

## 2011 Run to the Sun 8k

By Karen McCormick

Another successful Florida Striders' Run to the Sun 8k event is now behind us. The Orange Park Medical Center Run to the Sun 8K & One-Mile Fun Run, presented by Sun Tire, Inc. and Mike Shad Nissan of Orange Park, was held on Saturday, April 16th at the Orange Park Kennel Club. We were joined by the Orange Park Sunrise Rotary in hosting this year's event, and thoroughly enjoyed their assistance in acquiring a major sponsor as well as having this group of talented folks along with us!

The Orange Park Medical Center



and their First Coast Orthopedics group are deserving of a special Strider-sized "THANK YOU" for being the title sponsor of the event, and for providing fantastic sling pack race packet bags for all of the 8k participants. Another big thank you goes out to our presenting sponsors, Sun Tire, Inc., and Mike Shad Nissan of Orange Park, along with the rest of our sponsors whose financial support allow us to put on a quality event so that our race proceeds can benefit children's running and fitness in our community. All of the event sponsors are listed below. Remember....the best way to thank these businesses for their support is to become one of their customers!

Orange Park Medical Center  
Sun Tire, Inc.  
Mike Shad Nissan of Orange Park  
Dentistry 4 Children  
Kohl's Department Stores  
Air Traffic Consulting Service (ATCS)  
Protection1 Security  
American Enterprise Bank

We also thank the Orange Park Kennel Club for allowing us the use of their



facility, Blue Ridge Water Co. for providing all of our water, and Publix for the refreshments.

The big change for this year's event was the updated 8k and fun run courses. The 8k received a new starting line location, the fun run was made into a perfect 1-mile loop, and both courses ended at a new finish line located on the shady east side of the Kennel Club property. The new finish line location got a big "thumbs up" from several runners. We added water tables at the start line and a water stop at the 3.5 mile mark which were also appreciated by many. I think everyone at the event was grateful that the forecasted rain did not materialize -- the sunny, humid morning that we got was a bit of a

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# Prez Sez

By Dan Adams



I want to say thanks to Kellie Howard for her wonderful job as President. She has spent the last 2 years pursuing our mission to promote and encourage running by educating the community on the benefits of physical fitness and sports. By all accounts she did a great job, thanks! I certainly have some big shoes to fill.

As you are all aware, our Memorial Day is has changed location. I am confident we will make our race continued success in spite of having a conflicting race that our members founded and grew for a quarter of a century.

I am asking every Florida Strider to promote our Memorial Day 5K. If you can find a way to run, please do. Talk your friends and neighbors into joining us. Our new course will be shaded and fast. We are offering medals for all finishers, tech shirts for all runners, and a Sunshine Rotary Club Pancake Breakfast following the race. It is going to be the perfect start to Memorial Day, let's make this our best race of the year. =

## Board of Directors' Summary of Action April 12, 2011

### Orange Park Library • 7 PM

**I. Call to Order:** Kellie Howard called the meeting to order at 7:12 p.m.  
Board members present: Regina Sooeey, Kellie Howard, Dan Adams, Randy Arend, Lisa Adams, Scott Hershey, Don Wucker, Bill Krause, Ann Krause, Kim Crist, Mike Mayse, Greg Wood, Melissa Saunders, Frank Frazier, Glenn Hanna, Vicky Connell, Carol MacDougall.

Also Present: Stan Scarlett, Vanessa Boyd, Bob Boyd.

Quorum Present: yes.

**II. Review of Minutes:** Motion made, seconded and passed to approve the minutes from the March, 2011 meeting.

### III. Officer Reports

#### a. President Report – Kellie Howard

- Welcome of New Board Members
- Shannon Miller Lifestyle Women's 5K (4/30)– We are a vendor for this event for free. Kellie and Regina will attend to promote the Memorial Day 5K.
- The Spartan Run 5K (4/30)–We also support this race, because it helps St. Johns Country Day School.
- Hog Jog Approval of Race Director – Leslie Kindling: Lisa made a motion, which was seconded and passed to appoint Leslie as race director. The Board thanked Steve Bruce for his many years of directing this race.

#### b. Treasurer Report – Randy Arend

Beginning Cash Balance as of March 1, 2011 was \$14,103.66.

March Income was \$14,119.46.

March Expenses were \$6,501.68.

Ending Cash Balance as of March 31, 2011 was \$21,721.44.

Ending Cash Balance has designated amounts for 100 x 5K World Record and Children's Running Budgets totaling \$5,671.23. Undesignated cash balance was \$16,050.21.

Comparable Ending Cash Balance as of March 31, 2010 was \$12,966.60, of which \$8,774.79 was undesignated.

Main revenue was River Road Resolution Run.

Continued on page 15

## 2011-2012 Board of Directors & Key Members

(Board Members marked with an \*)

### President & Resolution 5k Director::

\*Dan Adams . . . . .(C) 505-8849  
daniel.adams@jetblue.com

### Vice President & Resolution 5k Director:

\* Vicky Connell . . . . .(H) 276-0193  
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### Secretary:

\*Regina Sooeey . . . . .(H) 673-0608  
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### Treasurer:

\*Randy Arend . . . . .(H) 272-3861  
arendrr@aol.com

### Membership Coordinator/Newsletter Circulation Coordinator:

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### Race Advisor:

Bob Boyd . . . . .(H) 272-1770  
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### Memorial Day 5K Director:

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### The Back Page Columnist:

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### Social Coordinator:

\*Glenn Hanna . . . . .(C) 777-9351  
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### Scholarship Coordinator:

\*Danny Weaver. . . . .(H) 287-5496  
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### Directors at Large:

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\*Don Wucker.....dwuck@aol.com

### Hog Jog Director:

Leslie Kindling . . . . .(H) 928-446-6149  
email: physwood@att.net

### 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](http://floridastriders.com)**

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# Barefoot Boy

Current running literature is rife with references about the virtues of running naturally, “run barefoot” they say, “with your feet inside our shoes”. Does that make sense to you? Running as if one were barefooted, but with artificial appliances over the feet?

But whether one is shod or trotting about in naked feet, the concept of getting back to nature is worth consideration. Our 26 foot bones are meant to flex, pronate, supinate, flatten, absorb shock, and spring back.

Many coaches urge their charges to indulge in a bit of turf running, sans shoes. Vin Lananna at Stanford and myself at St. Johns Country Day, to name just two.

Sixty years ago there was a spate of barefooted running, led primarily by Brits. Olympians Bruce Tulloh and Fred Norris from the old country toed the line, shoeless, on cinder tracks all over Europe and the British Isles. Half a planet away, Percy Cerruty of Australia extolled the virtues of barefoot running, in sand, on golf courses, and on the grass tracks that were sprinkled across his continent.

When Abebe Bikila ran over the cobblestones of Rome to win the gold medal in the 1960 Olympic Games marathon,

barefooted, the world marveled at his fitness and naturalism. One story has it that Bikila started out in Adidas and got rid of them early in the race because they hurt his feet. Four years later, in Tokyo, Bikila mounted the medal stand for another gold. This time he wore shoes from gun to tape.

A few Olympiads later, barefoot teen sensation Zola Budd, transplanted to England from South Africa, battled American hope, Mary Decker, in the 5000 meter Olympic final. Decker got tangled up in Budd’s bare feet and fell to the side of the track. Budd managed to finish but was totally unnerved by the accident.

So what are the pros and cons of going au naturel?

For starters, it strengthens your feet. Most of the muscles that control your feet, the flexors and extensors of the toes, are in the lower leg. That’s right, up and down the tibia and fibula, just below your knee. So, unexpectedly, the first benefit of tiptoeing through the St. Augustine grass is stronger shins and calves.

Shin splints, the bane of many new runners, just don’t happen to barefoot runners. And chronic Achilles pain is unknown to those whose posterior leg muscles are routinely stretched and

## Wide World of Running By Jay Birmingham

strengthened through the greater range of motion forced on them by soft surfaces.

“But I have the tootsies of a newborn,” you say. Perhaps you don’t have tough feet. Like the Princess and the Pea, your feet feel every twig and pebble. No problem.

Wear socks. No kidding, the thin layer of cotton is all that is necessary to cruise the turf in comfort without your feet getting hot. A little grass stain on a few socks doesn’t hurt anything.

But wait! I’m really not convinced that running barefoot is a panacea, a cure. Having been on my running feet in excess of 150,000 miles with no debilitating injuries or degenerative diseases, I think it’s not my occasional foray onto the grass. It’s running on various surfaces.

Track and road, trails and parks, uphills and downhill, rough footing and smooth, treadmills and off road. Every surface throws different stresses at the running body. And stress is good. Overuse is the boogey man of all running. By covering the earth in shoes or without, smooth or rough, short strides and long, your body becomes an athlete. Every part is tugged, stretched, challenged. And the result is resiliency. =

### RUN TO THE SUN

Continued from page 1

surprise, but did not prevent several runners from posting fantastic finish times!

We had a total of 539 registered participants for the 8k from which we had a total of 501 finishers. Fun Run participants totaled 818 in the one-mile fun run that followed at 9:30am where we had 32 elementary schools represented in the event. Those schools with 25 or more

participants are listed below.

Annunciation  
Paterson  
Lakeside  
Pinewood Christian  
Montclair  
Ridgeview  
Oakleaf Village  
Swimming Pen  
Orange Park  
Thunderbolt

Let’s also not forget about the

RTTS volunteers and Race Coordinators who made this all happen! We had lots of new people join our volunteer ranks at this event and who did a great job, and I hope they will join us again next year! We had more than 20 folks from the NAS Jax Hospital Corp who completely manned our 8k course marshal needs. It is, however, largely due to the efforts of one fantastic group of Race coordinators (see next page) and the assistance of race advisor, Bob Boyd, that the event went so well. =

**For a complete album of the color photographs from the Run to the Sun 8k, please go to the website, [www.FloridaStriders.com](http://www.FloridaStriders.com)**

If you would like a high resolution version of any of these, you can email Vanessa Boyd, our talented photographer, at [VanessaABoydFL@gmail.com](mailto:VanessaABoydFL@gmail.com). There is no charge for such.

# A Super-sized Thank You to All

All of those volunteers who gave their time, energy and talents to make The Orange Park Medical Center Run to the Sun 8K & One-Mile Fun Run, a success are listed below and I sincerely thank all of them. Please forgive me in advance for any names accidentally misspelled or omitted.

