

## A Successful Resolution 10k and 5k



By Dan Adams, Resolution 10k & 5k  
Photo by Vanessa Boyd

A successful race needs three ingredients: generous sponsors, dedicated volunteers and motivated runners. This years **Resolution 10k & 5k** had all three things in abundance. By the numbers, we had over \$5,000 in sponsorship money, over 100 volunteers and a record setting 1,192 register runners. Beyond the numbers, you have the Florida Striders volunteers who continue to produce quality races and I could not be more proud of their latest success the 2012 Resolution 10k & 5k.

The generous contributions of our sponsors allow the Florida Striders to promote and encourage running by educating the community about the benefits

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For more color photos of the Resolution Run, please go to  
<http://floridastriders.com/photos.html>

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### UPCOMING SOCIALS

**Gary Corbitt to speak at the next Strider social, February 16th**

Join us at the 1st Place Sports Orange Park location, (2186 Park Avenue, Orange Park, FL 32073), at 6:30 pm for a 3 mile neighborhood run, followed by Gary speaking at approximately 7:15 p. If you can't make it for the run, then please come for the talk. The Striders will supply the pizza and refreshments, but if you can bring a side dish or dessert item, that would be welcomed, as well. Gary has talked his good friend, **Jay Birmingham**, into joining us. The conversations promise to be full of valuable running tips from these two veterans, as well as plenty of stories about Jacksonville's running history, including highlights about Gary's father, Ted, who is a legend in the running world. I'm sure we can also coax Jay into regaling us with stories about his running history, including his trek across the country!

Please RSVP to Ann Krause, [adk1221@yahoo.com](mailto:adk1221@yahoo.com) by February 13th, to let her know if you will be joining us for the run and talk, or just the talk. We need to know how much pizza and drinks to bring.

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**Volunteers still needed for the 26.2 with Donna! Contact Dave Bokros**

# Prez Sez

By Dan Adams



There's no place like home or in the case of Jacksonville Bank Marathon, there is no place like your hometown marathon. Sometimes friends ask for advice on where to run their first marathon. I tell them my favorite marathon is Jacksonville Bank, which is not the response they expect. Many runners are attracted to big races, in big cities with lots of crowds. Not me, I will take the Jacksonville Bank over any big city race.

Big city race registration fees are double or triple that of Jacksonville Bank and that does not account for the total expense of the race. With our local race, you don't have to travel, get a hotel or eat at restaurants. Non-local race expenses can easily reach \$1,000 when you account for travel, hotel and meals. It is important to eat and sleep well before running a marathon and this is easier and cheaper to accomplish from your own house.

Being fresh at the starting line is important to me. In the Jacksonville Bank Marathon, there are no long bus rides, staging areas or cold outside waiting times. Bolles School generously allows the runners to stay warm inside their gym, which gives them the opportunity to get off their feet and rest up for their run. These logistical advantages at the start allow for optimal racing.

The Jacksonville Bank course is flat, fast and scenic. I love the live oaks that shade the course. Although the crowd is thin, you cannot beat the enthusiasm of the Florida Strider water stop. Plus after 20 miles, all the cheering in the world is not getting you across the finish. You need your own strength to do that, which you will have from a good night sleep and an easy start.

As big city races grow in popularity, Jacksonville Bank stays relatively small, but perfect. I love our local race, with its low registration fees, logistical ease and fast course. I can think of no better place to run 26.2 miles. =

## Board of Directors' Summary of Action

**December 13, 2011 (7 PM)**

**Orange Park Library**

### **I. Call to Order:** The meeting was called to order at 7:10 p.m.

Board members present: Regina Soeey, Kellie Howard, Randy Arend, Greg Wood, Maria Littlejohn, Frank Frazier, Kim Lundy, Daniel Adams, Glenn Hanna, Dave Bokros, Ann Krause, Bill Krause, Kristie Matherne, Lisa Adams, Don Wucker. Also present: Bob Boyd, Vanessa Boyd, Stan Scarlett, Leslie Kindling, and Kevin Mangold.

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

### **III. Officer Reports**

#### **a. President Report – Dan Adams**

i. Board of Director Appointment: Board must appoint a nominating committee consisting of 1 Chair and 2 others. Kellie Howard, Glenn Hanna, and Frank Frazier will be the committee, and Frank will be Chair.

ii. RRCA "Kids Run the Nation" Grant: Bob Boyd prepared an application for a \$1,000 grant through the RRCA and the Striders were one of a limited number of recipients awarded the full \$1,000 "Kids Run the Nation" Grant for its children's running program in 2012.

iii. Dr's Lake Trail Update: Trail is finished and Frank put mile markers up last Friday. Inaugural event TBD.

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## **2011-2012 Board of Directors & Key Members**

(Board Members marked with an \*)

### **President & Resolution 5k Director:**

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### **Vice President & StrideRight Proofreader:**

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### **Secretary:**

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### **Treasurer:**

\*Randy Arend . . . . . (H) 272-3861  
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### **Membership Coordinator/Newsletter Circulation Coordinator/Equipment Coordinator:**

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### **Race Advisor:**

Bob Boyd . . . . . (H) 272-1770  
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### **Children's Running Chair/Photographer:**

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### **Memorial Day 5K Director:**

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\*Ann Krause . . . . . (C) 252-0410  
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\*Bill Krause . . . . . (C) 860-9189  
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### **Merchandise Coordinator:**

\*Scott Hershey . . . . . (C) 379-2828  
email: hershey4188@yahoo.com

### **Scholarship Coordinator:**

\*Kellie Howard . . . . . (H) 732-7377  
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\* Lisa Adams . . . . . (C) 505-8731  
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\*Kim Lundy . . . . . (H) 213-0250  
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Stan Scarlett . . . . . (H) 994-2687  
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### **River Run Hospitality Tent (Assistant):**

\*Dan Wucker . . . . .  
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### **Race Volunteer Coordinators:**

\* Kim Crist.....(C) 545-3722  
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### **Race Logistics Coordinator:**

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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.



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**floridastriders.com**



## RESOLUTION 10k and 5k

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of physical fitness and sport. We accomplish this most notably through the elementary school run walk programs where we currently support over 10,000 students in 43 schools. Key Buick-GMC-Hyundai is a returning presenting sponsor and big Strider supporter. We are excited to have Heartland Rehabilitation as a new multi-year sponsor, whose team of therapists were at the race to offer post race treatment. Heartland has an incredible rate for ASTYM treatment that my wife, Lisa, can personally attest to its healing powers. Myers Pediatric is a long time supporter of the Resolution Run. Their booth handed out water bottles to the kids. KOHLS, led by Tracey Armon and Margie Hibel, continues to be generous both with time and money. Over the last 3 years they have given over \$10,000 and over 300 man hours. This year they manned the water stops and had many participating runners as well. The Orange Park Kennel Club is both a gracious host and a generous sponsor. They allowed us to use their facility and gave \$1,800 in money directly to the elementary school run walk programs. Publix Charities continues to be a loyal financial sponsor. Blue Ridge Water, a locally owned, water

distributor supplied the water for the event and Publix donated the bagels and bananas. Thanks to our sponsors, that makes this event possible.

This year's event took an unprecedented amount of volunteer effort. I am humbled to work with such a talented and dedicated group. I would like to take the opportunity to highlight the efforts of a few them. Mike Mayse is the most impressive equipment person I have ever seen. He gets to the shed at 4AM and doesn't finish until after 2PM. He builds and modifies the equipment as necessary. He studies the course and designs equipment deployment plans to ensure a well-marked course with an on time start. Dave Bokros is an incredible course director whose job is to make sure the course is safe for the runners. He managed Highway 17 closure, police deployment, course marshal positioning and race instructors. That the race started on time and no one got lost or hurt is a testament to a job well done. Frank Frazier and Kim Crist took on the daunting task of managing 100 volunteers. I can think of no two people who are friendlier or more organized to make this happen. Marge Rosebush's expertise is invaluable and her attention to details make her the perfect registration coordinator. Tori Connell did an amazing job with many graphic design projects. Her fresh and

professional designs no doubt contributed to the races record setting attendance. Lisa Adams did an amazing job getting long sleeve tech shirts at an incredible rate. She worked with Tori to make a great race shirt. Stan Scarlett did a wonderful job with the start banner and pre-race music. George Bailey expertly handled the finish line. Ken Bendy and Pat McEvers are the two best announcers in the business. Bob and Vanessa Boyd continue to be integral members of the Striders. They managed a record-setting fun run crowd of 1550 runners and donated \$170 to the run walk programs. Doug, Stuart and Jane at 1st Place Sports proved to be invaluable source of advice. I could not imagine doing a race

## UPCOMING SOCIALS

Continued from page 1

### Gate River Run March 10th

Don't forget to join us at the Strider Tent for refreshments and relaxation before and after the run. The Striders will supply water and Gatorade, but we ask you to bring any other refreshments for yourself, as well as a snack, side dish, or dessert, to share. We are still looking for volunteers to help us set up the tent area on March 9th, as well as work the Expo. Look for details and contact info in another section of the StrideRight.

### Board of Directors Annual Picnic in April

Stay tuned for the site and date. Please join us for this always popular event! The Striders supply the burgers, dogs, and non-alcoholic refreshments. Please feel free to bring any other beverages of your choosing, as well as a side dish or dessert to share. We will be electing our board members for the next term at this picnic, so please bring your ayes and nays.

Thanks  
Bill and Ann Krause  
YOUR Strider Social Directors

## Thanks to all the Jacksonville Bank Marathon volunteers for a great job!

In the photo, from left to right are: Stan Scarlett, Margaret Tyburski, Bob Boyd, Chris McDonough with her three sons, Sean, Liam & Kyle, Scott Hershey, Mike Mayse, Danny Weaver, Gerry Tyburski, Kellie Howard, Ann Krause, Glenn Hana, Andrea Morrison, Jan Powers, Dave Bokros and John Powers.



without them. Some others making significant contributions are Vicky Connell, Suzanne Baker, Glenn Hanna, Sharon Pentaleri, Lakeside basketball team, KOHLS, and Journey Church led by Vernon Allen. Thank you volunteers!

