

2011 Resolution 5k

By Dan Adams • Photos by Vanessa Boyd



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The 2011 Resolution 5K presented by Key Buick-Hyundai and Orange Park Medical Center was full of excitement with over 2,200 participants, 100 volunteers, 4 massage table, 4 sponsor booths and a bouncy house. The 5K broke the previous attendance record by over 100 with 791 registered runners. With 1,423 participants from 38 schools, the Fun Run also enjoyed a record setting day. The cold weather produced fast race times with the overall male winner, Gary Droze, finishing in 16:47 and the overall female winner, Michelle Krueger, finishing in 18:19. Orange Park Kennel Club was a great host and **Continued on page 5**

Upcoming Socials!

March 10, 11 & 12

Gate River Run Expo Booth and Tent. Please see Stan's article on page 7 for more details!

March 27 Chili Cook-off

Melissa Saunders' house - Everyone is encouraged to bring their favorite chili

recipe for comparison. Information on the time and directions to Melissa's house will be forthcoming.

April

Annual Board of Director's Picnic with date and location to be determined before the March StrideRight. =

Prez Sez

By Kellie Howard



Is it okay to run a race as a bandit? If it is a Strider race, the answer is definitely no. Dan Adams, Resolution Run Race Director, put a lot of time and effort into the planning of the Run to make it a very successful event. Even though this was his first race as a Race Director, he had a record number of finishers in both the 5K and the Children's fun run. All Strider race directors are volunteers who spend many months preparing for a race. They do everything from working with the city to get proper road permits, to soliciting sponsors and volunteers for the race. Their reward is seeing the final participation numbers and the amount of money that is raised for our Club.

So what about other races? For the past several years, I have worked the Striders water stop for the Jacksonville Marathon and would run from the water stop to the finish of the race with the marathoners. I would use it as my Sunday morning run and drink the water provided by the volunteers along the way. Because I'm only doing part of the race and volunteer for several hours, I think that is okay. I also deliberately say extra nice thank yous to the volunteers since the real marathoners usually don't have enough energy at that point be giving out thank yous.

So is it okay to run a race as a bandit? I think usually not. I know that most runners don't need another race shirt, but by paying for the race, you are supporting the running community which encourages more people to run. =

Board of Directors' Summary of Action Jan. 11, 2011

Orange Park Library • 6 PM

I. Call to Order-The meeting was called to order by Kellie Howard at 6:15p.m. Board Members present: Randy Arend, Mike Mayse, Vicky Connell, Bill Krause, Ann Krause, Carol MacDougall, Frank Frazier, Greg Wood, Maria Littlejohn, Kristie Matherne, Dave Bokros, Glenn Hanna, Melissa Saunders, Lisa Adams, Dan Adams, Scott Hershey, Mike Marino, Kellie Howard, Regina Sooeey.

Also Present: Darin Bickle, Janice Marino, Jennifer Wood

II. Review of Minutes-A motion was made, seconded and passed to accept the minutes from the December 2010 meeting.

III. Officer Reports

a. President Report – Kellie Howard

1. Advertising rates for Strideright: Full page \$100. Kellie said we should let people know about available advertising. Mike added that we should include advertisers from the newsletter on the website as well. Jennifer said it would be a conflict to include advertisers from the newsletter on the website since we already have website sponsors who have paid to be there, and this would give extra free advertisement to those who posted in the newsletter. However, we can use the website to advertise that ads are available in the newsletter.

b Treasurer Report – Randy Arend

Beginning Cash Balance as of December 1, 2010 was \$16,346.72.

December Income was \$2,767.85.

December Expenses were \$5,194.14.

Ending Cash Balance as of December 31, 2010 was \$13,920.43.

Ending Cash Balance has designated amounts for 100 x 5K World Record, Publix Sponsorship, Kohl's

Continued on page 9

2010-2011 Board of Directors & Key Members

(Board Members marked with an *)

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Run to the Sun Race Director:

Karen McCormick (H) 215-7053
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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
Strider person or fill out the race
result form at
floridastriders.com**

River Run Hospitality Tent Coordinator:
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The Lifework of Bud Greenspan

On December 25, 2010, Bud Greenspan died. He was 84. His legacy is a body of work on the Olympic Games, a series of documentary films written, produced, and directed by him that chronicles winners, losers, triers, and sports legends.

Beginning on New Year's Day and running for nine days, Universal Sports channel aired nine of Greenspan's finest productions, starting with his award-winning movie, *Sixteen Days of Glory*, coverage of the 1984 Los Angeles Olympic Games. Every runner has seen, or should see, the segment on Joan Benoit's victory in the first Olympic marathon race for women.

Greenspan loved the Olympics and Olympians. Since his radio days in New York City as a 21-year old sports director, he sought out and interviewed those athletes who performed on the largest stage in sport. His coverage often includes pre- and post-competition interviews with champions and long-shots in marquee events like the 100 meters and lesser-known endeavors like two-man canoeing.

His love of sportsmen and sports-women oozes through the scripts of his documentaries.

I was riveted to the TV from January 1 through January 9, losing sleep to absorb, and be inspired by, Greenspan's films. And then in an uncanny parallel to what happened almost a year ago, I was the recipient of an unexpected gift.

At the end of 2009, my Strideright readers learned of the return of a long-lost and forgotten book by Australian running coach Percy Cerutti. My college roommate, Jim Cook of Ohio, had found *Be Fit or Be Damned*, behind a bookcase. From 1968 until 2009, it had been in his possession, a loan to a fellow runner, of a book that had been thought-provoking. The real treasure was pressed inside, two letters received from Cerutti in response to inquiries I had made in 1963.

The controversial athletics coach had a running camp in Australia called Portsea, and I wanted to go there, straight out of high school. I still haven't

made it to Australia, but the letters are a precious reminder of an early passion for self-expression through running.

So this year, on the heels of Greenspan's death, I get an email from one of my former cross country, track, and marathon athletes, Ryan Milner, now a coach at Valley City State University in North Dakota. "I found this set of videotapes on the Olympics. I don't own a VCR. Would you be interested in them?"

Turns out, they are a complete set of eight Greenspan videos, his first award-winning collection titled *The Olympiad, Greatest Moments*, produced in 1976.

Ryan included some additional treasures: Programs, newspaper articles, and souvenirs from both the Games in Montreal (1976) and the Los Angeles Olympics.

In my thank you note to Ryan Milner, and his dear wife, Sarah Thomas (also a former athlete of mine at Dana College), I wrote, "... you could not find anyone who could appreciate these videos more than I."

I've spent many hours in January and anticipate the same this month, watching, and being inspired by, Greenspan's work. Universal Sports channel is re-running the nine episodes of early January and I hope they'll continue to air.

Wide World of Running By Jay Birmingham

Bud Greenspan's work is old school. It is idealistic. It is positive. His scripts are simple and informational. Sensationalism is not a Greenspan trait.

Whereas today's sports coverage seems equal parts tabloid journalism and game coverage, Greenspan eschews rumor and innuendo, favoring simple facts. "Ben Johnson's 100 meter gold medal was stripped because of illegal drug use." Period. On to the next event.

If you are inclined to non-fiction and don't mind being inspired to dedication, I heartily recommend that you get hold of a Greenspan film and watch it. No matter the event, Greenspan elevates the human condition and gives fitting tribute to those who aspire to reach the highest expression of their physical gifts and mental tenacity.

On the back of the *Olympiad* box of tapes is a quotation:

Ask not alone for Victory

Ask for Courage.

For if you can Endure,
You bring Honour to Yourself.

Even more,

You bring Honour to us All.

— Bud Greenspan =

Ocala Half-Marathon



Ocala half-marathon finishers left to right - Bill Krause, Danny Weaver (2nd place), Dave Garrett, Ann Krause (3rd place), Bruce Howard (2nd place), Steve Williams (1st place), Kellie Howard (2nd place), Jerry Bennett (2nd place) and Scott Hershey (2nd place). This newsletter did not have space to put the picture of Danny sitting on the side of the road at mile 4 waiting for Jerry.