## RACE COORDINATORS

Dave Bokros  
Denise Stern  
James Vavrina  
Jeff Nelson  
Ken Bendy  
Kim Crist  
Mike Mayse  
Stan Scarlett  
Suzanne Baker  
Vanessa Boyd

Ryan McCormick (Bishop Snyder HS)  
Colin McCormick (Lake-side Jr High)  
Ashley Lemieux (Clay HS)  
Lacey Crist (Clay HS)  
Sara Race (Middleburg HS)  
Meghan Pfuntner (Fleming Island HS)

Pat Noonan  
Paul Ruebush  
Robert Webster  
Skeeter White  
Teri Detwiler  
Vickie White

Local PE Teachers  
Stephanie Shafer

Brianna Greene  
Ciara Williams  
Derrick Clemons  
Gabriel Sanpedro  
James Green  
Jasmin Davila  
Jenna Golding  
John Jackson  
John Opara  
Joseph Balk  
Karline Faulk  
Larry Beckett  
Nadege Whitefield  
Oscar Barrios  
Porsche Giles  
Rynel Cabrera  
Shannon McCowen  
Tracey Temple  
Yolanda Pellino

## STUDENT VOLUNTEERS

### From OP High School

Dan Ross  
Erin St. Louis  
Jasmine Johnson  
Johnny Nguyen  
Jordan McDonald  
Megan Hardy  
Meghan Noonan  
Simone Garvey-Ewan  
Tanner Root  
Tiffany Vallish

### From Ridgeview Beta Interact Club

Alyssa Egnew  
Becca Freitag  
Brian Moronta  
Celine Vasquez  
Maria Carter  
Stephanie Sheridan  
Steven Yu  
Tabitha Sookdeo  
Tara Coletti  
Tiffany Moronta

### From Other Schools

Kyle Cowman  
(Bishop Snyder HS)



## ADULT VOLUNTEERS

Bob Tatum  
Claire Gilbert  
Cynthia Maerz  
Eddie Guerra  
Frank Frazier  
Glenn Hanna  
Jackie Culver  
JD Smith  
Kathy Murray  
Kitty Ferrell  
Larry Clark  
Leslie Kindling  
Marge Ruebush  
Marie Bendy  
Mark Lay  
Mark Wynter  
Martin Wilkinson  
Pat Czarnecki  
Pat McEvers

Annette Gray  
Carol MacDougall  
Chris Brindle  
Chrystal Gray  
Jack Frost  
Kim Tracanna-Breault  
Linda Stapleton  
M.J. Eckford  
Marilyn Karnuth  
Nancy Sirmons  
Nancy Snow  
Rose woolwin  
Ruth Smith

### From NAS Jax Hospital

Adam Henneman  
Anthony Ingraham  
Anthony White  
Arianna Green  
Ben Greene

### From OP Sunrise Rotary

Jim Hughes  
Cathy McNees  
Chris McNees  
Goran Fredrikson  
Gordon Reynolds  
Howard Henderson  
John Powers  
Lori Richards  
Mike Cummings  
Mike Kloehn  
Nancy Alberts  
Rick Trainer

### From Kohls Dept Store

Bobbi Harrell  
Edna West  
Jeri Herd  
Pauline Fortak

As always, I welcome any suggestions you may have to improve this event in the future, so please do not hesitate to share your thoughts with me by phone (215-7053) or email (skmac@bellsouth.net). PLEASE join us again next year for another great Run to the Sun 8k and Fun Run event. Until then...I wish you all happy and healthy running! =

# Florida Striders Expo Booth - Gate River Run 2011

THIS WAS OUR FIRST YEAR WITH A FORMAL BOOTH AT THE GRR EXPO. THE LAST 2 YEARS, WE HAD A SMALL CUBBY HOLE AND IT WAS GOOD PRACTICE FOR THIS YEAR. WE DIDN'T HOLD BACK ANYTHING AND DID THE BEST WE COULD DO. I'M SURE NEXT YEAR, WILL BE EVEN BETTER IF WE DO IT AGAIN.

Our location was very good, being next to the Publix and the Donna Deegan exhibits and many people came to visit us, on their way to these 2 Booths. Thousands came by our Booth, and we had many happy and smiling Strider Volunteers to greet them. Some of us even went out into the isles to meet them and talk about the Striders benefits of being members. (Didn't we Regina??) We all wore Strider shirts or hats and we all looked sharp and very professional.

We signed up 51 new members (100% better than last year) netting \$ 860.00 (92% better) and 30 renewing members (172% better than last year), for \$560.00. I have a feeling the renewals were up to get access to the Hospitality Tent. Just a thought on my part. But, we are glad to get the renewals.

We had on display, most of the Strider Merchandise, shown full length and colors. We made it easy for people to browse around without being rushed and uncomfortable. People could hold up the shirts and see how they looked and what size they would like to see. Our volunteers could retrieve the shirts from our inventory shelves (thanks to Vicky C.) and keep the inventory in good order. We think we sold between 70-75 shirts. Our dollar amount sold, was \$741.00. Counting what Keith sold at the Hospitality Tent, \$370.00, our total Merchandise sales total was \$1120, a 122% increase, from last year. We don't have much profit margin on our Merchandise, but every shirt and hat sold, when worn, is a walking/running billboard for the Florida Strider Track Club. They are the "gifts" that keep on giving. This is very cheap

advertising.

Mike Mayse had 2 videos of the Strider World Record 5k and 15K that were set. We had music, Strider banners, StrideRights, flyers candy and drawings, (either a one year free Strider membership or a free Strider shirt). The shirt winner lived in Jesup, GA. I mailed the singlet she wanted and she also joined the Striders. The 2nd drawing winner, wanted a one year free membership.

Our Team Captains, Vicky Connell, Lisa Adams and Melissa Saunders were invaluable throughout the process. They did everything they could to make the event a success. These girls were active throughout the entire process, way back to last year. Our past President, Kelly Howard and new President, Dan Adams, worked the Booth and got exposed to the finished product. Our Treasurer,

Randy Arends, was there and did a great job volunteering. We now have a solid base of experience with many Board members.

Frank Frazier took large color photos to the Booth and we displayed them over the Booth entry. When I was "recruiting" out front and showed the photos, the interest in the Striders was very evident to my guests. Several of the guests joined up on the spot, while I was there with them. While I'm talking about Frank, Frank was mainly instrumental in securing the funds we needed to pay for the Booth. We collected \$ 1700 from Franks' networking efforts. One of our sponsors, was the Amelia Island Track Club, that not only contributed funds, they also furnished Booth Volunteers, in the area. Ed Hardee is a working machine, believe me. I have seen him in action. We were glad to have Rose Bennet, Robin Lyntz, Patee Boler, Debbie Webster and John McBreaty, along with Ed from the AIR. These are nice people.

Mike Mayse did a tremendous job with the Booth lighting, both with placement but also the colors. I walked around and saw all the Booths, and I think, we



## THANKS TO ALL! EXPO BOOTH VOLUNTEERS

If I have left anyone off, please let me know:  
[stanscarlett@msn.co](mailto:stanscarlett@msn.co)

Frank Frazier	Lisa Adams
Kellie Howard	Al Saffer
Bill Krause	Leslie Kindling
Glenn Hanna	Melissa
Mike Mayse	Saunders
Mark Lay	Tom Custer
Danny Weaver	Kim Crist
Mike Marino	Ed Hardee
Matt Ross	Robin Lyntz
Dan Adams	Richard Allen
Regina Sooeey	John
JD Smith	McBreaty
Vicky Connell	Patee Bolee
Andrew	Rose Bennet
Marchand	Debbie
Kent Northey	Webster

To see the complete album of both the Striders Expo Booth and the Hospitality Tent photos, please go to [floridastriders.com](http://floridastriders.com)

had the best Booth there. Jane Alred visited us twice and complemented us on how good it looked. She took several pictures of our area while she was there. We also had the Strider photo montage set up. We had the Strider Memorial Day Race highly publicized all over the Booth.

We collected runner trainee' applications for Bob Boyd's running classes and the trainees became Strider members with their applications. Mike Marino headed up the distribution of the World Record shirts and certificates. Kristee Matherne, a Board member, had a Booth next to us, for her company. Her pictures may be in the StrideRight also. I took several of her area. She had a very nice Booth, and hopefully she did well, and maybe, got visitors that came to the Strider Booth.

Welcome to Andrew Marchand as a new face in the Booth. He is a good addition. Very professional young man and hard worker. Thanks for coming. Also, a big hurrah to Matt Ross, who helped a lot, thanks, Matt. (Yes, you will get a raise next year). Glenn Hanna did double duty this year, helping at the

Hospitality Tent and the Booth, along with Mike, Frank, Matt and Mark Lay. Thank goodness, Mark was at the Booth at 9:00 pm on Friday night, to help Mike and I get everything taken down and out of the Expo. What a job!!!

We had volunteers coming and going on Thursday and Friday. It was shift work. Some were able to spend a lot of time there. These are folks that don't need supervision. Just show them what to do and turn them loose. (Of course, with the pay I give them, I would expect no less.). I know that some of our Volunteers spent their own money on the Booth and won't expect compensation. Thank you very much. I think the finished product we had at the Expo, was very similar to what I had envisioned last year in June or July. Even better, because of all the Volunteers that came forth. I was very happy with the finished product. The initial vision was just that, a vision, because it hadn't been done before, on that scale. I had been to several other Expos and Events around town, to get ideas how other Booths were done. These visits helped a lot in getting ideas. =

# Bigger, better, faster Memorial Day 5k

**By Dave Bokros, Race Director**

This year the Memorial Day 5k will be in its 27th year. For reasons that may or may not be clear to everyone by now, the race has been moved to Orange Park. That's right, Orange Park! No need to drive all the way to Green Cove Springs. No narrow course with potholes and loose bricks, and, wait for it, we will not be running this race on the St. John's River! While the river is scenic, the added humidity from being right on it makes any run stifling. Anyone who ran with us at the Orange Park 1st Place Sports store last summer can tell you that the instant you come around the corner at Kingsley Avenue and River Road it's like running through a hot mister! The new course is almost completely shaded and there will be pancakes afterward. Proceeds from the pancake breakfast will be donated to Honor Air. For those of you not familiar with their work, Honor Air flew veterans of World War II to Washington, DC to visit the nation's capital and the war memorials. There will also be medals to all 5k finishers and great drawings including one for round-trip airfare from Jet Blue!

Our mission has always been to pro-

mote the benefits of healthy, active lifestyles in our community. We do much of this through our Children's Run/Walk clubs in area schools. Every year we reach thousands of children in Northeast Florida that meet and run or walk at school with many of our great volunteer coaches in the various school system. We partnered with the Shannon Miller Foundation to reach even more! In 2010 we offered the foundation our awards and medals for her children's run/walk program, which she graciously accepted. The Shannon Miller Lifestyle Women's 5k and Children's Fun Run is Saturday, April 30th at 8:00 am at the Jacksonville Landing. There will be Striders there!

All that being said, our operating budget is well over \$30,000 annually. We spend over \$20,000 alone on the Children's Run/Walk program. The only way that we can do all of this is with the proceeds from successful races. Many of you might have noticed that if you register early our races are the least expensive anywhere. This is also not an accident. We keep the registration fees low for early entry so that the whole family can come out and run or walk together. This can only be accomplished in partnership with our generous sponsors!

Please take the time to look at the sponsorship page and know who they are. We need the surplus from these races to keep doing what we do. Last year I realized a record surplus at the Memorial Day 5k. This year, we need to do it again. Bring your kids, bring your friends, bring your parents! If you want to show up to walk it you can do that, too. This is a walking friendly race. There will also be a free one mile fun run for kids of all ages.

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## I need volunteers!

I will need Course Marshals, water stop helpers, finish line staff, road guards, registration staffers- you name it! Without our great team of volunteers, none of our races would be successful. If you can help with the 5k please contact me at [DMBokros@gmail.com](mailto:DMBokros@gmail.com). If you would like to help with the Fun Run contact Vanessa Boyd at [VanessaaBoydfl@gmail.com](mailto:VanessaaBoydfl@gmail.com). If you would like to help with the pancake breakfast contact Jim Hughes at [JamesJHughes@comcast.net](mailto:JamesJHughes@comcast.net).

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Let's make this an event that everyone will put on their calendar for next year and beyond! =



# 2011 Hospitality Tent Gate River Run

March 12, 2011

It would like to thank the entire many faithful and new recruit Volunteers that helped make our Event this year to be another major success. Many of our people have been helping since the concept of the Tent began back in 1992. I actually borrowed the idea from one of the times a bunch of us went down to run Gasparilla, in Tampa. We were walking over to pick up our packets, and I noticed there were many Corporate Tents and little white fences, lining the street to the packet pickup spot. These Tents were by invitation only, and restricted to the Corporation big wigs and their invitees. It really looked nice, and I thought, why couldn't we have something like that for our Striders and their families and friends. So, the next year, we had a small area for the Striders, and we have been growing it every year.

