

Memorial Day 5k Run Down

By Dave Bokros, Race Director

Photo by Vanessa Boyd

Another year has passed and, once again, many of us gathered for what must have been the hottest day of the year to that point. The weather was typical. Hot and humid! This race has become, in my mind, a solidification of will to run through the summer heat. With 846 finishers we did not break a record, but we came awful close to doing so!

The race was fast for all the humidity! Brad Orr, 23, from Piedmont, south Carolina was first across the line at 15:39, followed by Justin Jacobs, 27, 15:57, then John Metzgar, 47, at 16:41. Angela Tecco, 25, was the first woman across the line at 18:02, followed by Maryann Brown, 15, with 19:32 then Kaitlyn Iselborn, 19, at 19:43. Jon Wisker won Masters Men with 17:54, Lisa Thomas took Masters Women with a time of 19:59. Ann Krause won Grand Masters Women, and Wild Bill Dunn took Grand Masters Men.



We had a few folks come across the line in heat stress. This is easy to do in this kind of heat and humidity. I would remind everyone to make sure that you are replacing your electrolytes as well as hydrating with water. You need to make sure that you are consuming a sports drink with electrolyte replacements in addition to the water that you need or you could find yourself in deep trouble fast! For those of you that do not like sports drinks, you can take an electrolyte balancer supplement (Hammer Endurolyte and Stim-O-Stam are popular examples) before and after long runs in this heat. Run in groups through the summer. Know the signs of severe heat stress and watch your buddies. Most runners will want to tough it out, but watch each other and be careful! For a quick review:

Heat cramps, such as severe calf or quad cramps, are signs of heat stress. If they occur on a run, stop and stretch, massage them if needed, and try to cool down before continuing. It would be a good idea to bag it at this point. This condition can build up over more than one run like any other running injury and, like any other running injury will have lasting effects. It is normal to feel tired and sluggish in this heat. Don't get discouraged by slower times, just take it easy and understand that you will get some serious improvement in your endurance and cardio fitness by running through this heat and humidity, even if your times aren't stellar. This is really the reason most of us run through the summer.

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There are no planned socials in August

Prez Sez

By Kellie Howard



To celebrate my parent's 45th wedding anniversary, my siblings and their families, all went to the Outer Banks, NC for a week. The trip included chartering a fishing boat. We all had fun catching 33 dolphin fish, but as every fishing story goes, there is more talk about the fish that got away. My brother had a blue marlin on his line that was jumping in the air as he was reeling it in. After about 10 minutes of struggling with the fish, the hooked pulled, and it was free. According to Captain Jeff, the blue marlin was 500+ lbs. Once we realized that the big one was lost, the Mate said that is why he does what he does. He enjoys the thrill of catching the big one. Even though he spends most days fishing, he ravishes in the rare big ones that get reeled into the boat.

It was fun seeing the enthusiasm from the Mate over the big one that got away. As runners, we too put much time and energy into our sport, but instead of it being the big catch, is it the PRs, running longer, or something else that keeps us running.

As part of my trip, I thought it would be fun to interview my nieces to see if I could include them in this article. I played reporter, and they were runners being asked about their sport. I did not get any great quotes from a 3 1/2, 8 and 11 year old, but one of the questions I asked them was, "Why do you like to run". Their answers are some of the same reasons why we as adults run, even though we don't always catch the big fish. I first asked my 11 year old niece, who told me that I inspired her. A very good answer to butter-up to the reporter and to get extra Silly Bands, but it is true that we all have someone in our life that originally inspired us to go out and run. My 8 year old niece's answer was to "get my chubbiness out". She has no problem with her self-image, but knows that you need to exercise to counter act sugary foods. My 3 1/2 year old niece summed it up nicely "because I love it". Hopefully everyone that is reading this article loves running and that they don't need to catch the big one in order to continue running.

See everyone on the roads.

p.s. – to see a read a short article on our fishing trip by Captain Jeff, go to <http://obsession-charters.com/news.php>. Our trip was on June 20th. =

Board of Directors' Summary of Action May 11, 2010

7:05 PM • Orange Park Cancer Center

Board Members Present: Glenn Hanna, Regina Sooe, Randy Arend, Vicky Connell, Ann Krause, Bill Krause, Kellie Howard, Dave Bokros, Kim Lundy, Mike Mayse, Frank Frazier, Greg Wood, Scott Hershey, Carol MacDougall, Melissa Saunders, Dan Adams, Lisa Adams, Kristie Matherne, Maria Littlejohn. Also present: Bob and Vanessa Boyd

Quorum Present? Yes

Proceedings: The meeting was called to order by Kellie Howard at 7:15 p.m. Board members introduced themselves to the group.

A motion was made, seconded and passed to accept the minutes of the April meeting. Bob Boyd moved to amend the minutes to say that the Hershey Games were at Orange Park High, rather than Clay High. The minutes were approved as amended.

Officer Reports:

President Report – Kellie Howard: Overview of Board Member Responsibilities

Kellie sent the bylaws to everyone. The bylaws state the items the board members should act on. Kellie read the Mission **Continued on page 11**

2010-2011 Board of Directors & Key Members

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result form at
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Your Own Special Running Camp

There are camps for runners in every state, some catering to high school athletes, others to adults. Some are held on college campuses, some at ski resorts, some in the woods and others at the beach. Camps in cool climes are especially popular: The Carolinas boast venues in the southern Appalachians, and Colorado camps have the high altitude Rockies.

You, however, are stuck in Florida for your vacation, but it sure would be nice if you could take a week and go to camp, right? Here's a way to make it happen. Hold your own personal running camp.

Day One. Orientation and planning. Get up at 6:00 a.m. Before the sun has a chance to warm the air, get in an easy three miles. Shower. Then, over a bowl of whole grain cereal and blueberries, plan the rest of your week. You are going to run, read, watch movies, take naps, eat great food and relax.

Here are some books you might delve into: Joan Benoit Samuelson's *Running Tide*, Grete Waitz's *World Class*, Bernd Heinrich's *Why We Run*, Timothy Noakes' *Lore of Running*, *The Unforgiving Minute* by Ron Clarke, anything by Dr. George Sheehan, and thousands of blogs and sites on the Internet. Two hours a day, minimum, for reading.

Each evening, you are going to watch a motivational movie. Here are some suggestions: *Rocky Balboa*, *Saint Ralph*, *Running Brave*, *Running on the Sun*, *Spirit of the Marathon*, *Four Minutes*, any Steve Prefontaine movie, any of Bud Greenspan's Olympic movies.

Go shopping for great camp food. Buy plenty of fresh fruits and vegetables, whole grain bread, jam or preserves, trail mix, cranberries and nuts, a little pasta and your favorite sauce, cereals that you like, fruit drinks that you like, cuts of meat that you can pop into a skillet or on the grill. Allow yourself some sinful stuff, too: a supply of candy bars and soft drinks, enough for one a day. This is your camp and you can do whatever you want.

Now the training venues: Clay

County is rich with great places to run but if you live someplace else, use these suggestions to pique your imagination. The Black Creek Trail stretches from Black Creek to the north side of Doctors Lake, over 7 miles one-way. River Road and Holly Point East are easily connected with a short jaunt along US 17 for seven miles of mostly traffic-free runs. Ronnie Van Zant Park off Sandridge Road has two miles of trails in woods and around a fishing pond (take your fishing pole). Your local school has grassy fields for a great off-road change of pace. Gold Head Branch State Park is a couple miles north of Keystone Heights with miles of roads and trails, a swimming beach, and a cool spring at the foot of 81 steps at the Ravine Overlook. Jennings State Forest. Lake Asbury. The St. Johns Water Management Preserve at the west end of the Shands Bridge near Green Cove Springs. Your local track. The closest park. Field Trip Ideas: Hannah Park, Vilano Beach, Guana State Park. OK, you get the idea.

