

## Another Successful Hog Jog!

By Isabel Torres-Padin

Who knew that the 1988 Hog Jog would be the family race of the year in 2010? With 482 people from both races, it was another successful Strider race. The skies were blue and the weather was a chilly 37 degrees when people arrived ready to run and have a great time. With a traditional cross country course, the 5k and 1 mile proved to be a fun, but chilly rave run. Out with the old and in with the new said the Striders when deciding shirts and awards, which resulted in new technical shirts and beach towels for the first time! The logo for the Hog Jog was designed by the talented Trish Kabus, introducing a new, "Hog" this year. As usual the Hog Jog was held in Clay County at Ronnie Van Zant Memorial Park with a two lap course and rough terrain. Not only was the 5k a success, but also the Runt Run a free one mile fun run that both kids and parents enjoyed. Going into the race as a 6 year old in 2003 running the fun run, the Hog Jog has instilled running values and a great sense of fun that has helped me become the runner I am today. Overall the Hog Jog had another great year, thanks to volunteers, the Florida Striders, and you- the runners! =



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# Prez Sez

By Kellie Howard



Congratulations to all the new World Record holders, and especially those of you who can say you are a two time World Record holder. Mike Marino once again did an awesome job coordinating the event and keeping all the participants informed. As someone who loves their sleep and takes a 12 minute nap after their morning runs, I have no idea how both Mike Marino and Keith Poythress stayed up for the 37 hours, 12 minutes and 53.66 seconds that it took to set the 5K x 100 person relay. The event raised over \$6000 for the Donna Foundation to help local women battling breast cancer. Coverage of the event was featured on First Coast News, which includes interviews with Mike Marino and a few of our younger runners. A showing of the interviews will be at the Striders booth at the River Run Expo.

Our next event is the Resolution Run 5K on January 15th. Remember to sign up before the price increases on January 6th. The slight increase in the cost of the run this year is due to the technical shirts which replaced the tee-shirts of the past. (Remember when you put on a tee shirt for your runs and the only beverage along runs was water.) Reviews of the technical shirts from the Hog Jog run were all positive, but who can't like a sweet pig on the front of the shirt. In fact, we are the State that includes pigs in our State Constitution.

Happy New Years to everyone. Thanks to all of my running friends who provide me many good memories of running on the roads in 2010 and I look forward to a new year of meeting new friends on the road. ■

## Board of Directors' Summary of Action Dec 14, 2010

7:00 PM Orange Park Library

**I. Call to Order:** Kellie Howard called the meeting to order at 7: 08 p.m.  
Board members present: Greg Wood, Dave Bokros, Ann Krause, Bill Krause, Lisa Adams, Scott Hershey, Frank Frazier, Glenn Hanna, Mike Mayse, Vicky Connell, Kristie Matherne, Kellie Howard, Randy Arend, Regina Sooeey, Carol MacDougall, and Kim Lundy.

Also present: Stan Scarlett, Bob Boyd, Vanessa Boyd

Quorum: Yes

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

### III. Officer Reports

#### a. President Report – Kellie Howard

1. Board of Director Appointment Nominating Committee: Kellie has asked Frank Frazier and Vicky Connell to serve with her on this committee. They will come up with the listing of officers and fill vacancies on the board. A motion was made, seconded and passed to approve this nominating committee.

II. Volunteers for Jacksonville Marathon Water Stop-December 19th-still needed.

#### III. 2011 Events to Support:

1. Water Stops-Jax Bank Marathon and 26.2 With Donna
2. Spartan 5K
3. Iron Horse
4. Hershey Games

A motion was made to approve the above list of events to support. Discussion about the Green Cove Springs Christmas Parade fun run. Many feel we should

Continued on page 8

## 2010-2011 Board of Directors & Key Members

(Board Members marked with an \*)

### President:

\*Kellie Howard . . . . . (H) 732-7377  
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### Vice President:

\*Dan Adams . . . . . (C) 505-8849  
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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  
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result form at  
[floridastriders.com](http://floridastriders.com)**

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# On Being a Mental Giant

Wide World of Running  
By Jay Birmingham

Every reader of these essays has already figured out the best part about running: You get out of it what you put into it. No lackadaisical teammate can spoil it for you. No whistle-blowing official can recall your best effort. And (the truth hurts) if you don't train, you lose your fitness and can't run as well as you know you could.

When I was younger and aspiring to be a champion, I was influenced by blood-and-guts coaches who suggested that the difference between any two runners was who had the most mental toughness. If you lost a race, you just didn't want it badly enough. If you couldn't reach a record time, you just didn't have the requisite will-to-win.

For nearly 20 years, I internalized those philosophies and believed that I lacked the Right Stuff to accomplish many of my goals. But as I logged tens of thousands of training miles, hammered up hills and dunes, and dug as deeply as I could possibly dig, I grew to realize that my failures were more physiological than mental.

By this time, I had met hundreds of other running enthusiasts of all abilities: Olympians, joggers, serious age-groupers,

and fun-runners. Their ambitions spanned the gamut from winning gold medals to earning a finisher T-shirt. Their commitments ranged from full-time professional to an occasional trot around the block.

What did my sisters- and brothers-in-sneakers teach me? That every runner is, at times, a mental giant.

I've seen efforts in training runs that will never be surpassed by podium toppers at the races. I have witnessed bloody-footed persistence by truly mediocre runners that raised them, in my esteem, to the loftiest pinnacle of running achievement. I have seen obese beginners transform themselves into fit comrades, demonstrating so much self-control that I marvel at their will power.

Most of my heroes are no-names to the world, but are indelibly archived in my memory for their courage and persistence. They did not "overcome the odds." They overcame the ubiquitous viscosity of fatigue, of faltering faith in themselves, of nagging injury or personal tragedy, and they persevered. They finished the race, or the workout, or simply got out the door, in the dark, and gave it one more try.

You see, the person that I admire most is you.

You have that intangible quality that seems so lacking in most of the other people in our world, the quality of taking a risk. You believe that your future will be improved if you go out for a run. You know your faults and frailties, but nevertheless, make the effort, consciously and daily, to become a better you through your efforts.

This is another New Year, full of promise and resolution. And when recidivism claws each of us down to our starting point, we will snarl back into action. You and I will lace up our shoes, pull on a sweatshirt, and break into a jog. We will seek, and find, muscles that become more compliant with each mile. We know our ragged breathing will smooth out, our lungs delivering great quantities of oxygen to our blood, which in turn, nourishes our muscles.

