

32 Years of Running from Sun Tire

By Jenny Allen

Thirty two years ago several runners, accompanied by Chuck Cornett, met at Famous Amos and started what we are now continuing as our Sunday morning run from Sun Tire. Chuck, who passed away in 2004, was one of our original Florida Striders. He was our guru, the glue that helped keep us together. Since then numerous runners, many from the original group, have participated in the Sunday morning runs, helping us to continue this tradition. In all this time there has never been a Sunday without someone running from this location. We have had as many as 60 runners, probably more, training together and enjoying the camaraderie of running with a group of friends. Our 32nd anniversary party, held Oct. 3, celebrated these beginnings.

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

November 6
9:00 AM

1 Mile Runt Run
10:00 AM

See pages 10-11
for more details

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Upcoming Socials

November

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

December

Avondale Luminaria - details to come in the December issue of the StrideRight. =

Prez Sez

By Kellie Howard



Its marathon season and Striders are talking about their LSD (Long Slow Distances) in preparation for a fall marathon. Many friendship bonds are made while preparing for a marathon. When running LSD, you share stories and bond with other runners' while accomplishing a long run. This year I have trained with a group of runners from the Avondale area who I have never run with before, and have enjoyed bonding with a new group of runners and mixing up my running routes. My new favorite long distance running route is from Avondale, to the Stadium, and then across the Main Street Bridge, through San Marco, and then back to Avondale across the Acosta. This helps simulate a few hills into the training run.

The most popular marathons for Striders are the local marathons, Jacksonville Bank and 26.2 with Donna. These marathons are also great races to give back by working the Strider coordinated water stops. If you are interested in helping out with the water stop, contact JD Smith (smithj53@bellsouth.com) for the Jacksonville Bank Marathon or Dave Bokros (dmbokros@gmail.com) for the Donna Marathon.

Probably the most popular out of town marathon race for Striders is the Marine Corp Marathon in Washington DC. The popularity probably resonates with the strong military presence of our founding members. Dave Kelley who ran this marathon several times remembers the late Chuck Cornett organizing trips to this race. This year, I will be running my first Marine Corp Marathon with many fellow Striders. One of my training partners for this race is the daughter of a former Strider President, the late Jeff Morrow. When I found out that my friend's dad was a former President of the Club and that our Club has been running strong for over 30 years, made me very humbled to be part of this organization. I am proud of the strong tradition and pleased that today's Striders are continuing this tradition. =

Board of Directors' Summary of Action Oct. 12, 2010

7:00 PM - Orange Park Library

I. Call to Order: Kellie Howard called the meeting to order at 7:04 p.m.
Board members present: Ann Krause, Bill Krause, Lisa Adams, Scott Hershey, Melissa Saunders, Frank Frazier, Glenn Hanna, Mike Mayse, Vicky Connell, Kristie Matherne, Maria Littlejohn, Greg Wood, Kellie Howard, Randy Arend, Regina Sooeey, and Kim Lundy.
Quorum: Yes

II. Review of Minutes: Motion made, seconded and passed to approve the September minutes.

III. Officer Reports

a. President Report – Kellie Howard

i. Reinhold Foundation Leadership Development Program: Last year Bob applied for a grant through them for Children's Running. Leadership program where they teach non-profit volunteers many valuable skills for free. Held in Clay County and for each person completing the course they give the organization \$500. Can send up to 4 people, and Kellie will send out link to all.

ii. Green Cove Springs Fun Run: We've helped past several years, and it is the first weekend in December. This event would be coordinated with Tobacco Free Clay, no one is providing supplies this year, they did not give us

Continued on page 8

2010-2011 Board of Directors & Key Members

(Board Members marked with an *)

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

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Los Angeles to New York City

Chapter Two: CRISIS IN TEXAS

I had told the three Jacksonville sportscasters that I'd call them every night, which in 1980 was a time-consuming ordeal. Find a pay phone, three quarters, and then spend at least 45 minutes on my feet after 40 miles of running. A few days into my 3,000-mile journey, a compromise was required: I'd phone each guy every three days and they would share the update among themselves.

Not content with how many miles I had run, the starting and finishing towns, or weather reports, they were keen to hear of blood, dirt, and pain. "Anything special happen today?"

Three days in eastern New Mexico served up plenty of news.

The Very Large Array (VLA) was on the south side of US 60, a few miles from Socorro. Jogging past the massive phalanx of radio telescopes, I wondered what might be signaling us across space. Years later, Jody Foster would star in the movie, "Contact." The first scene was at the VLA. That evening, Lloyd Pasco hosted me at his home, a veritable mansion surrounded by a junk yard.

