



Another Great Run to the Sun 8k



By Karen McCormick
Photos by Vanessa Boyd

The 2010 Run to the Sun 8K, presented by Sun Tire, Inc., and Publix One-Mile Fun Run were held on Saturday, April 17th, at the Orange Park Kennel Club. To sum it up... perfect weather, fantastic volunteers, great 8k performances, and a record number of fun run participants! We had a total of 565 registered runners for the 8k and a whopping 912 in the fun run, representing 44 schools – a truly great turnout!

Before sharing more details, I want to first thank Sun Tire, Inc., our presenting sponsor, and all of our other generous sponsors. It is through their financial support that we are able to put on events such as this and help to promote fitness in our community. They help keep our race entry fees affordable, our fun runs free of charge, and enable us to raise the funds needed to support local children's

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Join us for the Fun!

May 31 - Memorial Day 5K Social and Volunteer Appreciation

The social will be held at the Lighthouse Apartments (Fleming Island) Clubhouse - 2285 Marsh Hawk Lane – starting at 1:00 or 2:00 PM. The club will provide water/sodas. Everyone should bring their own “Adult” beverages and a covered dish to share.

Directions – If you are coming from Orange Park, go south on US17. Turn right at Village Square Parkway, which is 1 traffic light past CR220. The apartment complex is on the right.

Look for more information in the Strider E-Blasts or please contact Glenn Hanna at (904) 777-9351 or ghanna3@bellsouth.net..

See page 19 for information about our June and July socials.

Prez Sez

By Kellie Howard



This month I would like to take a minute to thank all of our sponsors. Please review the sponsor page in this newsletter. It lists all of the companies that support our mission to promote and encourage running. We receive a significant amount of our race revenue from sponsors and would not be able to continue to offer our low race entry fees without them. If you know of any company that may be interested in sponsoring one of our races, please contact a member of the board or one of our race directors. It is referrals from our members that provide the best resource in obtaining new sponsors.

Also please encourage your running friends to join the club. One of the questions potential sponsors ask is how many members are in your club. Annual membership fee to our non-profit organization of \$15 a year is almost the same as a pair of running socks, and it will last a whole lot longer.

See you on the roads. =

Board of Directors' Summary of Action 4/13/10

Orange Park Cancer Center

7:10 PM

Board Members Present: Lisa Adams, Glenn Hanna, Regina Soeey, Ann Krause, Bill Krause, Kellie Howard, Melissa Saunders, Kim Lundy, James Vavrina.

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 March meeting.

Officer Reports:

President Report – Kellie Howard:

Sponsorship Levels: Packets passed out. We added a multi-race level at \$1500, but otherwise the same. If anyone knows companies, please reach out to them. We get our money from memberships and races (sponsors). Kim Lundy talked about complimentary entries given at different levels. Discussion about the appropriate number of free entries to be given. Suggestion to change the title/presenting sponsor entries to 15. Banner to be provided by sponsor for title sponsor. Discussion about competing sponsors at same race. Kim mentioned naming the Fun Runs after a particular sponsor. Publix is the title sponsor for all the fun runs this year, because of their \$10,000 grant. Motion made and seconded to approve the Sponsorship Level Packet as amended by the board.

Treasurer's Report- Randy Arend:

Beginning Cash Balance as of March 1, 2010 was \$12,160.91.

March Income was \$9,742.57.

March Expenses were \$8,936.88.

Ending Cash Balance as of March 31, 2010 was \$12,966.60.

Mike Shad Nissan gave us \$1500 multi-race sponsorship.

Park Avenue Dermatology gave us \$1500 multi-race sponsorship.

Kohl's continues to support us.

Continued on next page

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SUPPORT OUR SPONSORS... THEY SUPPORT OUR SPORT



Orange Park
Kennel Club



Donnie A. Myers
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269-9400



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.

MINUTES

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Committee and Director Reports:

Race Dates-Kellie Howard:

I. Hog Jog-November 6, 2010

II. Resolution Run-January 15, 2011

A motion was made, seconded and passed to approve these dates.

Budget for Memorial Day 5K 2010:

The budget was approved.

Scholarship Committee-Kim Lundy:

There were 18 applicants, and many were very strong. The winners are: Leslie Blacksheer, from Episcopal HS, Jamie Heekin, from BK HS, and Taryn Greene from Pedro Menendez. They all

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A Little Randomness

Wide World of Running
By Jay Birmingham

Quite a few memorable runs in my youth were shortcuts (and long cuts) across farm fields. Dodging thistles and cow patties kept me sharp, and inevitably, there were jumps across small creeks or low barbed-wire fences. For 30 years, my vacations routinely include random runs from my tent or the motel; I'm particularly fond of running along power lines and levees and streams.

Many a park path has led to a dirt road, especially in the western states. To reduce the likelihood of becoming lost, I alternate left turns with right turns. Occasionally I use the maze-solving ploy of following the edge of town, no matter where it leads. To hedge my bet, I memorize a couple of key road names. If hopelessly lost, I can ask a local for directions to, say, Tomato Lane or Cumulus Boulevard.

Random running is interesting and relaxing. Sometimes, one overstates the expected distance or time, finishing in an hour instead of 30 minutes. Fanatics with global positioning systems will blanch at my casual attitude, but a rough estimate of distance (or no estimate at all) suffices.

Is there a place for random running at home? You betcha!

Golf courses or small parks are personal favorites. The golfers are not a problem if you enter the course at twilight and shuttle back and forth behind the final foursome. As they move toward the clubhouse, move close enough to see them, then turn and run back toward the preceding tee.

Dawn runs on a golf course are often complicated by maintenance folk on mowers and greens suckers (those little machines that remove dew from the grass). Occasionally, on the road, I'll play my little shuttle game with the mowers but I've been chased down by greens keepers and asked to depart.

The Swedish concept of speed play (fartlek to those who

speak the lingo) has been around for 70 years. Runs of any distance, on any surface, are punctuated with random surges at random intensities for random distances with random rest intervals. I like it!

About 15 years ago, a DVD titled "Endurance" was shared with me by a runner I coached at a Nebraska college. The film was biographical, about the great Ethiopian Olympian, Haile Gebreselassie, who won his first gold medal in 1996 and was still in the hunt three Olympiads later in Beijing. He ran his first marathon at 15 and has twice broken the world record in the past three years.

One scene in "Endurance" was particularly memorable: Gebreselassie and the entire Ethiopian national men's team is gathered at a huge natural amphitheater in Addis Ababa. There are dozens of levels, terraced, all covered with grass. The barefooted workout was entirely random, just a milling about of these twenty-plus world-class runners, jogging, striding, or sprinting as the spirit moved them, down one row and back another. This was running for the joy of running and it was described as such.

Since viewing that video, barefoot, random running is a staple in my teams' pre-race preparation. "The Ethiopian" is looked forward to by all. No one shows up with shoes the day before a race. We jog about, occasionally sprinting, sometimes through sprinklers, stopping for an ice cube now and again. Zig-zagging across the football and soccer fields, sometimes looping the baseball or softball field, we allow the spirit of the barefooted Olympians to enter our bodies, running for the sheer joy of it. =

Coach Birmingham's girls' team won its seventh straight district track title in April. National Federation rules mandate that runners wear shoes in competition.

MINUTES

Continued from previous page

had strong academics and are strong runners, involved in community. We will feature each winner in the Strideright with a bio and their essay.