The following year, 1993, we were set up in Metropolitan Park, next to Southern Bell's canopy. This was the Year of the Wind, of 70-80 mph. Our canopy was ok, but Southern Bell's area was blown away. The River Run was canceled and the Race was done the next morning. There were 6000 entries for the Saturday Race, but only 3000 showed up Sunday morning. It was very cold and very windy. It was not fun at the top to the Hart Bridge. The wind would move you around, like it did several years

ago. That year, thanks to John Powers and all the help he could find, they kept our Tent from flying off to Europe.

I am always amazed, how many volunteers come forward each year and ask in advance, what they can do to help. They show up early and stay late, especially this year, since the Tent people didn't show up until about 2:00 in the afternoon, instead of 9:00 am, when they were supposed to. Also, our 8 portalets didn't arrive until 1:30 pm. As Thomas Payne said, "These are the times that try men's souls". The volunteers make this thing work and I always appreciate them. Of course, the pay is good, hours are great, the 401k is better than the Industry averages and vacations are very liberal and often.

We had a few changes this year. The biggest change was that I moved the Tent from the grassy area we have used for years, over to the asphalt area, that has always been a no man's area. It was hard, ugly and dusty. I was concerned we couldn't set the Tent up with the iron stakes that Kirby Tent Co. uses. I was prepared to use the grassy area if we had to. I had a plan A and B. When the Tent company arrived, the first thing I did, was to ask the installers if they could drive the stakes through the asphalt, and hold the ropes that hold up the Tent. He said, "No problem". It worked. The net effect was

that the Striders, guests, families and friends, had an extra 1400 square feet of grass to use, for blankets, chairs, and kids to play on. We had so many people this year, we needed all the grass we could get.

I moved the drink and ice area away from the side of the Tent and Glenn Hanna made the transition wonderfully. Glenn was also a volunteer, helping in setting up the Tent area on Friday, with the "snake lines" we use for the portalets and putting up our orange fence. We had 8 portalets this year, 2 of them compliments of the Amelia Island Runners. We restricted the portalets to runners and walkers this year, for about an hour. I think it helped a lot. Danny Suber came forward with an idea for new designed dressing rooms for our people. The new "rooms" were PVC construction, with new cloth curtains. Paul Geiger met with Danny and I at his house one afternoon for consultation. We had a consensus for final design. We knew that the Blue tarp that Paul had furnished and set up for many years, had served us well. Paul and Danny were able to set up the new dressing rooms very quickly, once the Tent was set up. Robert Irvin brought lots of ice again this year and we appreciate it. Last year, he kindly let me keep 2 of his coolers.

This year, I thought that since we



## OUR VOLUNTEERS

Mike Mayes  
Frank Frazier  
Marge Ruebush  
John Powers  
Lori Scarlett  
Jenny Allen  
Richard Allen  
Elke Miller  
Jeff Nelson  
John Gostage  
Coach Roy Benson  
Ed Hardee

Keith Poythress  
Allen Smith  
Danny Weaver  
Al Safer  
Paul Geiger  
Danny Suber  
Bob Moyer  
Matt Ross  
Gary Hallet  
Bill Krause  
Mark Lay  
Charlie Hunsberger

Leslie Kindling  
Tom Custer  
Larry Clark  
Glenn Hanna  
Jill Staples  
John McBreaty  
Jack Sykes  
J. D. Smith  
James Vavrina  
Richard Allen  
Robert Irvin  
Keith Poythress





were using the new 10 X 20 yellow canopy the Striders bought several years ago, to use for a new Strider Expo Booth, we would move it Saturday morning to the Hospitality Tent area, to use for the Strider Merchandise display. Mike Mayse made sure it was set up, we brought the remaining inventory of Strider Merchandise from the Expo Booth, to the Merchandise Tent, and Keith Poythress was ready to go. It looked great. We faced the canopy with the "Florida Striders Track Club" lettering, towards the people that were coming in and out to the Fairgrounds area and we had vertical displays of our merchandise. Thousands of people saw our banners and merchandise sales area. Keith had a very successful outing, selling \$370 of Strider merchandise. Cudos to Keith and and many thanks.

With the large Tent, Strider banners, yellow Strider canopy and location,

we probably got the most publicity and exposure the Striders have had at our Hospitality Tent Event.

Our "Help Desk" area at the Tent Entry was very successful. John Powers, one of my annual Volunteers in this area, for many years, did a great job. Tom Custer, John Gostage, Larry Clark, Leslie Kindling and others helped out. John signed up 11 new Striders and 1 renewing member and distributed yellow wrist bands. He has earned a promotion and increase in pay. John is very low profile and quietly handles any problems that come up. I gave him one of the coveted Orange Reflecting Jackets. He really likes it. I think he remembers the earlier years when he was a Patrol Boy at school crossings, or he reflects on the Fireman he may have wanted to be. Whatever!

Our Entry guys did a great job also, My philosophy in the past, which seems to work, is to keep the roughest, gruffiest, biggest, ugliest, intimidating but other than these things, really nice people, at the Entry gate. Heading up the group, are Mike Mayes, Jeff Nelson, John Gostage, Coach Roy Benson, J D Smith and Larry Clark. Honestly speaking, these guys do a great job and keep the rift raft and moochers out. They were on the job, from 5:00 am – 1:00 pm. They also, get one of my Orange Jackets.( I stole this idea from watching the Masters

Golf Tournament, in Augusta, except the Masters Jackets don't glow in the dark)

We were very successful in the Food Garden area, headed up by Marge Ruebush and anchored by Lori Scarlett, Jenny Allen and Elke Miller. They managed to feed hundreds, keep the coffee coming and were smiling all the while.( They won't tell me how much they made in tips, fearing the IRS.) This year, they had a visitor in the area, a white parrot or something. He was quite a hit with the children and Mike Mayse. When Mike wasn't working, he was playing with the bird or maybe, the Bird was playing with Mike. Look for the pictures in the StrideRight or on our website.

Another service we are lucky to have, are the Everest University School of Massage volunteers and their very able and nice Instructor, Ray Chassi. We love these people and are very appreciative of their presence at our Event. They help make our Event so much a nice get together. All you runners and walkers, next year, make sure you get a massage before the Race. You will see a difference in your performance. And, get one after the Race.

I would like to thank everyone that came to the Hospitality Tent and to all the Volunteers that make this Event a success. If I leave anyone out, please let me know, stanscarlett@msn.com. Elvis has left the building, til next year. "My Way" =



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

# New, Renewing and Expiring Memberships

## NEW MEMBERS

Amy Alexander 4/30/12  
 Marcia Barton 4/30/12  
 Karen & Dan Becker 4/30/12  
 Charlie Bender 4/30/12  
 Theresa & Tim Beyrle 4/30/12  
 Doug Bigalke 4/30/12  
 Ralph & Mickie Billings 4/30/12  
 Elmore Bing 4/30/12  
 Paul Boucher 4/30/12  
 Jennifer & Rob Bradley 4/30/12  
 Ginger Brelsford 4/30/12  
 Crystal Broxson 4/30/12  
 Lora Burnett 4/30/12  
 Carmen Caserta 4/30/12  
 Thomas Custer 4/30/12  
 Patty & Joe Dame 4/30/12  
 Phillip Dannelly 4/30/12  
 Doug & Emily Deters 4/30/12  
 Marion Detlefson 4/30/12

Pam/John Discipio/Danisiewicz 4/30/12

Christopher & Susan Fedor 4/30/12

Jack & Kathy Frost 4/30/14  
 Ilana Haas 4/30/12  
 Richard Hancock 4/30/12  
 Sidney Harrington 4/30/12  
 Beth Harrison 4/30/12  
 Kathy Hiester 4/30/12  
 Sherry Hines 4/30/12  
 Jennifer & Dennis Holler 4/30/12  
 Debbie & Gary Hyde 4/30/12  
 Amy Iracki 4/30/12  
 Nancy Jensen 4/30/12  
 Sandy Kelley-Jordan 4/30/12  
 Kim Kilby 4/30/12  
 Kristy Knight 4/30/12  
 Mary Jane & Daniel Kohm 4/30/12

Janet Koss 4/30/12  
 Michael Kuhne 4/30/12  
 Michael & Julie Lawton 4/30/12  
 Sharon Lee 4/30/12  
 Judy Lind 4/30/12  
 Jay Magee 4/30/12  
 Patty Miller 4/30/12  
 Hugh Morris 4/30/12  
 Carolyn Mudgette 4/30/12  
 Jodi Nelson 4/30/12  
 Eric Petersen 4/30/12  
 Alan & Lind Pickert 4/30/12  
 Joey Pinto 4/30/12

Cathy Lynn Reidy 4/30/12  
 Mark Rickel 4/30/12  
 Lorraine Rodriguez 4/30/12  
 Stephen Rumancik 4/30/12  
 David Sapuppo 4/30/12  
 George & Tina Schneider 4/30/12

David & Trish Scott 4/30/12  
 Jennifer Sherman 4/30/12  
 Leighann & Mike Smith 4/30/12  
 Shariffa Spicer 4/30/12  
 Gregory & Maryluz Stratton 4/30/12

Deborah Strickland 4/30/12  
 Kristin Taylor 4/30/12  
 Dan Teahan 4/30/12  
 Hannah Tillman 4/30/12  
 Jerry Tyre 4/30/12  
 Christine Vaughn 4/30/12  
 David & Serena Wakefield 4/30/12

Debbie Webster 4/30/12  
 Kimberly Willette 4/30/12  
 Michael & Susan Yeager 4/30/12

## RENEWING MEMBERS

David Albritton 3/31/12  
 Randy & Krissa Arend 3/31/14  
 Kevin & Shellie Atchison 4/30/12  
 Joanie Barrett 3/31/12  
 Amy & Gene Bilbray 3/31/12  
 Lisa & Mike Boyd 3/31/12  
 Rebecca Brown 3/31/12  
 Jeremy & Maxine Buyok 4/30/12

Giselle Carson 3/31/12  
 Kristi & Nick Chop 3/31/12  
 Kim Cornell 3/31/12  
 Amy, Joe, Micayla, Jordyn & Josh Costa 3/31/13  
 Kim & Steve Crist 4/30/12  
 Will Croft 4/30/14  
 Patricia Czarnecki 4/30/13  
 Denise Dailey 3/31/12  
 Shani Dempsey 3/31/12  
 Abhijit Deshmukh 3/31/12  
 Stacie Drawdy 3/31/12  
 Sonya Dudley 3/31/12  
 William Fletcher 3/31/12  
 Britta & Rob Fortson 3/31/12  
 Gregg & Kristin Friend 4/30/12  
 Fred & Pat Gaudios/Bonner 3/31/12

Monica Goddard 4/30/12  
 Elizabeth Gregovits 3/31/12  
 Dawn & Mike Hagel 3/31/14  
 Robbie Hailey 3/31/12  
 Jennifer Halter 3/31/13  
 Tony Hanneken 3/31/12  
 Ed Hardee 3/31/12  
 Rosa Haslip 3/31/12  
 Tom & Shirley Henkel 4/30/12  
 Greg Hertzberg 1/31/13  
 Bo Holub 3/31/12  
 Charlie Hunsberger 4/30/12  
 Terry & Kimberly Lawlor 4/30/12  
 Cynthia/Kevin Maerz/Ryan 3/31/12

