

Couple runs to altar after 'disaster' date

Reprinted with permission from the Times-Union. Original article ran on August 7, 2011

By M.C. Finotti

Those who run together have fun together. That's a good motto for Bonita Golden and Terry Sikes, who became a couple after meeting at a run in 2005 when a mutual friend casually introduced them. They soon found themselves part of the same circle of running friends.

"After the runs, we'd all go to dinner and chat," said Terry, 55. Even when no

one else could go out after a run, Bonita and Terry always went. Their conversation was easy, the atmosphere between them relaxed.

And then one day, Terry asked Bonita on a date.

"And it was a disaster," said Bonita, also 55. The easy conversation somehow became awkward and the relaxed atmosphere they always enjoyed became tense. "He thought I didn't want to be there, but I was just so nervous," said Bonita, the development coordinator at WJCT. She was nervous about changing

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Photos by Kirk Chamberlain

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UPCOMING SOCIALS!

See page 7 for details on Jenny's Pennies!

October • Roy Benson to speak at the Orange Park Kennel Club on October 6th!

Please join us at the Orange Park Kennel Club on Thursday, Oct. 6th for our next Strider Social. Roy Benson, legendary track coach, is back by popular demand to educate us with more running and conditioning tips. Roy founded and has directed the Smokey Mountain Running Camp for 38 years. His many accolades also include coaching gold medalist Frank Shorter and Jeff Galloway at the University of Florida, both members of the 1972 USA Olympic Team. He has presented over 500 professional papers and lectures, as well as writing runner training books, Precision Running, Secret Workouts, and most recently, Heart Rate Training.

Tickets are \$19.95 each. The cash bar opens at 6:30, with the buffet dinner starting at 7pm, which includes coffee & soft drinks. You can even place a bet on the dog races, if you so desire. In fact, one of the races will be named the "Florida Striders Classic." The deadline to RSVP and pay is by September 30th. Email Ann Krause at adk1221@yahoo.com. You can either send her a check to 3369 Maiden Voyage Circle North, Jacksonville, FL 32257, or tell her you want to pay thru Pay Pal, and she can email you an invoice. Ann & Bill will be at the entrance to Club House starting at 6:15 pm to hand out the tickets.

We are looking for a big turnout for this promised to be great event. Please RSVP early to make sure you get a seat!

Prez Sez

By Dan Adams



As I write this article, I am flying out to Oregon to run Hood to Coast relay race with Lisa and our good friends in Oregon. What makes relay races so enjoyable is the team aspect. Most racing is about individual accomplishments, sure there are training partners and mentors that help along the way, but on race day it is 'all about me'. In a relay, it is all about us and I love that.

Hood to Coast is a 12 person, 200 mile relay race. The race lasts for approximately 24 hours and is broken up into 36 segments. Each team is divided into 2 vans of 6 people. The 1st van runs the first 6 segments with each runner running once. The van drives between exchange points, dropping off a runner and picking one up. After 6 segments, van 2 takes over and the process continues. When your van is not running you go to a field to eat, sleep and recover. The motto is 'run-eat-sleep' repeat.

With lots of running and little sleep it very important to have a good attitude. Ibuprofen and a sense of humor are vital ingredients to a successful event. Our team 3 years ago was amazing. Despite the fatigue and cramped van conditions we experienced a lot of camaraderie by sharing the pain together. After the race, our team decided to run it every year, but due to the race's popularity our application was rejected twice. This year we are finally back again, I can't wait. =

Board of Directors' Summary of Action August 9, 2011

Orange Park Library • 7 PM

I. Call to Order: The meeting was called to order by Dan Adams at 7:00 p.m.

Board members present: Dan Adams, Randy Arend, Bill Krause, Ann, Krause, Carol MacDougall, Kim Crist, Mike Mayse, Scott Hershey, Dave Bokros, Frank Frazier, Kim Lundy, Glenn Hanna, Don Wucker, Lisa Adams, Maria Littlejohn, Kristie Matherne, Vicky Connell, Regina Sooley.

Quorum: Yes

II. Review and Approval of Minutes: A motion was made, seconded and passed to approve the minutes from the June, 2011 board meeting.

III. Officer Reports

a. President Report – Dan Adams

i. Scholarship thank you letters. Dan shared the letters from our scholarship recipients with the Board. .

ii. Travis Cummings, County Commissioner. Thank you letter for keeping our Memorial Day Race in Orange Park.

iii. Appointment by Board

1. Memorial Day 5K 2012 Race Director – Dave Bokros. A motion was made, seconded and passed to appoint Dave Bokros.

2. Memorial Day 5K 2012 race date: 5/28/12 A motion was made, seconded and passed to approve the race date.

iv. Appointments by President

River Run Expo Director – Kristie Matherne and Kellie Howard appointed. Last year Stan was in charge of both the tent and the expo, and it was too much work for one person. This will divide up the workload associated with our River Run events.

b. Treasurer Report – Randy Arend

Beginning Cash Balance as of June 2011

Continued on page 6

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 & StrideRight Proofreader:

* Vicky Connell(H) 276-0193
email: VickyJC@comcast.net

Secretary:

*Regina Sooley(H) 673-0608
email: regina@reginasooley.com

Treasurer:

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

Membership Coordinator/Newsletter Circulation Coordinator:

*Mike Mayse(H) 777-6108
email: mjmayse@comcast.net

Race Advisor:

Bob Boyd(H) 272-1770
email: BobBoydFL@gmail.com

Children's Running Chair/Photographer:

Vanessa Boyd(H) 272-1770
email: VanessaABoydFL@gmail.com

Memorial Day 5K Director:

* Dave Bokros(C) 545-4538
email: dmbokros@gmail.com

The Back Page Columnist:

Gail Pylipow.....(H) 264-4666
email: gpylipow@bellsouth.net.