We will pursue the satisfying addiction of returning fitness. And with each run, we realize that we are mental giants in a world of Lilliputians. We choose to be that way. It is a path, a very good path, and we take it again and again. =



## Thanks Volunteers

Another great Florida Striders and friend's water stop at the Jacksonville Marathon. This year we were a GUI station for the runners on the way to the 19-mile mark. Despite the chilly temperature (good running weather) a good time was had by all. Always thank the volunteers when running, without their assistance running events would not be as enjoyable. =

Left to Right: Danny Weaver, Margaret Tyburski, Eric Call, Glenn Hanna, Andrea Morrison, Ann Krause, Gerry Tyburski, Vicky Connell, Stan Scarlett, Bob Boyd, Emily Stallings, Megan Hammett, John Powers, and Morgan Hammett. Not pictured Kellie Howard and Aaron Rugh.



# Inspiration Abounds

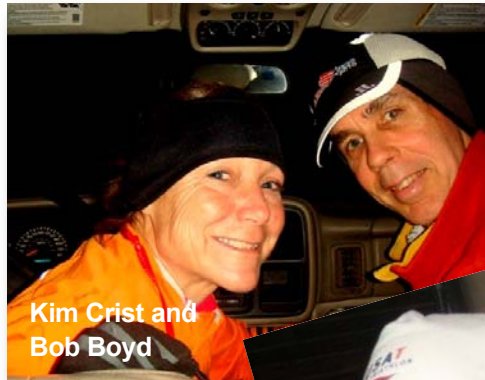
By Bob Boyd

Inspiration comes in many forms and I've been privileged to be up close and personal to examples twice of late amongst my friends. The first example started innocently enough as a planned social run with friends. It did not end that way. Kim Crist offered to be my guide for the Outback ½ Marathon on Thanksgiving. It had been many years since I'd enjoyed the event, many months since I'd seen many of my running friends, and Kim's gracious offer was just too good to decline. Robert Webster, another friend of ours decided to join us on race morning. For those of you who don't know me, I am legally blind and my vision has reached the point to where races are not safe for me or others, unless I have a guide. I've been blessed with many a great guide over the years and know that it is not the easiest thing to do. I also know it gets harder the closer the pace gets to your guide's personal limit. We started out together at a pace that was just too fast for the conditions, finally adjusting it about 4 miles to a saner pace. Around 7 miles the crowd thinned, perhaps we got a bit smarter, and then modified our guiding plan to have Kim run ahead of me while Robert ran flank or sweep just beside or behind me. Both Kim and Robert had been awesome guides throughout, keeping me well informed of potential problems along the way and protecting me from all pitfalls. For those of you who ran that day, you know how warm and humid it became. The pace did not slow because our tough friend, Kim, never dropped the pace. I knew she was very tired. After one of my attempts at encouragement for their great work, Robert inquired if he could stop to puke. "No," was the immediate answer. He did not. He also did not slow down. Kim, our intrepid leader, did not slow either as we wound through the 87 turns in the last couple miles (I may be exaggerating a mite, but they do go on forever) and pushed harder still at the finish. I was privileged to witness both Kim and Robert display inspiring effort when the going got very tough. Robert, who came to the bleeding edge of pukedom without crossing over the line, managed a PR that warm morning. Kim did not PR, but she certainly provided the gift of a great shared experience and a wonderful example of true toughness. It is hard to capture in mere words the heroism that is involved in working through fatigue and persevering, reaching deep within, but you certainly know it when you see it. Thanks and congratulations to Kim and Robert for a job done very well indeed.

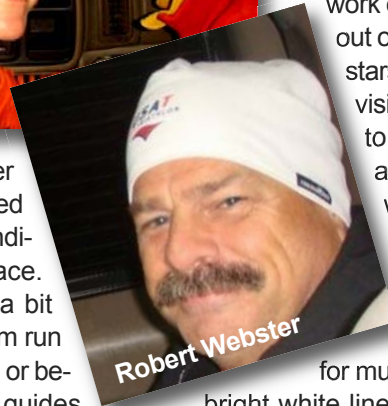
Just a few weeks later, I was working the Florida Striders 12/19 mile water stop at the Jacksonville Marathon. I had told Melissa Saunders that I would run in with her from 19 miles.

Melissa, at her young age, needed a 3:40 marathon to qualify for Boston. She asked me if I could hold her at the current pace for the rest of the race. "You bet," was the answer, but I knew that she was the only one who could make that commitment happen. All of you who have run marathons know just how tough that last 6-8 miles can be, especially when you have gone out fast, maybe too fast. Holding the pace for 7 miles was no great strain for me, having done nothing more rigorous than passing out drinks to marathoners most of the morning. Holding that pace could be a big deal and a huge effort physically and mentally for my friend, Melissa. While I am a pretty good pacer, I will confess that I was a bit concerned that my poor vision could make me a liability out there for Melissa. The last thing you want to do when "helping" to pace someone is to add more work or stress to them by having to keep you out of trouble because you can't see. All the stars aligned for me as I was having a good vision day, the overcast skies were perfect to avoid shadows in which I can't see, and there was an almost constant bright white line I could see and follow. Kudos to Melissa for taking great care of me in the spots where I could not see or had to make course turns. I was very pleased that I could actually lead her for much of those last miles (and bless those bright white lines!) Melissa was understandably very tired, and may have been very sore, but she held our pace and did not complain. When you run with someone in a marathon your empathy gets pretty well tuned. I could feel at least part of her unspoken desire for this race to be over. Beyond 25 miles her reserves were very near the edge and she paused ever so briefly, pulled herself back and then finished strong. While I was incredibly inspired and impressed with her effort and strength, I had no idea if we were actually on pace to meet her desired time. To avoid goofing up the finish, and not wanting to be confused with the marathoners, I did not run around the track with Melissa. I did cut across and asked Jane Alred at the finish line what the time was on the race clock. I dare say I was the second happiest person there to learn it was a 3:35 marathon, Boston Qualifier with time to spare, and over a 40 minute PR. It was again my privilege to run with a friend who displayed the heroics involved with pushing past your normal limits, both physical and mental. The word "awesome" is clearly overused in our ver-

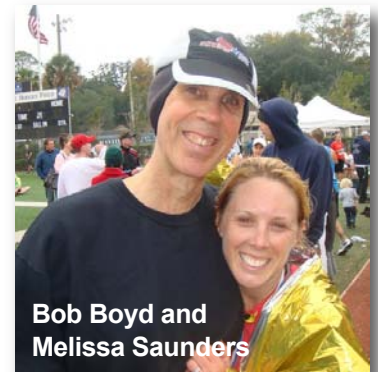
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Kim Crist and Bob Boyd



Robert Webster



Bob Boyd and Melissa Saunders

# Volunteers needed for 2011 Gate River Run

## Florida Striders Track Club Hospitality Tent

### Friday morning, March 11th

We need volunteers to be at the Fairgrounds, in the same Tent area, as the last several years, at 9:00 am and finishing before 11:00 am. Bring your heavy hammers and sledge hammers.