It was a beautiful day for racing with starting temperature in the low

40s, under clear skies and calm winds. The views of the St. John's River were spectacular. The addition of the 10k generated a lot of excitement, with 57% of the runners signing up for this race. The cold temperatures resulted in fast 10k times with the male winner, Dan Clark, crossing the finish in 34:33 and

the female winner Shannon Miller running an impressive 38:11. The 5k attracted a lot of talented runners as well with the male winner, Sean Nagorny, running 16:49 and the female winner, Britta Fortson, running 19:38. It was great to see so many people out enjoying the beautiful day and staying fit. =

## RESOLUTION 10k and 5k VOLUNTEERS

Alma Bailey  
Annette Gray  
Annie Pentaleri  
Austin Wade  
Bob Boyd  
Carol MacDougal  
Charlie Hunsberger  
Chris Rodatz  
Chrystal Gray  
Cynthia Ryan  
Danny Mulcathy  
Dave Bokros  
David Townsend

Deane Powell  
Debbie Townsend  
Elke Miller  
Eric Leister  
Frank Frazier  
Gene Bridges  
George Bailey  
Glenn Hanna  
Jack Frost  
James Vavirina  
JD Smith  
Jesse Hall  
Joe Strickland  
John Powers  
Joshua Wade  
Karen McCormick

Kathy Tucker  
Katie O'Connor  
Ken Bendy  
Kevin Mangold  
Kim Crist  
Kim Pasienza  
Kim Tracanna-Breaul  
Kitty Ferrell  
Lacey Crist  
Lakeside BBT  
Larry Clark  
Laurie Burke  
Leslie Kindling  
Lila Martin  
Lori Scarlett  
M.J. Eckford

Margaret Wright  
Marge Ruebush  
Margie  
Marie Bendy  
Marilyn Karmuth  
Marissa Connell  
Mark Lay  
Mary Jacobs  
Matthew Pentaleri  
Meghan Noonan  
Melanie Hatch  
Melanie Swingline  
Michael Eubank  
Michael Pentaleri  
Michael Weaver  
Mike Mayse

Nancy Pullo  
Nancy Simons  
Nikki Aiosa  
Pam Nelson  
Pat Czarnecki  
Pat Noonan  
Patt McEvers  
Paul Ruebush  
Randy Pullo  
Renee Lamb  
Rob McKissick  
Robert Webster  
Rose Wooline  
Ruth Smith  
Scott Hershey  
Shanese Bailey

Sharon Pentaleri  
Shea Elsie  
Skeeter White  
Stacy Williams  
Stan Scarlett  
Stephanie Shafer  
Steve Knapp  
Steve Lamb  
Sue Melson  
Suzanne Baker  
Tracy Armon  
Vanessa Boyd  
Vernon Allen  
Wes Tucker  
Winney Yaun  
**THANK YOU!!!**



Due to space limitations in the StrideRight, we are only able to publish the top 5 finishers in each age group. For complete results, please go to [www.floridastriders.com](http://www.floridastriders.com)

CLASS ID#	PLACE	FINISHER	CHIP TIME	GUN TIME	PACE
<b>Open Men</b>					
105	1	Dan Clark, 40	34:33	34:34	5:34
1005	2	Shawn Williams, 35	34:47	34:48	5:37
498	3	Erik Hartley, 18	35:03	35:04	5:39
<b>Open Women</b>					
6	1	Shannon Miller, 27	38:11	38:12	6:09
99	2	Stephanie Williams, 25	41:02	41:07	6:37
17	3	Courtney Kuznicki, 30	41:21	41:25	6:40
<b>Masters Men</b>					
184	6	Eric Vandervort, 44	36:37	36:37	5:54
<b>Masters Women</b>					
88	5	Sue O'Malley, 51	42:06	42:08	6:47
<b>Grand Masters Men</b>					
74	19	Spencer Olsen, 50	39:34	39:37	6:23
<b>Grand Masters Women</b>					
862	18	Terri Rose, 54	46:04	46:10	7:26

ID#	PLACE	FINISHER	CHIP TIME	GUN TIME	PACE
<b>Men Under 3</b>					
370	231	Terry Lawrence, 1	1:05:57	1:06:09	10:38
<b>Men 3 - 10</b>					
409	74	Bryce Stalter, 10	46:59	47:03	7:35
364	78	Vincent Sabatella, 10	47:30	47:45	7:40
575	191	Matthew Pellegrini, 8	1:00:32	1:00:51	9:46
566	248	Jakob Wyche, 10	1:08:22	1:09:58	11:02
565	249	Cary Wyche, 10	1:08:22	1:09:58	11:02
<b>Men 11 - 13</b>					
571	31	Troy Britts, 11	42:01	42:03	6:47
555	215	Luke Knotts, 11	1:01:04	1:03:22	9:51
1495	241	Matthew Voigt, 12	1:07:29	1:08:09	10:53
78	242	Maverick Boring, 11	1:07:57	1:08:24	10:58
18	285	Jacob Williams, 11	1:44:53	1:44:56	16:55
<b>Men 14 - 19</b>					
388	8	Cody Helms, 18	37:06	37:11	5:59
59	10	Travis Wooten, 16	38:00	38:02	6:08
63	17	James Cherry, 18	39:07	39:08	6:18
1	18	William Decker, 16	39:10	39:12	6:19
727	26	Kyle Crews, 16	41:18	41:20	6:40
<b>Men 20 - 24</b>					
303	9	Dillon Hawkins, 21	37:32	37:33	6:03
321	63	Gabriel Arcaina, 22	46:01	46:09	7:25
159	94	Obie Pagaduan, 23	49:52	49:58	8:02
331	125	Jeffrey Hargreaves, 22	51:38	53:00	8:20
65	162	Kurtis Sanders, 22	56:07	56:15	9:03
<b>Men 25 - 29</b>					
556	5	John Leeds, 28	36:07	36:08	5:49

Continued on next page

301	11	2	Dane Simmons, 26	38:26	38:27	6:12	32	259	4	Charles Goodyear, 72	1:17:20	1:17:38	12:28
720	12	3	Matthew Worsham, 25	38:26	38:29	6:12	908	277	5	Jim Pellot, 70	1:29:24	1:31:07	14:25
822	25	4	Steven White, 28	41:16	41:18	6:39	<b>Men 75 - 79</b>						
64	30	5	Philip Dronet, 25	41:55	42:03	6:46	47	236	1	Al Saffer, 77	1:06:45	1:06:47	10:46
<b>Men 30 - 34</b>							320	252	2	Bob Meister, 79	1:11:34	1:11:57	11:33
933	14	1	Nick Hochstein, 30	38:50	38:52	6:16	<b>Men 80 &amp; Up</b>						
901	16	2	Robert Walker, 30	38:51	38:53	6:16	916	272	1	John Aimone, 81	1:26:31	1:28:20	13:57
527	33	3	Troy King, 31	42:06	42:10	6:47	915	276	2	Dian Aimone, 82	1:28:48	1:30:36	14:19
354	45	4	Charlie Hunsberger, 30	43:37	43:45	7:02							
745	47	5	Rick Lasseeter, 30	43:57	44:12	7:05							
<b>Men 35 - 39</b>							CLASS	PLACE	FINISHER	CHIP	GUN	PACE	
9	4	1	David Martinson, 35	35:20	35:21	5:42	ID#			TIME	TIME		
886	7	2	William Lutat, 35	36:54	36:55	5:57	<b>Women Under 3</b>						
55	22	3	Craig Herzog, 37	40:14	40:19	6:29	557	214	1	Chanda Nenigar, 1	1:08:10	1:09:21	11:00
910	29	4	Bob Overby, 39	41:45	41:52	6:44	<b>Women 3 - 10</b>						
389	41	5	John Kovacs, 38	43:07	43:10	6:57	1087	10	1	Meghan Luck, 9	42:30	44:35	6:51
<b>Men 40 - 44</b>							390	279	2	Jordyn Rebels, 7	1:21:07	1:22:00	13:05
431	13	1	Andrew Marchand, 40	38:29	38:30	6:12	41	286	3	Sarah Ivey, 10	1:22:38	1:23:27	13:20
913	20	2	Mills Ramseur, 40	39:41	39:42	6:24	<b>Women 11 - 13</b>						
114	23	3	Terry Wadkins, 41	40:42	40:45	6:34	194	26	1	Meghan Slack, 12	48:14	48:16	7:47
113	44	4	Aubrey Goff Jr, 43	43:30	43:37	7:01	416	28	2	Rosemarie Cubbedge, 1	48:55	49:00	7:53
536	52	5	Robert Moore, 42	44:05	44:57	7:07	576	108	3	Caitlyn Pellegrini, 11	1:00:10	1:00:29	9:42
<b>Men 45 - 49</b>							883	205	4	Carly Phillips, 11	1:07:25	1:08:46	10:52
379	15	1	David Bonnette, 45	38:51	38:52	6:16	183	210	5	Kamerin Peters, 12	1:08:19	1:09:03	11:01
54	24	2	Peyton Godwin, 46	41:09	41:13	6:38	<b>Women 14 - 19</b>						
405	27	3	Craig Bennett, 45	41:36	41:38	6:42	879	89	1	Lauren Brigance, 17	58:08	58:18	9:22
323	32	4	Todd Pye, 45	42:06	42:09	6:47	869	135	2	Lindsey Averitt, 14	1:02:30	1:03:39	10:05
360	34	5	Christopher Reeves, 45	42:13	42:13	6:48	196	266	3	Amber Phommathep, 15	1:18:19	1:18:56	12:38
<b>Men 50 - 54</b>							1378	278	4	Meghan Noonan, 18	1:19:34	1:21:36	12:50
739	21	1	Steve Johnson, 54	39:50	39:53	6:25	<b>Women 20 - 24</b>						
383	28	2	Randy Arend, 51	41:38	41:41	6:43	890	33	1	Amber Kelley, 23	50:01	50:16	8:04
784	36	3	Chris Burns, 51	42:21	42:23	6:50	328	39	2	Paige Kaniosky, 24	50:57	51:29	8:13
386	37	4	Raymond Ramos, 50	42:58	43:02	6:56	709	44	3	Margaret Altes, 22	51:57	52:13	8:23
573	48	5	Mike Stukel, 53	44:21	44:27	7:09	945	48	4	Anna Flynn, 20	51:38	53:00	8:20
<b>Men 55 - 59</b>							853	58	5	Jennifer Dominguez, 22	54:13	54:20	8:45
804	39	1	Steve Beard, 56	43:03	43:06	6:57	<b>Women 25 - 29</b>						
73	55	2	Kenneth Perkins, 57	45:02	45:08	7:16	950	6	1	Catherine Dovi, 29	42:39	42:43	6:53
90	57	3	Gary Ruhle, 58	45:32	45:35	7:21	780	8	2	Erin Dankworth, 27	44:04	44:09	7:06
952	61	4	Alan Smith, 56	45:57	46:03	7:25	161	14	3	Jane Conner, 28	45:37	45:42	7:21
955	66	5	Lyle Kamm, 55	46:16	46:22	7:28	107	16	4	Stephanie Harley, 29	45:43	45:52	7:22
<b>Men 60 - 64</b>							926	19	5	Breanna Korsman, 29	46:30	46:45	7:30
37	40	1	Bruce Holmes, 64	43:06	43:10	6:57	<b>Women 30 - 34</b>						
922	42	2	Bernie Candy, 63	43:10	43:14	6:58	951	7	1	Beth Dearment, 32	43:34	43:38	7:02
357	84	3	George White, 64	48:14	48:19	7:47	731	20	2	Michelle McCullough, 33	47:02	47:10	7:35
173	119	4	Ron Riggins, 62	52:06	52:24	8:24	777	35	3	Brooke Eshelman, 31	50:20	50:34	8:07
548	124	5	Jim Hall, 61	52:35	52:59	8:29	56	40	4	Nicole Andress, 34	51:11	51:31	8:15
<b>Men 65 - 69</b>							128	51	5	Nicole Murrell, 33	53:14	53:28	8:35
423	110	1	Frank Frazier, 69	51:23	51:34	8:17	<b>Women 35 - 39</b>						
821	147	2	Wesley Royal, 67	54:06	54:33	8:44	7	4	1	Lisa Adams, 37	41:49	41:52	6:45
351	181	3	Richard Horton, 66	58:23	58:58	9:25	36	12	2	Christi Tilden, 35	45:15	45:23	7:18
702	185	4	Bruce Howard, 67	58:53	59:11	9:30	805	15	3	Barbara Beard, 37	45:44	45:44	7:22
<b>Men 70 - 74</b>							811	21	4	Melissa Hersh, 38	47:05	47:11	7:36
359	184	1	Richard Vance, 72	58:35	59:07	9:27	149	27	5	Leslie Kindling, 38	48:07	48:19	7:46
708	209	2	Ben Holland, 71	1:02:02	1:02:47	10:00	<b>Women 40 - 44</b>						
1008	211	3	James Braunreiter, 70	1:02:15	1:03:08	10:02	918	22	1	Maria Padin, 44	47:09	47:23	7:36
							721	23	2	Katherine McCombs, 40	47:06	47:24	7:36