Social Coordinators:

*Ann Krause(C) 252-0410
adk622@yahoo.com
*Bill Krause(C) 860-9189
email: bjk615@yahoo.com

Merchandise Coordinator:

*Keith Poythress.....(H) 616-6054
email: poyth@bellsouth.net

Equipment Coordinator:

*James Vavrina...(C) 718-4247
email: jamesvav@hotmail.com

Scholarship Coordinator:

*Kellie Howard.(H) 732-7377
email: kellski@comcast.net

Directors at Large:

* Lisa Adams(C) 505-8731
email: adams.lisa30@gmail.com
*Scott Hershey(C) 379-2828
email: hershey4188@yahoo.com
*Maria Littlejohn(H) 923-0923
email: sirennia1@hotmail.com
*Kim Lundy(H) 213-0250
email: woodski135@aol.com
*Carol MacDougall(H) 282-9914
email: cmmacdougall@bellsouth.net
*Kristie Matherne(H) (985) 688-1849
email: dreamtrainachieve@yahoo.com
*Melissa Saunders(H) 375-2503
email: saundersmelis@hotmail.com
*Greg Wood(C) 910-0593
email: B1Gcntry@comcast.net

Hog Jog Director:

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

Run to the Sun 8K Director:

Karen McCormick(H) 215-7053
email: skmac@bellsouth.net

River Run Hospitality Tent Coordinator:

Stan Scarlett(H) 994-2687
email: stanscarlett@msn.com

River Run Hospitality Tent (Assistant):

*Dan Wucker
email: dwuck@aol.com

Race Volunteer Coordinators:

* Kim Crist.....(C) 545-3722
email:.....kcist9@aol.com
*Frank Frazier(H) 264-7220
email: frazier44@bellsouth.net

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Race Logistics Coordinator:

*Glenn Hanna (H) 777-9351
email: ghanna3@bellsouth.net

Graphics Design Coordinator:

Tori Connell
email: victoria.connell@comcast.net

RRCA Southern Region Director:

Lena Hollmann (H) 919-388-5786
email: lenahollmann@bellsouth.net

North Florida RRCA Representative:

Todd Neville (C) 904-501-0900
email: northflorida@rrca.org

Strider "Person" Coordinator:

Al Saffer (W) 665-6996
email: saffat@jea.com

Webmaster

Jennifer Wood
email: web@floridastriders.com

StrideRight Editor:

Trish Kabus (C) 386-506-7688
email: striderightedit@aol.com

The Purity of Track and Field

Over the past nine days, NBC and Universal Sports channel have broadcast the World Championships in track and field from South Korea. Nothing reflects the "wide world of running" like an international track meet. This biennial meet, not unlike the Olympics, features cream-of-the-crop athletes from every nation on the planet.

Watching the meet late into the night, after running, teaching, coaching, I am struck by the simplicity of our sport, its abject purity. Except for the occasional foul in a field event, or disqualification due to obstructing another runner, the events are straightforward and beyond debate. The best woman, on the day, wins. The fastest guy with superior pace judgment and the strongest finish, crosses the line first.

Past telecasts, especially of Olympic Games, are stuffed with superfluous stories about what the fans are eating, tourist attractions, and unoriginal interviews with favorites ("my coach and me have been working on my start; if I get out well, I expect to win.")

But these championships have been delightful, with color commentators Ato

Bolden and Dwight Stones, both outstanding Olympic track and field athletes, providing meaty insights and pointing out technical nuances. There has been less chatting and more coverage.

Another refreshing change is a move away from a focus on only how American athletes are faring. Although there have been plenty of outstanding US performances, some of the most inspiring races (and throws and jumps) have been by Cubans, Russians, Poles, and Ethiopians. Although Kenyan women dominated the marathon and 10,000, the rest of the world has shown that truly outstanding competitors can be developed by any country, any culture. An Iraqi woman in long garb placed high in her 200 meter prelim; a Turkish man advanced to the finals in the same event.

The other "pure" thing about track is the measurement of performance. When I see a soccer game, it is obvious that success (scoring) is often a result of a mistake on the part of an opponent. Sometimes, a simply superior athlete is able to embarrass an opponent. The overt celebrations that follow a score only add to the

Wide World of Running By Jay Birmingham

shallowness of the achievement.

But when a Russian steeplechaser takes the lead at the gun, powers her way ahead of a pack of Kenyans, one of whom has never lost a steeple race, conquers all 35 hurdles and water jumps with poise, and runs the third fastest time in the history of the event, I am beyond admiration. I know I have witnessed a truly superlative performance.

So I am re-inspired, as I hope you are, to persist in my chosen pursuit, and go for a run. I can no longer set reasonable PRs for reasonable distances, but I CAN try for a 2011 best training effort, or aspire to complete a marathon this winter. And whether I succeed, or simply retain the pleasure of being able to push myself for a few minutes of (what seems to me to be fast) running, I am out there, like the competitors in the World Championships, maximizing my physical performance.

If being fit is not pure joy, I do not know what is. =

RUNNING COUPLE

Continued from page 1

the nature of their relationship.

Bonita and Terry spent the next two years not talking about their dating disaster. But they continued to run together, and even going out to eat after their runs.

"I was just glad that she didn't cut that off," said Terry, who calls himself "happily self-unemployed."

By April 2010, Terry helped Bonita move into a new house. That meant a lot to Bonita - so much so that she asked him at one point while the two were knee-deep in boxes if he ever thought of them as a couple.

"And Terry looked at me with this 'duh' look," Bonita said, laughing.

The two said "I do" June 25 starting with a three-mile celebratory run on the Riverwalk from the Riverside Arts Market to WJCT, joined by 19 running friends and three cyclists. When they arrived at WJCT, the couple showered, changed and enjoyed a cocktail party, wedding ceremony and dinner in the station's studios with 80 invited guests. For their honeymoon, they ran in the Peachtree Road Race in Atlanta.

"When we first started getting serious, we made a pact," Bonita said. "We agreed we'd have fun and have no regrets. And that's exactly what we're doing." =



What's Happening in the Elementary School Run/Walk Clubs The Florida Striders Support (2010-2011)

By Vanessa A. Boyd
Children's Running Coordinator

Most of our funding goes to where we think it will make the most difference in the health of our community and the future of our club - children's running. More specifically, we support 41 schools and approximately 10,000 elementary school children by providing mileage incentives for their school's run/walk programs. The Strider's sent an End of the Year Report to all the schools we support who have a Run/Walk Club. Two schools started after January and were not included in the summary (Sadie Tillis (Duval) and Enterprise Learning Center (Duval). Orange Park Elementary did not have a Run/Walk Program this year). 27 schools replied. A summary of the results follows:

Most of the Run/Walk programs began in September or October 2010 and ended in April, May, or June 2011. Most of the schools met once a week for 45 minutes to an hour. One met twice a week (West Riverside (Duval) and 1 met every day including recess and before specific classes (McRae).

