

## A New World Record

By Mike Marino

"Feel like going for a world record?" It was a simple question I asked during a Florida Striders board meeting. I'd twice been part of a relay swim for a world record, and each time it was a lot of fun, so I figured our club could do the same with running. Didn't have a specific record in mind, wasn't sure of any specifics, but figured it would be a fun thing to do. I was asked to look into it, and from there the simple question would become a massive coordination effort.

Nine months of planning, meetings

and coordination would follow.

Adjustment after adjustment had to be made. We petitioned Guinness World Records™ to establish a new world record with a 100 x 5k relay; Guinness™ wrote back saying to try an existing record, a 100 x 10k relay, instead. It was initially just a world record attempt, but we couldn't get any interest in it, so it became a benefit for the Donna Foundation. We got turned down for a track four times before finding the school that would host the event, Bishop Snyder High School.

Interestingly enough though, it seemed every adjustment we had to make simply resulted in things falling into place. There was more credibility in breaking an existing record than establishing a new one. Getting the Donna Foundation on board was key, as including them in the event was a big selling point for Bishop



**Kellie Howard (left) and Mike Marino present a check in the amount of \$6,102.00 to Donna Deegan for the Donna Foundation.**

Snyder High School and one of their board members was instrumental in getting Florida State College at Jacksonville to film the event.

We got 100 runners by the end of October, and even had to turn some away.

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LISA ADAMS

# Prez Sez

By Kellie Howard



According to Zen Master Kobo Daishi, a person's enlightenment is measured by the service to others. This also applies to organizations as well as individuals.

I am very proud to be part of the Florida Striders Track Club. We are all about running, YES! But we run and make a difference, as an organization and as individuals.

Service to our Community:

At the organization level, the Florida Striders recently gave the Donna Foundation approximately \$6300. This money was raised by the Florida Striders, who also happen to hold the World Record for the 100 x 10K Relay. The fact that we were contributing to a worthy cause at the same time we were breaking a world record made this an especially meaningful endeavor and generated much more enthusiasm than at a regular road race. Many runners at the World Record event were only planning on staying at the track for their allotted time, but ended up staying many additional hours to encourage fellow runners on the track and the many volunteers. I am sure you saw, as I did, many runners who just wanted to do something to help out. One example was Paul Smith who showed his support for the volunteers by going to Dunkin Donuts and returning with food and coffee. It is especially remarkable considering this enthusiasm occurred in spite of the near freezing temperatures and wind speeds of at least 14 miles per hour. If you were running around the back turn of the track on Friday night/Saturday morning, the gusts were definitely higher than that.

Special Kudos: Mike Marino deserves special thanks **Continued on page 7**

## Board of Directors' Summary of Action 12/15/2009

Board Members present: Dan Adams, Lisa Adams, Randy Arend, Vicky Connell, Mike Ford, Glenn Hanna, Kellie Howard, Ann Krause, Bill Krause, Kim Lundy, Melissa Saunders,

**Quorum Present:** Yes

**Strider members present:** Bob Boyd, Vanessa Boyd, Mike Marino

**Meeting began:** 7:05 pm

**Proceedings:**

A motion was made and seconded to accept the minutes of the November meeting. Mike Ford had some questions. Motion was passed.

**OFFICERS' REPORTS:**

**President's Report:** Kellie Howard

Kellie congratulated every participant and volunteer who contributed to the success of the 100 x 10K Relay, especially Mike and Randy who were there almost 24/7. She asked Mike Marino to speak to the Board.

Mike Marino, Chair of the 100 x 10K World Record Relay Event, updated the Board and also thanked everyone for their support. The film footage is completed, TV coverage was great, t-shirts/tech shirts will be ordered and a possible celebration party will be scheduled. Packet to Guinness World Record will be sent in next week and requirements for Record Holder Republic have been met.

**Continued on page 7**

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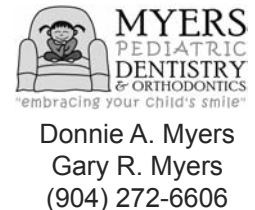
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The Florida Striders Track Club is incorporated as a non-profit organization under the laws of Florida and is granted federal tax exempt 501(c)3 status under the blanket exemption of the RRCA ID#74-2194707. StrideRight is published monthly at P.O. Box 413, Orange Park, FL. Non-profit Organization Bulk Rate postage is paid at Orange Park, FL.

# 19th Annual River Run Florida Striders Hospitality Tent

**Friday, March 12, 2010**  
**Tent, Portalets and Fence Setup**  
**9:00am-11:00am**

**Saturday, March 13, 2010**  
**Race day. Tent area**  
**opens 6:30 am**

I hope all of you are thinking about the Gate River Run and getting in shape. About this time each year, your Tent Volunteers are also thinking about the event and are already planning. As you know, we need lots of volunteers, about 50. These are the areas that need volunteers:

**Entry • Merchandise • Beverages •  
Clean up • Food in Tent • Massage •  
Portalets • Music • Unload/load  
equipment • Membership • Problem  
table • Canopy set up and take down  
• Expo Table • Dressing rooms**

Many of you helped last year and in years past. If you can help, email me or call and let me know how much time you can help and what time of morning you can help, and if you prefer a certain area. Every area is crucial to the success of the Strider Tent, your Tent. You

can be a runner or not.

Friday March 12, 9:00 am- 11:30 am  
and/or Sat. March 13, Race Day. 5:30  
am- 11:30 noon.

We will have more detail later. We will use the yellow wrist bands again. Also, the Amelia Island Runners Club will join us again. They assist us with two portalets, drinks and toilet paper, and furnish volunteers and food, too.

Thank you, Stan Scarlett, Tent Coordinator, cell 904.994.2687, stanscarlett@msn.com, home 904.268.6272



# HOLIDAY GIFTS Or The Overdue Books

Three summers ago, we traveled to St. Paris, Ohio, the home of college roommate Jim Cook. Jim is a retired physical educator, still quite active in his professional association, an occasional runner and cyclist, and a raconteur of old track stories.

Debbie and I arrived at Jim's newly built home, exchanged pleasantries, and settled in for an overnight visit. After dinner, Jim produced a small package, wrapped in tissue paper, with a bow. Within a minute, tears welled in my eyes.

The gift was a long-lost book, *Be Fit or Be Damned*, written by Australian coach Percy Cerutti in the 1960s. Inside were three letters that Percy had sent in response to mine. The book and the letters had disappeared around 1967 and reappeared 30 years later behind Jim's bookcase.

As a high school miler, my dream was to travel to Australia and train with Cerutti at his rustic running camp, Portsea, south of Melbourne. Upon graduation, I was all set to go but couldn't secure a visa without round-trip passage and proof that I had enough funds to cover a six-month stay. Of course, I didn't have that kind of money, so the trip was scuttled.

Jim's gift, or more accurately, the return of my book, brought a flood of memories with it. Jim had borrowed the book (with the letters inside) and now it had come home to me, quite unexpectedly, like a lost pet.

Imagine my surprise, then, just two weeks ago, when FedEx plops a box on my doorstep from my old friend, Jim Cook. The letter on top started, "365 x 30 years x two cents a day . . .". Jim had done it again.

More unpacking at the Cook household had ensued and the result was the return of TWO MORE of my old books: *The Marathon* by John Hopkins (1966) and *Out in Front* by George Gretton (1968).

Jim said he couldn't afford the fine for the books but compensated me, instead, by sending a copy of 1964 Olympic champion Bob Schul's book, *In the Long Run*.