Pasco and his sons were scavengers, buying up abandoned railroads and salvaging copper, steel rails, railroad ties, spikes, and glass insulators. He'd seen me trotting eastward around noon and offered me an apple and a place to stay that evening. I enjoyed their hospitality that night and the next morning, I was on my way again, with a hearty breakfast in my gut and two sandwiches in my backpack.

Thirty miles later, after running north along I-25 and beside the Rio Grande, I veered east to my day's goal, Blue Springs. "Si, I ain't been up that way for a few years, but there's a restaurant and a motel," said Juan Hernandez, a grizzled farmer who signed my witness card. So I re-filled my water bottle, crossed the Rio Grande, and ran the 11 uphill miles to Blue Springs.

At length, I came upon a crumbling concrete statue of an elephant, its trunk broken and bullet marks all over it. Behind it

was a dilapidated saloon. Nothing else was in sight, so I cautiously entered the dark building.

"How far to Blue Springs?" I asked, as I plopped my sweaty body on a bar stool and ordered a Pepsi.

"Thees ees Blue Springs," said the tiny Senora who tended the place.

"I was told there was a motel here," I said.

"I'm sorry, Senor, but it is closed."

After I explained that I was on foot, she said maybe she could find a room for me. Fishing through a cigar box full of keys, she found the right one, led me through a beaded curtain, and out the back door. There was the motel, more dilapidated than the saloon, adorned with CONDEMNED signs from the State. She brushed aside a spider web, opened the padlocked door, and unfolded a rollaway bed. "Three dollars, Senor, if you want it."

Since Mountainair was 14 miles farther east, I willingly accepted the room. I washed up in a pan of water behind the saloon, put on a dry t-shirt, worked on my blistered feet, then returned to the bar for dinner.

My dining options were few. I could eat hard boiled eggs from a 10-gallon jar (they were pink), potato chips, beer, Pepsi, or beef jerky. I explained that I had run forty-one miles that day, and the owner took pity on me.

"Mama is cooking chili tonight. Please eat with us." I spooned down a large bowl of the hottest New Mexico chili I had ever tasted, following each mouthful with a saltine cracker. My hostess could see the discomfort in my red face, teary eyes, and constant gulps of Pepsi. She ordered a refill for me. "Por favor, Mama," she told her mother, "no pimiento." They smiled, indulgently, at the gringo runner who couldn't stand the heat.

As I lay on my cot at midnight, several cars pulled up. I stuck my head inside to get another Pepsi and eight teenage boys had arrived, to drink many beers and to play pool. They confirmed that Mountainair had several restaurants. At two in the morning,

Wide World of Running By Jay Birmingham

they peeled out. I slept soundly until dawn, ran the 14 miles to Mountainair, and had two breakfasts before noon.

Four days later, the Texas border loomed. It marked the 1000-mile point of my journey. I'd told Matt Cooney of Channel 12 that I'd be "injury proof" by a thousand miles. Hah!

In 1980, the Interstate between Tucumcari, NM, and Amarillo, Texas, was not completed. Hundreds of cars and tractor-trailer trucks jammed the route I was running. The shoulder was covered with coarse gravel. Determined to run into Texas instead of protecting my feet and legs, I jogged the 18 miles from San Jon to Glenrio, cursing the rough footing and the relentless traffic. When I reached the TL2 Truck Stop on the border, my left shin was throbbing. I knew I was injured.

Two days later, I limped into Amarillo, the 63 miles taking two days, well under my 40 miles per day average. A local runner, Dan Moreland, took me to see his orthopedist who examined me and diagnosed a tibial stress fracture. I disagreed, and defiantly limped 11 miles the next morning before phoning Moreland. He returned me to his house for a day-and-a-half rest. I iced, elevated, and rubbed my shin. I read Moreland's books and listened to his Tchaikovsky records. The clock continued to run. I did not.

I needed to average 41 miles each day of the journey to eclipse Don Shephard's 1964 solo time of 73 days, 8 hours, 20 minutes. Lying on a sofa in Amarillo, I felt my chances to break the record fading. On the morning of the second day, Linda Moreland drove me to my stopping point, Conway, and I resumed my run. I had fashioned a crude orthotic from layers of insole material. Lifting my forefoot and forcing me to land on my arch, the orthotic took pressure off my shin. That first day back on the road, I walk-jogged 32 miles. The next day, 36. On the third day, I limped into Oklahoma.

