



Another World Record



Bill Phillips and Madison Miller, Bishop Snyder student, exchange the baton.

By Mike Marino

It started last year when we shattered the record for the Fastest 100 x 10K Relay. It was challenging and a logistical nightmare, but we raised over \$6000 for the Donna Foundation to assist women with breast cancer, we got a lot of great press, it was a whole lot of fun, and it was really cool to be world record holders. The question immediately following that event was, "can we do again next year?" Well why not? Everyone was up for it, to include the Donna Foundation, Bishop Snyder High School, and a whole lot of runners. May as well have some more fun, raise money for charity again, and perhaps the one thing better than one world record would be two world records.

The planning started in April. We wanted to do a new record, a 100 x 5K relay. Guinness World Records™ approved, though gave us a time limit of 40 hours in order for it to be recog-

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Upcoming Socials!

March 5 - 6pm until ?

Regina Sooley's 7th Birthday Bash will serve as our pre-River Run social. Regina and Darin live at 1148 Hubbard Street, Jacksonville, FL 32206. What to bring: Food item and/or fave adult beverage to share. They will have snacks, water, soda, cake, "starter" beer/wine. Extra coolers always appreciated and needed. Please RSVP to Regina at regina.sooey@gmail.com or on Facebook.

March 10, 11 & 12

Gate River Run Expo Booth and Tent. Please plan to join us at the Fairgrounds for the expo and before and after the race! Contact Stan for more information at stanscarlett@msn.com

April 3rd (Sunday) • 12 noon

The annual Board of Directors picnic will be held at Fretwell Park in the Cecil Commerce Center this year. The Strider's will provide hot dogs, hamburgers, veggie burgers, condiments and drinks. Everyone should bring covered dishes and desserts. The site has a covered Pavilion, playground, volleyball court (sand) and horseshoe pits.

Directions: Head West on Normandy or 103rd St., turn left onto New World Drive (main entrance into CCC), go to 2nd stop light - Lake Fretwell Road, turn right, go down to the park, turn right, go around playground to the Parking Lot between the playground and the ball fields. =

Prez Sez

By Kellie Howard



The River Run is more than a race, it is a holiday. As with any holiday, there is much excitement around the event which is spent with family and friends. Also, a day off of work goes along with any holiday, so I take a vacation day on Friday to volunteer and meet runner friends for lunch on Friday. My out of office message says "I'm currently out of the office celebrating my yearly run over the Green Monster."

There are also many traditions that accompany a holiday. Hanging out at the Florida Strider Tent before and after the race is one of my favorite traditions. Every year Stan the Tent Man and his crew, that includes Mike Mayse, Frank Frazier, and too many others to mention try to make the Strider Tent even better than the year before. This year, you will see improvements which include keeping the wires out of the way of traffic and additional porta potties.

The new excitement about this year's River Run holiday is the Florida Striders have a booth at the Expo on Thursday and Friday. Wrist bands granting you access to enter the Tent on Saturday will be distributed at the Strider Booth at the Expo. We will also have the popular Strider merchandise for sale at the Expo and some free give-a-ways. The Expo is near the Publix Booth, so make sure that you stop by and say hello to your fellow Striders.

Looking forward to seeing you all in the porta pottie line at the River Run. =

Board of Directors' Summary of Action

Feb. 8, 2011

Orange Park Library • 7 PM

I. Call to Order-The meeting was called to order by Kellie Howard at 7:08p.m. Board Members present: Randy Arend, Mike Mayse, Vicky Connell, Bill Krause, Ann Krause, Carol MacDougall, Frank Frazier, Maria Littlejohn, Kristie Matherne, Glenn Hanna, Melissa Saunders, Lisa Adams, Dan Adams, Scott Hershey, Kellie Howard, Regina Soeey.

II. Review of Minutes-A motion was made, seconded and passed to approve the minutes from the January 2011 meeting.

III. Officer Reports

a. President Report – Kellie Howard

1 Donna Marathon Water Stop-February 13th: Dave Bokros is the coordinator and sent an email with details. He has 42 plus volunteers already, which is plenty.

b. Treasurer Report – Randy Arend

Beginning Cash Balance as of January 1, 2011 was \$13,920.43

January Income was \$9,140.68

January Expenses were \$6,471.70

Ending Cash Balance as of January 31, 2011 was \$16,589.41

IV. Committee and Director Reports:

a. River Run Expo and Tent-Stan Scarlett: He is short volunteers Thurs 11-3 in the booth, and 3-6. We will hang shirts in back of the canopy on display. He has CDs of the World Record, bracelets (Mike Mayse). Last year at the expo we had the World Record certificates displayed. Everyone is helping a lot and it is coming together. Lisa had promotional item idea (reflectors), and we have a small budget for it. Discussion about sale of bracelets. Discussion about tri-fold brochure vs. membership form plus business cards that Melissa has already ordered. Frank suggested to go with yellow paper, printed with black. The tri-fold brochure would be good at packet pickup. We are going to move the canopy to the hospitality tent after the expo for

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2010-2011 Board of Directors & Key Members

(Board Members marked with an *)

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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**

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Getting to Know Trish

Dear readers, this newsletter comes to you each month through the collective efforts of many Striders. One, however, is our motivator, organizer, role model, fellow runner, and editor: Trish Kabus. Trish is the reason our most valuable club asset appears in your mailbox or your computer's In Box.

Trish lives in St. Augustine, a town she appreciates for its history, atmosphere, and scenery. She describes herself as a back-of-the-pack runner, but her passion for running and helping others is world class. An advocate of the run-walk-run system promoted by Olympian Jeff Galloway, Trish is a pacer in several marathon races and her local Galloway group.

