



Running Styles of the Old Masters

By Bernie "Also-Ran" Powers

If you attend a lot of area races, you've probably noticed a group of older men who rarely miss an event. These are my heroes, the Old Masters, and I've studied them in the hope that I can follow (literally) in their footsteps in the coming decades.

Each of these gents is an individual, with his own running style, diet, training regimen and quirks. Maybe you've noticed, too?

Freddy Fillingham, 68—

Freddy's runs like a Rose Bowl Parade Grand Marshal. He leans back from the waist with a relaxed look, chin up, bemused smile, and a gracious

wave, as if to his minions. Meanwhile he's taking two steps for your one.

Freddy's not-so-secret training diet comprises a box of Krispy Kreme donuts (and no substitutions, please) divided between the night before and the morning of a race. For this he is unapologetic.

He's such a regular racer that any absence prompts a call from 1st Place Sports to check if they should refigure their quarterly income projections.

Charles Goodyear, 71—

Charles employs a unique run/walk strategy likened to a roman candle, i.e. a furious sprint followed by a determined trudge. Exploding forward in a 45-degree-angle "controlled fall," he

gains surprising speed (and ground), only to resume walking moments later. With a splayfooted gait described as "a frog dashing across a pond," Charles nevertheless won his 2010 Grand Prix age group.

A crafty strategist, Charles reconnoiters every racecourse, wary of what he describes as "hills," (think the slightest incline or stepping up onto a curb).

To find Charles after a race, just look for a large ripe tomato waiting for his trophy.

Al Saffer, 76—

If I had a dollar for every time I've followed the white hand towel hanging out of Al's back pocket, I'd be almost as

Continued on page 5

Upcoming Socials

October

A **Striders Halloween Party** at **Kim Crist's** house in Lake Ashbury. Friday, **October 29** at 6:30 PM. Come in costume, bring a dish and your own Adult Beverages. There may be some traditional Halloween games, etc. The Club will provide soda, water, Gatorade, etc

Kim lives at 427 Lake Ashbury Drive, Green Cove Springs, 32043. The directions are: From Orange Park. go on 17 South, right on 220, Left on 209, Over the Black Creek Bridge, Right on 739, Right

at Lake Ashbury Entrance. It is the brick octagon house on the Right

From Green Cove Springs, go on 16 to Penney Farms, Right at light at 218, Right at 739, pass Winn Dixie on the Right, pass the Baptist Church, left into Lake Ashbury, It is the brick octagon house on the Right. Please park down in the back, in the front and down Hope Hull Ct. on right.

November

The Social on Sunday, **November 7th** will be hosted by Vicki Choinski and Bernie Candy at the Ocean Grove Con-

dominiums, 1 Arbor Club Drive, in Ponte Vedra. Starting at 1:00 PM. Vicki and Bernie will provide beer and barbeque. Everyone should bring a covered dish or dessert and any of their own favorite beverages. Soda, water and Gatorade will be provided by the Club.

Directions – Take JTB East to the beach, exit right towards Ponte Vedra/St. Augustine. Continue on A1A South 2.9 miles turning Right on Thousand Oaks Blvd. Ocean Grove is the first entrance on the right, clubhouse is straight ahead with plenty of parking =

Inside

Prez Sez 2 • Board/Key Members 2 • Sponsors 3 • Wide World of Running 4 • New & Renewing Members 5 • Striders at the Races 6 • River Run Booth 6 • Hog Jog Flyers 7 • Second World Record Attempt 8 • Group Training Runs 9 • October Race Calendar 10 • Back Page 11

Prez Sez

By Kellie Howard



For the past 27 years, the Florida Striders held their Memorial Day 5K in Green Cove Springs in connection with the City's Memorial Day events. Therefore, I was shocked when I found out, that without any previous notice, the City of Green Cove Springs signed a 5 year contract with Freedom Marathon, Inc., to organize a Memorial Day 8K run in conjunction with the City's Memorial Day events.

The money raised from our Memorial Day 5K and our other three races (Resolution 5K, Run to the Sun 8K, and Hog Jog) go directly back into the health of our local community through children and adult running programs. In order to sustain our mission at our current level, the FSTC must preserve four runs. The FSTC Board of Directors feels that our Memorial Day 5K is an important tribute to our veterans, many of whom are members of our club and our community, and voted unanimously to continue the long standing tradition of holding a Memorial Day 5K Run. Dave Bokros, Memorial Day 5K Race Director, Bob Boyd, Race Advisor, and Dan Adams, who is currently serving in the Naval Reserve, are leading the efforts to discuss the new venue options and adding additional tributes to support our local veterans.

The Board of Directors is excited about a new venue that will be more accessible for our participants, closer to our existing and potential sponsors, and a great opportunity to grow our event while honoring our military for their service. Look for further details in next month's edition of the StrideRight. =

Board of Directors' Summary of Action Sept. 14, 2010

7:00 p.m. • Orange Park Library

I. Call to Order: Kellie Howard called the meeting to order at 7:08 p.m. Board members present: Kellie Howard, Greg Wood, Regina Soeey, Vicky Connell, Maria Littlejohn, Kristie Matherne, Bill Krause, Ann Krause, Glenn Hanna, Frank Frazier, Melissa Saunders, Mike Marino, Lisa Adams, Dave Bokros, Kim Lundy, Scott Hershey, Randy Arend, Dan Adams and Mike Mayse. Quorum present: Yes

Also present: Stan Scarlett.

