



## Another Successful Strider Event!

By Mary Ann Steinberg

Photos by Randy Iefko/jacksonville.com

With the Monster truck "Out of Control" looming near the finish line and 1996 Olympian Keith Brantley chatting with the kids, the "Step Up 5km and 1 Mile Run & Walk" went off without a hitch as nearly 2,000 runners of all ages ran either the

feature 5km or the kids one miler. The 4th annual event was hosted by the Clay County Health Department on Saturday, February 13th at Spring Park in Green Cove Springs. Approximately 2,500 people attended the event which included a Health Festival and Tobacco Free Fun Zone for kids. 1,200 kids went through the Fun Zone hosted by Tobacco Free Florida and Tobacco Free Clay. It included blow ups, face painting, balloons from o2B Kids, a DJ, lots of freebies and education on candy flavored tobacco products that are being predatorily marketed to kids. Despite the chilly morning, participants got in a good run or walk and a bit of education. The post race raffle included Monster Jam tickets from "Out of Control", 2 Trek bicycles and gift cards from Winn Dixie, 6 Panera Bread Bagels for a Year certificates, 2 YMCA family memberships, autographed Jeff Galloway books and more. Schools with the highest participation earned money for their school run/walk clubs. New



this year were the "Principals Challenge" where schools whose Principal attended won \$50 and the "Step into Motion Challenge" to see what school had the highest staff participation. 13 Principals or Vice Principals came to Step Up. Besides the Florida Striders Track Club, generous sponsors included Winn Dixie, Orange Park Medical Center, STEFCO, Starbucks, BB&T, JTC Running, Jacksonville Running Company, YMCA, RoadID, Jeff Galloway

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## March Social!

**March 7 - 50/50 Prediction Run - 4:00 PM**  
**Mellow Mushroom in Tinseltown**

Registration starts at 3:00 for this fun Strider race and social. Come guess your time on a 5K and you might win the Cash prize for the runner that guesses closest to their predicted time. All this for only a \$5 entry fee! There will be other giveaways and prizes as well.

# Prez Sez

By Kellie Howard



Most runners in Jacksonville will be participating in the biggest road race in Jacksonville, the River Run, in a few weeks and the Florida Striders want to make it a memorable experience by inviting all members to the Striders Tent. Wristbands which allow you to enter the Tent will be available at the Expo. The Tent is a great place to gather to say hi to old friends and to your Board of Directors. This is a great opportunity for the Board to hear concerns from the members. We need to hear what you enjoy about being a Florida Strider, even if it is the port-a-potties at the Strider tent.

Wishing everyone a great run, and remember to pick up your feet while you run over the bridges so you don't trip. =

## Board of Directors' Summary of Action

2/9/10

### 7 p.m. - Orange Park Cancer Center

**Board Members Present:** Lisa Adams, Vicky Connell, Glenn Hanna, Kim Lundy, Regina Sooe, Ann Krause, Bill Krause, Kellie Howard, Randy Arend

**Also Present:** Bob and Vanessa Boyd, Mike Marino, Mike Mayse.

Quorum Present? Yes

### Proceedings:

The meeting was called to order by Kellie Howard at 7:10 p.m.

A motion was made, seconded and passed to accept the minutes of the December meeting.

### Officer Reports:

#### President Report – Kellie Howard:

Kellie stated that Kay resigned from the board, and the officers recommend Regina Sooe to be appointed as Secretary. Motion made by Vicky Connell, seconded by Lisa Adams, and passed. Regina Sooe will be Secretary.

Kellie went on to say that we always approve race directors just after their race has happened. Vicky nominated Bob Boyd to serve as race director for River Road Resolution 5K for 2011, seconded and passed.

Mike Mayse discussed the procedure for handing out River Run tent wristbands.

#### Treasurer's Report- Randy Arend: December and January

**December:** Beginning Cash Balance as of November 30, 2009 was \$8,235.71; December Income was \$1,145., December Expenses were \$1,515.15; Ending Cash Balance as of December 31, 2009 was \$7,855.56.

**January:** Beginning Cash Balance as of December 31, 2009 was \$7,855.56. January Income was \$13,776.36; January Expenses were \$5,226.47; Ending Cash Balance as of January 31, 2010 was \$16,405.45.

### Committee and Director Reports:

World Record Report: Mike Marino gave a report on the Guinness World Record event, saying it was very successful.

**River Road Resolution Run Race Report:** Bob Boyd gave a report on the

Continued on next page

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## 2009-2010 Board of Directors & Key Members

(Board Members marked with an \*)

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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.

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River Road Resolution Race.

Children's Running Committee Report: Vanessa Boyd Discussion of schools who won money in the Fun Run at River Road Race. May 1, proposed date for Hershey Games at Orange Park HS. Discussions of how to save money and stay within budget.

With the \$10,000 grant from Publix the budget will consist of: 150 and 200 mile shirts, \$1,000 prize money for Run to the

Sun, Big Feet tokens for 75 and 125 miles, chains for the tokens. The Children's Running Committee moved to approve the Publix Grant Money Budget, motion was seconded by Bill Krause, and passed.

**Social Update:** Glenn Hanna Prediction Run March 7, at Mellow Mushroom Southside at 4pm. Regular March social is the River Run tent. April will be the Board of Directors picnic on Sunday 4/25 from 1-5pm, and this is confirmed at Secret Cove. Needs ideas for future socials.

**Old Business – None**

**New Business –None**

#### Announcements:

The next meeting will be here at the Cancer Center.

Bob Boyd announced that there are flyers available for the new runner class that starts on April 7, and it is on the web-site, and at First Place Sports.

Adjournment: Motion to adjourn made and seconded. Meeting adjourned at 8:19 p.m. =



# The Measure of a Course

Thirty-five years ago in Northeast Florida, there were no certified courses. What we take for granted in the 21st Century, a 5 kilometer course that is 5,000 meters long, was yet to come. Courses were measured in cars, jeeps, or dead reckoning. In the pre-GPS era, we learned to accept crude measurements.

The Summer Beaches Run, a 5-miler from Hannah Park to the Lifeguard Station in Jacksonville Beach, was representative. Lamar Strother had sunk a cement block high in the dunes just south of a rickety wooden staircase at the park. The lifeguard station didn't move. So the SBR was at least standardized. We ran the same course, year after year.

But when Buck Fannin introduced the idea of a long race through various neighborhoods and across some of Jacksonville bridges, we knew it was a good idea. The resulting event, of course, was the River Run. We thought first of a 10 kilometer event, then a 10-miler. The less frequently run 15 km distance was agreed on. But how to measure it?