Trish Kabus has headed the StrideRight since early 2005 and has edited more than 70 issues. The composition process begins with the Back Page and takes most of a week. She blames herself when the newsletter comes out later than the first week of the month, but tardy contributors are undoubtedly more to blame. Trish earns her living as Creative Director in the Marketing Department

at Embry Riddle Aeronautical University in Daytona Beach.

With a weekday base of 12 miles, she piles on mileage each weekend and loves to compete. How much? She averaged 54 races a year from 2000 through 2005, before electing to stay closer to home to lead the St. Augustine chapter of the Galloway program. Although the Matanzas 5 km and River Run are favorites on her calendar, she gets enormous satisfaction from running the 26.2 With Donna, a race that just celebrated its third edition. "I cried tears of joy for seven days after this year's race," she said.

Trish cross trains by spinning (I'm guessing stationary bikes and not yarn) and swimming. Last summer she dabbled in sprint triathlons but marathoning is her passion: to date, she has completed 30. She once raced a half-marathon on Catalina Island, CA, and the Jacksonville Winter Beach Run within 24 hours.

She described her experience at the 2006 Los Angeles Marathon as "the

Wide World of Running By Jay Birmingham

loneliest I ever felt as a runner" as none of her fellow runners or one million spectators had neither smiles nor encouragement. By contrast, her experience at the Guana River 50 kilometer event was the warmest, because all the 100 people there felt like friends.

Her early Strider days date to the autumn of 1999 when she joined the Orange Park group for the Sun Tire runs. John Tenbroeck encouraged and inspired her. Others who continue to motivate her are Richard Vance, Everett Crum, and Joe Connolly, whose piano playing complements his running accomplishments.

With her sights set on running marathons until she is 100 years old, Trish is definitely in it for the long haul. Her expert layout and editing of the StrideRight, from the goodness of her very fit heart, is a gift to us all. May she stay at the helm for many issues to come. =

Volunteers Needed for Run to the Sun 8K on April 16th!

The Orange Park Medical Center Run to the Sun 8K and One-Mile Fun Run will be held on Saturday morning, April 16, 2011, at the Orange park Kennel Club, and WE NEED LOTS OF VOLUNTEERS! There are volunteer spots for everyone, including high-schoolers in need of documented service hours. Volunteers needed at race day registration, along the course, and at the finish line. Maximum time commitment would be 7am-10am.

Please contact Karen McCormick at skmac@bellsouth.net or at 904-215-7053 if you are interested =

Striders please be sure to stop by our booth at the Gate River Run Expo to get your **FREE** Florida Strider bracelet

Details:

- One free bracelet for Single, Junior and Senior Memberships
- Two free bracelets for Family Memberships
- Extras can be purchased at 50 cents each
- These are NOT the wristbands required to get into the Hospitality Tent area race day.
- If there are any of the free bands left after the expo they will be available at the Hospitality Tent area on Saturday.

Mike Mayse will be distributing these at the Expo so when you stop by to get your Hospitality Tent pass (Tyvek wristband) check with Mike for your free gift from your club. =



ANOTHER WORLD RECORD

Continued from page 1

nized as a record. The time limit meant we had to average a 24 minute 5K, something our club had the runners to do.

The recruiting of the runners resulted in a highly diverse group. We had the really fast as well as those who simply love running and wanted the opportunity to be part of a world record. We had the young, with two 9-years-olds, a 10-year-old and several high school students. We had veterans, with long time Strider 76-year-old Al Saffer being the eldest to step up to run. We had the usual suspects from the Jacksonville racing community; we had runners from out of town. We had a police officer, a firefighter, naval officers, and five guys from the Jacksonville Jaguars, including the head trainer and an assistant coach. All 100 runners were congratulated on their selection, and then reminded that it would take all 100 of them coming through for the attempt to be successful, and only one runner not doing their 5K for the entire thing to fail.

In order to avoid the Festival of Lights and a Jaguars home game, we scheduled the attempt to end on Saturday afternoon. This meant a 2:00 a.m. start on Friday morning. Keith Poythress and I were among the first to arrive at the Bishop Snyder track around 1:00 a.m. As it would turn out, he and I would be there for the entire event. Frank Frazier was there to help out at the start too, and he too would be at the track for many hours, to include all hours followed by "a.m." for the entire event. It was a perfect night; cool, clear, ideal for running. The forecast was perfect too, with highs in the 60s and clear skies, which was incredible compared to the pouring rain, cold and wind we dealt with last year.

Our first runner, Charlie Hunsberger, was ready to go. Charlie had waited over a year for this, as he had to pull out of last year's world record due to injury. Volunteers ready, cameras ready, timing ready, GO! Woohoo, go Charlie, yay, and... uh oh! One of the clocks didn't start. CHARLIE!, come back! He didn't hear us right away, and I tried to see if I could fix the one clock, but couldn't. Charlie got warm-up lap, I got some good natured ribbing while getting the timing in order, and Charlie started again. We got through the initial exchanges without incident, though we found things were more challenging than last year, as it was much more fast paced. We adapted though, and focus went back on the runners. Al Saffer ran 5th, which was inspiring, at 76-years-old he was going for a world record by running at 3:30 a.m.. Bill Krause gave a solid effort, recording a post-surgery PR.

At around 4:30a.m., a mist rolled in and brought a wet chill with it. It was cold, but we knew the forecast had the sun coming up soon to warm things up. A few hours later when the sun came up, it was blocked out by clouds. A quick check of the forecast found it had been revised. We were not going to have a nice day, as a front came in further south than expected. Intermittent rain would start, and we had to deal with miserable weather again. It was a wet cold too, with a chill you just couldn't shake. People were trying their best to stay warm, being all bundled up. One runner, Amanda Napolitano,

was wearing a scarf at the beginning of her run.

