

Another Great Run to the Sun Event



By Karen McCormick
Photos by Vanessa Boyd

We had a fantastic turnout for the 2012 Run to the Sun 8K & One-Mile Fun Run event that was held on Saturday, April 21st, at the Orange Park Kennel Club. The total number of registered 8k runners totaled 688, which is more than 150 over last year, and 25% more than we have had for the past several years.... at least as far back as 2007! Had the weather forecast the week prior to race day been something other than 90% chance of rain, we may have even had more! We were, however, very grateful to get this race in before the storms hit with much-needed rainfall.

This was the second year we were joined by the Orange Park Sunrise Rotary in hosting the event, and we appreciate their help in securing a major sponsorship and in providing volunteers for race day. It was also the second year for the new 8k race course that we introduced at last year's event for which we received some compliments from runners who missed its debut last year. New this year was an improved sound system created by Mike Mayse that he re-engineered to

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MEMORIAL DAY 5k
May 28th • 8AM

1st Place Sports Orange Park - 2186 Park Ave.



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Prez Sez

By Dan Adams



It is through the generous efforts of the Florida Strider volunteers that we are able to meet our mission of promoting and encouraging running by educating the community about the benefits of physical fitness and sport. At our annual picnic, which Ann and Bill Krause did a wonderful job of hosting, we elected our new board of directors. In addition, I presented some extraordinary volunteers with a Florida Strider Lifetime Membership. The recipients of the award are all Road Runners Club of America (RRCA) National Volunteer award winners, who have volunteered for more than 2,000 hours. It was humbling to present the awards to these amazing volunteers who have done and continue to do so much to help our club and our community.

The Florida Striders have had 25 RRCA National Volunteer Award winners and I nominated 3 more for this year. 2,000 hours is a tremendous amount of time. It is the equivalent of a full year of work (40 hours per week for 50 weeks) or five hours of work each week for eight straight years. These truly are generous people, who want to help our community. Our RRCA National Volunteer Award recipients are: Jeff Nelson, India Hendley, Marge Ruebush, Jim Emmert, Jenny Allen, Ken Bendy, Walley Lastinger, Frank Frazier, Chuck Cornett, Ron Hendley, Bill Zipperer, Jane Manion, Stan Scarlett, Robert Shields, Marie Bendy, Sherrie Alexander, Kim Cornell, Norma Wasson, Lou Carter, John Powers, Richard Allen, Warner Millson, Lillian Lawless, Dick Miller and Vanessa Boyd. Thank you for all you have done!

Our newly elected Board of Directors is full of talented and dedicated people. We have a lot of work to do as we try to carry on the traditions of these great volunteers listed above. I know we are up for the task and look forward to another great year. =

Board of Directors' Summary of Action

March, 2012 • 7 PM • Orange Park Library

I. Call to Order: The meeting was called to order by Dan Adams at 7:04 p.m.

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

II. Review of Minutes: A motion was made, seconded and passed to approve the minutes from the February, 2012 board meeting.

III. Officer Reports

a. President Report – Dan Adams

i. Nice Job with River Run Expo and Tent: A lot of success due to being able to use credit cards. Great membership drive and merchandise sales. Lots of lessons to learn. Marge and her crew of volunteers are not going to be able to do the lions share of the volunteer work forever; therefore, new people are going to have to learn their jobs to take over.

ii. Webmaster Needed: Greg and Jennifer Wood are not going to continue. Any volunteers? We'll seek volunteers first, and if we don't get one, we will seek bids for a paid position. It is at least 4 hours per month, but some months may be more.

iii. Marathon High Thank You: Lisa said it was nice to run with some of the participants in the Donna race, and they all had positive things to say about the program.

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2011-2012 Board of Directors & Key Members

(Board Members marked with an *)

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To ensure you are included in the Striders at the Races section, please fill out the race results form at floridastriders.com, in a timely manner after each race!

Games of the XXX Olympiad

London will host the 2012 Olympic Games starting on July 27. For the third time.