RESOLUTION 5K RECAP

Continued from page 1



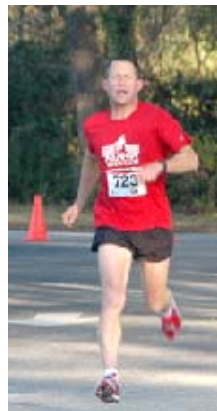
generous contributor, giving \$1800 in prize money for elementary school run-walk programs. O2B Kids created a kid play zone filling the grass field with a bouncy house, face painting and balloons. Massage tables were set up by Heartland Rehabilitation to assist runners in recovery. Heartland also led the fun run warm up, which the children truly enjoyed. The Kohl's A-Team worked the course water stop providing mid race support. Starbucks provided coffee to fuel our dedicated team of volunteers who showed up well before sunrise, in freezing temperature to transform the

Continued on next page

Volunteers:

Dan Adams	Leslie Kindling
Lisa Adams	Mindy Kirkland
Susie Ament	Monica Kno
Krissa Arend	Mark Lay
Randy Arend	Carol MacDougall
Paul Armon	Cynthia Maldonado
Tracey Armon	Mike Mayse
Suzanne Baker	Colin McCormick
James Bishop	Karen McCormick
Dave Bokros	Sue Melson
Nicole Boucher	Elke Miller
Bob Boyd	Stan Moore
Vanessa Boyd	Kathy Murray
Chris Breault	Shannon Navitsky
Laurie Burke	Jeff Nelson
Bernita Bush	Pam Nelson
Sheila Cabrera	Pat Noonan
Jimmy Cates	Annie Pentaleri
Marissa Connell	Matthew Pentaleri
Vicky Connell	Michael Pentaleri
Tracy Conroy	Sharon Pentaleri
Kim Crist	John Powers
Lacey Crist	Keith Poythress
Jackie Culver	Pat Raiford
Pat Czarnecki	Cauly Redenious
Kiara Dubose	Melissa Roehm
M.J. Eckford	Bryan Rohlin
Kim Ericson	Valerie Rubin
Emmalee Farner	Marge Ruebush
Darion Fitzpatrick	Paul Ruebush
Frank Frazier	Melissa Saunders
Simone Garvey-Gwan	Lori Scarlett
Fred Gaudios	Stan Scarlett
Annette Gray	Stephanie Shafer
Crystal Gray	Nancy Sirmons
Gary Hallett	J.D. Smith
Nancy Hallett	Ruth Smith
Glenn Hanna	Bob Tatum
Ashley Hatten	Elizabeth Theroux
Sarah Heinold	Kim Tracanna-Breaul
Elishah Hernandez	Taylor Updegraff
Keisha Holloway	Tiffany Vallish
Jim Hughes	Renee Vann
Kaitlin Jackson	Kyle Vaughn
Stacy Jean	Sheryl Vaughn
Jasmine Johnson	James Vavrina
Lindsay Johnson	Christian Vazquez
Christine Jones	Edna West
Isaac Jones	Skeeter White
Roger Jones	Ramona Winchester
Marilyn Karnuth	Rose Woolwine

Thanks!



RESOLUTION 5K RECAP

Continued from page 5

kennel club into first class race facility. Photos of the event can be viewed at <http://www.floridastriders.com/photos.html>

My heartfelt thanks go out to our sponsors whose generosity allows the Florida Striders to promote and encourage running by educating the community about the benefits of physical fitness and sport. Most notably we support the local elementary school run-walk programs which have grown to over 38 schools and 7,000 students. With each event I attend, I am awed by the talent and hard work of the Florida Striders, who produce the finest race events in Jacksonville. =

Thanks for all you do,
Dan Adams
Resolution 5K Race Director

Sponsors:

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Wendy's
Channel 4 WJXT

Florida Striders Track Club 2011 River Run Tent and Expo Booth

If your Strider dues will expire in January or February of this year, you need to pay them ASAP. If not, your name may appear as expired in the Strider/Amelia Island runner's rosters at the River Run Strider Expo booth on Thursday, March 10th and Friday, March 11th, and at the entry to the tent on race morning, March 12th.

If you are expired, you will have to renew at the Expo booth or at the tent entry, and pay in cash or check. Verification of membership is required to get your yellow wrist bands for tent access for you and up to 5 guests or family members.

Thanks, Stan

In the May issue of the StrideRight, 2010, in my "wrap up" article for the Expo presence and the large Tent, I mentioned several items that I have since worked on and have determined the following:

- We will have a total of 8 portalets this year (an increase of 2), 6 from the Striders and 2 from the Amelia Island Runners.
- We will have overhead wiring instead of on-ground wiring (Matt Ross's idea)
- I am bringing 50 small American Flags for the kids. They seemed to really like the ones I brought this last RR.

· In the food area, Marge will "hold back" food for the more "deliberate" finishers to make sure they can have plenty to eat.

· The portalets will be reserved for only runners/walkers in the 5K and 15K, from 7:15 am-8:15 am. We will make announcements all Race morning to this effect and will have signs at the Tent entry and beginning of the portalet lines. We may check for wrist bands in the lines, especially, at the beginning of the lines

· The maximum number of wrist bands to be given to members will be 6, whether the member is a single, family, junior or senior membership. Exceptions will be made on approval, by Frank Frazier or myself. Mike Mayse will not do any mail outs this year. Members wanting more than 6 bands should call/email me or Frank

· We encourage Members to visit our Booth in the Expo and pick up their bands

there. Our Booth is next to the Publix booth, on the right as you come in the Expo, Booth numbers 307 and 308.

· If a member comes to the Tent Entry, race morning, without wrist bands, once we check our rosters, we will give out the bands, at tables at the Tent Entry. If family members or guests, come to the Tent Entry without bands, we will check the rosters to verify the family/guest Members' membership status. It may happen that a member cannot deliver bands to members' family/guests prior to race morning, ex., out of town people. We will only have a limited number of wrist bands at the Tent Entry area. Members that will have guests without Bands on Sat. am, could plan to meet them at the Tent Entry on race morning or at the Expo Booth on Thursday/Friday before Race day.

· At the Expo Booth and the Tent area, we will:

- a. sell merchandise,
- b. sign up new, renewing and expired memberships,
- c. distribute yellow wrist bands
- d. Keith Poythress will use the Strider Canopy inside the Tent area with a complete display of Strider merchandise, Race morning.

· Display photos and articles about the Striders and their community involvement

· I think it is important that we are as polite and accommodating to our members and guests as possible. We must

keep in mind that this event is for our members and guests. A member should give his bands to only his family and personal guests. This is not an open event

· We should also remember that we have many members that do not chose to run/walk the Races at RR, but do come to the Expo and Tent area, to enjoy themselves and have a good time. They will get bands and for their guests, like everyone else.

· And, as for the last 2 years, the Amelia Island Runners will join us and provide food, portalets, and volunteers for the Booth and Tent set up/take down.

· We will have the Everest University massage school students Race morning to get you ready for the run. This is about the 6th year they have been with us.

We will have a "help desk" at the Tent Entry area like last year, for any problems. I have tried to find out if there were any problems at the Tent Entry last year, but after talking to several of the volunteers there, could not determine if there were any. If anyone knows of any specific problems there, please let me know.

This year, I will narrow and lengthen the Entry Chute, to discourage people from crashing our party. Last year, it seemed non members came in around our wrist band checkers when their backs were turned. We will not have the "Run now, Pay later" program for 2011. We did collect about 50% of those, but it was very time consuming for Mike Mayse.

AND AS ALWAYS, BRING FOOD, BRING FOOD, BRING FOOD AND HAVE YOUR GUESTS BRING FOOD.

In the January, 2011 issue of the Strideright, there is an article about needing volunteers with times and places where we will need help. Thanks for all your assistance and support!

Stan Scarlett: Hospitality Tent Coordinator, 994.2687, and Expo Booth Coordinator with Frank Frazier, Coordinator
stanscarlett@msn.com =

Running with the Physics Teachers

By Danny Weaver

On Monday, January 10th our combined Jacksonville Track Club/Florida Striders Track Club group of downtown bridges runners were joined by the American Association of Physics Teachers who were in town for a convention.