It is best if you plan your week, however, to prevent lapsing into old routines. Make this week special. So here is a pattern that you can try, or come up with a better one on your own.

Days One, Three, and Five.

Wakeup run, shower, and breakfast. Read for an hour. Stretching, calisthenics, or weights. Light lunch. Nap. Go to a nearby park or school yard for 30 to 45 minutes of gentle repeats over 100 to 400 meters. Be sure to take some wet towels, an ice chest, and your favorite drinks. Stay hydrated and refreshed with lavish use of your supplies. Return home. Shower. Snack. Lounge for 30 minutes before fixing a nutritious dinner of meat, vegetables, and a cool, crisp salad. Fire up the movie and relax. Go to bed as early as you want.

Day Two and Four.

Drive to a challenging venue where you will combine a bridge or hill workout with distance. Get out before sunrise to avoid the day's heat. Enjoy breakfast at a pancake house or home. Go to a

Wide World of Running By Jay Birmingham

shady place, at home or a park, and continue reading one of your books. Stretch. Pushups, pull-ups, and situps. Eat a light lunch. Take a one to two-hour nap. Rise, get yourself active and awake, then drive to a shady venue for a fun workout, varying your pace. As always, stay cool and wet with abundant use of ice, wet towels or sponges, and your favorite beverages. Return home for another great sports movie.

Day Six.

Enter a race that you've never tried before. Show up, sign up, and give it your best, realizing that you are not rested, so go out a little more conservative than usual and see if you can run negative splits. Take with you a favorite T-shirt or a special running singlet. In the best tradition of running camps, trade your shirt for someone else's. Tell them, "I've been at running camp all week and brought this shirt to trade; would you like to swap with me?" Enjoy the post race refreshments, head home with a couple of souvenirs, and take a nap. Read and relax your afternoon away. Go out to dinner with someone in your family. Camp is over, but gee, it was a fun week. =

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 by the 20th of each month!

MEMORIAL DAY 5K

Continued from page 1

Symptoms of heat exhaustion include:

- Very heavy sweating (more than normal while running in the heat)
- Pale or ashen skin
- Cool moist skin
- Excessive tiredness or weakness
- Feeling dizziness, faintness, nausea, or headache
- Elevated body temperature or low grade fever
- Rapid weak heartbeat or pulse and low blood pressure
- Shallow rapid breathing

If you or your running companions feel these symptoms start treatment for heat exhaustion. Don't wait until it becomes heat stroke.

Heat Stroke

Heat stroke, the final and most severe level of heat stress, is potentially fatal. Take it seriously. When a person suffers from heat stroke, the body's cooling mechanisms have shut down. The body's core temperature exceeds 104 F. Immediate medical attention is essential. Call 911. Now!

- Symptoms of heat stroke include:
- Sweating stops
- Hot dry red skin - It may be initially moist but dries after sweating ceases.
- High body temperature
- Blood pressure initially elevated then drops
- Hyperventilating - rapid shallow breathing
- Rapid strong heartbeat or pulse
- Dizziness or nausea
- Throbbing headache
- Irritability, confusion, delirium, or other altered mental state - What is your name? Address? Age? etc.

Some of these symptoms are difficult to self monitor. Summarizing those that are easy to self monitor: if it is hot, and you are no longer sweating; you are gasping for breath, your heart is pounding; or you feel weak, faint, or confused, you are in danger.

If you or your running companions experience these symptoms start treatment and get medical attention right away!

Treatment for Heat Exhaustion or Heat Stroke

The treatment for heat exhaustion or heat stroke boils down to cooling and rehydrating the body. Steps to take while running include:

- Stop running!
- Get someplace cool. Find shade.

Find an air conditioned building. Spray yourself with a hose - even from a stranger's front yard. Sit in a stream, but be careful because losing consciousness is possible. Be creative with what is

available and do whatever it takes to cool the body.

- Loosen or remove excess clothing, although hot weather runners are usually already wearing minimal clothing.

- Drink! The drink should be cool but not ice cold. Water or a sports drink are ideal, but take what is available. Avoid alcohol!

- For heat exhaustion, monitor for signs of heat stroke.

- Seek medical attention

Continued on next page

A BIG THANKS TO OUR SPONSORS

Julie Runnefeldt,
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Glenn Hanna

Monica Knox and the Publix gang
with refreshments

Tracey Armon- Kohl's Team for the
water stop and their continued
financial support

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Mike Mayse, Equipment Master

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Student volunteers

Alisah Lauderdale

Anthony Lauderdale

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MEMORIAL DAY 5K

Continued from previous page

Treatment for Heat Exhaustion or Heat Stroke

The treatment for heat exhaustion or heat stroke boils down to cooling and re hydrating the body. Steps to take while running include:

- Stop running!
- Get someplace cool. Find shade. Find an air conditioned building. Spray yourself with a hose - even from a strangers front yard. Sit in a stream, but be careful because loosing consciousness is possible. Be creative with what is available and do whatever it takes to cool the body.
- Loosen or remove excess clothing, although hot weather runners are usually already wearing minimal clothing.
- Drink! The drink should be cool but not ice cold. Water or a sports drink are ideal, but take what is available. Avoid alcohol!
- For heat exhaustion, monitor for

signs of heat stroke.

- Seek medical attention.

Thanks to www.suite101.com for that previous info. Read more with links to Mayo Clinic, Center for Disease Control, and e-Medicine-Health for more on heat stress and treatment.

http://walkingrunning.suite101.com/article.cfm/runners_guide_to_heat_stroke

Congratulations to the Beginning Runner Class of 2010 for making it through the weeks of training for MD5K! This class was possibly the biggest yet! Thanks to Bob and Vanessa Boyd for putting this class together and making it a huge success every year. Also thanks to all of the great group leaders that help out with the class.

As race director I get to see so many great volunteers that come out in force to make this race happen. I could not do this without all of you! This race was huge and a good earner for the club. We have the least expensive races in town and, I would bet you would agree, some of the best! We can't make these races happen the way we do with-

out a dedicated membership. We can't make these great races happen without all of our dedicated sponsors. Most of our surplus goes to Children's running. We do so much good with all of the fun we have that it almost seems too good to be true! Thanks for all that make this possible.

Thanks to our generous sponsors:

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The City of Green Cove Springs
1st Place Sports
Mr. Robert Shields
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We could not do what we do without you!

I look forward to another great race next year! =

We Get Letters!