Social Update-Glen Hanna:

I. April-Annual Meeting/picnic at Secret Cove-April 25.

II. May-Volunteer Appreciation Party after Memorial Day Run-there may be an issue with the usual venue for that event. Usually near GCS. Vicky possibly volunteered her place.

III. No scheduled social for June yet. Discussion about the Guinness party. Dog run and picnic scheduled for June 6 at head of the blackcreek trail. Dis-

cussion about pets being on leash and liability.

IV. Speaker dinners discussed. Looking for locations with private room. Has a whole list of speakers.

V. July social: Whitey's Fish Camp July 11. Motion made and passed.

Old Business – Kids games at annual picnic? Melissa wants to get a snow cone machine. Lisa suggested a bounce house. Budget is fine for the picnic, so Lisa can get supplies. Glenn said he did not spend that much on the picnic last year. We'll need to buy syrup, cones, ice. Vicky has a generator is there is not power at the site. Too much liability for the bounce house.

New Business – None

Announcements: Hershey Games on May 1, at Clay HS, volunteers needed. Call Bob Boyd for more information or to volunteer.

Vicky mentioned that RRCA offers running coach certifications. Are we interested in hosting a class here? Something to think about. It would not cost us money to organize a class here, just time. Vicky to research and make a presentation next month with more details, so we can vote on it. We can have a Strider Youth Track team if we have RRCA certified coaches.

Next month's meeting at OP Library. This is our last meeting with this board.

Adjournment: Motion to adjourn made and seconded. Meeting adjourned at 8:17 p.m. =

RUN TO THE SUN

Continued from page 1

running programs. Our sponsors are listed below. Remember...the best way to thank these businesses for their support is to become one of their customers!

Sun Tire, Inc.

Publix Supermarkets

Mike Shad Nissan of Orange Park

Mellow Mushroom

Park Ave Dermatology

Dentistry 4 Kids- Dr. Elaine Martinez

Kohl's Department Stores

Clay County Health Department

Pinch A Penny

We also thank the Orange Park

Kennel Club for allowing us the

use of their facility.

We had a total of 483 finishers for the 8k with many fine performances among them. I wish I had kept track of how many folks achieved personal records that day or ran an 8k race for the first time – there were bunches of them and congrats to all of you. For the 912 who participated in the Fun Run, there were 9 schools (listed below) that brought 25 or more participants. These schools shared in the \$1054 of fun run prize money provided as a courtesy of Publix Supermarkets:

Lakeside

Lake Asbury

Thunderbold

Pinewood

Paterson

Swimming Pen

Ridgeview

Orange Park

Oakleaf Village

In addition to our typical race-day activities, there was some extra fun stuff for the kids. Mellow Mushroom supplied a big bouncy slide, O2B Kids provided face painting and animal balloons, and Publix brought along "Plato" to greet and take photos with the kids. We sincerely thank these organizations for providing these extras -- their efforts paid off in the form of many, many smiling faces.

We had refreshments galore so no one should have left the event hungry or thirsty. Publix provided our race refreshments of Gatorade, bagels and bananas, Blue Ridge Water donated all of our water, and Wendy's supplied the cups. As if that wasn't enough, Starbucks provided 20 gallons of hot coffee and we had hundreds of "Myoplex" energy drinks on hand to giveaway. Many, many thanks to these organizations for their donations.

And let's not forget about the worker bees at this event. It is the experience, time and effort of our race coordinators and volunteers that truly makes events such as this a success. As a first-time race director, I certainly appreciated all of them. I also thank Kim Crist who jumped in to help as a first-time registration coordinator. Let it be no secret that we benefitted from the experience of Bob Boyd and Marge Ruebush and I thank both of them for their assistance. All of those volunteers who gave their time, energy and talents are listed to the right and I sincerely thank all of them (I also ask for your forgiveness in advance for any names accidentally misspelled or omitted). Those who served as race coordinators were the backbone of this operation and are noted in bold caps.

Another thank you goes out to Vanessa Boyd for taking all of our race-day photographs. They can be viewed in their entirety on our website, www.FloridaStriders.com. If you would like a high resolution version of any of these, you can email her at VanessaABoydFL@gmail.com. There is no charge for such.

I welcome any suggestions you may have to improve this event in the future, so please do not hesitate to share your thoughts with me by phone (215-7053) or email (skmac@bellsouth.net). PLEASE join us again next year for another great Run to the Sun 8k and Fun Run event. Until then...happy running! =

Check out more photos on pages 7 and 8.



VOLUNTEERS

Jenny Allen
Richard Allen
Krisa Arend
Suzanne Baker
Ken Bendy
Marie Bendy
Amanda Bentley
Debbie Birmingham
Jay Birmingham
Dave Bokros
Bob Boyd
Roberta Boyd
Vanessa Boyd
Chris Breaul
Scoti-Lin Butler
Sheila Cabrera
Gabriella Carson
Kim Crist
Lacey Crist
Jackie Culver
Pat Czarnicki
Darcy Daniel
Charles Desrosier
Teri Detwiler
M. J. Eckford
Paul Esdale
Pauline Fortek
Frank Frazier
Annette Gray
Crystal Gray
Ashley Hatten
Sarah Heinold
Debbie Hillman
George Hoskins
Kaitlin Jackson
Marilyn Karnuth
Monica Knox
Mark Lay
Jacque Lewis
Tabitha Lewis
Patrick (PJ) Long
Carol MacDougall

Cynthia Maerz
Mike Mayse
Colin McCormick
Ryan McCormick
Steve McCormick
Patt McEvers
Megan McGee
Chris McKenney
Ashley McQuaig
Sue Melson
Aundrea Mueller
Kathy Murray
Jeff Nelson
Pat Noonan
April Padgett
Rachel Padgett
Lexus Potts
John Powers
Keith Poythress
Pat Raiford
Cauly Redenius
Marge Ruebush
Paul Ruebush
Alex Rumrill
Lori Scarlett
Stan Scarlett
Nancy Simmons
J.D. Smith
Ruth Smith
Terry Smith
Linda Stapleton
Brooklyn Steele
Bob Tatum
Elizabeth Theroux
Troy Thompson
Kim Tracanna-Breaul
Taylor Updegraff
Carmen Valdez
James Vavrina
Keith Watson
Edna West
Krystal White

Run to the Sun History

By Jack Knee

The first Strider run was the morning Twilight Run 5K that has since switched to an evening run near Labor Day. It was later joined by the Green Cove Springs "Shipsape 5000" so named for a now defunct bank and still run under different names on Memorial Day. In between was The Sunrise Wellness Run for five miles along the present Run To The Sun course. The first sponsor was the Orange Park Hospital which has had various names over the decades following and still sponsors runs on occasion. However, around 1985 the hospital said they could not sponsor the run that year due to budget situations and rotating their support among other endeavors.

Chuck Cornett, ever the innovator, had struck up a friendship with Sun Tire Company owner Dick Erickson who then lived in Orange Park and their location on Blanding Boulevard still remains the starting point for the Strider traditional

Sunday morning training runs going on for nearly thirty years. A Navy tail hooker and great runner named Ken Pekie was the first Run to the Sun Race Director and Ken has since retired to Oregon or Washington State I heard. I was his assistant and became race director for the second and Frank Frazier the third year. It switched to an 8K to accommodate a State Championship setting. That was just after I had printed a few tee shirts to award to people setting a new course record from the previous five miler. I awarded them anyway.