So I have curled up over the holidays reading old books from the past, reliving the feelings of a college boy with a passion to run.

Personal feelings aside, each book is like a separate exhibit in a running museum, with history, races, and photos of heroes long past. Gretton describes racing with Nurmi and includes a photo from that 1930 race. Paavo Nurmi, the Flying Finn, the first super hero of running. Later, Gretton includes a hand-written summary of one of Emil Zatopek's training plans from the 1950s. Zatopek, winner of three golds in the Helsinki Olympic Games.

Hopkins traces the marathon farther into the past than I've ever read, many battles before the seminal clash on the Plain of Marathon in 490 B.C. and the epic run by Phidippides to Athens. The race was truly born, Hopkins tells us, in 1896 in the first Olympiad of the modern era, elevating the competitions far above a mere track meet. The marathon captured the imagination of the athletic world. Ten decades later, it draws tens of thousands to

## Wide World of Running By Jay Birmingham

starting lines each year, more participants, probably, than any sporting challenge on the open road.

The Marathon boasts those priceless black-and-white photos of Olympians and record setters from 1896 through the 1960s. Written in the night before the dawn of the running boom that followed Frank Shorter's marathon victory in Munich in 1972, Hopkins' book is unpretentious. Refreshingly, it is not trying to sell something nor offer advice. What a great reading experience.

Bob Schul, a farm boy from western Ohio (West Milton), was a late-bloomer who ran at Miami University (OH) and in the Air Force. His 5,000-meter win in Tokyo was overshadowed by Billy Mills' in the 10,000. Schul assumed that after 1964, a steady stream of American runners would win many more Olympic golds. Instead, history has held the number at five: Horace Ashenfelter (steeplechase in 1952), Mills and Schul in 1964, Shorter, and Joan Benoit (1984).

Schul finally published his story in 2000 and it is fascinating. World class runners forty years ago were amateurs, many holding down full-time jobs. Races were infrequent, prize money absent, expense money erratic. But Schul describes his dedication and passion to train hard and race all-out as common among the top Americans of that era.

I've known some folks who would never lend a book. Obviously, that's not me. Getting those books back, after forgetting that they were gone, was a Christmas present beyond imagination.

My wish for you, dear readers, is your own rebirth of passion for running in 2010.

Moral: Write your name in your books. Stay in touch with old friends =

## HELP WANTED

A dedicated volunteer is needed to fill the big shoes of Ken Bendy and search the Internet each month for race results & record how all Striders did in the local & out of town races to supplement times from the Strider Man. Contact [StrideRightEdit@aol.com](mailto:StrideRightEdit@aol.com)

## WE NEED VOLUNTEERS

**January 16 - Resolution Run 5K**  
Contact Bob Boyd at [BobBoydFL@gmail.com](mailto:BobBoydFL@gmail.com) or call 904-272-1770

**February 13 - Step Up! 5K  
& 1-Mile Fun Run/Walk**  
Please call the Clay County  
Health Department at 904-529-2810

## A NEW WORLD RECORD

Continued from cover



**Top: Strider Gail Pylipow gets the baton from Ed Higginbotham. Bottom: David Bonnette passes the baton to new Strider Megan Kuehner**

The runners included a wide range of folks, some blazing fast, some slower than the average time we needed to break the record, eight guys in their 60's, and one 10 year old kid whose conditioning coach assured me he could complete a 10k at the pace we needed without any problem. This list of runners, however, would remain in flux up until the event. I lost track of the number of changes to the runners prior to the order being established. And when the preliminary running order went out two weeks before the event, it had two open slots due to people dropping out just before the order was announced. The two open slots were filled and two swaps in the running order were made – it was a week before the event. Five days before the event and a runner got injured, an alternate was called to fill the spot. One more runner drops three days before the event, another alternate found to fill the slot. The day before the event I get a call from Bishop Snyder. Inclement weather that night resulted in their soccer game being rescheduled to the next night, when two of

their kids were scheduled to run. Two more scheduling swaps made.

The first day of the event, December 3rd, arrived. We were finally to what we felt would be the easy part of the event, the running. It was up to each runner to show up and deliver though, as it took all 100 runners to get the world record, and it took only one runner not finishing their 10k for the entire attempt to fail.

It was a beautiful day, but as with most things with this event, it would change. The forecast included a long period of rain, and this would be followed by wind and cold. And while everything had been planned out as much as it possibly could, we knew something would come up and that we would just have to deal with it. Was it going to be someone not showing up?, would it be the schedule?, would someone get hurt?

The first runner, Tim Deegan, started at 10:00am. There was excitement, energy – we were going for a world record. A good number of folks came out for the start, including students and faculty from Bishop Snyder. Tim finished his 10k, passing the baton to Kristin Smith. Kristin finished her run and gave the baton to CalLee Davenport; CalLee to Melissa Saunders, and on and on. By that night though, we were 19 minutes behind schedule; runners weren't going as fast as projected. This trend would change. Regina Sooley ran over four minutes faster than expected, George Hoskins ran over three minutes faster than his Mandarin 10k time, and others were either right on their projected time or a minute or two faster. By Friday morning, we were within two minutes of the schedule.

Intermittent rain began Friday afternoon, but it had no impact on us. Then things got exciting. Our oldest runner, Paul Smith (68) handed the baton to our youngest, 10-year-old Carter Bradford. The kid was electric on the track. He ran steady, strong. He was undaunted by the First Coast News cameraman following him around the track, and he was turning in negative splits. Carter put up a 43:37 and handed the baton to his mother, Lorna Bradford, a minute ahead of schedule. For the first time since the first runner, we were ahead of schedule. This trend would continue.

By that evening the rain was steady. It

would get heavy at times, but was pretty much falling straight down. The temperature was in the 50's and there wasn't much wind...yet. Just before midnight, in pouring rain, we reached the halfway point when our 50th runner, Ryan Sloan, finished with a 35:13. The runners Friday night and early Saturday morning seemed to embrace the conditions and even enjoy them. The rain was making life miserable on the film crew though, who couldn't let their equipment get wet. It was tough on the witnesses and volunteers too, as they had to sit or stand and watch. Our documentation was getting wet too, as water was getting through our supposedly waterproof tent. We kept going though, and runners were going faster than projected; we were over twenty minutes ahead of schedule. Our first minor scare came when I got a phone call Saturday at about 1:40am: "Hey Mike, I'm at Bishop Kenny, where's the track?" the caller/runner would ask. Luckily, he was there well ahead of schedule and there was no traffic to contend with – he would make it to Bishop Snyder about 40 minutes before he was supposed to run.

Then things got nasty. At about 4:40am Saturday, the rain really started coming down and with it came gusts of wind. Further, the temperature began to drop, going down eight degrees in an hour. Ed Kelly was on the track when it started; all he could do was just keep moving. Then our first real scare came. Kent Northey had to deal with these conditions for his entire run. The wind had picked up so much that it actually took him off stride.



**Kim Iselborn - Neither Rain, nor wind, nor dead of night stopped her from delivering the baton to the next runner.**



This, combined with the already wet conditions, aggravated a knee issue he had from months before. Kent fought through it though, and got the baton to the next runner. There were a few instances of the rain letting up for the next two runners, Anthony and Kim Iselborn, but they too had to deal with periods of heavy rain and wind. And poor Kim, her cute little pink hat was either falling down in her eyes due to the rain or about to blow off due to the wind.