II. Review and Approval of Minutes: Motion made and seconded to approve the August 10 minutes. Motion passed.

III. Officer Reports

a. President Report – Kellie Howard

Memorial Day 5K - 2010 Report Finalized: The final report is within \$20 of what was projected, so it is accepted.

b. Treasurer Report – Randy Arend

Beginning Cash Balance as of August 1, 2010 was \$15,950.04.

August Income was \$1,755.

August Expenses were \$1,980.06.

Ending Cash Balance as of August 31, 2010 was \$15,724.98.

Ending Cash Balance has designated amounts for Publix Sponsorship, Kohl's Children's Running, and River Run Expo Space Rental Budgets totaling \$5,229.85. Undesignated cash balance was \$10,495.13.

Comparable Ending Cash Balance as of August 31, 2009 was \$4,514.18.

c. River Run Expo Booth – Stan Scarlett and Company: Frank Frazier stated that so far we have raised \$1310 for our expo booth spot, so we are close to our \$1600 goal. Stan stated they are working on expo booth setup, and Lisa

Continued on page 8

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 Soeey(H) 673-0608
email: regina@reginasoeey.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



**Publix
Supermarket
Charities**



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



**The Perfect People
For A Perfect Pool**

Mike Shad Nissan
269-9400



DR. ELAINE S. MARTINEZ
PEDIATRIC DENTIST
(904) 215-4221 - www.drelainemartinez.com
530 Business Center Drive, Suite 1 - Orange Park FL 32003



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**

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

RUNNING LONG: The Transcontinental, 30 Years Later

1980 is a long ways ago, but this 30th anniversary year of my 2,964-mile run from Los Angeles to New York City has brought memories flooding into the present. To call the completion of the journey life-changing would be understatement. It defined my running persona as no other event has before or since.

I hope readers of the Stride Right will forgive my nostalgic indulgence over the next three articles. I believe that the lessons I learned during those 72 days might be useful to my running friends. Our running is a profoundly selfish pursuit but I believe that our lessons from the road give us something that we can share, and perhaps, on occasion, making us better people.

The seed was planted in 1964. A Dayton Daily News article described a 48-year old miner from South Africa, Don Shepard, who was jogging across Northern Ohio, chasing the record for a coast-to-coast run. I was 18, a college student with a longest race of 10 miles, and weekly mileage of twenty. Covering 40 miles a day on foot had no appeal.

A decade later, the Ohio boy found himself in Florida, dreams of an Olympic marathon vanished with the realization that average leg speed can't be bullied into national class running performances. I could now run far, but I couldn't do it very fast.

Thoughts of a journey run germinated. By 1976, I'd managed some 140-mile training weeks and treks from Cleveland to Columbus, Ohio, and Miami to Cocoa Beach, Florida (161 and 211 miles).

With a paid leave of absence from my desk job at the local firm of Tompkins-Beckwith, and a donated truck camper, I jogged down the steps of Los Angeles City Hall in early June 1977, supported by John Stanforth of Wilmington, Ohio, and his 10-year-old son. Adhering to 8:30 per mile pace in doses of 30 to 60 minutes for 45 miles, I dashed across the Mojave Desert toward the Atlantic. I

lasted just one week.

246 miles into the adventure, my Achilles tendons went on strike, joined by two blistered soles and ten swollen toes. Quartzsite, Arizona, was as far as we got. Ten days of recovery in the desert, icing and massaging, brought me back to the City Hall steps for second start. I lasted two days. Listening to my body was not a skill I understood. I'd scheduled myself to cover 45 miles a day for two weeks, then 50, then 55. I was not a machine. I was not even a good runner.

Covered with a stress-induced rash, I returned my friends to Ohio, and then headed home to Jacksonville. I sheepishly resumed life as a normal runner until PRs at the marathon, 30 km, half-marathon, and 10 km in 1978 snapped me from my doldrums. As Sherlock Holmes might say, "the game is (once again) afoot."

Encouraged by ultramarathon legend Ted Corbitt to consider running with a backpack, unaccompanied, a la Don Shepard, I logged 200 mile weeks through the winter of 1979 for two months. I was now teaching and coaching at Episcopal High School and managing a tiny running store in Arlington. But unlike 1977, there would be no income while on the road.

On May 19, 1980, I stood on the steps of the L.A. City Hall for a third time. I got the signature of a city official at 9:00 a.m. By late afternoon, I was 35 miles to the east, working my way around Riverside, California, searching for intact stretches of Old State Road 60 and Jackrabbit Trail to avoid the expressway. A week later, I trotted across the Colorado River to Arizona and on to Quartzsite.

I was healthy. My blisters were runnable. My leg soreness was bearable. I was finding cheap motels and enough food. I got President Gerald Ford's autograph on a newspaper photo of myself near Palm Springs. I stopped

Wide World of Running By Jay Birmingham

to chat with locals and to read historic markers. Without a timetable, I was absorbing the lessons of road, and making progress toward my goal.