According to Chuck, I never heard Dick's side of the story and Chuck was known to embellish a thing or three but was an unparalleled organizer and promoter, he said he got Dick into oxygen debt during the first run and got a \$6,000.00 commitment for each of the next several years so Strider financial stability was insured a while longer.

Dick said the funding would come from Toyo Tires and maybe another to

contribute a dollar a tire for those sold in a certain period and so on. Two other great things evolved from this connection. One was the great pre-race barbecue the evening before at Dick's beautiful river-front home one may see when heading East over the Buckman Bridge. One Japanese tire official attended who I don't think understood a word of English but had a great smile. The other item, even more magnificent, was that Dick furnished free a RTTS tee shirt to each young participant for the free one mile fun run following the race. They had to pick up their shirt at any Sun Tire location and this ran to over 1,000 shirts for some runs but Dick stood by his word.

Sun Tire did us a magnificent job over the years whether or not they continue this sponsorship for everything runs its course. My running fires are banked now and I'm into walking near my St. Augustine home but the great Florida Strider tradition is being carried on, I see and I am still a member. I also directed the first two Hog Jogs and one of the "Shipsape" runs.

Power to the Pavement as Dr. Radical use to say, =



RESULTS

Due to space limitations we are not able to print the entire race results. For complete race results and more color photos, go to www.FloridaStriders.com!

CLASS	ID#	PLACE	PLACE	FINISHER	TIME	PACE
Open Men	3	1	1	John Metzgar, 47	27:16	5:27
	352	2	2	Shawn Williams, 34	28:01	5:36
	1	3	3	Justin Jacobs, 27	28:36	5:43
Open Women	8	1	1	Kim Pawelek, 36	29:25	5:53
	438	2	2	Lisa Thomas, 46	33:08	6:37
	4	3	3	Britta Fortson, 37	33:16	6:39

CLASS	ID#	PLACE	PLACE	FINISHER	TIME	PACE
Masters Men	6	4	1	John Wisker, 43	28:46	5:45
Masters Women	5	4	1	Kim Scurti, 42	33:45	6:45
Grand Masters Men	44	16	1	Bill Dunn, 51	31:51	6:22
Grand Masters Women	13	18	1	Ann Krause, 52	36:52	7:22
Men 3 - 10	553	35	1	Patrick McCarthy, 10	34:41	6:56
	685	64	2	Troy Britts, 9	37:16	7:27
	684	98	3	Cameron May, 9	40:27	8:05
Men 11 - 13	670	27	1	Steven Barlow, 13	33:14	6:39
	501	189	2	Tyler Blake, 11	50:41	10:08
	683	207	3	Logan Rainwater, 11	55:24	11:05
Men 14 - 19	369	8	1	Cody Helms, 16	29:51	5:58
	650	9	2	Alek Abate, 14	30:37	6:07
	182	10	3	Dillon Hawkins, 19	30:48	6:10
Men 20 - 24	314	14	1	Matthew Worsham, 23	31:30	6:18



513	36	2	Robert Domondon, 23	34:41	6:56	319	37	2	Steve Johnson, 52	34:57	6:59
408	49	3	Dustin Williams, 24	36:04	7:13	436	42	3	Allan Smith, 54	35:10	7:02

Men 25 - 29

101	15	1	Matthew Bulecza, 28	31:42	6:20
354	18	2	Michael Cronin, 28	31:55	6:23
431	21	3	Robert Walker, 27	32:32	6:30

Men 30 - 34

171	12	1	Mark Chauncey, 33	31:19	6:16
73	13	2	Marc McAllister, 32	31:24	6:17
308	40	3	Thomas Russell, 34	35:03	7:00

Men 35 - 39

7	5	1	Andrew Marchand, 39	28:48	5:46
2	6	2	Jason Arnold, 36	29:10	5:50
130	11	3	Christopher Armoreda, 35	31:06	6:13

Men 40 - 44

10	7	1	David Bonnette, 43	29:42	5:56
190	23	2	Steve McCormick, 43	32:53	6:35
533	24	3	Alden Estep, 40	32:55	6:35

Men 45 - 49

49	17	1	Randy Arend, 49	31:53	6:22
195	20	2	Peyton Godwin, 45	32:21	6:28
559	25	3	Raymond Ramos, 48	33:02	6:36

Men 50 - 54

563	33	1	Jerry Carter, 53	34:17	6:51
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Men 55 - 59

596	43	1	John Larue, 59	35:11	7:02
588	48	2	John Hirsch, 58	36:01	7:12
316	74	3	Lewis Buzzell, 58	38:12	7:38

Men 60 - 64

384	38	1	Patrick Gaughan, 60	34:57	6:59
570	46	2	George White, 63	35:36	7:07
418	85	3	Randy Pullo, 60	39:21	7:52

Men 65 - 69

573	58	1	Frank Frazier, 67	36:48	7:22
141	70	2	Thomas Henkel, 66	38:04	7:37
594	96	3	George Hoskins, 65	40:19	8:04

Men 70 - 74

534	158	1	Jimmie Seeley, 72	47:03	9:24
15	206	2	Gordon Slater, 70	55:19	11:04
16	208	3	Charles Goodyear, 70	55:47	11:09

Men 75 - 79

90	160	1	Patrick Gallagher, 79	47:10	9:26
547	170	2	Bob Meister, 78	47:59	9:36
53	185	3	Elmer Schroer, 77	50:01	10:00

Men 80 & Up

422	215	1	John Aimone, 80	59:30	11:54
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Continued on next page

RUN TO THE SUN RESULTS

Continued from previous page

80 233 2 Joe Connolly, 85 1:16:26 15:17

ID#	PLACE	CLASS	FINISHER	TIME	PACE
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Women 3 - 10

347	49	1	Lj Parliment, 9	42:18	8:27
663	54	2	Rosemarie Cubbedge, 10	42:50	8:34
546	103	3	Priscilla Hall, 8	48:06	9:37

Women 11 - 13

89	67	1	Danielle Hartless, 13	44:36	8:55
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45	76	2	Emily Mickel, 11	45:40	9:08
77	122	3	Lindsey Averitt, 12	51:35	10:19

Women 14 - 19

415	40	1	Nancy Harms, 14	41:13	8:15
382	46	2	Paige Boran, 14	41:59	8:24
668	100	3	Brittney Breitzman, 14	47:52	9:34

Women 20 - 24

688	34	1	Jennifer Macdonald, 24	40:16	8:03
357	51	2	Maria Vladimirova, 23	42:26	8:29
356	58	3	Keley Jacobson, 24	43:32	8:42

Women 25 - 29

442	9	1	Jane Conner, 26	36:00	7:12
43	10	2	Allie Norman, 25	36:03	7:12
323	17	3	Larissa Bodniowycz, 25	36:49	7:22

Women 30 - 34

123	8	1	Monica Brown, 32	35:19	7:04
172	15	2	Sorcha French, 34	36:42	7:20
173	23	3	Dorie Chauncey, 31	38:32	7:42



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Women 35 - 39

128	14	1	Leslie Kindling, 37	36:40	7:20
719	16	2	Kerri Cook, 37	36:46	7:21
81	21	3	Barbara Carrico, 36	38:01	7:36

Women 40 - 44

664	6	1	Denise Metzgar, 43	34:42	6:56
310	7	2	Giselle Carson, 42	34:50	6:58
183	13	3	Karen Brown, 40	36:22	7:16