The running continued, and with some speed. Kaitlyn Iselborn, a member of Florida State's women's cross country and track teams, turned in the fastest woman's time. Paul McRae blazed out the fastest individual time for the event, maintaining just over a five-minute pace. Bill Phillips would post the fastest masters time, which was also the third fastest individual time for the event. Lisa Adams ran the second fastest woman's time.

We made it to the end of the school day, and then got a scare. The Bishop Snyder student scheduled to run right after school reportedly left for a family emergency. We had about 15 minutes to get someone on the track. The coach from Bishop Snyder sent the student scheduled to run second, though he seemed a little anxious by the limited time to warm-up. Luckily, Brian Schneider, an assistant trainer with the Jaguars, was there early, and when asked if he could be ready to go in 10 minutes, he calmly replied, "no problem." We still had to find a replacement, but had more time. I got ready to run, but then the coach came through, bringing me another student from the cross country team. The kid came up to me all smiles, his braces gleaming, saying he could run. When I explained to him he had to finish no matter what, that 99 people were depending on him for a world record, his smile went away. He did maintain he was up to it though, so I told him to suit up.

The Bishop Snyder runners ran very well, putting up solid

Continued on next page

Top: Lisa Adams is still smiling as she completes her leg of the second record attempt. Below: Bishop Snyder student, Aren Biala, exchanges the baton with Vicky Connell.



times. They along with a few of the runners from the Jaguars took us into the night. And with the night, Regina Sooeey became the life of the party. She would man the stationary camera, filming all action, which is a requirement for Guinness. She would also provide commentary, which wasn't required, but hilarious. We're not sure what was in her water bottle, but I know I want to have some the next time I go out. Regina would keep us laughing past midnight. All the while runners were stepping up with solid performances. Dan Adams ran a PR. Chris and Diana Twiggs took a little less than 40 minutes between them and got a kiss in during their baton exchange. Ron Porter took us into Saturday, giving the baton to Sue Miller, who ran the fastest woman's masters time. Sue handed off the Ben Huron, who ran the second fastest individual time for the event.

We got through the early morning hours, and people started asking if Keith and I had gotten any sleep. I had gotten some in the concession stand and while in a chair in the tent. Keith hadn't, as he manned the second exchange zone for just about the entire time.

Runners from the 26.2 with Donna came out for their

training run Saturday morning and hung out to cheer us on. Tim Deegan ran his leg while Donna Deegan was getting footage and interviews for First Coast News. We were 85 runners into the event, and now it was time for our youngest runners to get the baton. Our 10-year-old, Cole Mandt, would come through with flying colors, finishing with an impressive sprint. The two 9-year-olds would come through as well, with Bryce Stalter putting up an impressive time and Vincent Sabatella giving a solid performance despite a spike in the temperature.

Now it was just a matter of finishing; one runner getting the baton to the next. Everyone kept coming through, and we made it to anchor, Donna Deegan. She would run steady and smooth, recording negative splits, and then breaking through the tape. We'd done it again – another world record. And just as Donna finished, the sun would come out, as if to shine on us for a great effort. Our official time – 37 hours, 12 minutes, 54 seconds. We raised more money than last year too, bringing in over \$6400 to go to women with breast cancer. We got good press again, we had a lot of fun again, and someone asked the question again....can we do it again next year? We'll see. =

Striders at the Races

Race Results

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

Matanzas 5k St Augustine, FL January 22, 2011

John Metzgar	17:01	1st ag	Sharon Lucie	24:14	1st ag	Margaret Tyburski	30:34	
John Wisker	17:07	1st ag	Fred Gaudios	24:20		Al Saffer	30:56	2nd ag
Ben Huron	17:52		Ken Wilson	24:22		Traci Bane	31:40	
Robert Walker	18:32		George Hoskins	24:35	3rd ag	Christine Kehr	34:09	
Bill Phillips	18:37	2nd ag	Craig Harms	24:58		Susan Gostage	34:11	3rd ag
Mark Grubb	19:00		Freddy Howell	24:59		Charles Wagner	34:13	
Seth Pajcic	19:23		Bradley Shepherd	25:00		Roberta Zukauskas	34:58	
David Bonnette	19:25		Karen Maneely	25:03		Freddy Fillingham	35:28	
Britta Fortson	19:42	3rd ag	Teri Detwiler	25:29		Freddy Fillingham	35:28	
Regina Taylor	19:51	1st ag	George Thompson	25:38		Charles Goodyear	36:12	
Raymond Ramos	19:58		Sue Whitworth	25:42		John Aimone	36:37	
Randy Arend	19:59		Kathryn Howell	25:44		Gordon Slater	37:01	
Donald Wucker	20:43		Vicky Connell	25:46		Bo Holub	38:34	
Jay Herring	21:12		Claudia French	25:47		Barbara Gilbert	38:38	
Nancy Harms	21:31	1st ag	Kim Crist	26:00		Dee Robertson-Lee	41:46	
Denise Metzgar	21:33	3rd ag	Jeanie Wilson	26:12		Michelle Ramos	42:00	
Barbara Carrico	21:43		Glenn Hanna	26:17		Tracey Armon	44:45	
George White	21:55	2nd ag	Tommy Dobbs	26:34		Bill Mitchell	46:38	
Leslie Kindling	22:17		Gary Proctor	27:07		Debbie Smith	46:40	
Alison Ronzon	22:44		Martin Wilkinson	27:10		Joe Connolly	51:58	
Vincent Sabatella	22:52		David Pizzi	27:32				
Frank Frazier	23:34	2nd ag	Nicole Andress	28:04				
Kathy Murray	23:44		Bernie Powers	28:52				
			Jack Sykes	29:03				
			Benjamin Holland	29:07	3rd ag	Todd Hockett	39:25:00	
			Monica Lucas	30:00		Paul Smith	39:28	1st ag