Arizona was the most beautiful state that I had ever run through. Its arid mountains and deep, moist canyons were a joy to cross on foot. Fearful family and friends received my reports: People are not trying to run me down or rob me. Most motorists yield a couple of feet to the thin-clad jogger along the roadway. Accommodating strangers often gave me complimentary meals and reduced room rates.

I gobbled down two pieces of pie in Pie Town, New Mexico, just short of the high point of my route, the Continental Divide, 9,000 feet above sea level. It was all downhill from there, I told myself. Over the green ribbon of the Rio Grande Valley, I approached the 1,000-mile point of my journey, the Texas border.

Before my departure, a Jacksonville sportscaster had asked, "When do you think you'll have it made? When will you be confident that you can make it all the way?"

"I think I'll be injury-proof by a thousand miles," I replied flippantly.

Next Month: "Crisis in North Texas" =

We would like to hear from you!

Run a great race? Have a new 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!

RUNNING STYLES OF THE OLD MASTERS

Continued from page 1

rich as him. It's said that Al's profile resembles a bird of prey, but if so, he has the "kills" to match. He's probably the biggest all time winner of the Old Masters and a relentless competitor.

Frequently before a race Al tells me with a sorrowful look that he just doesn't "feel right." Before a race in Fernandina he even showed me his wrapped torso, bandaging cracked ribs, the result of falling from a tree with a chainsaw. After that race, I saw him characteristically collecting his First Place trophy.

Al's training regimen is...nothing. Nil. Nada. He doesn't even walk during the week. He just comes to the races and wins.

Bob Meister, 78—

"Stealth Bob" has the enviable talent of running negative splits. When you're out of steam near the end of a race and you hear a pair of size 13s slapping up behind you—that's Bob.

Bob fell on his face at mile three of the 2010 Tour De Pain 5K, spent eight minutes arguing with the EMTs, signed a release, and still finished third in his age group! Then he showed up a few hours later at the 1 Mile Race with stitches in his schnozz, bragging how the hospital nurses called everyone around to see how low his pulse was.

Bob runs five miles three times a week and walks the dog twice, as training. If a race promises free beer, Bob's there.

Pat Gallagher, 79—

A former Navy Pilot, Pat Gallagher is nothing if not precise. On a recent run along River Road in Orange Park, Pat pointed in the direction of a row of palm trees and said "That palm tree is exactly 1/X miles from my house." When I replied that there was a row of palm trees (maybe four feet apart from each other), Pat snapped "The third one!"

Pat's also fast. In the 2010 Tour De Pain 5K, before I could get to him to tell him his ride (Bob Meister) had fallen at Mile 3, he had won his age group and was fast asleep in his lawn chair.

Pat runs and rides a stationary bike during the week, and he skips lunch, which may explain why he weighs 68 pounds. He does like to eat, though, and agrees with me that the best race food is at the Fleming Island 5K.

Joe Connolly, 85—

Nearing his 1000th documented race, Joe is tenacity and determination personified. This seems out of character considering his carefree demeanor. Until you hear the story of him arguing with the paramedics to let him finish the River Run after suffering a heart attack at mile 8 a few years back. Then you understand.

Personally, I think Joe's running success directly relates to the fact that he's a jazz musician. This boosts his capacity for abstract thought, thereby enabling him to ignore the suffering the rest of us experience.

I'm unsure what Joe eats or how much he trains, but I do know he unselfishly performs on piano at area retirement homes every week and that's got to be good for him. =

New, Renewing and Expiring Memberships

NEW MEMBERS

Summer Gentry	9/30/11
Ron Porter	9/30/11

RENEWING MEMBERS

Alexander & Micheala Combs	8/31/11
----------------------------	---------

Kari & Darrell Damrow	9/30/11
-----------------------	---------

Dena & Rick Gaucher	8/31/11
---------------------	---------

Bruce Holmes	8/31/11
--------------	---------

James Howell	7/31/12
John Kotsubka	9/30/13

Michael & Amy Mandt	8/31/13
Mike Marino	8/31/11

Maria McNary	8/31/11
David & Marilyn Ohnsman	8/31/11

Terry Sikes	8/31/11
-------------	---------

Ed, Michelle, Jesse, Schuyler Velasco	8/31/11
---------------------------------------	---------

Robert Webster	9/30/11
----------------	---------

MULTI-YEAR MEMBERSHIPS

Kim & Chris Tracanna-Breault	9/30/11
------------------------------	---------

Denise Williams	9/30/11
-----------------	---------

Dennis & Sylvia Lee	9/30/11
Guillermo Ramos-Piazza	9/30/11

Maria Littlejohn	9/30/11
Vicki Choinski	9/30/11

Billy Fehrs	9/30/12
Bobby Greene	9/30/12

Larry Mattingly	9/30/11
Rex Reed	9/30/12

Lisa Tomasino	9/30/11
---------------	---------

EXPIRING MEMBERSHIPS

Mary Algire	8/31/10
William Carstarphen	8/31/10

Richard Daege	8/31/10
Karen Daniels	8/31/10

Larry Flowers	8/31/10
Valerie Hamilton	8/31/10

Cody Helms	8/31/10
Patricia & Pete Noonan	8/31/10

Bryan Rohlin	8/31/10 =
--------------	-----------

In our continuing efforts to improve communications we are adding another feature to our monthly report. We have added the membership expiration date. This will allow you to double check my work and ensure I get it right. If your name does not appear in this column or you think something is in error with your renewal date please emailme at floridastriders.com or callMikeMayse (904) 777-6108.