Women 45 - 49

12	5	1	Regina Taylor, 45	33:55	6:47
401	11	2	Alison Ronzon, 46	36:11	7:14
371	12	3	Rosa Haslip, 46	36:19	7:16

Women 50 - 54

432	26	1	Terri Rose, 52	38:48	7:46
149	31	2	Joy Green-Byron, 52	40:00	8:00

414	41	3	Susan Harms, 50	41:16	8:15
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Women 55 - 59

48	24	1	Stephanie Griffith, 55	38:41	7:44
598	44	2	Sue Whitworth, 55	41:28	8:18
572	104	3	Claire Gilbert, 56	48:19	9:40

Women 60 - 64

540	144	1	Pat Noonan, 61	53:13	10:38
712	205	2	Barbara Scott, 62	1:03:28	2:42
155	213	3	Maureen Weiler, 62	1:05:56	13:11

Women 65 - 69

31	19	1	Elfrieda Wyner, 67	37:18	7:27
412	114	2	Susan Wallace, 69	50:05	10:01
417	145	3	Nancy Pullo, 68	53:14	10:39

Women 80 & Up

421	217	1	Diane Aimone, 80	1:08:26	13:41
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The Swamp Run

Folkston, Georgia
Saturday, March 27



By Nancy Pullo

The day dawned cool, overcast & windy as the runners assembled for the start of the 2010 Swamp Run in Folkston, Georgia. This race is held in Laura Walker State Park and it's a partial road/partial cross country 10K and 1 mile fun run. There were 135 finishers in the 10K and 130 in the one mile. The shirt this year is a nice long sleeve shirt with a gator logo on the front.

Randy & I camped in the state park and the race start was within viewing distance of our tent. As we approached packet pick up we saw two more Striders: Freddy Fillingham and Bernie Powers.

The race started right on time at 9 a.m. We ran out of the park onto the highway for about 2 miles, turned onto the Laura Walker Trail, came out of the forest, turned around on the road and started back to the finish line. A pancake breakfast was served in one of the buildings after the race: bananas, pancakes, sausage (both pork sausage and deer sausage), coffee, tea and soft drinks. A real bargain for a \$15 registration fee.

After the 1 mile fun run, the award ceremony began and the following Striders placed in their age groups:

Name	Age Group	Award
Randy Arend	45 - 49	1st Place
Steve O'Brian	55 - 59	2nd Place
Freddy Fillingham	65 - 69	3rd Place
Scott Seibler	55 - 59	1st Place
Randy Pullo	60 - 64	3rd Place
(Randy's first race in his new age group)		
Claudia French	55 - 59	2nd Place
Nancy Pullo	65 - 69	1st Place

Also running was Bernie Powers who was happy to learn that Randy is no longer in his age group (at least until October).

This race is typically two weeks after the Gate River Run. Come join us, the Okefenokee Track & Cycling Club are a great group of runners and you can't get a better deal for \$15! =

Florida Strider 2010 River Run Hospitality Tent



By Stan Scarlett
Photos by Lisa Adams

By all accounts, this year's Tent was the Best of the Best. Major kudos to the 50 volunteers, most doing multiple duties, to ensure it's success. The larger Tent we have now really is great and should suffice for awhile. It's over 1300 sq ft. Here are the highlights for this year at the Tent:

We redesigned our food area, expanding the table layout in a rectangular arrangement, allowing for better flow for the Striders, our food group (Marge, Lori, Jenny, Elke and others), and reduced congestion behind the tables. We relocated the dressing rooms entry to a different position, allowing for easier access and gave us more room for runner bags and personals. Paul Geiger made "entry" signs this year. Last year, some of our Striders and guests didn't know we had dressing rooms.

This year, we had an extra portalet, total of 6, but that wasn't enough. We will have to get more next year. We will expand the "snake lines" to accommodate more people, so the people waiting in line don't extend into the massage area.

In the past, we have been stringing the electrical extension cords, on the ground, leading into the Tent. We have been putting orange pylons over the lines, to keep people from tripping over them. Next year, we are going to try to put the cords overhead. I think Matt Ross suggested this. Sounds like a good idea.

I brought about 10 USA flags this year and gave them out to the kids. They really liked them. Next year, I will bring many more to give out.

Our food was running low this year. All of us need to encourage our friends and fellow Striders to bring more food next year. Marge is going to "squirrel" more away next year for the "other than world class runners" that come in sooner than most of us.

This year, we noticed that very few

Our Valued Volunteers

Mike Mayse	Marge Ruebush	John Powers
Paul Geiger	Jeff Nelson	John McBrearty
Lisa Adams	Bill Krause	Danny Weaver
Matt Ross	David Kelly	Ed Hardee
Kelly Howard	Bob Rice	Bob Boyd
Roy Benson and John	Jill Staples	Tom Custer
Jack Stanley	Al Safer	Susan Gostage
George Bailey	Vicky Connell	Ed Hardee
Danny Suber	Dave Bokros	James Vavrina
Elke Miller	Jenny Allen	Richard Allen
Lori Scarlett	Frank Frazier	Bobby Greene
Lorraine Hughey	Ken Bendy	Glenn Hanna
Jack Sykes	Keith Poythress	Mike Marino
George Hoskins	Kent Smith	Robert Irvin
Janet Irvin	Randy Arend	Bob Moyer
Karen and Steve McCormick	Gary Hallet	J.D. Smith

A special thanks to Doug Alred and his staff at First Place Sports. Our vendors, Kirby Tent Rentals, United Site Services and a great big thanks to Ray Chassi and his massage students at Everest University Massage School and to Susan Stephenson there.

Please let me know if I have left anyone out. Also, I welcome your ideas and suggestions to improve "our Tent".

articles were left in the Tent area. Usually, a lot of items are forgotten. I am holding a Rolex for someone to claim and a 5 carat diamond ring.

Next year, I may cut back a little on extending wrist bands to non member guests for the benefit of our members and their families. Encourage your non member guests to join the Striders and enjoy the benefits. I think many bands have been given out over the years to the same guests that have not joined us as members. The income from new members and yearly renewals, will help keep my budget under control so we can continue to have a quality Tent atmosphere.

As many of you know, we have had a presence at the Expo, near where people picked up their race packets, to give out the yellow wrist bands, sign up new members and to display Strider merchandise. Our appreciation to Doug Alred. This was our 2nd year. Last year, our Strider on point, was Vicky Connell. She did an outstanding job pioneering this venture. With her advice and experience relayed to me this year, we

were able to improve on last year. We were able to staff the area all day Thursday and Friday before race day. I was able to spend time with our volunteers, and we all had lots of fun. They must have thought I was paying them by the hour, because they all stayed way beyond their regular assigned hours. At one time, we must have had 8 volunteers there. Plaques were picked up by the Striders that set the world record

for mileage ran in 24 hours (It looked like a party to me).

Thanks to the volunteers at the Expo and the Entry gate at the Tent, we signed up almost 50 new Striders and renewing Striders. The enthusiasm of our Expo and Entry folks in selling the Florida Strider Track Club Experience is exciting to watch and be a part of, because it is genuine.

WE ARE THE BEST OF THE BEST!
Be proud to be a part of it. =



Having Fun Yet? You Better Believe It!