For a little more than two weeks, more than 10,000 athletes from over 200 countries will compete in more than 300 events. The ancient Greeks had no idea the world would buy into their quadrennial festival of sport on this scale. As detailed last month, French aristocrat, Baron Pierre de Coubertin spearheaded the modern Olympic movement, starting in 1896.

Athens hosted the First Olympiad of the Modern Era, attracting 245 athletes from 14 nations. Paris held the Games in 1900 with double the numbers of Athens. No women competed in Athens; only two percent of the 1118 athletes in Paris were female.

The Olympic movement nearly collapsed in 1904; held in St. Louis, the Games were spread over a six-month period and were spliced into a World's Fair. Only 12 nations sent teams. Two years later (1906), hoping to get back on track, Olympics officials moved the Games back to Athens. About 850 athletes from 20 countries entered 74 events. It is still regarded as an unofficial Olympic Games by historians.

London, the only city to host three Olympic Games, got the traditions back on track in 1908. Still spread over six months, the world sent 2000 athletes. The Games matured into a stable affair in 1912, moving to Stockholm, where 2500 athletes from 28 countries took part.

Stockholm was the site of the first successes by long distance runners from

frigid, tiny Finland. Hannes Kohlehmainen won, countryman Albin Stenros was third. Sandwiched in second was a Hopi Indian from the USA, Louis Tewanima. Kohlehmainen won the 5,000 meter event two days later in a world record time of 14:36.6, one step in front of French distance star Jean Bouin. The pair finished nearly 200 meters ahead of the field.

Just when the Games seemed to be gaining international acceptance, war on a global scale erupted. Scheduled for 1916 in Berlin, the Games of the VI Olympiad were scrubbed. But by 1920, Antwerp, Belgium was geared up to play host to 29 countries. Over 2600 athletes competed. An official Olympic flag, the five interlocking rings, was introduced. Still called the Antwerp Flag, each ring represents a continent. At least one of the colors—red, yellow, blue, black, and blue—can be found in every nation's flag. Paavo Nurmi, now dubbed one of the Flying Finns, won the 10,000, and placed second in the 5,000. Hans Kohlehmainen moved up to the marathon and won.

The Paris Games of 1924, featured in the film *Chariots of Fire*, saw athletes from the British Isles take center stage. Scot Eric Liddel won the 400 and Brit Harold Abrahams, beat highly-favored sprinters from the USA. Nurmi won virtual back-to-back gold medals in the 1500 and 5,000 meters. In the 10,000 meter cross country event, on a brutally hot day that caused half the field to drop out, Nurmi led the Finns to victory. Willie Ritola of Finland captured gold in the 10,000 and

Wide World of Running By Jay Birmingham

steeplechase, and placed second to Nurmi in the 5,000.

Amsterdam hosted the Olympics in 1928. An atmosphere of peace and harmony prevailed. This was the first time the Greeks entered the arena first at a Games outside of Athens; the host Dutch team entered last. This tradition continues to this day. Twenty-eight nations won gold medals, a record that stood until 1968. Women athletes were finally allowed in larger numbers in gymnastics and track. But the running of the women's 800 meters set women's athletics back for 32 years.

Lina Radke of Germany won the 800 in 2:16.8, a world record. But many of the 13 finalists collapsed on the track at the finish line, prompting the president of the International Olympic Committee to suggest banning all women's events. No women's race longer than 200 meters was held until 1960.

The Great Depression did not stop the Olympics, but hosting the Games in Los Angeles in 1932 dropped participation by 50%. These Olympics lasted exactly 16 days, and since that time, every summer games has spanned between 15 and 18 days. All prior Games took a minimum of 79 days.

We will resume our look at Olympic Games past in the next issue of *StrideRight*. =

Death of Bob Hans

By Jack Knee

While I have been a member of the Florida Striders since 1983 but have moved to St. Augustine and no longer in the races I was shocked to see the death of Bob Hans at a too young age sixty-two. I knew Bob mostly from his track and cross country coaching days at Orange Park and Middleburg High Schools and see he later coached at Ridgeview. He was a vital link in the Striders generosity of donating funds, equipment and North

Carolina running camp scholarships for local young runners. His professional coaching ability was an ongoing year around endeavor and took plenty of his spare time. He had a great family and their kids ran and he had a few acres out in Middleburg.