Happily, I had moved south from the Dayton, Ohio area where virtually all our courses were accurately measured and certified. My good friend, Steve Price, was cutting edge in the sport of road racing. His metric road race series in Monroe attracted runners from a 200 mile radius. But how did he do it?

Contact Ted Corbitt in New York, he told me. So I did.

Corbitt, the premier ultramarathoner in the country at the time, was also head of The Athletics Congress standards committee. For a few bucks, he sent me a Clain-Jones counter for my bicycle and instructions on how to certify a road race course.

Some fundamentals: Using a steel tape, measure an absolutely straight road for ½ mile, 1 kilometer, or 1 mile. Remeasure the course with the steel tape, marking each 100 foot section with nails for accuracy. Repeat until two measurements are within a couple of inches.

That becomes your calibrated course. Attach the counter to the front wheel of the bicycle. The tires must be fully inflated on a moderate day. If the temperature or tire pressure changes substantially, one must start over. Ride the course four times, recording the number of clicks. Repeat until validity is established. Now your bike is certified.

The River Run 15,000 (the original name) started and finished one block east of the Main Street Bridge. I measured the course from the start to the base of the Hart Bridge several times, one foot from every curb (per Corbitt's instructions), coming to within ten meters each time.

But how does one measure the Hart Bridge? Instead of measuring the course on the sly (it would have been difficult with the toll booths on the south side), we asked the city permission to measure the bridge. No soap. We were stymied.

At the time I worked for Tompkins-Beckwith, a mechanical contracting firm. Through connections at work, we secured copies of the blueprints of the Hart Bridge. With the assistance of experts at T-B, we measured the bridge with engineer's precision.

The rest, past the Gator Bowl and back to the start, was completed with the calibrated bike. The course was done and we sent

## Wide World of Running By Jay Birmingham

our paperwork to TAC. A few weeks later—hooray! The River Run course was certified.

The running boom continued, races proliferated like rabbits, but most of them continued to be measured by cars.

Our acid test was in the race's second year. Kim Merritt won the women's division and (Gasp!) set a new American Record. The paperwork was submitted and we got word that a team from TAC would come to Jacksonville to check the accuracy of our course. We were apprehensive, to say the least.

Long story short, they biked the course (with police escort across the Hart) and pronounced the course accurate, in fact, a respectable 27 meters long. Whew!

Years pass and most of the races in the area are certified. No more running a five kilometer PR that will never be approached because the course is less than 3 miles long.

Should you wear your GPS and record your mileage to the hundredths and your times to the tenths of seconds? Go ahead if you are compulsive, obsessive, or just nuts. I'm all for accuracy but equally happy to run without a watch on a course of unknown length.

But if I pay the entry fee and fill out the form, give me an accurate course every time. Our hard training deserves not just a fair race, but an accurate one. =

*Jay Birmingham has mis-measured some courses in his life but all of them with a calibrated bicycle are accurate.*

## Help! Looking for Run to the Sun 8K Volunteers

Would you like that glow of accomplishment with a lot less sweat? Are you or your high school student in need of volunteer hours? We can help! More specifically, we would appreciate your help as a volunteer at our April 17th, 2010, Run to the Sun 8K event. We need help handing out race packets, assistance with race day registration, and some folks to help out along the race course and at the finish line. Event t-shirts and refreshments provided to those who volunteer! Please contact Karen McCormick at [skmac@bellsouth.net](mailto:skmac@bellsouth.net) or 904-215-7053. =

## STEP UP! 5K

Continued from page 1

and Wendy's. Thank you for making this a fun, free event for our community to encourage healthy, active and tobacco free lifestyles! =



### Top Participation Prize Money Winners in the Orange Park Medical Center Fun Run Challenge were:

1. \$250 + \$50 Lakeside Elementary (total = \$300)
2. \$225 + \$50 Thunderbolt Elementary (total = \$275)
3. \$200 Paterson Elementary (total = \$200)
4. \$175 + \$50 Ridgeview Elementary (total = \$225)
5. \$150 + \$50 Shadowlawn Elementary (total = \$200)
6. \$125 Lake Asbury Elementary (total = \$125)
7. \$100 + \$50 Annunciation (total = \$150)
8. \$100 + \$50 Oakleaf Village Elementary (total = \$150)
9. \$100 + \$50 Rideout Elementary (total = \$150)
10. \$75 + \$50 Swimming Pen Creek (total = \$125)

### \$50 McRae Elementary (Principal's Challenge)

### \$50 Coppergate Elementary (Principal's Challenge)

13 Principals and Vice Principals participated from the following schools in the "Principals Challenge":

- Lakeside
- Thunderbolt
- Ridgeview
- Shadowlawn
- Annunciation
- Oakleaf Village
- Rideout
- Swimming Pen Creek
- McRae
- Coppergate
- Orange Park Junior High
- Oakleaf Junior High

"Step into Motion Challenge" Winner – Lakeside Elementary – 15 Staff members!

# facebook



Join us on Facebook! The Florida Striders now have a group page on Facebook.

Connect with fellow runners! Stay in the loop with all the club's goings on. Post photos, videos, or favorite links to share with other members.

Don't miss out! Join today!

## Save the Date!

March 13 - River Run Tent & Other Festivities

April 17 - Run to the Sun 8K

April 25 - Annual Board of Director's Picnic  
Secret Cove Pavilion - 1:00 p.m.

May 31 - Memorial Day 5K, Social and Volunteer Appreciation

## Send us your stories!!

The StrideRight is always looking for your running adventures, race successes, training tips, or just about anything you would like to share with fellow members! Please send them to Trish at [StrideRightEdit@aol.com](mailto:StrideRightEdit@aol.com) by the 20th of each month for publication in the following month's newsletter.

We want to hear from you! =

# 19th Annual River Run Florida Striders Hospitality Tent

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 .

I need to line up volunteers as early as possible. I need:

- Two people (non-runners) to help Marge Ruebush (264-8581) inside the Tent. Arrive at 6:15 am morning of the race. This will last until about 11:30 am when we start to clean up the area. Runners can work the early shift before the race starts or anybody can volunteer for two hour shift.

Sometimes, people will walk in and volunteer the morning of the race, but we need to schedule definite people at definite times.

- A clean up team of five people and a team leader to keep the area clean. This will begin at 8:00 am through 11:30 am, cleaning the area as needed. With final clean-up starting at 11:15 am. The jobs can be runners or non runners

- Two people, runners or non runners, to set up the beverage area: tables, cups, ice, mix up the Gatorade/PowerAde when low. This would begin 6:15 am and go to about 11:00 am. Most of the work would be at 6:30 am, for about 30 minutes.