By Bob Boyd

Fast feet are nothing new at the Wednesday evening Track Workouts at St. Johns Country Day School. But there are many more of them the last several weeks and they are getting faster and stronger with each successive week. Our latest 8 week class began April 7th. We will of course have a pleasant class party excursion on Saturday, May 29th en route to that graduation race destination, Memorial Day's 5K on Monday, May 31st. Who says you can't carbo load before a 5K. At the graduation party it is my pleasure to hand out everyone's class technical shirt. Coordinating the class has definite perks. At the Memorial Day 5K I get to congratulate everyone and present 1st Race Medals to the beginning runners in our class who have never run

a race before. It is extremely gratifying to see such wonderful accomplishment achieved by so many athletes from our class. Accomplishment is not limited to our new runners by any means. The class has four different training levels with about 59% in our beginning training level, 15% Intermediate, 9% Advanced, and 17% on the bleeding edge of fun in our Speed training group. We capped the class at 150 members this year to avoid overloading St. Johns parking and track facility. I cannot predict what percentage of our class graduates will finish the day with a Personal Record (PR), but I will wager the percentage is quite high. PR's may not always result in a medal or an age group award, but like the commercial says, they are "priceless."

Speaking of priceless, and not just because all of them volunteer their time,

I am also blessed with a wonderful and talented team of Group Leaders out there each week. They make a positive difference in the lives of the athletes in their group. Their training tips, their experience, their company, and their attitude often make all the difference for one or many of our athletes. I lack the eloquence to adequately express my appreciation to our Group Leaders for the contribution they provide each and every week. The enthusiasm and work ethic our athletes bring with them each week is very much an inspiration to all of us helping with the class. I know that many of the athletes in this class will one day be helping with a future class of inspiring athletes. What a beautiful cycle.

We also enjoy excellent presentations each week on an important aspect

Continued on next page

RUNNING CLASS

Continued from page 11

of running successfully. John & Denise Metzgar, Allen Weiss, Vicky Connell, and Jay Birmingham are notable contributors.

I also wish to thank and acknowledge St. Johns Country Day School for their ongoing support of health and fitness in our community and the Florida Striders in particular. They are very generous to share their beautiful facility with us.

The Florida Striders also have a tradition of being very open about their money and where it goes. Each of our athletes pays for being in the class. The \$30 cost for a single athlete is designed to be a breakeven financially, covering an annual membership in the Florida Strid-

ers, \$15, and the rest of the money, \$15, goes to cover the cost of the class technical T-shirts and the bodacious and tasty class party. When couples or families join the class, which I'm pleased to say happens frequently, they only pay for a family membership and the cost goes down accordingly. Athletes who are already Florida Striders only pay \$15. In case anybody wonders, the membership cost itself is used to help with the cost of our liability insurance, Road Runners Club of America dues, and to help defray the costs of our newsletter and expenses. While on the financial topic, I can't resist patting the Florida Striders on the back for the large amounts they direct to support children's running and scholarships in our area. Lots of people talk about the

problems of childhood fitness and obesity – the Florida Striders are doing something about it.

Check out the list of our class athletes below. You'll be seeing them at the track, at the Memorial Day 5K, and running around town, each and every one a Florida Strider. You may have to look quickly though, they are getting faster and stronger every week. =

Vicky Connell has posted some cool videos on the Striders Facebook page from the running classes. Check it out!

Athletes In Training

Stacey Albrecht
Kimberly Alldread
Vernon Allen
Karen Amistani
Nicole Andress
Amy Anken
Lara Anthony
Tracey Armon
Amy Barlow
Joanie Barrett
Angella Beckom
Karen Berry
Amy Bilbray
Savin Blimes
Kay Brammell
Andrea Brandt
Frank Brewer
Sharyl Brewer
Destiny Brightman
Valerie Buckler
Jason Burcham
Joseph Campisano
Silvana Campisano
Chandra Chaney
Shannon Copeland
Denise Corley
Martha Corley
Robbie Corley
Kim Crist
Karen Daniels
Elizabeth De Jesus
Nicole DeLeon
Sylvia Depuiy

Tina Diaz
Deanna Dickey
Jessica Doan
Debra Drummond
Deshonya Drummond
Rhadisha Drummond
Lisa Duffy
Staci Eccleston
Alexandra Engel
Kitty Ferrell
Pamela Flag
Samuel Flag
Karla Fogarty
Goran Fredrikson
Gabby Fritz
Josephine Fulker
Megan Gardner
Claire Gilbert
Jessica Gilbert
Darren Glenn
Leslie Glenn
Christine Griffin
Alan Harmon
Joanne Harris
Ben Hartley
Jake Hartley
James Hartley
Jody Hartley
Julia Hartley
Sarah Hartley
Cristy Holmes
Haley Houston
Marie Howard
Susan Hudson
Sybil Kilpatrick
Leslie Kindling

Carol King
Renee Kleffner
Rita Lamach
Sloan Lewis
Debbie Lineberry
Chauncey Lowe
Jean Lowe
Monica Lucas
Jennifer MacDonald
Carrie Manning
Jana Manning
Christi Marti
John Mautz
Bruce McCrosky
Tracey Minton
Edward Mobley
Becky Moody
John Moody
Alex Morrison
Kim Morrison
Katherine Morse
Kristen Mounts
Debra Mulder
Cindi Muto
Heather Myers
Jennifer Nix
Christina Nundahl
Erin O'Leary
Cindy O'Rourke
David Otto
Julia Painter
Cynthia Parker
Emily Peters
Julian Pittman
Edna Porte
Sarah Pruitt

Logan Rainwater
Latoya Ravizee
Genesis Ray
Hannah Ray
Renee Ray
Bill Roberts
Lauren Rowans
Timothy Rowans
Amy Ruggiero
Barbara Scott
Amber Sherrill
Sonia Simpson
Mike Singletary
Jacob Skirvin
Tris Skirvin
Kristin Smith
Morgan Smith
Nathan Smith
Tim Smith
Cindy Staples
John Tatum
Brittany Tessaro
Amie Thompson
Jean Thompson
Patrick Thompson
Keith Trittschuh
Bridget Trotter
Dawn Troxel
Jordan Troxel
Cherie Vancura
Carina Villanueva
Jennifer Wagstaff
Patty Webb
Robert Webster
Rebecca White
Paul Williams

Jennifer Wood
James Woolard
Jane Woolard
Liam Woolard
Will Woolard
Mark Wynter
Mike Youngblood
Gary Zamaites
Kristina Zamaites
Judl Zumbach

Group Leaders & Speakers

Jay Birmingham
Bob Boyd
Vanessa Boyd
Bernita Bush
Eric Bush
Vicky Connell
Frank Frazier
Glenn Hanna
Jim Hughes
Mark Lay
Maria Littlejohn
Kim Lundy
Kristie Matherne
Sandra Maveety
Denise Metzgar
John Metzgar
Jeff Nelson
Michelle Ramos
Raymond Ramos
Joe Strickland
James Vavrina
Allen Weiss
Greg Wood

Race Results

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

Walk a Mile in their Shoes 5K

March 27, 2010

Jacksonville, FL

Bryan Rohlin	20:28	2nd ag
Scott Hershey	20:30	
Donald Wucker	20:36	2nd ag
Alan Smith	21:19	
Drew Hershey	22:10	
Ann Krause	22:19	1st ag
Miller McCormick	22:34	1st ag
Margaret Barton	26:34	2nd ag
Barbara Whitter	30:04	
Charles Goodyear	30:54	1st ag
Bill Krause	33:01	
Barbara Scott	38:12	3rd ag
Dee Robertson-Lee	43:16	