Members varied from 10 to 1126 per school with a new school in Duval (West Riverside Elementary) growing from 36 initially and increasing to 323 students by the end of the school year. The schools that included the entire student body this year were Lake Asbury (840), Lakeside (814), McRae (507), Ridgeview (715), Shannon Miller Foundation 5 Elementary Schools (Duval) (3000), Swimming Pen (574), and Thunderbolt (1126).

The Striders distributed 3350 Marathon Medals to those children who ran 26 miles within the current school year with the highest amount being

earned by Lakeside Elementary (780+ - Lakeside provided medals for 2 grade levels in 2011). Thanks to Kim Lundy, a member of the Children's Running Committee, Board Member, and a Counselor/Teacher at Oakleaf Village Elementary, 307 medals were recovered from the schools from previous years which were recycled in the distribution this year.

Tokens distributed were 25,400.

Chains distributed - 5575.

50 mile club shirts distributed - 585.

100 mile club shirts distributed - 277.

150 mile club shirts distributed - 153.

200 mile club shirts distributed - 134.

Out of the 27 schools reporting, there were 174,512 miles ran by our small athletes this year and the top 3 schools who replied were McRae Elementary at 28,877 miles, Thunderbolt Elementary at 26,133.5 miles and Swimming Pen Elementary at 14,693 miles. Calculating average miles per student, the top five schools were #1: McRae at 57 miles per student, #2: Annunciation at 41 miles per student, #3: Paterson at 33 miles per student, #4: Green Cove Springs (Private) at 30 miles per student and #5: Swimming Pen at 26 miles per student.

The question was asked as to how the clubs raise money to keep their programs active. The answers ranged from self earned grants, P.F.A., P.T.A., and P.E. department funds along with donations, Fun Run earnings, to selling of water, pizzas, t shirts, registration fees, and P.E. Family Fun Nights at Texas Roadhouse.

10 out of the 27 schools had support from their School's Advisory Committee Plan.

The question was asked to prioritize 1 - 4 in importance to their program when categorizing the tokens,

t-shirts, Marathon Medals, and Fun Run Prize money. #1: Medals (3.0), #2: Shirts (2.6), #3: Tokens (2.5), and #4: Fun Run Prize Money (2.3). There were several schools who did not break down their preferences stating that all our incentives were important to their program, even stating that their program would not exist if it was not for the Striders. I did notice that those who took home prize money regularly from our Fun Runs, rated the Fun Run Prize Money at a higher value.

The final question asked was there anything they would want the Striders to consider doing in the future that would assist their Run/Walk Club? In addition to many compliments, some suggestions were (in no particular order): 1.) Top mile medals for each grade boys/girls. 2.) Mini Running clinics in the schools. 3.) Volunteers. 4.) Take away the conflict with RTTS Fun Run and the County Math Field Day Competition. 5.) Guest speakers and Runners for events and activities. 6.) Participation award money at all 4 Strider Events. 7.) Hosting a Fun Run on the Argyle side of town. 8.) Assisting with a school sponsored 5K. 9.) More events in Duval County.

The Striders want to thank all the schools who reported their statistics this year. When we know how many schools are benefiting from our efforts, it is helpful in getting sponsors to support our cause. We also need to know where we can improve and what your greatest concerns are. These answers also assist new programs with ideas on how they too can improve their programs. We love sharing your accomplishments with our members, sponsors, and community. =

MINUTES

Continued from page 2

was \$18,262.86.

June/July Income was \$11,517.59.

June/July Expenses were \$4,627.92.

Ending Cash Balance as of July 31, 2011 was \$25,152.53, of which \$7,149.85 was designated for Children's Running Budget and \$18,002.68 was undesignated.

Comparable Ending Cash Balance as of July 31, 2010 was \$15,950.04, of which \$4,749.85 was designated and \$11,200.19 was undesignated.

IV. Committee and Director Reports

a. Social Update – Bill Krause

i. Suns game August 18th: So far we have 40 people attending- should be a great event.

ii. Prediction Run September 18th at 5 p.m. Lisa proposed to have it September 18 at Mellow Mushroom, whether they sponsor us or not.

iii. Roy Benson @ the Orange Park Kennel Club, Oct. 6 at 6:30 p.m. Buffet for \$19.95.

iv. Discussion about Jaguar game as potential social.

v. How to improve Social Attendance? Word of mouth, personal invitations is the best way to get people to go. Everyone needs to talk up our social events to get more people to go. Floor opened up for ideas. Vicky mentioned to talk to people at the track and at the group runs. Glenn mentioned that we have standard socials we do every year, and that he did not ever get a lot of input for new ideas. Dave mentioned a running social. Vicky mentioned to have meetings with speakers like the Hammerheads do, maybe at a business, like First Place Sports. Bill asked everyone to send him their ideas.

b. Hog Jog Budget – Randy

Arend for Leslie Kindling: Hard to predict attendance, since it has been up and down. Sponsorship is down from past years. We need to increase both sponsorship and attendance. Using chip timing is an increased expense of \$900. Predicted profit is \$1365.90. Motion was made, seconded and passed

to approve the Hog Jog budget as presented.

c. Children Running Report –

Carol MacDougall: Carol went over the report, which summarized the survey answered by all the schools with Run/Walk clubs. Last school year the Striders sponsored 41 Run/Walk clubs. Total miles run last year was 174,512. The schools made suggestions for the future. Carol plans to meet with all the P.E. teachers to go over important information about the clubs, as it is important to share ideas and information.

d. Memorial Day 5K Report –

Dave Bokros: To be presented in September.

V. Old Business

a. Duval Cross Country \$1,000 Donation given in May – Randy Arend.