Barry Marquart 3/31/12  
 April & Craig Martin 4/30/12  
 Michael Martinez 3/31/12  
 Kristie Matherne 4/30/12  
 Miller McCormick 4/30/12  
 Sharon & Gary Medders 4/30/12  
 Kelly Minor 4/30/13  
 Bill & Dot Mitchell 4/30/12  
 Bob & Judy Moyer 4/30/12  
 Maria Munyon 3/31/12  
 Mickel Myriam 3/31/12  
 Tony Nading 3/31/12  
 Beth Norman 3/31/12  
 Shiela Oconnor 3/31/12  
 Bernie Powers 4/30/14  
 Gail Pylipow 3/31/12  
 Pat Raiford 4/30/12  
 Danny & Rebecca Randolph 3/31/12

Kate Ray 3/31/12  
 Laurie Ricciardi 3/31/12  
 Nell Robinson 3/31/12  
 Paul & Marge Ruebush 4/30/12  
 Julie Runnfeldt 3/31/12  
 Amber Sherrill 4/30/12  
 Paul Smyth 3/31/12  
 Cheryl Townsend 3/31/12  
 Robert & Barbara Walker/Gilbert 3/31/12  
 Ana Wallace 3/31/12  
 Annie White-Butler 3/31/14  
 Tom & Amy Wiley 4/30/12  
 Marilyn Williams 4/30/12  
 Ken, Jeanie & Erin Wilson 3/31/12

Greg & Jennifer Wood 4/30/12  
 Mike & Jamie Wyche 3/31/13  
 Mark Wynter 3/31/12



Tom & Kary Zicafoose 4/30/12  
 Roberta Zukauskas 3/31/12

### MULTI-YEAR MEMBERSHIPS

Mamie Davis 4/30/12  
 John & Michelle Dunsford 4/30/13  
 Mark Johnson 4/30/12  
 Theresa & Leanne Kamajian 4/30/12  
 Kelly Minor 4/30/13  
 Staci Suits 4/30/13  
 Danny & Anne Weaver 4/30/12  
 Jeffery Werch 4/30/12

### EXPIRING MEMBERSHIPS

Mel Abando 3/31/11  
 Judy Andrews 3/31/11  
 Cris Barlow 3/31/11  
 Ann & Gabriel Barnes 3/31/11  
 Gerald Boorse 3/31/11

Cameron & Tina Bracewell 3/31/11  
 Traci Brooks 3/31/11  
 Laurie & David Burke 3/31/11  
 Vincent Cameron 3/31/11  
 Lynn Capozziello 3/31/11  
 Barbara Carrico 3/31/11  
 Caroljo & Rusty Creighton 3/31/11  
 Robley Davis 3/31/11  
 James & Laura Flint 3/31/11  
 Robert & Carrie Fry 3/31/11  
 Sheri Gaunt 3/31/11  
 Patricia Glissman 3/31/11  
 Todd & Camille Hockett 3/31/11  
 Sara Knapp 3/31/11  
 Jack Knee 3/31/11  
 Steve & Jeanne Lancaster 3/31/11  
 Peg Lawson 3/31/11  
 Anthony Lazar 3/31/11  
 Gary Ledman 3/31/11

Jacqueline Marshall 3/31/11  
 Amanda Maxie 3/31/11  
 John, Denise, Chelsea & Cameron Metzgar 3/31/11  
 Charlotte Milligan 3/31/11  
 Rick Moss 3/31/11  
 April & Edward Mosse 3/31/11  
 Rachel & Seth Myers 3/31/11  
 Nicole Disher Nevins 3/31/11  
 Joshua & Carrie Parker 3/31/11  
 Jeb Stewart 3/31/11  
 Kirsten Tesdall 3/31/11  
 Victoria Tesler 3/31/11  
 Don Thieman 3/31/11  
 Holly & Fletcher Turner 3/31/11  
 Megan & Mahala Waugh 3/31/11  
 Candace White 3/31/11  
 Rexxmann Wier 3/31/11  
 Lonnie Willoughby 3/31/11  
 Jesse Withrow 3/31/11  
 Wayne & Linda Wolfenbarger 3/31/11 =

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](mailto:floridastriders.com) or call Mike Mayse (904) 777-6108.



### Masters Women

ID#	PLACE	FINISHER	TIME	PACE
693	5	1 Sue O'Malley, 50	33:41	6:44

### Grand Masters Men

ID#	PLACE	FINISHER	TIME	PACE
184	9	1 Bill Phillips, 54	30:04	6:01

### Grand Masters Women

ID#	PLACE	FINISHER	TIME	PACE
414	17	1 Terri Rose, 53	37:48	7:34

CLASS				
ID#	PLACE	FINISHER	TIME	PACE
<b>Men 3 - 10</b>				
681	48	1 Vincent Sabatella, 9	36:21	7:16
697	87	2 Cameron May, 10	40:49	8:10
668	95	3 Joshua Nemitz, 9	41:26	8:17
702	134	4 Maverick Boring, 10	46:17	9:15
726	138	5 Jakob Wyche, 9	46:57	9:23

### Men 11 - 13

ID#	PLACE	FINISHER	TIME	PACE
550	50	1 Patrick McCarthy, 11	36:41	7:20
163	100	2 Matt Dews, 13	42:44	8:33
405	110	3 Devin Jakeway, 11	43:50	8:46
725	131	4 Ryan Thomas, 11	46:04	9:13
706	184	5 Alex Strandgard, 11	53:05	10:37

### Men 14 - 19

ID#	PLACE	FINISHER	TIME	PACE
731	7	1 Cody Helms, 17	29:47	5:57
167	10	2 Esteban Mendez, 18	30:06	6:01
269	19	3 Kyle Crews, 15	32:40	6:32
43	32	4 Avery Bue, 16,	34:27	6:53
191	34	5 Isaac Jones, 15	34:41	6:56

### Men 20 - 24

ID#	PLACE	FINISHER	TIME	PACE
178	11	1 Tim Stegink, 24	30:07	6:01
444	12	2 Dillon Hawkins, 20	30:15	6:03

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

CLASS				
ID#	PLACE	FINISHER	TIME	PACE
<b>Open Men</b>				
3	1	1 John Metzgar, 48	27:43	5:32
5	2	2 Francisco Garcia, 21	27:59	5:36
159	3	3 Delroy Boothe, 38	28:10	5:38

### Open Women

ID#	PLACE	FINISHER	TIME	PACE
12	1	1 Kim Pawelek, 37	30:26	6:05
202	2	2 Joni Gruwell, 30	31:41	6:20
449	3	3 Karen Edmonds, 27	32:02	6:24

### Masters Men

ID#	PLACE	FINISHER	TIME	PACE
24	6	1 John Wisker, 44	29:33	5:54



443	43	3	William Smith, 24	35:44	7:09
434	84	4	Michael Maurno, 21	40:34	8:07

#### Men 25 - 29

440	13	1	Robert Walker, 29	30:53	6:11
85	38	2	Nathan Edwards, 26	35:21	7:04
102	39	3	Gerard Stachelski, 27	35:27	7:05
503	40	4	Charlie Hunsberger, 29	35:30	7:06
282	52	5	John Frazier, 27	37:03	7:24

#### Men 30 - 34

660	8	1	Ben Huron, 34	30:02	6:00
452	14	2	David Mortize, 33	31:22	6:16
427	15	3	Keith McCarthy, 30	31:31	6:18
175	16	4	Mark Chauncey, 34	31:54	6:23
669	25	5	Michael Lawrence, 34	33:34	6:43

#### Men 35 - 39

4	4	1	Shawn Williams, 35,	28:29	5:42
7	5	2	Jason Arnold, 37	29:22	5:52
408	26	3	Mills Ramseur, 39	33:43	6:44
1	28	4	Aaron Potter, 37	33:44	6:45
148	36	5	John Kovacs, 37	34:53	6:59

#### Men 40 - 44

724	17	1	David Bonnette, 44	32:10	6:26
606	20	2	Carmen Caserta, 40	32:47	6:33
315	24	3	Darin Bickle, 40	33:33	6:43
619	45	4	Christopher Reeves, 44	36:03	7:13
1206	54	5	Alejandro Hernandez, 40	37:20	7:28

#### Men 45 - 49

439	18	1	Mark Grubb, 46	32:15	6:27
75	21	2	Spencer Olsen, 49	32:48	6:34
512	27	3	Raymond Ramos, 49	33:44	6:45
19	33	4	Michael Johnson, 49	34:33	6:55
134	53	5	Rick Kusher, 49	37:11	7:26

#### Men 50 - 54

257	22	1	Randy Arend, 50	32:54	6:35
190	23	2	Clayton McLeod, 50	33:02	6:36
117	31	3	Joe Kleinrichert, 52	34:14	6:51
519	35	4	Joel Preston, 51	34:52	6:58
150	44	5	Scott Hershey, 52	35:53	7:10

#### Men 55 - 59

30	29	1	Stephen Beard, 55	34:00	6:48
270	47	2	Douglas Tillett, 57	36:13	7:14
416	57	3	Richard Hayter, 55	37:30	7:30
255	58	4	Lewis Buzzell, 59	37:39	7:32
446	60	5	Allan Smith, 55	37:47	7:33

#### Men 60 - 64

31	30	1	Bruce Holmes, 63	34:10	6:50
595	46	2	George White, 64	36:12	7:14
402	86	3	Craig Harms, 60	40:43	8:09
124	99	4	Kevin Ryan, 64	42:43	8:33
511	149	5	Glenn Hanna, 60	48:13	9:39

#### Men 65 - 69

582	83	1	Frank Frazier, 68	40:16	8:03
83	96	2	Paul Smith, 69	41:31	8:18
258	111	3	Wesley Royal, 66	43:55	8:47
640	124	4	James Palleschi, 6	45:15	9:03
179	141	5	Bruce Howard, 66	47:08	9:26

#### Men 70 - 74

204	127	1	Matt Ross, 71	45:44	9:09
260	161	2	Benjamin Holland, 70	49:54	9:59
13	226	3	Charles Goodyear, 71	1:03:02	12:36
298	230	4	Jerry White, 70	1:04:21	12:52
589	244	5	Bill Curtis, 74	1:22:12	16:26

#### Men 75 - 79

25	178	1	Bob Meister, 79	52:27	10:29
28	188	2	Al Saffer, 76	53:26	10:41

#### Men 80 & Up

504	218	1	Pat Gallagher, 80	1:00:34	12:07
411	233	2	John Aimone, 81	1:06:28	13:18
29	242	3	Joe Connolly, 86	1:16:50	15:22

CLASS			ID#	PLACE	PLACE	FINISHER	TIME	PACE
<b>Women 3 - 10</b>								
53	47	1	Alexia Smith, 10	43:31	8:42			
593	159	2	Gabrielle Martinez, 9	58:17	11:39			
522	188	3	Jordyn Rebeles, 6	1:02:22	12:28			
553	190	4	Anna Magruder, 9	1:02:44	12:33			
674	203	5	Jenna Mathis, 9	1:05:03	13:00			

#### Women 11 - 13

129	96	1	Lindsey Averitt, 13	50:07	10:01
707	150	2	Leslie Strandgard, 11	57:24	11:29
200	257	3	Anna Harward, 11	1:26:11	17:14

#### Women 14 - 19

401	15	1	Nancy Harms, 16	37:20	7:28
192	32	2	Paige Boran, 15	41:20	8:16
71	87	3	Danielle York, 16	48:40	9:44
146	136	4	Aimee Masci, 14	55:36	11:07
68	149	5	Taylor Gilyard, 15	57:23	11:29

#### Women 20 - 24

107	21	1	Amanda Medvidofsky, 21	39:10	7:50
84	40	2	Hannah Klumpp, 24	42:14	8:27
583	48	3	Heather Simpson, 21	43:32	8:42
157	55	4	Yamilette Albertson, 24	44:36	8:55
624	59	5	Katherine Carroll, 24	45:02	9:00