Run 5 to Keep Kids Alive 5 Miles Jacksonville, FL January 29, 2011

Miller McCormick	40:14	1st ag	Cynthia Lyons	37:20	1st ag	Cynthia Maerz	1:26:53	2nd ag
Tom Zicafoose	42:40		Maria Padin	38:34	3rd ag	Danny Weaver	1:28:03	
Bradley Shepherd	45:04		Ann Krause	39:32	1st ag	Craig Harms	1:29:26	
Roberta Tomlinson	45:29		Gordon Simms	45:25		Vicky Connell	1:30:10	2nd ag
Gary Proctor	46:45		Glenn Hanna	45:31	3rd ag	Gayla Poythress	1:30:37	
Andrea Morrison	47:01		Diana Stewart	46:24	3rd ag	Bradley Shepherd	1:30:46	
Melissa McCrosky	48:35		Bob Buscemi	46:33		Sue Whitworth	1:30:54	
Bernie Powers	53:51		Doug Barrows	47:30	2nd ag	Christina Maerz	1:31:43	
Al Saffer	54:02	1st ag	Matt Ross	48:07	3rd ag	Denise Dailey	1:31:43	3rd ag
Micayla Costa	1:01:30		Marie Bendy	49:12	1st ag	Dave Balz	1:31:49	
Fred Haley	1:04:27		Bill Krause	51:27		Mark Lay	1:32:55	
Freddy Fillingham	1:04:42	3rd ag	Monica Lucas	52:18		Harry Edwards	1:34:20	
Dee Robertson-Lee	1:07:04	2nd ag	Charles Wagner	57:23		Nicole Address	1:34:55	
Evan Zillmer	1:12:46		Gordon Slater	59:49		Mercedes Smith	1:36:05	
Tracey Armon	1:15:37		Charles Goodyear	1:03:21		Kevin Terry	1:36:15	
Stephanie Griffith	1:19:23		Fred Haley	1:04:01		Melinda Terry	1:36:15	

ING Miami Marathon
Miami, FL
January 31, 2011

Joey Marra 4:54:45

ING Miami Half-Marathon

Gail Pylipow 2:36:00

2011 Groundhog Day Run 10k
Kansas City, MO
February 2, 2011

Robert Walker 40:58

Pirates on the Run 5K
Fernandina Beach, FL
February 5, 2011

Jay Herring	20:55	1st ag
Mercedes Smith	24:51	2nd ag
Charles Goodyear	38:34	3rd ag
Dee Robertson-Lee	40:47	

Pirates on the Run 5K

Megan Kuehner	45:13	2nd ag
Guy Jackson	47:21	
John Hirsch	49:47	
Mike Singletary	49:52	
Michael Mandt	52:38	
Cole Mandt	52:38	1st ag
Gerry Tyburski	55:25	
Susan Shelton	1:05:40	
Margaret Tyburski	1:09:06	

John TenBroeck Memorial
Winter Beach Run 5 Mile
Jacksonville Beach, FL
February 6, 2011

Randy Abate 36:17

John TenBroeck Memorial
Winter Beach Run 10 Mile

John Metzgar	59:49	3rd ag
Andrew Marchand	1:01:06	2nd ag
Ben Huron	1:01:55	2nd ag
John Wisker	1:01:57	1st ag
Robert Walker	1:06:00	2nd ag
Mark Grubb	1:07:08	1st ag
Randy Arend	1:09:12	1st ag
Bruce Holmes	1:10:19	1st ag
Keith Poythress	1:10:59	
Donald Wucker	1:11:37	3rd ag
Lisa Adams	1:12:50	1st ag
David Bonnette	1:12:54	2nd ag
Regina Taylor	1:13:47	2nd ag
Terry Sikes	1:14:01	
George Thompson	1:14:40	
George White	1:15:30	3rd ag
Bernie Candy	1:16:27	
Scott Hershey	1:19:07	
Alison Ronzon	1:19:15	2nd ag
Nancy Harms	1:19:56	1st ag
Paul Smith	1:20:18	1st ag
Mike Singletary	1:21:23	
Stephanie Griffith	1:22:18	1st ag
Peter Winkler	1:23:32	
Kathy Murray	1:24:24	1st ag
Steve Bruce	1:26:22	
Sharon Lucie	1:26:27	2nd ag
Leslie Kindling	1:26:52	1st ag

26.2 with Donna 5K
Jacksonville, FL
February 12, 2011

Barbara Gilbert 39:08

26.2 with Donna Half-Marathon
Jacksonville, FL
February 13, 2011

Bernie Candy	1:40:00
Sue Whitworth	1:56:32
Danny Weaver	1:59:50
Nancy Pullo	2:37:30
Vicki Choinski	3:03:00

26.2 with Donna Marathon
Jacksonville, FL
February 13, 2011

Joey Marra	4:31:40
Bonnie Brooks	3:56:34
Trish Kabus	6:59:30

Swoop the Loop 5K
Jacksonville, FL
February 20, 2011

Robert Walker	18:18
Barbara Gilbert	39:04

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floridastriders.com



Running Class Starts Wednesday, April 6, 2011!

The Florida Striders are going to hold a class for runners! The class will begin at 6:30 p.m., Wednesday, April 6th and continue each Wednesday for 8 weeks (until 5/25/11). Bob Boyd will coach the class with the help of a wonderful team of group leaders. The class will be held at the St. Johns Country Day School track, on Doctors Lake Dr. in Orange Park, about 2.5 miles from Kingsley. Track lights are available. You will learn how to train so that you enjoy your runs, avoid injury, set goals, develop your own training plan, and, it bears repeating, ENJOY running. The cost is \$30 (\$15 for current Striders,) which includes Strider membership for a full year, and a class shirt, which you will receive at our class party on 5/28/11. Please ask about the discount for couples or families (\$20 for a family membership (living in the same household) plus \$15 per family member in the class - call Bob Boyd at 272-1770 with any questions.) Space is limited to the 1st 150 completed entry forms and you must pre-register with Bob Boyd at BobBoydFL@gmail.com or 272-1770. We want to make sure that you have good running shoes and are medically cleared by your physician to begin training BEFORE the class starts. If you have any questions, even if it is just about where to get those very important running shoes that are right for you, please contact Bob. We will have a good time together, learn the things that will make a real difference in your enjoyment of the sport of running, and get in better shape in the process. If you aren't having fun running you are not doing it right!