Race Results

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

Turtle Trot 10K September 4, 2010 Fernandina Beach, FL

Randy Arend	41:30	1st ag
George Thompson	43:13	
Grand Masters Men		
Bryan Rohlin	43:36	2nd ag
David Horn	47:09	
Mike Singletary	54:02	
Gerry Tyburski	56:28	
James Smith	1:00:03	
Margaret Tyburski	1:08:44	

Turtle Trot 5k September 4, 2010 Fernandina Beach, FL

Guy Jackson	21:10	2nd ag
Keith Poythress	23:53	3rd ag
Nancy Harms	24:31	1st ag
Tracy Pfuntner	26:08	1st ag
Mercedes Smith	31:19	2nd ag
Craig Harms	34:05	2nd ag
Gayla Poythress	34:23	
Charles Goodyear	38:58	3rd ag
Dee Robertson-Lee	48:12	
Joe Connolly	1:00:57	

Beaches Labor Day 5K September 6, 2010 Atlantic Beach, FL

Mark Grubb	19:36	
1st Masters Men		
George Thompson	21:01	1st ag
Paul Smith	24:02	1st ag
Gary Proctor	27:52:	
Vincent Cameron	29:21	
Vanessa Aaronson	30:59	
Jennifer Shepard	31:04	
Nancy Pullo	32:02	1st ag
Charles Goodyear	33:14	1st ag
Lisa Myers	38:43	
Patrick Gallagher	41:34	1st ag
Dee Robertson-Lee	42:54	
Joe Connolly	46:49	1st ag

Wounded Warrior 5k September 11, 2010 Ortega, Florida

George Hoskins	26:19	2nd ag
Mercedes Smith	27:07	
Bethany Cole	35:20	2nd ag
Patrick Gallagher	35:50	
Joe Connolly	43:01	

Purple Stride September 18, 2010 Jacksonville, Florida

Melanie Cruz	44:18
Gary Proctor	45:54

Avondale 5k September 18, 2010 Jacksonville, Florida

Randy Arend	19:47	1st ag
Seth Pajcic	19:51	3rd ag
George Thompson	20:03	1st ag
Britta Fortson	20:51	
2nd open women		
Stephen Beard	21:13	1st ag
Bryan Rohlin	21:28	2nd ag
Scott Hershey	21:53	3rd ag
Barbara Carrico	22:00	1st ag
Jeremy Buyok	22:19	
Paul Smith	24:44	1st ag
Sharon Lucie	25:52	1st ag
Jay Birmingham	29:25	2nd ag
Bernie Powers	31:03	
Denise Corley	31:17	
Patricia Czarniecki	33:43	
Al Saffer	34:17	2nd ag
Ivy Bryan	36:30	
Charles Goodyear	40:18	2nd ag
Freddy Fillingham	40:31	3rd ag
Dotti Cahill	40:32	
Dee Robertson-Lee	45:55	
Joe Connolly	48:44	3rd ag

Aching Quad September 10-11, 2010 Lakeland, Florida

Gerry Tyburski	1:16:30	2nd ag
Margaret Tyburski	1:32:01	2nd ag

Pints to Pasta 5k September 10-11, 2010 Portland, Oregon

Charlie Hunsberger	46:33
--------------------	-------

Casa Superhero Run 5k September 12, 2010 Austin, Texas

Robert Walker	18:56	1st ag
---------------	-------	--------

River Run Booth We Need Your Help!

"As many of you know, the Striders plan to have a Booth at next year's River Run, in the Expo. It will be 10 x 20, and we are going to use the new Strider's canopy, for the Booth. We will have a full merchandise display for sale, Strider promotional materials and distribute the wrist bands for access to the large Tent we have in the Fairgrounds. We hope we will have lots of new Members sign up.

The fee for the Booth is \$1600 and we have collected approximately \$1200 so far. The idea for the Booth was too late to get it in the 2010 Budget, so Frank Frazier is heading up a campaign to obtain the Funds from the Strider Membership. Stan is working with Doug and Jane Alred to pick out the actual location in the Expo and will have to have the Funds soon.

If you would like to help us, please send a check for any amount you can, we hope \$25-\$50 to: Florida Striders Track Club, PO Box 413, Orange Park, FL 32067, Attention: Randy Arend. Put on your check, "Expo Booth."

If this Event is successful, hopefully, it could be an annual Strider TC Promotion. During the 2 days the Booth will be up, thousands of people will come by the Booth and will see who we are and what we do. Thanks

- Stan Scarlett and Frank Frazier,
Booth Coordinators

NEW THIS YEAR!
High-quality technical running shirts!