It all started back in August when I received an e-mail from Jill Marshall, the AAPT Vice President and meeting coordinator. Jill explained that their semi-annual conventions are held to share strategies and research on physics and physics teaching. The one at the Jax Regency Hyatt was to have in attendance over 800 physics teachers, mostly college and university professors, from all over North America. She asked if some of them could run/walk with us on our regular Monday afternoon training run. Realizing we had a lot in common – you know, IQ and all - I was delighted to have them join us. That area of downtown is very pretty at night



with the sunset, the Landing lights and the bridges lit in different colors, all reflecting off the river. Too bad the renovations to the Friendship fountain hadn't been completed.

So we planned to meet in front of the Hyatt to run 3 loops of bridges (Main St. and Acosta); the walkers would do 2 loops. We started out with over 20 runners and 6 walkers on a cold, damp afternoon. We were lucky the rain, which had come down earlier that day, had stopped. Jill and her cohorts had water and granola bars at the Hyatt, where we stopped after each lap. It was just a nice jaunt with the out-of-towners of all ages and running abilities. There were some who ran off and left us, and some who were happy to be in the walking group led by my lovely wife, Anne, assisted by Paul Smith who was, at the time, nursing a running injury.

I think all of our participants (Anne Weaver, Paul Smith, Ann Krause, Melinda Terry, Susan Maurer, Nikki Bialik, Susan Roche, Steve Williams and myself) enjoyed the camaraderie of "running with the physics teachers." Their next convention is scheduled for Omaha NE, where Jill said they'll be running the bridges over the Missouri river - couldn't be any prettier than our St. Johns!

Should they ever return to our fair city, we'll be ready for them – we'll have to bring 'em some apples... =



**Saturday,
February 26**

8 AM - 1 Mile Fun Run
8:30 AM - 5 Mile Grand Prix Race

For the past 32 years, St. Mark's Episcopal Day School has held the Daily's Ortega River Run, which winds over bridges and through historic Ortega. Stop by the family-friendly street fair for give-a-ways and treats! With an average of over 2,000 participants, it is one of the largest races in Jacksonville, and is the perfect training run for the Gate River Run.

Register Today: www.1stplacesports.com/ortega.html

  **St. Mark's Episcopal Day School**

**We would like to
hear from you!**

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

MINUTES

Continued from page 2

Children's Running, and River Run Expo Space Rental Budgets totaling \$9,699.85. Undesignated cash balance was \$4,220.58

We exceeded income on races by about \$7,000, mostly from Memorial Day. Overall, we were \$3,500 under budget on expenditures, mainly from savings on the Strideright (reducing issue size and skipping July) and unused scholarship money. This will close out the 2010 budget year. Carryover amounts for designated accounts.

IV. Committee and Director Reports

a. Run to the Sun Budget – Kellie Howard for Karen McCormick: Motion was made, seconded and passed to approve the 2011 Run to the Sun budget as proposed.

b. Hog Jog Report – Kellie Howard for Steve Bruce: No Mel-low Mushroom money yet, but Dave feels confident we can get it again. Hog Jog is always our smallest race. Steve's considerations for next year. Use timing chips, Selling cotton youth shirts for \$5, reserving park 6 months ahead of time, discount

for cross country teams.

c.bSocial Update – picnic at Secret Cove

V. Announcements:

River Road Resolution Run this Saturday. It's going to be cold. 650 pre-registered runners. We expect 880 total entries. Discussion about marketing Memorial Day Race there. We hope to have flyers there to pass out. Dan Adams needs more volunteers for Saturday.

Mike Marino announced that packet has been submitted to Guinness for World Record. We should have a decision by end of Jan. We won't have certificates from Record Holders Republic because we had to pay for filming this year. Request to post video on our website, and to get a video clip for the River Run expo booth.

VI. Adjournment: A motion was made, seconded and passed to adjourn the meeting. The meeting was adjourned at 6:52 p.m.

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

Striders at the Races

Race Results

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

Vystar Gator Bowl 5k

Jacksonville, FL

December 31, 2010

John Metzgar	17:21:00	1st ag	George Thompson	22:42:00		Mark Lay	28:28:00	
John Wisker	17:25:00	1st ag	Frank Frazier	22:42:00	1st ag	Doug Barrows	29:38:00	
Andrew Marchand	17:39:00		Barbara Carrico	22:42:00		Bill Krause	29:44:00	
Bill Phillips	18:25:00	1st ag	Paul Smith	22:48:00	2nd ag	Martin Wilkinson	30:02:00	
Ben Huron	18:30:00	3rd ag	Leslie Kindling	22:50:00		Bernie Powers	30:12:00	
Robert Walker	19:17:00	3rd ag	Allan Smith	23:43:00		Al Saffer	30:35:00	1st ag
David Bonnette	19:32:00		Kathy Murray	23:44:00		Benjamin Holland	30:52:00	3rd ag
Mark Grubb	19:32:00	2nd ag	Ann Krause	23:54:00		Michael Lundy	32:59:00	
Keith Poythress	19:56:00		Wesley Cole	24:14:00		Kimberly Lundy	32:59:00	
Lorna Bradford	19:59:00		Quincy Masters	24:35:00		John Gauer	33:38:00	
Lisa Adams	20:09:00	2nd ag	George Hoskins	24:35:00	3rd ag	Valerie Hamilton	33:46:00	
Regina Taylor	20:28:00	2nd ag	Craig Harms	24:39:00		Bob Meister	33:49:00	2nd ag
Bruce Holmes	20:33:00	1st ag	Kim Crist	24:49:00		Fred Haley	35:34:00	
Raymond Ramos	20:35:00		Cynthia Maerz	24:50:00		Kim Kovalski	36:16:00	
David Horn	21:00:00		Sharon Lucie	24:56:00	1st ag	Dee Robertson-Lee	38:10:00	
Kayla Vinson	21:19:00		Danny Weaver	25:14:00		Charles Goodyear	38:54:00	
Guy Jackson	21:44:00		Sue Whitworth	25:47:00		Diane Wilkinson	40:01:00	
George White	22:05:00	3rd ag	Claudia French	25:49:00		Freddy Fillingham	40:04:00	
Cynthia Lyons	22:15:00		Bradley Shepherd	26:11:00		John Aimone	40:28:00	
Jason Burcham	22:40:00		Vicky Connell	26:17:00		Diane Aimone	42:52:00	1st ag
			Gary Proctor	26:42:00		Jack Lundy	46:19:00	
			Bill Mitchell	27:33:00		Tracey Armon	46:59:00	
			Earl Vinson	28:26:00		Joe Connolly	51:07:00	

RESULTS

Continued from previous page

Resolution Run 5k Orange Park, FL January 15, 2011

John Wisker	17:15	1st ag
John Metzgar	17:19	1st ag
Cody Helms	17:35	2nd ag
Andrew Marchand	17:37	1st ag
Drew Kenny	18:12	1st ag
Bill Phillips	18:30	1st ag
David Bonnette	19:00	2nd ag
Robert Wlaker	19:08	3rd ag
Mark Grubb	19:08	
Wayne Bishop	19:09	
Lisa Adams	19:59	3rd ag
Bruce Holmes	20:15	1st ag
Britta Fortson	20:16	1st ag
Stephen Beard	20:21	1st ag
Randy Arend	20:32	1st ag
Scott Hershey	20:34	2nd ag
Regina Taylor	20:46	1st ag
Kevin Fleeger	20:55	3rd ag
Charlie Hunsberger	21:00	
Donald Wucker	21:01	
Kayla Vinson	21:13	1st ag
Randy Abate	21:39	
George White	21:49	3rd ag
Jason Burcham	22:02	
Barbara Carrico	22:14	3rd ag
Melissa Saunders	22:21	3rd ag
Nancy Harms	22:23	2nd ag
Alison Ronzon	22:39	2nd ag
Leslie Kindling	22:47	
Allan Smith	22:55	
Frank Frazier	23:10	1st ag

