



## One Hundred Days of Summer

### Wide World of Running By Jay Birmingham

The average runner in Ohio, Colorado, and Nebraska – three states where I lived for many years – backs off in the brutal cold from December through February. The thermal challenge of winter is joined by piercing wind chills and impossible-at-times footing: ice, snow, slush, potholes.

Races become scarce. Dedicated road soldiers see the mileage in their training logs plummet. Perpetually gray skies extend from days to more than a

week. YMCAs in those cold climes see memberships spike in the winter. Treadmill motors burn up. Creative excuses for skipping workouts reach new heights. Some runners refuse to train when the temperature is lower than their age.

Drop southward now to Florida. Wind chill? Nope. Heavy clothing? Nope. December? No problem.

The Florida runner's challenge is June through September, what I call the 100 Days of Summer. I've known lots of running enthusiasts who exchanged their passion for our sport for days in front of the TV, a bag of chips and a cooler full of their favorite cold drinks.

You've got two choices: Quit for the season or run in the steam bath. I'm gonna suggest ways you can select the second option.

Your first challenge is mental. If you don't leave the house, you cannot train (unless you cheat by logging your miles on a refrigerated treadmill). So you must leave the house. Walk out the door, your

hair wet, clad in your sleeveless shirt and shortest shorts. Walk until you break into a jog, and then walk again when you feel a little fatigue. You are out there, acclimating to the heat and the humidity. You have ventured out while the faint of heart (weak of will) have not. You are a champion.

Remove expectations of speed or distance. Do set yourself a minimum time. One hour of walking will net you about 4 miles. Spice that with a few strideouts through pleasant parts of the course. Run through sprinklers. Stop for ice and drinks, either at stores en route, or in caches of goods you've squirreled away in the shrubbery. Laps around the block will ensure you a steady supply of everything.

Cover your head with a wet cap if you run at midday. If you've never tried a knotted handkerchief on your noggin, do. A handful of ice cubes under your head wear makes a world of difference.

Summer is the time to give yourself

**Continued on page 2**

### We would like to hear from you!

Run a great race? Have a fantastic running tip? Tried a yummy new recipe? Please share them with us! Send your stories to [StrideRightEdit@aol.com](mailto:StrideRightEdit@aol.com) by the 20th of each month!

## Inside

|                         |    |
|-------------------------|----|
| Prez Sez                | 2  |
| Board/Key Members       | 2  |
| Sponsors                | 3  |
| Memorial Day 5k Results | 4  |
| Striders at the Races   | 5  |
| Group Training Runs     | 7  |
| New & Renewing Members  | 8  |
| June Race Calendar      | 10 |
| Back Page               | 11 |

## 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.

### JUNE • Sunday, June 27th

For those striders who participated in the 100x10K Relay for the Guinness Book of World Records, the "partay" is scheduled for Sunday, June 27th at the Fire Fighters Hall on Stockton Street. It will be begin at 2pm and go until about 5 pm.

### JULY • Sunday, July 11th

Whitey's Fish Camp on CR 220 at 4pm

# Prez Sez

By Kellie Howard



Growing up in Ocala, my family came to Jacksonville on many occasions to watch my father run. I can remember only one race in Ocala, while Jacksonville already had established a Grand Prix series. Luckily there were fewer events in the 80s since one year my father's goal was to compete in all of the events. Many of the races were held near the Baymeadows 1st Place Sports store. I would have never guessed that many years later, I would buy a home only a few miles away from that location. I also could have never guessed that someone my family randomly met during a race was one of the strongest supporters of the Florida Striders.

Almost 19 years ago, my father was planning on running the Thanksgiving Day half marathon. My family, my sister's boyfriend (Will), and I got up before dawn to travel to Jacksonville to watch my father run. We also were going to drop Will off at his parent's house for the holiday. On the way up to Jacksonville, we experienced a flat tire and had to pull over to put the spare on. Unfortunately, this caused enough of a delay that we could not make it to the race on time, but Will still wanted to see his parents so we continued our trip. Since it was earlier than he needed to be dropped off, we decided to stop along the race route to cheer for the other runners. As we were watching the runners, my father struck up a conversation with another spectator. My father asked if the gentlemen knew of a place that was open on Thanksgiving Day so that he could purchase a replacement tire. The gentleman said that he did not know of any place that was open, but he happened to own a tire store and would see if one of his managers would be at a store and could help us. That gentleman was able to arrange for us to go to his Sun Tire store and get a new tire. I'll be honest, I can't remember exactly which Sun Tire store we went to, but I have a feeling it very well could have been the Sun Tire store on Blanding where Striders have been meeting on Sunday mornings for more than 30 years.

I guess you never know what roads life will take you?

p.s. – that boyfriend is now my brother-in-law =

## ONE HUNDRED DAYS OF SUMMER

Continued from page 1

permission to reduce your miles. But it is a great time to gain some leg speed. A set of repeat 100s on grass with a 100-meter walk recovery is a lot easier than a sustained distance run. Bridge sprints. Stadium steps. Stair cases. Any short, sharp run, repeated, with adequate recovery intervals, will not only make you feel like you are training hard but will keep the pounds from descending on your midsection.

Now here's the ultimate challenge. Pick a date and count 100 days forward.

June 1 through September 8 is the hundred days we choose for my cross country runners. Start on Day One and do not miss a day until you get through the hundredth. Declare a minimum (2 miles was my recent pick in 2009). Get your shoes on, pass through the doorway, and keep a large calendar posted. Write your workout in large letters and numbers at the end of each day. Let no square go uncovered.

You can do it. You are tough. You a Florida runner in summer. All 100 days of it. =

## Board of Directors' Summary of Action May 2010

Minutees were not available at press time =

## 2010-2011 Board of Directors & Key Members

(Board Members marked with an \*)

### President and Scholarship Coordinator:

\*Kellie Howard . . . . .(H) 732-7377  
email: kellski@comcast.net

### Vice President

\*Dan Adams . . . . .(C) 505-8849  
daniel.adams@jetblue.com

### Secretary

\*Regina Sooeey . . . . .(H) 673-0608  
email: regina@reginasooey.com

### Treasurer:

\*Randy Arend . . . . .(H) 272-3861  
arendrr@aol.com

### Membership Coordinator/Newsletter

#### Circulation Coordinator:

\*Mike Mayse . . . . .(H) 777-6108  
email: mjmayse@comcast.net

### River Road Resolution 5k Race Advisor:

Bob Boyd . . . . .(H) 272-1770  
email: BobBoydFL@gmail.com

### Children's Run Coordinator/Photographer:

Vanessa Boyd . . . . .(H) 272-1770  
email: VanessaABoydFL@gmail.com

### Memorial Day 5K Director:

\* Dave Bokros . . . . .(C) 545-4538  
email: dmbokros@gmail.com

### The Back Page Columnist:

Gail Pylipow.....(H) 264-4666  
email: gpylipow@bellsouth.net.

### Social Coordinator

\*Glenn Hanna . . . . .(C) 777-9351  
email: ghanna3@bellsouth.net

### Merchandise Coordinator:

\*Keith Poythress.....(H) 616-6054  
email: poyth@bellsouth.net

### Equipment Coordinator:

\*James Vavrina...(C) 718-4247  
email: jamesvav@hotmail.com

### Scholarship Coordinator:

\*Danny Weaver. . . . .(H) 287-5496  
email: weaver243@hotmail.com

### Directors at Large:

\* Lisa Adams . . . . .(C)505-8731  
email: lisaadams1800@comcast.net

\* Vicky Connell . . . . .(H) 276-0193  
email: VickyJC@comcast.net

Frank Fasier . . . . .(C) 874-1828  
email: ffrazier@cavco.net

\*Scott Hershey . . . . .(C) 379-2828  
email: hershey4188@yahoo.com

\*Ann Krause . . . . .(C) 252-0410  
adk622@yahoo.com

\*Bill Krause . . . . .(C) 860-9189  
email: bjk615@yahoo.com

\*Marie Littlejohn . . . . .(H) 923-0923  
email: sirennia1@hotmail.com

\*Kim Lundy . . . . .(H) 213-0250  
email: woodski135@aol.com

\*Carol MacDougall . . . . .(H) 282-9914  
email: cmmacdougall@bellsouth.net

\*Kristie Matherne . . . . .(H) (985) 688-1849  
email: k\_lo\_phimu@yahoo.com

\*Mike Marino . . . . .(H) 477-8631  
email: m.t.marino@clearwire.net

\*Melissa Saunders . . . . .(H) 375-2503  
email: saundersmelis@hotmail.com

\*Greg Wood  
email: B1Gcntry@comcast.net

### Hog Jog Director:

Steve Bruce . . . . .(H) 728-7759  
email: stevebruce@comcast.net

### Run to the Sun Race Director:

Karen McCormick . . . . .(H) 215-7053  
email: skmac@bellsouth.net

**SUPPORT OUR SPONSORS... THEY SUPPORT OUR SPORT**



Donnie A. Myers  
Gary R. Myers  
(904) 272-6606



The Perfect People  
For A Perfect Pool

Mike Shad Nissan  
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.