My family joined the Florida Striders this year, after my daughter joined the Run/Walk Club at her school, Shadowlawn Elementary. It began as just Jordyn (now 6yrs) my 1yr old son and myself walking and running every Thursday at her school. One day Coach Shaffer was announcing awards, and she gave the first ever 100 mile club T-shirt to a boy, Santiago. Jordyn looked at me and said "Mommy, I want that T-shirt too". I told her "He worked really hard to get it and probably ran races that we didn't run." We went home that day and talked some more and then we decided that we'd set a goal to get her the 50 mile club T-shirt. I let her know that the races would have long ones (5K) and short ones (1 mile), and if she just wanted to do the short ones that's what we'd do. Every time I'd ask her which race she wanted she always said the long ones. I thought for sure I was going to have to carry her on my back while pushing the stroller, but she didn't give up. Our first race was a 5K which we finished close to an hour! I thought "Hey that's pretty good for a 5 year old." She did get disappointed when she didn't win in the 10 and under age group for the races, but after I told her that the girls that beat her had more years of practice; every time she didn't win after that she'd say "Mommy when I get more years of practice then I'll win too." We did a couple of more races and then my husband came with us to the Prediction run, and he was hooked too. We signed up to be Florida Striders, and it brought us closer and has made us healthier. Jordyn was the



first Kindergartner to make it to the 50 mile club and finished the year with 60.5 miles, which was more than any other member of her school. She was VERY proud of her accomplishment and can't wait for this upcoming school year. I just want to say THANK YOU for all the Striders do for not only our schools, but for our families. If it wasn't for you all we wouldn't have the run/walk club at Shadowlawn and we never would have found this great bonding time. I do Stampin' Up! and make sure that at some of my events I donate all the profit back to the Shadowlawn Run/Walk Club, because I know how important it is for this program to keep running. We're already marking our calendars for the upcoming races!

Thanks,
Maxine Rebeles =

Race Results

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

Somer 5k 2010

May 22, 2010

Orange Park, FL

John Metzgar	16:57	1st ag
Andrew Marchand	17:26	1st ag
John Wisker	17:43	1st ag
Lisa Adams	20:12	1st ag
Wayne Bishop	20:24	2nd ag
Bryan Rohlin	20:25	2nd ag
Kayla Vinson	21:07	1st ag
Denise Metzgar	21:58	1st ag
Allan Smith	22:13	1st ag
John Hirsch	22:25	1st ag
Tracy Pfuntner	23:04	
Ann Krause	23:09	1st ag
Amanda Phillips	23:29	1st ag
Robert Webster	24:18	
Kim Crist	24:22	2nd ag
Anne Barnes	25:12	PR
Quincy Masters	25:16	3rd ag
Roberta Tomlinson	25:53	
Michael Mandt	26:37	
Cole Mandt	26:37	1st ag
Claudia French	26:47	1st ag
Kimberly Lundy	27:12	3rd ag
Leslie Magruder	27:36	
Andrea Morrison	27:38	
Cynthia Maerz	27:47	
Glenn Hanna	28:12	1st ag
Stephanie Foreman	28:23	
Bradley Shepherd	29:00	
Will Croft	29:08	
Dena Gaucher	29:25	
Bernie Powers	31:00	
Al Saffer	31:49	3rd ag
Bill Krause	32:37	
Traci Brooks	32:46	
Charles Goodyear	34:07	1st ag
Judy Andrews	34:25	
Gordon Slater	35:09	2nd ag
Anne Matthews	36:59	
Barbara Scott	38:32	1st ag
Michael Martinez	40:33	
Dotti Cahill	40:48	
Dee Robertson-Lee	45:02	
Jamie Wyche	46:22	

Joe Connolly	48:29
Guy Jackson	54:54

Fallen Heroes Memorial 5k

May 29, 2010

Jacksonville, FL

Mercedes Smith	27:08	
Bernie Candy	21:08	1st ag
George Thompson	23:41	1st ag
Vicki Choinski	32:15	3rd ag
Al Saffer	32:33	1st ag
Anne Matthews	37:33	
Joe Connolly	48:13	2nd ag

Memorial Day 5K

May 31, 2010

Green Cove Springs, FL

Justin Jacobs	15:57	
2nd Open Men		
John Metzgar	16:41	
3rd Open Men		
Owen Shott	17:25	2nd AG
Andrew Marchand	17:39	3rd AG
John Wisker	17:54	
Masters-Men		
David Bonnette	18:21	2nd AG
Cody Helms	18:56	3rd AG
Jay Millson	19:21	3rd AG
Bill Dunn	19:28	
Grand Masters-Men		
Randy Arend	19:30	1st AG
Robert Walker	19:50	3rd AG
Mark Grubb	19:54	2nd AG
Regina Taylor	20:04	1st AG
Kayla Vinson	20:12	1st AG
Lisa Adams	20:21	1st AG
Sue O'Mally	20:35	2nd AG
Scott Hershey	20:45	1st AG
Denise Metzgar	20:57	1st AG
Giselle Carson	21:16	2nd AG
Kevin Fleeger	21:17	3rd AG
Kristin Smith	21:55	2nd AG
John LaRue	22:00	2nd AG
John Hirsch	22:16	3rd AG
Patrick Gaughan	22:24	1st AG
Herbert Taskett	22:27	2nd AG

Frank Frazier	22:48	1st AG
Bruce Holmes	22:59	3rd AG
Thom Henkel	23:14	2nd AG
Kari Damrow	23:17	2nd AG
Ann Krause	23:21	

\ Grand Masters-Women		
Gail Pylipow	23:28	1st AG
Tracy Pfuntner	23:34	
Kathy Murray	23:43	3rd AG
George Hoskins	24:42	3rd AG
Kim Crist	24:45	3rd AG
Benjamin Matthews	25:03	1st AG
Mamie Davis	28:29	1st AG
Mercedes Smith	29:17	
Claire Gilbert	29:33	2nd AG
Pat Gallagher	30:07	1st AG
Robert Meister	30:57	2nd AG
Jennifer Wood	31:53	PR
Patricia Noonan	33:19	2nd AG
Larry Leach	33:53	
Valerie Buckler	34:08	
Kade Leach	36:17	
John Aimone	37:23	1st AG
Chris Smith	41:43	
Diane Aimone	44:50	1st AG
Joe Connolly	49:16	3rd AG

Never Quit 5K

June 5, 2010

Jacksonville Beach, FL

John Metzgar	17:13	
1st Open Men		
Mark Grubb	20:17	1st AG
Bryan Rohlin	20:38	3rd AG
Regina Taylor	21:00	
1st Open Women		
Regina Taylor	21:00	1st ag
Raymond Ramos	21:02	3rd ag
Bernie Candy	21:06	1st AG
Bernie Candy	21:06	1st ag
Denise Metzgar	22:00	
2nd Open Women		
Steve Lancaster	22:10	1st AG
Steve Lancaster	22:10	1st ag

