



Got Motivation?

By George Hoskins

If you are reading this, running is probably an important part of your life. Do you expect to be running, and enjoying it, far into your senior years? Can you relate to the following sentiments about aging? "You are as young as you think you are." "Age is just a number; what really matters is positive attitude." "The really important birthdays are those every five years that move you up to a new age group."

Where do you get your motivation to keep going, and going, even when it is tough to do? I get some of mine from reading Runner's World Magazine every

month. I especially enjoy the articles about people who remain active, and keep running, in spite of some great challenge in their life.

Runners who keep going, despite old age, illness, or some other challenge, can inspire and motivate us all, and perhaps help us set some new, long term goals for ourselves. Whether we are thirty or sixty, we can ponder this: will I be healthy and running, and enjoying it, in ten years? In thirty years? What do I need to be doing now, to make that happen? So here are the stories of a few runners who have motivated me, when I needed a little extra push to get out the door.

Consider Jerzy Kuszakiewicz, who lives in Texas. Around age sixty he had survived prostate cancer and had several other chronic health problems. To

stem the tide of deteriorating health, he seriously got into running, and he kept going. That was 29 years ago. Jerzy now holds national age-group records at distances ranging from the 5K to the marathon. When interviewed for Runner's World at age 89, he was still looking ahead -- he was hoping to break some national and even world records, in the 90 to 94 age group!

How about Charley Robbins in Connecticut? Charlie has run at least 2000 races in his lifetime. He is speedy, as well as persistent. Charlie placed third in the Boston Marathon in 1944, and he has set age-group records in various races. When interviewed for Runner's World at age 81, he was looking forward to the Manchester Road Race, a 4.7 mile event.

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Save the Dates!

April 17 - Run to the Sun 8K

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

Come on over to the Southside of Jax at Secret Cove, near Danny and Jenny Suber's house close to St. Lukes Hospital.

Hamburgers, hot dogs, and garden burgers with all the trimmings will be provided by the club, along with beverages. Please bring a dish to share and some comfy chairs to sit on. For more info or to volunteer at the picnic, please contact Glenn Hanna at (904) 777-9351 or ghanna3@bellsouth.net. **DIRECTIONS:** Exit I-95 at JT Butler Blvd. East (towards beaches). Stay in the right lane to get to Belfort and make a left (north) onto Belfort. Go past St. Lukes, about 1 mile to Secret Cove entrance on the right. Go 1 block to gravel road on left - follow gravel road to parking and pavilion.

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

Prez Sez

By Kellie Howard



I have had a cold for the past 4 days, but decided to run this morning even though I did not feel better. I have heard different opinions on running when you are not feeling well, so I decided to talk to Skip Wilson, MD, a family physician. When I choose a personal physician, I try to find a runner or someone who is active and therefore understands the importance of running in my life. Dr. Wilson gave me the answer I was hoping to hear. He stated that running is not going to make your cold better or worse. Your cold will not turn into pneumonia by exercising. He added the advice to listen to your body, not stress yourself on your run, and drink plenty of fluids.

Fortunately, I did not get my cold until after the River Run, and was able to enjoy all of the festivities surrounding the event including the best River Run Tent ever. One of our new members, Ab Deshimukh, told me that the cost of his Striders membership was worth the opportunity to attend the Strider Hospitality area. Once again we enjoyed having the Amelia Island Runners join us, and their contributions to our hospitality area. As our event continues to grow, Stan Scarlett puts on a bigger and better venue for us to enjoy. To keep up with the growth, we will budget for additional port-a-lets next year. Also a special thanks to John Powers, Mike Mayse, Marge Ruebush for managing the entrance chutes, registration process and food area. There were many, many more who volunteered and I would like to thank all of you as well.

See you on the roads or in a port-a-let line. =

Board of Directors' Summary of Action

3/9/10

Orange Park Cancer Center

7:10 PM

Board Members Present: Lisa Adams, Glenn Hanna, Regina Soeey, Ann Krause, Bill Krause, Kellie Howard, Randy Arend, Dan Adams, Vicky Connell, Melissa Saunders, Darcy Daniel, James Vavrina.

Also Present: Bob and Vanessa Boyd, .

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 February meeting.

Officer Reports:

President Report - Kellie Howard: None

Treasurer's Report- Randy Arend: The new tent was a big expense for the month, and will arrive Thursday. \$500 for Resolution Run from the Kohl's grant transferred. There is money left in some of the special budgets still. We are going to get a lot of new members soon via the new running class.

Committee and Director Reports:

Nominating Committee-Dan Adams: Distributed list of nominees for new Board. The Committee recruited a good mix of folks who can work well together and a mix of new and old members. April 25, will be the meeting when we elect the board. Bios due to Trish Kabus by 4/15. **Continued on next page**

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IN MEMORIAM

Barry Mello, former Strider and Race Director of a few ShipShape 5000 (know as Memorial Day 5K today) passed away March 22 from cancer. Barry may be remembered through memorial donations to Community Hospice Foundation, 4266 Sunbeam Road, Jacksonville, FL 32257 or to Victory Junction Gang, 4500 Adams Way, Randleman, NC 27317 which was one of his favorite kids charities within the NASCAR community. =

Mmm, Mmm, Make Yourself Comfortable

There's an old Sarah Vaughn song that many runners ignore. The first line is the title of this article.

A teaching colleague comments contemptuously, about once a month, that he's never seen anyone running and smiling at the same time. I point out that basketball players and other "game players" have lots of down time for socializing, and besides, many of us DO smile while running.

Anyway, we all might smile more often if we deal with comfort issues that are under our control. The first is foot comfort.

Do you have a callous or a spot that blisters frequently? Consider changing to thinner socks, a new brand or style of shoes, or (gasp!) shoe surgery. You will not blister or callous unless there is friction. Thinner socks or two layers of thin socks often cure this problem.

Spanish novelist Cervantes wrote, "I know where my own shoe pinches me." You know where yours does, so correct it. Roomier shoes or shoes built on a different last (more or less curvature) may solve your problem. Shoes that are too loose can be problematic, too, so hunker up those laces: your shoe should not slide on and off like a house slipper.

Another complaint: Pain across the top of the foot. Solution: Don't lace your shoes to the top. Just because there are nine eyelets with laces to match doesn't mean you have to use them all. Unlace a couple and see if that helps. Sever the extra shoestrings and run lighter.

Now about that surgery. I've seen running shoe prices rise from \$12 a pair (1966, Onitsuka Tigers) to \$90 and beyond (top of the line for most brands). Shoes are a runner's most important purchase, so it's anathema to modify them. But modify them you must if you want to correct painful feet. A single edge razor blade or a pair of heavy scissors will give your toe or heel relief. Hack away the leather or nylon piece that offends you. The shoe will not fall apart and you'll get more comfortable miles despite their modified appearance.

Do you tug at your shorts, singlet, or T-shirt while you trot along the trail? Whatever is uncomfortable—fix it. Perhaps the scissors can take out an offensive seam. Use pinking shears to crop the bottom of a shirt that is too long. Hotter weather means wetter running clothes and extra cloth is a bother. Keep it short. Can't bear to butcher an expensive article of clothing? Deal with the chafing and stop reading this article.

Tension in your face? Wear a cap. Squinting and can't stand hats? Wear sunglasses. Now you're getting the idea.

Petroleum jelly on your nipples will eliminate the chafing that all runners experience on long runs. Band-Aids work fine, too. Ditto for lubricating around your legs and between the cheeks. Prevention is best but a mid-run adjustment is always superior to toughing it out.

Now to bladder and intestinal comfort. Plan ahead. But if you have run just one race trying to hold it because the lines were too long or there was no place to go, consider these simple but unorthodox suggestions:

Go off by yourself, sit on a curb or a slight rise on the

Wide World of Running By Jay Birmingham

grass, pull your shorts to the side, and relieve the pressure on your bladder. Pretend to be adjusting your shoelace or rubbing your knee. This beats trotting around looking for bushes and works for females and males alike. If it's cold (won't be around here for awhile), put a trash bag in your running kit and use it for warmth as well as your own little privacy tent.

Don't overeat the night before. With all the hype about pre-race diets, carb loading, supplements, etc., it's common to have too much in your colon just before the race. Eat a light, familiar meal, skimp on the roughage and onions and pickles and such. Stop two miles from the race site and use a restroom at a fast-food joint or a gas station. It's hard to evacuate quickly when you know there are 20 runners waiting for you to leave the porta-john.