Please sign the  
Strider person or fill out the race  
result form at  
[floridastriders.com](http://floridastriders.com)

River Run Hospitality Tent Coordinator:  
Stan Scarlett . . . . .(H) 994-2687  
email: stanscarlett@msn.com  
RRCA Southern Region Director:  
Lena Hollmann (919)-388-5786 (eve)  
(919)-368-5222 (cell)  
email: lenahollmann@bellsouth.net

North Florida RRCA Representative:  
Mike Bowen . . . . .(H) 850-308-1953  
email: michael.s.bowen@gmail.com  
Strider "Person" Coordinator for Races:  
Al Saffer . . . . .(W) 665-6996  
email: saffat@jea.com

Webmaster  
Kristen Hughes  
email: kristenhughes@comcast.net  
StrideRight Editor  
Trish Kabus . . . . .(C) 343-5181  
email: striderightedit@aol.com



# 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](http://www.FloridaStriders.com)!

| CLASS | ID# | PLACE | PLACE | FINISHER | TIME | PACE |
|-------|-----|-------|-------|----------|------|------|
|-------|-----|-------|-------|----------|------|------|

## Open Men

|     |   |   |     |                   |       |      |
|-----|---|---|-----|-------------------|-------|------|
| 482 | 1 | 1 | M20 | Brad Orr, 23      | 15:39 | 5:02 |
| 1   | 2 | 2 | M25 | Justin Jacobs, 27 | 15:57 | 5:08 |
| 3   | 3 | 3 | M45 | John Metzgar, 47  | 16:41 | 5:22 |

## Open Women

|      |   |   |     |                      |       |      |
|------|---|---|-----|----------------------|-------|------|
| 7    | 1 | 1 | W25 | Angela Tecco, 25     | 18:02 | 5:48 |
| 1034 | 2 | 2 | W14 | Maryann Brown, 15    | 19:32 | 6:17 |
| 1022 | 3 | 3 | W14 | Kaitlyn Iselborn, 19 | 19:43 | 6:21 |

## Masters Men

|   |    |   |     |                 |       |      |
|---|----|---|-----|-----------------|-------|------|
| 6 | 19 | 1 | M40 | John Wisker, 43 | 17:54 | 5:45 |
|---|----|---|-----|-----------------|-------|------|

## Masters Women

|     |   |   |     |                 |       |      |
|-----|---|---|-----|-----------------|-------|------|
| 543 | 4 | 1 | W45 | Lisa Thomas, 46 | 19:59 | 6:26 |
|-----|---|---|-----|-----------------|-------|------|

## Grand Masters Men

|     |    |   |     |               |       |      |
|-----|----|---|-----|---------------|-------|------|
| 868 | 33 | 1 | M50 | Bill Dunn, 52 | 19:28 | 6:16 |
|-----|----|---|-----|---------------|-------|------|

## Grand Masters Women

|    |    |   |     |                |       |      |
|----|----|---|-----|----------------|-------|------|
| 13 | 27 | 1 | W50 | Ann Krause, 52 | 23:21 | 7:31 |
|----|----|---|-----|----------------|-------|------|

| CLASS | ID# | PLACE | PLACE | FINISHER | TIME | PACE |
|-------|-----|-------|-------|----------|------|------|
|-------|-----|-------|-------|----------|------|------|

## Men Under 11

|     |     |   |  |                      |       |      |
|-----|-----|---|--|----------------------|-------|------|
| 830 | 87  | 1 |  | Patrick McCarthy, 10 | 22:16 | 7:10 |
| 27  | 109 | 2 |  | Ryan Rabalais, 10    | 22:56 | 7:23 |
| 606 | 153 | 3 |  | Reed Davis, 10       | 24:54 | 8:01 |

## Men 11 - 13

|      |    |   |  |                    |       |      |
|------|----|---|--|--------------------|-------|------|
| 26   | 54 | 1 |  | Ross Rabalais, 13  | 20:45 | 6:41 |
| 1061 | 57 | 2 |  | Steven Barlow, 13  | 20:58 | 6:45 |
| 457  | 81 | 3 |  | Timothy Pierce, 12 | 22:02 | 7:05 |

## Men 14 - 19

|     |    |   |  |                    |       |      |
|-----|----|---|--|--------------------|-------|------|
| 563 | 6  | 1 |  | Covy Mundy, 17     | 16:53 | 5:26 |
| 471 | 10 | 2 |  | Eric Tallbacka, 14 | 17:24 | 5:36 |
| 573 | 26 | 3 |  | Cody Helms, 16     | 18:56 | 6:05 |

## Men 20 - 24

|     |   |   |  |                      |       |      |
|-----|---|---|--|----------------------|-------|------|
| 477 | 4 | 1 |  | Trever Beesley, 24   | 16:44 | 5:23 |
| 2   | 5 | 2 |  | Francisco Garcia, 20 | 16:48 | 5:24 |
| 288 | 9 | 3 |  | Majic Man, 20        | 17:19 | 5:34 |

## Men 25 - 29

|     |    |   |  |                    |       |      |
|-----|----|---|--|--------------------|-------|------|
| 731 | 11 | 1 |  | John Leeds, 26     | 17:25 | 5:36 |
| 226 | 25 | 2 |  | Russell Burney, 25 | 18:43 | 6:01 |
| 540 | 37 | 3 |  | Robert Walker      | 19:50 | 6:23 |

## Men 30 - 34

|     |    |   |  |                     |       |      |
|-----|----|---|--|---------------------|-------|------|
| 4   | 8  | 1 |  | Shawn Williams, 34  | 17:10 | 5:31 |
| 163 | 12 | 2 |  | Owen Shott, 30      | 17:25 | 5:36 |
| 541 | 13 | 3 |  | Alexander Jones, 33 | 17:27 | 5:37 |

## Men 35 - 39

|     |    |   |  |                     |       |      |
|-----|----|---|--|---------------------|-------|------|
| 287 | 7  | 1 |  | Paul McRae, 37      | 17:08 | 5:31 |
| 277 | 14 | 2 |  | Jason Arnold, 36    | 17:29 | 5:37 |
| 5   | 15 | 3 |  | Andrew Marchand, 39 | 17:39 | 5:41 |

## Men 40 - 44

|     |    |   |  |                      |       |      |
|-----|----|---|--|----------------------|-------|------|
| 286 | 20 | 1 |  | Mike Remisiewicz, 44 | 18:08 | 5:50 |
| 781 | 21 | 2 |  | David Bonnette, 43   | 18:21 | 5:54 |
| 468 | 31 | 3 |  | Jay Millson, 40      | 19:21 | 6:13 |

## Men 45 - 49

|     |    |   |  |                   |       |      |
|-----|----|---|--|-------------------|-------|------|
| 780 | 34 | 1 |  | Randy Arend, 49   | 19:30 | 6:16 |
| 534 | 38 | 2 |  | Mark Grubb, 45    | 19:54 | 6:24 |
| 848 | 45 | 3 |  | Raymond Ramos, 48 | 20:18 | 6:32 |

## Men 50 - 54

|     |    |   |  |                   |       |      |
|-----|----|---|--|-------------------|-------|------|
| 268 | 53 | 1 |  | Scott Hershey, 51 | 20:45 | 6:41 |
| 371 | 55 | 2 |  | Steve Johnson, 52 | 20:50 | 6:42 |
| 205 | 59 | 3 |  | Kevin Fleeger, 50 | 21:14 | 6:50 |