The rain finally let up and would eventually stop by the middle of Saturday morning, but the wind and cooler temperatures remained. It was actually good running weather, and the runner's times were showing it. Through the next fifteen runners, only two runners went slower than projected, and each of them was only a minute off their projected time, whereas others were taking off time in chunks. Rushton Callaghan, Ann Krause and Ed

Higginbotham were four minutes faster than projected, and Mike Ryan was over six. Other runners were two and three minutes faster than projected. We had gotten 45 minutes ahead of schedule. Our worry now was a runner being late, especially during the overnight, so a decision was made. Runner #98, Kellie Howard, would run in slot #78 to get us closer to the schedule for runners 79 through 98, and then only the last two runners would be impacted. The move worked. We were back within 12 minutes of the runners' scheduled start times.

Late Saturday night and early Sunday morning was cold with temperatures in the 30's and steady wind. The trend of fast running continued, though we would get another scare. Runner #82, Tim Dalton, was cruising at about a six-minute mile pace when he suddenly slowed down with about three miles to go. He felt something pull near his knee. He resorted to a shuffle that was getting him around the track; he didn't want to walk because he was afraid he would stiffen up. He finished, iced his knee, took some ibuprofen, cheered other runners on for a while, and left the track with a stiff legged limp. There was some question with runner #86 too, me. I'd had seven hours of sleep during the past four days. I guess sleep is overrated – I ran pretty well to everyone's surprise, myself included.

The rest of the way was smooth. By 8:30 am Sunday morning, we were on runner 93 and I had spoken with all the remaining runners. They were all coming, and we even had an alternate, J.J. Porter, at the track just in case. We were at a pace to break the record by 12 hours. Runner by runner, lap by lap, we were getting closer. My instruction to runners was, "don't fall down." Runner #98, David Kelley, finished his 10k in gritty fashion. Then runner #99, Kim Lundy, was giving the baton to the final runner, Donna Deegan. By this time, many runners, their families, and even some witnesses had come back to see the finish (and this during a Jags game).

The excitement and energy was amazing; you could almost touch it. Applause got louder for every lap Donna completed; the excitement was building. Donna came around to complete lap 24 – ONE LAP TO GO!! Just about everyone

runner #	Name	time
1	Tim Deegan	0:44:35
2	Kristin Smith	0:49:52
3	CalLeeDavenport	0:54:10
4	Melissa Saunders	0:48:59
5	Brian Santiago	0:47:26
6	Eric Nguyen	0:52:58
7	Cody Shultz	0:44:02
8	Vicky Connell	0:55:45
9	Keith Poythress	0:42:19
10	Alex Shaw	0:53:43
11	Stephen Brown	0:41:41
12	Sebastian Figueroa	0:43:34
13	Stephen Barton	0:52:27
14	Giselle Carson	0:49:50
15	Regina Sooley	0:43:43
16	Jonathan Oliff	0:37:05
17	Jerry Lawson	0:38:57
18	Josh Myers	0:33:13
19	George White	0:45:24
20	George Hoskins	0:52:17
21	Ron Porter	0:42:55
22	Christopher Branton	0:44:45
23	Robert Walker	0:40:22
24	Frank Frazier	0:47:46
25	Rick Kohn	0:50:00
26	Matt Parks	0:41:42
27	Tracy Dawson	0:46:46
28	Jim Hughes	0:51:56
29	Shannon Miller	0:39:57
30	Dan Adams	0:42:28
31	Lisa Adams	0:43:55
32	Andrew Marchand	0:37:16
33	Bob Boyd	0:45:08
34	Gary Hallett	0:48:38
35	Christina McDonough	0:50:20
36	Paul McRae	0:34:51
37	Tracy Pfuntner	0:47:20
38	Paul Smith	0:48:51
39	Carter Bradford	0:43:37
40	Lorna Bradford	0:42:18
41	Miller McCormick	0:46:27
42	Jerry Grubsky	0:52:34
43	Barbara Carico	0:45:41
44	Stephen Beard	0:45:24
45	Alex Chieu	0:48:16
46	Denise Metzgar	0:43:43
47	Tony Nading	0:46:14
48	Michael Johnson	0:42:20
49	Mike McGinn	0:48:14
50	Ryan Sloan	0:35:13

runner #	Name	time
51	Scott Hershey	0:44:56
52	Dane Simmons	0:41:24
53	Mark Grubb	0:42:44
54	Dave Balz	0:50:32
55	Frank Bronson	0:42:48
56	Ed Kelly	1:00:33
57	Kent Northey	0:55:07
58	Anthony Iselborn	0:48:27
59	Kim Iselborn	1:00:04
60	Steve Lancaster	0:44:57
61	Stephanie Griffith	0:49:33
62	Libby Bergman	0:41:23
63	David Bonnette	0:38:57
64	Megan Kuehner	0:44:02
65	Ellen Crabill	0:52:05
66	Chris Twiggs	0:43:41
67	Diana Twiggs	0:48:17
68	Ed Higginbotham	0:47:46
69	Gail Pylipow	0:49:14
70	Ann Krause	0:46:56
71	Matthew Walker	0:40:01
72	Rushton Callaghan	0:44:18
73	Mike Ryan	0:38:49
74	Patty Miller	0:56:34
75	Tareq Farhat	0:51:39
76	Casey Huron	0:50:42
77	Ben Huron	0:37:53
78	Kellie Howard	0:50:53
79	John Funk	0:38:45
80	Aaron Shady	0:45:24
81	Scott Silliman	0:45:41
82	Tim Dalton	0:44:58
83	Mike Mandt	0:44:56
84	Darin Bickle	0:41:42
85	Eric Bush	0:50:26
86	mike marino	0:46:25
87	Randy Arend	0:40:55
88	Drew Kenny	0:40:27
89	Jerry Bennett	0:50:03
90	Danny Weaver	0:53:08
91	Jon Voorheis	0:38:16
92	Owen Shott	0:38:07
93	Jo Shott	0:44:44
94	Leonard Pfuntner	0:48:19
95	Karen Brown	0:45:46
96	Maria Littlejohn	0:54:36
97	Bernie Candy	0:44:20
98	David Kelley	1:00:27
99	Kim Lundy	0:56:41
100	Donna Deegan	1:02:00

# New, Renewing and Expiring Memberships

## NEW MEMBERS

Vernon Allen	12/31/10
Danae Bray	12/31/10
Tanya Foreman	12/31/10
Inga Graham	12/31/10
Gerald Grubesky	12/31/10
Scott Silliman	12/31/10

## RENEWING MEMBERS

David Bonnette	12/31/10
Chuck & Kacee Bryner	12/31/10
Hernando DeSoto	12/31/10
Charles Desrosier	12/31/10

Patrick Gallagher	12/31/11
Alex Hawkins	12/31/10
Robert Jamieson	12/31/10
Cynthia Lyons	12/31/10
Dotti Cahill & Tom Marsland	12/31/11
Tony Martin	5/31/09
Jan Taylor	12/31/10
Elfrieda & Norm Wyner	12/31/12

## MULTI-YEAR RENEWALS

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

Randall & Nancy Pullo	12/31/11
Glenn Landers	12/31/10
Tom Sullivan	12/31/10
Kathy King & Anthony Truitt	12/31/10

## EXPIRING MEMBERSHIPS

Maryellen Barber	10/31/09
Scott Olivolo	10/31/09
Michael, Rachel & Keegan Ford	11/30/09
Brett Lovell	11/30/09

## MINUTES

Continued from page 2

Kay Womack has resigned from the board and from her position as secretary.