A brutal heat wave had descended on the southern United States. Cattle were dying in the fields, roofers were passing out, and a streak of 19 straight 100-degree days (official Weather Bureau highs) followed me from Oklahoma City, across Missouri, Illinois, and Indiana.

Despite stops at every gas station and grocery store, I frequently ran out of drinks. Rather than dehydrate, I once drank from an irrigation ditch and another time from a livestock watering tank. My immune system rose to the challenges, and I never felt sick. My shin continued to improve, but my

pace had eroded into the 35 miles per day range. I was now more than a day-and-a-half (62 miles) behind Shephard's record pace with only 700 miles to go.

Next month: "I'm not going after the record. I just want to go the distance." =



32 YEARS OF RUNNING

Continued from page 1

Over time, we started finding money. Lots of money! We began pooling it all together and now we use this money to fund our Anniversary Celebration (Jenny's Pennies) each year.

Thanks to Marge Ruebush, Mike Mayse, Lori Scarlett, Richard Allen and Glenn Hanna for all of their help. Also thanks to Patt McEvers and Charles Desrossier for making and donating the Bloody Marys, Lori and Stan Scarlett for donating the orange juice for mimosas, Frank Frazier for being our emcee for the morning and to everyone who stayed to help clean up. We had a smaller group

of about 40 this year, probably due to the Marine Corps Half Marathon the day before. I suspect many of you who ran were too tired to get up early. Elke Miller, who helps me every year, was out of town and greatly missed. We celebrated the birthdays of Marge, Charles and Jeff Nelson with a birthday cake and song.

This year we collected \$112.69. Money has been scarce on the roads. Last year we found \$129.46 and the year before, \$183.17. Dick Miller found the largest amount at one time. He found a five dollar bill in the Publix parking lot. Our Tarheel Strider, Robert Shields, mailed five checks throughout the year for a total of \$26.25. My friend, Cherry Speck, left little envelopes of

pennies on my doorstep. Her pennies totaled \$3.29. Danny Weaver found a dollar bill as did Raymond Ramos, who found a dollar at the River Run. Jeff Nelson was looking for money at the car wash and when he explained what he was doing, a worker retrieved a jar full of pennies (\$5.51) that he had found at work and handed them to Jeff. Bobby Greene, who collects coins, bought the whole jar from me for five dollars. That sounded like a good deal at the time.

I am looking forward to seeing all of you next year when we will celebrate 33 years of running on Sunday morning. Until then, happy, healthy running and keep those pennies rolling in. =

Join us as we celebrate

Joe Connolly's 1000th race!!

November 20th

McKenzie's Run 5K • 3:00 p.m.
Everbank Field

Race Results

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

Children's Way 5K

San Marco, Jacksonville, FL

September 25, 2010

Robert Webster	24:03	PR
Gregg Friend	24:25	
George Hoskins	25:09	
Joe Connolly	49:50	3rd ag

Tunnel to Tower

New York City

September 26, 2010

Nancy Pullo	41:00	
Claudia French	41:00	

Marine Corps Half-Marathon

Downtown Jacksonville, FL

October 2, 2010

John Metzgar	1:23:38	1st ag
Andrew Marchand	1:24:39	
Wayne Bishop	1:28:04	
Dan Adams	1:28:25	

Mark Grubb	1:29:25	
Randy Arend	1:33:21	
Lisa Adams	1:33:57	1st ag
John Wisker	1:34:35	
Craig Chaney	1:35:19	
Stephen Beard	1:36:30	1st ag
Patrick Thompson	1:37:04	
George Thompson	1:37:05	
Donald Wucker	1:37:45	
Bryan Rohlin	1:38:13	
Bernie Candy	1:39:29	1st ag
Giselle Carson	1:40:00	1st ag
Regina Taylor	1:40:21	3rd ag
Rosa Haslip	1:41:21	
Britta Fortson	1:41:45	3rd ag
Kristin Smith	1:41:50	
Melissa Saunders	1:42:01	
Denise Metzgar	1:42:08	
Kerri Cook	1:43:09	
George White	1:44:00	2nd ag

David Horn	1:44:37	
Randy Abate	1:44:45	
Leslie Kindling	1:46:10	
Carlos Rodriguez	1:48:17	
Scott Hershey	1:49:01	
Ann Krause	1:49:57	1st ag
Barbara Carrico	1:50:31	
Dave Balz	1:50:35	
Kristie Matherne	1:50:48	
Gail Pylipow	1:51:18	2nd ag
Jeremy Buyok	1:52:18	
Mike Singletary	1:52:28	
Stephanie Griffith	1:53:57	2nd ag
Carol Fitzsimmons	1:54:48	1st ag
Paul Smith	1:55:06	1st ag
Frank Frazier	1:55:07	2nd ag
Fred Gaudios	1:55:30	
Robert Barnhill	1:55:39	
Roger Jones	1:56:33	
Kathy Murray	1:56:39	