The Scholarship Scramble was a fun 5K cross country fund raiser timed by the Striders and had that big puddle few could jump over on the campus of Middleburg High School. The concept seems to have blended with the Hog Jog of which I was Race Director for numbers one and two over twenty years ago.

The other coach at Orange Park High at the time was Terry Smith. His wife Ruth placed high in her age group while Terry ran with their special needs daughter, Joy, in a red wagon that he towed, but still finished far ahead of me (of course, everyone did!).

Good productive times capped off by the great track surface fund raising of some \$50,000.00 at Orange Park High spearheaded by Chuck Cornett. The Striders have always been great in promoting youth running and the beat goes on.

Bob was a great guy and peace to his wonderful family.. =



THANKS TO OUR RUN TO THE SUN VOLUNTEERS

Alpha by First Name

Cauly Redienious
Colin McCormick
Cynthia Ryan
Dan Adams
Dan Wucker
Gene Bridges
George Hoskins
Jan Powers
JD Smith
Jimmy Cates
Joe Strickland
Joey Williams
Kathy Murray
Kevin Mangold
Kyle Cowman
Leslie Kindling
Maria Littlejohn
Marie Bendy
Mark Lay
Mark Wynter
Martin Wilkinson
Michael Weaver
Nancy Frazier
Pam Nelson
Patt McEvers
Paul Ruebush
Rob McKissick
Robert Webster
Stacy Williams
Steve McCormick

Tara Showalter
Vicky Connell

Rotary

Byron Baggett
Carole Gardner
Chris McNees
Gaines Lee
Jim White
John Powers
Mike Cummings
Nancy Alberts

Ridgeview Interact

Brady McCrosky
Britanny Nelson
Kalie York
Rebecca McDevott
Rebekah Sookdeo
Tabitha Sookdeo

Journey Church

Bobbi Seman
Christian Hannah
Ed Hannah
Jenifer Lamb
Leroy Proctor
Lila Martin
Margaret Wright
Michael Gilliland
Patti Drumb

Renee Lamb
Scott Drumb
Steve Knapp
Steve Lamb

NAS JAX Hospital

HM1 Ciara Williams
HM2 Aura Williams
HM2 Jenna Golding
HM3 Adrian Blackman
CS2 John Dunlap
HN Brett Pupich
HN Scarlet Castro
HN Joshua Henderson
HN Millaj Jallim
HN Paolo Bernales
HN Charles Brasel
HM3 Jasmin Davila
HN Thomas Hubert
HM1 Mario Martin
HM1 Heather McLean
HN John Wooten
Kevin Gibson
OS2 Jennifer Streete
HN Affeya Grant
HN Rafael Perez
HMN1 Aaron Souders
CSC Sheldon Willis
HM3 Leandruem Slaughter

be louder and higher off the ground. What a difference it made!

Our first place overall male winner was Shawn Williams with a time of 27:53, and the first female to cross the finish was Kim Pawelek in 29:22. Overall, we had 616 finishers which were just about evenly split between males and females – 306 women and 310 men. We also had 41 runners under the age of 13 who completed the 8k course, and a wheelchair competitor, Josh Dillaberry, who finished in 1:01:58.

Our fun runners showed up rearing to go as well....all 705 of them! Jack Frost did a great job having them set up for a staggered start to give these runners a safer start and a bit more room to get going at their own pace. A total of 35 schools were represented, of which the following 10 earned participation money: Lakeside, Swimming Pen Creek, Thunderbolt, Annunciation, Ridgeview, Orange Park, S.B. Jennings, Oakleaf Village, Lake Asbury, and Ride Out!

In addition to great competitors, this year's event enjoyed fantastic sponsor support. The generous contributions of our sponsors are what allow the Florida Striders to keep our races affordable and still continue to promote running and fitness throughout the community, and especially among children. The Children's Running Program is growing even bigger, and now supports walk/run programs in more than 50 local elementary schools across Clay and Duval counties. We are

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RUN TO THE SUN

Continued from previous page

talking about more than 14,000 students participating!