If you must go during the run, you can still salvage a good performance if you know where there are woodlots or construction site portables. Carry a Baggie with toilet paper in your shorts. In marathons, appeal to spectator-homeowners. "May I use your bathroom?" complete with a troubled facial expression has always worked for me. They'll jog you into their house and cheer you on when you depart.

That's enough for now. You have likely discovered other ways to stay on the road in relative comfort. Running is natural and uninhibited. If you can set aside some conventions and scruples, you will find yourself running and racing better. =

Jay Birmingham has never been arrested and has run in shoes with the toes cut out.

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



We are still in need of volunteers to help out at the upcoming Run to the Sun 8k on April 17th. Event t-shirts and refreshments provided to those who volunteer! Please contact Karen McCormick at skmac@bellsouth.net or 904-215-7053.. =

2010-2011 Florida Striders Board of Directors Nominees

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



Lisa Adams joined The Striders in 1999 and enjoyed many Sun Tire, Bridge and Bolles speed workouts before moving to Milton Fl. When she and Dan moved back, they re-joined the Striders and have again been able to participate in many training runs at Sun Tire and St. Johns track. Lisa enjoys running in the local races. A few of her favorites are the Strider events, the Gate, the Outback and Jax Marathon. This year she also participated in two team distance runs: the Oregon Hood to Coast with Dan and the Florida Ragnar with local running friends. On most days you can find Lisa and Dan running on Fleming Island's long sidewalk and the Black Creek Trail with their three girls, Megan (7), Grace (4), Addison (3) Tucker the dog, and great running partner Melissa Saunders. Lisa enjoys sharing her love



of running with others. She coached Girls on the Run for three seasons, helps with Thunderbolt's Run-Walk club and coaches her daughter's soccer team. Lisa would love to serve on the Strider Board and is looking forward to organizing a monthly prediction run and recruiting new members.

Randy Arend began running over 10 years ago, and became a Strider in 2000 after participating in his first Gate River Run. His enthusiasm for running has grown over the years, in part from the great camaraderie and advice received from other runners, especially fellow Striders. He considers running to be beneficial for all who participate, and that the Striders' efforts to provide opportunities and encourage participation from the community, particularly through its youth programs, make it a valuable local asset. Randy looks forward to assisting the Florida Striders Track Club in achieving its objectives of promoting and encouraging running in the community. Randy and his wife Krissa have an 18-year old son, Scott.

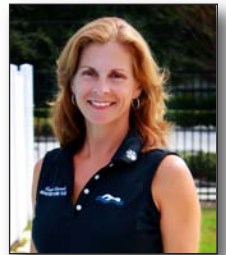


Dave Bokros has been running since 2001. He has served on the Board of Directors for the striders for several years, and as President for three. He has also performed many tasks as a volunteer including Course Director and Race Director for the Memorial Day 5k. Dave enjoys running for fitness and coaching others in their running pursuits. His favorite runs include the Outback Distance Classic, Gate River Run,

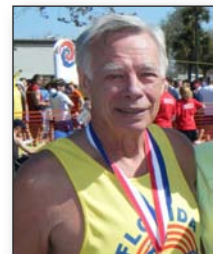


and bridge loops in Downtown Jacksonville.

Vicky Connell started out her modest athletic career as a swimmer in High School. From there she ran occasionally to keep those college pounds off. After college she joined the Army and began to do more serious running, eventually leading to her first marathon. From there she began participating in triathlons, which is where she is more competitive. Her biggest accomplishment to date is completing the Ironman Triathlon in Panama City Beach last year with a time of 13 hours, 44 minutes. Vicky has coached most of the Strider Running Classes and a Triathlon class last year, doing what she loves most, helping other people discover a love of fitness and getting them into better shape. She is currently the Swim Coach at Ridgeview High School and a Commander in the Army Reserve. Vicky is married to Jim who runs with her occasionally but prefers to get his exercise paddling kayaks and playing the drums. She has two daughters: Tori (20), who is the designer for many of the Strider race t-shirts, and Marissa (16), who can often be seen volunteering at races.



Frank Frazier is one of the older Strider members and while he volunteers for nearly all the Striders races, it is mostly as a walk up volunteer (or he get solicited by a coordinator toward the last minute). Many years ago Frank served on the board in various capacities for several terms. Because he have been around a long time, he seems



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to be recognized by, and friends of many members of the running community. Frank finds that it is easy for him to become friends of new folks that are showing up at the races or training runs. Because of this visibility he thinks he can be approached by all members of the Striders and bring their concerns to the board. In short, Franks thinks he has enough time now to become more involved with the Striders on a more organized basis.

Glenn Hanna Having lived in Jacksonville since 1990, Glenn has been running off and on since junior high school. He joined the Striders in 2001 to meet other runners and to gear back up on the pavement. He has four grown children, one older son and three "lovely and kinda wacky" daughters. Glenn is the Quality Program/Continuous Improvement Coordinator at a Wire Mill on the Westside of Jacksonville. As a Board of Director, he would like to be more involved in the childrens' running programs and the overall growth of the Striders on getting the word out to all about the benefits of a running lifestyle.

Scott Hershey used to run on a regular basis from his late teens and into his twenties. A couple of years ago his oldest son Drew was on the Wolfson High School Cross Country team. While watching him compete was fun - the urge to start running again wasn't there yet. But after watching his son Drew run the "Festival of Lights" a couple of years ago he was hooked again. It brought back the memories of races he had run back in the 70s.

After mainly running 5k's and improving his time came the natural progression to longer runs. He found that his training runs by himself were getting stale and lacked motivation. Scott met Kellie

Howard at a Bolles Track meet and she suggested joining with her and other Striders for weekly group runs.

Through those group runs he continues to find a wealth of knowledge and training techniques in those runners.

Scott believes in the positive aspects in running, training and competing for all ages.

Scott has been married for 20 years and has 4 children. Drew, Josh, Tori, and Hope.

Kellie Howard joined the Florida Striders many years ago at the urging of friends who she ran with at the Bolles School Track. She also liked the bright yellow Strider shirts that her fast friends wore. She also joined because she supports the Striders message to encourage running at all levels.

She was nominated to the Board in 2006 by Frank Sutton. In 2008, she served as Vice President and in 2009 as President. Last year, she was part of the Florida Strider World Record 10K x 100 relay.

At the age of nine, Kellie started running to compete in a two mile race with her father that was sponsored by the Nestlé candy company. She started at an early age enjoying the after parties more than the races. Her favorite races these days are the vacation races she goes on with her friends, and ones with a lot of good giveaways. Her morning training runs with her friends in the San Marco, San Jose and the Beauclerc areas are her favorite part of running.

She has a bachelor's degree in Economics from the University of Central Florida and a Master of Public Health degree from the University of South Florida. She is employed by Shands Jacksonville Medical Center as the Director of Medical Staff Services.

Ann & Bill Krause moved to Jacksonville from Livonia, MI 4 years ago. It was up there, 16 years ago, that Ann started running. She has run almost every day since! Bill thought she was crazy



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

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

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

Maria Littlejohn's

passion for running started with the 2003 Gate River Run. Having grown up in Jacksonville she had always been aware of the popularity of this event. Her father had been an avid runner and completed a few of the races during the 80's. Maria is not sure what possessed her to go for it in 2003 but one day she asked a friend if she'd consider doing the Gate River Run with her (via walking) and she agreed. During the race, with all the excitement, they actually got sucked into running/walking the



event. This is when she got her first "itch" to become a runner. She then decided she was going to train and run the 2004 Gate. After that Maria got the "fever" and started racing quite a bit. The fall of that year she joined the Florida Striders. In 2005 things took a turn and she fell off the running wagon for about a year and a half. She started racing again the fall of 2006 and became an active member in the Striders the spring of 2007 when she started attending the Wednesday night speed work at SJCDS track. As she started seeing the payoff from my speed work with a series of PR results in 5k races Maria was once again hooked- this time for good. Now that she has become a running addict there was no going back. She has since completed five half marathons, two full marathons, a sprint triathlon and has had the honor of being one of the relay runners who set the Guinness record for fastest 100 x 10K relay this past December. She has also had the opportunity to spread my passion for running as a group leader for the Striders running class held each spring. Maria is looking forward to serving on the board of directors and encouraging others to engage in healthy active lifestyles.