450	36	3	Lonnie Klidies, 42	50:08	50:38	8:05	1033	33	2	Joshua Nemitz, 10	23:33	23:37	7:36
935	38	4	Ria Ware, 42	50:43	51:22	8:11	535	49	3	Matthew Stratton, 7	24:47	25:08	7:59
80	42	5	Amanda Dryden, 41	51:20	51:36	8:17	563	77	4	Alec Burke, 7	27:57	28:16	9:01
							1492	80	5	Jonathon Mess, 6		40:29	12:41
Women 45 - 49													
1009	9	1	Regina Taylor, 47	44:21	44:25	7:09	Men 11 - 13						
16	11	2	Sally Chappell, 49	45:16	45:19	7:18	1484	5	1	Gabriel Moran, 13	19:32	19:32	6:18
919	13	3	Alison Ronzon, 47	45:22	45:27	7:19	1577	25	2	Andrew Bartley, 12	22:40	22:59	7:19
820	17	4	Rosa Haslip, 48	45:55	46:02	7:24	1413	27	3	Gregory Aiosa, 13	22:42	23:08	7:19
368	31	5	Kacee Bryner, 46	49:26	49:33	7:58	1564	29	4	Aldren Biala, 12	23:14	23:19	7:30
							1568	30	5	Jeremey Johnson, 13	23:11	23:21	7:29
Women 50 - 54													
722	25	1	Barb Hart, 50	47:56	48:05	7:44	Men 14 - 19						
374	45	2	Kim Crist, 54	52:34	52:46	8:29	23	10	1	Nicholas Cole, 17	20:17	20:20	6:32
530	52	3	Joanne Harris, 52	53:02	53:31	8:33	1565	12	2	Aren Biala, 15	20:16	20:24	6:32
327	87	4	Susan Welch, 52	57:41	58:04	9:18	1382	14	3	Cameron Kelley, 17	20:53	21:08	6:44
361	166	5	Jennifer Hu, 51	1:04:25	1:05:32	10:23	1079	18	4	Spencer Hayes, 14	22:14	22:31	7:10
							1373	50	5	Andrew Bergeron, 15	24:08	25:14	7:47
Women 55 - 59													
1013	24	1	Stephanie Griffith, 57	48:00	48:04	7:44	Men 20 - 24						
57	56	2	Debra Perkins, 55	53:40	54:02	8:39	1081	11	1	Matthew Goolsby, 23	20:17	20:21	6:32
719	77	3	Claudia French, 58,	56:55	57:07	9:11	1312	15	2	Casey Quast, 22	21:34	21:40	6:57
517	81	4	Sue Whitworth, 56	57:22	57:28	9:15	1530	38	3	Eric Acosta, 24	23:45	24:04	7:39
28	92	5	Faith Leri, 55	57:39	58:25	9:18	1021	71	4	Jarrod Birdsall, 24	26:41	27:17	8:36
							1736	100	5	Logan McGlynn, 20	29:30	30:56	9:31
Women 60 - 64													
779	46	1	Sharon Lucie, 60	52:42	52:50	8:30	Men 25 - 29						
11	55	2	Jeanie Burgess, 61	53:18	53:40	8:36	1810	9	1	Joshua Smith, 26	20:09	20:16	6:30
102	103	3	Mary Last, 61	59:19	59:38	9:34	1751	35	2	Colin Harley, 27	23:33	23:42	7:36
25	109	4	Dsra Hutchenson, 63	1:00:08	1:00:30	9:42	1531	42	3	Eric Glaser, 29	23:39	24:20	7:38
1804	134	5	Patti Taylor, 63	1:03:27	1:03:39	10:14	1852	67	4	Sean Read, 29	26:12	26:36	8:27
							1040	92	5	Joe Sachs, 27	27:26	29:38	8:51
Women 65 - 69													
42	41	1	Elfrieda Wyner, 69	51:28	51:34	8:18	Men 30 - 34						
Women 70 - 74													
906	195	1	Nancy Pullo, 70	1:07:34	1:07:43	10:54	75	13	1	Tim Fluharty, 34	20:37	20:40	6:39
							1015	17	2	Rob Riva, 30	22:17	22:27	7:11
							1922	19	3	Marcus Hill, 33	22:17	22:31	7:11
							1829	26	4	Dean Taylor, 33	22:29	22:59	7:15
							1556	41	5	Cody Vincent, 30	24:02	24:20	7:45
RESOLUTION RUN 5k													
Open Men													
1599	1	1	Sean Nagorny, 32	16:49	16:50	5:25	Men 35 - 39						
1905	2	2	Charles Delay, 41	19:06	19:08	6:10	1927	4	1	Joe Lewandowski, 35	19:21	19:29	6:14
							1012	8	2	Brian Kornegay, 35	20:12	20:14	6:31
							1594	20	3	Brian Buzen, 37	22:13	22:36	7:10
							1408	21	4	Zachary Hanna, 35	22:20	22:39	7:12
							1928	22	5	Zack Henderson, 37	22:26	22:40	7:14
Open Women													
1497	1	1	Britta Fortson, 39	19:38	19:40	6:20	Men 40 - 44						
1906	2	2	Kayley Delay, 12,	20:08	20:09	6:29	1006	7	1	Tom Paul, 41	20:05	20:09	6:29
							1826	31	2	Louie Watts, 40	23:15	23:21	7:30
							1529	52	3	James Gillard, 41	24:58	25:25	8:03
							1522	53	4	William Darfler, 43	24:58	25:26	8:03
							1086	54	5	Edwin Hannah, 41	25:01	25:26	8:04
Masters Men													
1703	3	1	Steve Sharpe, 43	19:13	19:17	6:12	Men 45 - 49						
							1400	6	1	Keith Poythress, 48	19:46	19:48	6:23
							1016	16	2	Joseph McElhaugh, 46	21:27	21:43	6:55
							516	24	3	Jack Frost, 47	22:51	22:55	7:22
							1596	34	4	Andy Brittingham, 47	23:38	23:38	7:37
							1466	43	5	Doug Aiosa, 49	24:01	24:27	7:45
Masters Women													
1745	3	1	Michelle Gully, 40	22:17	22:20	7:11	Men 50 - 54						
							1465	39	1	Michael French, 54	23:52	24:08	7:42
							1389	48	2	John Brinkman, 52	24:52	25:02	8:01
Grand Masters Men													
1078	28	1	Paul Hibel, 65	23:15	23:17	7:30							
Grand Masters Women													
1002	14	1	Ginger Lambert, 57	24:52	25:13	8:01							
CLASS													
ID#	PLACE	PLACE	FINISHER	CHIP	TIME	GUN	TIME	PACE					
Men 3 - 10													
1537	23	1	Cameron May, 10	22:43	22:48	7:19							

Continued on next page

1739	69	3	Homer Babcock, 52	26:17	27:05	8:29
1011	90	4	David Richards, 53	28:39	29:25	9:14
1919	97	5	Tim Leonard, 53	29:41	30:20	9:34

#### Men 55 - 59

1354	93	1	Dave Mosborg, 55	29:15	29:58	9:26
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#### Men 60 - 64

1066	40	1	Jerry Bennett, 61	24:06	24:16	7:46
1748	74	2	David Townley, 62	27:41	28:01	8:56
1914	86	3	Joe Fisher, 60,	28:26	29:02	9:10
1368	101	4	Glen Hanna, 61	29:02	31:10	9:22
1014	112	5	Dale King, 63	31:39	32:29	10:12

#### Men 65 - 69

1048	44	1	John McBrearty, 69	24:30	24:40	7:54
1049	104	2	Robert Lanier, 65,	31:02	31:23	10:00
1489	141	3	John Howard, 65	34:21	35:10	11:05

#### Men 70 - 74

1507	96	1	Jimmie Seeley, 73	30:02	30:19	9:41
1477	121	2	Charles Wagner, 74	32:38	33:29	10:31
1008	130	3	James Braunreiter, 70	33:11	34:04	10:42
1306	146	4	Harold Jackson, 72	33:47	35:31	10:54
1019	193	5	George Mosely, 71	51:42	52:49	16:41

#### Men 75 - 79

1010	149	1	James Harrelson	35:20	36:25	11:24
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#### Men 80 & Up

1007	192	1	Joe Connolly, 87	50:50	52:30	16:24
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CLASS ID#	PLACE	FINISHER	CHIP TIME	GUN TIME	PACE
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#### Women Under 3

1512	92	1	Kaitlyn Kumpf, 1	32:57	33:16	10:38
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#### Women 3 - 10

1582	12	1	Paige Boran, 6	24:05	24:32	7:46
1573	27	2	Katie Montgomery, 10	26:19	26:28	8:29
1360	39	3	Victoria Garnto, 7	28:01	28:22	9:02
1090	62	4	Sofia Cardenas, 9	30:28	30:51	9:49
1576	85	5	Lauren Trumbull, 10	31:33	32:55	10:11

#### Women 11 - 13

1399	4	1	Emily Surgeoner, 13	22:58	23:07	7:24
1030	11	2	Lexi Smith, 11, St Augustine, FL		23:54	
24:01	7:42					
1377	54	3	Amelia Stalter, 11	30:19	30:27	9:47
1416	70	4	Emily Williamson, 13	30:53	31:50	9:57
1417	71	5	Elizabeth Williamson, 12	30:53	31:50	9:58