We will be putting up the orange fencing, flaps on the Tent, positioning the 8 portalets, setting out the portalet "snake" lines, setting up overhead electrical lines, putting up banners and signs and dressing rooms. Some of you had indicated that since you were going to help with the Tent, you could probably go over and help at the Strider Expo Booth and pick up your race packet or just go enjoy the Expo. The Expo opens at 11:00 am.

Most of the volunteers at this event on Friday am, are seasoned veterans but we will accept "rookies". We need to reload our roster. The pay and benefits on these jobs are great. Without your help, none of all this planning would get off the ground. Email me at [stanscarlett@msn.com](mailto:stanscarlett@msn.com), cell 994-2687, Hm 268-6272, to volunteer or answer questions.

### Saturday, March 12. Race Day

Here is the schedule of activities we

need covered. Mike Mayse heads up this area.

**5:00 am-6:30 am :** Need 6-10 people to help unload equipment: tables, chairs, igloos, ice, etc and move everything to where it belongs. You need to be there at 5:00 am to be most effective. Not later than 5:30 am. Ideally, I would like to have many of the same 6-10 volunteers to reverse the process at 11:30 am to start clearing the area. Let me know if you can do either or both jobs. You can be a runner/walker or not.

We have to have the Entry Chute ready before 6:15 am, because runners and their families will be there wanting to get in and get their favorite spots and set up their chairs, coolers, etc.

They get very antsy.

We will be setting up the Strider 10 x20' Canopy also for the merchandise location. Keith Poythress will be in charge of the Tent merchandise Booth.

**5:00 am-6:30 am:** Need 3 volunteers to help Marge Ruebush set up the inside of the Tent with tables, chairs, food, etc. Around 11:30 am, would need the same 3 people help Marge getting everything out of the Tent and clearing that area. If you can't do early and late jobs, let me know what you can do. You can be a runner/walker or not. Also, I may need people to help in the Tent during the morning. Sometimes, volunteers for the Tent interior, do the 5K or 15k, which leaves us short some people.

**5:30 am – 6:30 am:** Need 3 people to set up the refreshment area with Glenn Hanna. And periodically, during the morning, keep the supplies stocked. Can be runner/walker or not.

**6:00 am-7:30 am:** Need 3 people to man the Entry Chute to check and make sure arrivals have yellow bands, ATTACHED ON THEIR WRISTS, and if not, direct them to the HELP DESK, next to the Entry Chute. These Entry Chute vol-

unteers can be runners/walkers or not. No one is to be inside the Tent area without a wrist band attached to their wrist, including Volunteers. Can be runners/walkers or not.

**6:00 am -7:30 am:** Need 2 people to work the HELP TABLE, next to the Entry Chute. These jobs entail giving out yellow wrist bands to members and their family members and guests, maximum of 6 to each member. You will have member rosters, both FSTC and Amelia Island Runners' rosters to verify membership status and to sign up new members. I will give more info later about these jobs. You can be a runner/walker or not, to do this job. People can sign up for Strider memberships, renew memberships. Delinquent members can pay up also.

**7:30 am -8:30 am:** 2 volunteers, minimum, at the Entry Chute. Runners will be starting to go to the Starting Line.

There will be late arrivals wanting to enter the Chute. Must have wrist bands attached. If you can work longer, let me know. Should be non runner/walker.

**7:30 am- 8:30 am:** 1 volunteer to man the HELP DESK table. This job will be better for a non runner/walker. If you can work longer, let me know.

**8:30 am – 10:30 am:** Need a minimum of 2 people at the Entry Chute.

**8:30 am – 10:30 am:** Need at least 1 person at the HELP TABLE.

**10:30 am – 11:30 am:** Need minimum of 2 people at the Entry Chute.

**10:30 am- 11:30 am:** Need a minimum of 1 person at the HELP DESK.

**8:00 am – 12:00 am:** Need volunteers, 5, to be picking up trash, etc. in the Tent area, during these hours, as needed. I need the entire area to be "trash free" no later than 12:00 noon. If we pick up the

### INSPIRATION ABOUNDS

Continued from page 5

nacular. There are times, however, where it is an apt description of an athletic performance. Melissa ran an awesome marathon. There is much inspiration in our world and I have been blessed to be the beneficiary of many excellent examples of late. Hang around runners and I believe you will either be inspired, or may be the source of inspiration for others, no matter what your pace may be. It truly is all about doing your best on any given day. =

trash early and often, we will be able to clear all the equipment earlier.

**11:15 am – 11:45 am:** Need 2 people to help Paul Geiger dismantle the 2 dressing rooms, inside the Tent.

**11:30 am - 11:45 am:** Need 4 people to take down the Merchandise Booth canopy and load on the truck/trailer.

I need someone to take care of our Massage School personnel. They arrive about 6:15 am and leave around 11:30

am. I'll let you know what this entails. You don't have to be with them the entire time. Mainly, just early.

Please give me commitments as soon as you can so we can finish planning. You are not limited to work one spot. There are fringe benefits and bonuses available. I have friends in Congress.

I want to thank all past and future volunteers that make this event so successful. Please visit the Merchandise Booth and replenish your Strider wardrobe .

If anyone is interested in learning more about the planning and logistics for the Strider Tent and Expo Booth, I would be happy to talk to you and answer your questions or sit down with a group to do this. A lot of what goes on and what I do is in the articles I write up for the StrideRight.

Stan Scarlett,  
Hospitality Tent Coordinator  
Email: stanscarlett@msn.com  
Cell: 904.994.2687  
Home: 904.268.6272

## March 9, 10, 11, 12

Booth Set-up times for vendors and groups

# Volunteer Schedule

**Wednesday, March 9th** 1:00 pm – 6:00 pm

**Thursday, March 10th** 9:00 am-11:00 am

I would like to be completely set up on Wednesday the 9th by 6:00 pm and use Thursday. as a back-up if we don't finish on Wednesday. On Wednesday, we would be putting up the 10 x 20 Strider canopy, signs, banners, hanging merchandise, laying out merchandise and setting up for our videos of the World records the Striders have just set.