## Men 55 - 59

|     |    |   |  |                  |       |      |
|-----|----|---|--|------------------|-------|------|
| 522 | 51 | 1 |  | Dan Holloway, 55 | 20:40 | 6:39 |
| 724 | 80 | 2 |  | John Larue, 59   | 22:00 | 7:05 |
| 106 | 86 | 3 |  | John Hirsch, 58  | 22:16 | 7:10 |

## Men 60 - 64

|      |     |   |  |                     |       |      |
|------|-----|---|--|---------------------|-------|------|
| 1055 | 90  | 1 |  | Patrick Gaughan, 60 | 22:24 | 7:12 |
| 102  | 92  | 2 |  | Herbert Taskett, 62 | 22:27 | 7:13 |
| 87   | 111 | 3 |  | Bruce Holmes, 62    | 22:59 | 7:24 |

## Men 65 - 69

|     |     |   |  |                    |       |      |
|-----|-----|---|--|--------------------|-------|------|
| 91  | 100 | 1 |  | Frank Frazier, 67  | 22:48 | 7:20 |
| 99  | 113 | 2 |  | Thom Henkel, 66    | 23:14 | 7:29 |
| 783 | 146 | 3 |  | George Hoskins, 65 | 24:43 | 7:57 |

## Men 70 - 74

|     |     |   |  |                      |       |       |
|-----|-----|---|--|----------------------|-------|-------|
| 177 | 155 | 1 |  | Benjamin Mathews, 72 | 25:03 | 8:04  |
| 20  | 167 | 2 |  | Hal Lerch, 72        | 25:32 | 8:13  |
| 296 | 311 | 3 |  | Harold Jackson, 70   | 32:19 | 10:24 |

## Men 80 & Up

|     |     |   |  |                  |       |       |
|-----|-----|---|--|------------------|-------|-------|
| 511 | 376 | 1 |  | John Aimone, 80  | 37:23 | 12:02 |
| 43  | 395 | 2 |  | Joe Conrad, 83   | 39:40 | 12:46 |
| 94  | 432 | 3 |  | Joe Connolly, 85 | 49:16 | 15:51 |

| CLASS | ID# | PLACE | PLACE | FINISHER | TIME | PACE |
|-------|-----|-------|-------|----------|------|------|
|-------|-----|-------|-------|----------|------|------|

## Women Under 11

|     |     |   |  |                     |       |      |
|-----|-----|---|--|---------------------|-------|------|
| 513 | 23  | 1 |  | Kayley Delay, 10    | 22:56 | 7:23 |
| 535 | 89  | 2 |  | Sarah McKeivitt, 10 | 28:43 | 9:14 |
| 178 | 110 | 3 |  | Alexia Smith, 9     | 30:05 | 9:41 |

## Women 11 - 13

|     |    |   |  |                  |       |      |
|-----|----|---|--|------------------|-------|------|
| 30  | 19 | 1 |  | Emma Tucker, 11  | 22:22 | 7:12 |
| 382 | 40 | 2 |  | Nicole Morse, 12 | 24:18 | 7:49 |
| 903 | 41 | 3 |  | Emily Schaul, 12 | 24:25 | 7:51 |

**Women 14 - 19**

|     |    |   |                     |       |      |
|-----|----|---|---------------------|-------|------|
| 229 | 6  | 1 | Kayla Vinson, 17    | 20:12 | 6:30 |
| 481 | 13 | 2 | Marykate Ponder, 16 | 21:29 | 6:55 |
| 931 | 22 | 3 | Sarah Marlar, 19    | 22:44 | 7:19 |

**Women 20 - 24**

|     |    |   |                    |       |      |
|-----|----|---|--------------------|-------|------|
| 377 | 11 | 1 | Shannon Revels, 24 | 21:00 | 6:45 |
| 492 | 44 | 2 | Abby Klock, 21     | 24:49 | 7:59 |
| 299 | 53 | 3 | Chelsea Aragon, 21 | 25:47 | 8:18 |

**Women 25 - 29**

|     |    |   |                    |       |      |
|-----|----|---|--------------------|-------|------|
| 260 | 9  | 1 | Allie Norman, 25   | 20:48 | 6:42 |
| 381 | 16 | 2 | Jane Conner, 26    | 22:01 | 7:05 |
| 310 | 68 | 3 | Sarah Williams, 27 | 27:13 | 8:45 |

**Women 30 - 34**

|     |    |   |                  |       |      |
|-----|----|---|------------------|-------|------|
| 732 | 14 | 1 | Angie Enyedi, 31 | 21:45 | 7:00 |
| 761 | 26 | 2 | Kari Damrow, 34  | 23:17 | 7:29 |
| 293 | 31 | 3 | Hopw Treece, 31  | 23:36 | 7:36 |

**Women 35 - 39**

|     |    |   |                     |       |      |
|-----|----|---|---------------------|-------|------|
| 745 | 7  | 1 | Lisa Adams, 35      | 20:21 | 6:33 |
| 711 | 15 | 2 | Kristin Smith, 38   | 21:55 | 7:03 |
| 138 | 17 | 3 | Barbara Carrico, 36 | 22:18 | 7:10 |

**Women 40 - 44**

|     |    |   |                    |       |      |
|-----|----|---|--------------------|-------|------|
| 12  | 10 | 1 | Denise Metzgar, 43 | 20:57 | 6:45 |
| 322 | 12 | 2 | Giselle Carson, 42 | 21:16 | 6:51 |
| 438 | 18 | 3 | Elena Davis, 40    | 22:20 | 7:11 |

**Women 45 - 49**

|     |    |   |                   |       |      |
|-----|----|---|-------------------|-------|------|
| 104 | 5  | 1 | Regina Taylor, 45 | 20:04 | 6:27 |
| 207 | 8  | 2 | Sue O'Malley, 49  | 20:35 | 6:37 |
| 84  | 32 | 3 | Kathy Murray, 47  | 23:43 | 7:38 |

**Women 50 - 54**

|     |    |   |                  |       |      |
|-----|----|---|------------------|-------|------|
| 608 | 28 | 1 | Gail Pylipow, 53 | 23:28 | 7:33 |
| 518 | 33 | 2 | Terri Rose, 52   | 23:47 | 7:39 |
| 847 | 43 | 3 | Kim Crist, 53    | 24:45 | 7:58 |

**Women 55 - 59**

|     |     |   |                    |       |      |
|-----|-----|---|--------------------|-------|------|
| 301 | 84  | 1 | Mamie Davis, 55    | 28:29 | 9:10 |
| 90  | 100 | 2 | Claire Gilbert, 57 | 29:34 | 9:31 |
| 315 | 114 | 3 | Donna Rettini, 58  | 30:21 | 9:46 |

**Women 60 - 64**

|     |     |   |                  |       |       |
|-----|-----|---|------------------|-------|-------|
| 48  | 141 | 1 | Karen Allman, 64 | 31:28 | 10:07 |
| 798 | 188 | 2 | Pat Noonan, 61   | 33:19 | 10:43 |
| 234 | 245 | 3 | Holly Hosch, 60  | 35:49 | 11:32 |

**Women 65 - 69**

|     |     |   |                    |       |       |
|-----|-----|---|--------------------|-------|-------|
| 122 | 79  | 1 | Sharon Andrews, 65 | 28:03 | 9:02  |
| 514 | 138 | 2 | Susan Wallace, 68  | 31:23 | 10:06 |
| 241 | 170 | 3 | Pheona Kaiser, 67  | 32:37 | 10:30 |

**Women 80 & Up**

|     |     |   |                  |       |         |
|-----|-----|---|------------------|-------|---------|
| 515 | 354 | 1 | Diane Aimone, 80 | 44:50 | 14:26 = |
|-----|-----|---|------------------|-------|---------|

# Striders at the Races

## Race Results

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

**Run for Your Life 5k****April 17, 2010****Palm Coast, FL**

|                |       |
|----------------|-------|
| Jim Kehr       | 27:06 |
| Christine Kehr | 33:34 |