Continued on next page

RESULTS

Continued from previous page

Rexxmann Wier	22:26	2nd ag	Scott Hershey	20:51		Melissa McCrosky	30:14	
Jay Herring	22:33	1st AG	Denise Metzgar	21:03	3rd ag	Gene Imrich	30:49	
Allan Smith	23:07	1st AG	Giselle Carson	21:34		Bruce Howard	30:50	
Allan Smith	23:07	2nd ag	George White	21:37	3rd ag	Al Saffer	31:05	3rd ag
George Thompson	23:56		Donald Wucker	21:42		Michael Johnson	32:43	
Randy Pullo	25:28	3rd AG	Barbara Carrico	21:43	1st ag	Bill Krause	32:55	
Gary Hallett	25:57		Regina Sooeey	21:47	2nd ag	Lorraine Hughey	33:49	
Bonnie Brennan	26:45	1st ag	Patrick Gaughan	21:58		Gordon Slater	34:01	1st ag
Joanne Harris	27:40	3rd AG	Todd Hockett	22:02		Claire Gilbert	34:12	
Diana Levin	27:43	2nd AG	Allan Smith	22:16		Charles Goodyear	34:33	2nd ag
Chelle Mahaney	29:33		Miller McCormick	22:24		Joanie Barrett	34:33	
Mercedes Smith	29:40		Ann Krause	22:25	3rd ag	Kristie Matherne	34:34	
Pat Gallagher	30:48	1st AG	Alex Chieu	22:38		Ivy Bryan	34:37	
August Leone	31:17	1st AG	Leslie Kindling	22:41		John Aimone	36:18	
Al Saffer	32:27	2nd AG	Herbert Taskett	22:44		Freddy Fillingham	37:06	
Traci Brooks	33:17		Kristi Chop	22:44		Kim Simms	37:23	
Vicki Choinski	34:09		Charlie Hunsberger	22:59		Annie White-Butler	39:17	2nd ag
Nancy Pullo	34:20	1st AG	John Hirsch	23:00		Stan Lambert	40	
Nancy Pullo	34:20	1st ag	Laura Flint	23:00		Michelle Ramos	40:35	
Robert Walker	38:39		Frank Frazier	23:05	1st ag	Lori Featheringill	42:49	
Amber Sherrill	38:53		Amanda Phillips	23:15		Samantha King	42:54	
Cheryl Pfannenstien	39:05		Kathy Murray	23:22	1st ag	Dee Robertson-Lee	42:57	
Debbie Smith	41:13		Paul Berna	23:30		Renee Ray	43:05	
Cary Wyche	41:23		Tracy Pfuntner	23:31		Diane Aimone	43:54	1st ag
Jakob Wyche	42:23		Roger Jones	23:34		Lynda Carroll	44:58	
Nell Robinson	42:29		Gail Pylipow	23:34		Joe Connolly	46:30	
Michelle Ramos	43:19		Mark Dickson	23:49				
Pat Stack	44:28		Kari Damrow	23:52				
Dee Robertson-Lee	44:44		George Thompson	24:02				
Joe Connolly	46:23	2nd AG	Tony Hanneken	24:31				
Jamie Wyche	50:40		Jennifer Macdonald	24:35				
Cris Barlow	57:09		Candace White	24:50				
			Paul Smith	24:54				
			Tom Zicafoose	25:21				
			Kacee Bryner	25:33				
			Bradley Shepherd	25:54				
			Suzanne Baker	26:07				
			Beth Norman	26:15				
			Teri Detwiler	26:21				
			Martin Wilkinson	26:24				
			Stephanie Foreman	26:29				
			Dawn Hagel	27:03				
			Gil Flores	27:08				
			Mark Lay	27:09				
			Chuck Bryner	27:37				
			James Vavrina	27:41				
			Janis Dolemba	27:49				
			Kimberly Lundy	27:53				
			Cindy Lunsford	28:13				
			Joanne Seach	28:26				
			Vanessa Aaronson	29:07				
			John Gauer	29:43				
			Patrick Gallagher	29:47	1st ag			

USGBC North Florida
Chapter Green Run 5k
June 19, 2010
Jacksonville, FL

Donald Wucker	21:05	2nd ag
Lewis Buzzell	22:20	2nd ag
Amy Thomas	32:57	
Rita Lamach	36:45	
Dee Robertson-Lee	44:43	
Joe Connolly	48:06	1st ag

Big Bang 5k
July 3, 2010

Ponte Vedra Beach, FL

Bernie Candy	20:20	1st AG
Scott Hershey	20:20	
		3rd - Masters
Vicki Choinski	31:17	2nd AF

Firecracker 4 Mile Beach Run
July 3, 2010
Daytona Beach, FL

Jim Kehr	48:48
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Celebration 5k
July 4, 2010
Jacksonville, FL

Justin Jacobs	15:59	1st ag
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Andrew Marchand	17:39	1st ag	Regina Taylor	19:55	1st ag	Regina Sooeey	21:18	2nd ag
David Bonnette	17:45	2nd ag	Scott Hershey	20:15		Barbara Carrico	21:31	3rd ag
Bill Phillips	18:17	1st ag	George Thompson	20:17		George White	21:35	2nd ag
Lisa Adams	19:44	1st ag	Stephen Beard	20:39	2nd ag	Donald Wucker	21:37	
Bryan Rohlin	19:45		Raymond Ramos	20:40		Allan Smith	21:47	
Kevin Fleeger	19:53		Michael Johnson	21:12		Leslie Kindling	21:52	

Continued on next page

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 dmbokros@gmail.com 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 p.m. in Daylight Savings Time / 5:30 p.m. EST	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 dmbokros@gmail.com or 904-545-4538
Weds.	5:30 PM	Interval Training	Jacksonville Bolles School San Jose Blvd.	Danny Weaver (904) 287-5496
Weds.	6:15 PM	6.2 Miles Easy pace	Jacksonville Boone Park Riverside	Doug Tillett (904) 728-3711 douglastillett@hotmail.com
Thursday	6:30 PM	5 Miles Varied pace	San Marco/Largo Park Corner of Naldo and Largo	Doug Tillett (904) 728-3711 douglastillett@hotmail.com
Saturday	8:30AM	7+ miles	Ponte Vedra Beach Sawgrass Village	Craig O'Neal (904) 568-4825 charityrunningcoach@yahoo.com
Saturday	7AM	2 miles combination of walkers and runners	Orange Park 797 Blanding Blvd, Journey Church	Vernon W Allen 904-699-8614 buildingahealthytemple@walkandrunjour- neygoup.com
Saturday	6:30 AM	10 to 15 Miles Moderate pace	Julington Creek Starbucks	Wendy Patterson (904) 237-4100 wenrex@comcast.net

RESULTS

Continued from previous page

Ann Krause	21:57	1st ag	Andrea Morrison	28:43		Danny Randolph	36:33	
John Hirsch	22:06		John Gauer	29:56		Rita Lamach	38:29	
Frank Frazier	22:15	1st ag	Bernie Powers	30:56		Stan Lambert	39:16	
Tracy Pfuntner	22:58		Kent Smith	31:27		Barbara Scott	39:48	
Mike Marino	23:38		Dave Bokros	31:57		Cary Wyche	42:20	
Paul Smith	25:39	3rd ag	Al Saffer	32:27	2nd ag	Mel Abando	42:50	
Martin Wilkinson	26:25		Bill Krause	33:04		Jamie Wyche	42:51	
Gil Flores	27:11		Jakob Wyche	33:28		Diane Aimone	43:13	1st ag
Diana Stewart	27:15		Charles Goodyear	33:45		Trish Kabus	44:02	
Leslie Hague	27:55	2nd ag	Annie White-Butler	34:50	2nd ag	Dee Robertson-Lee	45:05	
Chelle Mahaney	28:05		Gordon Slater	34:58		Lynda Carroll	46:27	
Joanne Seach	28:22		Bo Holub	35:06	3rd ag	Holly Wyche	47:20	
Cecile Spiegel	28:40	3rd ag	Anne Matthews	35:08		George Mosely	47:58	
			John Aimone	35:09	1st ag	Tom Zicafoose	48:46	
			Sandra Henney	36:27		Joe Connolly	51:30	2nd ag
			Kay Manly	36:27				