November 6th
2010 Hog Jog 5K
 FLORIDA STRIDERS TRACK CLUB



Mike Shad Nissan



How to Get There! It's just a short drive from Orange Park with 2 main routes:

From Blanding & I-295:

- 1) South on Blanding to Knight Box Rd - 6.5 miles
- 2) Left on Knight Box to 220 - 1.2 miles
- 3) Right on 220 to 209 (Russell Rd) - 1.1 miles
- 4) Left on 209 to 739 (Henley) - 1.3 miles
- 5) Right on 739 to Sandridge Rd (739B) - 2.3 miles
- 6) Left on Sandridge to Ronnie VanZant Memorial Park - .6 miles

From US 17 & I-295:

- 1) South on US 17 to 220 - 5.5 miles
- 2) Right on 220 to 209 - 6.7 miles
- 3) Follow Steps 4-6 above

For more information contact Isabel Torres-Padin or Steve Bruce at 904-864-4994 or email hog.jog@comcast.net

HEY KIDS!!! Don't forget our FREE one mile Runt Run! It Starts at 10:00 AM!

5K Race - Saturday - November 6, 2010 - 9:00 AM

1 Mile Runt Run - 10:00 AM - Lake Asbury, FL

This cross country course starts and finishes at Ronnie VanZant Memorial Park, 2760 Sandridge Rd.

This course will not be suitable for wheelchair or other physically challenged participants. Two lap cross country course. Spikes may be worn. Please arrive early to familiarize yourself with the course. Walkers are welcome but there will be no separate walking awards. **Due to the increased popularity of race, parking may be limited. Participants are encouraged to car pool.**

AWARDS & REGISTRATION: Top 3 Male & Female; Top Masters & Grand Masters; plus Top 3 in each age group, Male & Female:

AGE GROUPS: 10 & under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & over. No multiple awards.

RUNT RUN: There is no charge for the Runt Run, but all runners must complete an entry form. Ribbons awarded to all finishers.

RACE NUMBER & TECHNICAL SHIRT PICKUP: Day of race only. Race number and technical shirt pick-up & day of race registration will begin at 7:30 AM.

COSTS: (Includes high-quality technical shirt and post-race refreshments; Technical shirts are guaranteed to all pre-registered 5K entrants).

SCORING: This event does not utilize timing chips.

Entry received by	Striders/Military	Others
October 27	\$14	\$16
10/28 - 11/5	\$17	\$19
Race Day	\$25	\$25

Make check payable to: Hog Jog 5K
Mail completed application & check to: Hog Jog
1228 Blue Heron Lane, Jacksonville Beach, FL 32250
 (Race fees are non-refundable.)



HOG JOG 5K & RUNT RUN ENTRY FORM															RACE# (FSTC USE ONLY)								
<input style="width: 100%; height: 20px;" type="text"/>															<input style="width: 100%; height: 20px;" type="text"/>								
<input style="width: 100%; height: 20px;" type="text"/>															<input type="checkbox"/> Y <input type="checkbox"/> N Ever run/walked a race?								
First Name		Last Name																					
<input style="width: 20px; height: 20px;" type="text"/>		<input type="checkbox"/> M <input type="checkbox"/> F		<input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL			5K <input type="checkbox"/>		RUNT RUN (no charge) <input type="checkbox"/>														
Age		Sex		Adult Sizes																			
<input style="width: 100%; height: 20px;" type="text"/>																							
Street Address (include apt. number)																							
<input style="width: 100%; height: 20px;" type="text"/>																							
City																							
<input style="width: 100%; height: 20px;" type="text"/>																							
State																							
<input style="width: 100%; height: 20px;" type="text"/>																							
Zip Code																							
<input style="width: 100%; height: 20px;" type="text"/>																							
Telephone Number																							
<input style="width: 100%; height: 20px;" type="text"/>																							
Fee Enclosed \$ _____																							
<input type="checkbox"/> Florida Striders Track Club Member <input type="checkbox"/> Active or Retired Military																							
BY MY SIGNATURE I ACKNOWLEDGE THAT: Participating in an organized running event is a potentially hazardous activity. I will not participate unless physically and medically able. I agree to abide by all decisions of race officials relative to my ability to safely complete the race course. I assume all risks associated with participating in this event including but not limited to: Slip/trip/fall, contact with other participants, weather conditions, traffic and conditions of the road/surface, all such risks being known and accepted. Having read this waiver and in consideration of entry into this event being accepted, I, for myself and anyone named or entitled to act on my behalf, waive and release members and volunteers of the Florida Striders Track Club (FSTC), Road Runners Club of America (RRCA), the town of Green Cove Springs, and all sponsors, their representatives and successors, from all claims and/or liabilities of any kind arising out of my participation in this event, including any liability that may arise out of negligence or carelessness by persons or organizations named in this waiver. I agree and grant permission that should circumstances arise, I defer to race officials and/or qualified persons as to my need to be examined and/or treated medically during the race. I agree that race officials and/or qualified persons have the right to disqualify and remove me from the race course should I be suffering from a life threatening condition. I further grant to Releases the right to use any and all photographs, images, or accounts of this event in any manner that it feels appropriate. I agree to abide by all RRCA Guidelines, including but not limited to: No use of headphones or any other device that limits awareness of the participant or any type of wheeled conveyance (excluding use by handicapped or physically disabled participants). Animals are prohibited from the race course unless for the use and assistance of handicapped or physically disabled participants. Rev. 2/05																							
Your Signature						Date						Parent's Signature (if under 18 years of age)						Date					
Mail Check to: Hog Jog 5K • 1228 Blue Heron Lane • Jacksonville Beach, FL 32250																							