**Run to the Sun 8K****April 17, 2010****Orange Park, FL**

|                 |       |             |
|-----------------|-------|-------------|
| John Metzgar    | 27:16 | 1st overall |
| Justin Jacobs   | 28:36 | 3rd overall |
| John Wisker     | 28:46 | 1st ag      |
| Andrew Marchand | 28:48 | 1st ag      |
| David Bonnette  | 29:42 | 1st ag      |
| Cody Helms      | 29:51 | 1st ag      |
| Bill Dunn       | 31:51 | 1st ag      |
| Randy Arend     | 31:53 |             |
| Robert Walker   | 32:31 | 3rd ag      |
| Robert Walker   | 32:32 | 3rd ag      |
| Steve McCormick | 32:53 | 2nd ag      |
| Raymond Ramos   | 33:02 |             |
| Wayne Bishop    | 33:07 |             |
| Steven Barlow   | 33:14 |             |

|                 |              |        |
|-----------------|--------------|--------|
| Britta Fortson  | 33:16        |        |
|                 | 3rd overall, |        |
| women           |              |        |
| Michael Johnson | 33:21        |        |
| George Thompson | 33:38        |        |
| Regina Taylor   | 33:55        | 1st ag |
| Bryan Rohlin    | 34:00        |        |
| jesse withrow   | 34:15        |        |
| Denise Metzgar  | 34:42        | 1st ag |
| Giselle Carson  | 34:50        | 2nd ag |
| Patrick Gaughan | 34:57        | 1st ag |
| Allen Smith     | 35:09        |        |
| George White    | 35:36        | 2nd ag |
| John Hirsch     | 36:01        | 2nd ag |
| Alison Ronzon   | 36:11        | 2nd ag |
| Rick Moss       | 36:18        |        |
| Rosa Haslip     | 36:19        | 3rd ag |
| Stephen Beard   | 36:21        |        |
| Todd Hockett    | 36:33        |        |
| Leslie Kindling | 36:40        | 3rd ag |
| Frank Frazier   | 36:48        | 1st ag |
| Ann Krause      | 36:52        | 1st ag |
| Donald Wucker   | 37:12        |        |

|                    |       |        |
|--------------------|-------|--------|
| Frieda Wyner       | 37:18 | 1st ag |
| Kathy Murray       | 37:18 |        |
| Mark Dickson       | 38:00 |        |
| Barbara Carrico    | 38:01 | 3rd ag |
| Thom Henkel        | 38:04 | 2nd ag |
| Lewis Buzzell      | 38:12 | 3rd ag |
| Jeremy Buyok       | 38:30 |        |
| Guy Jackson        | 38:39 |        |
| Stephanie Griffith | 38:41 | 1st ag |
| Tracy Pfunter      | 38:50 |        |
| Randall Pullo      | 39:21 | 3rd ag |
| Tom Zicafoose      | 39:34 |        |
| Kellie Jo Howard   | 39:47 |        |
| Kari Damrow        | 40:05 |        |
| Kari Damrow        | 40:05 |        |
| Jennifer MacDonald | 40:16 | 1st ag |
| George Hoskins     | 40:19 | 3rd ag |
| Jennifer Shepard   | 40:20 |        |
| Steve Bruce        | 40:30 |        |
| Steve Bruce        | 40:30 |        |
| Jack Sykes         | 40:35 |        |
| April Martin       | 41:00 |        |
| Thomas Pittman     | 41:18 |        |

|                   |         |        |                                    |         |             |                        |       |        |
|-------------------|---------|--------|------------------------------------|---------|-------------|------------------------|-------|--------|
| Sue Whitworth     | 41:28   | 2nd ag | Diane Aimone                       | 1:08:56 | 1st ag      | Bryan Rohlin           | 21:03 |        |
| Christopher Leach | 42:21   |        | Trish Kabus                        | 1:10:22 |             | Terry Shuya            | 21:08 |        |
| Roberta Tomlinson | 42:25   |        | Jamie Wyche                        | 1:10:32 |             | Lisa Adams             | 21:16 |        |
| Joanie Barrett    | 42:34   |        | Mel Abando                         | 1:10:52 |             | Giselle Carson         | 21:31 |        |
| Maria Padin       | 42:52   |        | Heather Labelle                    | 1:12:39 |             | Regina Sooeey          | 21:33 |        |
| David Pizzi       | 43:55   |        | Lisa Kern                          | 1:15:12 |             | Scott Silliman         | 21:45 |        |
| Stephanie Foreman | 43:56   |        | Joe Connolly                       | 1:16:26 | 2nd ag      | Ann Krause             | 21:59 |        |
| Brad Shepherd     | 44:15   |        |                                    |         |             | George Thompson        | 22:47 |        |
| Craig Harms       | 44:28   |        | <b>Jacksonville Symphony River</b> |         |             | Melissa Saunders       | 23:14 |        |
| Teri Detwiler     | 44:56   |        | <b>Classic 4 Mile</b>              |         |             | Donald Wucker          | 23:35 |        |
| James Howell      | 45:15   |        | <b>April 18, 2010</b>              |         |             | Kellie Howard          | 23:48 |        |
| Kimberly Lundy    | 45:48   |        | <b>Jacksonville, FL</b>            |         |             | Kari Damrow            | 24:32 |        |
| Karen Daniels     | 45:56   |        | Michael Johnson                    | 27:22   | 1st ag      | Paul Smith             | 24:58 |        |
| Robert Sroka      | 45:58   |        | Randy Abate                        | 30:22   |             | Maria Padin            | 25:25 |        |
| Kirsten Tesdall   | 46:23   |        | Amanda Phillips                    | 30:41   | 2nd ag      | Steve Bruce            | 25:26 |        |
| Jeanie Wilson     | 46:46   |        | Scott Seibler                      | 32:27   |             | Kevin Carlton          | 25:32 |        |
| Pat Gallagher     | 47:10   | 1st ag | George Hoskins                     | 34:43   | 2nd AG      | Kitty Ferrell          | 26:08 |        |
| Traci Brooks      | 47:12   |        | Kim Cornell                        | 35:42   | 2nd ag      | Andrew Linn            | 26:27 |        |
| Craig Martin      | 47:48   |        | Martin Wilkinson                   | 36:09   | 2nd ag      | John Wisker            | 27:41 |        |
| Bob Meister       | 47:59   | 2nd ag | Vanessa Aaronson                   | 38:09   |             | Glenn Landers          | 28:04 |        |
| Paul H Smith      | 48:04   |        | Michael Martinez                   | 38:38   |             | Claire Gilbert         | 29:16 |        |
| Will Croft        | 48:13   |        | Bernie Powers                      | 39:00   |             | Annalee McPhilomy      | 29:54 |        |
| Bernie Powers     | 48:19   |        | Claire Gilbert                     | 40:46   |             | Traci Akers            | 30:19 |        |
| Claire Gilbert    | 48:19   | 3rd ag | Charles Goodyear                   | 45:23   | 1st ag      | Cindy Lunsford         | 31:22 |        |
| Michael Martinez  | 48:26   |        | Amber Sherrill                     | 45:39   |             | Gary Lewis             | 32:53 |        |
| Melissa McCrosky  | 48:33   |        | Joe Connolly                       | 56:58   | 2nd ag      | Judy Andrews           | 35:07 |        |
| Melissa McCrosky  | 48:33   |        | Jamie Wyche                        | 57:14   |             | Carol Palmer           | 35:15 |        |
| Bruce Howard      | 49:24   | 3rd ag | George Mosely                      | 1:03:40 | 2nd ag      | Michael Johnson        | 37:11 |        |
| Susan Wallace     | 50:05   | 2nd ag |                                    |         |             | Nancy Tretick          | 46:12 |        |
| Larry Leach       | 50:10   |        | <b>Jacksonville Symphony River</b> |         |             | Renee Ray              | 48:42 |        |
| Richard Daege     | 50:52   |        | <b>Kids Mile Championship</b>      |         |             | Rebecca Brown          | 56:17 |        |
| Al Saffer         | 51:24   |        | Ethan Smith                        |         | 3rd ag      | Jeanette Johnson       | 59:58 |        |
| Barbara Whitter   | 51:46   |        |                                    |         |             |                        |       |        |
| Barbara Whitter   | 51:46   |        | <b>Boston Marathon</b>             |         |             | <b>Spartan Run 5k</b>  |       |        |
| Sharon Medders    | 51:54   |        | <b>April 19, 2010</b>              |         |             | <b>April 24, 2010</b>  |       |        |
| Jakob Wyche       | 52:03   |        | <b>Boston, MA</b>                  |         |             | <b>Orange Park, FL</b> |       |        |
| Lorraine Hughey   | 52:51   |        | Jon Voorheis                       | 3:06:00 | PR          | Bill Dunn              | 19:11 | 1st ag |
| Nancy Pullo       | 53:14   | 3rd ag | Dan Adams                          | 3:08:58 | PR          | Randy Arend            | 19:18 | 1st ag |
| Kent Smith        | 53:40   |        | Mark Grubb                         | 3:14:54 |             | Bryan Rohlin           | 19:53 | 2nd ag |
| Marcus Floyd      | 54:07   |        | Lisa Adams                         | 3:25:29 | PR          | Regina Taylor          | 19:56 | 1st ag |
| Gordon Slater     | 55:19   | 2nd ag | Kristin Smith                      | 3:32:48 |             | Britta Fortson         | 20:20 | 1st ag |
| Charles Goodyear  | 55:46   | 3rd ag | Tracy Dawson                       | 4:05:41 |             | William Powers         | 21:32 | 3rd ag |
| Freddy Fillingham | 57:39   |        | Christi Chopp                      | 4:11:00 |             | Frank Frazier          | 21:57 | 1st ag |
| Ivy Bryan         | 58:11   |        |                                    |         |             | Ann Krause             | 22:19 | 1st ag |
| John Aimone       | 59:30   | 1st ag | <b>FNEC Corporate Run</b>          |         |             | Jeremy Buyok           | 22:52 |        |
| Cary Wyche        | 59:42   |        | <b>April 22, 2010</b>              |         |             | Roger Jones            | 22:58 |        |
| Holly Wyche       | 59:42   |        | <b>Jacksonville, FL</b>            |         |             | Kim Crist              | 24:04 | 2nd ag |
| Rita Lamach       | 1:01:20 |        | Owen Shott                         | 16:05   | 2nd overall | Jack Sykes             | 24:09 |        |
| Jaci Thies        | 1:01:38 |        | John Metzgar                       | 16:58   |             | Glenn Hanna            | 25:16 | 2nd ag |
| Pat Stack         | 1:03:03 |        | Bill Dunn                          | 19:25   |             | Sue Whitworth          | 25:26 |        |
| Michelle Ramos    | 1:03:04 |        | Raymond Ramos                      | 20:12   |             | James Vavrina          | 26:50 |        |
| Barbara Scott     | 1:03:28 | 2nd ag | Lesleigh Box                       | 20:44   |             | Kimberly Lundy         | 26:55 |        |
| Shellie Atchison  | 1:04:45 |        | Britta Fortson                     | 20:53   |             | Bernie Powers          | 27:11 |        |