#### Women 14 - 19

1806	26	1	Jessica Hersh, 14	26:20	26:26	8:30
1597	73	2	Taylor Ticer, 16	30:57	31:52	9:59
1758	80	3	Shelby Mann, 14	31:19	32:37	10:06
1743	97	4	Emma Jones, 18	31:19	33:29	10:06
1431	121	5	Jessica Klidies, 16,	34:37	35:09	11:10

#### Women 20 - 24

1046	9	1	Sarah Tibbetts, 23	23:10	23:44	7:28
1841	69	2	Kristen Barbee, 23	31:33	31:49	10:10
1356	150	3	Jenna McInarnay, 24	35:37	37:17	11:29
1003	171	4	Natasha Lamach, 22	38:15	39:45	12:20
1750	196	5	Jaclyn Strand, 23	43:18	43:52	13:58

#### Women 25 - 29

1073	7	1	Katie Argotsinger, 29	22:57	23:19	7:24
1555	25	2	Stephanie Dupree, 25	26:08	26:25	8:26
1834	28	3	Victoria Gorman, 25	26:12	26:29	8:27
1541	42	4	Ayumi Cardoza, 28	28:28	29:01	9:11
1080	43	5	Julie Ward, 25,	28:20	29:04	9:08

#### Women 30 - 34

1816	6	1	Tammy Jenkins, 30	22:53	23:13	7:23
1401	16	2	Tiffany Kovacs, 31	25:09	25:18	8:07
1921	19	3	Katie Toner, 33	25:21	25:57	8:10
1474	24	4	Erin O'Rourke, 33	25:48	26:21	8:19
1023	32	5	Gitane Buchner, 32	26:12	26:49	8:27

#### Women 35 - 39

1587	5	1	April Martin, 35	23:02	23:08	7:26
1907	10	2	Jill Cooley-Thomas, 35	23:45	23:58	7:40
1742	15	3	Daphne Coats, 35	25:01	25:14	8:04
1825	18	4	Daina Watts, 36	25:43	25:54	8:18
1069	29	5	Beth Seeker, 36	26:05	26:41	8:25

#### Women 40 - 44

1035	13	1	Kathryn Howell,	24:10	25:05	7:47
1581	17	2	Eileen Swetnam, 40	25:20	25:29	8:10
1557	20	3	Heidi Carr, 43	25:40	26:00	8:16
1731	23	4	Marlo Zarka, 41	25:51	26:14	8:20
1850	35	5	Regina Adams, 41	27:41	27:43	8:56

#### Women 45 - 49

1482	8	1	Tracy Pfuntner, 45	23:18	23:25	7:31
1708	21	2	Diana Jackson, 47	25:52	26:10	8:20
1072	22	3	Dawn Sparkman, 45	25:38	26:11	8:16
1714	30	4	Margaret Samuels, 48	26:09	26:45	8:26
1100	33	5	Gail Smithson, 47	26:40	27:14	8:36

#### Women 50 - 54

1301	34	1	Cheryl Pearthree, 52	26:44	27:20	8:37
1536	37	2	Kimberly Lundy, 54	27:02	28:09	8:43
1384	90	3	Cathy Richardson, 52	31:56	33:16	10:18
1457	102	4	Nancy Grogan, 53	32:41	33:51	10:32
1050	109	5	Laurie George, 53	33:05	34:07	10:40

#### Women 55 - 59

1390	45	1	Charlotte Chenoweth, 56,	28:16	29:22	9:07
1929	153	2	Terry Moore, 57	35:50	37:24	11:33
1409	182	3	Maryellen Olsen, 58	40:26	41:17	13:02
1359	204	4	Kathryn Baker, 56,	43:34	45:08	14:03
1358	206	5	Rosemarie Andrade, 57	43:42	45:16	14:06

#### Women 60 - 64

1351	44	1	Barbara Ebers, 63,	28:37	29:13	9:14
165	58	2	Debbie Yawn, 60	30:20	30:37	9:47
1424	82	3	Charlotte Clayton, 61	31:03	32:51	10:01
1709	84	4	Donna Rettini, 60	32:17	32:55	10:25
1508	114	5	Vanessa Boyd, 64	33:49	34:45	10:54

#### Women 65 - 69

1732	205	1	Mary Malone, 68	43:19	45:12	13:58
1520	234	2	Charlynnne Graham, 66	47:54	49:47	15:27 =

**Please don't forget to fill out our electronic form to have your results included each month in the StrideRight!**  
[floridastriders.com](http://floridastriders.com)



## 2011 Tallahassee Ultra Distance Classic December 10th, Wakulla, FL.

Sung Ho Choi completed the 50 mile event in 6:18:45 - 1ST OVERALL

Kristie Matherne completed the 50K event in 5:57:18

Maria Littlejohn completed the 50K event in 5:57:20

**CONGRATULATIONS STRIDERS!**



## The Florida Striders Track Club 2012 College Scholarship Application 3 - \$1,000 Scholarships to be awarded

### Eligibility Requirements:

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

**ENTRY DEADLINE:** Applications must be received by March 16, 2012

The completed application should include:

- 1 - Completed Form (4 pages, including items I through X) See Striders website to download.
- 2 - Personal Reference (Item III)
- 3 - Essay about your running (Item IX)
- 4 - High school transcript (if desired, not required)

Please return the completed application to (prior to March 16, 2012):

Florida Striders Track Club

Scholarship Applications

P. O. Box 413, Orange Park, Florida 32067-0413

*Sorry, no e-mailed applications accepted.*

For additional information contact:

Kim Lundy, Chairperson, FSTC Scholarship Committee

klundy@mail.clay.k12.fl.us

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

# Race Results

### The Reindeer Run 5K December 3, 2011 Amelia Island, FL

John McBrearty	24:11	2nd AG
Jack Sykes	25:04	1st AG
Kathryn Howell	25:08	2nd AG
Freddy Howell	25:33	
Craig Harms	25:33	1st AG
Bernie Powers	28:46	2nd AG
Susan Harms	31:27	3rd AG
Freddy Fillingham	36:00	2nd AG
Ann Krause	41:10	

### The Reindeer Run Half Marathon December 3, 2011

Mark Grubb	1:27:46	1st AG
Rosa Haslip	1:41:38	1st AG
Maria Padin	1:44:06	2nd AG
Bill Pennington	1:45:29	1st AG
Paul Smith	1:46:51	1st AG
Frank Frazier	1:51:25	2nd AG
Kathy Murray	1:54:10	3rd AG
Ann Krause	1:55:05	2nd AG
Mike Singletary	1:55:56	
Mercedes Smith	1:57:18	
Bill Krause	2:16:53	3rd AG
Susan Shelton	2:17:29	
Sheri Gaunt	2:24:54	
Joey Marra	2:29:51	

Dawn Hagel	2:33:53	
Rebecca Brown	2:37:08	
Holly Wyche	2:55:22	2nd AG
Jakob Wyche	2:55:23	3rd AG
Monica Goddard	2:55:28	
Cary Wyche	3:06:23	
Jamie Wyche	3:06:24	
Dee Robertson-Lee	3:07:57	

### Subaru Distance Classic Half Marathon November 24, 2011 Jacksonville, FL

John Metzgar	1:15:29	1st AG
Andrew Marchand	1:20:38	3rd AG
John Wisker	1:21:50	1st AG
Dan Adams	1:24:18	
David Bonnette	1:24:55	2nd AG
Robert Walker	1:26	PR!
Ron Porter	1:26:48	PR
Robert Walker	1:26:55	
Patrick Thompson	1:31:06	
Randy Arend	1:31:09	
Lorna Bradford	1:31:22	1st AG
Bruce Holmes	1:31:52	1st AG
Raymond Ramos Jr	1:32:25	PR
Donald Wucker	1:34:39	
Rosa Haslip	1:37:43	
Regina Sooeey	1:37:58	
Terry Sikes	1:38:48	

Kristin Smith	1:38:54	
Scott Grimm	1:40:02	
Allan Smith	1:40:59	
Alison Ronzon	1:41:15	
Paul Smith	1:43:39	1st AG
Kerri Cook	1:43:53	
Scott Silliman	1:44:04	
George White	1:45:06	3rd AG
Patrick Morgan	1:45:43	
Mike Singletary	1:46:31	
Kathy Murray	1:46:58	
Micayla Costa	1:47:19	
Amy Costa	1:47:21	
Paul Smyth	1:47:39	
Wendy Patterson	1:47:39	
Danny Cole	1:47:59	
Jerry Skirvin	1:48:16	
Paul Berna	1:48:21	
Abhijit Deshmukh	1:48:34	
Frank Frazier	1:48:38	1st AG
Stephanie Griffith	1:50:11	2nd AG
Jim Cook	1:50:40	
James Vavrina	1:50:43	
Megan Kuehner	1:50:44	
Tony Hanneken	1:51:49	
Elfrieda Wyner	1:52:21	1st AG
Ann Krause	1:53:05	