#### Women 25 - 29

203	4	1	Courtney Kuznicki, 29	32:44	6:33
207	10	2	Jane Conner, 27	35:57	7:11
539	19	3	Lindsey Keester, 27	37:57	7:35
588	23	4	Jennifer Macdonald, 25	39:23	7:52
312	27	5	Christine Vaughn, 29	39:38	7:56

#### Women 30 - 34

284	31	1	Christi Tilden, 34	41:15	8:15
425	37	2	Donna Gallant, 34	41:48	8:21
537	57	3	Johanna Garnto, 30	44:47	8:57
92	63	4	Genevieve Chua, 30	45:20	9:04
735	66	5	Alicia Boutwell, 32	46:15	9:15

#### Women 35 - 39

172	9	1	Sorcha French, 35	35:24	7:05
82	12	2	Leslie Kindling, 38	36:50	7:22
303	14	3	Michelle Bressler, 35	36:58	7:23
715	16	4	Kerri Cook, 38	37:41	7:32
111	20	5	Jennifer Hill, 37	38:45	7:45

#### Women 40 - 44

711	7	1	Elena Davis, 41	34:55	6:59
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316 8 2 Regina Sooley, 40  
 694 18 3 Tracy Pfuntner, 44  
 259 26 4 Dana Summey, 41  
 604 28 5 Lonnie Klidies, 41

35:18 7:04  
 37:50 7:34  
 39:29 7:54  
 40:00 8:00

276 25 2 Mirna Casterejon, 55,  
 307 35 3 Anita Pryor, 56  
 272 36 4 Debbie Webster, 58  
 596 44 5 Sue Whitworth, 56

39:28 7:54  
 41:31 8:18  
 41:32 8:18  
 42:57 8:35

#### Women 45 - 49

21 6 1 Regina Taylor, 46,  
 256 11 2 Rosa Haslip, 47  
 413 13 3 Alison Ronzon, 47  
 565 41 4 Peggy Stern, 48  
 177 51 5 Deb Potash, 46

34:12 6:50  
 36:29 7:18  
 36:57 7:23  
 42:18 8:28  
 44:06 8:49

#### Women 60 - 64

185 24 1 Paulette Butler, 60  
 437 30 2 Susan Branley, 64  
 90 120 3 Arlene Pessolano, 60  
 657 131 4 Kathy Williams, 61  
 563 132 5 Pat Noonan, 62

39:28 7:54  
 41:05 8:13  
 53:46 10:45  
 54:59 11:00  
 55:06 11:01

#### Women 50 - 54

507 39 1 Vicky Connell, 52  
 158 61 2 Raejean Echegaray, 52  
 421 64 3 Heidi Calahan, 5  
 262 93 4 Kathy Smith, 54  
 154 99 5 Cathy Reidy, 53

42:07 8:25  
 45:12 9:02  
 45:50 9:10  
 49:41 9:56  
 50:29 10:06

#### Women 65 - 69

404 128 1 Susan Wallace, 69  
 641 225 2 Bonnie Palleschi, 67

54:10 10:50  
 1:10:04 14:01

#### Women 70 - 74

415 77 1 Marilyn Koubek, 70

47:32 9:30

#### Women 55 - 59

36 22 1 Stephanie Griffith, 56

9:11 7:50

#### Women 80 & Up

410 232 1 Diane Aimone, 81

1:11:21 14:16

## Striders at the Races

# Race Results

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

#### Okefenokee Swamp 10K

##### Waycross, GA

March 26, 2011

Randy Arend 42:10  
 Bernie Powers 1:02:59  
 Freddy Fillingham 1:19:00

#### Gockle 5K

##### Jacksonville, FL

March 26, 2011

John Funk 18:00  
 1st ag/4th overall  
 Rosa Haslip 21:47 1st ag  
 Ben Holland 29:45 2nd ag  
 Joe Connolly 46:21 3rd ag

#### Sulzbacher 8K

##### Jacksonville, FL

March 26, 2011

Patrick Thompson 32:09  
 2nd overall  
 Craig Bennett 34:27 1st ag  
 Paul Smith 40:03 3rd ag  
 Jean Thompson 48:45  
 Patricia Czarniecki 54:58  
 Charles Goodyear 1:03:46 1st ag  
 Fred Haley 1:06:12

Dee Robertson-Lee 1:08:40 3rd ag

#### Guana 50k and Relay

##### Ponte Vedra, FL

March 26, 2011

Richard Vance &  
 Trish Kabus 5:49:15  
 50 km Relay Team

#### Running the Blues 5k Run/2.5k Walk

April 2, 2011

Robert Walker 19:25  
 Overall winner!  
 Bernie Candy 22:23 1st ag  
 Nancy Harms 26:05 1st ag  
 Craig Harms 26:10 2nd ag  
 Steve Bruce 26:23 2nd ag  
 Vicki Choinski 33:10 3rd ag  
 AL Saffer 33:14 1st ag  
 Barbara Gilbert 40:11 2nd ag

#### Riverside Run for Cover 5K

##### Jacksonville, FL

April 2, 2011

Craig Bennett 19:28 1st ag  
 Barbara Carrico 21:38 2nd ag  
 Rosa Haslip 21:40 1st ag

Maria Padin 23:16 1st ag

Melissa McCrosky 26:24 2nd ag

Tim Wright 26:37

Freddy Howell 26:42

Kathryn Howell 26:50 3rd ag

Bernie Powers 28:49 1st ag

Curt Young 29:33

Jill Wright 31:50

Karen Daniels 32:30 3rd ag

Charles Goodyear 36:16 1st ag

Dee Robertson-Lee 37:52 1st ag

Rita Lamach 44:12

Joe Connolly 49:38 1st ag

#### Chuck Cornett Navy 10K

##### NAS Jacksonville, FL

April 2, 2011

John Metzgar 33:48 1st ag

Andrew Marchand 36:41 3rd ag

Randy Arend 42:17 1st ag

Raymond Ramos 42:39 2nd ag

Stephen Beard 43:06 1st ag

Denise Metzgar 44:11 1st ag

Paul Geiger 45:17 2nd ag

Leslie Kindling 46:07 2nd ag

George White 46:38 1st ag

Pat Haley 47:02 2nd ag

Continued on next page

Mike Singletary	47:55	2nd ag	Carolyn Mudgette	42:06		Stephen Beard	34:00	1st ag
Michael Fitzsimmons	49:15	3rd ag	Joe Connolly	51:32	1st ag	Bruce Holmes	34:10	1st ag
Ann Krause	49:36	1st ag				Regina Taylor	34:12	1st ag
Kacee Bryner	50:19	2nd ag	<b>Fleming Island Rotary Run</b>			Joel Preston	34:52	
Frank Frazier	50:25	2nd ag	<b>Fleming Island, FL</b>			John Kovacs	34:53	
Jerry Skirvin	51:09		<b>April 9, 2011</b>			Regina Sooeey	35:18:	2nd ag
Joanne Harris	52:40	1st ag	Craig Bennett	20:38		Charlie Hunsberger	35:30	
April Martin	54:44		Kristi Chop	24:06	1st ag	Scott Hershey	35:53	
Kimberly Lundy	54:48	2nd ag	Kim Ericson	24:24	2nd ag	George White	36:12	
Nicole Andress	55:24	2nd ag	Roger Jones	25:10		Rosa Haslip	36:29	2nd ag
James Vavrina	55:26		Suzanne Baker	25:35	1st ag	Patrick McCarthy	36:41	1st ag
Bradley Shepherd	56:08		Tim Wright	26:34		Leslie Kindling	36:50	2nd ag
Maria McNary	56:54	1st ag	Kimberly Lundy	28:08	1st ag	Alison Ronzon	36:57	3rd ag
Matt Ross	57:37	1st ag	Quincy Masters	28:54	1st ag	Nancy Harms	37:20	1st ag
Robert Sroka	58:00		Andrea Morrison	29:12	3rd ag	Guy Jackson	37:25	
Paul Smith	58:34	3rd ag	Ken Murray	29:24	3rd ag	Kerri Cook	37:41	
Jakob Wyche	58:52	1st ag	William Pearson	31:10	1st ag	George Thompson	37:44	
Doug Barrows	58:59		David Bokros	31:31		Allan Smith	37:47	
Craig Martin	1:00:01		Jill Wright	33:07		Tracy Pfuntner	37:50	3rd ag
Bernie Powers	1:01:41		Melanie Cruz	33:17	2nd ag	Mike Singletary	37:53	
Rachel Myers	1:02:16		Amy Barlow	33:39	3rd ag	Carlos Rodriguez	38:23	
Bill Krause	1:02:32		Karen Daniels	35:04	2nd ag	Stephanie Griffith	39:11	1st ag
Patricia Czarnecki	1:02:39	3rd ag	Michael Lundy	35:11		Roger Jones	39:14	
Rebecca Brown	1:06:03		Bernie Powers	35:28	2nd ag	Jennifer MacDonald	39:23	
Holly Wyche	1:06:24	2nd ag	Valerie Buckler	37:42		Lawrence Stake	40:10	
Barbara Scott	1:17:44	3rd ag	Charles Wagner	38:27	1st ag	Frank Frazier	40:16	1st ag
Charles Wagner	1:18:52	2nd ag	Chrales Goodyear	38:47	2nd ag	Craig Harms	40:43	
Freddy Fillingham	1:19:18		Dee Robertson-Lee	39:25	1st ag	Cynthia Maerz	41:29	
Cary Wyche	1:23:27	3rd ag	Sheldon Fletcher	42:18		Paul Smith	41:31	2nd ag
Jamie Wyche	1:23:41		Freddy Fillingham	43:17	1st ag	Vicky Connell	42:07	1st ag
Mel Abando	1:26:50		Diane Wilkinson	45:28		Jim Cook	42:42	
Michelle Ramos	1:31:59		Nicole Fletcher	52:02		Sue Whitworth	42:57	

#### Chuck Cornett Navy 5k

Michael Lundy	29:51	1st ag
Chandra Chaney	37:38	1st ag

#### Don's Run 5K St. Augustine, FL April 9, 2011

Bill Phillips	18:06	1st ag
George Thompson	20:54	3rd ag
John Hirsch	22:50	1st ag
Tracy Pfuntner	23:03	1st ag
Craig Harms	24:39	
Elfrieda Wyner	24:43	1st ag
Steve Bruce	24:51	
Stephanie Lundy	26:16	
Kimberly Lundy	26:16	
Roberta McCloskey	26:53	
Tommy Dobbs	27:26	2nd ag
Debbie Powers	28:51	1st ag
Al Saffer	31:30	1st ag
Gordon Slater	36:32	2nd ag

#### High Fives for Hope 5k

#### Jacksonville, FL April 9, 2011

Bernie Powers	30:31	2nd ag
Charles Goodyear	35:02	1st ag
Barbara Gilbert	38:12	
Dee Robertson-Lee	38:14	2nd ag

#### Orange Park Medical Center Run to the Sun Orange Park, FL April 16, 2011

John Metzgar	27:43	1st ag
John Wisker	29:33	1st ag
Cody Helms	29:47	1st ag
Ben Huron	30:02	1st ag
Bill Phillips	30:04	1st ag
Robert Walker	30:53	1st ag
David Bonnette	32:10	1st ag
Mark Grubb	32:15	1st ag
Randy Arend	32:54	1st ag

Robert Sroka	44:01	
Thomas Pittman	44:03	
David Otto	44:09	
Tim Wright	44:09	
Bradley Shepherd	44:54	
Matt Ross	45:44	1st ag
David Pizzi	45:45	
Melissa McCrosky	46:01	
Tiffany Kovacs	46:36	
Mark Lay	46:44	
Jakob Wyche	46:57	
Bruce Howard	47:01	
Bruce Howard	47:08	
Terry Lawrence	47:49	
Curt Young	48:06	
Glenn Hanna	48:13	
Amy Barlow	48:27	
Andrea Morrison	49:17	
Benjamin Holland	49:54	2nd ag
Ben Holland	49:54	2nd ag
Traci Bane	51:29	