VI. New Business

a. Strider Website Groomer: Volunteer to help Jennifer keep the site up to date – Mike Mayse: We need an extra set of eyes on the website to make sure the content is current. Vicky will be the main point of contact, so send her corrections.

b. DRS Lake Trail - Volunteer to organize. Board Approval for funding – Mike Mayse: They are repaving it. JD Smith came up with the Striders being part of the DRS Lake Trail renovation and upkeep. Frank volunteered to help JD with this effort.

c. 2011-2012 Race Price – Dave Bokros: Suggestion to change our pricing structure and round the numbers for easier accounting. Motion made, seconded and passed to ap-

prove the new proposed race registration fees.

d. Resolution 10K and 5K – Dan Adams: Proposal to change the Resolution Run to a 10K Grand Prix race, and still offer a 5K. There are not many 10K races now. Dan needs to meet with Doug to measure the exact course. The goal is to increase attendance and revenues; thereby attracting more sponsors. Kim Lundy proposed a staggered start and awards for both races. Should have same finishing point, but maybe different colored bibs. Discussion about closing a lane of Hwy 17. Additional expenses are: course certification, road closure (barricades), additional police officers, cost for more awards. Bill suggested to run the 5K course twice to avoid the Hwy 17 logistics and incremental cost.

Motion: A motion was made, seconded and passed for the board to approve adding a 10k to the 5k with the logistics to be worked out going forward.

e. Graphic Design SOP – Dan Adams: Purpose is to treat our graphic design person fairly, and not bombard them with last minute requests. A motion was made, seconded and passed to approve the proposed Graphic Design SOP.

VII. Announcements:

VIII. Adjournment: A motion was made, seconded and passed to adjourn the meeting at 8:42 p.m.

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



The Striders Mission

The prime objective of the Florida Striders is to promote and encourage running by educating the community on the benefits of physical fitness and sports. To attain this objective we will:

1. Present high quality road races.
2. Conduct training and fun runs.
3. Provide a social medium for exchange of ideas and information.
4. Publish a monthly newsletter.
5. Encourage community involvement.
6. Conduct informative periodic meetings. =



Jenny's Pennies 33rd Anniversary Celebration October 9

There is a long tradition of collecting any money found during the runs and giving it to Jenny Allen, who uses it to provide the goodies for our Sunday Morning Anniversary Celebration. Come help us spend Jenny's pennies! We'll provide champagne, orange juice and coffee. You can bring fruit, bagels, coffee cake, donuts, etc. to share. Join us for a group picture and help celebrate. The 33rd Anniversary of our Sunday morning runs from Sun Tire on Blanding Boulevard in Orange Park. The party will start about 8AM, after the Sunday morning run. Jenny does a wonderful job and it is always a very enjoyable time. =

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

Run a great race?
Have a new
running tip?
Tried a yummy
new recipe?
Please send your
stories to

StrideRightEdit@aol.com

National Run@Work Day



On September 16, 2011, the Road Runners Club of America will promote the 6th Annual RUN@WORK Day nationwide. Company-based wellness programs, human resources departments, running clubs, running events, running shoe stores, and individuals nationwide are encouraged to plan fun runs and walks around the country with their employers.

The goal of RUN@WORK Day, presented by the Road Runners Club of America, is to encourage adults to get 30-minutes of exercise each day, in accordance with the Physical Activity Guidelines for Americans, either before work, during lunch, or immediately following work. RUN@WORK Day also encourages companies to help employees schedule time for physical activity. Incorporating exercise into one's daily routine can markedly improve one's overall physical health.

To help you plan your RUN@WORK Day event, the RRCA created the RUN@WORK Day Planning Kit and Fact Sheet.

To help promote your RUN@WORK Day event, the RRCA has created a general promotional poster. To obtain a free copy of the promotional poster, send a self addressed, postage paid, legal sized envelop to 1501 Lee Hwy, Ste 140, Arlington, VA, 22209 or order posters online. =

Race Results

Vestcor 5K Bridge Run Downtown, Jacksonville, FL July 30, 2011

David Bonnette	19:58	
Mark Grubb	19:58	1st ag
Seth Pajcic	20:10	3rd ag
Randy Arend	20:40	1st ag
Stephen Beard	21:35	1st ag
George Thompson	21:56	3rd ag
George White	22:44	1st ag
Victor Corrales	23:18	
Randy Pullo	24:26	3rd ag
Paul Smith	24:41	1st ag
Frank Frazier	25:31	2nd ag
Quincy Masters	25:51	
Tim Wright	27:48	
Traci Bane	30:28	
Gary Proctor	31:40	
Curt Young	31:52	
Doug Barrows	32:14	3rd ag
Dena Gaucher	32:55	
Bernie Powers	33:26	
Nancy Pullo	34:35	1st ag
Al Saffer	35:11	1st ag
Sheldon Fletcher	35:27	
Charles Goodyear	36:43	2nd ag

Jill Wright	39:53
Dee Robertson-Lee	42:05

K-Swiss Tour de Pain 4 Mile Beach Run Jacksonville Beach, FL August 5, 2011

Jon Wisker	25:29	3rd ag
Dan Adams	26:27	
David Bonnette	26:45	
Randy Arend	27:11	2nd ag
Drew Kenny	27:27	
Britta Fortson	27:42	1st ag
John Metzgar	27:50	
Seth Pajcic	28:04	
Lisa Adams	28:12	2nd ag
Stephen Beard	28:44	2nd ag
Lorna Bradford	28:48	3rd ag
George Thompson	29:01	
Regina Taylor	29:03	1st ag
Robert Smith	29:32	
Denise Metzgar	30:13	
Regina Sooley	30:37	
Steve Lancaster	30:49	
George White	30:53	1st ag
Allan Smith	31:07	
Rick Moss	31:34	

Alison Ronzon	31:40	
Leslie Kindling	31:52	
Barbara Carrico	32:19	
Frank Frazier	32:25	1st ag
Paul Smith	32:25	
Mike Singletary	32:48	
John Hirsch	33:00	
Ann Krause	33:08	3rd ag
Doug Aiosa	33:29	
Jay Birmingham	33:35	
Nicole Andress	34:15	
April Martin	34:52	
Jim Cook	35:00	
Joanne Harris	35:32	
George Hoskins	35:40	
James Vavrina	37:11	
Mercedes Smith	37:27	
Tim Wright	37:44	
Claudia French	38:10	
Reberta McCloskey	38:35	
Sue Whitworth	38:46	
Leigh Gardner	40:15	
August Leone	40:38	1st ag
Bill Krause	40:50	
Curt Young	40:55	
Melinda Terry	41:00	