Mercedes Smith	1:53:40	PR	Craig Harms	28:40	3rd AG	Richard Vance	32:42	
Gary Corbitt	1:53:43		Gregg Friend	29:03		Jennifer Halter	35:37	
Jennifer MacDonald	1:53:58		Jack Sykes	30:02	1st AG	Freddy Fillingham	36:08	
Gail Pylipow	1:54:01		Robbie Higdon	33:01		Michael Lundy	36:10	
Lisa Meadows	1:54:08		Debbie Higdon	33:01		Kimberly Lundy	36:10	
Peter Winkler	1:54:36		Amy Barlow	33:57		Ronald Cooper	36:11	
Steve Bruce	1:54:53		Annalee McPhilomy	34:59		Charles Goodyear	36:14	
Margaret Barton	1:54:53		Glenn Hanna	35:20		Dee Robertson-Lee	36:37	
Jim Hughes	1:55:21		Doug Barrows	35:20		Nancy Pullo	37:14	1st AG
April Martin	1:55:26		Larry Branz	35:51		Mike Wyche	38:19	
Nicole Address	1:57:13		Jennifer Wood	36:39		Lisa Adams	38:30	
John T. McGriff	1:57:20		Marie Bendy	37:39	2nd AG	Dennis Lee	41:29	
Denise Dailey	1:58		Lesley Jones	39:39		Evan Zillmer	42:32	
Kim Crist	1:58:41		Tracey Minton	40:11		Cary Wyche	45:00	
Bob Boyd	1:58:44		Rusty Creighton	40:32		Jakob Wyche	45:01	
Leslie Kindling	1:58:44		Claire Gilbert	40:39		Tracey Armon	45:37	
Shara Meyer	1:58:44		Susan Harms	41:10		Kirsten Tesdall	46:38	
Millie Thrasher	1:59:11		Jakob Wyche	41:59		Jamie Wyche	47:03	
Mike Hagel	1:59:25		Dawn Troxel	42:17		Kimberly Pierce	50:47	
Robert Barnhill	1:59:44		Kimberly Lundy	43:38		Cindy Lunsford	58:42	
Wesley Cole	1:59:49		Michael Lundy	43:40		<b>Jacksonville Bank 5k</b>		
Kim Ericson	2:39		Tris Skirvin	44:58		<b>December 18, 2011</b>		
Michael Schoenfeld	2:01:01		Caroljo Creighton	45:01		<b>Jacksonville, FL</b>		
Jay Millson	2:01:02		Freddy Fillingham	45:36	2nd AG	Joseph Tinkey	19:00	
Danny Weaver	2:02:08		Barbara Gilbert	46:07			1st AG - 3rd OA - PR	
Kellie Howard	2:02:08		Ken Bendy	47:37		Tiffany Kovacs	26:08	3rd AG
Scott Liner	2:02:24		Cary Wyche	48:32		Tracey Armon	47:49	3rd AG
Bruce Howard	2:04:04		Jamie Wyche	48:32		<b>Jacksonville Bank Half Marathon</b>		
Kevin Terry	2:04:54		Diane Wilkinson	49:13		<b>December 18, 2011</b>		
David Kelley	2:05:14		Denise Williams	52:58		John Wisker	1:20:47	3rd AG
Martin Wilkinson	2:06:45		Jack Lundy	59:04		Robert Walker	1:26:51	
Ron Dill	2:08:47		Rita Lamach	1:03:30		Mark Grubb	1:26:59	
Maria McNary	2:09:59	2nd AG	<b>Jingle Bell Run for Arthritis 5k</b>			John Heisner	1:28:10	
Tom Zicafoose	2:10:21		<b>Devenber 2, 2011</b>			Bruce Holmes	1:33:05	1st AG
Leigh Gardner	2:12:56		<b>Jacksonville, FL</b>			John Kovacs	1:34:36	
Dawn Hagel	2:13:27		Owen Shott	17:43	1st AG - OA	Rosa Haslip	1:38:14	3rd AG
Bill Krause	2:15:11		George Thompson	21:23	3rd AG	Alison Ronzon	1:38:49	
Regina Adam	2:15:13		Quincy Masters	24:02	1st AG	Kevin Mangold	1:41:30	
Robert Sroka	2:15:15		Curt Young	29:19		Ron Porter	1:43:18	
George Hoskins	2:15:29		<b>Festival Of lights</b>			Patrick Morgan	1:44:07	
Alan Harmon	2:17:36		<b>December 10, 2011</b>			George White	1:44:11	
Rebecca Taylor	2:20:10		<b>Jacksonville, FL</b>			Gregory Stratton	1:45:47	
Elizabeth Brown	2:22:22		Robert Walker	17:52	2nd AG	Stephanie Griffith	1:46:11	2nd AG
August Leone	2:22:31	1st AG	Ben Huron	18:19	3rd AG	Mike Singletary	1:46:19	
Bernie Powers	2:23:55		Randy Abate	18:54		Kathy Murray	1:47:30	
Cindy Lunsford	2:24:40		John Kovacs	20:10		Frank Frazier	1:48:09	2nd AG
Nancy Pullo	2:26	2nd AG	Lesleigh Box	20:25	3rd AG	Leslie Kindling	1:48:31	
Winney Yaun	2:27:41		Patrick McCarthy	20:52		Carol Fitzsimmons	1:50:28	1st AG
Renee Moyd	2:31:16		Allan Smith	21:26		Suzanne Baker	1:51:34	
Richard Vance	2:31:21	3rd AG	Giselle Carson	22:07	1st AG	Gary Corbitt	1:51:39	
Melissa McCrosky	2:34:54		Maurya Sova	22:28	2nd AG	Jim Cook	1:52:57	
Cindy Staples	2:35:35		Quincy Masters	22:31	2nd AG	Sharon Lucie	1:53:37	2nd AG
Susan Gostage	2:36:54		Herbert Taskett	23:02	3rd AG	Gail Pylipow	1:54:04	3rd AG
Barbara Whitter	2:42:43		Paul Smith	23:41	2nd AG	Scott Seibler	1:54:07	
Mark Lay	2:43:44		Sayer Gunn	24:29		Mercedes Smith	1:54:50	
George Bailey	2:45:27		Kacee Bryner	24:40		Denise Dailey	1:56:03	
Monica Goddard	2:46:26		Mercedes Smith	25:20		John McGriff	1:57:18	
Dee Robertson-Lee	2:51:46		Tiffany Kovacs	25:50		Allan Smith	1:57:48	
Charles Goodyear	2:59:50		Martin Wilkinson	26:49		David Kelley	1:58:50	
Michelle Ramos	3:43		William Pearson	28:55		Kerri Cook	1:59:17	
<b>Subaru Distance Classic 6k</b>			John Hirsch	28:58		James Vavrina	2:05	
<b>November 24, 2011</b>			Bernie Powers	29:15		Wesley Cole	2:00:22	
Regina Taylor	25:07	1st AG	Rebecca Taylor	29:22		Shara Meyer	2:02:12	
Michael Mandt	28:06		Al Saffer	29:26	1st AG	Steve Lucie	2:04:07	

Gary Proctor	2:04:14	
Kimberly Lundy	2:04:45	
Kevin Terry	2:05:16	
Dionne Smith	2:05:31	
Leslie Hague	2:05:57	
Leigh Gardner	2:07:04	
Curt Young	2:07:25	
Guy Jackson	2:08:10	
Tom Zicafoose	2:08:18	
Rebecca Taylor	2:11:53	
Regina Adam	2:14:50	
Melinda Terry	2:16:58	
Bernie Powers	2:17:19	
Maryluz Stratton	2:17:34	
Jeanette Johnson	2:24:23	
Cindy Staples	2:26:03	
Nancy Pullo	2:30:25	2nd AG
Susan Gostage	2:30:26	2nd AG
Mark Lay	2:38:14	
Monica Goddard	2:39:47	
Jennifer Hu	2:40:54	
Roberta Zukauskas	2:51:11	
Dee Robertson-Lee	2:58:39	
Evan Zillmer	3:03:41	

**Jacksonville Bank Marathon  
December 18, 2011**

Andrew Marchand	2:55:44	2nd AG
John Metzgar	2:57:00	2nd AG
Dan Adams	2:58:11	
Kim Crist	3:00:47	
David Bonnette	3:07:51	
Britta Fortson	3:12:31	2nd AG
Patrick Thompson	3:19:02	
Randy Arend	3:19:25	
Lisa Adams	3:19:45	
Jay Herring	3:28:01	
raymond ramos jr	3:3:-55	PR
Donald Wucker	3:29:40	
Seth Pajcic	3:40:55	
David Horn	3:43:21	
Joel Preston	3:43:53	
Danny Cole	3:53:33	
Jerry Skirvin	3:58:16	
Kim Ericson	3:58:39	
Tony Hanneken	4:08:59	
Tracy Pfuntner	4:10:04	
Paul Smith	4:17:31	
Charlotte Milligan	4:27:20	
Jennifer MacDonald	4:27:48	
Bill Krause	4:41:09	
Lisa Meadows	4:41:48	
Joanie Barrett	4:47:33	
Michael Schoenfeld	4:50:27	
Sheri Gaunt	5:25:16	
August Leone	5:44:06	2nd AG
Cindy Lunsford	5:55:23	
Ricard Vance	6:24:14	

**Last Gasp  
Jacksonville, FL  
December 26, 2011**

Mike Marino	22:53	
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**Vystar Gator Bowl 5k  
Jacksonville, FL  
December 31, 2011**

John Metzgar	17:13	1st AG
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Andrew Marchand	18:05	2nd AG
Robert Walker	18:45	3rd AG
David Bonnette	19:03	
Craig Bennett	20:22	
Randy Arend	20:44	3rd AG
Lisa Adams	20:54	1st AG
George Thompson	20:56	
Regina Taylor	21:07	1st AG
Alison Ronzon	21:52	2nd AG
Rosa Haslip	22:35	3rd AG
Bill Pennington	22:51	
Allan Smith	22:53	3rd AG
Paul Smith	23:06	1st AG
Cynthia Lyons	23:21	1st AG
Stan Simpkins	24:13	
Frank Frazier	24:17	2nd AG
Ann Krause	24:18	
Kathy Murray	24:37	
Tom Zicafoose	26:24	
Martin Wilkinson	27:05	
Claudia French	27:32	3rd AG
Carol King	27:56	
Sue Whitworth	28:04	
George Hoskins	28:06	
Stephanie Lundy	28:33	
Bill Krause	29:12	
Lisa Boyd	29:49	
Mamie Davis	30:25	
Bernie Powers	31:11	
Todd Williams	31:33	
Patricia Czarnecki	32:06	
Mark Lay	33:29	
Gary Proctor	33:31	
Nancy Pullo	33:34	1st AG
Al Saffer	33:44	1st AG
Charles Wagner	34:24	
Robert A. Meister	36:46	2nd AG
Charles Goodyear	36:47	
Roberta Zukauskas	37:26	
Michael Lundy	39:02	
Kimberly Lundy	39:02	
Freddy Fillingham	40:32	
Dennis Lee	40:35	
Diane Wilkinson	40:46	
John Aimone	41:36	
Evan Zillmer	42:30	
Diane Aimone	42:56	1st AG
Joe Connolly	43:51	

**Race for Shelter 5K  
Jacksonville, FL  
January 7, 2012**

Charles Wagner	34:40	
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**Swoop the Loop 5K  
January 7, 2012  
UNF, Jacksonville, FL**

Craig Bennett	20:13	1st AG
John Hirsch	22:35	1st AG
Rachel Walker	24:14	3rd AG
Bernie Powers	30:32	3rd AG
Dee Robertson-Lee	36:52	2nd AG
Joe Connolly	40:02	1st AG

**Walt Disney World Half Marathon  
January 7, 2012  
Orlando, Florida**

Stacy Williams	2:27:33
Mel Abando	3:13:00
Amber Sherrill	3:19:00

**Walt Disney World Marathon  
Orlando, Florida  
January 8, 2012**

Stacy Williams	5:40:03
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**Kicks for Sticks  
January 8, 2012  
Jacksonville, FL**

Britta Fortson	20:31	1st AG
John Kovacs	20:56	1st AG
John Hirsch	22:31	1st AG
Paul Smith	23:51	1st AG
Tiffany Kovacs	27:24	2nd AG
Kimberly Lundy	27:47	1st AG
Bernie Powers	29:38	
Barbara Whitter	31:57	2nd AG
Dee Robertson-Lee	36:29	2nd AG