Lisa Adams was appointed as Assistant Social Chair.

Steve Bruce was nominated as Race Director for the 2010 Hog Jog. The motion was passed.

**Guana Reserve 5K and 10K Trail Run :** Bill Dunn on behalf of the "Friends of Guana" who raise funds for the upkeep and enhancement of the Reserve asked for a \$500 sponsorship for the 5K and 10K trail run being held on 2/7/10. The Officers reviewed the request and recommended not to provide sponsorship due to not having the funding in the budget.

Volunteers to man the water stop for the Jacksonville Bank Marathon on Sunday, 12/20/09, are still needed and should contact JD Smith for more information.

**RRCA and USATF:** New requirements for managers/coaches of youth running clubs covered by RRCA and USATF insurance policies become effective 1/1/10. Because we do not meet these new requirements, we will have to suspend our youth running/cross country program. This does not affect the Children's Run/Walk Clubs in the elementary schools.

**Treasurer's Report:** Randy Arend  
Beginning Cash on-hand as of  
31 October 09 \$31,042.32  
November Income \$5,430.00  
(Includes Guinness World Record)

November Expenses \$6,279.77  
Amount designated for CD \$21,956.84  
Cash on-hand a/o November 30, 2009 \$8,235.71

2010 budget was presented. Lisa made a motion to approve the budget and it was seconded by Melissa. Discussion followed on the Children's Running Committee request for \$10,500 yet only \$9,000 was in the 2010 budget. More information was requested regarding the funding from Publix for children's running. Vanessa and Bob shared that the money has been approved but not yet received and that the intent is to use the Publix money to expand the current program. Discussion also followed on obtaining sponsorships, equipment purchases, sound system upgrade, social budget and tent purchase. Budget motion passed.

Hog Jog Final report was accepted. Steve Bruce has been the race director for 7 years and set a record for participants this year.

Run to the Sun budget was presented. Karen McCormick is the race director. Motion was made, seconded and passed to accept the budget.

**Social Coordinator:** Glenn Hanna

The Mellow Mushroom Prediction Run had a smaller turnout than previous runs. December's social is 12/20 at the Irvin's in Avondale. Eagle harbor is hosting the polar Plunge on January 1st. He is still working on a having a guest speaker for a monthly meeting. Another prediction run is scheduled for February

at the Mellow Mushroom in Mandarin.

**New Business:** The OP library is getting a new roof. This will require us to find another location for our Jan, Feb and Mar meetings. Kellie will check with the Cancer Center.

Motion to adjourn was made by Bill, seconded by Glenn. Meeting adjourned =

## PREZ SEZ

Continued from page 2

for organizing this great event. Randy Arend's constant vigilance to help assure the accuracy of documentation submitted to the Record Holder Republic and the Guinness World Records. How about that film crew from Florida State College; they were into the marathon spirit videotaping the entire 77 hours, 17 minutes and 25 seconds event. Bishop Snyder High School deserves our big thanks for their generosity in donating the track for the event.

On the individual level, there were countless acts of kindness by individual Florida Striders. At the Florida Striders water stop at the Jacksonville Marathon, John Powers gave his sweat shirt to a runner who dropped out of the race and was waiting for the Sag Van to pick her up. It was really cold out there, but I know that the runners really appreciated the spirit in which the water was provided.

I hope that you all also see the service provided by the members of the club and are able to share that service throughout the New Year. =



# 2009 Anniversary Celebration

By Jenny Allen

By the time you read this, our 2009 Anniversary Celebration will have been last year. I am going to refresh your memory a little in case you have forgotten that Sunday morning on October 11th when we celebrated our 31st anniversary of running from Sun Tire. I am always a little nervous when we pull into Sun Tire that only a handful of people will show up. When Richard and I arrived at 5:45, Mike Mayse had already set up the tables and chairs. It wasn't long before Elke Miller and Lori and Stan Scarlett came followed by Patt McEvers and Charles Desrosier. My working crew had arrived and soon everyone else had begun to come bringing all sorts of good food. I soon realized I had no reason to be nervous this year.

I mentioned my working crew. I appreciated them so much and can't thank them enough. Marge was out-of-town this year and I honestly thought my right arm had been cut off but Lori stepped right in and helped me shop for fruit on Friday and on Saturday morning she was on my doorstep with pumpkin donuts, ready to cut up all that fruit. Elke made the fruit ice ring for the punch bowl and she, Patt and Lori helped put out food, slice bagels, make coffee and serve punch. In Marge's

absence, I helped make the mimosas and got a few comments that it wasn't strong enough. When I got home I noticed that I had more champagne left over than usual. I made a mental note to do better next year!!!! Patt donated all of the orange juice (4 gal.) again this year as she has done for many years. Charles made the Bloody Marys which were some of the best ever. Mike volunteered to help me with the tables and chairs before I even asked. That is a big job loading them in and out of storage. Stan brought balloons for a festive flair and Frank helped to get our group picture organized. Finally, thanks to Richard who helped me in countless ways from start to finish.

The first half of the year, my money jug remained nearly empty. Pamela Miller found a dollar at the previous Anniversary Run and Danny Weaver found a dollar bill that he enclosed in a bag of change. That was about it for eight months. Then came June and things started to change. One June Sunday morning when we got back to Sun Tire, Bobby Greene handed me a twenty dollar bill he found on his run. The very next Sunday morning, Bobby and Ken Bendy were running together and EACH of them found a twenty dollar bill. That's pretty nice of you guys to turn in

that kind of money!!!! In August we got a Strider membership in the mail from Richard Vance and with it was a two dollar bill on which was written "For Lost Money Found Fund." That was pretty cool. Richard, I hope you come out and run or walk with us on Sunday morning. One of my friends, Cherry Speck, read the article in the newspaper last year about "found pennies" and started leaving little envelopes with pennies on my porch. She donated 427 pennies. As I counted the money to get a final count, I found a gold Andrew Jackson one dollar coin but don't know who gave it. Our Tarheel Strider, Robert Shields, sent three checks totaling \$17.55 for the money he found in NC. He really surprised us when he showed up for the Anniversary Run. Finally he got to reap some of the fruits of his labor. Nice surprise, Robert.

For you new Striders, the money we find throughout the year while running, walking, biking, etc. goes to buy champagne, drinks, fruit, and bagels for our Anniversary Run. Our total this year was \$129.46, down a bit from last year's \$183.17. As for next year, it looks like we are off to a good start so until then, happy, healthy running and keep those pennies rolling in. =



## Jacksonville Marathon FSTC Dedicated Volunteers

There was a great crew this year to support the water station at the marathon. Everyone had a good time and all the runners certainly appreciated their effort. Many thanks to:

Ann Krause  
Bill Krause  
Monica Goddard  
Andrea Morrison  
John Powers  
Kellie Howard  
Bob Boyd  
Stan Scarlett  
Gerry Tyburski  
Margaret Tyburski  
Danny Weaver



# A BIG THANKS

Thanks to everyone who supported the World Record Event at Bishop Snyder High School. The runners, witnesses, film crew and volunteers – everyone was instrumental in the success of the event. Special thanks as well to all the committee members, who all put in several hours of work and had many ideas that were utilized and made the event possible. Randy Arend handled all the entry forms, many of the donations, the insurance, and spent several hours at the track ensuring all event and witness documentation was completed. Kellie Howard also spent a lot of time at the track completing event documentation and ensuring witnesses completed their statements. Regina Sooeey recruited just about every witness and coordinated the witness schedule. Keith Poythress dealt with (and is still dealing with) the shirts and made our lap counter. Sarah Horn from the Donna Foundation was key in setting up their website for donations and initiated the contact that resulted in Florida State College at Jacksonville filming the event (this was huge). Dave Bokros got us the time machines used for the event from First Place Sports and was helpful in many ways during the event. And finally, Nate Stanley, Lou Pereira and everyone else we came into contact with from Bishop Snyder High School were so helpful. They basically gave us full access to their track and facilities not only for the event, but also for five “practices” leading up to the event. They also gave us access to a golf cart and one of the most popular items of the event, the cowbell that we banged and clanged every time a runner had one lap remaining.