Kathy Murray	23:25	3rd ag
Stephanie Griffith	23:32	1st ag
Paul Smith	23:34	2nd ag
John Hirsch	23:38	
George Thompson	23:50	
Ann Krause	23:59	1st ag
Fred Gaudios	24:06	
Kerri Cook	24:13	
Michael Mandt	24:15	
Elfrieda Wyner	24:15	1st ag
Cynthia Maerz	24:27	
Jerry Bennett	24:30	
George Hoskins	24:56	3rd ag
Kim Crist	24:56	2nd ag
Craig Harms	25:27	
Sharon Lucie	25:27	3rd ag
Claudia French	25:31	
Sue Whitworth	25:36	
Bradley Shepherd	25:52	
Freddy Howell	25:53	
Kathryn Howell	26:15	
Thomas Pittman	26:16	
Gayla Poythress	26:24	
Tim Wright	26:36	
Mike Youngblood	26:52	
Glenn Hanna	26:54	
Steve Lucie	27:04	
Kimberly Lundy	27:16	
Cecile Spiegel	27:45	
Martin Wilkinson	27:54	
Jakob Wyche	28:08	
Ken Murray	28:25	
David Pizzi	28:32	
Mamie Davis	28:41	
Guillermo Piazza	28:42	
Andrea Morrison	28:44	
Nicole Andress	29:22	
Benjamin Holland	29:33	1st ag
Alan Harmon	29:34	
Bernie Powers	29:47	
Mark Wynter	29:48	
Earl Vinson	30:00	
Melanie Cruz	30:07	
Jack Sykes	30:19	
Lacy Healy	30:33	
Nancy Pullo	30:47	2nd ag
Cary Wyche	30:57	
Gail Pylipow	31:16	
Jennifer Wood	31:33	
Judy Andrews	31:58	
James Howell	32:24	
Al Saffer	32:25	1st ag

Jill Wright	32:37	
Traci Bane	32:39	
Paul Smith	33:32	
Charles Wagner	33:56	2nd ag
Carol Palmer	34:23	
Vincent Cameron	34:43	
Stacey Albrecht	34:54	
Valerie Buckler	35:04	
Kim Kovaleski	35:52	
Gordon Slater	36:18	3rd ag
John Aimone	36:38	2nd ag
Charles Goodyear	37:25	
Tracey Minton	37:37	
Richard Daege	37:46	
Connie Schoenfeld	37:54	3rd ag
Jerry Skirvin	38:55	
Diane Wilkinson	39:40	
Barbara Gilbert	39:48	
Rita Lamach	41:24	
Jamie Wyche	42:50	
Tracey Armon	45:01	
Nancy Tretick	45:12	
Tom Zicafoose	45:53	
Michael Martinez	46:07	
George Obi	46:26	3rd ag
Joe Connolly	49:04	
Lara Anthony	53:42	
Dee Robertson-Lee	54:05	

CRIME STOPPERS 10K Ormond Beach, FL January 8, 2011

Bill Phillips	38:00
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DISNEY HALF MARATHON Orlando, FL January 8, 2011

Joey Marra	2:33:10	Goofy Chall.
Mel Abando	3:24:43	
Jamie Wyche	3:18:23	Goofy Chall.

DISNEY MARATHON Orlando, FL January 9, 2011

Ron Porter	3:11:49	PR
Joey Marra	5:42:27	
Jamie Wyche	6:46:26	Goofy Chall.

SEEF MALL 3K Manama, Bahrain January 14, 2011

Carter Bradford	11:56
Brett Bradford	12:46

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us out!

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Scan with your smart phone

Paige Bradford 12:54
2nd Youth Female

SEEF MALL HALF MARATHON
Manama, Bahrain
January 14, 2011

Lorna Bradford 1:31:56
1st Overall Female
Charles Bradford 1:46:47

CHARIOTS OF FUR 5K
Jacksonville, FL
January 15, 2011

Mercedes Smith 26:46
2nd masters division

NORTH MYRTLE BEACH WINTER
BEACH RUN 15k
January 22, 2011
North Myrtle Beach NC

Randy Pullo 1:21:55
Nancy Pullo 1:45:23 1st AG

OCALA HALF MARATHON
January 23, 2011
Ocala, Florida

Steve Williams 1:39:43 1st ag
Scott Hershey 1:41:17 1st ag
Ann Krause 1:57:28 3rd ag
Danny Weaver 1:57:52 3rd ag

Gerry Bennett 1:57:52 2nd ag
Kellie Howard 1:58:23 2nd ag
Bruce Howard 2:14:12 2nd ag
Bill Krause 2:24:16
Dave Garrett 2:24:16

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Resolution 5K



Presented by Orange Park Medical Center and Key Buick-Hyundai

January 15, 2011

RESULTS

Due to space limitations in the StrideRight, we are only able to publish the top 10 finishers in each age group. For complete results, please go to www.floridastriders.com

CLASS	PLACE	PLACE	FINISHER	Chip TIME	Gun TIME	PACE
Open Men						
723	1	1	Gary Droze, 49	16:47	16:48	5:25
585	2	2	John Leeds, 27	16:54	16:55	5:27
5	3	3	Shawn Williams, 34	17:02	17:03	5:29

Open Women						
3	1	1	Michelle Krueger, 35	18:19	18:19	5:54
34	2	2	Joni Gruwell, 30	19:02	19:05	6:08
511	3	3	Lisa Adams, 36	19:59	20:02	6:27

Masters Men						
13	4	1	John Wisker, 44	17:15	17:17	5:34

Masters Women						
761	5	1	Sue O'Malley, 50	20:23	20:24	6:34

Grand Masters Men						
174	16	1	Bill Phillips, 56	18:30	18:32	5:58

Grand Masters Women						
152	25	1	Stephanie Griffith, 56	23:32	23:39	7:35

CLASS	PLACE	PLACE	FINISHER	Chip TIME	Gun TIME	PACE
Men 3 - 10						
390	72	1	Troy Britts, 10	22:24	22:27	7:13
629	75	2	Bryce Stalter, 9	22:31	22:35	7:16
389	91	3	Cameron May, 9	23:07	23:16	7:27
742	93	4	Vincent Sabatella, 9	23:11	23:20	7:29
639	121	5	Cole Mandt, 10	24:15	24:20	7:49

811	124	6	Garrick Gibson, 3	24:22	24:31	7:52
78	169	7	Alex Strandgard, 10	27:00	27:01	8:42
130	174	8	Maverick Boring, 10	27:01	27:10	8:43
505	194	9	Jakob Wyche, 9	28:08	28:25	9:04
52	202	10	Christopher Mickel, 9	28:27	28:37	9:10

Men 11 - 13						
665	61	1	Patrick McCarthy, 11	21:52	21:54	7:03
161	86	2	Cameron Dill, 11	22:51	23:08	7:22
128	98	3	Nic Leblanc, 13	23:21	23:31	7:32
226	104	4	Lucas Smith, 13	23:39	23:45	7:38
849	136	5	Nikkolas Hamilton, 11	25:11	25:18	8:07
417	172	6	Devin Jakeway, 11	27:05	27:06	8:44
823	188	7	Harrison Vann, 11	27:45	28:07	8:57
796	190	8	Cory Benavides, 11	27:46	28:09	8:57
375	198	9	Christopher Roberts, 12	28:30	28:30	9:11
373	199	10	Alex Green, 11	28:05	28:30	9:03

Men 14 - 19						
518	7	1	Erik Hartley, 17	17:31	17:32	5:39
835	8	2	Cody Helms, 17	17:35	17:36	5:40
432	15	3	Alek Abate, 15	18:22	18:23	5:55
71	21	4	Travis Wooten, 14	19:01	19:02	6:08
56	53	5	Connor McClure, 14	21:13	21:18	6:51
799	58	6	Eric Bornestav, 18	21:32	21:43	6:57
108	87	7	Connor Bussiere, 18	23:06	23:10	7:27
574	157	8	Brandon Shannon, 14	26:19	26:25	8:29
110	192	9	Caleb Cochran, 14	27:36	28:13	8:54
149	197	10	Ryan High, 16	28:09	28:29	9:05

Men 20 - 24						
103	13	1	Tim Stegink, 24	18:20	18:21	5:55
280	27	2	Matthew Worsham, 24	19:12	19:16	6:11
46	78	3	Dustin Curtiss, 23	22:34	22:45	7:17
306	107	4	Zack Stitz, 23	23:34	23:49	7:36
840	127	5	Jason, 23	24:08	24:37	7:47
852	131	6	Ryan Lail, 23	24:45	24:58	7:59
673	141	7	Aaron White, 20	25:38	25:54	8:16
682	143	8	Brian Taylor, 22	25:40	25:56	8:17
677	145	9	Garrett Lingle, 21	25:48	26:00	8:19
806	162	10	Anthony Rodino, 22	26:16	26:37	8:28

