a nice smug feeling.

That would be all for this month folks. Make sure to sign the Strider man at local races and let me know of your out of town adventures...the race related ones anyway. Until next time, train well and be safe. =

Please get your race times in as soon as possible if you want them published. You can send your times, trash, & trivia by e-mail (preferred) to [m.t.marino@clearwire.net](mailto:m.t.marino@clearwire.net) or Mike's snail mail 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>



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