Kim Lundy's Kim Lundy's first ever race was the Strider's very own Autumn Fitness 5K in 2003 and she has been hooked on running ever since. She has been a Strider member for the past 6 years and has served on the Board for the last 3 years. Her focus is on youth programs and she started the Run/Walk Club at Middleburg Elementary and also the club at Oakleaf Village Elementary School which is in its 2nd year. She is active on the Youth Running Committee and the Strider Scholarship Committee. Kim also enjoys inspiring other runners as she is a group leader for the training classes for the Marine Corps Half Marathon, the GATE River Run and the beginning runners classes. Kim started running the local 5Ks, adding the Gate River Run in her second year of running. She has now completed 3 marathons and



continues to enjoy the social aspects as well as the fitness rewards of her Strider membership. She has encouraged her husband, Jack, as well as their children, Stephanie and Michael, to become runners too. Kim is a Clay County school counselor and enjoys working with the students at the Run/Walk Club to encourage a healthy and fit lifestyle.

Carol MacDougall has been associated with the Florida Striders for over 12 years volunteering at most of the Florida Strider Fun Runs as a Clay County Elementary Teacher and P.E. Coach. She became a member of the Striders a year ago. She herself is not a runner (shin splints) but a supporter of all running activities. Competitive Swimming is her true love.



Carol is originally from Sarasota where she swam competitively throughout her childhood. She has B.S. Degrees in Physical Education and Recreation and a M.S. Degree in Recreation Management from the University of West Florida in Pensacola. She also has the Florida High School Coaching Endorsement in Swimming. She coached year round (The Bolles School and Navy Jax Swim) and summer league (Magnolia Point and Orange Park Country Club) swim teams in the Jacksonville area for many years prior to teaching Elementary P.E. in Clay County (R.M. Paterson Elementary 1998-2005 and Swimming Pen Creek Elementary 2005-presently). She has also been the Head Swim Coach for Clay High School the past eight years.

Her relationship with the Florida Striders began when she became the sponsor for the Children's Run/Walk Club at R.M. Paterson Elementary. She has been very involved with assisting other elementary Run/Walk Clubs getting their own programs started and supplies them with Mileage Club awards and T-Shirts that are sponsored by the Striders. She has also been assisting the Striders the past three years in the handling of all the computer data for the Children's Hershey Track & Field Games.

Carol is married to Bruce "Mac" MacDougall who retired from the United States Navy in 2000 and is the owner of Divers Den Georgia and South Georgia Dive/Fishing Charters in St. Mary's. They have one daughter (Melissa) who will be graduating from Clay High this June.

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



Kristie Matherne moved to Orange Park, Florida in May 2006 from Louisiana. She had recently ran her very first race called the Crescent City Classic 10k in April 2006. Although Kristie was very new to races and running any distance longer than 2 miles, she knew she had found her passion for running. She was online looking for a running group and a local race when Kristie clicked on the Florida Striders' link to the half marathon class. She was so excited for the opportunity to meet runners in the



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area; she signed up and counted down the days till the first Wednesday night. Kristie was a little nervous before her first class, but immediately was talking and getting to know my her fellow members. Every Wednesday she looked forward to their guest speaker and running with the group. She completed the Marine Corps ½ Marathon in 2006! Kristie knew instantly she was addicted to long distance running and racing. In 2008, she ran her first two marathons (the Breast Cancer Marathon and the Space Coast Marathon) with fellow strider Maria Littlejohn. In 2009, she joined the beginner triathlon class and completed her first sprint and Olympic distance triathlons.

The Florida Striders has given her opportunities to meet new friends and runners, learn a new sport, and improve her running through speed work at the track. As a personal trainer, she on a mission to help families become more active and healthy. Kristie am looking forward to serving on the Board of Directors by getting more involved in the community helping families become more active and helping local runners become more involved in the running community.

Michael J. Mayse moved to Jacksonville in the late fall of 1994 after retiring from the best damn Air Force on the entire planet. He met Ken Bendy at the Winter Beaches run in 1995 and has been a Strider member ever since, except for a brief period when he moved back to Dayton, Ohio for a couple years. Mike was an avid runner for 30 plus years finishing the Marine Corp Marathon twice, standing up. His personal best marathon time was the 1993 Columbus Marathon with a 3:46 finish, not bad for a fat boy! After all those years of pounding his knees on concrete and asphalt his running days are pretty much over. However, he still enjoys supporting the club and those six mile walks on Sunday mornings with the rest of those worn out Striders



with bad knees. Over the years Mike has served the Striders in various positions. He built and maintained the original Strider Website. He was Equipment Coordinator for several years and at one time held the Secondary Illustrious Potentate, more commonly called Vice President position. Currently Mike is the club's Membership Coordinator and StrideRight Distribution Coordinator. Mike looks forward to many more wonderful years of working with the club because of the really great folks in the Strider organization and the valuable services the Strider's provide to the community.

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



Regina Sooe started running in 2001 to achieve the goal of completing the Gate River Run before her 30th birthday. She missed her deadline by a few days, but getting that coveted Top 10% medal was amazing and she was

hooked. She then decided to sign up for a marathon, and much to her dismay, no one ran at a sensible hour, so she was forced to get up in the wee hours to go long with the Sun Tire group. She didn't know the route, the people, or the proper pacing.....so she just kept quiet and tried to hang on while she enjoyed the lively conversations, which seemed all too personal to be shared at such an early hour. Thanks to these friendly and experienced runners Regina was well prepared for her marathon and hooked on the camaraderie of the Jax running community. 19 marathons and 3 Ironmans later, training and racing were here to stay.

In 2004, Regina decided to use her love of sports to give back as a triathlon coach for Team in Training. She turned couch potatoes into athletes while they raised money to fight blood cancers and made lifelong friends. She has since coached hundreds of athletes to complete their first triathlon or marathon, while raising thousands of dollars. Regina feels strongly about sharing the gift of fitness with others and doing it for a good cause. Since then she has used her love of running to volunteer in many capacities. She feels that it is important to make fitness fun, and not take it all too seriously. She can always be seen at the races with a fun outfit and a smile on her face, whether she is running for fun, or attaining a new PR.

Regina is a lawyer turned Realtor with Watson Realty, and real estate is one of her true passions. When Regina is not working or training she loves to travel, scuba dive, hike, camp, experience fine wine, and spend time with her husband Darin. Darin proposed to Regina at the finish of the 2008 River Run, so River Run will always be memorable for Regina. Regina and Darin love to run and play with their two spoiled children, Maggie and Bella.

Greg Wood joined the Florida Striders last year when he enrolled in the Triathlon Class coached by Vicky Connell and Regina Sooe. A video of his



running resume is posted at www.big-countrystudios.com/striders/ to reintroduce himself to the Striders. He has lived in Orange Park since the 4th grade. Some of you may have seen him before running local races and training in the Orange Park area. For those of you that don't know Greg, he is pretty easy to pick out of a crowd. A Clydesdale at 6'5", 250+ lbs., He is 34 and not a typical runner. Actually, his dedication for running and training is a product of his passion for Bow Hunting. Three years ago he found himself over 316 lbs with the early warning signs of Hypertension and high cholesterol and was also diagnosed with Obstructive Sleep Apnea. Greg realized he would have to make some changes in his life to get healthy and be able to manage the rugged terrain while hunting. He and his wife also love to travel; mapping out routes to run in new locations is always a priority.

Having run the River Run several times in my younger days, Greg decided to use running and weight training to get into shape. After achieving milestones in training at several distances, he had to

raise the bar and set new goals. 15K led to Half Marathon and then the Tri-2-B-Tuff Challenge 2007. Accomplishing that he realized that he had enough momentum to continue training and check 'Full Marathon' off of my Bucket List.

Greg signed up for the Disney Marathon 09 and while training for the January race decided to enter in the drawing for the ING NYC Marathon (anticipating several years of rejection.) As luck would have it, he was drawn for the next running in November. From October 2008 to January 2009 he ran three Half Marathons and two Full Marathons.

Joining the Striders has given Greg a chance to train with others and really helped to keep him engaged in training. He has learned the importance of speed work from John Metzgar's coaching at the "bleeding edge of fun" (thanks Bob.) He has witnessed true grit from Ironman Vicky Connell. With the support, encouragement and fellowship he has experienced with the Striders, it's no wonder Greg has had a year of PRs. Now he would like an opportunity to give back...=

GOT MOTIVATION?

Continued from page 1

Why? It was going to be his 50th CONSECUTIVE year to run that race! Runner's World figures that may well be the longest consecutive race streak in the world. Charlie has a positive attitude, and reminds us to keep our running enjoyable. I love this quote: "Runners are such nice people. Since I turned 80, I'm having more fun than ever before." If you have been around Bob Boyd when he coaches the Striders Running Class, you know how important this theme is.