|                   |       |        |                   |       |        |                  |       |        |
|-------------------|-------|--------|-------------------|-------|--------|------------------|-------|--------|
| Leslie Glenn      | 27:42 |        | Barbara Scott     | 36:18 | 1st ag | Jennifer Shepard | 30:49 |        |
| Craig Martin      | 28:19 |        | Dee Robertson-Lee | 47:18 |        | Anne Matthews    | 32:22 |        |
| David Albritton   | 28:52 |        |                   |       |        |                  |       |        |
| Bob Buehn         | 29:37 |        |                   |       |        |                  |       |        |
| John Gauer        | 30:13 |        |                   |       |        |                  |       |        |
| Al Saffer         | 30:49 | 2nd ag |                   |       |        |                  |       |        |
| Gary Lewis        | 31:57 |        | Allan Smith       | 21:28 | 3rd ag | Bryan Rohlin     | 20:20 | 2nd ag |
| Bill Krause       | 31:59 |        | Jason Gross       | 22:00 |        | Rosa Haslip      | 21:47 | 2nd ag |
| Charles Goodyear  | 32:10 | 3rd ag | Steve Bruce       | 24:10 |        | Herbert Taskett  | 21:52 | 1st ag |
| Freddy Fillingham | 32:43 |        | Paul Smith        | 24:19 |        | Ann Krause       | 22:14 | 1st ag |
| Gordon Slater     | 33:29 |        | Mercedes Smith    | 27:17 | 1st ag | Deborah Dunham   | 22:57 | 1st ag |

**Run with the Lions 5K**  
**April 24, 2010**  
**Atlantic Beach, FL**

**Shrimp Festival Run 5k**  
**May 1, 2010**  
**Fernandina Beach, FL**

## Group Training Runs

| DAY      | TIME                 | DISTANCE                             | JACKSONVILLE AREA  | CONTACT  |
|----------|----------------------|--------------------------------------|--|--|
| Sunday   | 6:30 AM              | 5 to 10 Miles<br>Various pace groups | Atlantic Beach<br>Ragtime Restaurant<br>First Street & Atlantic Blvd | Bill or Dot Mitchell<br>(904) 241-0331<br>mitd0005@mac.com   |
| Sunday   | 6:30 AM              | 6 to 20 Miles<br>Various pace groups | Orange Park Sun Tire<br>Blanding Blvd.                               | Dave Bokros at DBokros@comcast.net or<br>904-545-4538        |
| Sunday   | 10:00 AM<br>Seasonal | 3-8 Miles<br>Trail Run               | Ponte Vedra<br>Guana State Park                                      | Craig O'Neal (904) 568-4825<br>charityrunningcoach@yahoo.com |
| Sunday   | 7:00 AM              | 7.5 Miles<br>Black Creek Trail       | Super WalMart (NE corner)<br>Fleming Island                          | Kay Womack (904) 215-8656<br>kaywomack@gmail.com             |
| Sunday   | 630 AM               | Varied                               | Various Mandarin locations   | Stephanie Griffith (904) 268-1503<br>or cell (904) 233-6964  |
| Monday   | 5:00 PM              | 6 Miles<br>Downtown Bridges          | Jacksonville<br>River City Brewing<br>Company parking lot            | Danny Weaver (904) 287-5496                                  |
| Tuesday  | 6:30 PM              | 5+ miles                             | Ponte Vedra Beach<br>Sawgrass Village                                | Craig O'Neal (904) 568-4825<br>charityrunningcoach@yahoo.com |
| Weds.    | 6:30 PM              | Interval Training                    | Orange Park, St. Johns<br>Country Day Track                          | Dave Bokros at DBokros@comcast.net or<br>904-545-4538        |
| Weds.    | 5:30 PM              | Interval Training                    | Jacksonville<br>Bolles School<br>San Jose Blvd.                      | Danny Weaver (904) 287-5496                                  |
| Weds.    | 6:15 PM              | 6.2 Miles<br>Easy pace               | Jacksonville<br>Boone Park Riverside                                 | Doug Tillett (904) 728-3711<br>douglastillett@hotmail.com    |
| Thursday | 6:30 PM              | 5 Miles<br>Varied pace               | San Marco/Largo Park<br>Corner of Naldo and Largo                    | Doug Tillett (904) 728-3711<br>douglastillett@hotmail.com    |
| Saturday | 7AM                  | 7+ miles                             | Ponte Vedra Beach<br>Sawgrass Village                                | Craig O'Neal (904) 568-4825<br>charityrunningcoach@yahoo.com |
| Saturday | 6:30 AM              | 10 to 15 Miles<br>Moderate pace      | Julington Creek Starbucks  | Wendy Patterson<br>(904) 237-4100<br>wenrex@comcast.net      |

|                   |       |        |
|-------------------|-------|--------|
| Gerry Tyburski    | 25:30 |        |
| Freddy Howell     | 25:48 |        |
| James Smith       | 26:35 |        |
| James Smith       | 27:13 |        |
| Kathryn Howell    | 27:58 |        |
| Margaret Tyburski | 30:27 |        |
| William Krause    | 31:45 |        |
| Charles Goodyear  | 31:45 | 1st ag |
| Michael Johnson   | 32:31 |        |

**2010 Knights of Columbus 5K**

**May 1, 2010**

**St. Augustine Beach, FL**

|                    |       |  |
|--------------------|-------|--|
| Darlene L. Schmitt | 44:33 |  |
|--------------------|-------|--|