Striders - Stay Connected

We do our very best to keep you informed in a variety of ways. One of our best resources is email. It is our goal to keep emails at a minimum as we all get enough spam. Our target is no more than one email a month. On occasion we have to add a few extra notices when the schedule of events warrants the additional sharing of information. When we send you something you can be sure it is timely information. We do not share club

member's email addresses with anyone outside the Board of Directors and Key Members of the club and they are very conscientious about sharing your information. We just don't do it. Here is a list of current members without email addresses. We understand some folks don't have email accounts and some do not wish to share that information. However, if your name is on this list and you want to be "in the loop" please: 1. Send an email to: floridastriders@comcast.net 2. Put "FSTC Email Update" in the Subject line.

Missing Email Addresses

John & Diane Aimone	Ginger Frazer-French
Lara Anthony	Patrick Gallagher
Paul Berna	John Gauer
Amy Bilbray	Alex Hawkins
Laurie & David Burke	Cynthia Heineman
Thomas Carlson	Bruce Holmes
Carole Cash	Haley Houston
Vicki Choinski	Lorri & Benjamin Howard
Mark Chorpening	Gordon & Penny Huddleston
Alexander & Micheala Combs	Charles Humber
Abhijit Deshmukh	Diane Jacobs
Byrne/Westerman Family	Jeanette Johnson
Billy Fehrs	Sharon Kantor
Freddy Fillingham	Frances Kennedy
Jim Finigan	William Kennedy

Michael Killea	Pat Raiford
Sybil Kilpatrick	Page Ramezani
Harry Klug	Clifford Riordan
John Kotsubka	Randolph & Patricia Sandy
John & Pauline LaRue	Edward Schmidt
Benjamin Ledbetter	Scott Seibler
Kelly Minor	Robert Shields
Burness Morris	Allan Smith
George Mosely	James Spooner
Bob & Judy Moyer	Jack & Mary Ann Stanley
Rachel & Seth Myers	Brittany Tessaro
Lisa Myers	Roberta Tomlinson
George Obi	Kathy King & Anthony Truitt
Emily Peters	Richard Vance
Kimberly Pierce	Pat Wagoner
Bernie Powers	Megan & Mahala Waugh
Russell & Connie Pratt	Barbara Whitter =

April Martin	1:56:52
Michael Fitzsimmons	1:56:56
Tony Hanneken	1:57:31
David Kelley	2:00:07
Denise Dailey	2:00:10
Joanie Barrett	2:00:31
Lisa Meadows	2:01:30
Allan Smith	2:01:37
Wesley Cole	2:02:22
Robert Sroka	2:02:41
Tracy Pfuntner	2:03:45
Jennifer Macdonald	2:04:21
Kent Northey	2:04:35
Leslie Hague	2:06:49
Kevin Terry	2:09:10
Gerry Tyburski	2:09:53
Maria McNary	2:09:53
James Vavrina	2:10:13
Melinda Terry	2:11:13
Andrew Linn	2:13:18
Mercedes Smith	2:15:01
Thomas Pittman	2:15:15
Christina McKenney	2:15:31
Melissa McCrosky	2:15:46
Will Croft	2:17:16
Benjamin Howard	2:17:26
Bernie Powers	2:19:02
Teresa Hankel	2:19:06
Glenn Landers	2:19:11
Joseph McCoy	2:19:20
Elizabeth Brown	2:19:36
Mamie Davis	2:21:28
Joseph Strickland	2:21:56
Lorri Howard	2:23:09
Ed Kelly	2:23:19
George Bailey	2:25:42
Alexander Combs	2:26:32
Bobby Greene	2:28:32
Staci Suits	2:28:56

Bruce Howard	2:29:11
Nancy Pullo	2:33:57 1st ag
Pheona Kaiser	2:34:29 2nd ag
Rebecca Brown	2:36:47
Staci Eccleston	2:39:14
Margaret Tyburski	2:42:28
Susan Gostage	2:42:36
Danny Randolph	2:47:51
Robert Keith	2:48:48
Tom Zicafoose	2:49:39
Roberta Zukauskas	2:50:55
Richard Vance	2:59:29
Sara Knapp	3:04:21
Jamie Wyche	3:08:18
Mel Abando	3:22:19