We can find inspiration close to home as well, from someone like our own Strider Joe Connolly. Joe started running in the early 1970's, and he is still going strong, at age 85. Joe just ran his 29th Gate River Run, but there is something more impressive to his story. He would have had another River Run to his credit, but in 2006, he didn't make it because he had a heart attack and collapsed a mile from the finish. In spite of some injuries from his fall, he got back to

running as soon as possible and, of course, has completed the River Run every year since then. He loves to race, and he finds one most weekends. Joe has a lifetime total of close to 960 races, and he has his sights set on number 1000. Sounds like a great reason to have a Strider party, Joe!

I would like to finish this off with the story of a memorable experience I had, as a "senior" runner. In the summer of 2008, I worked for a couple of months at Schofield Barracks Army Base in Hawaii. The Hunter Army Airfield Ten Mile Race was held that June. One purpose of the race was to select active duty runners to represent the local command at the Army Ten Miler in Washington.

The race was only open to active duty and retired military, so it was a relatively small event. I arrived on race day and noted that most of the runners were young men and women in the Army. I spotted a few obviously older folks, and had several friendly pre-race conversations. I didn't think much about it at the time, but most of the other "oldsters" were

Enjoy a Few Recipes

From Lisa Adams

Bobs (Boyd's) Oatmeal

1/2 cup skim milk
2 heaping teaspoons Nestle Chocolate Milk Powder
2 heaping teaspoons peanut butter
place these in microwave safe bowl microwave 2 mins

Add

1 cup Old fashion Oats
1 handful raisins
1 sliced banana
Stir and enjoy!

Smoothy

2 bananas (fresh or frozen, if frozen break into pieces)
1 bag frozen fruit (blueberries work very well you can use fresh fruit too esp. if using frozen bananas)
3-5 heaping tablespoons of Greek yogurt
2-3 cups of Silk Vanilla Soy milk (add more of it is not blending well esp with frozen bananas)

Blend this all in the blender for a few minutes and enjoy =

probably in their 40's or 50's. I ran a steady, respectable pace, considered that it was a really hot day. Long after I finished, I observed several young soldiers, done in by the heat, struggling to the finish line.

It came time for the awards, and I sat in the front of the bleachers, pretty much surrounded by a youthful group of runners. The announcer got up and said that he was going to start by giving an award for men over sixty. What happened next, I will never forget. All around me I heard audible gasps, "Wows", and other expressions of surprise. One young soldier said out loud what most seem to be thinking --"You mean there was someone OVER SIXTY YEARS OLD in this race??!!" With that, I got up and accepted an award, and recognition as the oldest person to run that day. The best way I can express my feeling about the experience is this --- working in Hawaii; GREAT; the opportunity to be with military folks; WONDERFUL; that group response to this "old guy" completing the race; PRICELESS!

Run long and well.=

Making a Difference Together – Where It Counts the Most

By Bob Boyd

Running is good for you. Running is fun. If we did a wee bit of brainstorming together we could all come up with a long list of benefits from regular exercise that would probably encompass everything from looking better, feeling better, less risk of a bazillion ailments, stronger immune system, better memory retention, yada, yada – the list is impressively endless and requires no prescription. There is a similar list, only longer, for encouraging children to experience the fun of running and walking regularly. Some of the additional benefits include better scholastic performance, fewer behavior issues, better immune systems, and the ability to avoid the many, many, health risks and diseases tied to being overweight and out of shape. Besides, children naturally love to run and play. We should all retain that love of moving under our own power. So, you may be thinking, that I have an amazing grasp of the obvious. If all of those benefits come from things as simple as running and walking regularly, and children, in particular, love to do those things already, the problem solves itself, right? Not so much. Something like 15% of the population exercises regularly, despite the obvious benefits. In school, the allocation of time and funding for physical education has declined dramatically over the years for a multitude of reasons. We, the Florida Striders, are part of the solution to this rather large problem and have been quietly making a real difference in the lives and health of our children. We support over thirty elementary school run/walk programs. In each of these schools, a coach or teacher, usually as volunteers, provide a framework for our children and grandchildren to get out and run or walk each week. Parent volunteers help track the mileage logged. The enthusiasm and enjoyment the children generate is palpable and exciting just to watch. They love the activity and

they love the accomplishment of reaching their mileage goals. Yes, there are incentives as the children reach mileage goals. This is where we, the Florida Striders and our sponsors come in and help in a big way. Here is a list of some of the things we provide to make a real difference:

- Marathon Medals – almost 3400 this school year
- 50 mile club shirts
- 75 mile awards
- 100 mile club shirts
- 125 mile awards
- 150 mile club shirts
- 200 mile club shirts
- Key chains, Big feet, and small feet to get them started, to display their accomplishments, and recognize their intermediate mileage goals
- Provide 5 free Fun Runs each year in which to participate
- Distribute \$2800 to the Run/Walk clubs through their Fun Run participation
- Provide free Hershey Games Track & Field Meet each year
- Sponsor the Step Up Florida free 5K & One Mile Fun Run
- Provide templates on our website with helpful information on beginning a run/walk club
- Designing Start-Up kits to give new programs the needed materials to get going

The number of elementary schools with Run/Walk clubs is growing. The number of participating children we are supporting is growing. The 50% increase in marathon medals awarded is indicative of the exciting progress. Many of the incentive awards for the children were just initiated thanks to the help of Publix Supermarkets, our new Children's Running

Title Sponsor and their generous support. We would like to thank our sponsors who are true partners with us in making a real difference in the health of our community:

Children's Running Title Sponsor

Publix Supermarkets

Presenting Sponsors

- Blue Cross/Blue Shield
- Sun Tire
- Orange Park Medical Center

Multiple Race Sponsors

- Mellow Mushroom
- Kohl's Department Store
- Jacksonville Greyhound Racing
- Mike Shad Nissan of Orange Park
- Clay County Health Department
- Park Avenue Dermatology

Gold Sponsors

- Publix Charities
- Myers Pediatric Dentistry
- Pinch A Penny
- Dentistry 4 Children

Product & Media Sponsors

- Blue Ridge Water
- WJXT TV 4
- Starbucks
- Wendy's
- RoadID

I wish I could list all of the people, both the Florida Strider volunteers, coaches, teachers, and the champions at each of the sponsorships above who donate their time, talent, and energy to make a positive difference in our community. Thank you one and all. Together we will make things better.

A big thank you goes out to all the Florida Striders' race sponsors!

New, Renewing and Expiring Memberships

NEW MEMBERS

Judy Andrews 3/31/11
Ann & Gabriel Barnes 3/31/11
Gerald Boorse 3/31/11
Cameron & Tina Bracewell

3/31/11

Laurie & David Burke 3/31/11
Jeremy & Maxine Buyok 3/31/11
Lynn Capozziello 3/31/11
Giselle Carson 3/31/11
Kristi & Nick Chop 3/31/11
Caroljo & Rusty Creighton

3/31/11

Will Croft 3/31/11
Robley Davis 3/31/11
Ab Deshimukh 3/31/11

Sonya Dudley
3/31/11

James & Laura Flint 3/31/11
Britta & Rob Fortson 3/31/11
Robert & Carrie Fry 3/31/11
Fred & Pat Gaudios 3/31/11
Patricia Glissman 3/31/11
Tony Hanneken 3/31/11
Jim & Jody Hartey 3/31/12
Jay Herring 3/31/11

Debbie & Robbie Higdon

3/31/13

Sara Knapp 3/31/11
Steve & Jeanne Lancaster

3/31/11

Terry & Kimberly Lawler 3/31/11
Anthony Lazar 3/31/11
Jacqueline Marshall 3/31/11
Amanda Maxie 3/31/11
Rick Moss 3/31/11
April & Edward Mosse 3/31/11
Renee Moyd 2/28/11
Rachel & Seth Myers 3/31/11
Erin O'Leary 2/28/11
Joshua & Carrie Parker 3/31/11
Kate Ray 3/31/11
Renee & Charles Ray 3/31/11
Kirsten Tesdall 3/31/11