Men 25 - 29						
445	14	1	Alan Geike, 29	18:21	18:23	5:55

RESOLUTION 5K RESULTS

Continued from previous page

213	18	2	Justin Holstein, 26	18:53	18:55	6:05
449	24	3	Robert Walker, 29	19:08	19:10	6:10
301	31	4	James Fischer, 27	19:44	19:45	6:22
175	48	5	Derrick Schimcek, 28	20:58	21:02	6:46
554	50	6	Charlie Hunsberger, 29	21:00	21:07	6:46
309	51	7	Nathan Sickler, 29	21:06	21:09	6:48
733	70	8	Christopher Harvey, 29	22:12	22:19	7:09
222	71	9	Jeff Rick, 28	22:19	22:27	7:12
617	80	10	Cody Vincent, 29	22:40	22:54	7:19

Men 30 - 34

215	6	1	Matthew Barfield, 34	17:21	17:22	5:36
448	17	2	David Moritz, 33	18:40	18:42	6:01
36	55	3	Tim Fluharty, 33	21:31	21:34	6:56
447	63	4	Joe Lewandowski, 34	21:42	21:54	7:00
616	82	5	Tyler Vincent, 31	22:43	22:56	7:20
154	88	6	Jeffrey Cumber, 32	23:09	23:14	7:28
614	125	7	Justin Rogers, 34	24:23	24:34	7:52
718	152	8	Paul Trenteseaux, 32	26:16	26:17	8:28
120	166	9	Tim Butts, 31	26:29	26:50	8:33
841	175	10	Michael Brower, 31	26:12	27:10	8:27

Men 35 - 39

354	9	1	Andrew Marchand, 39	17:37	17:39	5:41
832	10	2	Jason Arnold, 36	17:41	17:42	5:42
419	22	3	Mills Ramseur, 39	19:05	19:06	6:09
756	26	4	Wayne Bishop, 39	19:09	19:11	6:10
195	28	5	Craig Herzog, 36	19:26	19:29	6:16
377	30	6	Aaron Potter, 37	19:42	19:45	6:21
623	38	7	Michael Owens, 38	20:22	20:25	6:34
647	67	8	Jason Burcham, 36	22:02	22:13	7:06
386	81	9	Timothy Gostin, 36	22:44	22:55	7:20
827	84	10	John Briggs, 37	22:54	23:04	7:23

Men 40 - 44

230	11	1	Eric Vandervort, 43	17:54	17:55	5:46
846	12	2	Drew Kenny, 44	18:12	18:14	5:52
553	20	3	David Bonnette, 44	19:00	19:02	6:07
456	29	4	Michael Steffen, 40	19:37	19:39	6:19
539	32	5	Alden Estep, 41	19:46	19:52	6:22
435	36	6	Gregory Phipps, 41	20:13	20:19	6:31
293	43	7	David Remisiewicz, 43	20:35	20:42	6:38
405	44	8	Charles Delay, 40	20:48	20:50	6:42
227	57	9	Robert Smith, 42	21:32	21:38	6:57
127	64	10	James Leblanc, 42	21:49	21:59	7:02

Men 45 - 49

397	5	1	John Metzgar, 48	17:19	17:20	5:35
172	19	2	Keith Buczkowski, 45	18:56	18:57	6:06
229	23	3	Michael Johnson, 49	19:07	19:08	6:10
424	25	4	Mark Grubb, 46	19:08	19:11	6:10
74	33	5	Spencer Olsen, 49	19:55	19:57	6:25
353	34	6	Raymond Ramos Jr, 49	20:11	20:16	6:31
55	39	7	Hal McClure, 48	20:30	20:35	6:37
344	42	8	Rob Johnson, 48	20:38	20:42	6:39
299	52	9	Jose Marrero, 45	21:11	21:18	6:50
851	54	10	Darryl Herren, 49	21:23	21:26	6:54

Men 50 - 54

66	40	1	Randy Arend, 50	20:32	20:37	6:37
212	41	2	Scott Hershey, 52	20:34	20:39	6:38
204	46	3	Kevin Fleeger, 51,	20:55	20:58	6:45
141	47	4	Joe Kleinrichert, 51	20:53	20:59	6:44
278	49	5	Donald Wucker, 51	21:01	21:05	6:46
173	56	6	Gary Gerdeman, 53	21:25	21:35	6:54
600	89	7	Joel Preston, 51	23:00	23:14	7:25
592	94	8	Jeffrey Thomas, 51	23:11	23:20	7:29
42	105	9	Jorge Simons, 52	23:37	23:48	7:37
341	109	10	George Thompson, 50	23:50	23:59	7:41

Men 55 - 59

62	37	1	Stephen Beard, 55	20:21	20:24	6:34
401	60	2	Leslie Hart, 56	21:41	21:45	6:59
277	65	3	Douglas Tillett, 57	21:54	22:02	7:04
49	76	4	Kenneth Perkins, 56	22:39	22:42	7:18
416	83	5	Allan Smith, 55	22:55	23:01	7:23
18	96	6	David Courtwright, 58	23:20	23:25	7:31
757	106	7	John Hirsch, 59	23:38	23:49	7:37
260	116	8	Charles Prentice, 55	23:59	24:15	7:44
776	167	9	David McCranie, 55	26:22	26:52	8:30
565	180	10	Bill Standfield, 58	27:20	27:38	8:49

Men 60 - 64

20	35	1	Bruce Holmes, 63	20:15	20:17	6:32
205	45	2	Steve Williams, 61	20:47	20:51	6:42
760	62	3	George White, 64	21:49	21:54	7:02
638	77	4	Pat Haley, 64	22:35	22:44	7:17
423	99	5	Randy Pullo, 60	23:31	23:34	7:35
211	103	6	Paul Hibel, 64	23:39	23:42	7:37
446	117	7	Fred Gaudios, 63	24:06	24:16	7:46
519	128	8	Jerry Bennett, 60	24:30	24:38	7:54
415	138	9	Craig Harms, 60	25:27	25:39	8:12
158	139	10	Fausto Gardini, 60	25:44	25:47	8:18



Get your Strider swag before the River Run!

Please contact Keith Poythress, our Merchandise Coordinator with questions at: (904) 616-6054 or poyth@bellsouth.net if you would like to place an order.



RACE PHOTOS

Please visit floridastriders.com for many more wonderful color photos of the race!

If you would like a high resolution version of any of the pictures please contact Vanessa Boyd at VanessaABoydFL@gmail.com, along with the event and picture number, and we will email it to you at no charge.

Men 65 - 69

40	90	1	Frank Frazier, 68	23:10	23:15	7:28
84	102	2	Paul Smith, 69	23:34	23:41	7:36
759	133	3	George Hoskins, 66	24:56	25:03	8:02
561	221	4	Ed McDonough, 68	29:21	29:58	9:28

Men 70 - 74

270	217	1	Benjamin Holland, 70	29:33	29:45	9:32
649	279	2	Charles Wagner, 73	33:56	34:36	10:57
14	292	3	Gordon Slater, 71	36:18	36:26	11:43
25	299	4	Charles Goodyear,	37:25	37:37	12:04

Men 75 - 79

61	258	1	Al Saffer, 76	32:25	32:30	10:27
26	260	2	Bob Meister, 78	32:35	32:40	10:30
217	290	3	Bengt Espling, 78	35:40	35:58	11:30

Men 80 & Up

758	236	1	Pat Gallagher, 80	30:41	30:43	9:54
403	297	2	John Aimone, 80	36:38	37:11	11:49
60	338	3	George Obi, 80	46:26	46:56	14:58
23	344	4	Joe Connolly, 86	49:04	50:04	15:50

CLASS	ID#	PLACE	PLACE	FINISHER	Chip TIME	Gun TIME	PACE
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Women Under 3

606	48	1	Nicole Schoenfeld, 2	25:02	25:05	8:04
800	61	2	Anne Orsi, 1	25:55	26:14	8:21
605	252	3	Connie Schoenfeld, 2	37:54	38:09	12:13