Guana 50k Trail and Relay Run

March 27, 2010

South Ponte Vedra, FL

Owen Shott	3:38:30	50k
Regina Soeoy	5:26:35	50k
Jo Shott	2:05:24	
Relay Team total	5:50:00	
Steve Bruce	2:29:03	
Relay Team total	4:57:19	
Trish Kabus	5:53:28	25k

Capt. Chuck Cornett 10K Run

April 3, 2010

Jacksonville, FL

John Metzgar	34:45	2nd Open Men
David Bonnette	37:58	Masters Men
Randy Arend	40:47	2nd ag
Lisa Adams	41:26	2nd Open Women
Jo Shott	41:43	3rd Open Women
Raymond Ramos Jr	42:03	3rd ag
Michael Johnson	42:13	
Bryan Rohlin	43:04	3rd ag
Denise Metzgar	43:52	Masters Women
Donald Wucker	44:49	1st ag
Michael Mandt	45:04	

Kristin Smith	45:25	1st ag
John Hirsch	45:35	2nd ag
George White	45:50	1st ag
Frank Frazier	46:14	1st ag
Ann Krause	46:22	
Grand Masters Winner		
Paul Geiger	46:26	3rd ag
Kathy Murray	48:10	1st ag
Barbara Carrico	49:53	
Kim Crist	50:22	1st ag
Danny Cole	50:36	
Joanie Barrett	53:00	
Kevin Terry	54:31	
Robert Sroka	56:39	
Karen Daniels	56:41	
David Pizzi	56:44	
Kimberly Lundy	56:49	
Bonita Golden	57:17	
Joseph Strickland	57:39	
Melinda Terry	57:43	
Jack Hayes	57:49	3rd ag
Benjamin Howard	58:38	
Chelle Mahaney	59:02	
Kent Smith	1:06:34	
Melissa Pruette	1:00:11	
Patrick Gallagher	1:00:42	1st ag
Lorraine Hughey	1:02:59	
Bernie Powers	1:03:45	
Leslie Kindling	1:03:53	
Patricia Czamecki	1:03:56	
John Bowsman	1:04:26	3rd ag
Kent Smith	1:06:34	
Jakob Wyche	1:08:00	
Cary Wyche	1:14:29	
Holly Wyche	1:14:29	
Freddy Fillingham	1:14:55	
Charles Wagner	1:16:05	1st ag
Barbara Scott	1:19:13	2nd ag
Mel Abando	1:26:55	
Jamie Wyche	1:27:24	

Capt. Chuck Cornett 5K Run

April 3, 2010

Jacksonville, FL

James Vavrina	26:51	1st ag
Bill Krause	32:53	

Flagler 5K

April 3, 2010

St. Augustine

Bill Phillips	17:47	1ag - 6th overall
Bo Holub	34:29	1ag
Darlene L. Schmitt	46:34	

Run for Cover 5k

April 3, 2010

Jacksonville, FL

Ben Huron	18:00	2nd overall men
Randy Arend	20:02	1st ag
Bryan Rohlin	21:07	1st ag
Donald Wucker	21:34	1st ag
Barbara Carrico	21:50	1st ag
Rebekah Wild	22:01	2nd ag
Ann Krause	22:34	1st ag
Lewis Buzzell	24:03	2nd ag
George Thompson	24:10	
Isabel Torres-Padin	24:24	
Steve Bruce	24:47	3rd ag
Michael Mandt	25:54	
Mercedes Smith	27:46	
Martin Wilkinson	28:10	1st ag
Bernie Powers	30:08	
Al Saffer	31:34	1st ag
Charles Goodyear	31:58	1st ag
Bill Krause	34:14	
Dee Robertson-Lee	43:06	3rd ag
Joe Connolly	46:51	2nd ag

Fleming Island Rotary 5k

April 10, 2010

Fleming Island, FL

Owen Shott	17:03	1st Open Men
Andrew Marchand	17:16:00	2nd Open Men
Jay Millson	19:18	1st ag
Raymond Ramos	20:06	1st ag
Bryan Rohlin	20:18	2nd ag
Charlie Hunsberger	21:16	1st ag
Michael Mandt	21:26	
Ann Krause	22:00	1st ag

Continued on next page

William Powers	22:30	3rd ag	Patrick Rohlin	26:54		Joe Connolly	46:16	
Mark Dickson	22:48	3rd ag	Stephanie Foreman	27:25		Patricia Czarnecki	49:05	
Alex Hawkins	22:55		James Vavrina	27:47				
Karen McCormick	23:30	3rd ag	Karen Daniels	28:00	3rd a/g			
Roger Jones	23:39		Bernie Powers	28:26				
Quincy Masters	23:50	2nd ag	Claire Gilbert	29:00	2nd ag			
Eric Bush	24:05		Bob Tatum	29:02	2nd ag	Bill Phillips	17:58	1st ag
Abby Butler	24:09		Patrick Gallagher	29:44	1st ag	Bernie Candy	20:45	1st ag
Suzanne Baker	24:22	1st ag	Al Saffer	30:21	2nd ag	Rosa Haslip	21:58:	1st ag
George Hoskins	24:27	1st ag	Charles Goodyear	30:48	2nd ag	Elfrieda Wyner	22:26	1st ag
Matt McColley	24:52		Charles Goodyear	30:48		Steve Bruce	24:09	
Kristie Matheme	25:57	1st ag	Bill Krause	32:42		Simon Jacobson	25:49	
Kristie Matheme	25:57	1st ag	Charles Wagner	33:43	3rd ag	jim kehr	27:43	
George Thompson	25:59		Dotti Cahill	38:26		Al Saffer	30:25	1st ag
Sue Whitworth	26:18	1st ag	Margaret Reese	41:36	1st race!	Vicki Choinsi	31:40	
David Pizzi	26:22		Dee Robertson-Lee		41:44:00	Gordon Slater	34:14	3rd ag
Joanie Barrett	26:31		Lynda Carroll	42:26		Bo Holub	35:19	2nd ag
Martin Wilkinson	26:51	1st ag	Bernita Bush	45:53		Darlene L. Schmitt	44:56	

Don's Friends 5k
April 10, 2010
St Augustine, FL

New, Renewing and Expiring Memberships

NEW MEMBERS

Regina Adam	4/30/11
Nancy Auclair	4/30/11
Joy Bardin	4/30/11
Kerri & Jim Cook	4/30/11
Melanie Cruz	4/30/11
Micki Francis	4/30/11
Scott Frost	4/30/11
Margret & Scott Gamble	4/30/11
Cynthia & Richard Giebeig	4/30/11
Michael Giel	4/30/11
Virginia Gresham	4/30/11
Mark Grubb	4/30/11
Chasity Harvey	4/30/11
John & Pauline LaRue	4/30/11
Diana Levin	4/30/11
Scott & Debbie Liner	4/30/11
Susan Maurer	4/30/11
Sarah McCowan	4/30/11
Sharon & Gary Medders	4/30/11
Patrick Morgan	4/30/11
Brett & Clarissa Relick	4/30/11
Brittany Sharrar	4/30/11
Heather & Lawrence Stake	4/30/11
Jeffery Werch	4/30/12