### Shifts for the Booth set up:

**Wednesday, March 9th** 12:45pm – 3:00 pm  
3:00 pm - 6:00 pm

**Thursday, March 10th** 8:45 – 11:00 am if needed  
you can't commit exactly to the above times, come and do what you can

**Thursday, March 10th Expo Opens 11:00 am– 6:00 pm**

**Volunteer Shifts for Thurs. March 10th:** 10:30 am – 2:30 pm  
2:30 pm - 6:00 pm

Here again, come and work when you can or just to hang around for awhile. Would volunteers please wear Strider shirts . We need to have at least 2 people there at all times. I need members to commit to the above so I will know I have the times covered.

**Friday March 11th Expo Open 11:00 am – 8:00 pm**

**Volunteer shifts for Friday, March 11th:** 10:30 am- 1:30 pm  
1:30 pm – 4:30 pm  
4:30 pm – 8:00 pm

Come and work other times if you can, other than above, but we need to have 2 people at the Booth at all times. I would like for members to commit to the above so I will know we have the 2 minimum we need. If members just want to come and spend some time, that is great. Booth volunteers need to wear Strider shirts.

As we approach 8:00 pm , we will begin to take the 10 x20 Canopy down because we have to set it up in the Tent area either Friday pm or early Sat. am, Race Day .Keith Poythress will be using the Canopy for the Merchandise Booth in the Tent complex.

Please email me or call for your appointments at the Booth. Stan Scarlett

Thanks from: Stan Scarlett  
Frank Frazier Coordinator  
Lisa Adams Booth Captain  
Vicky Connell Booth Captain

Melissa Saunders Booth Captain  
Mike Mayes Equipment Manager  
James Vavrina Equipment Manager =



## MINUTES

Continued from page 2

not support this event. We do water stops at the Iron Horse. We can add to this list at any time during the year. Discussion about the Rotary Run.

### b. Treasurer Report – Randy Arend

1. November 2010: Not a very eventful month. Revenues included the World Record, membership, and River Run expo. We paid our insurance for the year, which is one of our biggest expenses.

Beginning Cash Balance as of November 1, 2010 was \$12,795.69

November Income was \$4,240.

November Expenses were \$688.97

Ending Cash Balance as of November 30, 2010 was \$16,346.72

**2. Budget for 2011:** The Designated amounts are not included in the 2011 budget, as they just stay in their accounts until they are used up. Discussion about the 2011 Draft Budget.

**Income:** Memorial Day Race has a conservative number, because we are not sure what will happen. We expect membership to increase because of the River Run expo. Higher merchandise expense due to purchase of extra technical shirts.

**Expenses:** Administrative Expenses decrease by \$800 mainly due to a decrease in new equipment. Last year this budget item included the new tent.. Discussion about storage fees and location of our storage. Mike Mayse expressed interest in a more convenient location, although we do get a good price there. We have saved money on the Strideright by keeping them shorter and skipping July. We have to mail at least 200 for bulk mail rates.

**Children's Running-Vanessa Boyd:** We have picked up 7 schools, for a total of 41, so we really need the amount budgeted. The \$10,000 grant from Publix was not renewed this year. 50% increase in marathon medals. There is some Publix and Kohl's money left over (\$4500). Vicky said that we will do the youth track program in the summer of 2011, and it will come out of the Children's Running budget-we will need funding for shirts etc. The Run/Walk program is now part of the normal school day at Lakeside and Thunderbolt. Bob predicts we'll use the entire \$12,000 plus the \$4500 left over from last year, as participation increases. Discussion about the rules of the Run/Walk clubs and how they are enforced in the schools.

**River Run Tent and Expo Booth:** Discussion and break down by Randy of budgeted \$2200. Stan Scarlett-We have collected \$1600 for the Expo Booth for March, 2011, but we are still a bit short, as we still need \$275 for electric and promotional items. Stan suggests that we don't combine the Tent and the Expo Booth and make them separate budget line items. Stan presented 4 options for funding the Expo Booth and discussed the merits of each. Stan feels we need to budget for this now to guarantee we can have the Expo Booth in 2012, rather than having to ask the Board for money for it at

a later date. Randy made some counter points, emphasizing that we do not approve monies now for other 2012 expenses.

Motion made, seconded and passed to approve the 2011 Draft Budget as presented.

### Committee and Director Reports

c. Hog Jog-Final Report-deferred.

d. Social Update – Glenn Hanna

December 19th at 6pm-Luminaria Open House in Avondale

January 1-Run and polar bear plunge at Eagle Harbor.

December 23, Open House at Glenn's house 6-9pm.

January 11: Hood to Coast movie night

Motion to move the January Board Meeting back to 6pm, so that we can see the Hood to Coast Movie that night at 8pm.

### IV. Old Businesss - None

### V. New Business - None

### VI. Announcements-

Steve Bruce sold out of his Hog Jog children's shirts. Should we have some at the other races too?

Stan's sign-up sheets to set up expo booth and volunteer in the booth.

**VII. Adjournment:** Motion made, seconded and passed to adjourn. The meeting was adjourned at 8:48 p.m.

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

You Can: challenge • change • cure





**TeamChallenge**  
CROHN'S & COLITIS  
HALF MARATHON  
TRAINING PROGRAM  
Benefiting Crohn's & Colitis Research  
**JOIN NOW for Spring 2011!**  
Information meetings start in January.  
Visit [ccteamchallenge.org](http://ccteamchallenge.org) or call 866-931-2611.  
 CROHN'S & COLITIS  
FOUNDATION OF AMERICA



# Striders at the Races

## Race Results

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

### Right Whale 5K Jacksonville Beach, Florida November 20, 2010

Al Saffer 33:25 1st ag

### Outback Distance Classic Half-Marathon November 25, 2010 Jacksonville, FL

John Metzgar 1:21:27 1st ag  
Ben Huron 1:21:38  
John Wisker 1:23:50 2nd ag  
David Bonnette 1:25:14  
Mark Woods 1:27:25  
Wayne Bishop 1:27:35  
Dan Adams 1:27:37  
Mark Grubb 1:27:47  
Mark Grubb 1:27:47 PR  
Patrick Thompson 1:28:26  
Randy Arend 1:29:34 2nd ag  
Andrew Marchand 1:29:42  
Owen Shott 1:30:52  
Lisa Adams 1:31:51 2nd ag  
Robert Walker 1:32:48  
George Thompson 1:34:52  
Stephen Beard 1:34:55 3rd ag  
Bruce Holmes 1:35:48 1st ag  
Donald Wucker 1:36:08  
Regina Taylor 1:36:27 2nd ag  
Scott Hershey 1:38:19  
Keith Poythress 1:39:15  
Kristin Smith 1:39:50  
Kerri Cook 1:41:51  
George White 1:42:51 2nd ag  
Melissa Saunders 1:43:08  
Denise Metzgar 1:43:29  
Paul Smith 1:43:49 2nd ag  
Robbie Higdon 1:46:11  
Regina Sooy 1:47:36  
Frank Frazier 1:47:37 3rd ag  
Giselle Carson 1:47:50  
Kristie Matherne 1:50:20  
Leslie Kindling 1:52:06  
Tracy Pfuntner 1:52:35  
Lisa Meadows 1:52:57  
Bryan Marlar 1:53:38  
Danny Cole 1:53:42