The event was a unique and exciting experience, and while it was a lot of work, it was also a whole lot of fun. Thanks so much everyone. -Mike Marino

## Striders at the Races

# Race Results

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

### San Antonio Rock-n-Roll Marathon San Antonio, Texas November 15, 2009

Katie Maveety	4:04:05
Sandra Maveety	4:36:25
Kimberly Lundy	4:39:09

### SALT SPRAY 5K New Smyrna Beach November 22, 2009

Pat Gallagher	30:33	1st A/G
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### OUTBACK STEAKHOUSE HALF MARATHON Outback Plaza, Jax November 26, 2009

Justin Jacobs	1:14:15	2nd O/A
Owen Shott	1:18:24	3rd A/G
Andrew Marchand	1:19:01	3rd A/G
David Bonnette	1:22:23	1st A/G
Sung Ho Choi	1:23:06	
Bill Dunn	1:25:43	2nd A/G
Robert Walke	1:30:17	
Jay Millson	1:30:46	

Stephen Beard	1:31:25	
Randy Arend	1:32:08	
Regina Sooeey	1:33:12	3rd A/G
John Funk	1:33:26	
Raymond Ramos	1:33:26	
Brian Rohlin	1:34:04	
Dale Porter	1:34:27	
Lisa Adams	1:34:49	3rd A/G
Patrick Gaughan	1:35:23	1st A/G
Bruce Holmes	1:36:14	2nd A/G
Dan Adams	1:36:15	
Bernie Candy	1:36:31	3rd A/G
Regina Taylor	1:36:31	
Wendy Patterson	1:36:48	
Scott Hershey	1:37:54	
Steve O'Brien	1:38:05	
George White	1:38:56	
Bill Pennington	1:39:03	
Kristin Smith	1:40:26	
Frank Frazier	1:40:57	2nd A/G
Mark Woods	1:41:22	
Randy Abate	1:42:23	
Elfrieda Wyner	1:43:42	1st A/G
Melissa Saunders	1:43:23	

Allen Weiss	1:43:41	
Ben Mathews	1:43:41	1st A/G
Jeff Johns	1:44:03	
Drew Hershey	1:44:09	
Kathy Murray	1:44:44	
Megan Kuehner	1:45:03	
John Hirsch	1:45:27	
Bonnie Brooks	1:45:38	
Sheila Oconner	1:46:33	
Stephanie Griffith	1:46:48	1st A/G
John McGinn	1:47:08	
Paul Smith	1:47:09	
Danny Cole	1:47:13	
Holly Turner	1:47:56	
Ann Krause	1:49:12	
Thomas Pittman	1:50:27	
Roberta Tomlinson	1:50:43	
Tracy Pfunter	1:50:48	
Gil Pylipow	1:51:13	
Kim Crist	1:52:01	
Kari Damrow	1:52:02	
Marilyn Williams	1:52:12	
Gregg Friend	1:53:10	
Sharon Lucie	1:53:21	

Jim Hughes	1:53:24
Paul Berna	1:55:26
Leonard Pfuntner	1:55:34
Sue Whitworth	1:55:37
Steve Bruce	1:55:41
Kristen Hughes	1:56:19
Richard Horton	1:56:55
Danny Weaver	1:57:17
Cynthia Merz	1:58:20
Tom Zicafoose	1:58:34
Catherine Ferrell	1:58:56
Mike Haga	1:59:14
Bonita Golden	2:00:10
Denise Dailey	2:00:33
Joanie Barrett	2:00:52
James Vavrina	2:01:27
Eric Bush	2:01:31
Leslie Hague	2:01:39
Steve Lucie	2:02:38
Mary Algire	2:02:41
Kimberly Pierce	2:02:59
Jack Hayes	2:03:21
Bradley Shepard	2:03:42
Gil Flores	2:04:06
Mike Fitzsimmons	2:05:10
David Kelley	2:05:53
Kara Albach	2:05:58
Marie Barefield	2:08:19
George Hoskins	2:08:46
Jeff Suits	2:09:03
Christopher Leach	2:09:38
Harry Edwards	2:10:07
Claire Gilbert	2:11:06
Cathy Haga	2:11:36
Leslie Magruder	2:11:39
Heather Labelle	2:12:25
Staci Suits	2:12:41
Melinda Terry	2:12:53
Dena Gaucher	2:13:31
Stephanie Foreman	2:13:40
Darcy Daniel	2:13:39
Bernie Powers	2:14:10
Chelle Mahaney	2:15:01
Mark Lay	2:15:08
James Howell	2:15:20
Alexander Combs	2:16:09
Leslie Jones	2:18:19
Ed Hardee	2:21:06
Dionne Blodgett	2:26:55
Richard Vance	2:30:38
Susan Gostage	2:33:28
Kay Womack	2:33:52
Holly Wyche	2:32:34

Larry Leach	2:34:07
Carrie Imrich	2:34:11
Gene Imrich	2:34:11
Pat Noonan	2:35:08
Guillermo Ramos-Piazza	2:35:23
Bo Holub	2:36:36
Nancy Pullo	2:37:08
Charles Goodyear	2:38:35
Al Saffer	2:39:28
Tracie Brooks	2:40:56
Jonie Davis	2:42:58
Lynn Bonnette	2:46:37
Patricia Stack	2:51:25
Monica Goddard	2:55:14
Bernita Bush	3:01:34
Michelle Ramos	3:02:03
Sandra Shines	3:04:32
Mel Abando	3:08:27

#### OUTBACK 6K

Denise Metzgar	24:55 2nd A/G
Rebekah Wild	26:31 3rd A/G
Matthew Pentaleri	26:34
Cynthia Lyons	28:36
Gordon Simms	30:37
Patrick Rohlin	31:52
Annie Pentaleri	32:38
Michael Pentaleri	33:04
Stephanie Lundy	34:08
Kimberly Lundy	34:09
Steve McClung	34:14
Vickie Choiniski	35:17
Amy Weaver	35:44
Bob Tatum	35:59
Melissa Pittman	35:53
Tracy Bane	36:02
Kathleen Ngo	36:23
Cathy Reidy	36:34
Adrienne Brooks	35:02
Freddy Fillingham	37:16
Barry Marquart	37:29
Lorri Howard	37:46
Kristin Friend	38:52
Gordon Slater	40:54 1st A/G
Bill Krause	41:55
Richard Daege	41:58
Michelle Daege	41:58
Robin Zipperer	45:57
Bill Zipperer	45:57 3rd A/G
Jack Lundy	46:40
Jeff Nelson	46:52
Cary Wyche	47:17
Jakob Wyche	47:17

Jamie Wyche	48:40
George Obi	50:48
Emilee Bush	52:16
Joe Connolly	53:02
Kade Leach	53:26