Aug/Sept 2010 Race Calendar

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

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

DATE	EVENT	TIME	LOCATION	CONTACT
Aug. 13 & 14	Tour de Pain 3 races in 24 Hrs. 4 Mi. Beach Run 5K Mile Sizzler	6:30 p.m. TBA 4:30 p.m.	Jax Beach Seawalk 1st Place Sports Jax Landing/Jax	(904) 731-1900 1st Place Sports
August 21	Run for Children 5K	6:00 p.m.	Riverside Park Jax	(904)-731-1900 1st Place Sports
August 28	Carrabba's Summer Beach Run 5 Mile	6:00 p.m.	SeaWalk Jax Beach	(904)-731-1900 1st Place Sports
Sept 4	Turtle Trot 5/10K	7:30 a.m.	2500 Atlantic Ave. Fernandina Beach	(904) 277-3676 Amelia Island Runners
Sept 4	Run For Their Lives 5K	8:00 a.m.	135 Monroe St. Jax	(904) 207-7337 runfortheirives.org
Sept 4	Ft. George Run Through Time 5K	8:00 a.m.	Ft. George Island Off Heckscher Dr./Jax	(904) 318-8104 Milestone Race Authority
Sept 6	Beaches Labor Day 5K Run with Friends	8:30 a.m.	Selva Marina Country Club 1600 Selva Marina Dr. Atlantic Beach	(904) 731-1900 1st Place Sports

MINUTES

Continued from page 2

of the Club. We meet the second Tuesday of each month, for between one and 1 ½ hours. She tries to adjourn the meeting on time to be courteous to our facilities. Officers have a monthly conference call/meeting, to review agenda and discuss issues. Kellie sends out the agenda prior to the meeting, as well as a reminder for everyone to send her any items for the agenda prior to her sending it out to the members. Contact Kellie or Dan to add things to the agenda. Bylaws state that we use Roberts Rules of Order. Kellie passed out the standard agenda format. She also stated that we may have different opinions on issues, but it should not be personal. At the end of the day we run together with our groups and want to keep things friendly.

Treasurer's Report-

Randy Arend: April 2010:

Randy reviewed the submitted Treasurer Report. He explained to the new members that income from races is about half of the Club's income and membership fees are about 20% of the Club's income. This year the Children's Running Publix sponsorship was 20% of the Club's income.

Expenses: monthly newsletter and children's running total close to 60%. Race entry fees usually cover the cost of putting on the races with the profits of the races coming from sponsorships. So far this year our race income is exceeding our budget, and all other expenses are under budget. The new runner class brings in about 120 new memberships each year.

Beginning Cash Balance as of April 1, 2010 was \$12,966.60

April Income was \$4,210

April Expenses were \$6,544.34

Ending Undesignated Cash Balance as of April 30, 2010 was \$10,632.23

Committee and Director Reports:

Nominating Committee:

Dan Adams

Dan presented the officer candidates. Kellie Howard (President), Dan Adams (Vice President), Randy Arend (Treasurer) and Regina Sooley (Secretary).

There were no floor nomination for officers. A motion was made and sec-

onded to approve the officer slate. Motion passed.

Run to the Sun: Bob Boyd

Race Report- It was the first time Karen McCormick directed a race, and she did a great job. Income was higher than budgeted, expenses were lower than budgeted, and sponsorships were higher than planned. \$6713 was the profit. Race attendance was up slightly. 565 registered racers. Presenting sponsor was Sun Tire at \$2500.

Appointment of Karen McCormick-Race Director for 2011: Bob recommends her highly. A motion was made, seconded and passed to appoint Karen.

2011 Race Date-April 16, 2011: This date conflicts with the Boston Marathon, but the other dates conflict with other things. Bob suggested holding off on approving a date. Frank stated that not a lot of people locally go to Boston every year. A motion was made, seconded and passed to approve this race date.

Partnership with Rotary Club: We have never had a title sponsor for the race. Discussion about the Rotary Club being our title sponsor and participating with us in lieu of their holding the Rotary Club 5K. The proposal is that they give us \$5,000 sponsorship, but they retain any additional sponsorship money that they raise. The Striders would keep entry fee profits and there would be an agreement to not compete with each other's sponsors. The run will be called the Rotary Run to the Sun. Discussion about keeping the location at the OP Kennel Club. A motion was made, seconded and passed to approve this partnership.

Standard Operating Procedures Committee - Dan Adams: Common practices need to be compiled into one document and passed out to the members. It can be easily amended and molded through the years, unlike the bylaws, which are hard to amend. Request for submission of SOP's to Dan. Bob Boyd mentioned the difficulty in keeping it up to date. It is a great idea, but a lot of work. This document is not to replace the references for race directors. Vanessa has some binders that may contain useful information.

Scholarship Committee - Kim Lundy: Kellie, Bill and Kim met with the scholarship winners last week for din-

ner, and will put photos in the Strideright. It is a great way to get our name out in the community.

Children's Running Committee-

Vanessa Boyd: Short overview of what the committee does. The Striders support run/walk clubs in over 30 elementary schools, whereby they run/walk for 45 minutes once per week and keep track of their miles. There are incentives for the children to celebrate their miles: key chains and tokens, t-shirts, medals. 5 free fun runs are held every year. The Committee also organizes the free Hershey Game track and field meet. The Committee also provides starter up kits to the schools to start a new run/walk club. This year 3400 medals were distributed, a 50% increase over last year. The run/walk programs are growing and help to obtain club sponsors.

Social Update-Glen Hanna:

I. May-Volunteer Appreciation Party after Memorial Day Run: Light-house apartments in Fleming Island.

II. June 6th-Dog Days of Summer: There is a course for the dogs to run. Moccasin Slough off of Raggedy Point Road at 5pm. BYOB, picnic item, and chair.

III. July 11th-Whitey's Fish Camp at 4pm.

IV. August and September open.

Old Business-None

New Business-None

Announcements: June 8, 2010 Board Meeting Location-Orange Park Cancer Center

Mike Mayse stated that the Dr's Lake trail will be renovated. That is our adopt-a-road, and in need of a new sign, more news to come. Mike will be sending out a new roster for us to update our contact information. The roster comes out every month. We need to get expiring members to renew. River Fest posters was shared with the Board.

Frank stated that Stan will have his final River Run tent numbers out soon.

Vicky stated that Terry Smith of OP HS wants to do a youth running club this Summer for Jr. High and HS kids, with Youth Character Building as a theme. More details to come.

Greg Wood volunteered for him and his wife to help with the website.

Adjournment: Motion to adjourn

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MINUTES

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made and seconded. Meeting adjourned at 8:30p.m.

Board of Directors' Summary of Action June 8, 2010

7:00 PM • Orange Park Cancer Center

Board Members Present: Glenn Hanna, Randy Arend, Ann Krause, Bill Krause, Kellie Howard, Kim Lundy, Mike Mayse, Frank Frazier, Greg Wood, Scott Hershey, Carol MacDougall, Dan Adams, Lisa Adams, Maria Littlejohn, Stan Scarlett

Quorum Present? Yes

Proceedings:

The meeting was called to order by Kellie Howard at 7:03 p.m.

A motion was made L Adams, seconded and passed to accept the minutes of the May meeting.

Officer Reports:

President Report – Kellie Howard: Appointments by President

The following appointments were presented to the Board of Directors as a non-action item:

1. Race Advisor – Bob Boyd
2. Membership Director – Mike Mayse
3. Newsletter Editor – Trish Kabus
4. Equipment Director – James Vavrina
5. Merchandise Director – Keith Poythress
6. Children's Running Committee Chair – Vanessa Boyd
7. Scholarship Committee – To Be Determined

Appointments by Board

Kellie presented the name of Dan Adams as Race Director for the 2011 Resolution Run. The motion was approved and passed.

Treasurer's Report- Randy Arend: April 2010:

Randy reviewed the submitted Treasurer Report.