Stephanie Griffith 1:54:46 3rd ag  
Lawrence Stake 1:54:47  
Robert Barnhill 1:55:09  
Bob Boyd 1:56:53  
Kim Crist 1:56:54  
Robert Webster 1:56:54 PR  
Sharon Lucie 1:56:57  
Sue Whitworth 1:57:02  
Jennifer Macdonald 1:58:48  
Scott Seibler 1:59:13  
Joanie Barrett 1:59:37  
Abhijit Deshmukh 1:59:58  
Fred Gaudios 2:00:38  
Denise Dailey 2:00:51  
Wesley Cole 2:01:54  
Gary Hallett 2:02:16  
Charlotte Milligan 2:02:31  
James Vavrina 2:02:37  
Steve Bruce 2:02:41  
Millie Thrasher 2:02:43  
Stephanie Foreman 2:02:43  
Robert Sroka 2:02:47  
Claudia French 2:02:59  
Debbie Higdon 2:03:05  
Kellie Howard 2:04:38  
Tom Zicafoose 2:05:43  
Jan Taylor 2:05:47  
Terry Sikes 2:06:27  
Bonita Golden 2:06:27  
Mark Lay 2:08:36  
Rebecca Taylor 2:09:22  
Andrew Linn 2:10:23  
Melissa McCrosky 2:11:02  
Danny Weaver 2:11:10  
Thomas Pittman 2:13:13  
Joanne Seach 2:13:13  
Christina McKenney 2:13:25  
Augie Leone 2:13:45 1st ag  
Gil Flores 2:14:08  
Joseph Strickland 2:14:30  
Michael Schoenfeld 2:15:48  
Harry Edwards 2:16:02  
Scott Liner 2:16:22  
Darcy Daniel 2:16:37  
Nicole Andress 2:18:45  
Leslie Hague 2:19:50  
Dawn Hagel 2:21:16

Alexander Combs 2:22:07  
Bruce Howard 2:22:33  
George Bailey 2:22:44  
Elizabeth Brown 2:26:40  
Nancy Pullo 2:27:14 2nd ag  
Jean Thompson 2:27:19  
Mamie Davis 2:29:34  
Martin Wilkinson 2:30:07  
Jack Hayes 2:30:13 3rd ag  
Patrick Morgan 2:32:21  
Regina Adam 2:32:21  
Staci Suits 2:33:01  
Lesley Jones 2:33:10  
Jim Kehr 2:33:23  
Pheona Kaiser 2:33:31 3rd ag  
Bobby Greene 2:35:43  
Sharon Medders 2:36:59  
Traci Bane 2:42:43  
Judy Andrews 2:43:06  
Gail Pylipow 2:45:02  
Guillermo Ramos-Piazza 2:48:36  
Richard Vance 3:02:00  
Mel Abando 3:04:17  
Jamie Wyche 3:08:50  
Michelle Ramos 3:13:09  
Trish Kabus 3:27:14

### Outback Distance Classic 6K November 25, 2010

Cody Helms 20:19 1st ag  
Guy Jackson 25:06 2nd ag  
Nancy Harms 25:27 1st ag  
Paul Smith 26:24 3rd ag  
Ann Krause 27:36 2nd ag  
Jim Cook 28:50  
Craig Harms 28:52 3rd ag  
Suzanne Baker 30:17  
Gayla Poythress 30:22 3rd ag  
Allan Smith 31:16  
Kim Cornell 31:51  
Steve Lucie 32:06  
Bill Krause 33:39  
Nathan Smith 34:01  
Larry Branz 34:21  
Will Croft 34:42  
Mark Wynter 35:02

Continued on next page

## RESULTS

Continued from previous page

Doug Barrows	35:16	
Marie Bendy	35:17	2nd ag
Jeffrey Nelson	36:45	
Rusty Creighton	37:54	
Jennifer Wood	38:40	
Michael Martinez	38:49	
Bethany Cole	39:00	1st 6K!
Charles Wagner	40:37	
Debbie Smith	40:41	
Ginger Frazer-French	41:18	
Gordon Slater	41:19	3rd ag
Danny Randolph	41:58	
Kim Kovaleski	42:53	
Kay Womack	43:17	
Rita Lamach	43:40	
Caroljo Creighton	44:26	
Barbara Scott	44:42	
Michael Lundy	45:17	
Kimberly Lundy	45:17	
Jakob Wyche	45:28	
Cary Wyche	45:30	
Holly Wyche	45:30	
Christine Kehr	45:51	
Diana Levin	46:03	
Ken Bendy	46:27	
Dee Robertson-Lee	46:36	
James Howell	47:14	
Diane Wilkinson	47:14:00	
Barbara Gilbert	47:27:00	
Paul Smith	48:09:00	
George Obi	52:49:00	
Jack Lundy	53:45:00	
Sloan Lewis	54:19:00	

Charles Goodyear	55:17:00
Joe Connolly	55:47:00
Tracey Armon	55:59:00
Tanya Foreman	57:13:00
Eric Bush	1:01:48
Bill Krause	1:17:13

### Reindeer Run 5K Amelia Island, Florida December 4, 2010

Nancy Harms	21:18:00	1st ag
Craig Harms	24:41:00	2nd ag
Jason Burcham	25:11:00	
Mercedes Smith	25:19:00	3rd ag
Mercedes Smith	25:19:00	3rd ag
Nathan Smith	26:19:00	2nd ag
Autumn Rodgers	27:06:00	1st ag
Kimberly Lundy	35:13:00	
Michael Lundy	35:14:00	3rd ag
Joe Connolly	50:37:00	3rd ag

### Reindeer Run 10k December 4, 2010

Rosa Haslip	45:12:00	1st ag
Paul Smith	46:55:00	2nd ag
Mike Singletary	47:42:00	3rd ag
Maria Padin	48:49:00	1st ag
Kathy Murray	48:52:00	3rd ag
Bernie Powers	1:02:38	3rd ag

### Festival of Lights December 11, 2010 Jacksonville, FI

Ann Krause	24:28:00	1st/AG
Bill Krause	30:24:00	

### Jingle Bell Run for Arthritis December 18, 2010 Jacksonville, FI

Keith Poythress	19:54:00	1st ag
Gary Proctor	26:48:00	
Mercedes Smith	24:57:00	1st ag
Dee Robertson-Lee	43:49:00	1st ag
Mercedes Smith	24:53:00	1st ag