Women 3 - 10

779	22	1	Payton Crews, 10	23:10	23:21	7:28
194	31	2	Lj Parliment, 10	23:54	23:58	7:42
35	67	3	Alexia Smith, 10	26:49	26:56	8:39
619	112	4	Sydni West, 10	29:23	29:36	9:29
77	148	5	Leslie Strandgard, 10	31:05	31:38	10:01
509	150	6	Megan Adams, 9	31:26	31:41	10:08
510	155	7	Grace Adams, 6	31:33	31:49	10:10
630	181	8	Amelia Stalter, 10	32:53	33:10	10:36
722	188	9	Inge Vandenberg, 9	33:18	33:26	10:44
734	218	10	Anna Magruder, 9	34:46	35:21	11:13

Women 11 - 13

406	14	1	Kayley Delay, 11	21:45	21:47	7:01
508	47	2	Emily Surgeoner, 12	25:02	25:05	8:04
715	54	3	Lauren Stuckey, 13	25:15	25:37	8:09
51	88	4	Emily Mickel, 12	28:02	28:13	9:02
594	122	5	Kennedy Francisco, 12	29:47	29:56	9:36
64	128	6	Lindsey Averitt, 13	30:14	30:28	9:45
666	203	7	Emily McCarthy, 11	33:47	34:21	10:54
745	236	8	Sydney Cain, 11	36:15	36:50	11:41
697	302	9	Briane Brecht, 13	43:27	44:26	14:01
30	311	10	Leslie Zicafoose, 13	45:52	46:16	14:48

Women 14 - 19

513	11	1	Kayla Vinson, 17	21:13	21:20	6:51
414	17	2	Nancy Harms, 16	22:23	22:33	7:13
455	33	3	Rachel Steffen, 15	24:12	24:16	7:48
593	90	4	Gabby Francisco, 16	28:14	28:23	9:06
54	111	5	Kristina Booker, 18	29:15	29:34	9:26
830	169	6	Christa Aleman, 18	31:57	32:38	10:18
839	219	7	Stephanie Gardner, 19	34:39	35:21	11:10
133	244	8	Elizabeth Tamblin, 19	37:05	37:46	11:58
859	249	9	Sharon Smith, 17	37:36	38:06	12:08
458	271	10	Tyler Peerson, 17	39:09	40:05	12:38

Women 20 - 24

547	30	1	Stephanie Dupree, 24	23:42	23:57	7:39
671	38	2	Laura Carter, 22	24:08	24:25	7:47
162	44	3	Amanda Upchurch, 24	24:33	24:45	7:55
41	94	4	Aileen Simons, 22	28:27	28:38	9:11
225	96	5	Amy Alexander, 23	28:28	28:47	9:11
842	115	6	Abbyrae Stringfellow, 24	29:15	29:46	9:26
382	137	7	Jessica Howard, 23	30:39	30:50	9:53
192	170	8	Megan Wibely, 23	32:05	32:41	10:21
98	210	9	Amber Hoadley, 22	33:54	34:53	10:56
90	232	10	Katherine McGarity, 24	35:42	36:07	11:31

Women 25 - 29

804	9	1	Courtney Kuznicki, 29	21:10	21:10	6:50
232	12	2	Jane Conner, 27	21:24	21:29	6:54
599	35	3	Lindsey Keester, 27	24:08	24:19	7:47
86	43	4	Denise Evanko, 25	24:24	24:44	7:52
274	58	5	Christine Vaughn, 29	25:39	25:57	8:16

RESOLUTION 5K RESULTS

Continued from previous page

114	60	6	Tammy Jenkins, 29	25:56	26:12	8:22
441	73	7	Amy Iracki, 28	27:04	27:23	8:44
304	102	8	Katie-Lynn McMahon, 28	28:51	29:12	9:18
368	123	9	Meagan Poole, 25	29:29	30:00	9:30
295	126	10	Andrea Robinson, 27	30:22		9:46

Women 30 - 34

443	6	1	Skye Johnson, 34	20:38	20:41	6:39
95	10	2	Kelly Dahlman, 31	21:12	21:18	6:50
399	16	3	Melissa Saunders, 32	22:21	22:26	7:12
778	24	4	Tyree Crews, 34	23:23	23:35	7:32
537	26	5	Melissa Gomez, 31	23:27	23:42	7:34
436	53	6	Donna Gallant, 34	25:23	25:36	8:11
651	62	7	Alicia Boutwell, 32	26:16	26:23	8:28
712	66	8	Jennifer Rivera, 34,	26:33	26:51	8:34
781	76	9	Meredith Ostlund, 33	27:08	27:32	8:45
428	79	10	Janis Dolemba, 33	27:31	27:48	8:53

Women 35 - 39

391	4	1	Britta Fortson, 38	20:16	20:19	6:32
339	13	2	Michele Bressler, 35	21:25	21:29	6:54
63	15	3	Barbara Carrico, 36	22:14	22:18	7:10
82	20	4	Leslie Kindling, 37	22:47	22:53	7:21
856	21	5	Nicky Boeneman, 37	22:59	23:12	7:25
624	27	6	Brandy Owens, 35	23:39	23:43	7:38
532	34	7	Kerri Cook, 38	24:13	24:18	7:49
844	45	8	Shannon Dawson, 38	24:29	24:52	7:54
439	65	9	Erica Marshall, 35	26:34	26:48	8:34
775	69	10	Shara Meyer, 35	26:42	27:09	8:37

Women 40 - 44

392	8	1	Kim Scurti, 42	20:52	20:55	6:44
762	19	2	Kim Ericson, 44	22:45	22:50	7:20
388	28	3	Gtracy Pfuntner, 44	23:37	23:46	7:37
573	29	4	Annette Shannon, 41	23:39	23:46	7:38

343	37	5	Dana Summey, 41	24:16	24:23	7:50
396	39	6	Abby Butler, 41	24:18	24:30	7:50
457	40	7	Julie Peerson, 44	24:15	24:33	7:49
765	41	8	Cynthia Maerz, 44	24:27	24:34	7:53
284	50	9	Ginger Brelsford, 41	25:01	25:07	8:04
32	57	10	Deborah Kirshner, 43	25:45	25:55	8:18

Women 45 - 49

15	7	1	Regina Taylor, 46	20:46	20:49	6:42
442	18	2	Alison Ronzon, 46	22:39	22:44	7:18
430	23	3	Kathy Murray, 48	23:25	23:31	7:33
409	52	4	Jenn Kidwell, 45	25:24	25:34	8:11
233	71	5	Laura Evans, 45	26:50	27:10	8:39
202	75	6	Roberta McCloskey, 47	27:03	27:30	8:43
838	87	7	Deborah Potash, 46	27:47	28:11	8:58
374	92	8	Bonnie Green, 46	28:05	28:30	9:03
412	107	9	Leigh Maxwell, 45	29:03	29:28	9:22
452	110	10	Angie Swaney, 45	29:00	29:32	9:21

Women 50 - 54

21	32	1	Ann Krause, 53	23:59	24:07	7:44
50	46	2	Kim Crist, 53	24:56	25:04	8:03
383	59	3	Vicki Connell, 51	25:47	25:59	8:19
825	68	4	Raejean Echegaray, 51	26:56	27:02	8:41
755	74	5	Kimberly Lundy, 53	27:16	27:26	8:48
19	86	6	Faith Leri, 54	27:42	28:09	8:56
85	106	7	Ali Helms, 54	29:12	29:23	9:25
371	119	8	Sandra Maveety, 51	29:29	29:53	9:31
321	127	9	Cathy Reidy, 53	30:13	30:26	9:45
268	132	10	Kathy Smith, 54	30:18	30:43	9:46

Women 55 - 59

345	42	1	Anita Pryor, 56	24:34	24:41	7:55
267	49	2	Debbie Webster, 58	24:58	25:06	8:03
350	51	3	Sharon Lucie, 59	25:27	25:32	8:12
257	55	4	Claudia French, 57	25:31	25:40	8:14
646	56	5	Sue Whitworth, 55	25:36	25:42	8:15
255	78	6	Susan Roche, 55	27:33	27:46	8:53