Victoria Tesler 3/31/11

Megan & Mahala Waugh
3/31/11

Candace White 3/31/11
Roberta Zukauskas 3/31/11

RENEWING MEMBERS

Scott Hershey 4/30/11

Hal Higdon 2/28/12

Todd & Camille Hockett 3/31/11

David Horn 3/31/12

Lesley Jones 2/28/11

Trish Kabus 3/31/12

Ed Kelly 2/28/11

Mark Lay 2/28/11

Gary Ledman 3/31/11

Kay Manly 2/28/11

Michael Martinez 3/31/11

Anne Matthews 4/30/11

John McBrearty 3/31/12

Miller McCormick 3/31/11

Christina McDonough 3/31/11

Charlotte Milligan 3/31/11

Mickel Myriam 3/31/11

Beth Norman 4/30/11

Shiela Oconnor 4/30/11

Carol Palmer 2/28/12

Tracy Pfuntner 3/31/11

Uyen Diem Phan 4/30/11

David Pizzi 8/31/11

Keith & Gayla Poythress

3/31/11

Danny Randolph 3/31/11

Nell Robinson 3/31/11

Al Saffer 3/31/13

Darlene Schmitt 3/31/12

Kent Smith 3/31/11

Holly & Fletcher Turner 3/31/11

Robert & Barbara Walker/Gilbert

3/31/11

Jamee Leann Weir 2/28/11

Rexmann Wier 3/31/11

Lonnie Willoughby 3/31/11

Jesse Withrow 3/31/11

Wayne & Linda Wolfenbarger
3/31/11

Joseph & Amy Young 3/31/12

MULTI-YEAR RENEWALS

James & Debbie Smith 3/31/11

Paul Berna 3/31/11

Edward Schmidt 3/31/11

Jack Knee 3/31/11

Randy & Krissa Arend 3/31/11

Nicole Disher Nevins 3/31/11

Peg Lawson 3/31/11

Gerry & Margaret Tyburski

3/31/11

Dawn Hagel 3/31/11

Cynthia Maerz 3/31/11

Amy, Joe, Micayla, Jordyn &

Josh Costa 3/31/11

Don Thieman 3/31/11

Ed Hardee 3/31/11

Sandy Rosenberg 3/31/12

Bo Holub 3/31/11

Kathy Murray 3/31/12

Teri Detwiler 3/31/12

Vicky, Jim, Tori & Marissa Connell

3/31/12

Ann & Bill Krause 3/31/12

Bruce Howard 3/31/11

Dick & Elke Miller 3/31/12

Gil Flores 3/31/12

George Hoskins 3/31/12

EXPIRING MEMBERSHIPS

Marie Allison 2/28/10

Mark Barnes 2/28/10

Carlye Cutcliffe 2/28/10

Tim Dalton 2/28/10

Miles & Judy Hyman 2/28/10

Simon Jacobson 2/28/10

Kevin Johnson 2/28/10

Jane Manion 2/28/10

Burness Morris 2/28/10 =

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 or call Mike Mayse (904) 777-6108.

floridastriders.com

Race Results

To get your race results published, fill out the form on floridastriders.com

26.2 with Donna Half-Marathon February 21, 2010 Jacksonville, FL

Kim Crist	1:49:02	Great race!!
Danny Weaver	1:54:33	
Beth Maurer	2:31:11	
Mel Abando	3:25:45	

26.2 with Donna Marathon February 21, 2010 Jacksonville, FL

Lisa Adams	3:26:34	
Scott Hershey	3:55:00	
Gail Pylipow	4:18:32	1st Marathon!
Tracy Pfuntner	4:18:32	1st Marathon!
Trish Kabus	6:59:28	
Darlene Schmitt	7:09:05	
		PR - First Marathon!

Osceola Elementary Inaugural Turtle Trot 5K February 27, 2010 St Augustine Beach, FL

Darlene Schmitt	43:27
Trish Kabus	48:08

Gasparilla Distance Classic 15K February 27, 2010 Tampa, FL

Will Tomlinson	1:34:31
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Gasparilla Distance Classic Half-Marathon February 28, 2010 Tampa, FL

Mel Abando	3:15:48
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Gasparilla 26.2 Relay Team February 28, 2010 Tampa, FL

Maria Barefield	4:01:14
James Vavrina	4:01:14
Keith Poythress	4:01:14
Lesley Jones	4:01:14

Ortega River Run February 27, 2010 Jacksonville, FL

Owen Shott	25:31	
Jacobs Justin	26:23	1st A/G
Andrew Marchand	28:50	3rd A/G
David Bonnette	30:15	2nd A/G
Terry Sikes	31:07	1st A/G
Robert Walker	32:33	
Michael Johnson	33:05	2nd A/G
Allison Ronzon	33:12	2nd AG
Stephen Beard	33:16	
Regina Taylor	33:34	1st AG
Raymond Ramos	33:34	
Bryan Rohlin	33:39	PR
Sharon Pentaleri	34:14	1st A/G
Scott Seibler	34:31	2nd A/G
Allan Smith	35:23	
Barbara Carrico	35:24	2nd A/G
George Thompson	35:25	
Nancy Harms	35:29	1st AG
Donald Wucker	35:44	
Alison Ronzon	35:55	2nd A/G
Mark Dickson	35:56	
George White	36:04	1st AG
Charlie Hunsberger	36:14	
Guy Jackson	36:38	
Elfrieda Wyner	36:44	1st AG
Frank Frazier	36:52	1st AG
Paul Smith	37:16	2nd A/G
Ann Krause	37:52	3rd A/G
John Hirsch	38:14	
Miller McCormick	38:23	
Paul Williams	38:24	
Thomas Pittman	38:33	
Leslie Kindling	39:05	
Kathy Murray	39:09	
Jack Sykes	39:12	
Maria Munyon	39:32	
Abby Butler	39:34	
George Hoskins	40:14	3rd A/G
		Go senior Stiders!
Joseph Strickland	40:16	
David Arnold	40:31	
Sharon Lucie	40:49	2nd AG
Kellie Howard	41:11	

Bradley Shepherd	41:54	
Susan Harms	42:02	
Sue Whitworth	42:54	3rd AG
Denise Dailey	42:57	
Harry Edwards	43:14	
Glenn Hanna	44:01	
David Kelley	44:07	
Christina McKenney	44:12	
Jack Hayes	44:34	
Diana Stewart	45:08	
David Pizzi	45:11	
Stephanie Foreman	45:33	
Dena Gaucher	45:52	
Robert Webster	46:20	
Bob Meister	47:28	1st A/G
Chelle Mahaney	47:41	
Benjamin Holland	47:47	
Cecile Spiegel	48:06	
Claire Gilbert	48:17	
Pat Gallagher	49:02	2nd A/G
Mamie Davis	49:13	
Mercedes Smith	49:20	
Danny Weaver	49:54	3rd A/G
Charles Goodyear	50:19	1st A/G
Lorraine Hughey	50:37	
Kevin Atchison	52:01	
David Albritton Sr	52:34	
Bernie Powers	52:39	
Al Saffer	53:01	
Patricia Czarnecki	53:06	
Carol Palmer	53:48	
Kay Manly	53:49	
John Aimone	54:46	
Freddy Fillingham	56:07	
Gordon Slater	56:48	2nd AG
Anne Matthews	56:49	A PR!
Bill Krause	57:44	
Denise Williams	58:09	
Charles Wagner	58:28	3rd A/G
Elda Bell	1:01:29	
Carol Marcom	1:02:53	
Machelle Ramos	1:03:56	
Diane Aimone	1:06:47	
Christopher Smith	1:13:18	
Lynda Carroll	1:15:37	
Joe Connolly	1:19:10	

Nocatee Trailblazer 5k**March 5, 2010****Nocatee, FL**

Bryan Rohlin	20:22	3rd AG
Scott Seibler	21:07	1st AG
Allan Smith	21:24	2nd AG
Kevin Fleeger	21:49	3rd AG
Guy Jackson	21:53	1st AG
Rebekah Wild	22:26	1st AG
		2nd overall
John Hirsch	22:58	3rd AG
Jill Cooley	23:18	
		3rd – Overall Female
Randy Pullo	24:32	
George Hoskins	24:50	1st AG
Sue Whitworth	26:10	1st AG
Patrick Rohlin	27:13	
Ed Kelly	28:43	
Bernie Powers	29:17	
Charles Goodyear	29:54	1st AG
Pat Gallagher	30:27	2nd AG
Al Saffer	31:37	3rd AG
Freddy Fillingham	33:23	
Richard Vance	34:00	
Gordon Slater	34:47	
John Gauer	34:55	
Vickie Choinski	35:07	
Rita Lamach	37:33	
Nancy Pullo	45:14	2nd AG
Joe Connolly	48:53	