**The Human Race 5k**

**May 8, 2010**

**Jacksonville, FL**

|                 |       |        |
|-----------------|-------|--------|
| Robert Walker   | 19:30 | 1st ag |
| Regina Taylor   | 20:09 | 1st ag |
| Bryan Rohlin    | 20:10 | 3rd ag |
| George White    | 21:38 | 1st ag |
| Tracy Dawson    | 21:53 | 1st ag |
| Allan Smith     | 22:01 | 1st ag |
| Ann Krause      | 22:09 | 1st ag |
| Robert Barnhill | 23:44 | 3rd ag |
| Dave Balz       | 25:06 |        |
| Sue Whitworth   | 25:28 | 1st ag |
| Janis Dolemba   | 27:00 |        |
| Candace White   | 27:53 |        |
| John Gauer      | 30:22 | 3rd ag |

|                   |       |        |
|-------------------|-------|--------|
| Christine Scime   | 31:37 |        |
| Al Saffer         | 31:39 | 2nd ag |
| Bill Krause       | 32:53 |        |
| Gordon Slater     | 33:40 | 1st ag |
| Freddy Fillingham | 35:04 |        |
| Rita Lamach       | 36:47 |        |
| Charles Goodyear  | 38:27 | 2nd ag |
| Dee Robertson-Lee | 46:27 |        |
| Lynda Carroll     | 47:04 |        |
| Joe Connolly      | 47:27 | 3rd ag |
| Barbara Gilbert   | 49:12 |        |

**Marty's Run 5K**

**May 14, 2010**

**Jacksonville, FL**

|                    |       |             |
|--------------------|-------|-------------|
| Owen Shott         | 16:05 | 1st overall |
| John Metzgar       | 16:27 | 1st ag      |
| Andrew Marchand    | 17:27 | 1st ag      |
| Bryan Rohlin       | 19:48 | 3rd ag      |
| Regina Taylor      | 19:51 | 1st ag      |
| Scott Hershey      | 20:22 | 1st ag      |
| George Thompson    | 20:31 | 2nd ag      |
| George White       | 21:19 | 1st ag      |
| Allan Smith        | 21:27 | 2nd ag      |
| Ann Krause         | 21:57 | 1st ag      |
| Stephanie Griffith | 22:43 | 1st ag      |
| Jeremy Buyok       | 23:01 |             |
| Paul Williams      | 24:14 |             |

|                   |       |        |
|-------------------|-------|--------|
| Maria Littlejohn  | 25:12 | 2nd ag |
| Sue Whitworth     | 25:30 | 2nd ag |
| Chelle Mahaney    | 27:47 |        |
| Bernie Powers     | 28:10 | 3rd ag |
| Patrick Gallagher | 28:50 | 1st ag |
| John Gauer        | 29:48 | 2nd ag |
| Bill Krause       | 31:33 |        |
| Al Saffer         | 31:41 | 2nd ag |
| Gordon Slater     | 33:10 | 3rd ag |
| Vanessa Aaronson  | 33:35 |        |
| Freddy Fillingham | 34:18 |        |
| Charles Goodyear  | 35:08 |        |
| Rita Lamach       | 36:43 |        |
| Barbara Scott     | 37:18 | 2nd ag |
| Cary Wyche        | 41:45 |        |
| Jamie Wyche       | 42:06 |        |
| Dee Robertson-Lee | 46:19 |        |
| Joe Connolly      | 47:55 |        |
| Lynda Carroll     | 48:58 |        |

**Vilano Beach 5K**

**May 14, 2010**

**St Augsutine, FL**

|                   |         |   |
|-------------------|---------|---|
| Glenn Landers     | 28:46   |   |
| Margaret Tyburski | 30:27   |   |
| Kent Smith        | 33:23.0 |   |
| Trish Kabus       | 46:00   | = |

A special thanks goes out to Mel Abando for all his help the last several months with compiling the race results. He is doing a great job of filing the big shoes of Ken Bendy!

# New, Renewing and Expiring Memberships

**NEW MEMBERS**

|                           |         |
|---------------------------|---------|
| Andrea Brandt             | 4/30/11 |
| Frank & Leigh Ann Bronson | 5/31/11 |
| Hank & KimDebra Clark     | 5/31/11 |
| Bryan Marlar              | 5/31/11 |
| Christy Miller            | 5/31/11 |
| Norma Minnick             | 5/31/11 |
| Kingsley Nelson & Darnel  | 5/31/11 |
| Renee & Charles Ray       | 5/31/11 |
| Carlos Rodriguez          | 5/31/11 |
| Doug & June Tillett       | 5/31/11 |
| Charles Young             | 5/31/11 |

**RENEWING MEMBERS**

|                         |         |
|-------------------------|---------|
| David & Sheri Albritton | 5/31/11 |
| David & Joni Arnold     | 5/31/11 |

|                                |         |
|--------------------------------|---------|
| Kevin & Shellie Atchison       | 4/30/11 |
| Suzanne Baker                  | 4/30/11 |
| Stephen Beard                  | 5/31/13 |
| Christopher & Jennifer Branton | 5/31/10 |
| Larry Branz                    | 4/30/11 |
| Frank & Sharyl Brewer          | 4/30/11 |
| Carole Cash                    | 5/31/11 |
| John & Michelle Dunsford       | 4/30/13 |
| Harry Edwards                  | 5/31/11 |
| Lori Featheringill             | 4/30/11 |
| Claudia/John French/Slough     | 4/30/12 |
| Gregg & Kristin Friend         | 4/30/11 |
| Robert & Karin Glenn           | 5/31/16 |
| Monica Goddard                 | 4/30/11 |
| Charles Goodyear               | 5/31/13 |

|                                   |         |
|-----------------------------------|---------|
| Tom & Shirley Henkel              | 4/30/11 |
| Charlie Hunsberger                | 4/30/11 |
| Theresa & Leanne Kamajian         | 4/30/12 |
| April & Craig Martin              | 4/30/11 |
| Karen & Steve McCormick           | 4/30/11 |
| Lisa Meadows                      | 5/31/11 |
| Bill & Dot Mitchell               | 4/30/11 |
| Alex, Kim, Katie, & Zach Morrison | 4/30/11 |
| George Mosely                     | 9/30/11 |
| Bob & Judy Moyer                  | 4/30/11 |
| Cheryl & Tim Pfannenstien         | 4/30/11 |
| Pat Raiford                       | 4/30/11 |
| Alison Ronzon                     | 4/30/11 |
| Paul & Marge Ruebush              | 4/30/11 |



Barbara Scott 5/31/11  
 Scott Seibler 4/30/11  
 Stan Simpkins 4/30/11  
 Dale & Jessica Smith/Wood 5/31/11  
 Staci Suits 4/30/13  
 Jack Sykes 4/30/11  
 Herbert Taskett 4/30/11  
 Pat Wagoner 4/30/11  
 Sue & Darrell Whitworth 4/30/11  
 Tom & Amy Wiley 4/30/11  
 Peter Winkler 5/31/11  
 Tom & Kary Zicafoose 4/30/11

**MULTI-YEAR RENEWALS**

John Gauer 5/31/11  
 Freddy Fillingham 5/31/11  
 David & Sheri Albritton 5/31/11  
 Virginia & Gordon Butler 5/31/11  
 Robert Shields 5/31/11  
 Allan Smith 5/31/12  
 Sijifredo & Clarissa Ramos 5/31/11  
 Dale & Jessica Smith/Wood 5/31/11  
 Frank & Lillian Sutman/Lawless 5/31/12  
 Tom Bass 5/30/11  
 Terry Oglesby 5/31/11  
 Danny & Jenny Suber 5/31/11  
 Barbara Whitter 5/31/12  
 Dylan Barbetti 5/31/12  
 Bradley Shepherd 5/31/11

**EXPIRING MEMBERSHIPS**

Vanessa Aaronson 4/30/10  
 Trina Adams 4/30/10  
 Kara Albach 4/30/10  
 Lara Anthony 4/30/10  
 John Banks 4/30/10  
 Christine Beauregard 4/30/10  
 Vedad Begic 4/30/10  
 Amy Bishop 4/30/10  
 Kay Brammell 4/30/10  
 Wesley Bratton 4/30/10  
 Steve & Bonnie Brennan 4/30/10  
 Marcus Brooks 4/30/10  
 Ann & Elizabeth Brown 4/30/10  
 Darin & Erin Brown 4/30/10  
 Natalie Bryan 4/30/10  
 Amy Bucci 4/30/10  
 Jenifer Cage 4/30/10  
 Heather Campbell 4/30/10  
 KC Channell 4/30/10