- A non runner to be our contact person to the massage group. You would meet them at 6:30 am when they arrive, show them where to set up, and give them assistance they need (usually not much). When runners and others begin to leave the Tent area for the Start Line (7:30-8:00 am) you would make sure they come over to the Tent and eat and rest. When the runners start returning, the massage people would return to the massage area. They will begin breaking down their equipment and leave about 11:00 am. Be sure to thank them and assist where needed. I usually come by the area several times during the morning.

- Five people to unload the trucks and cars that bring in materials and put

them where they need to be, inside and outside the Tent. This begins at 6:00 am and happens fast. Last year, we didn't get the materials sorted right, so I'm trying to do better. I need these same 5 people to help take down fences, tables etc and load into trucks and cars of people to be taken back to the warehouse and homes of those that brought them. This starts about 11:00 am to 11:30 am. These jobs can be runners or non runners.

- As usual, the Friday (March 12) before the race, I meet the Kirby Tent Company and Portable Sanitation (port-a-let company) about 10:00 am and show them where to set up. About 10:30 am, I have volunteers meet there to put up the orange fence barrier, and reposition the port-a-lets, sometimes. Paul Geiger is there to put up the dressing rooms. This year, the port-a-let company is letting us use a portable wash stand with soap and water, so people can clean up. This year I plan to put up an extended Tent wall for more privacy.

One of the most critical areas is the entry gates we set up. I need:

- Two people for 6 to 7 am
- Two people for 7 to 8 am
- One person for 8 to 9 am
- Two people for 9 to 10 am
- Two people for 10 to 11 am

If someone wanted to work a 2 hour shift, that would help a lot. We are using the wrist band system, like last year, but it will not work if our entry gate is not properly secured. The "gate keepers" are responsible for checking for our yellow wrist bands on entrants and working with those that don't have wrist bands. This is where we control where members and their guests get in or we are flooded with "party crashers". The Tent is for the benefit of our members and guests and PR for the club. Entry gate volunteers can be runners or non runners. If you are a runner, volunteer for an early shift.

This is the way the yellow wrist band system work (just like last year). We have thousands of bands to hand out.

- We will have them at Orange Park on Sunday mornings, at 6 to 6:30 am, and at 8:00 am, at the Sunday am run, at Sun Tire, on Blanding Blvd next to Famous Amos Restaurant.

- We will get them to Board members for them to distribute. Call or email one of the board members for their assistance.

- There will be volunteers at the Expo, Thurs 11th and Friday, 12th, from 11:00 am to 6:00 pm, to give out wrist bands and both renew memberships and sign up new members. We will also have bands available and new and renewing memberships, race morning, 13th, from 6:00 am-11:30 am.

- We will start giving them out to members regularly. Members can get the bands for themselves and family members and other guests. They need to get these bands before they come to the Tent on race morning, and be visible on their wrists. The entry gate people will see the bands and wave you through. You can come and go with the bands visible by the entry gate people. Everyone inside the Tent area has to have a visible band on, or if not, may be asked to leave the Tent area. These people may be "crashers". If we can determine they are members or member guests, they can get a band and stay.

- If a member comes to the Tent area at the entry gate without a band, he or she will be asked their name and will be checked against a member roster. If the member is on the roster, he will be given bands for him and his family. The bands should be put immediately and will be admitted to the area. If the member's name is not on the roster, he will go to the "Problem Table". As said before, once the bands are attached and visible, the wearers can come and go by just showing their bands at the entry gates. If your membership has expired you can rejoin at this event (bring \$20).

- Guests without a band and invited by members, will go to the entry gate and will be asked the name of the



# New, Renewing and Expiring Memberships

## NEW MEMBERS

Lesleigh Box	2/28/11
Mark Chorpeneing	2/28/11
Pam Davis	2/28/11
Mark Gonzales	2/28/11
Patty Harper	2/28/11
Andrew Linn	1/31/11
Dee Robertson-Lee	2/28/11
Mercedes Smith	2/28/11
James Spooner	2/28/11
Timothy Straub	2/28/11

## RENEWING MEMBERS

Doug Aiosa	1/31/11
Thomas Carlson	1/31/11
Kim Crist	1/31/11
John De Antonis	1/31/11
Stephanie Foreman	1/31/11
Cynthia Heineman	1/31/11
Donna & Jerry Hiatt	1/31/11
Leigh Jacobs	1/31/11
Jeanette Johnson	1/31/11
Harry Klug	4/30/11

August Leone	2/28/11
Lauren McLean	1/31/11
Robert Meister	2/28/11
Jay Millson	1/31/11
Alan & Ann Phillips	1/31/11
Randolph & Patricia Sandy	1/31/13
Gordon & Kim Simms	1/31/12
Joe & Maurya Sova	1/31/13
Bill Weaver	1/31/11
John Wisker	1/31/11

## MULTI-YEAR RENEWALS

Stephanie & Chuck Griffith	2/28/11
Roger Jones	2/28/12
Paul Smyth	2/28/11
Melinda & Kevin Terry	2/28/12
Kimberly Pierce	2/28/11
Joseph McCoy	2/28/11
Jennifer O'Brian	2/28/12
Jeffrey & Pam Nelson	2/28/12
Evan Gould	2/28/11

## EXPIRING MEMBERSHIPS

Tamara Bowers	1/31/10
Abby Butler	1/31/10
Beth Capps	1/31/10
Jill Cooley	1/31/10
Jonie Davis	1/31/10
Wendy Faust	1/31/10
Robbie Hailey	1/31/10
Robert Herren	1/31/10
Rebecca Hunt	1/31/10
Linda Jackson	1/31/10
Sandy Kelley	1/31/10
Beth Maurer	1/31/10
Matt McColley	1/31/10
Simone Meyenberg_Shields	1/31/10
Tony Nading	1/31/10
Carol Palmer	1/31/10
Julie Runnfeldt	1/31/10
Owen Shott	1/31/10
Jeb Stewart	1/31/10 =

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.

member that invited them. That member's name will be checked against a member roster and if the name is on the list, the guest(s) will be given bands, attached immediately and allowed to go into the Tent area. Guests can come and go, with a visible band, at the entry gate.

➤ We will have a "new membership" table near the entry gate. I need volunteers to man that table for several hours beginning at 6:30 am

➤ We always have the Strider merchandise tables at the Tent area. Bring some cash to buy shirts, hats, etc. We'll have aspirin, bandages for blisters, Vaseline etc.