### Jacksonville Half-Marathon December 19, 2010 Jacksonville, Florida

Robert Webster	1:56:02	PR
George Hoskis	2:07:46	
Bill Krause	2:16:07	
Nancy Pullo	2:27:27	3rd ag

### Jacksonville Marathon Jacksonville, Florida December 19, 2010

Randy Arend	3:17.01	
August Leone	5:19:28	
2nd marathon 2 weeks		

### Last Gasp Jacksonville, FI December 26, 2010

Nancy Pullo	35:01:00	1st ag
Randy Pullo	24:29:00	1st ag
Claudia French	28:35:00	
4th over-all woman.		
Nick Eliopulos	24:45:00	1st ag

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

# Last Gasp, December 26



The Strider Trail Buffs - Keith Poythress, Lisa Ford , Mike Marino, and Al Solano (Jason Arnold not in picture).

A new course and a team from the Jacksonville Track Club couldn't stop the Strider Trail Buffs. For the fourth year in a row, the Buffs won the team competition at the Last Gasp, and did so in an impressive manner. The team of Al Solano, Jason Arnold, Keith Poythress, Lisa Ford and long-time Buffs anchor man and new daddy Mike Marino ran all other competition into the dirt and puddles on the course. All did well individually too, with Al and Lisa winning the overall men's and women's titles, Jason taking 2nd overall, Keith placing 7th overall, and Mike winning his age group. All walked away with two pairs of socks, including the JTC Running socks reserved for the team champions. =

# Striders Set a World Record

On December 10-12th, the Florida Striders set the World Record for the 100 x 5K relay. The final time was 37 hours, 12 minutes and 53.66 seconds. Times will be verified by Guinness soon but all the requirements were met!

Congratulations to all 100 participants and a special thanks to all of our volunteers!! The Florida Striders raised

over \$6,000 for the Donna Deegan Foundation to Finish Breast Cancer.

*Editor's Note: Plan to have a comprehensive article from Mike Marino in the February issue of the StrideRight! He has been a little busy this month. In addition to a full time job, organizing this outstanding event, and the holidays, Mike became the proud dad of twins! WOW, congrats to Mike! =*

## 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. 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



# Resolution 5K



Presented by Orange Park Medical Center and Key Buick-Hyundai

## January 15, 2011

Benefiting Local Elementary School Run/Walk Clubs

Saturday, January 15, 2011

5K - 8:30AM

FUN RUN - 9:30AM

Orange Park Kennel Club



Technical Shirts for 5K Runners!!

### ENTRY FEES

	<u>Striders/Military</u>	<u>Non Striders</u>
Until January 5	\$16.00	\$18.00
Jan 6 – Jan 14	\$19.00	\$21.00
Day of Race	\$25.00	\$25.00

- \$2.00 OFF if you *preregister* with your own ChampionChip
- Sorry, there are no refunds!
- **Register by Mail** Please make checks payable to "Resolution 5K" and mail with completed entry form to Resolution 5K, 3931 Baymeadows Rd, Jacksonville, FL 32217
- **Register Online** - more info at [www.floridastriders.com](http://www.floridastriders.com)
- Day of Race Registration starts at 7:00 AM
- **Race Director:** Dan Adams (904) 505-8849, [dan.adams@floridastriders.com](mailto:dan.adams@floridastriders.com)

### AWARDS

#### 5K AWARDS

Top 3 Males & Females, Top Masters & Grand Masters, plus Male & Female Age Group awards for the Top 3 finishers in each age groups as follows: 10 and under, 11-13, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 and 70-74, 75-79, 80 & over. (No multiple awards).

### TIMING

The race will be timed using the ChampionChip (chip must be worn on your shoe or ankle during the race). Do not wear your personal chip if you sign up on race day.

### THE COURSE

No Excuses – Just Do It! Put your New Year resolutions into action. This Jacksonville Grand Prix Race starts and finishes at the Orange Park Kennel Club. It is a USATF Certified Course (FL-02016DL) and is run along the beautiful St. Johns River on River Road. Start the New Year off Right!

### FUN RUN

Starting at 9:30AM there is a FREE one mile fun run with awards for all finishers and \$1800 participation money for elementary schools!

There is no charge for the Fun Run, however please complete an entry form and bring it on Race Day. Please do not mail it in.

### PACKET PICKUP

Be sure and check the box on the entry form where you plan to pick up your packet. Packets will be available at the following 1st Place Sports locations on Thursday, Jan 13th and Friday, Jan 14th from 10:00 AM-6:00 PM.

- 3931 Baymeadows Rd, Jacksonville, FL 32217
- 2016 San Marco Blvd, Jacksonville, FL 32207
- 424 South Third St, Jacksonville Beach, FL 32250
- 2186 Park Avenue, Orange Park, FL 32073

All packets that are not picked up at the above location will be moved to the Kennel Club for race day pick up.

# RESOLUTION RUN 5K & FUN RUN

## official race form January 15, 2011

Please indicate where you plan to pick up your race packet:  
Store pickup is 1/13 or 1/14

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Baymeadows	Jax Beach	Orange Park	San Marco	Day of Race

Official Use Only

First Name										Last Name										ChampionChip (cannot be used for day of race registration)									
Age on Race Day		Sex		T-Shirt Size		Email Address										Street Address		Apt. #		5K		Fun Run							
City										State		Zipcode		Strider		Military		Telephone Number		Make Checks Payable to: 1st Place Sports Running Club Mail to: 3931 Baymeadows Road, Jacksonville, FL 32217		Method of Payment: Cash <input type="checkbox"/> Check <input type="checkbox"/> Credit <input type="checkbox"/>		\$ Amount Paid with Entry Chip Owner Discount -\$2.00					

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 Orange Park 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.

Please sign here. (Parent must sign if participant is under 18 years of age)

Date Signed

Please Print

## Application for Membership FLORIDA STRIDERS TRACK CLUB

New ☐  
Renewal ☐

Name: Last	First	M.I.
Address	# in Family	
City/State/Zip	Spouse's Name	
Phone: Home	Birthdate(s)	
Phone: Work	Employer	
E-mail	Occupation	
Signature	Annual Dues:	
Date	Family \$20	<input type="radio"/>
	Single \$15	<input type="radio"/>
	Junior (under 18) \$10	<input type="radio"/>
	Senior (over 65) \$10	<input type="radio"/>

Mail Application  
with dues to:  
Florida Striders  
8559 Boysenberry Lane E.  
Jacksonville, FL 32244

I know and understand that running in and/or volunteering to work at FSTC races are potentially hazardous activities. I will not participate in club activities unless I am medically able and/or properly trained to do so. I agree to abide by any decision of a race official relative to my ability to safely complete a FSTC sponsored race. I assume all risks associated with running and volunteering to work in club races including, but not limited to, slip/trip/falls, contact with other participants, volunteers, or officials, the effects of the weather including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and understood by me. Having read this waiver and knowing these facts and in consideration of my application for membership I, for myself and anyone entitled to act on my behalf, waive, release, and agree to hold harmless the Road Runners Club of America, the Florida Striders Track Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities, even though these liabilities may arise out of negligence or carelessness on the part of persons named on this waiver.