Beginning Cash Balance as of May 1, 2010 was \$10,632.26

May Income was \$2,491.79

May Expenses were \$3,418.10

Ending Undesignated Cash Balance

as of May 31, 2010 was \$9,705.95

Randy explained that the Club filed the necessary paperwork with the State to comply with the requirements of a non-profit organization. The club expenditures are 98% non-charitable work, with the extra 2% being monies from merchandise. Ed Kelley prepares this paperwork for the Club and also files it with the law firm, Rogers and Towers. The board expressed their appreciation to Ed for filing this paperwork.

Randy informed the Board that the club was awarded the Reinhold Award by the Paul E. and Klare N. Reinhold Foundation, Inc., for outstanding community service to the residents of Clay County. Bob Boyd submitted an application on behalf of the Florida Striders Track Club, Inc., and the Club was awarded a contribution of \$500 for outstanding work in Clay County in the health and Human Services Category. Specifically, the Striders were recognized for Promoting lifetime health and fitness for 6,000 people through running and walking activities. These activities included: free 1 mile fun runs with awards, 32 school run/walk clubs, Hershey Track and Field Regional Meet, Step-Up! Florida Free Fun Run, and \$3,000 in college scholarships.

Committee and Director Reports: River Run Tent - Stan Scarlett

Stan presented a report from the last River Run Tent party and everyone was in concurrence that it was a big success. Electrical issues need to be addressed in future. Need more room each year for attendees. Stan explained that next year there will be one way in and out for the River Run participants to mitigate the finish line congestion. Stan discussed purchasing a booth at the expo next year. He provided the cost for the booth depending upon the size of the area and informed the group that in order to secure an area for the booth, we need to reserve a spot. The Board discussed the benefits of the booth including more area to sell merchandise and the ability to have space for a lap top that can be used for membership dues to be paid through PayPal. The Board discussed ways to cover the expenses of the booth such as sharing the area with another running

club and Frank suggested that we independently fund raise for the booth \$50@32 and recognize supporters with additional 'swag'. A sub-committee was formed to present a proposal at the next Board meeting.

Due to needing to reserve our space this month, a motion to allow Stan to make a refundable deposit for the booth and stake out a position was made and passed.

Standard Operating Procedures Committee- Dan Adams:

The Committee has met and is preparing a format for this document.

Social Update - Glenn Hanna:

- I. World Record Party – June 27 (2p.m. – 5p.m.) will count for August Social
- II. July 11th-Whitey's Fish Camp at 4pm.

III. Prediction Run – Fleming Island Mellow Mushroom, Free T-shirt, Free Race, July 18 at 6:30 p.m.

IV. August (covered in July) and September open. Discussion about a meeting with a speaker at the September meeting.

Race Advisor Report - Randy Arend for Bob Boyd

Randy presented a proposal from Bob Boyd to increase the race entry fees of \$2 for pre-registered runners and \$5 for day of race registration, and provide technical running shirts for all FSTC races beginning with Hog Jog 2010. There was discussion by the board on the type of technical shirts being considered and the board wanted to explore different types of technical shirts. The Board approved the concept of raising the prices for the races to pay for the technical shirts, but wanted the costs of some alternative types of technical shirts.

Old Business - None

New Business-

Florida Striders Youth Track Program – Vicky Connell was contacted by Sherman Smith at OPHS for the Striders to partner with Youth Character Builder Club to offer a summer track class. Sherman would coordinate having two track coaches at the practices. Our liability insurance requires that all coaches must have a criminal background check done to work with children. A motion was made to support this track club. The monies for supporting this

Continued on next page

event would come from the Children's Running Committee and Vicky would be the Youth Track Coordinator. The Motion was approved.

Announcements: July 13 2010
Board Meeting Location-Orange Park

Cancer Center

Adjournment: Motion to adjourn made and seconded. Meeting adjourned at 8:20 p.m.

There was no board meeting in July. =

floridastriders.com

New, Renewing and Expiring Memberships

NEW MEMBERS

Elizabeth Brown	6/30/12
John Broyles	6/30/11
Wesley & Peggy Cole	6/30/11
Maria & Mark Connor	6/30/11
Amy Davis	6/30/11
Michael Denman	7/31/11
Leigh Gardner	6/30/11
Fred Haley	6/30/11
Honey Bee Jacobs	6/30/11
Pheona Kaiser	6/30/11
Robert Keith	6/30/11
Kim Kovaleski	6/30/11
Benjamin Ledbetter	6/30/11
Karen Maneely	6/30/11
Nicholas Maples	6/30/11
Dan Moore	7/31/11
Ken Murray	6/30/11
Katherine OBrien	6/30/11
Seth Pajcic	6/30/11
Gary Proctor	6/30/11
Autumn Rodgers	6/30/11
Michael & Connie Schoenfeld	6/30/11
Owen Shott	6/30/11
Amy Stoune	6/30/11
Rebecca Taylor	6/30/11
Jill & Tim Wright	6/30/11
Curt Young	6/30/12

RENEWING MEMBERS

Randy Abate	6/30/11
Doug & Jane Alred	6/30/11
David & Rebecca Brownell	6/30/12
Eric & Bernita Bush	5/31/12
Luke,Carol,Jennifer Byrne,	
Westerman,Johnson	5/31/11
Bernie Candy	5/31/13
Sung Ho Choi	5/31/11
Tommy & Cathy Dobbs	6/30/11
Joyce Durate	6/30/11
Janet Elliott	5/31/12

Chuck Ellis	6/30/11
Bonita Golden	5/31/11
Scott Grimm	6/30/11
Lorri & Benjamin Howard	5/31/12
David Kelley	6/30/11
Andrew Marchand	6/30/11
Scott Olivolo	6/30/11
Wendy Patterson	5/31/11
Michael Putala	6/30/11
Cauly Redenius	5/31/11
Chris Rodatz	6/30/12
Michael Ryan	5/31/11
Caroline Sabatella	6/31/11
Regina Sooe	5/31/11
Cecile Spiegel	5/31/11
Robert Sroka	5/31/11
Roberta Tomlinson	5/31/11
Rebekah Lynn Wild	5/31/12
Kaitlin Yaracs	5/31/11

MULTI-YEAR RENEWALS

Paul Smith	6/30/12
Charles Wagner	6/30/12
Annalee McPhilomy	6/30/11
Kimberly, Jack, Stephanie & Michael Lundy	6/30/12
Jennifer & Quinn Roberts	7/31/11
Thomas Pittman	7/31/11

EXPIRING MEMBERSHIPS

Vlanda Bellamy	5/31/10
Bey-Li Blalek	5/31/10
Dionne Blodgett	5/31/10
John & Sandra Bowsman	5/31/10
Christopher & Jennifer Branton	5/31/10
Kevin Carlton	5/31/10
Jacinta Carter	5/31/10
Tanner Chamblee	5/31/10

Diondria Clinkscate	5/31/10
Kitty Ferrell	5/31/10
Derey Freitag	5/31/10
Marlon Gapasin	5/31/10
Patrick Hargarten	5/31/10
Bradley Harper	5/31/10
Irene Herbertson	5/31/10
Debbie Hillman	5/31/10
Amy Kennedy	5/31/10
Drew Kenny	5/31/10
Trevor Kintyhtt	5/31/10
Sully Lopez	5/31/10
John & Sherry Mahoney	5/31/10
Charles Mann	5/31/10
George Martin	5/31/10
Tony Martin	5/31/10
Dave Melton	5/31/10
Carmela Middleton	5/31/10
Warner Millson	5/31/10
Maria Munyon	5/31/10
Brody Nolan	5/31/10
Brittany Norman	5/31/10
Megan Paquette	5/31/10
Whitney Radford	5/31/10
Philip Rollo	5/31/10
Jordan Steinmetz	5/31/10
Denise Stuart	5/31/10
Patty Taylor	5/31/10
Arthur Trapani	5/31/10
Ann Waters	5/31/10
Paul Williams	5/31/10
Richard & Jenny Allen	6/30/10
Lynda Carroll	6/30/10
Robert Crampton	6/30/10
Brenda Griffey	6/30/10
Lorraine Hughey	6/30/10
Amber Kirby	6/30/10
Benjamin Mathews	6/30/10
James & Denise May	6/30/10
Dale Porter	6/30/10
Thomas Warren	6/30/10
Kimberly Wilson	6/30/10 =

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 emailme at floridastriders.comor callMikeMayse (904) 777-6108.