For the second year in a row, Orange Park Medical Center (OPMC), was the title sponsor of this event. We truly appreciate their generous sponsorship and the orange race bags they provided for our 8k race packets. We also enjoyed having a bunch of OPMC employees out there with us on race day among the 8k race finishers. Another big thank you goes out to Sun Tire, Inc. who again supported the event as a presenting sponsor for the third consecutive year. In addition to these two major sponsors, we also had a host of Gold sponsors who supported the event who are listed below:

- Mike Shad Nissan of Orange Park (multi-year sponsor of this event)
- Dentistry 4 Children (multi-year sponsor of this event)
- Kohl's Department Stores (multi-year sponsor of this event)
- All Animal Clinic (new sponsor this year)
- Heartland Rehabilitation (multi-race sponsor)

- Aerostar (new sponsor this year)
- Air Traffic Consulting Services (2nd year sponsor of this event)
- American Enterprise Bank (2nd year sponsor of this event)
- Protection 1 (2nd year sponsor of this event)

We also thank the Orange Park Kennel Club for allowing us the use of their beautiful property for the event itself, along with Publix who donated our post-race refreshments, and Blue Ridge Water who supplied all of our water. Kohls Cares for Kids even supplied us with volunteers needed to man our first course water station – from their Fleming Island and Argyle stores. Please remember that the best way for us to show all of these supportive businesses our appreciation is to become one of their customers!

And let's not forget about the behind-the-scenes efforts of a fantastic team of dedicated race coordinators who worked so very hard to pull this event together:

- Marge Ruebush – 8k Registration
- Kim Crist – 8k Registration & Volunteer

Coordinator

- Frank Frazier – Volunteer Coordinator & Start/Finish line setup
- Vanessa Boyd – Fun Run Coordinator & Race Photos
- Bob Boyd – Race Advisor
- Ken Bendy – Announcements & Awards
- Glenn Hanna – Refreshments
- George Bailey - Finish Line
- Mike Mayse – Race Equipment & “Engineer Extraordinaire”
- Dave Bokros – Course Director
- Jack Frost – Fun Run Start
- Suzanne Baker – Volunteer Check-In

Myself and our event coordinators we also supported by some super volunteers who were out there with us on race day, including groups of volunteers from NAS Jax Hospital, Orange Park Sunrise Rotary, Journey Church, and Ridgeview Interact Club. We are so very appreciative of their service.

A big “thank you” to all who participated in making this event a success! As always, your suggestions for improving future Run to the Sun 8k events are most welcome via email at Strider-sRTTS@gmail.com. Please come out again for next year's event! =

2012 RRCA Convention

By Ken Bendy

The Mighty Mississippi, Beale Street, the Blues, BBQ and Elvis...its gotta be Memphis! I had the privilege of representing the Florida Striders at the annual RRCA convention hosted by the Memphis Runner Track Club April 15-18. As former RRCA State Rep and Southern Region Director, I've attended every convention but one since 1996 and I will have to say this one ranked right up there with one of the best!

The Hilton hotel and convention center was the perfect venue for the annual meeting of the RRCA. After checking in, getting our convention credentials, goody bag and registration packet it was time for a quick tour of the facilities and then off to the welcome reception and mixer Thursday evening. Heavy hors d'oeuvres accompanied by adult libations and entertainment by a great blues band set the

stage for a surprise visit by the first of several Elvis impersonators we would run across during our three days in Memphis. As always it was a great time to renew old acquaintances, share a few running stories and do some networking.

Friday morning's opening session was preceded by a 6 AM run followed by a lavish continental breakfast ending at 9 AM for the opening session. After a quick welcome by the convention co-director George Higgs along with Memphis Mayor A. C. Warton, Jr., and opening remarks by RRCA president Brent Ayer and Executive Director Jean Knaack, it was time for one of the best and most informative sessions of the convention. Terry Diller of K & K Insurance updated us on the latest information concerning the insurance the RRCA provides its clubs. I could use up my allotted space for this report alone so it will be under separate cover to the FSTC board. Let it suffice to say we have

the best insurance coverage for our club's events money can buy!