We will meet every Wednesday at the St. Johns Country Day School Track for 8 weeks starting April 6, 2011 and ending May 25, 2011, from 6:30 to about 7:45 p.m. If you follow the training plan that is provided, you will be able to complete the 5k distance by the end of the course. Our class will run the Memorial Day 5K on 5/30/11 as our graduation race (race registration is not included with the class fee since not everyone's schedule allows participation.) We can accommodate all fitness levels - nobody is too slow or too fast. For those who are already running 25 miles a week or more and are feeling the need for more speed, we will have a group focused on your needs as well, led by John Metzgar.

Each session will start with a warm-up. We will cover helpful training information or have a guest speaker for about 10 to 15 minutes and then our workout, a cool down and stretches. It is important to warm up before stretching. If you come late, please warm-up with a fast paced walk (two laps) before you start running and then just jump in with the group.

The goal of this group is: (1) have fun (2) improve fitness and (3) complete a 5K. In order to do this it is important that you COMMIT to train a minimum of 3 days a week and for best results, 4 days a week. You must commit to carve out the training time in your busy life to succeed! You are worth it. The closer you follow the training plan the easier it will be for you to complete the 5K. There is also a training log included with the handouts you will receive.

What to bring to running class: water bottle, sports drink (optional), towel, sports watch (optional) with stop watch feature for keeping track of running time.

What to wear: comfortable running attire. Synthetic fabrics (tech fabrics) are recommended over cotton. Fast drying cool materials such as Coolmax are recommended.

Running shoes: if you do not have running shoes or they are old (6 -12 months), I recommend going to a specialty store and getting some advice. We recommend 1st Place Sports. Wear your old shoes to the store and tell them that you are in our running class. You will get a 10% discount and, more importantly, a good fit that meets your needs, reducing the odds of an injury.

For more information please visit our website, www.floridastriders.com/running.html, where you can find answers to Frequently Asked Questions (FAQ's) and more.



"Running Class" Entry Form, Membership Form, and Release & Indemnification Agreement

Your signature below these two paragraphs indicates that you have read, understand, and agree to both. This entry form also provides the information for your one year Florida Strider Membership, which is included with your class entry fee.

Class Release & Indemnification Agreement: The person named on this registration form wishes to participate in the Running Program (the "Program") from April 6th through May 30th, 2011. Those who have made this Program possible -- The Florida Striders, their sponsors, and St. Johns Country Day School, volunteers, and officials (collectively, the "Organizers") -- wish to ensure to the fullest extent possible that they are not sued or held liable for injuries or damages sustained by participants or those attending the Program. I make this release and indemnification agreement on my behalf, and on behalf of anyone who would be able to sue if I were injured while participating in or attending this Program. In return for being allowed to participate in this Program, I agree and acknowledge as follows: 1) Participation and attendance at running programs, especially those held on trails, carries with it some risk of serious injury, including even in rare cases, death. The risks include, but are not limited to, those caused by overexertion, vehicular traffic, the course, weather, facilities, equipment, Organizers, spectators, and other participants; 2) I assume all risk of participating in and attending this Program; 3) I understand that the Organizers of this Program are relying upon the agreements and representations I make in here; 4) I release the Organizers of the Program from any and all claims, including negligence claims and claims relating to personal injury or property, arising out of my participation or attendance in this Program, except I do not release reckless or intentional tort claims; 5) I agree to indemnify the Organizers if I or anyone else brings a claim against the Organizers due to injuries I receive due to my participating in or attending the Program ("indemnify" here means to reimburse the Organizers for any sums they have to pay and expenses/fees they incur due to an injury claim related to me); 6) I give permission for the free use of my name and picture in any broadcast or print media account or promotion of this event; and 7) I have carefully read this document and understand it. If I am under 18 years old, my parent or guardian is signing on my behalf, and my parent or guardian also agrees to indemnify the Organizers if I or anyone else brings a claim against the Organizers due to injuries I receive due to my participating or attending this Program. With knowledge of the risks involved and the rights I give up, I waive the rights I might otherwise have, and I freely sign this document. I will notify Bob Boyd if I do not wish my contact information shared with the rest of the class (contact information is usually shared to facilitate group run coordination.)

Membership Liability Waiver: 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.

Runner's Signature _____ Date ____/____/____
Parent's Signature (if runner under 18) _____
Name _____
Address _____
City _____ State _____ ZIP Code _____
Sex: ____ Birth Date: ____/____/____ T-Shirt Size ____ (s/m/l/xl/xxl)
Home Phone : ____-____-____ Work Phone : ____-____-____
e-Mail Address(es) _____ (please print)
Occupation: _____ Employer _____
Why did you sign up? _____

Entry Fee enclosed \$ _____ (\$15 for existing Strider members, \$30 for non-members)
Call Bob Boyd at 272-1770 for discount rates for couples & families.

You must contact Bob Boyd, at 272-1770, or at BobBoydFL@gmail.com prior to the class to confirm you have or will get suitable running shoes, are medically safe to participate, how much running, if any, you are currently doing, and to answer any questions you may have. Completed forms/checks should be mailed to: Bob Boyd, 2600 Sandlewood Ct., Orange Park, FL 32065. Checks are made payable to "Florida Striders."