**Don't forget to fill out our electronic form to have
your results included each month in the StrideRight!**

<http://floridastriders.com/sendresults>

Doug Barrows	41:24		Jim Cook	24:49		Lisa Adams	6:02.2	1st ag
Alan Harmon	41:49		April Martin	25:14		Lorna Bradford	6:02.3	3rd ag
Diana Levin	42:44		George Hoskins	25:39		Leslie Kindling	6:02.4	2nd ag
Bernie Powers	43:00		Mercedes Smith	25:59		Britta Fortson	6:07.6	3rd ag
Mamie Davis	43:08		Joanne Harris	26:24		Steve Lancaster	6:14.9	
Virginia Gresham	44:21		Claudia French	26:34		Mike Singletary	6:15.2	
Sheldon Fletcher	44:51		Martin Wilkinson	26:50		Rick Moss	6:18.5	
Al Saffer	45:48	2nd ag	James Vavrina	26:53		Alison Ronzon	6:21.3	
Nancy Pullo	46:50	2nd ag	Tim Wright	27:07		Regina Sooeey	6:22.0	
Charles Goodyear	47:36	3rd ag	Craig Harms	27:23		George White	6:23.1	2nd ag
Jill Wright	49:59		Diana Levin	27:26		Denise Metzgar	6:24.4	
Monica Goddard	50:03		Sue Whitworth	27:42		Allan Smith	6:32.6	
Kim Kowalewski	50:17		Leigh Gardner	28:36		Ann Krause	6:42.2	3rd ag
Claire Gilbert	50:30		Alan Harmon	29:22		James Vavrina	6:49.6	
Ivy Bryan	54:10		Doug Barrows	29:49		John Hirsch	6:49.6	
Barbara Scott	56:26		Bill Krause	29:51		April Martin	6:53.4	
Dee Robertson-Lee	58:14		August Leone	29:56	1st ag	Jim Cook	6:53.6	
Mel Abando	59:14		Curt Young	29:59		Frank Frazier	6:56.9	1st ag
George Mosely	1:12:21		Bernie Powers	30:15		Doug Aiosa	6:58.8	

K-Swiss Tour de Pain 5K
Baymeadows, Jacksonville, FL
August 6, 2011

John Metzgar	17:36	1st ag	Nancy Pullo	34:04	2nd ag	Kerri Cook	7:24.5	
John Wisker	18:14	3rd ag	Sharon Medders	34:26		Paul Smith	7:27.3	
David Bonnette	18:34	3rd ag	Charles Goodyear	34:48	3rd ag	Mercedes Smith	7:32.7	
Dan Adams	18:38		Al Saffer	35:19	3rd ag	Joanne Harris	7:35.0	
Seth Pajcic	19:37		Jill Wright	36:24		Leigh Gardner	7:37.7	
Drew Kenny	19:43		Monica Goddard	36:36		Claudia French	7:48.4	
Randy Arend	19:43	2nd ag	Ivy Bryan	38:31		Diana Levin	7:54.8	
Britta Fortson	19:53	1st ag	Fred Haley	38:32		Sheldon Fletcher	8:03.8	
Regina Taylor	20:40	2nd ag	Claire Gilbert	38:50		Doug Barrows	8:09.2	
Stephen Beard	20:45	2nd ag	Kim Kovaleski	39:12		Bernie Powers	8:18.5	
Lisa Adams	20:53	2nd ag	Barbara Scott	41:26		Mamie Davis	8:19.0	
George Thompson	21:04		Cary Wyche	41:42		Sue Whitworth	8:19.3	
Regina Sooeey	21:27	3rd ag	Mel Abando	41:50		Bill Krause	8:29.0	
Rick Moss	21:42		Dee Robertson-Lee	43:28		Curt Young	8:56.7	
Lorna Bradford	21:56		Jamie Wyche	43:48		Virginia Gresham	9:01:00	
Steve Lancaster	22:02		George Mosely	56:16		Al Saffer	9:01.4	1st ag
Alison Ronzon	22:06					August Leone	9:18.7	2nd ag
Denise Metzgar	22:12					Jill Wright	9:23.4	
Leslie Kindling	22:18					Nancy Pullo	9:56.7	2nd ag
Allan Smith	22:27					Monica Goddard	10:23.0	
George White	22:47	1st ag	John Metzgar	5:03.0	3rd ag	Claire Gilbert	10:41.5	
Tracy Pfuntner	22:51		David Bonnette	5:09.0	2nd ag	Charles Goodyear	10:52.7	3rd ag
Barbara Carrico	23:12		John Wisker	5:17.0		Dee Robertson-Lee	10:56.0	
Frank Frazier	23:24	1st ag	Dan Adams	5:33.0		Ivy Bryan	10:58.0	
Mike Singletary	23:26		George Thompson	5:36.1	2nd ag	Kim Kovaleski	11:25.2	
Ann Krause	23:42	3rd ag	Seth Pajcic	5:42.5		Mel Abando	11:58.9	
John Hirsch	23:47		Randy Arend	5:44.8		Barbara Scott	12:38.2	
Nicole Andress	24:12		Regina Taylor	5:58.2	3rd ag	George Mosely	14:08.5	
Doug Aiosa	24:26		Raymond Ramos	5:58.4				
Paul Smith	24:47	2nd ag	Stephen Beard	6:00.3	2nd ag			

K-Swiss Tour de Pain 1Miler
Downtown, Jacksonville, FL
August 6, 2011

John Metzgar	5:03.0	3rd ag	John Metzgar	5:03.0	3rd ag
David Bonnette	5:09.0	2nd ag	David Bonnette	5:09.0	2nd ag
John Wisker	5:17.0		John Wisker	5:17.0	
Dan Adams	5:33.0		Dan Adams	5:33.0	
George Thompson	5:36.1	2nd ag	George Thompson	5:36.1	2nd ag
Seth Pajcic	5:42.5		Seth Pajcic	5:42.5	
Randy Arend	5:44.8		Randy Arend	5:44.8	
Regina Taylor	5:58.2	3rd ag	Regina Taylor	5:58.2	3rd ag
Raymond Ramos	5:58.4		Raymond Ramos	5:58.4	
Stephen Beard	6:00.3	2nd ag	Stephen Beard	6:00.3	2nd ag