➤ We also need extra canopy's to cover the massage people! The massage tables get hot from the sun and the canopies help keep them cool

➤ **Please bring a dish to share, chairs, coolers, etc.**

When replying to me with email, please use "Strider Tent" as subject!!!!!!

[stanscarlett@msn.com](mailto:stanscarlett@msn.com). =

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

### Eligibility Requirements:

- \* Must be a resident of Northeast Florida for the past two years.
- \* Must be a graduating high school senior.
- \* Must be a runner or active in track and field events.
- \* Please be advised that NCAA regulations may prohibit you from accepting this scholarship if you attend college/university on an athletic scholarship.

### ENTRY DEADLINE: Applications must be received by March 10, 2010

### A completed application should include:

- \* This form completed (4 pages, including items I through X)
- \* Essay about your running (item IX)
- \* Personal recommendation
- \* High school transcript (if desired, not required)

Please return the completed application to (prior to March 10, 2010):

Florida Striders Track Club  
Scholarships Applications  
P. O. Box 413  
Orange Park, FL 32067-0413

**Please email any questions to Danny Weaver, [weaver243@hotmail.com](mailto:weaver243@hotmail.com) =**

## Race Results

To get your race results published, fill out the form on [floridastriders.com](http://floridastriders.com)

### Matanzas 5k January 23rd St. Augustine

Justin Jacobs	15:43	3rd AG
John Wisker	17:35	2nd AG
David Bonnette	18:25	
Bill Dunn	18:47	3rd AG
Julie Breuer	19:35	3rd AG
Regina Taylor	20:17	1st AG
Bryan Rohlin	20:22	
Raymond Ramos	20:28	
Stephen Beard	20:42	
Nancy Harms	21:10	2nd AG
Barbara Carrico	21:19	4th AG
George White	21:24	2nd AG
Allison Ronzon	21:46	3rd AG
Lewis Buzzell	21:55	3rd AG
Herb Taskett	21:58	3rd AG
Ann Krause	22:37	3rd AG
Paul Smith	22:38	2nd AG
Frank Frazier	22:56	3rd AG
Kathy Murray	22:56	5th AG
Leslie Kindling	23:26	
George Hoskins	24:02	4th AG
Jack Sykes	24:05	
Susan Harms	24:27	
Isabel Tores-Padin	25:00	
Matt Ross	27:14	
Glenn Hannah	27:26	
Sue Whitworth	28:17	
Chelle Mahoney	28:54	
Bernie Powers	29:04	
Craig Harms	29:26	
Bob Meister	29:55	2nd AG
Charles Goodyear	30:01	2nd AG
Claire Gilbert	30:13	
Pat Gallagher	30:20	2nd AG
Stephen McClung	30:43	
Al Saffer	31:25	5th AG
Margaret Tyburski	31:36	
Tim Clay	32:00	
Richard Vance	32:32	4th AG
Freddy Fillingham	33:07	
Jerry Hyatt	33:07	5th AG
John Aimone	33:12	
John Wagoner	33:58	

Gordon Slater	34:09	
Kevin Byrne	34:12	
Bo Holub	34:30	
Donna Hiatt	34:33	3rd AG
Bill Zipperer	35:54	
Bill Krause	36:12	
Elda Bell	37:50	1st AG
Robin Zipperer	40:08	
Diane Aimone	43:11	1st AG
Bill Mitchell	46:45	
Joe Connolly	51:56	

Steve Williams	1:44:47
Jerry Bennett	1:54:15
Danny Weaver	1:57:03
Kellie Howard	1:58:25
Dave Garrett	1:59:31
Kevin Terry	2:04:25

### Fight for Air Climb February 6th Jacksonville

Bonita Golden	8:24
Terry Sikes	6:22

### Palmer Catholic Academy 5K January 30th Ponte Vedra, FL

Bryan Rohlin	20:23	Male Masters Winner
Bernie Candy	20:36	1st AG
Joe Connolly	49:27	1st AG

### The Run 5 to Keep Kids Alive January 30th Jacksonville

Bryan Rohlin	35:26	3rd AG
Ann Krause	37:26	1st AG
Allan Smith	37:30	2nd AG
George White	37:40	1st AG
Paul Smith	38:55	1st AG
Randy Arend	39:00	2nd AG
Leslie Kindling	40:06	2nd AG
Tom Zicafoose	40:44	2nd AG
Maria Littlejohn	43:28	
Claire Gilbert	50:09	1st AG
Charles Goodyear	54:20	1st AG
Michael Martinez	54:33	
Gordon Slater	57:13	2nd AG
Liz Gregovits	58:59	3rd AG
Bill Krause	59:11	
Freddy Fillingham	1:00:10	2nd AG
Al Saffer	1:02:01	3rd AG
Mel Abando	1:20:01	

### Ocala Half-Marathon January 31st Ocala, FL

Kathy Kaye	1:39:39	Female Master Winner
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### Pirates on the Run 5k February 6th Fernandina Beach, FL

Keith Poythress	20:10	1st AG
Nancy Harms	21:33	
Women's Overall Winner		
Jack Sykes	24:36	2nd AG
Susan Harms	24:52	
Women's Grandmaster Winner		
Craig Harms	27:49	3rd AG
Chelle Mahaney	28:55	3rd AG
Patrick Rohlin	29:44	
Charles Goodyear	31:42	1st AG
Tim Clay	31:49	
Al Saffer	33:53	1st aG
Michael Johnson	34:23	
Bill Krause	34:36	
Norm Wyner	55:28	3rd AG

### Pirates on the Run 10k February 6th Fernandina Beach, FL

John Wisker	38:36	
Men's Master Winner		
David Bonnette	40:28	3rd ag
George Thompson	45:28	3rd ag
Scott Seibler	45:44	1st ag
Steve O'Brien	45:52	1st ag
Bill Pennington	45:56	2nd ag
Btyan Rohlin	43:54	2nd AG
Alfrieda Wyner	47:43	
Women's Grandmaster		
Frank Frazier	47:46	1st AG