#### SHUT UP AND RUN 5K X COUNTRY

November 26, 2009

St. Augustine

Christine Kehr	36:07
Jim Kehr	36:17
Darlene Schmitt	42:29

#### INAUGURAL RIGHT WHALE

FESTIVAL 5K

Jax Beach

December 5, 2009

Steve Bruce	24:38	1st A/G
Al Saffer	33:25	1st A/G

#### FESTIVAL OF LIGHTS 5K

San Marco

December 5, 2009

Owen Shott	15:24	2nd O/A
Andrew Marchand	17:22	2nd A/G
Joanna Shott	19:25 2	nd O/A
Brian Rohlin	20:29	
Barbara Carrico	20:40 1	st A/G
David Bonnette	20:45	
Stephan Beard	20:50	
Patrick Gaughan	21:19	1st A/G
George Thompson	24:02	
Don Thieman	24:06	
Bradley Shepard	24:59	
Abby Butler	25:05	
Patrick Rohlin	26:08	
Stephanie Foreman	27:22	
Joanie Barrett	27:24	
Mark Lay	27:30	
Karen Daniels	28:14	
Jennifer Shepard	28:33	
Kathy Reidy	29:25	
John Metzgar	29:46	
Bernie Powers	29:59	
Al Saffer	30:10	1st A/G
Marie Bendy	31:51	2nd A/G
Ken Bendy	31:58	2nd A/G
Charles Goodyear	32:10	1st A/G
George Friend	32:35	
Freddy Fillingham	32:35	3rd A/G
Lynn Bonnette	33:00	
Tracy Akers	33:51	
Ann Mathews	33:58	



Joanie Davis 34:49  
 Kristen Friend 34:54  
 Gordon Slater 35:11 3rd A/G  
 Robert Webster 35:44 3rd A/G  
 Danny Randolph 37:34  
 Jacob Wyche 37:52  
 Ann Krause 38:40  
 Bill Krause 38:41  
 Cary Wyche 43:29  
 Jamie Wyche 43:29  
 Mel Abando 44:23  
 George Obi 45:07 3rd A/G  
 Lynda Carroll 50:50

**ENMARK SAVANNAH RIVER  
 BRIDGE RUN 10K  
 Savannah, GA  
 December 5, 2009**

Gerry Tyburski 59:06  
 Kimberly Pierce 59:18  
 Margaret Tyburski 1:03:05

**Double Pump (5k & 10K)**

Keith Poythress 1:06:12 2nd A/G  
 Gayla Poythress 1:20:57 2nd A/G  
 Callee Davenport 1:30:27  
 James Vavrina 1:30:27

Suzanne Baker 1:30:51  
 Heather Burke 1:36:03  
 Kay Womack 1:53:26

**SANTA RUNS THE PARK  
 Anastasia State Park  
 St Augustine  
 December 12, 2009**

Darlene Schmitt 48:05 =

**IT IS MORE IMPORTANT THAN  
 EVER TO SIGN THE  
 STRIDER MAN AT ALL OUR  
 LOCAL RACES!**

## Group Training Runs

DAY	TIME	DISTANCE	JACKSONVILLE AREA	CONTACT
Sunday	6:30 AM	5 to 10 Miles Various pace groups	Atlantic Beach Ragtime Restaurant First Street & Atlantic Blvd	Bill or Dot Mitchell (904) 241-0331 mitd0005@mac.com
Sunday	6:30 AM	6 to 20 Miles Various pace groups	Orange Park Sun Tire Blanding Blvd.	Dave Bokros at DBokros@comcast.net or 904-545-4538
Sunday	10:00 AM Seasonal	3-8 Miles Trail Run	Ponte Vedra Guana State Park	Craig O'Neal (904) 568-4825 charityrunningcoach@yahoo.com
Sunday	7:00 AM	7.5 Miles Black Creek Trail	Super WalMart (NE corner) Fleming Island	Kay Womack (904) 215-8656 kaywomack@gmail.com
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



## Step Up! 5K & 1-Mile Fun Run/Walk Health Festival in the Park Saturday, February 13, 2010

Spring Park in Green Cove Springs

5K starts at 10:00 a.m.

1-Mile Fun Run starts at approximately 11:00 a.m. after the finish of the 5K

**Registration Information:** The event is open to all runners, joggers and walkers. This event is FREE for both the 5K and the 1-mile fun run.

You can register in advance by mailing your completed and signed entry form to:

Clay County Health Department  
Attention: Step Up!  
PO Box 578  
Green Cove Springs, FL 32043

Informational websites:  
[www.healthyclaycounty.com](http://www.healthyclaycounty.com)  
[www.floridastriders.com](http://www.floridastriders.com)  
[JacksonvilleRunningCompany.com](http://JacksonvilleRunningCompany.com)

For further information call 904-529-2810

**Awards:** Elementary Schools with the highest participation in the Orange Park Medical Center Fun Run/Walk Challenge can win cash to help support their school's Run/Walk Club activities. Award Structure:

1st: \$250.00	6th: \$125.00
2nd: \$225.00	7th: \$100.00
3rd: \$200.00	8th: \$100.00
4th: \$175.00	9th: \$100.00
5th: \$150.00	10th: \$75.00



Event T-shirt for the first 1000 entrants. Lots of goodies and fun things to take home! There will be no age group awards in this FREE event.

**Start Location and Finish:** Both runs will start at the corner of Walnut St. and Magnolia Ave., near Ronnie's Wings. The finish for both races is at the corner of Walnut and St. John's Ave.

**Race Timing and Mile Splits:** Splits will be given at all mile marks. A Digital Clock will be at the finish line. All turns will be marked and traffic will be controlled.

**Post Race Refreshments:** Winn-Dixie & Starbucks will be providing refreshments at the finish area.

**A Special Thank You!** Step Up committee would like to recognize our area running clubs for working together promoting community efforts encouraging families to become Healthy Floridians!



**Packet Pickup:** Run packets will be available race day starting at 8:30am at Spring Park in Green Cove Springs. The registration area will be on Walnut Street near St. John's Ave at the north end of the park.

**Post Event Raffle:** Great raffle prizes including a 6-month Family Membership to the Clay County YMCA locations!

**Youth Activity Area:** Kids of all ages can enjoy our youth tobacco-free fun zone! Join Clay County SWAT youth advocates to support local efforts to protect Clay County youth from the dangers of Big Tobacco. FREE ADMISSION!




# RESOLUTION 5K

Presented by:  
  
**orangeparkmedical**  
 MEMORIAL HEALTH CENTER

  
**orangeparkmedical**  
 MEMORIAL HEALTH CENTER



**FLORIDA STRIDER'S**  
 TRACK CLUB  
SETTING THE PACE

  
**MYERS**  
 PEDIATRIC  
 DENTISTRY  
 & ORTHODONTICS  
 "embracing your child's smile"

**JACKSONVILLE**  
  
**GREYHOUND**  
**RACING**  
INCORPORATED

**Saturday, January 16, 2010 - 8 AM**

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

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

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

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

**RACE PACKET PICKUP:** Thurs., 1/14, or Fri., 1/15, at the 1st Place Sports location noted on your entry form (10 a.m. - 6 p.m.) in either:

Orange Park: 2186 Park Ave, 264-3767, Jax: 3931 Baymeadows Rd, 731-3676 & 2016 San Marco Blvd, 399-8880, or Jax Beach: 424 South 3rd St., 270-2221.

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

**COST:** Please see the following table:  
 • There is an additional \$2 discount if you have your own ChampionChip except for day of race Registration (see entry form to enter your personal chip number.)  
 • \*\*There are no discounts available for Day of Race Registration and personal ChampionChips cannot be used. All Day of Race entries are \$20.