RENEWING MEMBERS

Traci Brooks	3/31/11
Alan Harmon	4/30/11

Leslie Magruder	3/31/12
John, Denise, Chelsea & Cameron Metzgar	3/31/11
Burness Morris	10/30/11
Scott Obermiller	3/31/12
Gail Pylipow	3/31/11
Page Ramezani	4/30/11
Robert Shields	5/31/11
Joseph Strickland	3/31/12
Neill Thaggard	5/31/11
Greg Wood	4/30/11
Mike & Jamie Wyche	3/31/11

MULTI-YEAR RENEWALS

Annie White-Butler	4/30/11
Jim Hughes	4/30/11
Ed/Kristi Kirby/Houlberg	4/30/11
Bob Buehn	4/30/11
Gary Hallett	4/30/11
CalLee Davenport	4/30/11
Guy Jackson	4/30/11
E Gary Cook	4/30/11
Bernie Powers	4/30/11
Patricia Czarnecki	4/30/11
Raymond & Michelle Ramos Jr	4/30/11
Danny & Anne Weaver	4/30/12
Mark Johnson	4/30/12

Teresa Hankel	4/30/11
Tom Disher-Ryan	4/30/11
Matt Ross	4/30/11
JoAnne Seach	4/30/11
Diane Jacobs	4/30/11
Mamie Davis	4/30/12

EXPIRING MEMBERSHIPS

Davis Bennett	3/31/10
Sheryl Bos	3/31/10
Alicia "Renee" Boutwell	3/31/10
Julie Breuer	3/31/10
Tracy Dawson	3/31/10
Janis Dolembro	3/31/10
Cathy Giles	3/31/10
Thomas Harrell	3/31/10
Billy Jones	3/31/10
Alan & Tina Koch	3/31/10
Stan Lambert	3/31/10
Chelle Mahaney	3/31/10
Barry Marquart	3/31/10
April & Craig Martin	3/31/10
Robin McBride	3/31/10
Timothy Nguyen	3/31/10
Mary Ann & John Steinberg	3/31/10
Roberto Suarez	3/31/10
Lupita Trujillo-Thieman	3/31/10 =

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 or callMikeMayse (904) 777-6108.

Mandarin Biathlon

April 10, 2010

Fleming Island, FL

	Running		Kayak	
Donald Wucker	1:06:44	1st a/g	1:35:10	
Robert Webster	1:08:50		1:41:58	
Gregg Friend	1:13:38		1:46:19	
Kristin Friend	1:19:48	2nd a/g	2:03:54	
Mercedes Smith	1:33:32		2:07:54	
George Mosely	1:26:29	3rd a/g	2:24:59	
Mercedes Smith	2:07:46			Relay team with Chris
Chris Smith			1:33:00	Relay team with Mercedes

Memorial Day 5k Volunteers

The Memorial Day 5k is fast approaching! This year promises to be bigger than ever. I will need a lot of course marshals. If you are willing to volunteer, please contact the Race Director, Dave Bokros, at DMBokros@gmail.com. I promise that you will have a good time!

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



Course begins and ends at Spring Park in Green Cove Springs, FL

5K 8:00 AM • 1 Mile Fun Run 9:00AM • Awards Ceremony 9:30 AM

<u>Entry Received By</u>	<u>Striders/Military</u>	<u>Other</u>
Up to May 23, 2010	\$12	\$14
May 24-29, 2010	\$15	\$17
Day of Race	\$20	\$20

Sorry, no refunds!

Make checks payable to:
 Memorial Day 5K
 Mail to:
 Memorial Day 5K
 3931 Baymeadows Road,
 Jacksonville, FL 32217

USATF Certified Course
 #FL-02022DL

AWARDS

Awards will be given to Top 3 overall male and female, Top Master's male and female, First Green Cove Springs Residents male and female, Top Grandmaster's male and female. Awards will also be given to the top three male and female 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 Spring Park at 9:30 AM.

RACE PACKET PICKUP

Packets will be available at your selected 1st Place Sports location (be sure to select location on your registration form) on Friday May 28 and Saturday, May 29. Packets will also be available at the starting line beginning at 6:30 AM on the day of the race.

You can also register online at active.com There is a \$3.25 charge for online registration.



Race Hotline: 904-545-4538 or www.floridastriders.com

May 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.ameliastrandrunners.com/kbendy/rrcalcal.htm>. If you would like your race listed please email kbendy@aol.com

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

DATE	EVENT	TIME	LOCATION	CONTACT
May 1	All Comers Track Meet #1	6:00 p.m.	Bolles School San Jose Blvd. - Jax	(904) 384-TRAK (8725) JTC Running
May 8	The Human Race Spring 5K	8:00 a.m.	Cambridge Office Complex 8173 Baymeadows Way W. Jax	(904)-731-1900 1st Place Sports
May 8	St. Patrick's School 5K	8:00 a.m.	Life Guard Station 2 North Ocean Front Jax beach	(904) 318-8104 St. Patrick's School
May 8	San Pablo Elementary Health & Fitness Magnet 5K for Play	9:00 a.m.	Life Guard Station 2 North Ocean Front Jax beach	(904) 241-7199 San Pablo Elementary
May 8	Spud Run 5K and Cabbage Crawl	9:00 a.m.	Hastings Rec. Field & City Hall 6140 S. Main S. Hastings	(386) 747-3532 RaceSmith
May 9	THE PLAYERS Mothers Day 5K	8:00 a.m.	Atlantic Beach	(904) 731-1900 1st Place Sports Breast Cancer Marathon
May 15	Brooks YMCA Sunny's 5K	7:30 a.m.	10423 Centurion Parkway N. Jax	(352) 637-2475 DRC Sports
May 15	Marty's Run 5K	2:00 p.m.	1st Place Sports 3931 Baymeadows Rd. Jax	(904) 731-1900 1st Place Sports
May 22	Somer's Sunshine Run 5K	8:00 a.m.	Orange Park	1st Place Sports
May 22	Race for Research 5K Cross Country	8:00 a.m.	Sandlewood HS 2750 John Prom Blvd. - Jax	(866) 415-8020 Florida Junior Civitan
May 28	All Comers Track Meet #2	6:00 p.m.	Bolles School San Jose Blvd. - Jax	(904) 384-TRAK (8725) JTC Running
May 29	Fallen Hero's Memorial 5K	8:00 a.m.	Municipal Stadium Gator Bowl Blvd. - Jax	Municipal Stadium Gator Bowl Blvd. - Jax
May 31	Memorial Day 5K	8:00 a.m.	Spring Park Green Cove Springs	(904) 545-4538 Florida Striders Track Club

The Back Page

BY GAIL PYLIPOW



Hello everyone and hope ya'll are doing well. I'm taking over "The Back Page" from Mike Marino, so I have some big shoes to fill. I was paging through the latest booklet of races issued by 1st Place Sports for Spring, 2010 and there sure are a lot of new ones this season. Lots of opportunities for Striders to get out there to run and enjoy the camaraderie of other runners. As for the latest set of races, here are the results, and please remember to use the new system to report the race and times through our website www.floridastriders.com to ensure you are named in our newsletter.