Lewis Buzzell	47:22	2nd AG	Claudia French	48:28	1st AG	Bill Pennington	1:18:23	
Ann Krause	48:22	1st AG	Marie Bendy	48:33	1st AG	Ann Krause	1:18:57	2nd AG
Paul Smith	49:27	3rd AG	Stephanie Foreman	50:23		Allison Ronzon	1:19:21	1st AG
John Hirsch	49:24	3rd AG	Dena Gaucher	50:46		Frank Frazier	1:19:50	1st AG
Kim Hoyt	50:39	1st AG	Leigh Jacobs	52:11		Kathy Murray	1:21:51	
Gerald Grubski	54:20	1st AG	Al Saffer	55:13		Stephanie Griffith	1:22:44	1st AG
Gayla Poythress	54:30		Freddy Fillingham	59:03		Lewis Buzzell	1:22:49	
Kim Crist	51:25	2nd AG	Jonie Davis	59:31		Paul Smith	1:23:14	2nd AG
Cynthia Maerz	51:45	2nd AG	John Gauer	1:00:42		Wendy Patterson	1:24:09	
Bernie Powers	107:38		Bill Krause	1:01:02		John Hirsch	1:24:36	
<b>Melbourne and Beaches Music Marathon February 6th Melbourne, FL</b>			Diane Aimone	1:10:21	1st AG	Mark Lay	1:24:38	
			Michelle Ramos	1:06:30		Kim Crist	1:24:52	3rd AG
			Lynda Carroll	1:12:52		Barbara Carrico	1:25:16	3rd AG
			George Mosely	1:16:51		Cynthia Maerz	1:25:39	
			George Obi	1:17:42	2nd AG	Danny Weaver	1:27:39	3rd AG
Joey Marra	4:56:42		Joe Connolly	1:18:33	3rd AG	Nancy Harms	1:27:06	1st AG
<b>Swoop the Loop 5K February 13th Jacksonville</b>			<b>John TenBroeck Memorial Winter Beach 5 Miles February 14th Jacksonville</b>			Steve Bruce	1:29:31	
						Kellie Howard	1:30:36	
						David Kelley	1:33:55	2nd AG
						Denise Dailey	1:33:55	
						George Hoskins	1:34:06	
Charles Goodyear	29:49	PR, 1st AG	Sung Ho Choi	1:00:12		Randy Pullo	1:34:53	
Bernie Powers	30:47	1st AG	John Metzgar	1:01:30		Sue Whitworth	1:35:25	
Al Saffer	34:08	1st AG	Men's Masters Winner			Harry Edwards	1:38:47	
Freddy Fillingham	35:40	2nd AG	Andrew Marchand	1:02:33	2nd AG	Glenn Landers	1:38:52	
Joe Connolly	47:20	1st AG	David Bonnette	1:06:01	2nd AG	Gil Flores	1:45:44	
<b>Five Points of Life Marathon February 14th Gainesville, FL</b>			Bill Dunn	1:09:59	2nd AG	Claire Gilbert	1:46:21	
			Robert Walker	1:10:10	1st AG	Mike Martinez	1:52:27	
			Bryan Rohlin	1:13:17		Bernie Powers	1:52:53	
			Raymond Ramos, J	1:13:46		Charles Goodyear	1:57:55	2nd AG
			Steve Beard	1:14:08	3rd AG	John Aimone	2:15:34	1st AG
<b>John TenBroeck Memorial Winter Beach 5 Miles February 14th Jacksonville</b>			Regina Sooley	1:14:50	2nd AG	<b>Palmer Chiropractic Clinics Healthy Heart 5K February 20th Port Orange, FL</b>		
			Regina Taylor	1:15:59				
			3rd Women's Masters					
			Scott Seibler	1:16:35	2nd AG			
			Cynthia Lyons	1:16:48	2nd AG			
Rebekah Wild	40:47	1st AG	Denise Metzgar	1:20:34	3rd AG	Pat Gallagher	30:50	1st AG =
Susan Harms	44:06	1st AG	George White	1:17:17	1st AG			
Craig Harms	44:52		George Thompson	1:17:51				
Glenn Hanna	45:43							

## Looking for a Few Good Members – You Know Who You Are!

Sure, running, racing, and the whole running social scene are very enjoyable and provide more benefits than any drug yet invented and with arguably few side-effects. But you would be interested in giving something back to both the running community and the health of our entire community through the good work we do as Florida Striders. You may even have already volunteered at one, or many, of our events. Thank you for your good work. The pur-

pose of this article is to ask if you would consider helping further as a coordinator. Each race has a director who oversees all the activities needed to pull together a successful race event. Each race director has a number of coordinators working with them who handle a number of functions such as registration, equipment, starting line coordination, finish line coordination, announcing, volunteers, sponsorship, fun run set-up, and the course coordi-

nation. We have enjoyed a wonderful group of volunteers handling these functions over the years and now it is time to bring in some new, wonderful volunteers to learn, and no doubt, improve, our process. If you'd like to help with any of the above functions, or even if you just want to volunteer without the coordination role, please contact me, Bob Boyd, your friendly Race Advisor, at 272.1770 or email me at BobBoydFL@gmail.com. =



# Running Class Starts Wednesday, April 7, 2010!

The Florida Striders are going to hold a class for runners! The class will begin at 6:30 p.m., Wednesday, April 7th and continue each Wednesday for 8 weeks (until 5/26/10). Bob Boyd will coach the class with the help of a wonderful team of group leaders. The class will be held at the St. Johns Country Day School track, on Doctors Lake Dr. in Orange Park, about 2.5 miles from Kingsley. Track lights are available. You will learn how to train so that you enjoy your runs, avoid injury, set goals, develop your own training plan, and, it bears repeating, ENJOY running. The cost is \$30 (\$15 for current Striders,) which includes Strider membership for a full year, and a class T-shirt, which you will receive at our class party on 5/29/10. Please ask about the discount for couples or families (\$20 for a family membership (living in the same household) plus \$15 per family member in the class - call Bob Boyd at 272-1770 with any questions.) Space is limited to the 1st 150 completed entry forms and you must pre-register with Bob Boyd at BobBoydFL@gmail.com or 272-1770. We want to make sure that you have good running shoes and are medically cleared by your physician to begin training BEFORE the class starts. If you have any questions, even if it is just about where to get those very important running shoes that are right for you, please contact Bob. We will have a good time together, learn the things that will make a real difference in your enjoyment of the sport of running, and get in better shape in the process. If you aren't having fun running you are not doing it right!

We will meet every Wednesday at the St. Johns Country Day School Track for 8 weeks starting April 7, 2010 and ending May 26, 2010, from 6:30 to about 7:45 p.m. If you follow the training plan that is provided, you will be able to complete the 5k distance by the end of the course. Our class will run the Memorial Day 5K on 5/31/10 as our graduation race (race registration is not included with the class fee since not everyone's schedule allows participation.) We can accommodate all fitness levels - nobody is too slow or too fast. For those who are already running 25 miles a week or more and are feeling the need for more speed, we will have a group focused on your needs as well, led by John Metzgar.

Each session will start with a warm-up. We will cover helpful training information or have a guest speaker for about 10 to 15 minutes and then our workout, a cool down and stretches. It is important to warm up before stretching. If you come late, please warm-up with a fast paced walk (two laps) before you start running and then just jump in with the group.