# New, Renewing and Expiring Memberships

## NEW MEMBERS

Jamie & Melissa Webb 12/31/11

## RENEWING MEMBERS

Wayne Bishop 12/31/11  
Chuck & Kacey Bryner 12/31/11  
Charles Desrosier 12/31/11  
Alex Hawkins 12/31/11  
Dana, Katherine, Alexandra &  
Jacob Midgett 12/31/11  
Jan Taylor 12/31/11

## MULTI-YEAR MEMBERSHIPS

Randall & Nancy Pullo 12/31/11  
Elfrieda & Norm Wyner 12/31/12

Tim & Janice Martin 12/31/11  
Dotti Cahill & Tom Marsland 12/31/11  
Patrick Gallagher 12/31/11  
Kate Clouse & Jerry Bennett 12/31/12  
Mary & Bill Gladding 12/31/13

## EXPIRING MEMBERSHIPS

Vernon Allen 12/31/10  
Jay Birmingham 12/31/10  
David Bonnette 12/31/10  
Danae Bray 12/31/10  
John Coleman, DPM 12/31/10  
Hernando DeSoto 12/31/10

Carol & Michael Fitzsimmons 12/31/10  
Inga Graham 12/31/10  
Gerald Grubeskys 12/31/10  
Craig, Susan & Nancy Harms 12/31/10  
Glenn Landers 12/31/10  
Cynthia Lyons 12/31/10  
Kristie Matherne 12/31/10  
Amy Randall 12/31/10  
Scott Silliman 12/31/10  
Kathy King & Anthony Truitt 12/31/10  
Ken, Jeanie & Erin Wilson 12/31/10 =

# The Back Page



BY GAIL PYLIPOW

Christmas and the New Year have come and gone already. A belated Merry Christmas and Happy New Year to everyone! I hope everyone enjoyed the season.

A HUGE congratulations to **Mike Marino** and his wife on the birth of their twin

boys! What an awesome miracle for them. The boys were born prematurely, but hopefully will be home before you know it.

AND, the 100x5K relay to set a record for the Guinness Book of World

Records took place December 10-11th. The weather certainly was better this year over last year - no driving rain storms to run in. However, it was COLD for those running in the overnight hours. The runners

## January 2011 Race Calendar

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

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

DATE	EVENT	TIME	LOCATION	CONTACT
<b>January 15</b>	<b>River Road Resolution 5k</b>	<b>8:30 a.m.</b>	<b>Orange Park Kennel Club</b>	<b>(904) 505-8849 Florida Striders Track Club</b>
January 15	Chariots of Fur 5K	8:00 a.m.	SeaWalk Pavilion Jax Beach	(904) 318 8104 Milestone Race Authority
January 22	Matanzas 5K	9:00 a.m.	County Recreation Park 64 West Castillo Dr. St. Augustine	904) 315-0628 Ancient City Road Runners
January 22	The City Scramble 2 Person 5 Mile Adventure Race	11:00 a.m.	O'Brothers Irish Pub 1521 Margaret St. Jax	(407) 592-1642 City Scramble Inc
January 29	Palmer Catholic Academy 5K	8:00 a.m..	Mickler's Landing Ponte Vedra Beach	(904) 543-8515 RaceSmith, Inc.
January 29	Run 5 to Keep Kids Alive	2:00 p.m.	Jacksonville Landing Jax	(904) 731-1900 1st Place Sports
February 5 <b>NEW DATE</b>	Pirates on the Run 5K	8:30 a.m.	St. Peter's Episcopal Church 801 Atlantic Ave. Fernandina Beach	(904) 277-8365 Amelia Island Runners
February 13	26.2 With Donna National Breast Cancer Marathon/Half Marathon	7:30 a.m.	Near Mayo Clinic Jax Beach	(904) 355-PINK (7465) National Marathon to Fight Breast Cancer
<b>April 16, 2011</b>	<b>Run to The Sun 8k</b>	<b>8:00 a.m.</b>	<b>Orange Park Kennel Club</b>	<b>Florida Striders Track Club</b>

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



completed the relay in an impressive 37 hours, 12 minutes 53.66 seconds. **The Florida Striders are awesome!**

Please remember to use the online reporting system at [www.floridastriders.com](http://www.floridastriders.com) to report your race times and to ensure you are named in our newsletter.

There are several races to report on this month. The cooler weather is perfect and oh so much more enjoyable than the 90 degree heat and humidity! However, don't forget you still have to stay hydrated in cooler weather too.

The first race to report is the **RIGHT WHALE 5K**, held on November 20th at Jacksonville Beach. Our own **Al Saffer** took home the gold in his age group.

The second race was the **OUTBACK HALF MARATHON AND 6K** which was held on Thursday, November 25th, Thanksgiving Day. It was an absolutely gorgeous day for a run, couldn't have been better. It was a little chilly to start with some fog; however, the fog lifted, the sun came out and it became a glorious day. This race has become so popular it is wonderful it to see so many people running! Those placing first in their age group were **August Leone, John Metzgar** and **Bruce Holmes**. Those in 2nd place were **Randy Arend, John Wisner, George White, Paul Smith, Lisa Adams, Regina Taylor** and **Nancy Pullo**, and bringing in 3rd place were **Stephen Beard, Frank Frazier, Jack Hayes, Stephanie Griffith** and **Pheona Kaiser**. Congratulations to all who finished the half marathon. As for the 6K results, **Cody Helms** and **Nancy Harms** placed first while **Guy Jackson, Ann Krause** and **Marie Bendi** came in second. Coming in 3rd place were **Craig Harms, Gordon Slater** and **Gayla Poythress**. There were a total of 2,262 fin-

ishers of the half marathon. WOW!

The third race was **REINDEER RUN 5K and 10K** held on December 4th on Amelia Island. The two Striders who placed first in their age groups were **Autumn Rodgers** and **Nancy Harms** while **Nathan Smith** and **Craig Harms** placed second. **Michael Lundy, Joe Connolly** and **Mercedes Smith** came in third. As for the 10K, **Maria Padin** and **Rosa Haslip** placed first, **Paul Smith** placed second and **Mike Singletary, Bernie Powers** and **Kathy Murray** placed third. Congrats to all of you!