Orange Park Medical Center



April 16, 2011



Run to the Sun 8K

Presented by
Sun Tire Inc



Saturday, April 16, 2011

8K - 8:00AM

FUN RUN - 9:30AM

Orange Park Kennel Club

455 Park Ave., Orange Park



Benefiting Local Elementary School Run/Walk Clubs

Technical Shirts Guaranteed to
all Pre-registered 8K Runners!

ENTRY FEES

	<u>Striders/Military</u>	<u>Non Striders</u>
Until April 6 th	\$16.00	\$18.00
April 7 th – 15 th	\$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 "RTTS 8K" and mail with completed entry form to RTTA 8K, 3931 Baymeadows Rd, Jacksonville, FL 32217
- **Register Online** - more info at www.floridastriders.com
- Day of Race Registration starts at 6:30 AM
- **Race Director:** Karen McCormick (904) 275-7053, skmac@bellsouth.net

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). Awards Ceremony at 10 AM



THE COURSE / TIMING

The 8K course starts at Wells Rd & US 17. and finishes at the Kennel Club. It is a USATF Certified Course (FL-02015DL) along the beautiful St. Johns River on River Road. 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.

FUN RUN

A FREE One-Mile Fun Run starts at 9:30 AM in the field behind the Kennel Club. There is no charge for the Fun Run, but you must register to participate. Complete an entry form on race day or bring in a completed entry form. Please do not mail in Fun Run entry forms.

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, April 14th and Friday, April 15th 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 not picked up at the above location will be moved to the Kennel Club for race day pick up starting at 6:30AM.



New, Renewing and Expiring Memberships

NEW MEMBERS

Maureen Burnett	1/31/12
Margaret Cogswell	1/31/12
Kim Ericson	1/31/12
Kevin Fleeger	1/31/12
Tracey Harpe	1/31/12
Greg Hertzberg	1/31/12
Dianne Hill	1/31/12
Hu Jennifer	1/31/14
Robert Lanier	1/31/12
Susan Leach	1/31/12
Molly Ann Mauricio	1/31/12
Patrick McCarthy	1/31/12
Roberta McCloskey	1/31/12
Shara Meyer	1/31/12
William Pearson	1/31/12
Joel Preston	1/31/15
Elisa Rosemond	1/31/12
Mike Youngblood	1/31/12
Evan Zillmer	1/31/12

Craig Bennett	2/28/12
Cameron Davis	2/28/12
Nicole & Sheldon Fletcher	2/28/12
Pat Haley	2/28/12
Lever Kathleen	2/28/12
John & Tiffany Kovacs	2/28/12
Sook & Robert Marino	2/28/12
Kristin Musser	2/28/12
Joni & Larry Neidigh	2/28/12
Deborah & Steve Potash	2/28/12
Robert, Marilyn, Lucas, Cameron Smith	2/28/12

RENEWING MEMBERS

Margaret Barton	1/31/12
Jay Birmingham	12/31/11
Alex Chieu	1/31/12
Hernando DeSoto	12/31/11
Carol & Michael Fitzsimmons	12/31/13
Craig, Susan & Nancy Harms	12/31/11
Cynthia Lyons	12/31/11
Michael Mayse	1/31/12
Patricia & Pete Noonan	1/31/12
Amy Randall	12/31/11
Dee Robertson-Lee	2/28/12
Mercedes Smith	2/28/12

Tom Sullivan	12/31/11
Doug Aiosa	1/31/14
Traci Bane	1/31/14
Rosemary & Eric Belock	1/31/12
Paul Berna	3/31/12
David & Lynn Bonnette	2/28/12
Adrienne Brooks	1/31/14
Lewis Buzzell, III	1/31/13
Thomas Carlson	1/31/13
Mark Chorpeneing	2/28/12
Darcy Daniel	2/28/12
John De Antonis	1/31/12
Rosalind Flowers	1/31/14
Stephanie Foreman	1/31/12
Stephanie & Chuck Griffith	2/28/14
Joanne & Buddy Harris	2/28/12
Cynthia Heineman	1/31/12
John Hirsch	1/31/12
Benjamin Holland	1/31/13
Robert & Janet Irvin	1/31/14
Michael Johnson	2/28/13
Leslie Kindling	1/31/13
August Leone	2/28/12
Joey Marra	2/28/12
Kwan McCall	2/28/14
Joseph McCoy	2/28/14
Robert Meister	2/28/12
Jay Millson	1/31/12
Andrea Morrison	2/28/12
Renee Moyd	2/28/12
Alan & Ann Phillips	1/31/12
Babs & Dave Shutt	1/31/14
Scott Silliman	2/28/14
James Spooner	2/28/12
Bob Tatum	1/31/13
Bill Weaver	1/31/12
Martin & Diane Wilkinson	1/31/14
John Wisker	1/31/12

MULTI-YEAR MEMBERSHIPS

Sara Matukaitus	1/31/12
Leslie Hague	1/31/12
Tris & Jerry Skirvin	1/31/13
Gordon & Kim Simms	1/31/12
Randolph & Patricia Sandy	1/31/13
Joe & Maurya Sova	1/31/13
Pat Stack	1/31/12
Roger Jones	2/28/12
Melinda & Kevin Terry	2/28/12
Jeffrey & Pam Nelson	2/28/12

Jennifer O'Brian	2/28/12
Carol Palmer	2/28/12
Hal Higdon	2/28/12
Susan & John Gostage	2/28/13
LeeAnn & Bob Buscemi	2/28/12

EXPIRING MEMBERSHIPS

Vernon Allen	12/31/10
Danae Bray	12/31/10
John Coleman, DPM	12/31/10
Inga Graham	12/31/10
Gerald Grubesky	12/31/10
Glenn Landers	12/31/10
Kristie Matherne	12/31/10
Kathy King & Anthony Truitt	12/31/10
Ken, Jeanie & Erin Wilson	12/31/10