**Resolution Run 5K  
January 14, 2012  
Orange Park, FL**

*Age group winners for the 5k and the 10k are listed in full results on pages 5-8*

Doug Aiosa	24:01
Freddy Howell	24:33
David Arnold	26:35
Dena Gaucher	32:09
Vanessa Boyd	33:49
Darren Glenn	34:10
Amy Wiley	35:47
Leslie Glenn	36:20
Tris Skirvin	37:04
Rita Lamach	38:18
Dennis Lee	38:25
William Pearson	38:58
Carole Cash	40:13
Deanna Dickey	40:18
George Mosely	51:42
Craig Harms	52:24
Hank Clark	53:19

**Resolution Run 10K  
January 14, 2012**

John Kovacs	43:07
Charlie Hunsberger	43:37
Rick Moss	45:28
Rosa Haslip	45:55
Patrick Morgan	46:48
Leslie Kindling	48:07
Paul Berna	49:18
Kacee Bryner	49:26
Jerry Skirvin	50:20
George Thompson	50:20
Nicole Andress	51:11
Jim Cook	51:59
Jack Sykes	52:26
Fred Gaudios	52:46
Tom Zicafoose	53:50

**Continued on next page**



Steve Lucie	55:10	Gayla Poythress	1:00:12	Tracey Minton	1:12:53
Martin Wilkinson	56:54	Amy Barlow	1:01:46	Dawn Troxel	1:14:33
Bradley Shepherd	57:08	Bernie Powers	1:04:05	Mark Lay	1:15:03
Sue Whitworth	57:22	Jennifer Hu	1:04:25	Ivy Bryan	1:16:59
Craig Martin	57:57	Alan Harmon	1:04:37	Charles Goodyear	1:17:20
Thomas Pittman	57:59	Melissa McCrosky	1:05:09	Dee Robertson-Lee	1:21:28
Lisa Boyd	58:19	Melanie Cruz	1:08:08	Diane Wilkinson	1:22:09
Shara Meyer	58:40	Jakob Wyche	1:08:22	Nancy Tretick	1:25:38
Bruce Howard	58:53	Cary Wyche	1:08:22	Tracey Armon	1:31:37
David Pizzi	58:54	Monica Goddard	1:11:36	Connie Schoenfeld	1:33:15 =

## MINUTES

Continued from page 2

iv. Volunteers Needed for Jacksonville Marathon Water Stop – December 18th

### b. Treasurer Report – Randy Arend

i. November 2011:

-Beginning Cash Balance as of November 1, 2011 was \$43,807.76.

-November Income was \$617.

- November Expenses were \$17,476.11.

- Ending Cash Balance as of November 30, 2011 was \$26,948.65, of which \$4,770.40 was designated for Children's Running Budget, \$2,469.31 was designated for purchase of technical race shirts for 2012 races, \$4,000 was designated for Heartland multi-race sponsorship for 2012 through 2014 races, and \$15,708.94 was undesignated.

- Comparable Ending Cash Balance as of November 30, 2010 was \$16,346.72, of which \$10,064.85 was designated and \$6,281.87 was undesignated.

ii. Budget 2012: Randy discussed the major differences from last year to this year.

-Expense for the Newsletter has decreased over last year.

- Increased merchandise sales due to River Run expo, correlates to increased merchandise expense.

-River Run tent and expo separate items.

- Increased social budget.

-Increased budget for banners and signs, as we have been over budget this year.

-Children's Running budget: \$2,000 increase from last year.

Difficult to predict increase in participation and medals needed.

-The budget is a \$2500 deficit.

-A motion was made and seconded to approve the budget as presented. Discussion on the Motion: Frank asked what precedent there was to approve a deficit budget, rather than a balanced one. Randy stated that we have enough money in our account. Dan stated that we should get our money back into the community, rather than saving it.

Lisa talked about going digital on the StrideRight, rather than printing them. Kellie stated that some people prefer to have it in print. There was discussion about being able to reach more people with a digital newsletter. Concern was expressed that not having a print version would hurt our membership. Lisa stated that there could be a better use for this expense. We could save \$3,000 by doing only a digital StrideRight.

Dan stated that we should scrutinize our budget each year, rather than just passing it because we did the same

thing the prior year. Dan stated that budget items should support our mission and should be the best use of our resources in doing so.

Discussion of how to thank our volunteers. Having shirts, hats?

Randy mentioned that the budget can be amended at a later date pursuant to a motion passed by the board. Discussion about how we invest our money. Stan stated that we should buy CDs rather than keeping the money in a money market, in order to earn a higher return.

The Board passed the motion to approve the draft budget for 2012.

## IV. Committee and Director Reports

a. **Hog Jog Final Report** – Leslie Kindling: By growing the race through increased participation, we can have a healthy profit from race entries, rather than just sponsors. Leslie has sent out a survey to race participants, and so far the Sunday afternoon time and chip timing were big pluses



## Saturday, February 25

### 8 AM - 1 Mile Fun Run

### 8:30 AM - 5 Mile Grand Prix Race

For the past 33 years, St. Mark's Episcopal Day School has held the Daily's Ortega River Run, which winds over bridges and through historic Ortega. Stop by the family-friendly street fair for give-a-ways and treats! Children running the 1-Mile receive medals and there are many prizes for top 5-Mile finishers, and a new team category this year. With an average of over 2,000 participants, it is one of the largest races in Jacksonville!

**Register Today: [www.1stplacesports.com](http://www.1stplacesports.com)**



mentioned in the feedback.

**b. Social Update** – Bill Krause

- i. December 18th 6:00 p.m. –  
Champagne Open House Avondale
- ii. January 1 – Polar Bear Plunge  
at Eagle Harbor, RSVP

iii. January 8 – Prediction Run  
@Mellow Mushroom

**V. Announcements:** Lisa needs  
help with the prediction run.

**VI. Adjournment:** A motion was  
made, seconded and passed to adjourn

the meeting at 8:08 p.m.

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

## New, Renewing and Expiring Memberships

### NEW MEMBERS

Travis Baker	11/30/12
Chaundra Berghoefer	11/30/12
Amanda Bozeman	11/30/12
Gail & Ricky Browning	11/30/12
Ivy & Chris Bryan	11/30/13
Kathryn Gunn	11/30/12
Erik Hartley	11/30/12
David Ivey	11/30/12
Troy King	11/30/12
Kevin Mangold	11/30/12
Jeffrey & Jessica Mathis	11/30/12
John McGriff	11/30/12
Robert Moore	11/30/12
Isaac Odum III	11/30/13
Christopher Reeves	11/30/12
Damian Schroeder	11/30/12
Philip Smith	11/30/12
Joseph Tinkey	11/30/12
Mary Yiark	11/30/12
Lori Averitt	1/31/13
Andrea Bishop	1/31/13
Sandra & Stephen Boney	1/31/13
Joshua Brannen	1/31/13
Rick Buchanan	1/31/13
Amanda Burkhart	1/31/13
Mark Clark	1/31/13
Karen & Edward Cobleigh	1/31/13
Conn & Trudy Cole	1/31/13
Louise DiPaula	1/31/13
Christine Ford	1/31/13
Jennifer Frisbee	1/31/13
Michelle Guyot	1/31/13
Nancy Hartmann	1/31/13
Susan & Grant Hauth	1/31/13
Brian Knight	1/31/13
Jennifer Landrum	1/31/13
Lisa & Eric Lea	1/31/13
Denise & Dawson Lee-Adler	1/31/13
Nicole & Adam Mitchell	1/31/13

Michael Pentaleri	1/31/13
Vikki & Daniel Peters	1/31/13
David & Sylvia Pierson	1/31/13
Terri Rose	1/31/13
Dionne & Jeff Smith	1/31/13
Tana & Scott Still	1/31/13
Kelly Whapham	1/31/13
JD Wilkerson	1/31/13

### RENEWING MEMBERS

George Bailey	11/30/15
Hank & KimDebra Clark	11/30/14
Sharon & Steve Lucie	11/31/12
James & Denise May	11/30/12
George Mosely	11/30/14
Kent Northey	11/30/12
Thomas & Melissa Pittman	11/30/14
Denise Stern	11/30/12
Jack Sykes	11/30/12
Regina Taylor	10/31/12
Winney, Katie & Scott Yaun	11/30/12
Doug & Lori Aiosa	1/31/15
Chuck & Kacee Bryner	12/31/12
Rick Buchanan	1/31/13
Jonie Davis	1/31/13
Tracy Dawson	12/31/12
Leslie Hague	1/31/13
Craig, Susan & Nancy Harms	12/31/12
Dianne Hill	1/31/13
Robert Lanier	1/31/13
Michael Mayse	1/31/13
Alan Phillips	1/31/13
Jan Taylor	12/31/12
Charles Wagner	12/31/13

### MULTI-YEAR MEMBERSHIPS

Kim Anthony	11/30/12
Robert Barnhill	11/30/12
Ben Huron	11/30/11
Kate Clouse & Jerry Bennett	12/31/12

Carol & Michael Fitzsimmons	12/31/13
Mary & Bill Gladding	12/31/13
Elfrieda & Norm Wyner	12/31/12
Traci Bane	1/31/14
Adrienne Brooks	1/31/14
Rosalind Flowers	1/31/14
Jennifer Hu	1/31/14
Robert & Janet Irvin	1/31/14
Randolph & Patricia Sandy	1/31/13
Babs & Dave Shutt	1/31/14
Tris & Jerry Skirvin	1/31/13
Joe & Maurya Sova	1/31/13
Martin & Diane Wilkinson	1/31/14

### EXPIRING MEMBERSHIPS

Doug Barrows	10/31/11
Burness Morris	10/31/11
Earl, Connie & Kayla Vinson	10/31/11
Norma & Ron Wasson	10/31/11
Jay Birmingham	12/31/11
Wayne Bishop	12/31/11
Ronald Cooper	12/31/11
Hernando DeSoto	12/31/11
Charles Desrosier	12/31/11
Patrick Gallagher	12/31/11
David Goedtke	12/31/11
Alex Hawkins	12/31/11
Ben Huron	12/31/11
Cynthia Lyons	12/31/11
Dotti Cahill & Tom Marsland	12/31/11
Tim & Janice Martin	12/31/11
Dana, Katherine, Alexandra & Jacob Midgett	12/31/11
William Powers	12/31/11
Randall & Nancy Pullo	12/31/11
Amy Randall	12/31/11
Jamie & Melissa Webb	12/31/11
Donald Wucker	12/31/11 =

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

Saturday, April 21, 2012  
8K – 8:00 AM  
1 Mile Fun Run - 9:30 AM  
Orange Park Kennel Club  
455 Park Ave, Orange Park



# RUN TO THE SUN

APRIL 21, 2012 • 8K

## Orange Park Medical Center

Presented by Sun Tire, Inc.