Carla Charonneau 4/30/10  
 Kelly Chewning 4/30/10  
 Alex Chieu 4/30/10  
 Jessica Chowdhory 4/30/10  
 Michele Coarsey 4/30/10  
 Del & Kathy Conner 4/30/10  
 Beate Connette 4/30/10  
 Robert & Tabitha Cornett 4/30/10  
 Chris Curole 4/30/10  
 Sam Davidson 4/30/10  
 Niasha Dennis 4/30/10  
 Mark Dickson 4/30/10  
 Carlene Elliott 4/30/10  
 Denise & Bobby Erwin 4/30/10  
 Kimm Farwell 4/30/10  
 Pam Fields 4/30/10  
 William Fletcher 4/30/10  
 Laura Fogarty 4/30/10  
 Corleese Garroway 4/30/10  
 Gary Godfrey 4/30/10  
 Laura Gordon 4/30/10  
 Charlyne Graham 4/30/10  
 Josey Gray 4/30/10  
 Mike & Cathy Haga 4/30/10  
 Lisa Marie Hazlett 4/30/10  
 Tina Heltemes 4/30/10  
 Amber Hendry 4/30/10  
 Wanda Hill 4/30/10  
 Lynn Hines 4/30/10  
 Kathy & Ashley Hopkins 4/30/10  
 Richard Horton 4/30/10  
 Justin Jacobs 4/30/10  
 Jeff Johns 4/30/10  
 Kala Johnson 4/30/10  
 Michael Johnson 4/30/10  
 Dion & Dione Jones 4/30/10  
 Lisa Kern 4/30/10  
 David Kile 4/30/10  
 Steven & Michelle King 4/30/10  
 Samantha King 4/30/10  
 Heather LaBelle 4/30/10  
 Catherine Laffrey 4/30/10  
 Michelle Larson 4/30/10  
 Mary Ann Lewis 4/30/10  
 Kelly McDaniel 4/30/10  
 Mike & Gina McGinn 4/30/10  
 Emory McLaughlin 4/30/10  
 Candy McMillan 4/30/10  
 Khadijah Means 4/30/10  
 Lori Meyer 4/30/10  
 Marvin, Cindy & Spencer Mollnow 4/30/10  
 Amanda Morrison 4/30/10  
 Candy Morrison 4/30/10

Phyllis Murray 4/30/10  
 Richard & Claudia Nelson 4/30/10  
 Bud Neswiacheny 4/30/10  
 Kathleen Ngo 4/30/10  
 Christopher Padilla 4/30/10  
 Kevin Panichello 4/30/10  
 Sharon Pentaleri 4/30/10  
 Amanda Phillips 4/30/10  
 Nick Pinion 4/30/10  
 Lorie Plato 4/30/10  
 Peter Pozo 4/30/10  
 Cory Prevatt 4/30/10  
 Rob & Stephanie Price 4/30/10  
 Dave & Melissa Pruette 4/30/10  
 Nalani & Nino Quintello 4/30/10  
 Cassie Rowe 4/30/10  
 Jennifer Ruel 4/30/10  
 Christine Sands 4/30/10  
 Melissa Saunders 4/30/10  
 Christine Scrimme 4/30/10  
 Janet Seffens 4/30/10  
 Tiffany Sharpe 4/30/10  
 Kevin Shemwell 4/30/10  
 Terry Shuya 4/30/10  
 Alexa Sierra 4/30/10  
 Don Skidmore 4/30/10  
 Christina Slack 4/30/10  
 Laurie Sprecher 4/30/10  
 Penny & Alexandra Stafford-Bowyer 4/30/10  
 Nicole Stanley 4/30/10  
 Holly Stewart 4/30/10  
 Matthew Tans 4/30/10  
 Christine Theilaker 4/30/10  
 Amy Thomas 4/30/10  
 Tina Marie Tillis 4/30/10  
 Hannah Tillman 4/30/10  
 Cheryl Townsend 4/30/10  
 Daphne Turner 4/30/10  
 Michael Ward 4/30/10  
 Robert Webster 4/30/10  
 Allen, Nicole, & Maddie Weiss 4/30/10  
 David & Doreen Wilham 4/30/10  
 Marilyn Williams 4/30/10  
 Dawn Wolfe 4/30/10  
 Scott Wolfram 4/30/10  
 Heather Wood 4/30/10  
 Jennifer Zani 4/30/10  
 David & Janice Zimmerman 4/30/10 =

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

# June 2010 Race Calendar

Published as a service. Accuracy is not guaranteed. For an expanded list of races in the North Florida area visit Ken Bendy's North Florida & Selected Areas Race Calendar <http://www.ameliaislandrunners.com/kbendy/rrcocal.htm>. If you would like your race listed please email [kbendy@aol.com](mailto:kbendy@aol.com)

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

| DATE                      | EVENT   | TIME                   | LOCATION   | CONTACT                                    |
|---------------------------|---|------------------------|--|--|
| June 12                   | Run for the Pies<br>Nike Championship 5K<br>Open 5K | 7:30 p.m.<br>8:00 p.m. | Jacksonville Landing<br>Jax                                | (904) 731-1900<br>1st Place Sports         |
| June 19                   | USGBC N. F. Chapter<br>Green Run 5K                 | 8:00 a.m.              | UNF Campus<br>Jax  | (904)-731-1900<br>1st Place Sports         |
| June 19                   | Pops Day 5K   | 8:00 a.m.              | First Coast HS<br>590 Duval Station Rd.<br>Jax             | (904) 318-8104<br>Milestone Race Authority |
| June 19                   | Beaches Challenge 5K                                | 8:30 a.m.              | 1 Ocean Blvd.<br>(E. end Atlantic Blvd.)<br>Atlantic Beach | (904) 318-8104<br>Performance Multisports  |
| June 25                   | All Comers Track Meet #3                            | 6:00 p.m.              | Bolles School<br>San Jose Blvd.<br>Jax                     | (904) 384-TRAK (8725)<br>JTC Running       |
| June 26                   | Heart & Sole 5K                                     | 7:00 p.m.              | Atlantic Blvd. & San Marco<br>Jax                          | (904) 731-1900<br>1st Place Sports         |
| July 3                    | Big Bang 5K   | 8:00 a.m.              | Solana Rd<br>(East of A1A)<br>Ponte Vedra Beach            | (904) 318-8104<br>Milestone Race Authority |
| July 4                    | Celebration 5K                                      | 7:30 a.m.              | 3931 Baymeadows Road<br>Jax                                | (904) 731-1900<br>1st Place Sports         |
| <b>Nov 6</b>              | <b>Hog Jog 5K</b>                                   | <b>9:00 a.m.</b>       | <b>Van Zant Park,<br/>Lake Asbury</b>                      | <b>Florida Striders Track Club</b>         |
| <b>Jan 15,<br/>2011</b>   | <b>River Road<br/>Resolution 5k</b>                 | <b>8:30 a.m.</b>       | <b>Orange Park Kennel Club</b>                             | <b>Florida Striders Track Club</b>         |
| <b>April 16,<br/>2011</b> | <b>Run to The Sun 8k</b>                            | <b>8:00 a.m.</b>       | <b>Orange Park Kennel Club</b>                             | <b>Florida Striders Track Club</b>         |

For a complete list of North Florida races, go to <http://www.ameliaislandrunners.com/kbendy/rrcocal.htm>

# The Back Page



BY GAIL PYLIPOW

Hello everyone, hope ya'll had a great month and Happy Father's Day to all you dads! I see from the race results that there have been a lot of races since our last issue, and many more races to come - lots of opportunities for Striders to get out there to run and enjoy the camaraderie of other runners. Now, here we go with the latest set of races, and please remember to use the new system to report your race and times through our website [www.floridastriders.com](http://www.floridastriders.com) to ensure you are named in our newsletter.