Karen Amistani	1/31/11
Lisa Boyd	1/31/11
Tracy Choulat	1/31/11
Timothy & Jamie Clay	1/31/11
Kim Crist	1/31/11
Everett Crum	1/31/11
Ron Dill	1/31/11
Kevin Fleeger	1/31/11
Jessica Lee Fletcher	1/31/11
Tanya Foreman	1/31/11
Elizabeth Gregovits	1/31/11
Lacy & James Healy	1/31/11
Donna & Jerry Hiatt	1/31/11
Kathryn & Freddy Howell	1/31/11
Leigh Jacobs	1/31/11
Jeanette Johnson	1/31/11
Frances Kennedy	1/31/11
Gary Lewis	1/31/11
Jonaththan Lineberry	1/31/11
Andrew Linn	1/31/11
Carol Marcom	1/31/11
Melissa McCrosky	1/31/11
Lauren McLean	1/31/11
Lisa Myers	1/31/11
Frank Pelletier	1/31/11
Bill Phillips	1/31/11
Linda Selbch	1/31/11
Jennifer Shepard	1/31/11
Diana Stewart	1/31/11
Joseph & Heather Stores	1/31/11
Jaci Thies	1/31/11
William Tomlinson	1/31/11
Nancy Tretick	1/31/11
Thomas York	1/31/11 =

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

MINUTES

Continued from page 2

merchandise. Runners/walkers only in bathroom line 7:15-8:30.

b. Social Update – Glenn Hanna

1. March 12th-River Run
2. March 27th-Chili cookoff
3. April annual meeting/picnic-Sunday April 3rd. Glenn will ask Danny Suber about reserving Secret Cove.
4. Rest of the year has openings in

June and August for social ideas.

V. Announcements:

Bob Carr-in the hospital at Flagler due to fall. Ann will collect \$ for flowers.

Frank Frazier mentioned that St Johns Country Day asked him for a donation for pole vault equipment. Discussion about adding \$ to the beginning runner class and donate it to the school since we use their track. Kellie wants to table the discussion until next month.

Bob Boyd is looking for dates for the Her-

shey Games at OP High School.

Adjournment: A motion was made, seconded and passed to adjourn the meeting. The meeting was adjourned at 8:02p.m.

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

floridastriders.com

Group Training Runs

DAY	TIME	DISTANCE	JACKSONVILLE AREA	CONTACT
Sunday	6:30 AM	5 to 10 Miles Various pace groups	Atlantic Beach Ragtime Restaurant First Street & Atlantic Blvd	Bill or Dot Mitchell (904) 241-0331 mitd0005@mac.com
Sunday	6:30 AM	6 to 20 Miles Various pace groups	Orange Park Sun Tire Blanding Blvd.	Dave Bokros at dmbokros@gmail.com or 904-545-4538
Sunday	10:00 AM Seasonal	3-8 Miles Trail Run	Ponte Vedra Guana State Park	Craig O'Neal (904) 568-4825 charityrunningcoach@yahoo.com
Sunday	7:00 AM	7.5 Miles Black Creek Trail	Super WalMart (NE corner) Fleming Island	Kay Womack (904) 215-8656 kaywomack@gmail.com
Sunday	630 AM	Varied	Various Mandarin locations	Stephanie Griffith (904) 268-1503 or cell (904) 233-6964
Monday	5:00 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

March 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
March 5	Nocatee Trailblazer 5K	8:00 a.m.	Nocatee Splash Water Park Event Field 245 Little River Rd., Nocatee	1st Place Sports (904) 731-1900
March 12	Gate River Run 15K	8:30 a.m.	EverBank Field Jax	1st Place Sports (904) 731-1900
March 12	Florida Times Union 5K for Charity	8:30 a.m.	Fairgrounds Duval St., Jax	1st Place Sports (904) 731-1900
March 12	Adidas Jr. River Run	11:00 a.m.	Fairgrounds Duval St., Jax	1st Place Sports (904) 731-1900
March 13	Diaper Dash	11:00 a.m..	Fairgrounds (Left of Stage), Jax	1st Place Sports (904) 731-1900
March 19	Jetty-2-Jetty Ultramarathon	8:30 a.m.	Atlantic Blvd (on the beach) Atlantic Beach	(904) 285-1552 Performance Multisports
March 19	Lighthouse 5K	4:00 p.m.	Lighthouse Park St. Augustine	(386) 747-3532 RaceSmith, Inc
March 20	St. Patty's Day 10/5K	8:00 a.m.	Evergreen Cemetery 4535 Main St., Jax	1st Place Sports (904) 731-1900
March 26	Gockle Run 5K	8:30 a.m.	New Life Christian Fellowship 2701 Hodges Blvd. Jacksonville	1st Place Sports (904) 731-1900
March 26	Mud Run 10K	9:00 a.m.	Taye Brown Regional Sports Complex Jacksonville Equestrian Ctr	(904) 332-6810 National MS Society North FL Chapter
March 26	Sulzbacher Center 8K	6:00 p.m.	Jacksonville Landing	1st Place Sports (904) 731-1900
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

It is now close to the end of February and look at this weather! It is gorgeous and we are so lovin' it after the winter we've had. Thank goodness we don't have to shovel any snow or put on layers of clothes to go run at 5 AM!

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

There were several races this past month. The first race to report on in this issue is the **MATANZAS 5K** held in quaint St. Augustine on January 22, 2011. Our ever faithful Striders placing in their age groups were as follows: Placing 1st were **John Wisker, John Metzgar, Patrick Gallagher, Nancy Harms** and **Sharon Lucie**. Those placing 2nd were **Bill Phillips, George White, Frank Frazier** and **Al Saffer**. And, those placing 3rd were **George Hoskins, Benjamin Holland, Bob Meister, Britta Fortson, Denise Metzgar** and **Susan Gostage**.