Marine Corps Freedom 5K

Victor Corrales	22:16 1st Masters
Randy Pullo	24:20
Bethany Cole	33:23
Wes Cole	53:39

Pink Up the Pace

St Augustine, FL

October 2, 2010

Darlene L. Schmitt	48:51
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The Human Race 5K

Town Center, Jacksonville, FL

October 9, 2010

Robert Walker	18:57 1st ag
Wes Cole	24:20
Steven Walker	28:40
Annie White-Butler	35:10
Bethany Cole	36:14
Barbara Gilbert	42:17
Joe Connolly	51:53 2nd ag

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

Jacksonville Senior Games 10K

Jacksonville, FL

October 9, 2010

George Hoskins	52:53
Joe Connolly	

The Race for Fetal Hope 5k

Atlantic Beach, FL

October 16, 2010

Robert Walker	18:48 1st ag
Mercedes Smith	26:3

Second Annual Tennille Trot 5K Race

Tennille, GA

October 16, 2010

Bernie Powers	28:51 2nd ag
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Financial Fitness 5k

San Marco

October 10, 2010

Guy Jackson	21:01 2nd overall
Bruce Holmes	21:14 3rd overall
Donald Wucker	21:24 1st ag
Mike Marino	23:19 1st ag
Herbert Taskett	23:30 1st ag
Bernie Powers	32:03
Charles Goodyear	37:21 1st ag
Annalee McPhilomy	39:48
Joe Connolly	42:06 1st ag

Susan G. Komen Race for the Cure 5k

Downtown Jacksonville, FL

October 23, 2010

Cole Mandt	24:24 1 ag
Mercedes Smith	27:12

Myrtle Beach Mini Marathon

Myrtle Beach, SC

October 24, 2010

Greg Wood	2:06:00
Jennifer Wood	2:30:00 PR =

New, Renewing and Expiring Memberships

RENEWING MEMBERS

John & Diane Aimone	9/30/11
Maria Barefield	9/30/11
Joe Connolly	9/30/11
Gary Corbitt	9/30/11
Victor Corrales	9/30/11
Richard Horton	9/30/11
Charles Mann	10/31/13
Quincy Masters	9/30/11
George Obi	9/30/11
Bryan Rohlin	9/30/11

Susan Shelton	9/30/12
Gordon & Roxanne Slater	9/30/11
James/Kay Vavrina/Womack	9/30/11

MULTI-YEAR MEMBERSHIPS

Doug Barrows	10/31/11
Kent Northey	10/31/11
George Bailey	10/31/11
Winney, Tom, Katie & Scott Yaun	10/31/11

Sharon & Steve Lucie	10/31/11
Jack Hayes	10/31/12
Gene Imrich	10/31/12

EXPIRING MEMBERSHIPS

David Goedtker	9/30/10
Jim & Christine Kehr	9/30/10
Stephen McClung	9/30/10
Christina McKenney	9/30/10
Melissa Montineri	9/30/10
George Thompson	9/30/10 =

Florida Striders 100 x 5K World Record Attempt

By Mike Marino

The 100 runners for the 100 x 5K World Record Attempt have been selected, and what a group of runners it is. We have five runners from the Jacksonville Jaguars, including one of the coaches, we have one runner each from the Jacksonville Sheriff's Office and Jacksonville Fire Department, we have the very young at heart 76-year-old Al Saffer, and two kids who are just plain young at 9 and 10 years old. The Bishop Snyder Cross Country team will be out in force,

and Tim and Donna Deegan are back to run with us again as well.

The attempt is scheduled to start December 10 and end on December 11, 2010 and will take place again at Bishop Snyder High School. The world record we did last year (the 100 x 10K relay) was a whole lot of fun and we expect more of the same this year. So make plans to come out as a volunteer or to simply cheer us on. Also, we could use so more alternates in case any of the selected runners get hurt or are otherwise unable to participate in the attempt. If you'd like to

be an alternate, please contact me at m.t.marino@clearwire.net.