The goal of this group is: (1) have fun (2) improve fitness and (3) complete a 5K. In order to do this it is important that you COMMIT to train a minimum of 3 days a week and for best results, 4 days a week. You must commit to carve out the training time in your busy life to succeed! You are worth it. The closer you follow the training plan handout the easier it will be for you to complete the 5K. There is also a training log included with the handouts you will receive.

What to bring to running class: water bottle, sports drink (optional), towel, sports watch (optional) with stop watch feature for keeping track of running time.

What to wear: comfortable running attire. Synthetic fabrics (tech fabrics) are recommended over cotton. Fast drying cool materials such as Coolmax are recommended.

Running shoes: if you do not have running shoes or they are old (6 -12 months), I recommend going to a specialty store and getting some advice. We recommend 1st Place Sports. Wear your old shoes to the store and tell them that you are in our running class. You will get a 10% discount and, more importantly, a good fit that meets your needs, reducing the odds of an injury.



To download registration form and release, go to <http://www.floridastriders.com/running.html>

# March 2010 Race Calendar

Published as a service. Accuracy is not guaranteed. 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)

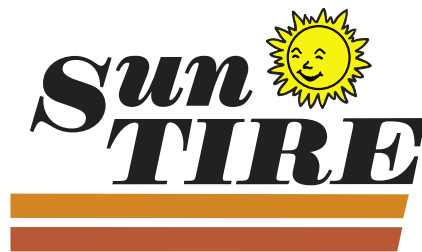
for a NF list, with web links, see <http://www.ameliaislandrunners.com/kbendy/rrcocal.htm>

DATE	EVENT	TIME	LOCATION	CONTACT
March 6	Nocatee Trailblazer 5K	8:00 a.m.	Town Center Nocatee	(904) 731-1900 1st Place Sports
March 13	Florida Times Union 5K Run for Charity	8:15 a.m.	Fairgrounds/Sports Complex Jax	(904) 731-1900 JTC Running
March 13	Gate River Run 15K	8:30 a.m.	Fairgrounds/Sports Complex Jax	(904) 731-1900 JTC Running
March 20	Lighthouse 5K	9:00 a.m.	Lighthouse Park St. Augustine	(386) 747-3532 RaceSmith Inc.
March 20	Mud Run	See website for times	Cecil Commerce Ctr Jax	(904-332-6810 Nationak MS Society
March 21	St. Patty's Day Run 10 & 5 K	8:00 a.m.	Evergreen Cemetery 4535 Main St./ Jax	(904) 731-1900 1st Place Sports
March 27	Guana River 50 km Trail Run & 2 Person Relay	7:00 a.m.	505 Guana River Rd. Guana River Preserve South Ponte Vedra Beach	(904) 731-1900 JTC Running
March 27	Walk a Mile in Their Shoes 5K	9:00 a.m.	Sulzbacher Center 611 E. Adams St./ Jax	(904) 731-1900 1st Place Sports
March 27	Spring for a Cure 5K	8:30 a.m.	Riverview Club St. Augustine Shores	(386) 747-3532 RaceSmith Inc.
April 3	Capt. Chuck Cornett 10K Run 5K Walk <small>Non DOD Personnel see race form for base access requirements.</small>	8:00 a.m.	NEX NAS Jacksonville	(904) 542-2930/3239 MWR NAS Jax
April 3	Riverside Run for Cover 5K	6:00 p.m.	Riverside Park Park St./Jax	(904)-731-1900 1st Place Sports
April 17	Sun Tire Run to the Sun 8K.	8:00 a.m.	Kennel Club 455 Park Ave. Orange Park	(904) 215-7053 Florida Striders TC





Presented by



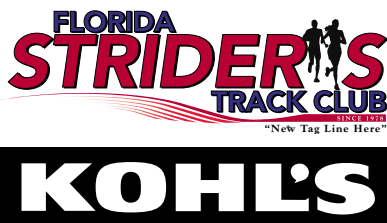
Course begins and ends at  
the Orange Park Kennel Club  
455 Park Ave, Orange Park

USATF Certified Course #FL-02016DL

8K 8:00 AM

Free  One-Mile Fun Run 9:30 AM

Awards Ceremony 10:00 AM



Mike Shad Nissan  
of Orange Park

**T-shirts Guaranteed to all Pre-Registered 8k Entrants • You can register online at [active.com](http://active.com) (\$3.25 service charge)**

Entry Received By	Striders/Military	Other
4/7/10	\$12	\$14
4/8/10 to 4/16/10	\$15	\$17
Day of Race	\$20	\$20

*Sorry, no refunds!*

Payment by check or cash only, unless  
registering at Active.com.

Make checks payable to: Run to the Sun 8K  
Mail Entry Form & check to: Run to the Sun 8K  
3931 Baymeadows Road, Jacksonville, FL 32217

For more information contact Karen McCormick  
904-215-7053 or [skmac@bellsouth.net](mailto:skmac@bellsouth.net)

#### AWARDS

Awards will be given to Top 3 overall male and female, Top Master's male and female, Top Grandmaster's male and female. Awards will also be given to the first three finishers in each age group as follows: 10 and under, 11-13, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79 and 80 & over. The awards ceremony will be held at the Orange Park Kennel Club at 10 AM.

#### RACE PACKET PICKUP

Packets will be available at your selected 1st Place Sports location (be sure to select location on your registration form) on Thursday, April 15 and Friday, April 16 between 10am - 6pm. Packets will also be available at the registration area beginning at 6:30 AM on the day of the race.



**THE PUBLIX ONE-MILE FUN RUN** starts at 9:30am. There is no charge for the Fun Run, but all runners must complete an entry form to turn in on race day (do not mail in). Extra forms available race morning. Ribbons to all Fun Run finishers and **\$1000 in participation money for elementary schools!**



## (FSTC USE ONLY)

☐ Baymeadows 1st Place ☐ Orange Park 1st Place ☐ San Marco 1st Place ☐ Jax Beach 1st Place ☐ Day of Race @ Orange  
Sports 4/15 or 4/16 Sports 4/15 or 4/16 Sports 4/15 or 4/16 Sports 4/15 or 4/16 Park Kennel Club

[illegible]

Ever run/walked  
a race? Y N

Last

Age

Age

M	F
Sex	

Sex

S M L XL  
Adult Sizes

### Adult Sizes

8k

8k

☐ **Fur**  
(no c)  
entry

**Fun Run**  
(no charge - just bring  
entry form with you on  
Sat., 4/17, race day)

# Personal Champion Chip

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(can NOT be used for Day of Race registration)

*(can NOT be used for Day of Race registration)*  
**\$2.00 Discount for using own chip**

[illegible][illegible]

State

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Zip Code

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☐ **Cash**

**Check**

**Fee Inclosed**  
\$\_\_\_\_\_

☐ **FL Strider  
Member**

☐ **Military**

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Date \_\_\_\_\_

Mail to: Run to the Sun 8K • 3931 Baymeadows Road, Jacksonville, FL 32217, Or Drop off at any 1st Place Sports Location

## Join The Florida Striders Track Club

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.