Orange  
Tech Shirts!!

### Benefits Local School Run/Walk Programs



### TITLE SPONSOR



### ENTRY FEES

	<u>Striders/Military/AIR</u>	<u>Non Striders</u>	<u>Kids 13 &amp; Under</u>
Until April 11	\$15	\$20	\$15
April 12 - 20	\$20	\$22	\$15
Day of Race	\$25	\$25	\$25

- \$2.00 OFF if you preregister with your own timing chip
- Sorry, there are no refunds.
- Payment only by cash or check (payable to Run to the Sun 8k), unless registering online
- **Register By Mail:** Send check and completed entry form to RTTS 8K, 3931 Baymeadows Rd, Jacksonville, FL 32217
- **Register Online** - See link to Active.com at [www.floridastriders.com](http://www.floridastriders.com)
- Day of Race Registration starts at 7:00AM

**Race Director:** Karen McCormick 904-215-7053  
[StridersRTTS@gmail.com](mailto:StridersRTTS@gmail.com)

### AWARDS

Top 3 Overall male and female, Top Masters & Grand Masters male and female, plus male & female Age Group awards for the top 3 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, 80 & Over. (No Multiple Awards.) **Awards ceremony at 10am.**



### 8K COURSE/TIMING

The 8K course starts at Wells Road & US 17 and finishes at the Kennel Club. It is a USATF Certified Course (FL-02016DL) along the beautiful St. Johns River on River Road. The race will be timed using the ChampionChip (chip must be worn on shoe or ankle during the race). Do not wear your personal chip if you sign up on race day.

### FUN RUN

The FREE One-Mile Fun Run starts at 9:30AM in the field behind the Kennel Club. Entry forms available race morning (do not mail in). Ribbons to all finishers and participation money for elementary schools!

### PACKET PICKUP

Please check your packet pick up location box on the entry form.

**Dates:** Thursday, April 19th & Friday, April 20th

**Times:** 10:00 AM to 6:00 PM

#### 1st Place Sports locations:

- 3931 Baymeadows Rd, Jacksonville, FL 32217
- 2016 San Marco Blvd, Jacksonville, FL 32207
- 2186 Park Avenue, Orange Park, FL 32073
- 424 South Third St, Jacksonville, FL 32250
- 4870 Big Island Dr., St. Johns Town Center

**All packets not picked up at 1st Place Sports will be moved to Orange Park Kennel Club for race day pick up.**







# Gate River Run Hospitality Tent and Expo Booth

By Stan Scarlett,  
Hospitality Tent Coordinator

If your Florida Strider/ Amelia Island Runners membership dues date expires in January or February, 2012, you need to pay them ASAP!! If not, your name may appear as **expired** in the Strider/AIR rosters at the Gate River Run Expo booth, on Thursday, March 8 and Friday, March 9, and at the **hospitality tent entry chute** on race morning on March 10, 2012. If you are **expired**, mail your check now or you will have to renew at the **Expo booth** or **tent entry chute**. We have to have current records at the **booth and hospitality tent**.

## General info:

For 2012, we will have a total of 8 portalets (same as last year), 6 from the Striders and 2 from the Amelia Island Runners. These will be new style units and better.

- We will have overhead wiring instead of onground wiring (Matt Ross's idea)

- I am bringing 50 small American Flags for the kids. They seemed to really like the ones I brought last year. We'll give them out after 10:00 am. Who wants to do this and be the kids' hero?

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

- The portalets will be reserved for only runners/walkers in the 5k and 15k, from 7:15 am-8:15 am. We will make announcements all race morning to this effect and will have signs at the **tent entry** and beginning of the portalet lines. We may check for wrist bands in the lines, especially, at the beginning of the lines. Don't be embarrassed. I'm going to toot a horn if I find a "trespasser" and expose the culprit. And then turn you over to the people behind you (could get nasty).

- The maximum number of wrist

bands to be given to members will be 6, whether the member is single, senior or family membership. Exceptions will be made on approval, by Frank Frazier (874.1828) or myself (994.2687). Mike Mayse will not do any mail outs this year. Members wanting more than 6 bands should call me or Frank Frazier. Don't call Mike Mayse and cry on his shoulder.

- We encourage Members to visit the **Florida Strider booth** in the Expo and pick up their bands there (March 8 and 9). Our **booth** is next to the Publix booth, very near the Expo entry area, on the right as you come in. AIR TC members will also pick up their bands at the **Expo booth** and/or **tent entry chute**. We have the same location as last year.

- If a member comes to the **tent entry** race morning, without wrist bands, once we check our rosters, we will give out the bands, at tables at the **tent entry**. Go straight to the "Help Desk" and see John Powers. If family members or guests come to the **tent entry** without bands, we will check the rosters to verify the family/guest members' membership

status. It may happen that a member cannot deliver bands to members' family/guests prior to race morning, ex., out of town people. We will only have a limited number of wrist bands at the **tent entry** area. Members that will have guests without bands on Saturday AM, could plan to meet them at the **tent entry** on race morning or at the **Expo booth** on Thursday/Friday before race day.

- At the **Expo booth** and the **tent entry**, we will:

- a. Sell merchandise,
- b. Sign up new, renewing and expired memberships,
- c. Distribute yellow wrist bands
- d. Scott Hershey will use the Strider 10x20 canopy inside the tent area with a complete display of Strider merchandise on race morning.

- Display Strider photos and articles about Strider community involvement.

- I think it is important that we are as polite and accommodating to our members and guests as possible. We must keep in mind that this event is for our members and guests. A member should

## Booth at River Run Expo

The Striders are planning to have a fun booth at the Gate River Run Expo again this year. We hope you stop by to say hi to your friends at the Florida Striders booth and get your yellow wrist bands. You will be able to find us by our big yellow Florida Strider tent.

Please help us by volunteering to work this fun booth!

We need 2 volunteers at all times to tell runners and visitors about our great club and how to become a member and to help sell our merchandise. Volunteers can work either a 3 or 4 hour shift. Volunteers are to be models of our merchandise, so please wear your best Strider attire. **The Expo is Thursday, March 8 (10:30 am – 6:00 pm) and Friday, March 9 (10 am – 8 pm).**

If you are able to volunteer or know someone who can volunteer, please contact Kristie Matherne at either (985) 688-1849 or [dreamtrainchieve@yahoo.com](mailto:dreamtrainchieve@yahoo.com). =

**StrideRight Deadlines - 2012** The StrideRight deadline for each month is the 20th. Please send your submissions to [StrideRightEdit@aol.com](mailto:StrideRightEdit@aol.com)!

give his bands to only his family and personal guests. This is not an open event

- We should also remember that we have many members that chose not to run/walk the races at RR, but do come to the Expo and tent area, to enjoy themselves and have a good time. They will get bands for themselves and their family and guests.

- And, as for the last 3 years, the Amelia Island Runners will join us and assist with food, portalets, drinks, and volunteer for the booth and tent, including set up/take down.

- Also, the massage school from Everest University will be at the **hospitality tent** to make their services available (7th year). Get a massage before the 5k and 15k. (You will notice a positive difference in your run. Trust me.) They should be set up by 6:30am. Go and get another massage after your run.

If anyone has suggestions on improving the hospitality tent or booth, please email me (stanscarlett@msn.com) for the tent and Kellie Howard

(kellski@comcast.net) for the Expo Booth

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

This year, I will narrow and lengthen the **entry chute**, again, to discourage people from sneaking in. This past year, it seemed non members came in around our "yellow wrist band checkers" when their backs were turned.

We will not have the "Run now, Pay later" program for 2012. We did collect about 50% of those, several years ago, but it was very time consuming for Mike Mayse and not productive.

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

I wrote an article earlier, in the StrideRight newsletter, about needing volunteers with times and places where we will

need help. If you want to help, let me know ASAP. Positions of employment are available for runners/walkers or non-runners/walkers. Promotions and benefits are guaranteed based on, literally, no previous experience. Just enthusiasm!!!!!!

Thanks for all your assistance and support over the years. This will be my last year heading up this event, my 21st. The first was 1992. What a ride. Help me make this year the best of the rest.

Don Wucker will be the new **hospitality tent coordinator** for 2013. He is my Assistant in training for this year.

I am also retiring as the **Expo booth coordinator** this year. I have really enjoyed doing the booth in 2009, 2010 and 2011, the first 3 years with this event. Kellie Howard will be taking over this year and is putting together a good support group. Help her out by volunteering and help her make this year the best we've had. =

stanscarlett@msn.com

cell 994.2687, Home 268.6272

## Painting the New Doctors Lake Trail

Dan Adams (President of the Florida Striders) recently let a contract to accurately measure and paint distance marks on the newly paved Doctors Lake Trail. As this was a "quasi" government job (it IS a county project that used nearly \$2,000,000 of our tax payer dollars), Dan felt obligated to award the job to the lowest bidder. (It really is a great trail).

On December 9, 2011 the successful bidders met at 9AM to accurately measure and mark the new trail. Starting on Dr's Lake Drive near Kingsley Ave (at the point that was originally marked several years ago – by, I believe Richard Allen), proceeding in a southerly direction to Peoria Ave, making a right on Peoria Ave to Moody Rd, making a right on Moody Rd in a northerly direction, back to Montclair Elementary School, crossing the railroad tracks and making an immediate left on Dr's Lake Drive and proceeding back to the original starting point. Using said appropriated measuring wheel, the course was marked in 1,320 foot increments. (It really is a great trail).

After 4 hours of walking, the course was accurately marked as a 9.5 mile route (plus 540 feet – back to the original starting point). After another 3 hours of driving and painting the course, (using a gallon of paint & equipment that was surreptitiously purloined from someone's garage) the job was complete. (You have no idea how much time it takes to find orange markers that were placed on the path only 4 hours before, pulling off the road in a semi-safe place so you can get out, sweep the marked area clean and paint the marked point). (It really is a great trail).

After a semi official inspection of the southern half of the course on December 10, it was noticed that several "Curious George" type folks, both walking and on bikes had to test as to if it really was wet paint. (At least one "Curious George" had their dog test the paint). (It really is a great trail).

If any of you that run or bike the path have any doubts as to the accuracy of the course or the aesthetics of the painted marks, keep in mind that "you get what you pay for" – and this DID go to the lowest bidder. A point to remem-

ber - the low bidders decided at the end of a 7 hour day – after no mid day breaks & no lunch break – on 2 things.

1. They would raise their rates so hopefully they would not be the low bidders on the next job and

2. They were going home and having at least one Guinness. (From their own fridge).

There has been some discussion with the county about the possibility of having a "semi-official" opening ceremony of the new trail. (It really is a great trail). The county folks have vocalized that they are interested in having some type mutual ceremony but they have not responded in the last few weeks about a specific plan or time in January 2012. "We have not proposed a specific either – just a desire".