Lastly, as we did last year, we are doing this as a fund-raiser for the 26.2 with Donna, which provides support to women with breast cancer on the First Coast. If you'd like to donate to this great cause in support of our team, you can go to our team page on the 26.2 with Donna website (<http://donate.breast-cancermarathon.com/2011marathon/FLStridersRecord>), pick out your favorite runner (or the general team page) and make a donation. =

MINUTES

Continued from page 2

enough time to present this issue to the Board to vote on it, and it was hard to get volunteers. Based on this information, the officers voted not to support this event this year. Kim Lundy expressed a desire to support this event in the future. Perhaps we can explore another holiday fun run this year. Lisa Adams will look into Eagle Harbor run.

iii. Greg Wood: Analysis of Strider Website- Greg's report shows how many web hits we have gotten over the past few weeks, since the email blast went out, who opened the email or opened links. Greg passed out the report.

b. Treasurer Report – Randy Arend
Beginning Cash Balance as of September 1, 2010 was \$15,724.98.
September Income was \$10,671.56.
September Expenses were \$8,728.11.
Ending Cash Balance as of September 30, 2010 was \$17,668.43.
Ending Cash Balance has designated amounts for Publix Sponsorship, Kohl's Children's Running, and River Run Expo Space Rental Budgets totaling \$5,604.85. Undesignated cash balance was \$12,063.58.
Comparable Ending Cash Balance as of September 30, 2009 was \$9,218.94.

i. September 2010: It was a pretty quiet month. Profit from Memorial Day transferred, over \$10,000.....a \$4,000

surplus over what was predicted. We spent money for technical shirts and towels for awards, to be reimbursed from race accounts later on.

ii. Explanation of Budget Process:
Our budget year runs the calendar year. Budget meeting will be in November. Randy has sketched out a draft budget based on 2010 amounts and projecting how things look for next year. We are in good financial shape, so every line item can be increased. We will take ideas from the Board for budget items.

IV. Committee and Director Reports

a. Memorial Day Run (New Location) – Dave Bokros

We looked at various locations. Beaches were not feasible due to parking issues. Downtown was not feasible due to expense for police. Looking at Orange Park ending at the Town Hall. We plan to partner with Rotary Club of OP. We can have registration at First Place Sports, and there is plenty of parking nearby. The Rotary Club will have a pancake breakfast. Motion from committee made, seconded and passed to hold our Memorial Day 5K at the Orange Park Town Hall.

b. Resolution Run (proposed budget) – Dan Adams

Sponsorships are up from last year (\$3500). We planned conservatively for entries because we don't know how the increased fees from the technical shirts will affect entries. We project a \$2,000 increase in race income. Motion made,

seconded and passed to approve the Resolution Run proposed budget. Jax Kennel Club is providing \$1800 to go to the schools of the kids at the fun run.

c. Social Update – Glenn Hanna

i. October 29 – Halloween Party at Kim Crist's 6:30 p.m.

ii. November Social on the 7th - Jags
Bye week social at Vicki Choiniski and Bernie Candy's

iii. December Social for the Avondale Luminaria.

Already a few ideas for next year.

d. Youth Track Coordinator – Vicky Connell: Vicky put in a grant for \$1,000 for the Summer youth track program for next June. May need to add to budget, and we'll know about the grant by early November.

V. Announcements: Joe Connolly is approaching his 1000th race and he is a long time Strider. Kellie would like someone to write an article about him for the Strideright and Frank Frazier volunteered. Discussion about having a party or special announcement for him.

Lisa Adams wants to start a running book club, and she brought a few books she recommends. We could talk about them while we run, or over coffee. Lisa to put an announcement in the Strideright and see what kind of response we get. Discussion of people taking turns hosting and choosing the book.

Frank Frazier talked about River

Run expo booth. We are a bit short of what we need, but the rest of the money is not due until March.

VI. Adjournment: Motion made, seconded and passed to adjourn. The

meeting was adjourned at 8:10 p.m.

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

Check us out!
floridastriders.com

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	5:30 p.m. in Daylight Savings Time / 5:00 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

November 6th



5K

2010 Hog Jog

FLORIDA STRIDERS TRACK CLUB



Mike Shad Nissan

5K Race
November 6, 2010
9:00 AM

1 Mile Runt Run - 10:00 AM

Lake Asbury, FL

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

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 this 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 pickup & 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.)

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 Bruce
at 904-864-4994 or
email
hog.jog@comcast.net

HOG JOG 5K & RUNT RUN ENTRY FORM															RACE# (FSTC USE ONLY)							
<div>First Name</div>															<div>Last Name</div>		<div>Ever run/walked a race?</div>					
<div>Age</div>		<div>Sex</div>		<div>Adult Sizes</div>			<div>5K</div>		<div>RUNT RUN (no charge)</div>													
<div>Street Address (include apt. number)</div>																						
<div>City</div>					<div>State</div>					<div>Zip Code</div>												
<div>Telephone Number</div>					<div>Fee Enclosed \$</div>					<div>Florida Striders Track Club Member</div>					<div>Active or Retired Military</div>							
<div>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 Releasees 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</div>																						
<div>Your Signature</div>					<div>Date</div>					<div>Parent's Signature (if under 18 years of age)</div>					<div>Date</div>							
<div>Mail Check to: Hog Jog 5K • 1228 Blue Heron Lane • Jacksonville Beach, FL 32250</div>																						