**Make check payable to:** Resolution 5K  
**Mail completed application & check to:**  
 Resolution 5K  
 3931 Baymeadows Rd  
 Jacksonville, FL 32217

Race fees are non-refundable.  
**More Information:** Contact Bob Boyd at 272-1770, BobBoydFL@gmail.com or www.floridastriders.com.

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

**JACKSONVILLE**  
 - GRAND PRIX -

Race Entry received:	Strider or Military	Not a Strider
by January 6	*\$12	*\$14
1/7 thru 1/15	*\$15	*\$17
Race Day	**\$20	**\$20



**4**  
 W J X T  
 the local station

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

Florida Striders Membership Application			
Please Print		New <input type="radio"/>	
Name: Last _____ First _____ M.I. _____		Renewal <input type="radio"/>	
Address _____		# in Family _____ Your Occupation: _____	
City/State/Zip _____		Spouse's Name _____ Your Employer: _____	
Phone: Home _____		Birthdate(s) _____	
Phone: Work _____		Annual Dues:	
E-mail _____		Family \$20 (2 years \$40, 3 years \$60) <input type="radio"/>	
Signature _____		Single \$15 (2 years \$30, 3 years \$45) <input type="radio"/>	
Date _____		Junior (under 18) \$10 (2 yrs \$20, 3 yrs \$30) <input type="radio"/>	
		Senior (over 65) \$10 (2 yrs \$20, 3 yrs \$30) <input type="radio"/>	

Mail Application with dues to:  
 Florida Striders  
 8559 Boysenberry Lane E.  
 Jacksonville, FL 32244

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

ADDITIONAL SPONSORS



Publix  
Charities



**Prefer the convenience of On Line Membership, Renewal, or Race Registration? Visit Active.com. They charge \$3.25 for their service.**

RESOLUTION 5K ENTRY FORM										RACE# (FSTC USE ONLY)	
<b>Packet Pick-Up (Choose One)</b>		Baymeadows 1st Place Sports 1/14 or 1/15 <input type="checkbox"/>		San Marco 1st Place Sports 1/14 or 1/15 <input type="checkbox"/>		Day of Race @ Orange Park Kennel Club <input type="checkbox"/>					
		Orange Park 1st Place Sports 1/14 or 1/15 <input type="checkbox"/>		Jax Beach 1st Place Sports 1/14 or 1/15 <input type="checkbox"/>							
<div style="display: flex; justify-content: space-between;"> <div>             First Name <input type="text"/> </div> <div>             Last Name <input type="text"/> </div> </div>											
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Age		Sex		Adult Sizes		5K <input type="checkbox"/>		FUN RUN (no charge (& no shirt)- just bring entry form with you on race day)		Personal Champion <input type="text"/>	
<div style="display: flex; justify-content: space-between;"> <div>             Street Address (include apt. number) <input type="text"/> </div> <div>             City <input type="text"/> </div> </div>											
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<div style="display: flex; justify-content: space-between;"> <div>             FSTC Member <input type="checkbox"/> </div> <div>             Military <input type="checkbox"/> </div> </div>											

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

Your Signature \_\_\_\_\_

Date \_\_\_\_\_

Parent's Signature (if under 18 years of age) \_\_\_\_\_

Date \_\_\_\_\_

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



# The Back Page



BY MIKE MARINO

Happy 2010!! I hope you realized your goals were 2009, and if not, just wipe the slate clean and start anew. It seems the club as a whole did well in 2009. We definitely finished the year strong with the prediction runs and world record attempt, and I'd bet we can take this momentum into 2010. There was plenty of activity at the end of 2009 though, and thus on to the results.

We started the holiday season as we do every year with the **Outback Steakhouse Half Marathon and 6K** on Thanksgiving Day. **Justin Jacobs** was our fastest Strider and placed 2nd overall with a 1:14:15. **Regina Sooe**y was our fastest female Strider, recording a PR 1:33:12 on her way to placing 3rd in her age group. Striders winning their age groups were **David Bonnette**, **Stephanie Griffith**, **Elfrieda Wyner**, **Ben Mathews**, and **Patrick Gaughan**. Three Striders took home second place prizes, which included **Bill Dunn**, **Frank Frazier** and **Bruce Holmes**. Placing 3rd place age awards on the Thanksgiving table were **Bernie Candy**, **Owen Shott**, **Lisa Adams** and **Andrew Marchand**. Also of note was **Darin Bickle** posting a PR.

We had four Striders place in the 6K as well as four youngsters make a good showing. **Denise Metzgar** led all Striders with a 24:55 and 2nd place age group finish. **Gordon Slater** won his age group while **Rebekah Wild** and **Bill Zipperer** took 3rd in their age groups. For the youngsters, **Matthew Pentaleri** (age 12) posted a 26:34 and **Annie Pentaleri** (age 10), **Emilee Bush** (age 7), and **Kade Leach** (Age 8) all made it to the finish line.

Also on **Thanksgiving Day** was the

## Shut Up and Run a 5K Cross Country Race in St. Augustine.

**Jim and Christine Kehr** took in the race before their big dinner, with Christine besting Jim by 10 seconds. **Darlene Schmitt** also ran with her dog **Dakota**, who beat her by a nose.

A lot was going on the next weekend with two races and a little world record attempt thing we had going on at Bishop Snyder High School. The world record is covered in another article within the StrideRight (and it is required reading), so on to the two other races. The first of the two races was the **Inaugural Right Whale Festival 5K** at Jax Beach on December 5th. Just two Striders there, **Steve Bruce** and **Al Saffer**, and each won their age group. The night race was the **Festival of Lights 5K** in San Marco, which was also on December 5th. **Owen and Jo Shott** led our charge, each taking 2nd overall with Owen sprinting to a 15:24 and Jo a 19:25. On the age group front, **Barbara Carrico**, **Patrick Gaughan**, **Al Saffer** and **Charles Goodyear** celebrated the season with age group championships. **Andrew Marchand**, **Stephan Beard**, **Marie Bendy** and **Ken Bendy** ran to 2nd place age group finishes. Taking 3rd place in their age groups were **Freddy Fillingham**, **Gordon Slater**, **Robert Webster** and **George Obi**. On the tot front, **Jacob and Cary Wyche** enjoyed the race all the way to the finish.

A couple of weeks later on December 20th was the **Jacksonville Bank Marathon and Half Marathon**. **Justin Jacobs** dominated, winning the race by

over four minutes with a 2:30:13. **Lisa Adams** was our fastest female Strider, pacing herself to a 3:27:18 and an age group win. Also winning their age groups were **Andrew Marchard** with an impressive 2:51:47 and **Bill Dunn**, who just missed breaking three hours by 39 seconds (Bill contests the course was long according to his Garmin and is claiming he broke three hours). Placing in their age groups were **Terry Sikes (3rd)**, **Amy Costa (4th)** and **Kim Crist (4th)**. And forgive me if I miss some of these (I'm flying solo here), but along with all those mentioned above, I know of three other Boston qualifiers, which were **Keith Poythress**, **Dan Adams** and **Randy Arend**. Great job to everyone finishing the marathon.

In the half marathon, **Owen Shott** was our fastest Strider with a 1:22:09, which earned him 2nd in his age group. **Lorna Bradford** was our fastest female Strider, placing 2nd overall with a 1:29:03. Our age group champions for the half were **Stephanie Griffith**, **Frank Frazier** and **George White**. Earning 2nd place age group awards were **Paul Smith** and **John Wisker**, and running to 3rd place age group finishes were **David Bonnette**, **Stephen Beard** and **Regina Taylor**.