Scott Hershey	1:07:01
Bryan Rohlin	1:08:04
Bryan Rohlin	1:08:04
Terry Sikes	1:08:39
Lonnie Willoughby	1:08:46
Denise Metzgar	1:08:54
Christopher Branton	
	1:09:23
George White	1:09:34
Donald Wucker	1:09:39
Scott Silliman	1:10:01
David Horn	1:10:19
Allen Weiss	1:10:27
Jesse Withrow	1:10:51
Cynhia Lyons	1:11:09
Bill Pennington	1:11:12
Kevin Fleeger	1:11:44
Allan Smith	1:11:56
Randy Abate	1:12:06
Joseph Young	1:12:46
Paul Geiger	1:13:09
Todd Hockett	1:13:10
Paul Smith	1:13:27
Scott Seibler	1:13:39
Thomas Carlson	1:13:46
Holly Turner	1:13:48
Paul Smyth	1:13:51
Frank Frazier	1:13:53
John Hirsch	1:14:20
Jeff Johns	1:14:23
Anne Krause	1:14:37
Thomas Pittman	1:14:58
Paul Smith	1:15:04
Mark Dickson	1:15:46
Melissa Saunder	1:15:47
Paul Williams	1:16:28
Peter Winkler	1:16:52
Paul Berna	1:17:11
Robert Barnhill	1:17:15
George Thompson	1:18:36
Kim Crist	1:19:05
Gregg Friend	1:20:18
Jack Sykes	1:20:34
Lewis Buzzell	1:20:37
Gregg Friend	1:20:40
Leslie Kindling	1:20:41
Sharon Lucie	1:21:37
Greg Wood	1:21:57
Sue Whitworth	1:22:20
Kristie Matherne	1:22:45
Mike Marino	1:22:54
Dave Balz	1:23:11
Mark Johnson	1:23:33
Vedad Begic	1:24:07

Gail Pylipow	1:25:57
Craig Harms	1:25:57
Michael Fitzsimmons	
	1:26:17
Bradley Shepherd	1:27:05
Chuck Bryner	1:27:08
Kevin Terry	1:27:12
Scott Obermiller	1:27:20
Buddy Harris	1:27:57
Michael Johnson	1:28:07
Joseph McCoy	1:28:10
Callee Davenport	1:28:35
Charles Mann	1:28:39
Roger Jones	1:28:51
Gayla Poythress	1:29:01
Gary Ledman	1:29:02
Glenn Hanna	1:29:43
Kevin Carlton	1:29:57
Glenn Landers	1:30:09
George Hoskins	1:30:11
Gerry Tyburski	1:30:20
Quincy Masters	1:30:36
Glenn Hannah	1:30:50
Benjamin Howard	1:30:52
William Fletcher	1:31:08
Steve Lucie	1:31:18
Jerry Bennett	1:31:48
David Brownell	1:32:32
David Albritton	1:32:38
Robert Sroka	1:33:15
Randall Pullo	1:34:30
Mark Lay	1:35:55
Gil Flores	1:36:03
James Howell	1:36:24
George Martin III	1:36:34
Mark Chorpening	1:36:56
Pat Gallagher	1:37:05
August Leone	1:37:08
Staci Suits	1:37:09
Gordon Simms	1:37:48
Gordon Simms	1:38:35
Eric Bush	1:39:06
James Smith	1:39:10
William Tomlinson	1:39:27
Gary Hallett	1:39:51
Patrick Hargarten	1:40:29
David Pizzi	1:41:18
Mercedes Smith	1:41:45
Stephen McClung	1:42:43
Michelle Daege	1:42:57
Richard Daege	1:42:58
Neill Thaggard	1:43:13
Mike Haga	1:43:21
George Bailey	1:43:51

River Run 15K**March 13, 2010****Jacksonville, FL**

Owen Shott	50:12	
Andrew Marchand	56:51	
Cody Helms	58:53	
Ben Huron	59:14	
David Bonnette	59:22	
John Funk	59:32	
John Wisker	59:44	
Sung Ho Choi	1:00:09	
Dan Adams	1:02:17	
Mark Grubb	1:02:19	
Jay Millson	1:02:56	
Wayne Bishop	1:03:23	
Robert Walker	1:03:41	
Robert Walker	1:03:46	PR
Mark Woods	1:03:47	
Steven Barlow	1:03:54	2 AG
Lisa Adams	1:04:23	
Randy Arend	1:04:48	
Keith Poythress	1:04:59	
Raymond Ramos	1:05:43	

Mark Dickson	1:15:46
Melissa Saunder	1:15:47
Paul Williams	1:16:28
Peter Winkler	1:16:52
Paul Berna	1:17:11
Robert Barnhill	1:17:15
George Thompson	1:18:36
Kim Crist	1:19:05
Gregg Friend	1:20:18
Jack Sykes	1:20:34
Lewis Buzzell	1:20:37
Gregg Friend	1:20:40
Leslie Kindling	1:20:41
Sharon Lucie	1:21:37
Greg Wood	1:21:57
Sue Whitworth	1:22:20
Kristie Matherne	1:22:45
Mike Marino	1:22:54
Dave Balz	1:23:11
Mark Johnson	1:23:33
Vedad Begic	1:24:07

PR

PR

PR

Larry Branz	1:44:02
Doug Barrows	1:44:06
Barry Marquart	1:44:06
Bob Meister	1:44:39
Freddy Howell	1:44:58
Kent Northey	1:45:11
Stephanie Foreman	1:46:41
Dena Gaucher	1:46:51
Sommer Leach	1:46:51
Simon Jacobson	1:46:59
Michael Martinez	1:47:27
Barbara Whitter	1:49:58
Pat Wagoner	1:50:16
Al Saffer	1:51:44
Kevin Atchison	1:52:07
Kent Smith	1:53:13
Vicki Choinski	1:53:29
Michael Johnson	1:54:11
Bernie Powers	1:54:21
David Wilharm	1:57:46
Nancy Pullo	1:58:42
Bill Krause	1:59:16
Claudia French	1:59:54
Richard Vance	2:00:32
David Arnold	2:01:48
Ginger Frazer-French	
	2:02:12
Robert Webster	2:02:15
Lynn Bonnette	2:02:17
Shellie Atchison	2:02:40
Joe McCoy	2:03:50
Freddy Fillingham	2:08:26
Evan Gould	2:08:50
William Fletcher	2:09:15
Bob Moyer	2:17:25
Richard Allen	2:17:55
Alex Morrison	2:19:13

Cary Wyche	2:22:37
Jamie Wyche	2:22:37
Carolyn Creighton	2:24:01
Kerry Fulford	2:34:44
Joe Connolly	2:47:01
Jennifer Allen	2:54:06

Beaches Fine Arts Series Dualthon

March 22, 2010

Nocatee, FL

Joey Marra	1:36:47	First du
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St Patty's Day 5K

March 22, 2010

Jacksonville, FL

Charlie Huns	21:38:00	1st AG
Patrick Rohlin	26:58:00	
Claudia French	27:16:00	
Mercedes Smith	28:52:00	3rd A/G
Kent Smith	30:22:00	1st AG
John Gauer	32:36:00	3rd ag
Gordon Slater	34:34:00	1st ag
Bill Krause	36:07:00	
Joe Connolly	49:49:00	

St Patty's Day 10K

March 22, 2010

Jacksonville, FL

Andrew Marchand	36:24:00	2nd ag
Robert Walker	40:35:00	1st ag
Bryan Rohlin	42:45:00	
Courtney Kuznicki	45:47:00	3rd ag
Rosa Haslip	46:15:00	1st ag
John Hirsch	46:36:00	2nd ag
Ann Krause	46:40:00	2nd ag
Frank Frazier	47:27:00	2nd ag
Leslie Kindling	47:40:00	3rd ag

Kathy Murray	49:18:00	
Kim Crist	50:16:00	3rd AG
Sue Whitworth	53:15:00	1st ag
Glenn Hanna	54:40:00	
Tracy Shabazz	1:00:02	
Bob Meister	1:00:40	1st ag
Pat Gallagher	1:01:38	2nd ag
Claire Gilbert	1:02:34	2nd ag
Bernie Powers	1:04:05	
Al Saffer	1:04:46	
Charles Goodyear	1:07:18	
Trish Kabus	1:39:15	

Sandpiper 5K

March 21, 2010

Ormond Beach, FL

Kent Smith	30:38
Trish Kabus	41:22:

Lighthouse 5K

March 21, 2010

St Augustine, FL

Tom Henkel	Problem with chip
Mike Mandt	27:08
Cole Mandt	27:09
Kim Lundy	27:14
Kent Smith	31:03
Stephen McClung	31:07
Trish Kabus	44:02
Joe Connolly	50:01

Please sign the Strider person or fill out the race result form at floridastriders.com

MINUTES

Continued from page 2

Children's Running Committee Report-Vanessa Boyd: Progress with startup kits We have identified what is needed and getting pricing....April 1.....ready to go out to schools.

Social Update: Kellie stated that the Prediction Run was a success and thanked all who helped. We had a lot of fun, and recruited some new members. Thanks to those who are helping at the expo and with the tent for River Run. Kellie talked with the officers about wearing

name tags at the tent. We'll put New Members on their wristbands, so we can welcome them.