**Prefer the convenience of online membership, renewal, or race registration?
 Visit Active.com. They charge \$3.25 for their service.**

Florida Striders 100 x 5K World Record Attempt

By Mike Marino

As previously announced, The Florida Striders have been approved by Guinness World Records™ and Record Holders Republic™ to attempt to set the world record for a 100 x 5K relay. This is 100 people each running 5 kilometers around a track (12 ½ laps) in relay format (one by one), passing a baton from runner to runner. The event will begin on December 10th and end on either December 11th or 12th, 2010. Bishop Snyder High School has again agreed to host the event and we will again be doing it as a benefit for the 26.2 with Donna Foundation. We already have approximately 65 applicants with responses to the initial notice and runners from the Bishop Snyder Cross Country team – so if you want to be a part of this very unique and special event, get your information in. The full announcement and information for the event is in this month's StrideRight, which can be accessed at <http://www.floridastriders.com/PDFs/stride-right/SR.Sept.2010.pdf>. The following is the basic information for the event:

1. We have to do the event in under 40 hours, which is a 24 minute 5K pace or better. Accordingly, we need runners

who can run a 5K in 24 minutes or less. To show this, please submit your time for your most recent 5K or a time for race of a longer distance and we'll figure out your 5K pace from that. Given the number of fast runners who have expressed interest in running the event, we will be able to make some exceptions to the time requirement, so still submit your information if interested.

2. If interested, let us know your availability for the days of the event. We need folks to run at all hours, and the more willing you are to run at any time, the more valuable you become to us.

3. We are doing this as a benefit for the Donna Foundation and want to raise enough money to make a respectable donation (we raised over \$6000 last year). Second, doing a world record includes unique costs, such as video recording the entire event, overseas mailings and phone calls, processing fees...all of which are in addition to regular race expenses. Accordingly, the race fee is \$30 and the fund raising expectation is a minimum of \$50 (the combined total is actually less than it was last year). The fundraising is not near as hard as some people think, especially through the 26.2 with Donna Foundation website. Many

folks last year raised over a \$100 dollars by sending out a single notice to family and friends through the website. Note: the fundraising and fee requirement will not be required for alternates.

4. Striders will be given preference, though we will be opening up the event to all local clubs beginning next week.

5. If you want to run in this event, you have to be committed to doing it. This event requires an incredible amount of coordination and everyone involved has to be dependable – if a single runner doesn't show up or otherwise fails to do their 5K, the entire attempt fails.

So, are you up for being part of a World Record? Trust me, this will be fun – everyone who did the event last year will tell you that it is worth it. If interested, please send an e-mail to m.t.marino@clearwire.net with "World Record Attempt" in the subject line and include your contact information (name, phone) along with answers for the criteria above (5K time, availability for December 10-12, etc.) by no later than October 10th, 2010. And just to be clear, this e-mail is only to identify runners who would be interested in running in the event. We expect to do the selection of the 100 runners by October 15. We look forward to hearing from you. =

MINUTES

Continued from page 2

and Melissa will be working on the design. Lisa presented a model of how our booth will be set up. Stan welcomes suggestions for our expo booth. The Strider 10 x 20 canopy will be moved from the expo Fri night, and set up on the fair grounds on Sat a.m.

Discussion about ideas for the booth: Talk about having a brochure to hand out. Visual presentation of what we do in the community to attract and retain members is a good idea. Mike Mayse stated that we could have a laptop there to run credit cards and Paypal. Really push to get new members to sign up at the expo. This will be part of next year's budget discussions that are coming up. Greg Wood volunteered to design the

brochure if someone sends him the contents for brochure. An idea was presented to display a variety of medals and old race shirts.

d. World Record Attempt 100 x 5K – Mike Marino: So far we have 56 people interested. He would like to attract some faster runners—maybe a team competition with corporate sponsors raising money. Mike is not sure if FSC will do the filming. More emails going out to prospective participants, running clubs. Mike Mayse talked about renting an RV, or getting one donated...

e. Social Update – Glenn Hanna

i. September Social – Dinner Meeting with Speaker
9/23/10 at 6:30 p.m. at Orange Park Kennel Club.

ii. October Social – Jenny's Pennies
10/03/10 at 8:00 a.m. at Sun Tire

Halloween Party at Kim Crist's house TBA
iii. November Social: Awaiting response from Bernie in PVB.

f. Memorial Day Run – Dave Bokros: Article in Clay Today. 9/8/10 Letter from Lee Bentley, Planning and Development Director for the City of Green Cove Springs, informing us about change in plans for their Memorial Day Riverfest, partnership with Freedom Marathon, Inc. to put on an 8k series to honor and raise money for wounded warriors. GCS is forming a committee to discuss plans and invited us to send a representative to an upcoming meeting planning this event. GCS signed a 5 year contract with FMI putting on this new 8k race.