Florida Blue 5K Stadium Challenge
Everbank Field, Jacksonville, FL
August 13, 2011

Bill Phillips	19:34	1st ag
Gerald Boorse	20:32	
Seth Pajcic	22:30	
George White	22:53	1st ag
Herbert Taskett	24:02	2nd ag
Leslie Kindling	24:31	2nd ag
Psaul Smith	24:48	1st ag
Buddy Harris	25:17	
Joanne Harris	25:41	1st ag
Diana Levin	27:33	
Allan Smith	27:34	
Rebecca Taylor	28:41	
Steve Bruce	29:23	
Matt Ross	29:23	1st ag
Gary Proctor	29:33	
Susan Shelton	30:41	
Patricia Czarnecki	32:00	
Judy Andrews	35:05	
Charles Goodyear	35:16	3rd ag
Nathan Smith	35:45	
Cindy Staples	35:49	
Jennifer Wood	36:00	
Erin O'Leary	36:04	
Lisa Boyd	36:15	
Monica Goddard	38:29	
Robert Meister	38:41	1st ag
Kim Kovaleski	39:17	
Dee Robertson-Lee	40:54	
Barbara Scott	42:30	
Amber Sherrill	43:10	
Evan Zillmer	43:41	
Mel Abando	44:05	

Tijuana Flats Summer Beach Run
Jacksonville Beach, FL
August 20, 2011

John Metzgar	30:52	1st ag
Robert Walker	33:21	1st ag
Dan Adams	34:04	
David Bonnette	34:17	
Bill Phillips	34:41	1st ag
Randy Arend	35:12	3rd ag
Lisa Adams	35:42	1st ag
Britta Fortson	36:22	2nd ag
Seth Pajcic	36:24	
Stephen Beard	37:33	2nd ag
Bernie Candy	38:05	1st ag
Patrick Gaughan	38:53	2nd ag
Nancy Harms	39:43	1st ag
George White	40:01	
Paul Smith	40:37	1st ag
Steve Lancaster	40:46	
Frank Frazier	40:57	2nd ag
Robert Barnhill	41:27	
Peter Winkler	41:34	
Stephanie Griffith	41:39	1st ag
John Hirsch	41:48	
Herbert Taskett	42:22	
Paul Berna	42:50	
Mike Singletary	42:57	
Ann Krause	42:57	3rd ag
Nicole Andress	43:11	
Margaret Barton	43:21	2nd ag
Allan Smith	43:49	
Danny Weaver	44:54	
April Martin	45:15	
Craig Harms	46:14	
Steve Bruce	46:30	

Mercedes Smith	47:58	
Mercedes Smith	47:58	5th ag
Sue Whitworth	48:19	
Tim Wright	48:32	
Dave Balz	48:46	
George Hoskins	48:54	
David Ohnsman	49:10	
Jeanie Wilson	49:43	
Kevin Terry	49:50	
Claudia French	50:21	
Martin Wilkinson	51:06	
Diana Stewart	51:23	
Melinda Terry	51:31	
Terry Sikes	53:21	
Gary Proctor	53:35	
Bill Krause	53:44	
Matt Ross	54:34	3rd ag
Dena Gaucher	55:51	
Benjamin Holland	55:56	
Nancy Pullo	58:06	1st ag
Al Saffer	58:31	1st ag
Vicki Choinski	59:03	
Jerry Skirvin	1:01:21	
Richard Vance	1:01:22	
Charles Goodyear	1:03:06	
Bradley Shepherd	1:03:38	
Dee Robertson-Lee	1:13:20	
Traci Akers	1:14:18	
Anne Matthews	1:14:28	
Evan Zillmer	1:14:00	
Trish Kabus	1:19:01	
Diane Aimone	1:20:12	1st ag
John Aimone	1:22:46	1st ag =

New, Renewing and Expiring Memberships

NEW MEMBERS

Cynthia Cole	8/31/12
Edward Guerra	8/31/12
Tracy Meeks	8/31/12

RENEWING MEMBERS

Richard & Jenny Allen	7/31/12
Pheona Kaiser	8/31/12
Drew Kenny	7/31/13

Carol MacDougall 8/31/12

Mike Marino 8/31/12

Susan Maurer 8/31/12

Stan Simpkins 8/31/12

MULTI-YEAR MEMBERSHIPS

Michael & Amy Mandt 8/31/13

Susan Thibodeaux 8/31/12

Millie Thrasher 8/31/12

Richard Vance 8/31/12

EXPIRING MEMBERSHIPS

Michael Denman 7/31/11

James & Denise May 7/31/11

Dan Moore 7/31/11

Thomas Pittman 7/31/11

Jennifer & Quinn Roberts 7/31/11 =

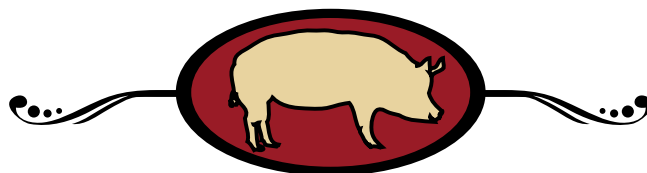
In our continuing efforts to improve communications we are adding another feature to our monthly report. We have added the membership expiration date. This will allow you to double check my work and ensure I get it right. If your name does not appear in this column or you think something is in error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

Race Hotline 904-505-8731 or www.floridastriders.com or facebook

September 2011 Page 11

HOG JOG 5K

NOVEMBER ★ 6, ★ 2011



New Day and Time!
SUNDAY 2PM

ENTRY FEES

	<u>Striders/Military</u>	<u>Non Striders</u>	<u>Kids 13 & Under</u>
Until Oct 27th	\$15	\$20	\$15
10/28 - 11/5	\$20	\$22	\$15
Day of Race	\$25	\$25	\$25

- \$2.00 OFF if you preregister with your own ChampionChip
- Register by Mail: Please make checks payable to "Hog Jog 5K" and mail with completed entry form to Hog Jog 5K, 3931 Baymeadows Rd, Jacksonville, FL 32217. Sorry, there are no refunds!
- Register Online - more info at www.floridastriders.com
- Day of Race Registration starts at 12:30PM
- Technical shirts for first 300 pre-registered 5K runners

Race Director: Leslie Kindling 928-446-6149
StridersHogJog@gmail.com

AWARDS

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 Ronnie VanZant Park following the race.