The second set of race results was for the **RUN 5 TO KEEP KIDS ALIVE**, held on January 29, 2011. Our very dedicated Striders who participated were **Miller McCormick, Paul Smith** and **Al Saffer** capturing gold, **Dee Robertson-Lee** grabbing the silver and **Freddy Fillingham** winning the bronze.

The third race was the **PIRATES ON THE RUN 5K AND 10K**, held on February 5, 2011. For the 5K, **Jay Herring** placed first, **Mercedes Smith** placed second and **Charles Goodyear** placed third. For the 10K race, **Cole Mandt** placed first and **Megan Kuehner** placed second.

The fourth race was the very popular **JOHN TENBROECK MEMORIAL WINTER BEACH RUN**, 5 miles and 10 miles, held on February 6, 2011 atJacksonville Beach! I hope the sand was hard-packed for all you runners! First, the 5 mile race - our Striders placing 1st were **Cynthia**



BY GAIL PYLIOW

Lyons, Marie Bendy and Ann Krause. Doug Barrows was the lone 2nd place finisher and **Glenn Hanna, Matt Ross** and **Maria Padin** all placed 3rd.

Now, for the 10 mile race - there were many Striders who placed and they are: **John Metzgar** placed 3rd in the Open Men category, **John Wisker** placed 1st in the Masters Men's category and **Allison Ronzon** placed 2nd in the Masters Women's category. Next, those placing in the gold category, **Lisa Adams, Mark Grubb, Randy Arend, Bruce Holmes, Paul Smith, Nancy Harms, Leslie Kindling, Kathy Murray** and **Stephanie Griffith**. Next in the silver category were **Regina Taylor, Robert Walker, Ben Huron, Andrew Marchand, David Bonnette, Vicky Connell, Cynthia Maerz, Sharon Lucie, Nancy Pullo** and **Patrick Gallagher**. And in the final category of bronze were **Donald Wucker, George White** and **Denise Dailey**.

Continued on next page

The Florida Striders Track Club \$1,000 College Scholarships

Eligibility Requirements:

- * Must be a resident of Northeast Florida for the past two years.
- * Must be a graduating high school senior.
- * Must be a runner or active in track and field events.
- * Please be advised that NCAA regulations may prohibit you from accepting this scholarship if you attend college/university on an athletic scholarship.

ENTRY DEADLINE: Applications must be received by **March 10, 2011**

A completed application should include:

- * This form completed (4 pages, including items I through X)
- * Essay about your running (item IX)
- * Personal recommendation
- * High school transcript (if desired, not required)

Please return the completed application to (prior to March 10, 2011).

Florida Striders Track Club
Scholarships Applications
P. O. Box 413
Orange Park, FL 32067-0413

Please email any questions to **Danny Weaver**,
weaver243@hotmail.com

gockle
5k run:walk

"RUN FOR THE PRIZE"

Time:
Registration 7:00AM | Run/Walk 8:30AM | Kids' Fun Run 9:30AM

Saturday, March 26, 2011
Register online at www.gocklerun.org

Location:
New Life Christian Fellowship
& Providence School Campus
2701 Hodges Boulevard • Jacksonville, Florida

newLife
PROVIDENCE SCHOOL

Chick-fil-A
Beach & Hodges
at Pablo Creek Plaza

POPE
WORLD
FITNESS CENTERS

ADVENTURE
LANDING
celebrations

SHOOTIE
KING

INK 97.com

Awards presentation following Fun Run.

"Johnny's heart - bringing love and hope to those in need"

Jacksonville's Youth Reaching Out.

The Back Page

CONTINUED FROM PAGE 15

The next, very pumped-up local race to report on is the **26.2 WITH DONNA, the 5K, the HALF MARATHON and the FULL MARATHON**, held on February 13, 2011. It is amazing to see how this race/run has grown over the last four years. I ran in the half marathon the inaugural year and maybe there were 7,000 runners and this year there were over double that amount. This race is about obliterating breast cancer and what an absolutely wonderful money-raising cause. **Charles Goodyear** placed 2nd and **Joe Connolly** and **Bernie Powers** each placed 3rd in the 5K run. In the half marathon, **Paul Smith** placed 1st and **Stephanie Griffith** placed 2nd and in the full marathon **George White** placed 2nd.

The last local race was **SWOOP THE LOOP**, held on February 22nd and our own **Robert Walker** brought home the gold!

STRIDERS - They're Everywhere!

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

Robert Walker, while in Kansas City, Missouri, participated in the **2011 GROUNDHOG DAY 5K AND 10K**. He writes, "I'm trying to run a race in every state and this is # 3 Kansas City, Missouri. The whole race was underground - there was a 5K and a 10K. I ran the 10K got 41st overall, 9th in a/g and did it with no clocks and no ipod." Sounds very interesting, Bob.

Mercedes Smith, in that far away place of Ponte Vedra, ran in the **Palmer Catholic Academy 5K**, saying "Fun, flat, fast run at old A1A in Ponte Vedra Beach. 3rd place group win for 40-44! I like the trophy-running shoes with wings!" Cool!

Two Striders ran in the **ING MIAMI MARATHON** on January 30th in and through South Beach. **Joey Marra** ran the full marathon and had this to say, "Lots of shade on the second half of this course. Thank God for that!" **Gail Pylipow**, yup that's me, also ran in the marathon, sort of. I registered for the full but due to IT band issues could barely make it to the finish line of the half. I was so brokenhearted. I will say the course was beautiful, LOTS and LOTS of spectators, perfect weather and way too cool spinning medals upon finishing. I've already signed up to do the full one next year...any takers to go with me?

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 every participant in the **26.2 With Donna, whether you ran the 5K, the Family Fun Run, the Relay, the Half Marathon or the Full Marathon**. You were there, you contributed your time and registration fees and hopefully you had fun! Hope to see you all again next year! =

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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