Dan spoke with FMI, and they said they don't really need Strider involvement to put on this race. They also indicated they are a 3rd party and did not

solicit the city of Green Cove Springs; rather, the City approached them. Kellie stated that there will be an article in the Clay Today on this.

Michael Marino made a motion that the Florida Striders politely decline our

support of the GCS FMI 8K event because it conflicts with our Memorial Day 5K Grand Prix Race. Lisa Adams seconded the motion and motion passes. Kellie stated we were not aware that Green Cove Springs was considering

partnering with another organization for their Memorial Day run . Dave stated that it is easier to put on our race in Orange Park because we already do other races there and resources are less expensive. Frank wants to do the race in-

Continued on page11

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

October 2010 Race Calendar

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

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

DATE	EVENT	TIME	LOCATION	CONTACT
Oct 9	Greater Maitland 5K	7:30 a.m.	1300 W. Maitland Blvd. Maitland, Jax	(407) 772-2233 Fleet Feet Sports
Oct 9	The Human Race 5K	8:00 a.m.	St. Johns Town Ctr. Gate Pkwy & Skinner Dr., Jax	(904) 731-1900 1st Place Sports
Oct 9	Dogtoberfest 5K	8:00 a.m.	Metropolitan Park Baystreet, Jax	(904) 318-8104 Milestone Race Authority
Oct 9	Interfaith Unity and Peace 5K	9:00 a.m.	738 4th Ave. South Jacksonville Beach	(904) 731-1900 1st Place Sports
Oct 10	Financial Fitness 5K	5:00 p.m.	Wacovia Bank San Marco, Jax	(904) 731-1900 1st Place Sports
Oct 16	Race for Fetal Hope 5K	8:30 a.m.	Atlantic Theatres 751 Atlantic Blvd. Atlantic Beach	(904) 403-8399 Fetal Hope Foundation
Oct 23	Susan G. Komen N. FL Race for the Cure 5K	8:00 a.m.	Fairgrounds Jax	(904) 448-7446 Komen Foundation
Oct. 31	The Pumpkin Run 10 Mile/5K	8:00 a.m.	Evergreen Cemetery 4535 Main St., Jax	(904) 731-1900 1st Place Sports
Nov 6	Hog Jog 5K	9:00 a.m.	Van Zant Park, Lake Asbury	Florida Striders Track Club
Jan 15, 2011	River Road Resolution 5k	8:30 a.m.	Orange Park Kennel Club	Florida Striders Track Club
April 16, 2011	Run to The Sun 8k	8:00 a.m.	Orange Park Kennel Club	Florida Striders Track Club

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

The Back Page

BY GAIL PYLIPOW



School is in full swing and soon it will be Halloween - I usually wear my costume year round. I get my chocolate fix with lots of chocolate sneakily lifted from my boys' pillowcases of loot. Not really, they give me the candy they don't like. The humidity is still here, so even though the temperatures aren't as high any more, stay hydrated, drink Gatorade or something similar for your electrolytes and have fun. Be careful too if you run in the streets, during the daylight and in the dark; there are lots of crazy drivers on the roads.

I hope many of our faithful Striders will be participating in the full and half marathons over the next few months, starting with the Marine Corps Half Marathon and 5K in October, then the Outback Half on Thanksgiving Day morning, finishing up with the Jacksonville Bank Marathon and Half Marathon in December. These social running events are so much fun - bring your friends to run with you!

Please remember to use the on-line reporting 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 the **TURTLE TROTT 5K-10K RUN/WALK** during Labor Day weekend, more specifically on September 4th in Fernandina Beach. The dedicated Striders who ran the 5K and placed 1st in their age groups were **Nancy Harms** and **Tracy Pfuntner**. Placing 2nd were **Guy Jackson, Craig Harms** and **Mercedes Smith**. And bringing home 3rd place were **Keith Poythress** and **Charles**

Goodyear. The Striders who braved the 10K and placing were **George Thompson**, taking home the Grand Masters Men category, **Randy Arend** and **Bob Meister** placing 1st and **Bryan Rohlin** placing 2nd. **Joe Connolly**, who has run almost 1,000 races, had this to say when he finished the Turtle Trott. "The 5K time for me was erroneous due to turn around sign falling down and we ended up running about 8K. That race was my 983rd lifetime race and if I live that long tomorrow will be #984. I am starting to get excited about making 1000 races - started in 1971 (before you were born?). I have saved most of my bibs which you can see on Facebook."

The next race, also during Labor Day weekend, was the **BEACHES 2010 LABOR DAY 5K**, which took place on September 6th in Atlantic Beach. This is a race to benefit all those affected by cancer, and there are so many people who are. The weather was warm and humid (now that's new!) and all of the Striders who placed in their age groups came in winning the gold! They were **George Thompson, Paul Smith, Charles Goodyear, Patrick Gallagher, Joe Connolly** and **Nancy Pullo**. **Mark Grubb** was the Masters Men winner. **Joe Connolly** had this to say "1st Place 80 and over. Oldest runner and the slowest...My 984th tee shirt and bib - what am I going to do with my Saturdays when and if I reach 1000?" Oh Joe, I'm sure you'll find something to do with your weekends that has running involved!