DIRECTIONS/PARKING

Due to increased popularity of this race, parking is limited. Car pooling is encouraged.

From Blanding & I-295:

1. South on Blanding to Knight Boxx Rd (6.5 mi)
2. Left on Knight Boxx to 220 (1.2 mi)
3. Right on 220 to 209 (Russell Rd) (1.1 mi)
4. Left on 209 to 739 (Henley) (1.3 mi)
5. Right on 739 to Sandridge Rd (739B) (2.3 mi)
6. Left on Sandridge to Ronnie VanZant Park (0.6 mi)

COURSE/TIMING

This cross country course starts and finishes at Ronnie VanZant Memorial Park, 2760 Sandridge Rd. This two-lap rugged, cross-country course will not be suitable for strollers. Spikes may be worn. Walkers are welcome, but there will be no separate walking awards.

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 3:00PM. 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**, Nov 4th and **Saturday**, Nov 5th from 10:00AM - 6:00PM.

- 3931 Baymeadows Rd, Jacksonville, FL 32217
- 2016 San Marco Blvd, Jacksonville, FL 32207
- 2186 Park Avenue, Orange Park, FL 32073

All packets not picked up at the above location will be moved to Ronnie VanZant Park for race day pick up starting at 12:30PM.

From US 17 & I-295:

1. South on US-17 to 220 (5.5 mi)
2. Right on 220 to 209 (Russell Rd) (6.7 mi)
3. Left on 209 to 739 (Henley) (1.3 mi)
4. Right on 739 to Sandridge Rd (739B) (2.3 mi)
5. Left on Sandridge to Ronnie VanZant Park (0.6 mi)

Hog Jog 5K • Nov 6, 2011

RACE#

(OFFICIAL USE ONLY)

Packet Pick-Up (Please Choose One)

☐ Baymeadows 1st Place Sports 11/4 or 11/5 ☐ Orange Park 1st Place Sports 11/4 or 11/5 ☐ San Marco 1st Place Sports 11/4 or 11/5 ☐ Day of Race @ Ronnie VanZant Park

First Last

Age

Sex

Adult Sizes

5k

Fun Run
(no charge - just
bring entry form with
you on race day)

Personal
Champion
Chip

(can NOT be used for Day of Race registration)
\$2.00 Discount for using own chip

Street Address (Please Include Apt. #)

City

State

Zip Code

Telephone Number.

Cash

Check

Fee Inclosed
\$

FL Strider
Member

Military

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

Your Signature

Date

Parent's Signature (if under 18 years of age)

Date

Make checks payable to: Hog Jog 5K

Mail to: Hog Jog 5K • 3931 Baymeadows Road, Jacksonville, FL 32217, Or Drop off at any 1st Place Sports Location

Race Hotline: 928-446-6149 or www.floridastriders.com

SPONSORS

KOHL'S

FLORIDA STRIDERS MEMBERSHIP APPLICATION

☐ New ☐ Renewal

Last Name First MI

Address Apt. #

in Family Spouse's Name

City State Zip

Your DOB Spouse's DOB

Home Phone Work Phone

Occupation Employer

Email

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)

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

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

September 2011 Race Calendar

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

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

DATE	EVENT	TIME	LOCATION	CONTACT
September 10	Financial Fitness 5K	8:00 a.m.	Fletcher Park San Marco Jacksonville	(904) 731-1900 1st Place Sports
September 10	YMCA Strong Kids 5K	8:00 a.m.	Brooks Family YMCA 10423 Centurion Pkwy. N. Jacksonville	(352) 637-2475 DRC Sports
September 10	9-11 Heros 5K	6:00 p.m.	Veteran's Memorial Wall Jacksonville	(904) 731-1900 1st Place Sports
September 11	Believe in Heros 8K	7:30 a.m.	Jacksonville Landing	(904) 731-1900 1st Place Sports
September 17	Endless Summer 10K XC	7:30 a.m.	Joe's Camp Store Anastasia State Park St. Augustine	(904) 461-2035 Friends of Anastasia State Park
September 17	Blue Devil Cross Country 5K	8:00 a.m.	Ft. George Island St. Park Jacksonville	(904) 731-1900 1st Place Sports
September 17	Purple Stride 5K	8:00 a.m.	75 N. 1st St. Jacksonville Beach	(386) 329-3721 Milestone Race Authority
September 17	Avondale Classic 5K	7:00 p.m.	The Shoppes of Avondale 3583 St. John's Ave. Jacksonville	(904) 731-1900 1st Place Sports
September 24	Children's Way 5K	8:00 a.m.	24 Children's Way (in San Marco) Jacksonville	(904) 731-1900 1st Place Sports
October 1	BeaMarine Corps Half Marathon & Freedom 5K	7:00 a.m.	Everbank Field Jacksonville	(904) 731-1900 1st Place Sports
October 1	Pink up the Pace 5K	8:00 a.m.	St. Augustine	(386) 747-3532 RaceSmith, Inc.

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

The Back Page



BY GAIL PYLIPOW

It is so hard to believe that school has started already and that Labor Day is just around the corner. You'd never know it by the heat and humidity though. **WHEN WILL IT START TO COOL DOWN** is what I want to know! I think we are all so tired of the humidity. Remember to **STAY HYDRATED!** Listen to your body and rest when it tells you to, drink lots of water, replace what is lost during a run, especially a long run, and be smart.