We start with **WALK A MILE IN THEIR SHOES 5K** on March 27th to benefit the Sulzbacher Center. There were a few Striders placing 1st in their age group, **Miller McCormick, Charles Goodyear** and **Ann Krause**; followed by those placing 2nd in their age group, which were **Bryan Rohlin, Donald Wucker** and **Margaret Barton**; and our 3rd place age group winner was Barbara Scott. Also on the same day was the **GUANA 50K TRAIL AND RELAY RUN** in South Ponte Vedra. **Owen Shott** placed 1st in his age group with a time of 3:38:03, which is a new course record! Way to go Owen! No grass grows under his feet, that's for sure. Also completing all 50K was **Regina Sooley**, who even through a forearm into the course (a nice way to say she fell) and finished despite being a little bloodied up.

The next weekend saw three more races. **THE CAPTAIN CHUCK CORNETT 10K RUN and 5K WALK**, formerly known as The Navy 10K Run took place at NAS JAX on April 3rd. There was a good turnout of Striders considering the Easter Bunny was arriving the next day. The more you run, the more chocolate you can eat is

what they were thinking, so to begin, **John Metzgar** was the 2nd place winner in the Open Men category with **Lisa Adams** placing 2nd and **Jo Shott** placing 3rd in the Open Women's category. **David Bonnette** took home the Masters-Men award while **Denise Metzgar** was our Masters-Women award winner and **Ann Krause** was the Grand Masters-Women award winner. Those who placed 1st in their age group were **Kristin Smith, George White, Frank Frazier, Kathy Murray, Kim Crist, Patrick Gallagher** and **Charles Wagner**. The 2nd place winners in their age group were **Randy Arend, John Hirsch** and **Barbara Scott**. And last, but not least by any means, the 3rd place winners in their age group are **Bryan Rohlin, Raymond Raymos, Jr., Paul Geiger, Jack Hayes** and **John Bowsman**. Apparently only two striders ran the 5K, **James Vavrina** who placed 1st in his age group and **Bill Krause**. There are several truly race-dedicated people who run two 5K races in a day, once in the morning and again in the evening. Way to go Striders! The evening race held on the same day, The **RUN FOR COVER 5K**, was to benefit the Florida Skin Cancer Foundation. **Ben Huron** placed 2nd over all in the Open Men category. The Striders who placed first in their age groups are **Cole Mandt, Randy Arend, Bryan Rohlin, Ann Krause, Isabel Torres-Padin, Al Saffer, Charles Goodyear, Donald Wucker, Martin Wilkinson** and **Barbara Carrico**. Three 2nd place winners were **Rebekah Wild, Lewis Buzzell** and **Joe Connolly**, Joe has only 39 more races to run until he reaches the 1,000 races run milestone! Way to go Joe!!! Our two 3rd place winners were **Steve Bruce** and **Dee Robertson-Lee**.

The third race of the day was The **FLAGLER 5K** run to benefit Flagler College Women's Cross Country Team boasting two 1st place age group winners of **Bill Phillips** and **Bo Holub**.

The weekend after Easter, April 10th, saw three more races. For the **FLEMING ISLAND ROTARY RUN 5K**, an evening race, the runners had comfortable temps, flat terrain and food and beer at the after-party. All runners' entry fees supported the Fleming Island Rotary Club charities, of which colon cancer prevention was highlighted. From the race results, and it was a fast race, **Owen Shott** and **Andrew Marchand** won 1st and 2nd places in the Open Men's category, respectively. The winners coveting 1st place were **Charlie Hunsberger, Jay Milson, Raymond Raymos, Martin Wilkinson, George Hoskins, Patrick Gallagher, Ann Krause, Kristie Marthene** and **Sue Whitworth**. The illustrious 2nd place winners were **Bryan Rohlin, Quincy Masters, Bob Tatum, Charles Goodyear, Al Saffer** and **Claire Gilbert**. Reeling in 3rd place was **William Powers, Mark Dickson, Charles Wagner, Karen McCormick** and **Karen Daniels**. This next set of individuals competed in the **MANDARIN BIATHLON**, consisting of kayaking and running, and it was reported the conditions were perfect! Our able-bodied winners were **Donald Wucker**, 1st in his age group, **Kristin Friend**, 2nd in her age group, and **George Mosely**, 3rd in his age group. Now, for the third race of the day, in St. Augustine was **DON'S FRIENDS 5K**, in which I believe your dog ran with you. Hopefully the course did not have any fire hydrants along the way. That could really slow you down. Those who captured

Continued on next page

SAVE THE DATE!

Upcoming Socials

JUNE • Sunday, June 6th

The June social is going to the dogs! On Sunday June 6th, Striders and your four legged friends are invited to the Dog Days picnic at the Slough Reserve on Fleming Island. It is right off of 17 on

Raggedy Point Drive (left). Across the street from Pace Island. There will be food, games and races for the critters.

JULY • Sunday, July 11th

Whitey's Fish Camp. Details to come!

The Back Page

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1st in their age groups were **Bill Phillips**, **Bernie Candy**, **Rosa Haslip**, **Elfrieda Wyner** and **Al Saffer**. **Bo Holub** was 2nd and **Gordon Slater** was 3rd in their respective age groups. **Darlene L. Schmitt** noted that her dogs **Dakota** and **Roxy** were the 1st and 2nd place dogs, and beat her by "a nose".

STRIDERS - They're Everywhere!

Hey, if you're out of town and there's a race, why not? **Bonita Gay Golden** was in Charleston, SC on March 27th and decided to run in **THE COOPER RIVER BRIDGE RUN**, and had a great time of 55:25. On the say day, but further south was the **33rd ANNUAL OKEFENOKEE 10K**. A few of our dedicated Striders showed up and winning 1st in their age group were **Nancy Pullo** and **Randy Arend**, 2nd in their respective age groups were **Steve O'Brien** and **Claudia French**, and 3rd place were **Randall Pullo** and **Freddy Fillingham**. **Bernie Powers** also made the trip to Okefenokee.

Now, another race on this same date, but half way around the world, **Elda Bell** (36:10) was visiting her son in Yuma, Guam and decided to run in the **BEAT THE FAT 5K**. The race started at 5:00 AM to beat the heat and she placed 3rd in her age group! Excellent job! It seems her son is the Golf Course Superintendent at the Country Club of the Pacific so hopefully Elda was able to get in 9 holes .

Trish Kabus (59:06) made the trek to Daytona Beach for the **EASTER BEACH RUN** on April 3rd, consisting of running 4

miles on the beach (not my favorite) and had a great time. The following weekend, Easter weekend, **Robert Shields** (39:20) ran the **Cary, NC 5K**. Hope there were Easter candy treats after the race!

On April 10th in Clearwater, Florida, the **AFLAC IRON GIRL 15K** was held. This All Girl race was the first race in a series of 12 races. Iron Girl's mission is to empower women toward a healthy lifestyle. Two of our dedicated Striders participated, **Barbara Whitter** (1:47:18) and **Trish Kabus** (2:22:34). Way to Go Ladies!

Tidbits and Stuff I Missed

I'm sure that this being my first column that I missed lots of stuff, but hopefully the next one will be better.

So Mike Marino, the 100x10K relay team wants to know when the runner appreciation party will be held.....any thoughts?

PLEASE, PLEASE PLEASE, don't forget to sign your times at the races on the clipboard by the striderman, OR just e-mail your race and results to us. For the out of town races, please e-mail your results and the name of the race and where it was held to me directly at gpypilpow@bellsouth.net.

Award

For my first monthly award, I give it to **Mike Marino** for all he has done and continues to do within the Striders' Club and for writing The Back Page for the last three years. He does an amazing job and is always on the go. My hat's off to you, Mike. Thank you!!!! =

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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