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 =

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

334	82	7	Cecile Spiegel, 55	27:45	28:01	8:57	740	310	7	Tracey Armon, 63	45:01	45:50	14:31
256	100	8	Mamie Davis, 56	28:41	29:08	9:15	644	321	8	Sandra Treffinger, 62	49:25	50:18	15:56
279	166	9	Donna Rettini, 59	32:13	32:26	10:23	252	328	9	Judy Roberts, 60	52:58	53:40	17:05
81	193	10	Cynthia Shelton, 55	33:18	33:51	10:44	635	329	10	Dee Robertson-Lee, 60	54:05	54:05	17:27

Women 60 - 64

17	101	1	Mary Last, 60	29:10	9:18	
727	175	2	Kathy Williams, 61	32:40	33:02	10:32
261	179	3	Diane Hale, 63	32:20	33:06	10:26
196	202	4	Pat Noonan, 61	33:44	34:12	10:53
183	206	5	Carol Palmer, 60	34:23	34:38	11:05
27	229	6	Maureen Weiler, 63	35:19	35:54	11:23

Women 65 - 69

24	36	1	Elfrieda Wyner, 68	24:15	24:19	7:49
422	139	2	Nancy Pullo, 69	30:47	30:56	9:56
408	141	3	Susan Wallace, 69	30:37	31:02	9:53
451	282	4	Arlene Olson, 68	40:38	41:09	13:06

Women 70 - 74

459	97	1	Marilynn Kouber, 70	28:30	28:53	9:12 =
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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

Florida Striders Track Club 2010 Budget to Actual and 2011 Budget

Operating Accounts	2010 Budget	Actual Thru 12/31	Favorable (Unfavorable)	2011 Budget
Income				
Resolution 5k	\$ 6,000.00	\$ 6,966.07	\$ 966.07	\$ 7,500.00
Run to Sun 8k	5,500.00	6,765.51	1,265.51	9,500.00
Memorial Day 5k	6,000.00	10,296.56	4,296.56	5,000.00
Hog Jog 5k (Prior Year Race)	2,500.00	2,971.36	471.36	3,000.00
Total Race Proceeds	\$ 20,000.00	\$ 26,999.50	\$ 6,999.50	\$ 25,000.00
Dividends & Interest	\$ 600.00	\$ 134.12	\$ (465.88)	\$ 100.00
Membership	8,500.00	9,296.00	796.00	9,000.00
Merchandise Sales	1,500.00	848.00	(652.00)	1,500.00
Beginning Running Class (1)	2,280.00	2,308.00	28.00	-
General Sponsorships	-	1,500.00	1,500.00	-
Children's Pass Through Sponsorships	1,888.00	1,858.00	(30.00)	1,888.00
Hershey Concession - Children's Running	225.00	156.79	(68.21)	-
Reinhold Award	-	500.00	500.00	-
Total Other Income	\$ 14,993.00	\$ 16,600.91	\$ 1,607.91	\$ 12,488.00
Total Income	\$ 34,993.00	\$ 43,600.41	\$ 8,607.41	\$ 37,488.00
Expenses				
Administrative				
General Office Postage & Supplies	\$ 900.00	\$ 788.01	\$ 111.99	\$ 1,000.00
Newsletter Printing, Mailing, and Layout	8,400.00	6,666.00	1,734.00	8,000.00
Affiliation Costs and Insurance	3,300.00	3,226.20	73.80	3,500.00
New Equipment & Maintenance	2,500.00	2,592.21	(92.21)	1,300.00
Storage Rental Fees	1,300.00	1,091.40	208.60	1,400.00
Website Fees	300.00	125.10	174.90	200.00
Volunteer/Member Awards & Miscellaneous	300.00	300.00	-	300.00
Merchandise Cost Expense	1,500.00	1,400.89	99.11	2,000.00
Total Administrative Expenses	\$ 18,500.00	\$ 16,189.81	\$ 2,310.19	\$ 17,700.00
Club Activity				
River Run Tent and Expo	\$ 1,050.00	\$ 1,153.05	\$ (103.05)	\$ 2,200.00
Socials & Club Picnic/Elections	875.00	542.74	332.26	900.00
Promotional Items/Prediction Runs	-	-	-	500.00
RRCA Convention	-	-	-	800.00
Banners & Signs	400.00	461.56	(61.56)	400.00
Total Club Activity Expenses	\$ 2,325.00	\$ 2,157.35	\$ 167.65	\$ 4,800.00
Community Activity				
Adult Running Programs	\$ 500.00	\$ 330.00	\$ 170.00	\$ 1,000.00
Children's Running Programs	9,000.00	9,515.17	(515.17)	12,000.00
Beginning Running Class (1)	2,280.00	1,866.04	413.96	(1)
Children's Pass Through Sponsorships	1,888.00	1,858.00	30.00	1,888.00
Scholarships & Committee Expenses	3,000.00	2,063.00	937.00	3,100.00
Total Community Activity Expenses	\$ 16,668.00	\$ 15,632.21	\$ 1,035.79	\$ 17,988.00
Total Expenses	\$ 37,493.00	\$ 33,979.37	\$ 3,513.63	\$ 40,488.00
Net Income (Expenses)	\$ (2,500.00)	\$ 9,621.04	\$ 12,121.04	\$ (3,000.00)

Note (1): Beginning running class budget is added when income is determined. Expenses are budgeted equal to income.

(Continued)

Florida Striders Track Club 2010 Budget to Actual and 2011 Budget (Continued)

Designated Accounts	Budget (1) (2)	Actual Thru 12/31	Carryover	2011 Budget (2)
Receipts				
World Record Event 100 x 5K	\$ 4,880.00	\$ 4,880.00	\$ -	\$ -
Children's Running	12,500.00	12,500.00	-	-
River Run Expo Space Rental	1,600.00	1,600.00	-	-
Prediction Runs	180.50	180.50	-	-
Towels & Shirt Sales to Race Accounts	11,703.99	1,378.85	(10,325.14)	10,325.14
Total Receipts	\$ 30,864.49	\$ 20,539.35	\$ (10,325.14)	\$ 10,325.14
Disbursements				
World Record Event 100 x 10K	\$ 2,792.72	\$ 2,796.76	\$ (4.04)	\$ -
World Record Event 100 x 5K	4,880.00	630.00	4,250.00	4,245.96
Children's Running	12,500.00	7,850.15	4,649.85	4,649.85
River Run Expo Space Rental	1,600.00	800.00	800.00	800.00
Prediction Run Donations	180.50	180.50	-	-
Towels & Shirts for Race Accounts	11,703.99	11,703.99	-	-
Total Disbursements	\$ 33,657.21	\$ 23,961.40	\$ 9,695.81	\$ 9,695.81
Receipts Over (Under) Disbursements	\$ (2,792.72)	\$ (3,422.05)	\$ (20,020.95)	\$ 629.33

Note (1): Designated account budgets are added when income is determined. Expenses are budgeted equal to income.

Note (2): Designated account budgets remaining at year-end carry over from prior year and to subsequent year.

Volunteers needed for the National Marathon to Finish Breast Cancer

The National Marathon to Finish Breast Cancer will be run on February 13th, 2011. It has become a Strider tradition to man and manage Hydration Station #1. We have partnered with the great folks from Mayo every year and many of us have been there for every race thus far! How often do you get to walk to the top of the intracoastal waterway bridge and watch the sunrise?

I know that many of you will be running the race, but if you are not we could sure use your help. You will get free volunteer T-shirts and some other goodies. Bring sunscreen, bug spray, and wear layers. It tends to be very cold in the morning and rather nice as the day goes on. I would also bring a camp chair. There has also been a very nice volunteer appreciation party a couple weeks after the race which is always fun. Please come out if you are not running and we will have a great time! If you follow the link below it will take you to the volunteer sign up page. Signing up will let us know how many volunteers we have. You will also be added to the volunteer mailing list. You will receive a parking pass for the Allstate building parking lot and directions. You will see a long list of events and assignments. There is a lot they need help with so sign up for some other events if you can. Scrolling down the page you will see Hydration Station and Course Marshals #1. Check the box

on the left and the password is 'Striders'. Donna and Tim have been Florida Striders for many years and have done so much for the club please help them out and give them something back!