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

The first of four races in August was the very and popular **TOUR DE PAIN** which is **THREE** races in less than 24 hours! This event took place on Friday night, August 5th at the beach, Saturday morning August 6th at 1st Place Sports Baymeadows and that same afternoon in downtown Jacksonville, starting and ending at the Landing. The real fun begins after the three races are finished by replacing the carbs with beer and pizza and of course, hanging with friends. There were loads of Striders participating in this race. Keep in mind that it was very hot

and humid for these three races and about 98 degrees for the third race – the One Mile Sizzler. Those finishing first in the Friday night 4 mile beach race were **George White, Frank Frazier, August Leone, Britta Fortson** and **Regina Taylor**. Placing second were **Randy Arend, Stephen Beard, Al Saffer, John Wisker, Lisa Adams** and **Nancy Pullo**. Taking home third place were **Robert Meister, Charles Goodyear, Lorna Bradford** and **Ann Krause**. The second of the three races was Saturday morning 5K at the 1st Place Sports on Baymeadows Road. The Striders coming across the line first for their age groups were **John Metzgar, George White, Frank Frazier, August Leone** and **Britta Fortson**. Those coming in second were **Randy Arend, Stephen Beard, Paul Smith, Lisa Adams, Regina Taylor** and **Nancy Pullo**. Bringing in third position were **Jakob Wyche, David Bonnette, John Wisker, Charles Goodyear, Al Saffer, Regina Sooy** and **Ann Krause**. Now, for the third and final race of the series, the One Mile Sizzler complete with humidity, those taking first place for their respective age categories were **Frank Frazier** and **Lisa Adams**; taking second were **David Bonnette, George Thompson, Stephen Beard, George White, George Hoskins, August Leone, Leslie Kindling** and **Nancy Pullo**; and taking third place were **John Metzgar, Charles Goodyear, Britta Fortson, Regina Taylor, Ann Krause** and **Robert Meister**. Those winning their age categories in all three races were: Gold – **Frank Frazier, August Leone, Britta Fortson**; Silver – **Randy Arend, Stephen Beard, George White, Paul Smith, Al Saffer, Lisa Adams, Regina Taylor** and **Nancy Pullo**; Bronze – **David Bonnette, John Wisker, George Hoskins, Charles Goodyear, Bob Meister** and **Ann Krause**.

The second race that took place was

on August 13 at EverBank Stadium. It was the first event for the **FLORIDA BLUE 5K STADIUM CHALLENGE**. This

“stadium run” took runners up all seven levels of EverBank Field and was a fundraising event with proceeds benefitting the Duval County Athletic Foundation to help save athletic programs in Duval County Public High Schools. The Duval County School Board made a decision to cut funding for some high school sports programs, including Cross Country. The participating Striders who placed 1st were **Bill Phillips, George White, Paul Smith, Matt Ross, Robert Meister** and **Joann Harris**. Placing 2nd were **Herbert Taskett** and **Leslie Kindling** with **Charles Goodyear** placing 3rd. This sounds like a fun event. Next year....

The third race held on August 20th was the **TIJUANA FLATS SUMMER BEACH RUN**, formerly Carabba's Summer Beach Run held at Jacksonville Beach. Those taking home the gold, for a beach towel, were **Robert Walker, John Metzgar, Bill Phillips, Bernie Candy, Paul Smith, Al Saffer, John Aimone, Nancy Harms, Lisa Adams, Stephanie Griffith, Nancy Pullo** and **Diane Aimone**. Next in line were the silver winners, also for a beach towel, were **Stephen Beard, Patrick Gaughan, Frank Frazier, Britta Fortson** and **Margaret Barton**. The bronze winners, getting (you guessed it) a beach towel, were **Randy Arend, Matt Ross** and **Ann Krause**. It's nice to be able to use your prize at the beach!

The last local race for August was the **FIGHT FOR AIR 5K**, which took place on August 27th. This run/walk 5K benefits the American Lung Association and was held at the beautiful Nocatee Greenway Trails. Funds raised by this event will support programs, services, research and advocacy efforts of the American Lung Association in our community. Two

Continued on next page

Upcoming StrideRight Deadlines

October - Published early October. Deadline September 20.

November - Published early November. Deadline October 20.

December - Hog Jog Special edition. Published mid December. Deadline November 24.

Thanks for all your contributions!



floridastriders.com

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CONTINUED FROM PAGE 15

dedicated Striders who went all out were **Richard Vance** who placed 1st, **Charles Goodyear** who placed 2nd and **Dee Robertson-Lee** who placed 3rd.

JACKSONVILLE STRIDERS - They're Anywhere and Everywhere!

Hey, when you're out of town and there's a race, go for it! There were many Striders who took to the road to expand their horizons.

Tris Skirvin was in Chicago, the Windy City, on August 14th and ran her first half marathon **THE ROCK 'N ROLL HALF MARATHON!** Hope you had a great time in Chi-Town!

We received a posting from M. Henderson, Race Director as follows: I am the race director for **RUNNING FOR THE BAY** held in Apalachicola, Florida on Sunday, 10/23/2011. The race event will include a full marathon, half marathon, 10K, 5K and Ultra 50K (all with wheelchair and walking divisions). If you could place it on your calendar, it would be very much appreciated. This event and course offers running and walking at all the distances. The course will be open for 8 HOURS, which gives runners and walkers of all calibers time to finish even the full marathon.

- Featuring: Full Marathon, Half Marathon, 10K, 5K and Ultra 50K (all with wheelchair and walking divisions)
- Website: www.runningforthebay.com
- E-mail: friends@runningforthebay.com
- Event date: Sunday 10/23/2011
- Location: Apalachicola, Florida, starts 7:15 AM

- Voted in the top five of all marathon medals in North America!
- Destination voted sixth best beach in America!
- All distances are USATF certified. Marathon course is USAT certified course: #FL10040EBM
- Boston qualifier!
- Run, walk or roll!
- RACE THIS YEAR IS ON SUNDAY, NOT SATURDAY!

Please let me know of any additional information you may need. Let us know if we can promote your events at our expo.

Thanks!

M. Henderson

Race Director

Tidbits and Stuff I Missed

Please let me know if I've missed some stuff so that I can make mention of it in the next issue. I apologize for anyone not listed in the above race results.

Just a reminder – as mentioned near the beginning of the article please don't forget to go to our website at www.floridastriders.com to report your race results. Fill out the form titled "Striders at the Races, Race Results" so that your times can be recorded and included in this column. For the out of town races please use the same website.

Award

I give my monthly award to the dedicated Striders who show up at the races, have fun, perhaps have a PR for a certain race and enjoy meeting other runners. =

SEND US YOUR RACE RESULTS!

If you miss signing the Strider person, please fill out our new race result form located at floridastriders.com.

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

Local Running Info



www.floridastriders.com

You can contact us via e-mail at:
daniel.adams@jetblue.com

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



Florida Striders
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Orange Park, FL 32067-0413

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