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

November 2010 Race Calendar

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

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

DATE	EVENT	TIME	LOCATION	CONTACT
Nov 6	Hog Jog 5K	9:00 a.m.	Van Zant Park, Lake Asbury	Florida Striders Track Club
Nov 6	Be Her Freedom 5K	7:30 a.m.	Deerwood Park 10302 Deerwood Park Blvd. Jax	(352) 637-2475 DRC Sports
Nov 6	Patrons of the Hearts Bridges 5K	8:00 a.m.	1123 Prudential Dr. Jax	(904) 731-1900 1st Place Sports
Nov 6	Free to Breathe 5K	8:00 a.m.	Mickler's Landing 1109 1/2 Ponte Vedra Blvd. Ponte Vedra Beach	(608) 316-3786 National Lung Cancer Partnership
Nov 13	Native Sun Mandarin Run 5K & 10K	5K-7:50am. 10K - 8:00am.	Mandarin Presbyterian Church 12001 Mandarin Rd., Jax	(904) 731-1900 1st Place Sports
Nov 13	Chick-fil -A 5K	8:00 a.m.	Rivercity Market Place Jax	(904) 318-8104 Milestone Race Authority
Nov 13	First Coast Heel & Wheel 5K	8:00 a.m.	Atlantic Recreation Ctr. Fernandina Beach	(352) 637-2475 DRC Sports
Nov 20	Fight for Air 5K	10:00 a.m.	Nocotee Greenway Ponte Vedra	(904) 331-1900 FL Lung Assn./1st Place Sports
Nov 20	Right Whale Fest 5K	11:00 a.m.	Lifeguard station End of Beach Blvd., Jax Beach	(904) 285-1552 Performance Multisports
Nov 20	McKenzie's Run 5K	3:00 p.m.	Everbank Field Jax	(904) 731-1900 1st Place Sports
Nov 25	Outback Distance Classic Half Marathon & 6K	8:00 a.m.	Outback Plaza 9773 San Jose Blvd, Jax	(904) 731-1900 1st Place Sports
Nov 27	THE PLAYERS 5K with Donna	TBA	TPC Sawgrass	(904) 355-PINK (7465) National Breast Cancer Marathon
Jan 15, 2011	River Road Resolution 5k	8:30 a.m.	Orange Park Kennel Club	Florida Striders Track Club

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

The Back Page



BY GAIL PYLIPOW

Soon it will be Thanksgiving and all the wonderful food will be on your Thanksgiving Day table to start the holidays....turkey, stuffing, mashed potatoes, pumpkin pie, apple pie, where does it end?!?!?! It's a good thing there's a half marathon Thanksgiving morning – a great excuse to eat after running 13.1 miles!!! But seriously, the Out-back Half is one of the most fun half marathons you will ever run in Jacksonville. There are hundreds of people out having fun at the start of the holiday season. So, those of you who haven't signed up yet....hop to it and bring your friends too!!!

Please remember to use the online reporting system at www.floridastriders.com to report your race times and to ensure you are named in our newsletter.

There are not too many races to report on this month. We are getting into the longer runs now and with the cooler weather it is perfect and oh so much more enjoyable than the 90 degree heat and humidity. Don't forget you still have to stay hydrated in cooler weather too.

The first race was the **MARINE CORPS HALF MARATHON AND 5K** which was held on Saturday, October 3rd. It was an absolutely gorgeous day for a run, couldn't have been better. How wonderful it was to see so many people running! In the 5K **Victor Corrales** won the Male Masters award, in 1st place were **Joanne Harris, Bob Meister, Randy Pullo** and **Sue Whitworth**, in 2nd place were **Steve Bruce, John Gauer** and **Diana Levin** and in 3rd place was **Charles**

Goodyear. In the Half Marathon the 1st place winners were **John Metzgar, Stephen Beard, Bernie Candy, Paul Smith, Lisa Adams, Giselle Carson, Ann Krause, Carol Fitzsimmons** and **Nancy Pullo**. Those Striders placing 2nd were **George White, Frank Frazier, Gail Pylipow, Stephanie Griffith** and **Pheona Kaiser**. The 3rd place finishers were **Regina Taylor** and **Britta Fortson**.