Following the Labor Day races was the **WOUNDED WARRIOR 5K** on September 11th in Ortega with the proceeds going directly to the Wounded Warrior Project Packs program. Those Striders proudly running were **Patrick Gallagher** and **Joe Connolly** placing 1st, **Bethany Cole** placing 2nd (her first ever in her age group) and **George Hoskins** placing 3rd. The following was written when reporting the race and running time to our website. "Bethany and her father, Wes, are new Striders who have been avid race participants since joining. Bethany is also new to running, picking up the activity a few months ago as a means to spend more time with her dad. This is Bethany's first award ever! Wes is retired Navy and Bethany is in NROTC at OPHS, planning to enter the military upon graduation, so the cause of this race was close to her heart." What a great way to spend time with your father!

The following weekend, **THE PURPLE STRIDE 4** mile beach run to benefit the Pancreatic Cancer Action Network took place on September 18th at Jacksonville Beach. There were two Striders who reported that they ran and they were **Gary Proctor** and **Melanie Cruz**. If you ran and didn't report your time on the website I'm sorry you are not mentioned here.

The second race held on the same day was the second annual **AVONDALE 5K CLASSIC** on the streets in the beautiful Avondale area. Even though it was a hot evening many Striders placed in their

Continued on next page

MINUTES

Continued from page 9

Clay County. Regina wants the club to consider a race in Duval County since much of our membership lives outside of Clay County. Kellie stated to email any suggestions on this to Dave Bokros.

Kellie stated there are so many things to consider and many possibilities of where to have the Florida Strider Memorial Day race. There will be a com-

mittee to research options and come up with options to present to the Board in the October meeting.

IV. Old Business

V. New Business

VI. Announcements: Lisa stated that the Florida Strider Track Club Facebook page requires an Administrator of the page to approve all members. She stated that there were concerns with companies posting advertisements on the page and individuals

posting events that are not supported by the Club.. Bob Carr was in the hospital and is now in rehab at the Atrium on Monument Road. Visitors are welcome.

VII. Adjournment: Motion made seconded and passed to adjourn at 8:25 p.m.

Mission – Promote and encourage running by educating the community about the benefits of physical fitness and sport. =

age groups. All had a great time hanging out by the Avondale shops and tasting the fares of some eating establishments. **Randy Arend, George Thompson, Stephen Beard, Paul Smith, Barbara Carrico** and **Sharon Lucie** all placed 1st, bringing home the gold. **Bryan Rohlin, Jay Birmingham, Charles Goodyear** and **Al Saffer** all took silver and **Seth Pajcic, Scott Hershey, Freddy Fillingham** and **Joe Connolly** received bronze.

STRIDERS - They're Everywhere!

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

So, if you love running the Tour de Pain, **Gerry Tyburski and Margaret Tyburski** believe you will love participating in the **ACHING QUAD**, 4 races in 24 hours. Now THIS I'd have to think twice about partaking in. It is a 5K Friday night, Saturday morning at 7 AM is a 1 mile run, then a little while later at 8:30 AM a 2 mile run and lastly at 7 PM another 5K!!! This all takes place in Lakeland, Florida, so let the training begin! It was held on September 10th-11th and both Gerry and Margaret came in 2nd in their age group. Congrats to you both!

On September 12th **Charlie Hunsberger** was in Portland, Oregon and just had to run the **PINTS TO PASTA 10K**. Here's what he said - "A fantastic race through downtown Portland that started at the Adidas World Headquarters and ended at the Old Spaghetti Factory. Even better were the 2 Widmer craft beers and the pasta dinner provided post race!" Now that sounds like fun!

The last out of town race to report on was the **CASA SUPERHERO 5K** in

Austin, Texas. **Robert Walker** couldn't resist running and brought home the gold in his age group as well as being 8th overall. Awesome job Bob!

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.

In the event you are still interested in being a part of the next Guinness Book of World Records feat, the **100 person x 5K relay**, you need to e-mail Mike Marino immediately. This will take place December 10-12, 2010, and like last year is a fund raising event for The Donna Foundation. In order to participate you need to run a 5K in 24:00 or less. Mike Marino has been sending out e-mails regarding this fun event. If you did not receive any of the e-mails let me know and I can forward them to you. My e-mail address is gpylipow@bellsouth.net.

PLEASE, PLEASE, PLEASE, don't forget to go to our website at www.floridastriders.com and fill out the form titled "Striders at the Races, Race Results" so that your times can be recorded and included in this column. For the out of town races please use the same website.

Award

For my monthly award I give it to all runners everywhere. My hat is off to the beginners for trying this incredible sport of running, sticking with it even if you feel like quitting and then taking the next step and running a race. Whether you place in your age group or not you are out there running, having fun, staying healthy and making new friends. Who could ask for more?!!

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



Florida Striders
P.O. Box 413
Orange Park, FL 32067-0413

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