☐ New ☐ Renewal

Last Name	First	MI
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Address	Apt. #
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# in Family	Spouse's Name
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City	State	Zip
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Your DOB

Spouse's DOB

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Occupation	Employer
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Email

## Annual Dues

☐ Family \$20 (2 years \$40, 3 years \$60)

☐ Single \$15 (2 years \$30, 3 years \$45)

☐ Junior (under 18) \$10 (2 yrs \$20, 3 yrs \$30)

☐ Senior (over 65) \$10 (2 yrs \$20, 3 yrs \$30)

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Signature \_\_\_\_\_
Date \_\_\_\_\_

Date \_\_\_\_\_

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

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

# The Back Page



BY MIKE MARINO

Hello there and a good month to all. What an interesting month. Continued cold weather with even some snowfall in the area, D.C. was closed down for a bit (a good thing), Valentines Day, the Winter Olympics, and pitchers and catchers began to report for Spring Training. Big races too, and Striders were out in force, so on to the results.

We start with the Ancient City Road Runners **Mantanzas 5K**, held in St. Au-

gustine on January 23rd. It was one of two Grand Prix races this month and it held true to its reputation as a fast and competitive race. Leading all Striders was **Owen Shott**, who covered the course in 15:36 on his way to an age group win. Also winning their age groups were **Diane Aimone**, **Elda Bell** and **Charles Goodyear**. Eight Striders put forth impressive efforts to earn 2nd place

age group awards, which included **Justin Jacobs**, **John Wisker**, **Alek Abate**, **George White**, **Paul Smith**, **Bob Meister**, **Nancy Harms** and **Regina Taylor**, who was our fastest female Strider with a 20:17. Fast enough to claim 3rd place age group awards in the competitive field were **Bill Dunn**, **Lewis Buzzell**, **Herbert Taskett**, **Frank Frazier**, **Pat Gallagher** and **Ann Krause**.

## 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 Griffith (904) 268-1503 or cell (904) 233-6964
Monday	5:00 PM	6 Miles Downtown Bridges	Jacksonville River City Brewing Company parking lot	Danny Weaver (904) 287-5496
Tuesday	6:30 PM	5+ miles	Ponte Vedra Beach Sawgrass Village	Craig O'Neal (904) 568-4825 charityrunningcoach@yahoo.com
Weds.	6:30 PM	Interval Training	Orange Park, St. Johns Country Day Track	Dave Bokros at DBokros@comcast.net or 904-545-4538
Weds.	5:30 PM	Interval Training	Jacksonville Bolles School San Jose Blvd.	Danny Weaver (904) 287-5496
Weds.	6:00 PM	6.2 Miles Easy pace	Jacksonville Boone Park Riverside	Doug Tillett (904) 388-6139 douglastillett@hotmail.com
Thursday	6:30 PM	5 Miles Varied pace	San Marco/Largo Park Corner of Naldo and Largo	Doug Tillett (904) 388-6139 douglastillett@hotmail.com
Saturday	7AM	7+ miles	Ponte Vedra Beach Sawgrass Village	Craig O'Neal (904) 568-4825 charityrunningcoach@yahoo.com
Saturday	6:30 AM	10 to 15 Miles Moderate pace	Julington Creek Starbucks	Wendy Patterson (904) 237-4100 wenrex@comcast.net



The next weekend on January 30th was the **Palmer Catholic Academy 5K** in Ponte Vedra. Only three Striders there, though all of them dominated. **Bryan Rohlin** won the Master's Division with a 20:23 and **Bernie Candy** and **Joe Connolly** each won their age groups.

Later on January 30th was a new race, **The Run 5 to Keep Kids Alive**. And that's an old school 5, meaning five miles. Cool course, which included the Acosta and Main Street Bridges, and to make it more fun, it rained. It must of have **Bryan Rohlin's** day. He was again our fastest Strider, going up and down the bridges and rest of the course in 35:26 while placing 3rd in his age group. **Ann Krause** was our fastest female, winning her age group with a 37:26. We had an age group sweep, with **Charles Goodyear**, **Gordon Slater** and **Al Saffer** (in that order) taking all prizes in the men's 70 & up age division. Also winning their age groups were **Paul Smith**, **Claire Gilbert** and **George White**. Sticking with the whole 5 theme, we had five more Striders take an upside down 5 (that's 2nd for you slower types) in their age groups, which included **Randy Arend**, **Allan Smith**, **Leslie Kindling**, **Tom Zicafoose** and **Freddy Fillingham**. One other Strider got an award, with **Liz Gregovits** taking 3rd in her age group.

There were two races on February 6th as well. We again had a small contingent at one race, with just two Striders reporting in, **Bonita Golden** and **Terry Sikes**, from the **Fight for Air Climb**, a benefit for the American Lung Association. Climb being the operative word for the race as participants ran up (or climbed) 42 stories of stairs. Bonita won age group, racing up the stairs in 8:24, and Terry took 2nd in his age group, getting to the top in 6:22. More importantly, Terry and Bonita were on a team, the **Major Climbers**, that raised \$1,197 for the event.

Amelia Island Runners had the other race on February 6th with the more established and more conventional **Pirates on the Run 10K and 5K**. Starting with the 10K, our fastest male and female Striders each went overall, with **John Wisker** conquering the Master's Division in 38:36 and **Elfrieda Wyner** swashbuckling to a Grand Master's Division win in 47:43. Raiding the awards table and taking first place age group prizes were **Scott**

**Seibler**, **Steve O'Brien**, **Frank Frazier**, **Ann Krause**, **Kim Hoyt** and **Jerry Grubeski**. Stealing 2nd place age group awards were **Cynthia Maerz**, **Kim Crist**, **Lewis Buzzell**, **Bryan Rohlin** and **Bill Pennington**. And running to 3rd place age group awards were **David Bonnette**, **George Thompson**, **Paul Smith** and **John Hirsch**. In the 5K, we can stay with the whole pirate pillaging theme, as we put all kinds of harm on the competition, especially women. Specifically, **Nancy Harms** was the overall women's winner with a 21:33 and **Susan Harms** won the women's Grandmaster's Division. Age group winners too, with **Charles Goodyear**, **Al Saffer** and our fastest Strider, **Keith Poythress** (20:10) putting a beat down on all others their age. Rounding out our assault on the awards table were **Jack Sykes**, who took 2nd in his age group, and **Norm Wyner**, **Chelle Mahaney** and **Craig Harms**, all of whom swiped 3rd place age prizes.