Lisa Boyd	51:50		Diane Aimone	1:11:21	1st ag	Mercedes Smith	31:54	1st ag
Robert (Bob) Meister	52:25	1st ag	Joe Connolly	1:16:50	3rd ag	Paul Smith	34:12	1st ag
Virginia Gresham	52:52		Tracey Armon	1:17:55		Tim Wright	34:19	
Jill Wright	52:59					Susan Shelton	38:34	3rd ag
Al Saffer	53:26	1st ag				Martin Wilkinson	38:45	
Cindy Staples	53:55		<b>Beaches Chapel 5K</b>			Jill Wright	42:06	
Karen Daniels	54:08		<b>Neptune Beach, FL</b>			Bruce McCrosky	44:13	
Cary Wyche	54:14		<b>April 16, 2011</b>			Paul Smith	46:37	
Freddy Filingham	1:00:27		Mercedes Smith	24:18	3rd ag	Charles Goodyear	47:33	1st ag
Sandra Henney	1:00:43		Jennifer Shepard	29:21		Fred Haley	48:07	
Kevin Atchison	1:02:38		Lisa Myers	35:58		Dee Robertson-Lee	48:57	
Dee Robertson-Lee	1:02:48		Barbara Scott	38:33		Cindy O'Rourke	50:13	
Charles Goodyear	1:03:02	3rd ag				Joe Connolly	1:06:51	1st ag
Rita Lamach	1:05:35		<b>Jacksonville Symphony</b>					
Shellie Atchison	1:05:49		<b>River Classic 4 Miles</b>					
John Aimone	1:06:28	2nd ag	<b>Jacksonville, FL</b>					
Ivy Bryan	1:07:30		<b>April 17, 2011</b>					
Elizabeth De Jesus	1:08:42		Rachel Walker	28:49	2nd ag			
Jamie Wyche	1:09:13		Randy Abate	30:08				

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## MINUTES

Continued from page 2

Main unusual expense was payment for our storage shed, which will now be paid through 4/30/12.

Our cash balance has increased gradually over the past two years, so we are in good financial shape.

### IV. Committee and Director Reports

a. Children's Running Committee – Vanessa Boyd:

-Hershey Games last Saturday. 154 athletes participated, and it went very smoothly. \$107 concession stand profits.

-Run/Walk Clubs: We ordered 3150 marathon medals, because we got 350 back from last year, thanks to Kim Lundy. There was a large jump from 2009 to 2010 medals. Our order is based on each school's estimate. We gave out a new starter kit to Sadie Tillis in Duval, who expects to start the program in August, 2011. We gave out 5 in 2010. We've ordered some new T-shirts in Jan/Feb.

-Run to the Sun: Everything in place. Heartland Health will do a warm-up before the fun run.

-Discussion about schools that are full participation and their growth. Vanessa said that Thunderbolt has not increased number of medals as much as expected, based on increased participation.

b. River Run Expo and Tent (lessons learned) – Stan Scarlett:

Stan thanked volunteers. Thanks to Frank Frazier for his help. Stan said the expo booth went well, and that we had a great booth, great lighting. We collected \$1700 for our booth, \$200 of which was allocated for giveaways. In comparison to the 2010 Expo, we increased new memberships by 100%, and renewing memberships by 172%. There were \$1100 total merchandise sales between the expo booth and tent. It took a lot of work, and was a work in progress, but it turned out just like he wanted. The way we displayed the merchandise worked well. The bracelets were great. There were some applications that were not filled out correctly. He feels it was a big success. Dan mentioned putting sponsorship recognition up, but we really cannot do that, if in direct competition with other vendors. There are many intangible benefits of having the booth.

Mike Mayse mentioned to have two separate people in charge.....1 for the Expo booth and one for the Hospitality Tent. We also need to put a marketing budget in place. We are still getting new members from the RR Expo. We need to recruit more young members. Stan talked about the future of our tent downtown, because our area has been expanding. Stan needs an apprentice to learn his job. More talk about this and

separating the two jobs next month.

c. Memorial Day 5K (marketing ideas) – Kellie Howard for Dave Bokros:

Discussion about what the board members will do to promote our new race. Many good ideas of how to encourage participation.

d. Weight Watchers Walk-It Day 5K – Kristie Matherne: May 22nd. No update today.

e. Social Update – Glenn Hanna

i. May – None on schedule.

ii. June – None on schedule.

iii. July-Whitey's Fish Camp.

f. Nominating Committee (Slate of Officers) – Frank Fraizer. The officers for next year will be: Dan Adams, President; Vicky Connell, Vice President; Randy Arend, Treasurer; Regina Sooe, Secretary. Motion made, seconded and passed to approve the executive board.

Dan thanked Kellie for her hard work, and taking the club to new levels. Dan urged board members to get more involved in the club, and fill positions going forward.

### V. Announcements

VI. Adjournment: Motion made, seconded, and passed to adjourn the meeting at 8:24 p.m.

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

## **Athletes In Training**

Tracey Armon  
Lisa Arnao  
Sydney Ashmead  
Lisa Atkinson  
Emilee Atwood  
Jon Atwood  
Katharine Atwood  
Sheri Barley  
Lori Bennett  
Megan Biggs  
Chris Brindle  
Katia Cajuste  
Cathy Carpenter  
Irmalee Carroll  
Janett Carter  
Buddy Chadwell  
Haley Chadwell  
Susan Chadwell  
Chandra Chaney  
Alice Coats  
Doug Coats  
Beate Connette  
Holly Crews  
Joseph Crews  
Melissa Crews  
Elizabeth De Jesus  
Laura Dearing  
Matthew Dews  
Robert Dews  
Deanna Dickey  
Lana Doane  
Lorena Dominey  
Sylvia Donaldson  
Gloria Ederer  
Mike Ederer  
Adam Faulkner  
Darlene Fletcher  
John Gieras  
Darren Glenn  
Leslie Glenn  
Keith Godwin  
Kyle Godwin  
Carla Grace  
Cayla Grace  
Russ Graham  
Wendy Griffin  
Fred Haley  
JoAnne Harris  
Bryce Hart  
Nicholas Hart  
Amanda Heck  
Laura Hochlinski

Cathy Holton  
Jennifer Hu  
Steven Jimenez  
David Johnson  
Jeanene Johnson  
Rebecca Jones  
George Joseph  
Donna Karolewicz  
Keith Karolewicz  
Matthew Kent  
Michael D Kent  
Michael Dewayne Kent  
Radi Klaneckey  
Tomas Klaneckey  
Valentin Klaneckey  
Yan Klaneckey  
Michael Kloehn  
Kristy Knight  
Pamela Kuiken  
Natasha Lamach  
Rita Lamach  
Anthony Lawson  
Sarah Jane Lawson  
Shannon Lee  
Teri Love  
Kimberly Lundy  
Joe Macam  
Carol MacDougall  
Jana Manning  
Sandra Maveety  
Mary Sue Miller  
Tracey Minton  
Christi Nundahl  
Tiffany Outman  
Jamie Owings  
Cynthia Parker  
Susan Pemberton  
Diana Phillips  
Joel Preston  
Kimberly Raffield  
Amy Randall  
Antonio Reveron  
Mariah Reveron  
Thyra Reveron  
Laura Ritter  
Chanda Rollins  
Robyn Schick  
Carol Sebesta  
Wayne Sebesta  
Christy Serafini  
Allison Shaw  
Emily Shaw  
Jenie Shepard

Kate Sittler  
Susan Skinner  
Jacob Skirvin  
Jerry Skirvin  
Tris Skirvin  
Nancy Snow  
Kristi Spinello  
Joanne Spradlin  
Christina Squires  
Leah Starr  
Sheila Suckart  
Dawn Thompson  
Jean Thompson  
Peggy Tipping  
Dawn Troxel  
Kelly Trumble  
Barrett Tucker  
Kathy Tucker  
Daphne Turner  
Christine Vaughn  
Eric Vaughn  
Monica Walker  
Andrea Washington  
Robyn Watson  
Lindsey Winter  
Tracey Winton  
Mike Williams

## **Group Leaders & Speakers**

Vernon Allen  
Jay Birmingham  
Bob Boyd  
Vanessa Boyd  
Vicky Connell  
Frank Frazier  
Claire Gilbert  
Glenn Hanna  
Jim Hughes  
Mark Lay  
Maria Littlejohn  
Kristie Matherne  
Bruce McCrosky  
Denise Metzgar  
John Metzgar  
Jeff Nelson  
Cindy O'Rourke  
Michelle Ramos  
Raymond Ramos  
Joe Strickland  
James Vavrina  
Allen Weiss  
Greg Wood

# **Faster, Fitter, & More Fun – Florida Striders 2011 Running Class**

**by Bob Boyd**

April brings our Run to the Sun, longer days, warmer weather, and a bounty of Florida Strider running class athletes to the St. Johns Country Day School track. Our current class began April 6th and will graduate at the Memorial Day 5K in Orange Park on Monday, May 30th. Those good looking Commemorative Memorial Day 5K finisher medals at this year's event will also serve as 1st Race Medals for many of our athletes and as tangible symbols of the good work done by all of our athletes, whether brand new to our sport or grizzled veterans who have been working on their speed. Of course, our class will also be celebrating their graduation at the class party two days before Memorial Day (who says you can't carbo load for a 5K?) when they are presented with this year's class technical shirts. The awesome food at the class party is more than worth the price of the class, but it is the intangibles that have the most value. The enthusiasm of our athletes is almost palpable as is their desire to improve. You cannot be around our athletes for long without being inspired. On a very personal level, it is extremely gratifying to see such wonderful accomplishment achieved by so many athletes from our class. Accomplishment is not limited to our new runners by any means. The class has four different training levels with about 59% in our beginning training level, 11% Intermediate, 11% Advanced, and 18% on the bleeding edge of fun in our Speed training group. We cap the class at 150 members to avoid overloading St. Johns parking and track facility.

I am blessed with a wonderful and talented team of Group Leaders out there each week. They make a positive difference in the lives of the athletes in their groups. Their training tips, their experience, their company, and their attitude often make all the difference for one or many of our athletes. I lack the eloquence to adequately express my appreciation to our Group Leaders for the contribution they provide each and every week. The enthusiasm and work ethic our athletes bring with them each week is very much an inspiration to all of us helping with the class. I know that many of the athletes in



this class will one day be helping with a future class of inspiring athletes. Many of this year's group leaders are indeed former class members paying it forward. What a beautiful cycle.

We also enjoy excellent presentations each week on an important aspect of running successfully. John & Denise Metzgar, Allen Weiss, Vicky Connell, and Jay Birmingham are notable contributors.

I also wish to thank and acknowledge St. Johns Country Day School for their ongoing support of health and fitness in our community and the Florida Striders in particular. They are very generous to share their beautiful facility with us.

The Florida Striders also have a tradition of being very open about their money and where it goes. Each of our athletes pays for being in the class. The \$30 cost for a single athlete is designed to be a breakeven financially, covering an annual membership in the Florida Striders, \$15, and the rest of the money, \$15, goes to cover the cost of the class technical T-shirts and the bodacious and tasty class party. When couples

or families join the class, which I'm pleased to say happens frequently, they only pay for a family membership and the cost goes down accordingly. Athletes who are already Florida Striders only pay \$15. In case anybody wonders, the membership cost itself is used to help with the cost of our liability insurance, Road Runners Club of America dues, and to help defray the costs of our newsletter and expenses. While on the financial topic, I can't resist patting the Florida Striders on the back for the large amounts they direct to support children's running and scholarships in our area. Lots of people talk about the problems of childhood fitness and obesity – the Florida Striders are doing something about it, now supporting over 40 area elementary school programs and over 10,000 children.