The fourth race to report on was the **FESTIVAL OF LIGHTS 5K** held on, December 11th in beautiful San Marco. I absolutely love this race course, looking at all the beautiful homes and the luminaries lining the course. This race benefits the Children's Miracle Network. **Owen Shott** placed first overall and **John Wiskers** was the Masters Male. Those placing first in their age groups were **Andrew Marchand, Paul Smith, Lisa Adams** and **Ann Krause**. The 3rd place winners were **Quincy Masters** and **Barbara Carrocp**.

The fifth race was the **JINGLE BELL RUN FOR ARTHRITIS** held on Saturday, December 18th to benefit the Arthritis Association. **Keith Poythress, Dee Robertson-Lee** and **Mercedes Smith** all earned first place in their age groups.

The sixth local race to report on was the annual **JACKSONVILLE BANK MARATHON AND HALF MARATHON** held on December 19th on a cold Sunday morning. The temperature was in the lower 40's with a steady "breeze", overcast with a few rain drops and fog. Not the most desirable of conditions. Once you finished, you didn't hang around too long as it was too cold to hang out, for most of us anyway. Those

faithful Striders placing first in the half marathon were **John Wisker, Paul Smith, Lorna Bradford** and **Carol Fitzsimmons**. Those placing second were **Britta Fortson, Mark Grubb, Stephen Beard, Frank Frazier, Giselle Carson** and **Stephanie Griffith**. Following in 3rd place were **George White, Regina Taylor** and **Nancy Pullo**. There were two Striders who placed in the Marathon were **Ben Huron** and **Lisa Adams**, both placing 2nd in their age groups. There were 881 finishers of the full marathon and 1,400 finishers of the half marathon. Impressive!

The last local race was **THE LAST GASP**. Mike Marino described it like this: "A new course and a team from the Jacksonville Track Club couldn't stop the Strider Trail Buffs. For the fourth year in a row, the Buffs won the team competition at the Last Gasp, and did so in an impressive manner. The team of **Al Solano, Jason Arnold, Keith Poythress, Lisa Ford** and long-time Buffs anchor man and new daddy **Mike Marino** ran all other competition into the dirt and puddles on the course. All did well individually too, with Al and Lisa winning the overall men's and women's titles, Jason taking 2nd overall, Keith placing 7th overall, and Mike winning his age group. All walked away with two pairs of socks, including the JTC Running socks reserved for the team champions. It sounds like everyone had a great time, despite the weather which I understand from **Nancy Pullo's** comment wasn't that friendly. She said the temperature at the start of the race was 39 degrees and very windy. The combination of cold air and a cold wind off the river made for a very interesting race. We all warmed up afterward at the pizza and beer party."

### STRIDERS - They're Everywhere!

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

**Mercedes Smith** was in St. Petersburg, Florida for the **WOMEN'S HALF MARATHON**. Congrats to you for making the trip then running 13.1 miles!

While in Uniontown, Pennsylvania during the Thanksgiving Day weekend, **Gregg Friend** ran in the **UNIONTOWN SALVATION ARMY TURKEY TROT 5K**. He said the course was in the southern Pennsylvania mountains so it was very hilly, with wet

Continued on next page

### We Get Letters

Long time Strider, Tom Sullivan, moved to Connecticut a few years ago but has maintained his membership and even visited with us from time to time. Tom was on the board for several years and could always be counted on to help with races and other Strider events.

Dear Florida Striders,

I will not be renewing my membership as I have reached the age where I have to save my money to buy my way into heaven- it's the only way I will get there.

I wish to thank all the people who volunteered at the races and other events like the River Run tent that made the Florida Striders the great club that it is. The Strider events were an important and enjoyable part of my life.

Thank you again,

Tom Sullivan

# The Back Page

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pavement, overcast skies and only in the 30's. Way to go, Gregg!

While **Victor Corrales** was in Dallas, Texas, he participated in the **CAPITAL ONE BANK YMCA TURKEY TROT 5K** on November 25th and placed second in his age group. You rock, Victor!

**Ron Porter** was in Atlanta on November 25th and was brave enough to run in the **Atlanta Half Marathon**. He was able to run a PR on a very hilly course and came in ninth in his age group of 535 people and 155th overall of more than 10,000 runners. NICE!!!

**Pat Gallagher** traveled to Berwick, Pennsylvania for the Thanksgiving holiday and ran in the **RUN FOR THE DIAMONDS**, a 9 mile race on November 25th. He said "It was the 102nd Annual Running of this race. Snow was falling during the whole race. Temperature was below freezing. The entire race course was covered with slush. The horrible weather brought the happiest atmosphere I've ever seen in a running group. Everyone was smiling & laughing, saying "we must be insane to do this!" Would you believe we paid an entry fee to endure this? Snow was falling so fast that it accumulated on top of runners' heads, falling off at times in clumps. The race began at 10:30 a.m. so everyone could go home & enjoy their Thanksgiving dinner." That actually sounds like fun! Pat placed second in his age group and won a diamond for being the oldest finisher. Cool!

**Maria Littlejohn** and **Vicky Connell** were in Tallahassee and decided to run in the **TALAHASSEE TURKEY TROT 15K**. I bet they had a great time!

**Trish Kabus** traveled to Cape

Canaveral to run in the **SPACE COAST MARATHON** on November 28th.

I take my hat off to **Sung Ho Choi** who ran **THE JFK 50 MILE RUN** on November 19th, then drove 3 hours to Philadelphia, Pennsylvania to run in **THE PHILADELPHIA MARATHON** the next day on November 20th. She said "It was not pretty but I finished :)" Congratulations! What an accomplishment!

Lastly in our out of town races, **Charles Wagner** ran in the **ED ROOT 5K** in New Smyrna Beach. I bet that was a real pretty course.

## 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.

**Ann Krause** participated in the **NEW YORK CITY MARATHON** and had a great time of 4:05:27. Way to go, Ann!

Just a reminder – as mentioned near the beginning of the article please don't forget to go to our website at [www.floridastriders.com](http://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 **Mike Marino** who tirelessly organized another event so our track club could set another world record and get into the Guinness Book of World Records. Without you we couldn't do it. Thank you! =

## SEND US YOUR RACE RESULTS!

If you miss signing the Strider person, please fill out our new race result form located at [floridastriders.com](http://floridastriders.com).

There is a link to the form on the home page.

## Local Running Info



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

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

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



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