Maybe these same "low bid dum-mies" will see if they can put together a plan & organize something toward the end of January 2012, as now they have been drafted to get volunteers for the upcoming Resolution 5k & 10k Races on January 14th. (It really is a great trail). =



# Feb/March 2012 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
February 11	26.2 with Donna 5K	8:30 a.m.	Prime Osborne Con. Ctr. Jacksonville	(904) 355-PINK (7465) National Breast Cancer Marathon
February 12	26.2 with Donna National Breast Cancer Marathon, Half Marathon & Relay	6:30 a.m.	Near Mayo Clinic (Off Butler Blvd) Jacksonville Beach	(904) 355-PINK (7465) National Breast Cancer Marathon
February 18	Pirates on the Run 5/10K	8:30 a.m.	St. Peter's Church Atlantic Ave. & 9th St. Fernandina Beach	(904) 277-8365 Amelia Island Runners
February 18	Sulzbacher Center 8K	6:00 p.m.	Jacksonville Landing	(904) 731-1900 1st Place Sports
February 25	34th Annual Daily's Ortega River Run 5 Mile	8:30 a.m.	St. Mark's Episcopal Day School 4114 Oxford Ave. Jacksonville	(904) 731-1900 1st Place Sports
February 25	3rd Annual Turtle Trot 5K	3:00 p.m.	Mary Street Beach Ramp St. Augustine	(904) 547-3780 Osceola Elementary School
March 3	Be Her Freedom 5 Mile	8:00 a.m.	Celebration Church 10302 Deerwood Park Blvd Jacksonville	(904) 731-1900 1st Place Sports
March 3	High 5 4 Hope 5K	8:00 a.m.	1 Ahern St. Atlantic Beach	(904) 731-1900 1st Place Sports
March 3	Fighting Back 5K	9:00 a.m.	Seawalk Pavilion 5th Ave. N. Jacksonville Beach	(904) 318-8104 Milestone Race Authority
March 4	Riverside Relay for Life 5K	8:00 a.m.	Yates YMCA 221 Riverside Ave. Jacksonville	(904) 318 8104 Milestone Race Authority
March 10	Gate River Run 15K	8:30 a.m.	Everbank Field Bay St., Jacksonville	(904) 731-1900 JTC Running
March 10	Florida Times Union 5K for Charity	8:30 a.m.	Jacksonville Fairgrounds Duval St. Jacksonville	(904) 731-1900 JTC Running

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

# The Back Page



BY GAIL PYLIPOW

Christmas and New Years have come and gone....who made a New year's Resolution? Are you sticking to it? My resolution is to not yell at my kids (fat chance on that happening). It has been quite chilly for several mornings in January and the morning of the Resolution run was no exception. Please run safe!

Please don't forget to use the online reporting system at [www.floridastriders.com](http://www.floridastriders.com) to report your race times and to ensure you are named in our newsletter.

The first race of December was the inaugural **REINDEER RUN & GAMES, HALF MARATHON AND 5K** which was held on December 3rd in beautiful Fernandina Beach. For the 5K, the result are: 1st place were **Jack Sykes** and **Craig Harms**; 2nd place were **Kathryn Howell**, **Bernie Powers**, **John McBrearty** and **Freddie Fillingham**; 3rd place was **Susan Harmes**. Now, for the half marathon, **Mark Grubb** won Masters Men and **Rosa Haslip** won Masters Women. **Bill Pennington** and **Paul Smith** took 1st place while **Frank Frazier**, **Holly Wyche**, **Maria Padin** and **Ann Krause** took 2nd place and then **Jakub Wyche**, **Bill Krause** and **Kathy Murray** took 3rd place.

The second race for December was **JINGLE BELL RUN FOR ARTHRITIS** which took place during the evening of December 3rd at the Landing in downtown Jacksonville. **Owen Shott** won the Open Men and **Jo Shott** won the Open Women while **Quincy Masters** won 1st place and **George Thompson** won 3rd place.

The third race in December was the **FESTIVAL OF LIGHTS** which took place on December 10th in beautiful San Marco. The weather was a bit chilly, but the Striders braving the cold to run and who placed 1st were **Al Saffer**, **Giselle Carson**, **Nancy Pullo** and **Allison Ronzon**. Those who placed 2nd were **Robert Walker**, **Quincy Masters**, **Paul Smith** and **Maurya Sova**, while **Ben Huron**, **Herbert Taskett**, **Lesleigh Box** and **Ben Holland** placed 3rd in their age categories.

December 18th was the fourth race, the annual **JACKSONVILLE BANK**

**MARATHON AND HALF MARATHON**. It wasn't as cold this year as it was last year and at least we saw the sunshine, but once you stopped running, the wind was cold. For the Marathon results, the Strider who placed 1st was **August Leone**; the Striders who placed 2nd were **Andrew Marchand**, **John Metzgar** and Britta Fortson. For the Half Marathon results, the Striders who placed 1st were **Bruce Holmes** and **Carol Fitzsimmons**; the Striders who placed 2nd were **Frank Frazier**, **Stephanie Griffith**, **Sharon Lucie**, **Susan Gostage** and **Nancy Pullo**; the Striders who placed 3rd were **John Wisker**, **Rosa Haslip** and **Gail Pylipow**.

The fifth race for December was **THE LAST GASP** held on December 26th and **Mike Marino** says of that race, "We placed 2nd for our age group, but more importantly, in the team competition, the **Strider Trail Buffs** prevailed again for the 5th year in a row!!! The team of **Alfonso Solano**, **Jason Arnold**, **Keith Poythress**, **Raymond Ramos** and the squad's long time anchor, **Mike Marino**, faced some stiff competition, but were able to win by the slimmest of margins. Way to go team!!!!

The last race of 2011 was the **VYSTAR 5K GATOR BOWL RUN** held at the Jacksonville Landing. This race benefits the Wolfson's Children's Hospital, such a worthy cause and a way to help sick and injured children recuperating at the hospital. Those Striders who brought home the gold were **Diane Aimone**, **Nancy Pullo**, **Lisa Adams**, **Regina Taylor**, **John Metzgar**, **Paul Smith** and **Al Saffer**. Not far behind with the Silver were **Allison Ronzon**, **Skye Johnson**, **Robert Meister**, **Andrew Marchand**, **Steve Beard** and **Frank Frazier**. Then right behind silver were the bronze winners who were **Randy Arend**, **Allan Smith**, **Benjamin Holland** and **Rosa Haslip**.

The first race for 2012 was the **RACE FOR SHELTER** on January 7th. **Charles Wagner** said, "The proper race name is Race for Shelter instead of

Faces of Asia 5K, and I got 1st in my age group."

The next race was **KICKS FOR STICKS** held on January 8th at the Jacksonville Landing.

This race was founded to help support and grow the sport of lacrosse. Britta Fortson won 1st in the Open Women Category; the 1st place winners were **Kimberly Lundy**, **John Kovacs**, **John Hirsch** and **Paul Smith**. The 2nd place winners were **Barbara Whittier**, **Dee Robertson-Lee** and **Tiffany Kovacs**.

Lastly, the third race to report on in this newsletter is the Striders supported **RESOLUTION RUN 10K AND 5K** held in Orange Park at the Kennel Club. The course takes you parallel to the beautiful St. John's River. It is so nice to look out and see the water, the shore of Mandarin and the Buckman Bridge in the distance. This is the first year the 10k was offered and there were many participants who chose to run the 10K. The 5k winners were: **Britta Fortson** won the Open Women category and **Keith Poythress**, **Joe Connolly** and **Tracy Pfuntner** won 1st place while **Charles Wagner** and **Kimberly Lundy** won 2nd place. The 10K winners were: 1st place – **Stephanie Griffith**, **Steven Beard**, **Nancy Pullo**, **Cody Helms**, **Andrew Marchand**, **David Bonnette**, **Al Saffer**, **John Aimone**, **Lisa Adams** and **Regina Taylor**. The 2nd placers were **Robert Walker**, **Randy Arend**, **Bernie Candy**, **Benjamin Holland**, **Bob Meister** and **Diane Aimone**. Those taking 3rd were **George White** and **Allison Ronzon**.

**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.

**Raymond Raymos, Jr.** ran in the **ENMARK BRIDGE RUN** on December 3rd where in ran a 5K and then did the double pump challenge and ran the 10K! Awesome!

**JD Smith** traveled to Hawaii (lucky  
Continued on next page

# The Back Page

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bum) and participated in the 2011 **XTERRA TRAIL RUN 10K** on December 4th. He said, "The Xterra Trail Run World Championship (21K/10K/5K) runs were held on the beautiful Kualoa Ranch, Ohau Island, Hawaii. For someone not to use running trails, it was a great challenge with lots of beautiful scenery." Well, we hope you enjoyed the sights while you were there too!

**Sung Ho Choi**, participated in the **ANCIENT OAKS 100** on December 4th and he took first place and the person who came in second was more than 3 hours behind him. He has the 2nd best time on the course. Congrats to you!

On December 16th **Lorna Bradford**, while making a stop in Bahrain, ran in the **BAHRAIN CROSS ISLAND**, a 17K across the island of Bahrain, which mainly consisted of sand, rocks and hills with a couple of obstacles thrown in for good measure. She finished 2nd female overall.

**Maria Littlejohn** was in San Diego over the holidays and run the **BUMBLE BEE 5K** on December 28, 2011. Marie finished in 25:34.

**Trish Kabus**, who seems to travel everywhere for a race, and **Steve Bruce** ran in the **DELEON SPRINGS HALF MARATHON** on January 1st. I'll bet you didn't have too many New Year's Eve toasts.

**Amber Sherrill** took a road trip to Orlando to run in the **WALT DISNEY**

**WORLD HALF MARATHON** and this was her first half marathon. Glad you had a great time!

**Nancy Pullo** was part of the **RAGNAR RELAY** on January 6th and 7th, a relay run from Miami to Key West. Her second run of the really started at 4:45 am and she saw the sun rise and it was beautiful! She then partied in Key West from 10am Sunday morning to 1:30am Monday morning. FUN! FUN! FUN! Hey, sign me up for that party train!!!

Lastly, **August Leone** was in southern Florida and ran in the **NAPLES HALF MARATHON** on January 15th. Hope the course was great and the weather too!

## 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

I give my monthly award to all Strider Board members, thank you for all you do during the year to keep the Strider members involved! =

## 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.

## Interested in being a monthly contributor to the StrideRight?

Long-time **Back Page** writer, Gail Pylipow has decided to retire from her StrideRight duties so we are looking for a dedicated soul to fill her big shoes! Duties require writing one article a month, based on the self-reported race results. Please contact [striderightedit@aol.com](mailto:striderightedit@aol.com) if you are interested in taking on this challenge!

**Thank you very much Gail for several years of hard work to make the StrideRight better than ever! We appreciate your column, month after month!**



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