The Back Page



BY GAIL PYLIPOW

I find it so hard to believe that summer is more than half over, before you know it school will begin and Labor Day right around the corner! I hope everyone had had a great summer so far! We are in the HOT months in Jacksonville, so remember to stay hydrated, both before and after running. Since it has been in the 90's with high humidity, try to run in the mornings or evenings to reduce the chance of heat exhaustion. Many Striders run no matter what the weather is like – it's our enjoyment and dedication to the sport. Please be careful out there!

This article will cover the races held from mid-May to mid-July, so here we go with the latest set of races. Please remember to use the new system to report your race and times through our website www.floridastriders.com to ensure you are named in our newsletter.

To begin, we start with a new race this year, the inaugural **SOMER'S SUNSHINE RUN 5K**, to benefit the Somer Thompson Foundation held on May 22nd. The course is similar to that of the Run to the Sun in that it goes along the St. Johns River. In the Open Men category **John Metzgar** placed 1st with a time of 16:57, **John Wisker** ran a time of 17:43 and was the Masters-Men winner while **Denise Metzgar** ran a time of 21:58 as the Masters-Women winner. There were thirteen 1st place age group winners, and they were **Andrew Marchand, Allan Smith, John Hirsch, Glenn Hanna, Charles Goodyear, Kayla Vinson, Amanda Phillips, Lisa Adams, Tracy Pfuntner, Ann Krause, Claudia French, Barbara Scott** and **Cole Mandt**. Those Striders placing 2nd in their age groups were **Wayne Bishop, Bryan Rohlin, Gordon Slater** and **Kim Crist**. Striders capturing 3rd place in their age groups were **Quincy Masters, Al Saffer** and **Kim Lundy**. Great showing of Striders for this inaugural race!

The next race was on May 29th in downtown Jacksonville. It was **THE FALLEN HEROS 5K** honoring the brave soldiers who gave their lives for our country. **Owen Shott** came in 2nd in the open men's category, **Bernie Candy** was the

Masters-Men 1st place winner and **Mercedes Smith** was the Masters-Women 2nd place winner. **Al Saffer** took home the gold and **Joe Connolly** the silver for their respective age groups.

Two days later, on Monday, May 31st, the annual **MEMORIAL DAY 5K** in Green Cove Springs took place. The weather was the usual HOT and HUMID for this race and a few people were really affected by the heat. Hopefully everyone recovered quickly. The course, which has in spots a brick road, passes the church where a pancake breakfast is served, so you can smell pancakes and sausage cooking. It never ceases to amaze me how fast some of our Strider members are. Placing 2nd in the open men division was **Justin Jacobs** with a time of 15:57 and **John Metzgar** placed 3rd with a time of 16:41. Taking home the Masters-Men prize was **John Wisker**, the Grand Master-Men prize was **Bill Dunn** and the Grand Master-Women prize was **Ann Krause**. There were fourteen 1st place age group winners: **Denise Metzgar, Lisa Adams, Kayla Vinson, Regina Taylor, Mamie Davis, Diane Aimone, John Aimone, Pat Gallagher, Benjamin Matthews, Frank Frazier, Patrick Gaughan, Scott Hershey, Randy Arend** and **Gail Pylipow**, who said it was a hot race to pick as her first time back after shoulder surgery and rehab. Grabbing 2nd in their age groups were thirteen Striders: **Claire Gilbert, Giselle Carson, Kristin Smith, Kari Damrow, Sue O'Mally Patricia Noonan, Robert Meister, Thom Henkel, Herbert Taskett, John LaRue, Mark Grubb, David Bonnette** and **Owen Shott**. The eleven 3rd place age group winners were **Kevin Fleeger, George Hoskins, Kathy Murray, Kim Crist, Joe Connolly, Bruce Holmes, John Hirsch, Jay Millson, Andrew Marchand, Robert Walker** and **Cody Helms**. In all, 42 Striders placed in this race. What an excellent showing!

NEVER QUIT NEVER 5K AND TRIDENT RELAY is also another inaugural event which was held out at the beach on June 5th. In addition to the 5K, there was

also a Trident relay of Run, Swim and Paddle. I understand from several people that this event was too much fun! I believe, and I could be wrong

about this, that each trident leg could be done individually or as a team. The results of just the 5K run are as follows: **John Metzgar** was the 1st man to cross the finish line so he gets the 1st open men's category award, **Regina Taylor** was the first woman and **Denise Metzgar** was the 2nd woman to cross the finish line to win their category. The 1st place age group winners were **Mark Grubb, Jay Herring, Steve Lancaster, Bernie Candy, Pat Gallagher, August Leone, Bonnie Brennan** and **Nancy Pullo**. And 2nd place goes to **Al Saffer, Joe Connolly, Allan Smith, Rexxmann Wier** and **Diana Levin**. Following along in 3rd place were **Bryan Rohlin, Randy Pullo, Raymond Raymos** and **Joanne Harris**. **Robert Walker** participated in the Trident Relay and brought home the gold in his age group and was Captain of Team Jamaica - 4th in Trident Relay.

The next race is the very popular annual **RUN FOR THE PIES**, which seems to get bigger every year. It is so amazing to watch how fast the elite runners (one of which I am NOT) run the course. One of these days....I know, I'll still be watching them. The free pizza, beer, giveaways, best costume contest and the pie eating contest really make the after party fun. And don't forget the live music....no DJ for Striders, just the real thing. Since the awards are given to more than just the top three in most categories, more runners are recognized for their efforts. The most popular age categories are 21-49. If you are lucky enough to have won a pie, hopefully you'll enjoy it a lot. I won a pie, but my husband and sons ate all but about six bites - so much for enjoying pie and ice cream the next day! Anyway, on to the results. For the Elite runners, those men and women who are "roadrunners" around the course, the women finishers were **Lisa Adams** in 12th place with a time of 20:14

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and **Regina Taylor** in 13th place with a time of 20:42. The men finishers were **Owen Shott**, 10th place running in 15:47, **Justin Jacobs**, placing 15th running in 16:12 (incidentally he participated in a triathlon that morning) and **John Metzgar**, 25th place, running in 16:34. On to us regular runners, leading the pack with 1st place in age groups were **Andrew Marchand, John Wisker, Frank Frazier, Gordon Slater, Patrick Gallagher, John Aimone, Barbara Carrico, Kathy Murray** and **Diane Aimone**. Right behind with 2nd place were **Thom Henkel, Charles Goodyear, Robert Meister Joe Connolly, Regina Sooeey** and **Annie-White Butler**. Bringing in 3rd place were **Randy Arend, Lewis Buzzell, George White, Al Saffer, Denise Metzgar** and **Ann Krause**. Right behind were those in 4th place and they were **Paul Detwiler, David Bonnette, Mark Grubb, Kevin Fleeger, Patrick Gaughan** and **Giselle Carson**. Two Striders placed 5th and they were **Scott Hershey** and **Gail Pylipow**. 6th place goes to **Kacee Bryner**. Those placing 7th were **Kim Lundy, Kristi Chop** and **Stephen Beard**. **Laura Flint** took home 8th place while **Michael Johnson** breezed into 10th place. Grabbing 11th place were **Tracy Pfuntner** and **Bryan Rohlin**. **Candace White** brought home the medal in 15th place.