## Striders – They're Everywhere!

Lots of travels to report and we start in San Antonio, Texas with the **San Antonio Rock-n-Roll Marathon**, held on November 15th. **Katie Maveety**, **Sandra Maveety** and **Kimberly Lundy** made the trip. All three made it to the finish line in a little over four hours. Katie recorded the

## A NEW WORLD RECORD

Continued from page 5

joined Donna for the final lap. Randy Arend and I held a pink ribbon to mark the finish. As Donna came down the final straight away, everyone was cheering, a cowbell was ringing, an air horn was blowing, and then Donna broke through the ribbon. Finally, 77 hours, 17 minutes and 25 seconds after we started running, and

about nine months after we started planning the event, we had done it.

Rousing applause, a bunch of high fives, some hugs, and a presentation of a check to Donna for the over \$6000 we had raised followed. For many people there, it was a moment they may never forget.

Our work wasn't over though. Now all the documentation had to be put together, the film had to be edited down to an hour, we had to gather media clips and articles

of the event; all of which has to be sent to Guinness World Records for verification of the record. We did something incredible though. A team of 100 runners, 50 witnesses, 12 film crew members, and many volunteers came together for a single purpose. Many folks made friends in the process, we raised money for a great cause, and, if accepted by Guinness World Records, we did what we initially set out to do – set a new world record. =

fastest time of the three with a 4:04:05. Way to go ladies.

**Pat Gallagher** made a trip down I-95 on November 22nd for the **Inaugural Salt Spray 5K** at New Smyrna Beach. Pat won his age group and was very impressed with this first time race. Pat reported the course was out and back on well-packed sand and awards were ceramic tiles decorated by art students from the local high school. And perhaps more impressive, he said there was a fine assortment of food at the end of the race

served by very gracious hostesses as well as a half dozen massage tables (at no charge.) Pat highly recommends this race to all Striders.

On December 5th in Savannah, Georgia was the **Enmark Savannah River Bridge Run**. The race includes a 5K, 10K and "Double Pump", which is running the 5K and then doing the 10K immediately following. The course is challenging, including a one crossing of a bridge over the Savannah River in the 5K, two crossings in the 10K, and, if

doing the double pump, three crossings. Ten Striders (by my count) made the trip. We had three Striders, **Gerry and Margaret Tyburski, and Kimberly Pierce** complete the 10K. Seven Striders partook in the double pump and were led by **Keith Poythress** (1:06:12) and **Gayla Poythress** (1:20:57), each of whom took 2nd in their age group. Also completing the double pump were **Callee Davenport, James Vavrina, Suzanne Baker, Heather Burke and Kay Womack**. A footnote with this, we'll give Keith and

Continued on next page

# January 2010 Race Calendar

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

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For an expanded list of races in the North Florida area visit Ken Bendy's North Florida & Selected Areas Race Calendar <http://www.ameliaislandrunners.com/kbendy/rrcocal.htm>. If you would like your race listed please email [kbendy@aol.com](mailto:kbendy@aol.com)

DATE	EVENT	TIME	LOCATION	CONTACT
January 9	St. Francis Brick by Brick 5K	8:00 a.m.	The Shores US 1 & Shores Blvd. St. Augustine	(904) 794-9234 St. Francis House
<b>January 16</b>	<b>Resolution Run 5K</b>	<b>8:00 a.m.</b>	<b>Kennel Club 455 Park Ave. Orange Park</b>	<b>(904) 272-1770 Florida Striders TC</b>
January 16	Jetty to Jetty Ultra	8:30 p.m.	Atlantic Blvd Ramp Atlantic Beach	(904) 285-1552 Performance Multi Sports
January 23	Matanzas 5K RRCA State Championship	9:00 a.m.	St. Johns County Rec Ctr. 64 West Castillo Dr. St. Augustine	(904) 501-0900 Ancient City Road Runners
January 23	2nd Annual Go Dog Go 5K	8:00 a.m.	Flagler Ave. Bwk. 210 Buenos Aires New Smyrna Beach	(386) 566-3826 Northeast Volusia Humane Society
January 30	3rd Annual Palmer Catholic Academy 5K	8:00 a.m.	Mickler's Landing Ponte Vedra	(904) 543-8515 Palmer Catholic Academy
January 30	Run 5 to Keep Kids Alive	2:00 p.m.	Treaty Oak Park 1123 Prudential Dr. Jax	((904) 731-1900 1st Place Sports
<b>February 13</b>	<b>Step Up Florida Health Festival 5K (free) 1 Mile (free)</b>	<b>10:00 a.m. 11:00 a.m.</b>	<b>Spring Park Green Cove Springs</b>	<b>(904) 529-2810 Mary_Steinberg@doh.state.fl.us Clay County Health Dept.</b>

# The Back Page

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CalLee credit for a "triple pump", as they each did a 10K for the world record attempt just two days before they were in Savannah and made it back in time on Sunday to see the end of the world record. Great work everyone.

Our next travelers were **Ann and Bill Krause**, who made a trip to South Carolina for the **Kiawah Island Marathon and Half Marathon** on December 12th. Bill took in the half marathon while Ann took on her first ever marathon. Bill finished without a problem and Ann put forth a great first marathon effort, posting a 3:58:15 on her way to a 2nd place age group finish. Well done team Krause!!

Our last travelers reporting in were **Scott and Drew Hersey**, who were in Reading, Pennsylvania when they happened upon the **Kris Kringle 5 mile Run** on December 27th. The locals described the course as flat with one small hill at the end. Scott said the "small hill" was like the Acosta Bridge. He said other parts of the course went along a river path, which was wet and muddy from melting snow. Both of them had a great time though and said they'd do the race again if in the area. Each ran a PR, with Scott running a 34:58, which was good for 5th in his age group, and Drew running a 35:46. Nice effort fellas.

## Tidbits and Stuff I missed

A big special thank you to **Ken Bendy**, who for years has searched the Internet for race results to record how all Striders did in the local and even out of

town races. Ken's efforts have been an incredible contribution to the "Striders at the Races" section of the StrideRight and a great help to me in putting together the Back Page. This was Ken's last month doing this for the local races, and he will be missed. I'm sure I speak on behalf of everyone who likes reading their name in the results when I say to Ken, from all Striders, thank you.

## Award

Easiest Award decision ever – the 100 runners and everyone else who supported the 100 x 10K world record attempt. We raised over \$6000 for a great cause, successfully coordinated a very unique and exciting running event, brought some enthusiasm to the club that hadn't been seen in a while, and, pending verification from Guinness World Records™ and Record Holders Republic™, may have broken a world record. It was an incredible effort by all involved and, most of all, it was a whole lot of fun. Special thanks to all the runners, witnesses, volunteers, The Donna Foundation, the Florida State College film crew, and the folks who came out to cheer us on. And for their effort and enthusiasm, all of the above are now entitled too... a nice smug feeling.

That's all for 2009 folks. Please do your best to sign the Strider Man, as we will be challenged in taking on the local results that Ken has done for so long. Report those out of town excursions too. Most of all though, best of luck in 2010, and 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:  
[kellski@comcast.net](mailto:kellski@comcast.net)

You can get entry forms & results for all 1st Place Sports events on the Internet at [www.1stplacesports.com](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 [www.rrca.org](http://www.rrca.org)



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