Following the opening session it was time for a short break, a quick look at the items offered at the State Reps Silent Auction and a whirlwind tour of the Expo...more on that later.

The final morning session was set aside for the Regional Meetings. Each of the four RRCA regions breaks off for a 45 minute session hosted by the respective regional director. Our Southern Region Director, Lena Hollmann gave each club representative an opportunity for introductions and to tell a little about their respective club. She then gave a rundown on the latest scoop from the national office (including a soon to be released Race Director Certification Program), an overview of upcoming Southern Region Championships and recognition of regional award winners and participants. Our region had several national award

winners that were recognized at the National Awards Banquet Saturday night.

It was noon before we knew it and time for a great luncheon featuring Dave Wottle as the speaker. Those of you old enough to remember the 1972 Olympics in Munich will never forget the exciting 800 meter race that Dave came from dead last to win! The exciting video of this classic was played for all to enjoy. His signature cap is now part of the Hall of fame.

After lunch we had the option of attending one of three 45 minute sessions during the 1:45-3:00 PM time frame. It would be great if the club could send two or even three representatives to the convention as every session is packed with information! I opted for the "Charity Races – Joining Forces to put on a Mega Race or Marathon. The Memphis St. Jude's Marathon was highlighted. This event is owned by the Memphis Runners Track Club but everything up to race day (publicity, obtaining sponsors, volunteers, Permits, Medical, etc.) is handled by St. Judes. The track club handles all aspects of the race day duties. It is a great partnership that could be applied to any event. The other two sessions available were "New Revenue Sources for Clubs" and "USATF Course Certification".

The annual meeting of the RRCA was held from 3:15 - 4:15. It was a rather routine session in which the annual report was reviewed, the budget presented and new officers elected. There were no nominations from the floor and the slate presented by the RRCA nominating committee was unanimously approved. David Cotter is our new President.

5:00 PM rolled around and it was time to board the FedEx buses to downtown for a BBQ dinner at the world famous "Rendezvous" and a trip to Beale Street. Lo and Behold...another Elvis sighting...this time in the person of our Executive Director Jean Knaack! The French quarter in New Orleans comes to mind as the perimeter streets are blocked off and there is every imaginable type of music, food vendors, merry making and choice of beverage available. Several departure times for the return ten mile trip to the hotel were available and us "Old timers" opted for the 8:45 trip back...We seniors have learned you have a hard

time "Soaring with the eagles if you hoot with the owls" the night before...this axiom came to fruition for some at the 6:15 AM Saturday morning run!

After a nice continental breakfast and copious cups of coffee Saturday morning, the first triad of sessions of the day took place. I attended an amusing but informative session on "Red Riding Hood Redux-Conflict Resolution"...something no club is immune to. The other available sessions were the "Adolescent Athlete" and "Beginning Runner Programs". The Florida Striders have one of the best youth and beginning runners programs so I felt not much would be gained by attending either of those.

The Silent Auction was gaining momentum early on and would continue throughout the day. Everything from wines, paintings, race entry packages to running apparel was available and I knew my spouse would be bidding on some items...the pain of paying would come later!

The next sessions of the morning commenced at 10:00 AM and "Purchasing an Electronic Timing System for Your Club" and "Nutrition and How It Affects Your Body as You Age" were offered but I elected to attend the "Senior Running - Running Through Your 60's, 70's and 80's. It was one of the most enjoyable sessions of the convention (being in one of those categories weighed heavily in my decision). Three excellent speakers representing those age groups gave some great tips along with some of their impressive PR's! I won't go into too many details because our Regional Director has a write-up (See following page) with more detailed information. However, there are several points that resonated with me...You have a 10 year window for setting PR's; You lose about 10 seconds a year; Rest is important; listen to your body-if you hurt stop and recover; and finally cross train for core strength! Funny how we get smarter as we get older!

Our Saturday Luncheon Speaker, former Associated Press Lisbon Correspondent Chris McDougall and author of "Born to Run", gave an extremely interesting presentation on a hidden tribe of super athletes of all ages in the mountains of Mexico

that ran everywhere and "The Greatest Race the World Has Never Seen."