June 19th was the next race to lace up your running shoes for the **USGBC (U.S. Green Building Council) North Florida Chapter GREEN RUN 5K**. This event was a green run/walk to educate the participants about being green on such things as shoe and electronics recycling. A few Striders turned out for this event. **Joe Connolly** brought home the gold while **Donald Wucker** and **Lewis Buzzell** took the silver.

The **HEART AND SOLE 5K** race on June 26th was unfortunately cancelled due to nasty weather. Everyone knows

that races are held in the rain, but after an hour when the lightening wouldn't let up, CANCELLED was the word given to the runners. A big THANK YOU to all of you who were there, ready for the starting gun to go off so you could sprint 3.1 miles, and also thank you for raising funds for this event to raise awareness for children with life-limiting and life-threatening conditions.

On to the next race, which WAS held (humidity not cancelling the event), the 19th annual **CELEBRATION 5K** on July 4th, celebrating our nation's birthday. Happy Birthday America, we love you! Oh my, just looking at the results, this was a very FAST race. **Justin Jacobs**, the first man across the finish line, had a time of 15:59, WOW! **Regina Taylor** won the Masters Woman category with a time of 19:54, great job! Those capturing 1st in their respective age groups are **Andrew Marchand, Bill Phillips, Frank Frazier, Pat Gallagher, John Aimone, Lisa Adams, Ann Krause, Honey-Bee Jacobs** and **Diane Aimone**. Following in their footsteps with 2nd place were **David Bonnette, Stephen Beard, Mark Grubb, George White, Al Saffer, Joe Connolly, Rebekah Wild, Regina Sooeey, Leslie Hague** and **Annie-White Butler**. Those bringing home the bronze with 3rd place were **Rexmann Wier, Paul Smith, Bo Hulub, Barbara Carrico** and **Cecile Spiegel**.

STRIDERS - They're Everywhere!

Hey, if you're out of town and there's a race, go for it!

Maria Littlejohn, while in Tallahassee on May 22nd, decided to participate in the **Tulip Trot 5K**. She finished 1st in her age group with a time of 25:05.

Our own Strider, **Sung Ho Choi**, participated in a marathon on May 15th in beautiful Ogden, Utah. **THE 2010 ZIONS BANK OGDEN MARATHON** was well organized and the course was beautiful. Sung Ho finished in 3:05:00, a terrific time!

Claire Gilbert participated in the **33rd ANNUAL VIDALIA ONION RUN 5K** in Vidalia, Georgia on April 24th. She took home 1st place in her age group of 55-59 with a time of 30:18. Ms. Claire indicated it was a nice run in the hills of Vidalia coinciding with the Vidalia Onion Festival. The prizes were nice trophies and a five pound bag of onions! As if traveling to the Vidalia Onion Festival isn't enough fun, Claire also traveled to Windsor, California on May 22nd to visit family and friends. While there, she ran in Sonoma's wine country for the **WINDSOR GREEN 10K**. "Imagine", she says, "the day dawning at 42 degrees and no humidity. It was a beautiful run through rolling hills bordered by vineyards. I came in second in my age group and was awarded a bottle of a fine 2007 Zinfandel." Now THAT'S what I call an award. Maybe our races could have awards like that - more participants might show up!

On May 21st **Trish Kabus** found herself enjoying life in Fargo, North Dakota, and in doing so, participated in the **FRI-DAY NIGHT 5K WALK/RUN**, which transpired the day before the marathon she registered for, **THE FARGO MARATHON**. She says that during the marathon "I took a wrong turn and got lost. Everyone was very nice and got me back on track, 23 minutes and 2+ miles later." Glad you made it back to Jacksonville, Trish! As if Trish Kabus didn't do enough in one weekend, the following weekend, May 30th she took part in the **Tri Y Triathlon** in Ormond Beach, Florida. This Sprint triathlon was ¼ mile swimming/ 10 mile biking/ 3 mile run and apparently the swimming part was terrible! Way to go Trish!

On July 3rd, three of our striders participated in the **PONTE VEDRA BEACH BIG BANK 5K**. **Bernie Candy**, 1st in age group, **Vicki Choinski**, 2nd in age group and **Scott Hershey**, 3rd in age group.

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Mellow Mushroom Prediction Run - July 18th

	Predicted Time	Finish Time
1st Patrick Rohlin	29:00:00	29:01:24
2nd Patricia Jones	48:39:00	48:33:24
3rd Marlene Guy	35:28:00	37:23:34

A special Thanks to the Mellow Mushroom for hosting us and for the cool shirts!

Scott also ran the Celebration 5K the next day and said "Two 5K's in two days and the second one faster – cool!" Great job, Scott!

July 17th brought out several Striders to the **BRIDGE OF LIONS 5K** in St. Augustine. Our dedicated Striders placing 1st in their age groups were **Bill Phillips** and **Bernie Candy**. Placing 2nd were **Teri De-twiler**, **Kent Smith** and **Bo Holub**. And 3rd place goes to **Quincy Masters**, **Richard Vance** and **Jim Hughes**.

Suzanne Baker was on vacation in Rochester, New York and thus was able to run the **BRIGHTON, NY 5K** the second year in a row on July 4th. She says, "Second year in a row I took 3rd place in my age group during my summer trip to New York." Thirteen days later she ran in the **JUNGLE JOG 5K** through the Seneca Park Zoo in Rochester, New York and placed 4th in her age group. I know the race she's talking about (I lived in Rochester for many years) because I ran that same race last year while visiting and placed 4th in my age group. Unfortunately for me, the starting gun went off just as I was shutting my car door!!! Needless to say I was trying to pin my race number on as I ran and was the very last person to start behind all the walkers. I liked the course, part of which went through the zoo past the animals. Congrats Suzanne!

Tidbits and Stuff I Missed

Please let me know if I've missed some stuff so that I can make mention of it in the next issue. I apologize for anyone not listed in the above race results. I'm still

trying to get the hang of it.

I was informed that the most recent Strider social at Whitey's Fish Camp was a lot of fun. Even though the weather wasn't the greatest, everyone met on the covered "lanai" and stayed dry. Please check out the socials, you have fun, meet and make new friends and enjoy a relaxing few hours with fellow runners.

For those striders who participated in the 100x10K Relay for the Guinness Book of World Records, the "partay" took place on June 27th and everyone had a great time. Mike Marino played the video that was made by the UNF students and submitted to Guinness. We watched 100 people receive and hand off the baton, with Donna Deegan being the final runner. I was caught on tape shaking my booty before the baton was handed to me for my leg of the run – what a goof - we all had a good laugh. Those of us who were at the track to watch the end of this incredible feat ran with Donna on her final lap – it was a moment.

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. Go to our website at www.floridastriders.com and fill out the form titled "Striders at the Races, Race Results". For the out of town races please use the same website.

Award

For my monthly award I give it to all of our veterans because without them, this country would not be where we are today! 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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