Check out the list of our class athletes below. You'll be seeing them at the track, at the Memorial Day 5K, and running around town, each and every one a Florida Strider. You may have to look quickly though, they are getting faster and stronger every week. =

## Strider Spotlight: Steve Bruce

by Bob Boyd

While Steve was born and raised in Colorado, Jacksonville has been his home for the last 22 years. Not only is there a fair amount of sand in his shoes, his roots in our community and the Florida Striders run quite deep. A newspaper advertisement from Barnett Bank lured him here back in 1989. He arrived in Jacksonville already a fast runner and just got faster. Some of his impressive running accomplishments along the way include a sub-three hour marathon, among the 30 marathons he has logged so far and several 5k's in the 17's, with a PR in the 17:20's. That 5k PR it should be noted was in a cross country Hog Jog, back when the course was in Middleburg, and before he began directing the race. (So if you want to get your 5k time into the 17's you need to see me about directing a race.) The marathon is Steve's favorite distance. Steve has served our running community and our club impressively as well. He not only directed the Memorial Day race but also directed eight Hog Jog 5k's, from 2003-2010, more races than any other Florida Strider race director. Steve shared that he has enjoyed directing the Hog Jog and its decidedly unique character. Steve not only directed the Hog Jog, but was a financial

sponsor of the event. The Hog Jog has grown during his tenure, now with approximately 300 finishers in the 5k and as many, or more, in the One Mile Fun Run. With the growth of the race, Steve recommended that the timing be upgraded to ChampionChip for the 2011 event, which new director, Leslie Kindling has decided to implement with the help of 1st Place Sports.

Steve's weekly training typically consists of about 30 miles spread over 4 days, only 1 of them on pavement. He

**Continued on next page**





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usually enjoys his weekly long run with the Sunday morning group at Ocean One (formerly the Sea Turtle) and runs on the beach or a treadmill for the other three days. Weightlifting 2-3 times a week, yoga, and stretching round out his training regime. Steve regularly runs a 25K leg of the Guana River 50k relay each year. His current goal is to keep running and to run injury free.

Now self-employed for ten years, Steve's priorities revolve around his family and church. Steve's running & race directing skills, while considerable, pale in comparison to his talent in the marrying well and having an amazing family department. His beautiful wife, Maria, not only began running recently but is now beating him in 5k's. You could feel the pride radiate from Steve as he described his daughter, Isa, and her recent 6:12 mile PR while running for her Fletcher

Middle School Track team, and his six year old son, Juan Carlos. When asked about his interests and hobbies, Steve shared that his children and church were his priorities and consumed his free time.

We owe Steve Bruce a considerable debt of gratitude for his record making service to our club and our community over many years. Thank you, Steve, for the gift of your time and your talents. We look forward to your presence, and your family's, at our races for many more years to come. =

## 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

# 8th Annual Florida Striders' Hershey Games A Success

By James May and Bob Boyd

Over 150 boys and girls participated in the 8th annual Hershey track and field qualifier at Orange Park High School on Saturday, April 9th. The vast majority of the participants and winners were from Clay County. The winners from this event qualified for the state championships in Miami on June 18th.

The state winners have their performances compared to winners in eight other southeastern states to determine who qualifies for the free trip to Hershey, Pennsylvania for the North American Finals. This Orange Park event has had a qualifier for four consecutive years. Last year's qualifier, Tyonna Mack repeated her standing long jump victory. The Grove Park 5th grader moved up to the 11-12 age group, and her 6'9" jump was the best of all three age groups (9-10, 11-12, 13-14). She added a victory in the 200-meter dash and was part of the record-setting 4x100-meter relay team.

Deonte Adams, Wilson Corneil, and Ronald Jackson won the 2009 North American Finals 11-12 4x100-meter relay. This year they combined with Amari Dubose to win the 13-14 boys' relay. Adams, a 7th grader at Orange Park Junior High, anchored the relay and won the 100-meter dash in 12.23. Dubose, last year's 11-12 state 200-meter champion, dropped three seconds off his time from last year to win the 200 in 25.34. Corneil closely followed Dubose for second. Jackson continued his string of softball throw victories. He has won the event for five consecutive years and holds the meet record in each age group.

Jett Isley won the 9-10 boys' 100 and 200-meter dashes. Isley joined with Michael Koziolk, Matthew Koziolk, and Cameron May to win the 4x100-meter relay (1:03.73). Michael Koziolk broke the 9-10 400-meter record set in 2005 with his 1:15.40. Grove Park's Dasean Johnson was edged by Isley in the 100 by .01 seconds but defeated the Koziolk brothers to win the 50-meter dash (7.78).

Damien Toney won the 11-12 boys' 100 and 200-meter dashes. He was edged out by 3/4 of an inch to Carlton Gantt in the standing long jump. The Lakeside 5th grader hopes to equal his state championship won last year in the 9-10 age group.



Vann was also part of the Grove Park Elementary winning 4x100-meter relay team.

Mack wasn't the only Grove Park girl winning blue ribbons. Kelsey Solomon set meet records in the 11-12 girls softball throw (123-03) and 100-meter dash (13.68). She joined schoolmates Mack, Lindsey Yakab, and Hannah Kane on the victorious relay squad (1:05.75).

Hannah Koziolk topped her younger brothers with three victories. The Lake Asbury Junior High 7th grader won the 13-14 girls' 100, 200, and standing long jump.

The winners of the most outstanding meet performance awards were

9-10 Girls Jhayda Sykes  
11-12 Girls Kelsey Solomon  
13-14 Girls Hannah Koziolk

9-10 Boys Jett Isley  
11-12 Boys Damien Toney  
13-14 Boys Deonte Adams

We wish to thank Orange Park High School for the use of their facility for this fine annual event put on by the Florida Striders. The Hershey Games are provided at no charge to the 9-14 year old boys and girls who compete. We also want to thank Kohl's Fleming Island A-Team for both their volunteer and financial support. Sigma Marketing provided the award ribbons and volunteer service as well. A special thanks to each of the volunteers, listed to the right, whose contribution of time makes this annual event both possible and a great event for area children. Please note that the full meet results and photos are on our website, [www.FloridaStriders.com](http://www.FloridaStriders.com). =

## VOLUNTEERS

Tracey Armon  
Chris Barlow  
Michael Barlow  
Stephen Barlow  
Dave Bokros  
Bob Boyd  
Mike Boyd  
Vanessa Boyd  
Ray Campbell  
Mark Chatman  
Kim Crist  
Lacey Crist  
Christy D'Andrea  
Molly Dawson  
Tracy Dawson  
Kiara Dubose  
Wendy Duplessy  
Kim Ericson  
Pauline Fortak  
Simone Garvey-Ewan  
Kim Harclerode  
Megan Hardy  
Jerrri Herd  
Sarah Heinold  
Stacy Jean  
Charley Jett  
Tracy Jett  
Anthony Johnson  
Jasmine Johnson  
Carol MacDougall  
Karen Martin  
David May  
James May  
Mike Mayse  
Karen McCormick  
Ryan McCormick  
Johnny Nguyen  
Vincent Perry  
Tanner Root  
Stephanie Shafer  
Susan Skinner  
JD Smith  
Kristen Smith  
Tiffany Vallish  
Ken Williams  
Kendal Williams  
Renaldo Young  
Kristen Zieminski



**Monday, May 30, 2011**

5K - 8:00AM

FUN RUN - 9:00AM

**NEW COURSE LOCATION!!**

**1st Place Sports Orange Park**

2186 Park Ave (US17), Orange Park, FL



## ENTRY FEES

	<u>Striders/Military</u>	<u>Non Striders</u>
Until May 19 <sup>th</sup>	\$16.00	\$18.00
May 20 <sup>th</sup> – 29 <sup>th</sup>	\$19.00	\$21.00
Day of Race	\$25.00	\$25.00

- \$2.00 OFF if you *preregister* with your own ChampionChip
- \$2.00 OFF for Florida Striders and active duty military
- **Register by Mail:** Please make checks payable to "Memorial Day 5K" and mail with completed entry form to Memorial Day 5K, 3931 Baymeadows Rd, Jacksonville, FL 32217. Sorry, there are no refunds!
- **Register Online** - more info at [www.floridastriders.com](http://www.floridastriders.com)
- Day of Race Registration starts at 6:30 AM
- **Race Hotline:** Dave Bokros (904) 545-4538, DMBokros@gmail.com

## AWARDS

Medals to all Finishers!!

Awards will be given to Top 3 overall male and female, Top Master's male and female, Top Grandmaster's male and female. Awards will also be given to the top three male and female finishers in each age group 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, 70-74, 75-79 and 80 & over. The awards ceremony will be held at the Orange Park Town Hall at 9:30 AM.

## Sunshine Rotary Pancake Breakfast

The Florida Striders Track Club has partnered with the Sunshine Rotary Club of Orange park for a pancake breakfast. The proceeds with go to Honor Air. Kids \$1, Adults \$2

BCBSF is an Independent Licensee of the Blue Cross and Blue Shield Association.

## THE COURSE / TIMING

The NEW 5K course starts at 1<sup>st</sup> Place Sports and finishes at the Orange Park Town Hall running along the tree lined streets of Doctors Lake Drive. USATF Course Certification is pending.

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 9:00AM. 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 Friday, May 27th and Saturday, May 28th 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 1<sup>st</sup> Place Sports, Orange Park, for race day pick up starting at 6:30AM.

**Medals to all Finishers!**

**Technical Shirts for all 5K Runners!**

**Great giveaways including round-trip JetBlue tickets**



# FLORIDA STRIDERS MEMBERSHIP APPLICATION

☐ New ☐ Renewal

Last Name		First	MI
Address		Apt. #	# in Family
City		State	Zip
Home Phone		Work Phone	Occupation
Email		Employer	
Signature		Date	

## Annual Dues

- ☐ Family \$20 (2 years \$40, 3 years \$60)  
☐ Single \$15 (2 years \$30, 3 years \$45)  
☐ Junior (under 18) \$10 (2 yrs \$20, 3 yrs \$30)  
☐ Senior (over 65) \$10 (2 yrs \$20, 3 yrs \$30)

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

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road or the traffic on the course, all such risks being known and appreciated 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 and release the Road Runners Club of America, The Florida Striders Track Club, and all sponsors, their representatives and successors from all claims and liabilities of any kind arising out of my participation in these club activities, even though that liabilities may arise out of negligence or carelessness on the part of the persons named in this waiver. Rev. 12/01

## SPONSORS



In Memory of the 9/11/01  
 Civilian and Military Victims  
 By Robert L. Shields, Sr.