We had another new event the following day, February 7th, with the **Guana Tolomato Mantanzas National Estuarine Research Reserve (GTMNERR) 5K and 10K**. Couldn't find the results on this, though one Strider, **Joe McCoy**, reported in for the 5K. It was a return to racing for Joe, being his first race following a minor stroke (don't worry, his doctor approved his return). Joe did it mainly to tune up for the Donna and Gate River Run, so his time is not important, just great to have him back running.

Another two races the next weekend, the first being the **Swoop the Loop 5K** on February 13th. Not a huge Strider turnout, but all Striders running in it took home prizes. We had four age group winners with **Charles Goodyear** (who had a PR), **Bernie Powers**, **Al Saffer** and **Joe Connolly**, and we had one 2nd place age group finisher in **Freddy Fillingham**.

On Valentines Day there was the **John TenBroeck Memorial Winter Beach 10 mile and 5 mile**, previously known as the Winter Beach Run. This Grand Prix romp through the sand and into the wind (at least in one direction) has been going on for over 30 years. Striders made a really good showing. **Owen Shott** and **Justin Jacobs** owned the field (or I guess the beach), as Owen won the race in 54:20 and Justin took 2nd overall in

55:28. The next nearest runner was over four minutes behind. **Jo Shott** went over-all as well, taking 3rd in the women's race with a 1:09:54. Striders were all over the Master's Divisions too, with **John Metzgar** winning the masters and **John Wisker** and **Regina Taylor** each taking 3rd in masters. Running through the sand to age group championships were **Robert Walker**, **George White**, **Allison Ronzon**, **Frank Frazier**, **Stephanie Griffith**, **Nancy Harms** and **John Aimone**. We had an even ten Striders gut out 2nd place age group efforts, which included: **Andrew Marchand**, **David Bonnette**, **John Steinberg**, **Bill Dunn**, **Regina Sooeey**, **Scott Seibler**, **Cynthia Lyons**, **Ann Krause**, **Paul Smith** and **Charles Goodyear**. And enjoying their day at the beach while also earning a 3rd place age group award were **Steve Beard**, **Denise Metzgar**, **Kim Crist**, **Barbara Carrico** and **Danny Weaver**. Leading all Striders in the 5 mile was **Randy Abate**, who posted a 39:45. **Rebekah Wild** (40:47) led a "ladies only" Strider effort towards age group wins, and joining Rebekah were **Jill Cooley**, **Susan Harms**, **Claudia French**, **Marie Bendy** and **Diane Aimone** (nice job ladies). We did have a couple of fellas earn awards too, as **George Obi** took 2nd in his age group and **Joe Connolly** earned 3rd in his.

### Striders – They're Everywhere!

The fun out of town began where it always does this time of year, in Ocala. We had our typical Strider and friends road trip to the **Ocala Half Marathon** on January 31st. It is a tough, hilly course that leaves everyone sore and yet returning for more, as the course is every bit as scenic and beautiful as it is challenging. Leading the Ocala effort were Strider friends **Kathy Kaye**, who earned a Master's Division win with a 1:39:39, and **Steve Williams**, who won his age group by about seven minutes. Also making the trip were **Jerry Bennett**, **Danny Weaver**, **Dave Garrett**, **Kevin Terry**, **Kellie Howard**, and Kellie's dad, **Bruce Howard**. Well done folks.

Not going too far away but nonetheless out of town was **Pat Gallagher**, who went to Port Orange for the **Healthy**

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**Heart 5K.** Pat described the course as very pleasant and flat with a loop around a lake just before the finish. Interesting twist on this one too, as race place was determined by "chip time" and not race time. Pat said this resulted in less traffic at the beginning as well as finishing orders being switched based on the chip times. Pat reported many runners liked this format, including him, as he won his age group. Way to go Pat.

**Joey Marra**, who recently joined the club and got all "**Goofey**" last month, doing the **Disney Half Marathon and Marathon** on consecutive days, went way beyond goofey this month. Joey's month started in Melbourne, Florida on February 7th at the **Melbourne and Beaches Music Marathon and Half Marathon**. Joey did the marathon, saying it was a nice course, though a simple double loop, so he recommends the half. The next weekend, Joey was in Gainesville for the **Five Points of Life Marathon and Half Marathon**. Joey did the marathon (yeah, marathons on consecutive weekends). He described the race as small but with great support and the course as hilly. The course also went right through what some may consider the hallowed ground of Ben Hill Griffin Stadium – a.k.a The Swamp! Joey returned to town the next weekend, but didn't stop doing a 26.2 mile long run, as he took in the **26.2 with Donna**. Yes, three marathons in 15 days. And to top it off, he has plans to go to Gasparilla next weekend for, yup, the marathon. Seems Joey might be a bit off, so he should fit right in with our club. Welcome to the Striders Joey!

## Tidbits and Stuff I missed

We're still working through the whole results gathering process, with emphasis on folks making sure they sign the Strider Man (yes, that's man, I refuse to go politically correct and say person) or report their results by e-mail.

One more tidbit for the world record, and it was big. On February 1st Guinness World Records™ officially recognized the Florida Striders Track Club for running the fastest ever 100 x 10K relay. Very sharp certificate, which was featured on First Coast News several times last weekend (thanks Tim and Donna Deegan). Special thanks and congratulations to all involved.

## Award

Tough decision this month, could go with something bent (like Joey), do the world record again due to the Guinness™ recognition, or give props to any one of the many solid efforts described above. Decisions, decisions....got it. Going with the "**Good Month Award**" and it goes to **Charles Goodyear**. What a good month Goodyear had, winning his age group four times, taking 2nd once, leading a Strider age group sweep, and recording a PR to boot. Yes, a good month indeed for Mr. Goodyear. And for Goodyear's good month, he is now entitled to....a nice smug feeling (for a month).

That's all for this month folks. Make every effort to record your times on the Strider Man and send me e-mails with those out of town races. Until next time, train well and be safe. =

## SEND US YOUR RACE RESULTS!

If you miss signing the Strider person, please fill out our new race result form located at [floridastriders.com](http://floridastriders.com). There is a link to the form on the home page.

## 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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