The second race was **THE HUMAN RACE** on October 9th at The St. Johns Town Center. The dedicated Striders who ran the 5K and placed 1st in their age groups were **Robert Walker, Annie White-Butler, Charles Goodyear, Bryan Rohlin** and **Ann Krause**. Placing 2nd were **Patrick Morgan, Craig Harms, Dee Robertson-Lee** and **Joe Connolly**. Joe wrote this comment "I finished 2nd in my age group, then hopped in my car and did the senior Olympics immediately after at Forrest High School. These were races 990 and 991." There was one Strider placing 3rd and that was **Nancy Harms**.

The third race to report on was the **FINANCIAL FITNESS 5K** held in celebration of Financial Planning Week on Sunday, October 10th in beautiful San Marco. It was a hot day but that never stops the Striders from running. Our second place winner in the open men category was **Guy Jackson** and placing third in open men was **Bruce Holmes**. Three Striders placed first and they were **Mike Marino, Charles Goodyear** and **Joe Connolly**.

The fourth race was the **2nd ANNUAL RACE FOR FETAL HOPE 5K** held on Saturday, October 16th. **Robert Walker** earned a first place in his age group, **Charles Goodyear** and **Dee Robertson-Lee** ran away with 2nd place and waltzing in at 3rd place was **Joe Connolly**.

The final local race to report on was **THE SUSAN G. KOMEN RACE FOR THE CURE**. The weather was perfect, there was a very large number of participants and it was for such a great cause. This is also the first year this race has had an expo and I understand it was exceptional! It is always a blast to run as well as to watch. Some signs people were wearing honoring loved ones brought tears to your eyes. First place age group winners were **Cole Mandt, Steve Beard, Paul Smith** and **Britta Fortson**. Placing 2nd were **Donald Wucker** and **Charles Goodyear**. And those placing 3rd were **Joe Connolly, Barbara Carrico** and **Ann Krause**.

STRIDERS - They're Everywhere!

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

Nancy Pullo and **Claudia French** were in New York City and ran in the **NEW YORK CITY TUNNEL TO TOWER RACE** on October 2nd. They said "The New York City Tunnel to Tower race follows the footsteps of New York firefighter Stephen Siller who, on 9/11, ran in full gear through the tunnel from Brooklyn, NY to ground zero in

Continued on next page

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 still have need more contributions. 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

NYC. Firefighter Siller joined the other firefighters on the scene saving many and, in turn, lost his own life. The tunnel was lined with firefighters in uniform each holding a banner with the picture and name of a firefighter who died in the Towers. After the race, hot dogs hamburgers, Dunkin Donuts and coffee was available to the runners. There were 7,000 finishers. The parade that followed the race was very moving: Bagpipers played America the Beautiful followed by hundreds of uniformed firefighters and police officers." Amazing and moving, I don't know what else to say....

Bernie Powers was in Tennille, Georgia on October 22nd and, well, just had to find a race to run in and it was **THE SECOND ANNUAL TENNILLE TROT 5K**. Bernie said "I came in second in my NEW age group (60-64). This was my first race in the new age group, having turned 60 four days earlier. The race was held in conjunction with the Barbeque Blast Festival."

Greg Wood and **Jennifer Wood** participated in the **Mini Marathon in Myrtle Beach** on October 25th. I don't know much about a mini marathon, but they completed it in 2:06:00 and 2:30:00, respectively. This was a PR for Jennifer!

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.

Hopefully everyone who wanted to participate in the latest Guinness Book of World Records feat has received an e-mail

from Mike Marino. More details will follow as to what time you will be running and on which day. Please send in your fees by November 4th. The relay will take place December 10-12, 2010, and like last year is a fundraising event for The Donna Foundation. As for the overall status of the attempt 100 runners have been selected and a handful of alternates. Among the 100 are five runners associated with the Jacksonville Jaguars, including one of the coaches, one representative each from the Jacksonville Sheriff's Office and Jacksonville Fire Department, a very young at heart 76 year-old as well as a few fellas in their 60's, and two just plain young kids at 9 and 10 years old. The Bishop Snyder Cross Country team will be providing a lot of speed and we'll have some local celebrity power with Tim and Donna Deegan again.

Just a reminder – as mentioned near the beginning of the article please don't forget to go to our website at www.floridastriders.com to report your race results. 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 **JOE CONNOLLY**. He is an inspiration to all runners, no matter your age. He is closing in on his 1,000th race and that thought just boggles my mind. What do you do with all those race shirts, Joe? Seriously, how many people can say they've run 500 races, let alone almost 1,000. Joe, you da man! =

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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