<http://register.breastcancermarathon.com/volunteer>

If you have never come out to help out with a race it is almost as much fun as racing it- maybe more so because I am never sore after volunteering! If you have any questions that are not answered by the marathon website don't hesitate to send me an email at DMBokros@gmail.com.

See you there!

- Dave Bokros =

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February 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

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

DATE	EVENT	TIME	LOCATION	CONTACT
February 5	Step up 5K	10:00 a.m.	Spring Park Green Cove Springs	(904) 318 8104 Milestone Race Authority
February 6	John TenBroeck Winter Beach Run 5 & 10 Mile	3:00 p.m.	Seawalk Pavilion Jax Beach	(904) 731-1900 JTC Running
February 12	26.2 With Donna 5K	8:00 a.m.	Prime Osborne Convention Center, Jax	(904) 355-PINK (7465) National Marathon to Fight Breast Cancer
February 12	Valentines Day 5K	9:00 a.m.	Anastasia State Park 1340-A State Rd A1A St Augustine	(904) 318 8104 Milestone Race Authority
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
February 20	Swoop the Loop 5K	9:00 a.m.	UNF Arena 1 UNF Dr, Jax	(904) 731-1900 1st Place Sports
February 26	Daily's Ortega River Run 5 Mile	8:30 a.m.	St. Mark's School Ortega Blvd., Jax	904) 731-1900 1st Place Sports
February 26	Rugged Maniac 5K Mud Run w/Obstacles	9:00 a.m.	Bostwick Creek Motorcross Park 1350 Sungarden Rd. Green Cove Springs	413) 768-0360 Rugged Races LLC
February 26	2nd Annual Turtle Trot 5K	9:00 a.m.	Dondanville Rd. (Beach Entrance) St. Augustine Beach	(904) 547-3780 Osceola Elementary
February 26	Raider Fun Run 5K	9:00 a.m.	Bartram Trail High School 7399 Longleaf Pine Pkwy. Jacksonville	(904) 230-2669 Switzerland Point Middle School
April 16, 2011	Run to The Sun 8k	8:00 a.m.	Orange Park Kennel Club	Florida Striders Track Club

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

The Back Page

BY GAIL PYLIPOW

It is so hard to believe that it is almost February already. Where has the time gone! When I was a little girl I always wished certain dates would hurry up and come and my grandmother always told me to never wish your life away - the time goes too quickly. I didn't understand what she meant then, but I sure do now. WHERE DOES THE TIME GO????

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.

The cold is good for running if you don't mind cold hands and frozen toes! Even when we bundle up to go running in this weather, you still have to stay hydrated because you perspire underneath all your layers of clothing.

There were several races this past month. The last race of 2010 was the popular **VYSTAR GATOR BOWL**, held on December 31st in Jacksonville at The Landing. Those Striders placing are as follows: **John Metzgar** was the Masters Men winner. Placing 1st in their age groups were **John Wisner, Bill Phillips, Bruce Holmes, Frank Frazier, Al Saffer, Sharon Lucie** and **Diane Aimone**. Those placing 2nd were **Mark Grubb, Paul Smith, Bob Meister, Lisa Adams** and **Regina Taylor**. And, those placing 3rd were **Robert Walker, Ben Huron, George White, George Hoskins,**

Benjamin Holland, Andrew Marchand and Steve Beard.

The first race of the New Year, 2011, was the ever popular **RESOLUTION 5K**, which was held on January 15th in Orange Park starting and finishing at the Kennel Club and running along the St. Johns River. This is, of course, a Strider sponsored race and it was so great to see a bazillion Striders at the event. The race course has such a pretty view and even though it was a little chilly to start with the sun was out and it became a great day for a race. I was pleasantly surprised to see the great number of Striders who placed, as well as six of the age groups where Striders swept 1st, 2nd and 3rd! Now, on to the results. **Lisa Adams** won 3rd place in the Open Women category, **John Wisker** won the Masters Men category, **Bill Phillips** won the Grand Masters Men category and **Stephanie Griffith** won the Grand Masters Women category. Awesome!!! Bringing home the gold were **Andrew Marchand, Drew Kenny, John Metzger, Stephen Beard, Bruce Holmes, Al Saffer, Kayla Vinson, Britta Fortson** and **Elfrida Wyner**. Those coming in with silver were **Cody Helms, David Bonnett Nancy Harms** and **Nancy Pullo**. And those loving the bronze were **Robert Walker, George White, Connie Schonefeld, Melissa Saunders, Barbara Car-**



rico, Sharo Lucie and Tracy Pfuntner. NOW, the next sets of three names each represents a sweep of their age group with gold, silver and bronze. Randy cott Hersley and Kevin Fleegee; crazier, Paul Smith and George ; Benjuamin Holland, Charles and Gordon Slater; Patrick Gal- John Aimone and George Obi; aylor, Alison Ronzon and Kathy Ann Krause, Kim Crist and Vicki Isn't that something!!! We e Striders....We Are....The Striders!

The last local race was **THE MATAN-ZAS 5K** held on January 22nd in St. Augustine. The course is a really nice one that takes you through some of downtown St. Augustine, past the Bridge of Lions and past some of Flagler College. Those dedicated Strider runners who placed 1st were **John Wisker, John Metzgar, Patrick Gallagher, Nancy Harms, Regina Taylor and Sharon Lucie**. Those right behind coming in 2nd were **Bill Phillips, George White, Frank Frazier and Al Saffer**. And last but not least, those who came in 3rd were **George Hoskins, Benjamin Holland, Bob Meister, Britta Fortson and Denise Metzgar**.

STRIDERS - They're Everywhere!

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

Bill Phillips participated in the **CRIME**

Continued on next page

Application for Membership

FLORIDA STRIDERS TRACK CLUB

New ☐
 Renewal ☐

Please Print

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 _____

Date _____

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

Annual Dues: Family \$20 ☐
 Single \$15 ☐
 Junior (under 18) \$10 ☐
 Senior (over 65) \$10 ☐

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 your acceptance 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.

The Back Page

CONTINUED FROM PAGE 19

STOPPERS 10K in Ormond Beach on January 8, 2011. This is what he said: This took place in Ormond Beach, was a great course along the intracoastal, flat out and back with only two turns. Temps were in the mid 50's with a slight wind cross course. Nice job, Bill!

The **Bradford Family** spent a day running together. **Carter and Brett Bradford** ran in the **SEEF MALL 3K** in Bahrain while **Lorna and Charles Bradford** ran in the **SEEF MALL HALF MARATHON** in Bahrain. This was Charles' first half marathon and Lorna won 1st overall Female. Congratulations!

Mercedes Smith ran with her dog, Nebula, in the **CHARIOTS OF FUR 5K** on January 15, 2011. She and Nebula placed 2nd in the women's masters division.

Nancy and Randy Pullo, while spending time in Myrtle Beach, North Carolina, participated in the **NORTH MYRTLE BEACH WINTER BEACH RUN** held on January 22, 2011. The Pullo's commented that "This race was held in North Myrtle Beach NC and it was run on the road along the beach. The temperature was 30 degrees when we started at 9 a.m. and 31 degrees when we finished. There were two races: a 15K with 116 runners and a 5K with 82 runners. The course was well marked and, if you were dressed properly (as Randy & I were) we were comfortable for the entire 15K. Nancy was awarded 1st place in her age group."

The last out of town race to report on was the **OCALA HALF MARATHON**, held on January 23, 2011 in Ocala, Florida. **Danny Weaver** placed 3rd in his age group,

Jerry Bennett placed 2nd in his age group and **Scott Hershey** placed 1st in his age group. Congratulations!!!!

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.

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 **Bryan Rohlin**. For those of you who know Bryan, you may have seen him hobbling along on crutches with his lower left leg in a walking cast. Apparently while running in the Native Sun 10K he was trying to place first overall and...stepped wrong?? Was pushed by a competitor??...Who knows, but he suffered a compound fracture and hasn't been able to run since then. He could sit home during our races, feeling blue, but NO...he hands out medals at the Outback and Jax Bank races, tells the participants in the Resolution 5K not to forget to take off their timing chips among other things. He stays involved even while injured. My hat is off to you Bryan and we all hope you heal quickly and get back to running soon! =

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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