Glenn Hanna: Prediction Run went well, but he has ideas of how to improve the course. Volunteers on Friday at 9am to help Stan with tent. There will be wristbands at the expo.

April social is the picnic at Secret Cove 1-5pm to elect the BOD. Lisa suggested a kids fun run at the picnic, and other fun relay ideas were discussed. Max Capacity for picnic discussed.

May social will be volunteer party/so-

cial after the Memorial Day race.

Old Business – None

New Business – None

Announcements: Next meeting back at the Orange Park Library. Vicky stated that those working the expo should be knowledgeable about what is going on, because we get a lot of questions. Flyers should be there too. Memberships are \$15 and we can take cash or check. Merchandise available to purchase at the tent.

Adjournment: Motion to adjourn made and seconded. Meeting adjourned at 7:31 p.m. =

April 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/rrcal.htm>. If you would like your race listed please email kbendy@aol.com

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

DATE	EVENT	TIME	LOCATION	CONTACT
April 10 NEW DATE	Running the Blues 5K	7:30 a.m.	Red Cross Lifesaving Station Beach Blvd. Ramp Jax Beach	(904) 285-1552 Performance Multi Sports
April 10	Don's Friends 5K	8:30 a.m.	Beach Pier 350 Beach Blvd. (A1A) St. Augustine Beach	(904) 687-5939 Don Ausman Foundation Ancient City Road Runners
April 10	Cops and Kids 5K	9:00 a.m.	Ft. Clinch 2601 Atlantic Ave Fernandina Beach	(904) 897-1563 Nassau County Sheriff's Office
April 10	Fleming Island Rotary Run 5K	6:00 p.m.	Fleming Island H.S. Fleming Island	(904) 229-9572 Rotary Club of Orange Park Sunrise
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
April 17	Gun's N' Hoses 5K	7:30 a.m.	Yates YMCA 221 Riverside Ave. Jax	(904) 379-7170 Jacksonville Running Company DRC Sports
April 17	National MS Society First Coast Walk	10:00 a.m.	Veteran's Memorial Arena Jax	(904) 332-6810 N. FL Chapter MS Society
April 18	Jacksonville Symphony River Classic 4 Mile	6:30 p.m.	Times Union Center 300 Water St. Jax	(904) 731-1900 1st Place Sports
April 22	Corporate Cup 5K	6:30 p.m.	Metropolitan Park Jax	(904) 731-1900 1st Place Sports
April 24	15th Annual Run with the Spartans 5K	8:00 a.m.	St. Johns Country Day School 3100 Drs. Lake Dr. Orange Park	(904) 731-1900 1st Place Sports
April 24	Beaches Chapel 5K	8:00 a.m.	Beaches Chapel School 610 Florida Blvd Neptune Beach	(904) 731-1900 1st Place Sports
April 24	Inaugural Race to the Taste 5K	5:30 p.m.	Amphitheatre 1340C A1A South St. Augustine	(904) 829-2273 EPIC Community Services



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.



"Running Class" Entry Form, Membership Form, and Release & Indemnification Agreement

Your signature below these two paragraphs indicates that you have read, understand, and agree to both. This entry form also provides the information for your one year Florida Strider Membership, which is included with your class entry fee.

Class Release & Indemnification Agreement: The person named on this registration form wishes to participate in the Running Program (the "Program") from April 7th through May 31stth. Those who have made this Program possible -- The Florida Striders, their sponsors, and St. Johns Country Day School, volunteers, and officials (collectively, the "Organizers") -- wish to ensure to the fullest extent possible that they are not sued or held liable for injuries or damages sustained by participants or those attending the Program. I make this release and indemnification agreement on my behalf, and on behalf of anyone who would be able to sue if I were injured while participating in or attending this Program. In return for being allowed to participate in this Program, I agree and acknowledge as follows: 1) Participation and attendance at running programs, especially those held on trails, carries with it some risk of serious injury, including even in rare cases, death. The risks include, but are not limited to, those caused by overexertion, vehicular traffic, the course, weather, facilities, equipment, Organizers, spectators, and other participants; 2) I assume all risk of participating in and attending this Program; 3) I understand that the Organizers of this Program are relying upon the agreements and representations I make in here; 4) I release the Organizers of the Program from any and all claims, including negligence claims and claims relating to personal injury or property, arising out of my participation or attendance in this Program, except I do not release reckless or intentional tort claims; 5) I agree to indemnify the Organizers if I or anyone else brings a claim against the Organizers due to injuries I receive due to my participating in or attending the Program ("indemnify" here means to reimburse the Organizers for any sums they have to pay and expenses/fees they incur due to an injury claim related to me); 6) I give permission for the free use of my name and picture in any broadcast or print media account or promotion of this event; and 7) I have carefully read this document and understand it. If I am under 18 years old, my parent or guardian is signing on my behalf, and my parent or guardian also agrees to indemnify the Organizers if I or anyone else brings a claim against the Organizers due to injuries I receive due to my participating or attending this Program. With knowledge of the risks involved and the rights I give up, I waive the rights I might otherwise have, and I freely sign this document. I will notify Bob Boyd if I do not wish my contact information shared with the rest of the class (contact information is usually shared to facilitate group run coordination.)

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

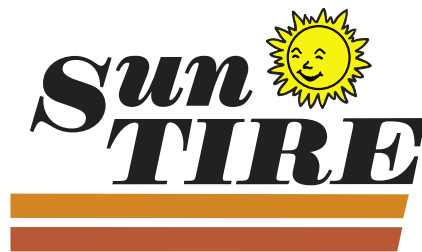
Runner's Signature _____ Date ____/____/____
Parent's Signature (if runner under 18) _____
Name _____
Address _____
City _____ State _____ ZIP Code _____
Sex: ____ Birth Date: ____/____/____ T-Shirt Size ____ (s/m/l/xl/xxl)
Home Phone : _____ - _____ - _____ Work Phone : _____ - _____ - _____
e-Mail Address(es) _____ (please print)
Occupation: _____ Employer _____
Why did you sign up? _____

Entry Fee enclosed \$ _____ (\$15 for existing Strider members, \$30 for non-members)
Call Bob Boyd at 272-1770 for discount rates for couples & families.

You must contact Bob Boyd, at 272-1770, or at BobBoydFL@gmail.com prior to the class to confirm you have or will get suitable running shoes, are medically safe to participate, how much running, if any, you are currently doing, and to answer any questions you may have. Completed forms/checks should be mailed to: Bob Boyd, 2600 Sandlewood Ct., Orange Park, FL 32065. Checks are made payable to "Florida Striders."



Presented by



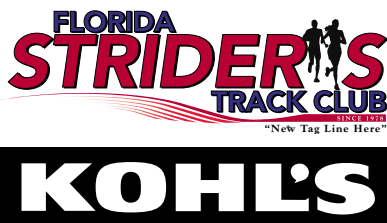
Course begins and ends at
the Orange Park Kennel Club
455 Park Ave, Orange Park

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 (\$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

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!**



The Back Page



BY MIKE MARINO

How are ya and what's up? Your answer should be, "I'm training for (fill in the blank with your next race here). Man has the racing picked up this past month, and it included the River Run to boot. Hope everyone had a good River Run, and if not, a good time at the Strider Tent. And if you missed both, there's always next year. As for all the races, here's what we have for results, and remember, we're using the new system through the web-

site, so if we miss something, please be patient with us.

We start our report going back to February 21st. We had three Striders that reported running their first marathon at the **26.2 with Donna - The National Marathon to Finish Breast Cancer**. Congrats go out to **Darlene Schmitt, Gail Pylipow**, and **Tracy Pfuntner**!