## MEMORIAL DAY 5K | MAY 30, 2011 official race form

Please indicate where you plan  
 to pick up your race packet:  
 Store pickup is 5/27 or 5/28

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

Official Use Only

First Name		Last Name		ChampionChip (cannot be used for day of race registration)	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Age on Race Day	Sex	T-Shirt Size	Email Address		
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Street Address			Apt. #	5K	Fun Run
<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
City	State	Zipcode			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
Telephone Number	Make Checks Payable to: MD5K Mail to: 3931 Baymeadows Road, Jacksonville, FL 32217		Method of Payment:		\$
<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>		Amount Paid with Entry
Payment by credit card only at Active.com - link at FloridaStriders.com		Cash		Check	

BY MY SIGNATURE I ACKNOWLEDGE THAT: Participating in an organized running event is a potentially hazardous activity. I will not participate unless physically and medically able. I agree to abide by all decisions of race officials relative to my ability to safely complete the race course. I assume all risks associated with participating in this event including but not limited to: Slip/trip/fall, contact with other participants, weather conditions, traffic and conditions of the roads/course, all such risks being known and accepted. Having read this waiver and in consideration of entry into this event being accepted, I, for myself and anyone named or entitled to act on my behalf, waive and release members and volunteers of the Florida Striders Track Club (FSTC), Road Runners Club of America (RRCA), the town of Orange Park and all sponsors, their representatives and successors, from all claims and/or liabilities of any kind arising out of my participation in this event, including any liability that may arise out of negligence or carelessness by persons or organizations named in this waiver. I agree and grant permission that should circumstances arise, I defer to race officials and/or qualified persons as to my need to be examined and/or treated medically during the race. I agree that race officials and/or qualified persons have the right to disqualify and remove me from the race course should I be suffering from a life threatening condition. I further grant to Release the right to use any and all photographs, images, or accounts of this event in any manner that it feels appropriate. I agree to abide by all RRCA Guidelines, including but not limited to: No use of headphones or any other device that limits awareness of the participant or any type of wheeled conveyance (excluding use by handicapped or physically disabled participants). Animals are prohibited from the race course unless for the use and assistance of handicapped or physically disabled participants.

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

Date Signed

# May 2011 Race Calendar

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

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

DATE	EVENT	TIME	LOCATION	CONTACT
May 7	The Human Race 5K	8:00 a.m..	Cambridge Office Complex 8173 Baymeadows Way W. Jacksonville	(904) 731-1900 1st Place Sports
May 7	15th Annual Vilano Beach 5K	8:00 a.m..	North Shores Community Center 120 Meadow Avenue Vilano Beach	(904) 824-1212 North Shores Improvement Association
May 7	Spud Run 5K	8:00 a.m.	Recreation Field and City Hall 6140 S. Main St. Hastings	(386) 747-3532 RaceSmith, Inc
May 8	The Players Mothers Day 5K	8:00 a.m.	Ahern St. (Beach access) Atlantic Beach	904) 355-PINK (7465) National Marathon to Fight Breast Cancer
May 14	Marty's Run 5K	8:00 a.m.	1st Place Sports 3931 Baymeadows Road Jacksonville	1st Place Sports (904) 731-1900
May 21	Never Quit 5K	5:00 p.m.	Jacksonville Beach	904) 731-1900 1st Place Sports
May 28	Fallen Heros 5K	8:00 a.m.	Everbank Field (Veterans Memorial Wall) Jax	(904) 318-8104 Milestone Race Authority
<b>May 30</b>	<b>Memorial Day 5K</b>	<b>8:00 a.m.</b>	<b>1st Place Sports/Town Hall Kingsley &amp; Park Ave. Orange Park</b>	<b>(904) 545-4538 Florida Striders TC</b>
June 11	Run for the Pies 5K Nike Championship Open Race	7:30 p.m. 8:00 p.m.	Jacksonville Landing	(904) 731-1900 Expanded Race Info 1st Place Sports

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

# The Back Page

BY GAIL PYLIPOW



Easter has come and gone. It is so hard to believe that it will be May when you are reading this article. Spring...the season of lots and lots of races AND weekends where there will be two or more races in a day that some of our dedicated Striders participate in. There are so many races to choose from. Pick several and meet new people!

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

The first of many in this article is the **GOCKLE 5K** which took place on March 26th. There were three Striders placing in this race, **John Funk** and **Rosa Haslip** placing first and **Joe Connolly** placing third.

The second race that took place the same day was the **SULZBACKER CENTER 8K**, benefitting men, women and children to transition them from homelessness to their own homes. The results are: **Craig Bennett** and **Charles Goodyear** placing 1st, **Patrick Thompson** placing 2nd and **Paul Smith** and **Dee Robertson-Lee** placing 3rd.

The first of three races held on April 2nd was the **RUNNING THE BLUES 5K**. **Bernie Candy**, **Al Saffer** and **Nancy Harms** brought home the gold while **Steve Bruce**, **Craig Harms** and **Barbara Gilbert** picked up silver and **Vicki Choiniski** took the bronze.

The second race of the day was **THE 6TH ANNUAL CAPTAIN CHUCK CORNETT NAVY 10K RUN AND 5K WALK** held at the Naval Air Station. I have yet to run this race....and I understand it is a really pretty course. There were many, many Striders who placed. The 10K results are: Open Men - **John Metzgar**, 1st and **Andrew Marchand** 3rd; Open Women - **Denise Metzgar** 1st; Masters Men - **Michael Johnson**; Grand Masters Men - **Randy Arend** and Grand Masters Women - **Ann Krause**. Those placing 1st in their age groups were: **Jakob Wyche**, **Stephen Beard**, **George White**, **Matt Ross**, **Joanne Harris** and **Maria McNary**. Placing 2nd were: **Leslie Kindling**, **Mike Singletary**, **Raymond Ramos**, **Paul Geiger**, **Pat Haley**, **Frank Frazier**,

**Charles Wagner**, **Holly Wyche**, **Nicole Address**, **Kacee Bryner** and **Kimberly Lundy**. And, those placing 3rd were: **Cary Wyche**, **Michael Fitzsimmons**, **Paul Smith**, **Patricia Czarnecki**, **Barbara Scott** and **Douglas Tillett**. For the NAVY 5K, **Michael Lundy** and **Chanra Chancy** both placed 1st.

The third race of the day was **RUN FOR COVER 5K**. Your entry fee for this race goes to benefit The Florida Skin Cancer Foundation and living in sunny Florida everyone has more exposure to the harmful rays of the sun. **Rosa Haslip** won the Masters Women category. Those placing 1st in their age group were **Craig Bennett**, **Bernie Powers**, **Charles Goodyear**, **Joe Connolly**, **Marie Padin** and **Dee Robertson-Lee**. **Barbara Carrico** and **Melissa McCrosky** both placed 2nd and **Kathryn Howell** and **Karen Daniels** each placed 3rd.

On April 9th, two races were held on this date. The first one was the **2ND ANNUAL DON'S FRIENDS 5K RUN/WALK** held in St. Augustine to benefit the Alternative Break where students use their vacation breaks to travel and help others in need. This event holds a Disco "Street" Party the evening before the race where there's music, dancing, food, a beer tent and prizes. Yea, drink too much beer and you won't be running very well the next morning at 8:30 AM. **Bill Phillips** won the Masters Men Category. Those who survived the "party" and brought home the gold were **John Hirsch**, **Al Saffer**, **Joe Connolly**, **Tracy Pfuntner**, **Debbie Powers** and **Efieda Wyner**. **Tommy Dobbs** and **Gordon Slater** held on to silver and **George Thompson** took the bronze.

The second race of the day was held on Fleming Island in the late afternoon, and man was it HOT. **The FLEMING ISLAND ROTARY RUN 5K AND FUN RUN** attracted many Strider participants. The 1st place winners were **Quincy Masters**, **Freddy Fillingham**, **Charles Wagner**, **William Pearson**,

**Jordan Detwiler**, **Suzanne Baker**, **Kristi Chop**, **Kimberly Lundy** and **Dee Robertson-Lee**. Placing 2nd were **Bernie Powers**,

**Charles Goodyear**, **Melanie Cruz**, **Kim Ericson** and **Karen Daniels**. Taking 3rd place were **Ken Murray**, **Andrea Morrison** and **Amy Barlow**.

The **HIGH FIVE FOR HOPE 5K** was held on Sunday, April 10th at the UNF campus, which race is to increase awareness and raise funds for research for colorectal, leukemia and testicular cancers. This was their inaugural race. **Charles Goodyear** placed first and **Bernie Powers** and **Dee Robertson-Lee** both placed second in each of their respective age groups.

The next race is becoming extremely popular, especially since it is sponsored by the Florida Striders! This race, **RUN TO THE SUN 8K** held on April 16th, benefits our local elementary school Run/Walk clubs. This is such a great way to get the local schools involved in running/walking. My youngest son, Blake, has been active in walk/run since 3rd grade and he is now in 6th grade. He truly enjoys it. There were a ton of Striders participating and those placing were: **John Metzgar** won 1st in the Open Men Category, **John Wisker** won the Masters Men category and **Bill Phillips** won the Grand Masters Men Category. Those Striders placing 1st were: **Patrick McCarthy**, **Cody Helms**, **Robert Walker**, **Ben Huron**, **David Bonnett**, **Bradley Shepard**, **Mark Grubb**, **Randy Arend**, **Stephen Beard**, **Bruce Holmes**, **Frank Frazier**, **Matt Ross**, **Al Saffer**, **Robert Meister**, **Pat Gallagher**, **Nancy Harms**, **Regina Taylor**, **Vicky Connell**, **Stephanie Griffith** and **Diane Aimone**. The 2nd place finishers were **Paul Smith**, **Ben Holland**, **John Aimone**, **Leslie Kindling**, **Regina Sooley**, **Rosa Haslip** and **Al Saffer**. Finishing 3rd were **Charles Goodyear**, **Joe Connolly**, **Tracy Pfuntner** and **Alison Ronzone**.

Continued on next page  
May 2011 Page 23



# The Back Page

CONTINUED FROM PAGE 23

The next race held on the same day as the above race was the **BEACHES CHAPEL SCHOOL RUN WITH THE LIONS 5K** in Neptune Beach. The sole Strider who placed was **Mercedes Smith** who placed 3rd in her age group.

**THE JACKSONVILLE SYMPHONY RIVER CLASSIC 4 MILE RUN** took place on Sunday, April 17th held in downtown Jacksonville. Our faithful Striders who placed first were **Paul Smith, Charles Goodyear, Joe Connolly** and **Mercedes Smith**. **Rachel Walker** placed 2nd and **Susan Shelton** placed 3rd.

## JACKSONVILLE STRIDERS - They're Everywhere!

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

**Trish Kabus** and **Richard Vance** participated in the **GUANA 50K AND RELAY** on March 26th. Sounds fun and we hope you had a great time!

On April 2nd **Bonita Golden** ran in the **COOPER RIVER BRIDGE 10K**. Here's what she had to say, "2nd consecutive year for me and first year of WAVE START. Wave a big success. The run is a delightful challenge. Point-to-point, from Mt. Pleasant to historical Charleston. Will do it again next year!"

On a trip to Tallahassee, **Vicky Connell** took part in the **TALLAHASSEE RED RIVER TRIATHLON** on April 9th AND she placed 2nd in her age group. Vicky said, "I placed second in my age group. The race was in Tallahassee. Mother and daughter competed together. It was **Tori's** first triathlon. Her time was 1:40.31 and she finished 6th in her age group. Triathlon was a 500 meter swim, 16 mile bike (over a very hilly course!) and a 3 mile run."

On April 18th, **Ann Krause** trekked up to Boston for none other than **THE BOSTON MARATHON**. She had this to say, "What a great race, I was very honored to be there."

## 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](http://www.floridastriders.com) to report your race results. Fill out the form titled "Striders at the Races, Race Results" so that your times can be recorded and included in this column. For the out of town races please use the same website.

## Award

For my monthly award I give it to **1st Place Sports** and their employees who set up the start and/or finish line balloon arch, timing mats and clocks along the race course and then tear everything down after each race, and to those who make sure the race results are available in a timely manner. THANK YOU for all your hard work throughout the year. We couldn't do it without all of you! =

## SEND US YOUR RACE RESULTS!

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

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

## Local Running Info



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

You can contact us via e-mail at:  
[daniel.adams@jetblue.com](mailto:daniel.adams@jetblue.com)

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



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Orange Park, FL 32067-0413

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