To begin, we start with one of the more popular Striders sponsored races, **RUN TO THE SUN 8K on April 17th**. Profits received by this and other Strider's Track Club events are funneled back into community projects to promote fitness and health. The course is so pleasant and fun to run because it goes along the St. Johns River. In the Open Men category **John Metzgar** placed 1st with a time of 27:16 and **Justin Jacobs** placed 3rd with a time of 28:36. **Britta Fortson** took home 2nd in the Open Women's category with a time of 33:16 while **John Wisker** ran a time of 28:46 and was the Masters-Men winner. **Bill Dunn** ran a time of 31:51 as the Grand Masters-Men winner and **Ann Krause** ran a time of 36:52 as the Grand Masters-Women winner. There were thirteen 1st place age group winners, and they are: **Andrew Marchand, Frank Frazier, Patrick Gaughan, Elfrieda Wyner, Jennifer MacDonald, Pat Gallagher, John Aimone, Diane Aimone, Denise Metzgar, Cody Helmes, David Bonnette, Regina Taylor** and **Stephanie Griffith**. Twelve dedicated Striders placed 2nd in their age groups and they are: **George White, John Hirsch, Thom Henkel, Sue Whitworth, Bob Meister, Susan Wallace, Gordon Slater, Joe Connolly, Steve McCormack, Giselle Carson, Alison Ronzon** and **Barbara Scott**. Eight Striders captured 3rd place age group winners and they are: **George Hoskins, Charles Goodyear, Robert Walker, Lewis Buzzell, Randall Pullo, Claire Gilbert, Bruce Howard** and **Nancy Pullo**. Nice showing at this race Striders!

The next evening, April 18th, was the

**JACKSONVILLE SYMPHONY RIVER CLASSIC 4 MILE** run which, according to comments posted on the striderman sheet, was over and back on the Acosta Bridge, Oi Vay! The brave striders tackling this course earning 1st place were **Claire Gilbert, Charles Goodyear** and **Michael Johnson**. The 2nd placers were **George Hoskins, Kim Cornell, Martin Wikinson, George Mosely, Joe Connolly** and **Amanda Phillips**. **The CHIL-DREN'S MILE RUN** which was timed saw **Ethan Smith** place 3rd in his age group. How were your legs Sunday morning? Sore?

On Thursday evening April 22nd, the very well attended **FNEC Corporate 5K Run**, with several corporate teams in attendance in addition to individual runners, saw our own Strider **Owen Shott** take 2nd place over all! Incredible run!!!! It is great to see so many corporations/companies participate in this event.

Two days later, on April 24th, there were two races held, one in Neptune Beach and one in Orange Park. **RUN WITH THE LIONS, BEACHES CHAPEL 5K**, a run benefitting the Beaches Chapel School, took place in Neptune Beach and **Mercedes Smith** took 1st place in her age group and **Allan Smith** took 3rd place in his age group. Taking place at the same time but in Orange Park was the **15th ANNUAL SPARTAN 5K** to benefit the St. Johns Country Day School. **Bill Dunn** took home the Masters-Men Award and **Regina Taylor** the Masters-Women Award. The other dedicated Striders who placed 1st in their age groups were **Randy Arend, Frank Frazier Britta Fortson, Ann Krause** and **Barbara Scott**. Placing 2nd were **Bryan Rohlin, Glenn Hanna, Al Saffer** and **Kim Crist**. The 3rd place winners were **William Powers** and **Charles Goodyear**.

**THE HUMAN RACE**, which took place on May 9, 2010, was previously known as THE RITA 5K, was renamed and now has lots and lots of fundraising sponsors. There are usually two Human Races a year, one in May and the other in October, each at different locations. So, if

you were not able to participate in this race, perhaps you can run in October's race. To continue forward, **Regina Taylor** took home the Masters-Women award, while **George White** and **Ann Krause** were Grand Masters Men and Women, respectively. Taking home the coveted 1st place winners plaque were **Allan Smith, Robert Walker, Gordon Slater, Tracy Dawson** and **Sue Whitworth**. And 2nd place goes to...**Patrick Rohlin, Charles Goodyear** and **Al Saffer**. Following along in 3rd place were **Bryan Rohlin, Robert Barnhill, John Gauer** and **Joe Connolly**.

The last race to report on in this issue is **MARTY'S RUN 5K** to help benefit Memories of Love, a non-profit organization created as a legacy to Marty Gottlieb, who died at the very young age of 32 leaving behind a wife and two young children. The foundation provides, with the help of community partners, the gift of a 5 night/6 day respite trip to Orlando for critically ill adults and their immediate families to create happy memories for their family. What a wonderful organization! The first person to cross the finish line was **Owen Shott** with a time of 16:05. Master's Men was won by **John Metzgar** and Master's Women by **Regina Taylor**. Grabbing 1st place in their age groups were **Andrew Marchand, Mark Grubb, Scott Hershey, George White, Patrick Gallagher, Ann Krause** and **Stephanie Griffith**. Stealing 2nd place in their respective age groups were **George Thompson, Allan Smith, John Gauer, Al Saffer, Maria Littlejohn, She Whitworth** and **Barbara Scott**. Sliding in with 3rd place winnings in their age groups were **Patrick Rohlin, Bryan Rohlin, Bernie Powers** and **Gordon Slater**.

**STRIDERS - They're Everywhere!**

Hey, if you're out of town and there's a race, why not?

**Bernie Powers** was in Sandersville, Georgia on May 8th and decided to run two races, one right after the other! He ran in the **THIRD ANNUAL BRENTWOOD**

Continued on next page

**SCAMPER & SCOOT 5K and 10K.** The 5K race was at 7:30 am in which he placed 2nd, and the 10K was at 8:00 am and he place 1st. He said "Luckily, the guy that beat me in the 5K didn't run the 10K". Awesome job, running two races back to back and placing in both!!!!

My hat is off to those Striders who qualified and participated in the annual **BOSTON MARATHON!!!** **Jon Voorheis** ran the course in 3:06:12, indicating this was for him a PR and BQ, also stating he couldn't have done it without the support of his friends Dan, Lisa, Frank and Dave from the OP Striders. He says THANKS and hopes to be back in sunny Florida running again soon. **Dan Adams** had a time of 3:08:58 and **Lisa Adams'** time was 3:25:29, both indicating this was a PR for them as well as re-qualifying on the course! **Mark Grubb's** time was 3:14:54 and he indicated it was an amazing and unforgettable race. **Kristin Smith** finished with a time of 3:32:48 while **Tracy Dawson** had a time of 4:05:41. **Kristi Chop** came over the finish line with a 4:11:00 time. Congrats to all the Boston marathoners!

**John Funk** took time to run in the **Eugene Marathon** in Eugene Oregon on Sunday, May 2nd. John says this was his first marathon! His goal was to break 3 hours but he started hurting around 20 miles. He was happy with his split times for the half (1:27) and 20 miles (2:15) but he just couldn't hang on. He had great weather, a scenic course and a great finish on the Hayward Field track at the Uni-

versity of Oregon. Running this marathon was a great first marathon experience, and he says he couldn't have done it without the great running community in Jacksonville. Never once, he says, did he have to endure the dreaded 20 mile runs on his own. His finishing time was 3:05:00. This is an amazing time for a first time marathon.

### Tidbits and Stuff I Missed

I'm sure that this being my second column that I've missed some stuff, but hopefully the next one will be better. I'm kinda getting the hang of it.

For those striders who participated in the 100x10K Relay for the Guinness Book of World Records, the "partay" is scheduled for Sunday, June 27th at the Fire Fighters Hall on Stockton Street. It will be begin at 2pm and go until about 5 pm.

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 [gpylipow@bellsouth.net](mailto:gpylipow@bellsouth.net).

### Award

For my monthly award I give it to all Striders who regularly participate in the various races in and around Jacksonville and excite others to run, compete and enjoy this fabulous activity called running! =

## SEND US YOUR RACE RESULTS!

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

## Local Running Info



[www.floridastriders.com](http://www.floridastriders.com)

You can contact us via e-mail at:  
[kellski@comcast.net](mailto:kellski@comcast.net)

You can get entry forms & results for all 1st Place Sports events on the Internet at [www.1stplacesports.com](http://www.1stplacesports.com)  
Also get the latest running news from the RRCA's national office, including a nationwide race schedule as well as important info from clubs across the country at [www.rrca.org](http://www.rrca.org)



NON-PROFIT ORG.  
U.S. POSTAGE  
PAID  
ORANGE PARK, FL  
PERMIT NO. 215