Onzz February 27th, there was one

small race and one big one. Starting off small, there was the Inaugural **Osceola Elementary Turtle Trot 5K**. Just a couple of Striders reporting in, **Darlene Schmitt** and **Trish Kabus**, who said it was a nice first event despite rain and cold. The race was on St. Augustine Beach and proceeds went to the school. And of note, Darlene ran her first marathon the weekend before. Way

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

to go! Now the big race, (well, not the real big one this month, but the bigger of the races on this day) the **Ortega River Run**. A grand prix race covering 5 miles with two crossings over the Ortega River. **Owen Shott** led all Striders and just about everyone else, taking 2nd overall in the race with a time of 25:31. **John Metzgar** was in top form as well, winning the Masters Division. Leading all female Striders was **Regina Taylor**, who posted a 33:33 while winning her age group. Our 65-69 year old men earned all prizes given in their division, with **Frank Frazier**, **Paul Smith** and **George Hoskins** pulling off the sweep. Our 70-74 year old men did the same, as **Charles Goodyear**, **Gordon Slater** and **Charles Wagner** finished 1, 2, 3. Plenty of other age group champions too, which included Justin Jacobs, Terry Sikes, **Sharon Pentaleri**, **Nancy Harms**, **George White**, **Elfreida Wyner**, **Elda Bell**, **Diane Aimone** and **Bob Meister**. Another ten Striders ran to 2nd place age group finishes, and these were **David Bonnette**, **Michael Johnson**, **Scott Seibler**, **Barbara Carrico**, **Steven Barlow**, **Alison Ronzon**, **Bill Dunn**, **Paul Smith**, **Sharon Lucie** and **Pat Gallagher**. Striders earning 3rd place age group prizes included **Ann Krause**, **John Funk**, **Randy Arend**, **Andrew Marchand**, **Denise Metzgar**, **George Hoskins**, **Sue Whitworth** and **Danny Weaver**. Also of note, **Bryan Rohlin** and **Anne Matthews** ran PRs.

The next weekend brought the **No-cate Trailblazer 5k** on March 6th. **Bryan Rohlin** was our fastest Strider, running a 20:22 and placing 3rd in his age group. Strider women made a great overall showing, with **Rebakah Wild** (22:26) placing 2nd overall and **Jill Cooley** taking 3rd overall. On the age group front, another sweep for our 70-74 year old men, this time with **Charles Goodyear**, **Pat Gallagher** and **Al Saffer** breaking out the broom on all other fellas their age. **Scott Seibler**, **Guy Jackson**, **George Hoskins** and **Sue Whitworth** all ran to

age group wins as well. Placing 2nd in their age groups were **Allan Smith**, and, despite running injured, **Nancy Pullo**. Also earning awards with 3rd place age group finishes were **Kevin Fleegeer** and **John Hirsch**.

Now the big one – the race this entire town gears up for each year – the **Gate River Run**. There was another record set for the number of participants, another great expo, and another great time had by all at our tent. And did you get a chance to see our certificate from Guinness World Records? Based on our search of the results and those reporting in, Striders had an incredible showing at the race with over 150 runners in the event (and many more partying at our tent – perhaps more impressive and fun). **Owen Shott** was our fastest Strider, taking care of the course and in an impressive 50:12. Other Striders doing the race in an hour or less were **Andrew Marchand**, **Cody Helms**, **Ben Huron**, **David Bonnette**, **John Funk**, **John Wisker**, **Sung Ho Choi** and **John Metzgar**, who won his age group. Also running to an age group win was **Elfrieda Wyner**, who, more impressively, has run in every River Run. Our fastest female time for those reporting in was run by **Lisa Adams**, who ran a 1:04:23. **Steven Barlow** and **Stephanie Griffith** ran to 2nd place age group finishes while **Paul Smith**, **Elda Bell**, **Regina Taylor** and **Joe Connelly** claimed 3rd place age group awards. Reporting PRs for the biggest race of the year were **Robert Walker**, **Staci Suits** and **Mark Lay**. **Paul Williams** went from non-runner a year ago, to new student in the Striders running class coached by Bob Boyd, to a 1:16:28 River Run. **Gail Pylipow** ran the course in a sling, refusing to let shoulder surgery from just two weeks before the race stop her from challenging (and defeating) the Hart Bridge. **George Hoskins** did his 22nd River Run and **Gordon Simms** his 27th (with a broken toe no less). **Mercedes Smith**, in this her 2nd River Run, improved her time by almost

an hour. Finally, in addition to his 3rd place finish, **Joe Connelly** made it to a finish line for the 958th time – make sure to let us all know when 1000 is coming Joe.

There was no time for rest following the River Run, as the next weekend brought another Grand Prix race, the **St. Patty's Day 10K**. Run at the Evergreen Cemetery, yet it seems festive for St. Patrick's Day as opposed to scary for Halloween when the site is used for the Pumpkin Run.... odd, but I digress. Striders enjoyed the festive setting, taking the top two spots with **Owen Shott** winning the race in 33:03 and **Justin Jacobs** taking 2nd overall. Also going overall was **Regina Taylor**, who won the Masters Division with a 42:12. Winning their age groups were **Robert Walker**, **Rosa Haslip**, **John Wisker**, **Sue Whitworth**, **Scott Seibler** and **Bob Meister**. Putting forth 2nd place age group efforts were **Claire Gilbert**, **David Bonnette**, **Steve Beard**, **Barbara Carrico**, **Frank Frazier**, **Ann Krause**, **John Hirsch** and the very Irish sounding **Pat Gallagher** (perhaps he'd of taken 1st had he not celebrated so hard on the actual St. Patrick's day!). And twisting and turning through the cemetery to 3rd place age group finishes were **Kim Crist**, **Alison Ronzon**, **Andrew Marchand**, **Courtney Kuznicki** and **Leslie Kindling**. In the accompanying **5K**, **Charlie Huns** paced the Strider effort with a 21:38 and an age group win. Also winning their age groups were **Kent Smith**, **Gordon Slater**, **Claudia French** (not Irish sounding at all), and Claudia's son **Nick**, who was down from Brooklyn visiting mom. Rounding out our winning ways were **John Gauer** and **Mercedes Smith**, both whom took 3rd in their age groups. And it wouldn't be a race in Jacksonville without **Joe Connelly** (especially not a St. Patrick's Day race), who made it one more race closer to a 1000.

Striders – They're Everywhere!!

A little late with his report from our Delaware branch, but a very cool report it is, **Frank Sutman** took in the **PSCI 10 Miler** on January 8th. Frank ran a 1:05:46 to place 2nd in his age group. The conditions fit the race name, with a wind chill of 0 at the start. Further, some poor fella had

Thank you Mike!

for 3 years of hard work on your Back Page column!!

Continued on next page

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his eyelid freeze shut going into the wind. Unfazed by cold names, Frank next ran in the **JCC Snowball 5 Miler**. Frank ran a solid 31:26 in conditions not so cold. Thanks for keeping in touch Frank, and try to stay warm.

Several Striders made a trip to Tampa for the annual Pirate celebration of **Gasparilla**. Runners had all types of choices for this one, ranging from 5K to marathon distance, and a relay was offered as well. Taking part in the **half marathon** were **Mel Abando** and **Bonita Golden**, with Bonita leading the way in 2:05:52. In the classic **15K**, **Will Tomlinson** made it through the cold and drizzly conditions in 1:34:31. And for the **relay**, **Maria Barefield**, **James Vavrina**, **Keith Poythress** and **Lesley Jones** took care of the 26.2 in 4:01:14. Good work folks.

Remaining in the Tampa area for a couple of more races was **Will Timlinson**, who took in the **Bolt Run 5K** and **Strawberry Classic 10K**. The Bolt Run was sponsored by the Tampa Bay Lightning (that's a Hockey team for you non-sports types), which gave each finisher a game ticket and Lightning year-book. Will described the Strawberry Classic to include rolling hills and a nice post race party.

Joey Marra and **Robbie Zukauskas** ventured into the world of the multi-sport event. They ran, biked, and ran again in the **Beaches Fine Arts Duathlon** at Nocatee. Joey reported that the bike ride was slippery due to the rain. Way to go Joey and Robbie!

Wrapping up the out of town report are **Trish Kabus** and **Kent Smith**, who went down to Ormond Beach for the **Sandpiper 5K**. Times weren't important here, as the two were making it a three race weekend with their participation the in the **Lighthouse 5K** in St. Augustine and then the St. Patty's day event in Jacksonville. Three times the fun I guess; good job Trish and Kent.

Tidbits and Stuff I missed

I think there are instructions for reporting your race times somewhere else, but just in case you're like most folks and go straight to my column when receiving the StrideRight (okay, only I do that), you can now report your times on our Striders website. Please utilize this, its easy, its fast, and it will get your efforts in the StrideRight. Also, be patient with us as we implement this new process, there are always glitches with starting something new.

Lastly, having done this column for about the past three years, I'm considering giving someone else a chance (and I've already spoken with that person about it). With that, I wanted to thank everyone for their support and kind comments since I've been doing the Back Page. I've really enjoyed it.

Award

Just in case this is my last Back Page, the Award goes to EVERYBODY!!! This, of course, means each and every one of you gets to enjoy...a Nice Smug Feeling!

Thanks so much folks... 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.

There is a link to the form on the home page.

Local Running Info



www.floridastriders.com

You can contact us via e-mail at:
kellski@comcast.net

You can get entry forms & results for all 1st Place Sports events on the Internet at 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



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