The 2:00 to 3:15 PM sessions offered "Preventing and Overcoming Running Injuries", "Rethink Recovery with Low Fat Chocolate Milk" and "Social Media: Communicating Effectively With Your Members". I elected to attend the latter. Some key points...Content is king; keep it revelant; spread your message – word of mouth, email, website, blog, Social Media - Facebook, Twitter, Four Square and YouTube. One interesting point that was made...Traditional newsletters are still preferred by many but have a transition plan ready. I think our club does exceptionally well with the majority of these things.

The live auction and cocktail hour commenced at 6:15 with Jeff Darman and Phil Stewart serving as the traditional auctioneers. This annual event garners thousands of dollars for the RRCA and offers numerous high value items and travel packages at bargain prices.

The previously mentioned Silent Auction was also quite successful and I got away relatively easy as my spouse snagged a one of a kind running painting for \$75 (that incidentally was created by graphic artist Pamela Miller who runs occasionally with our Sun Tire Sunday Morning Run group). Our own John Powers graciously donates a week at his St. Augustine condo each year to help fund our RRCA State Rep Program.

The Awards Banquet Saturday night wraps up the convention. Among the winners was the Amelia Island Runners own Ed Hardee who won the Club Writer of the Year Award. I want to encourage our club to nominate deserving persons/programs for the many categories of the National Awards. A complete year by year list is on the RRCA web site.

Sunday morning offered an opportunity to run the RRCA National Championship Germantown Half Marathon or the accompanying 5K. Elvis has left the building! I opted to get an early start on the long drive back home.

Hopefully one or more board members (any club member can attend too) will be able to attend the 2013 convention in Albuquerque, NM...but if not I'll volunteer again! =

Senior Runners Provide Words of Wisdom at the RRCA Convention in Memphis

By Lena Hollmann
RRCA Southern Director

I recently got back home, after having a wonderful time at the Annual RRCA Convention in Memphis, Tennessee. The Convention featured a full packed agenda that included State Rep training, two outstanding luncheon speakers (Dave Wottle and Chris McDougall), the Annual Awards Banquet, and the Germantown Half Marathon. And of course a couple of Elvis sightings! There were also several educational sessions of interest, with a couple of them running concurrently at each time slot. It was often hard to decide which one to attend, however during one of the Saturday morning slots I had no problem deciding where to go. The host club, Memphis Runners Track Club, had put together a session titled "Senior Running: Running through your 60's, 70's and 80's". This session had three presenters, one representing each decade: Gerald Holbrook, 80, Jane Risdell Scott Cox, 74, and Glenn Munson, 61. They all had in common that they became competitive runners fairly late in life, Holbrook at 51, Cox at 65, and Munson at 59. Munson was a recreational runner for many years prior to competing though.

All three had some words of wisdom for older runners to live by. Holbrook's advice was to get a good doctor, one who is sympathetic to runners and doesn't just suggest we forget about running and take up another sport when it is hurting somewhere. And of course a doctor who is knowledgeable about sports injuries, among older runners in particular, and who can recommend the right course of treatment. He also suggested we cut down on the number of running days per week as we age, and always take at least one day a week off from running, maybe more once we get into our 60's and 70's.

Cox, who is a psychologist by pro-

fession, highly recommended that we keep on running, because it makes us happy! We tend to concentrate on the physical benefits of running, but it has huge mental benefits also, especially as we age. There is a correlation between happiness and longevity, and running causes us to be happy. And with happiness comes increased self esteem and a better social life. We also need to pay more attention to stretching and cross training as we get older, according to Cox.

Munson advised us to adjust our goals as we get older. If we cannot set any more PRs, we have to create other goals to keep us motivated. Try to run negative splits, for example. He suggested volunteering at races as a way to stay connected with the sport when we can no longer participate as much as we would like to. And he quoted George Sheehan by saying "we need to do the best with what we've got".

Although it is possible to improve our running and racing even as we grow older, there is a bunch of research out there that seem to indicate the contrary. Holbrook reminded us that we tend to lose muscle mass as we age, and that our maximum heart rate also goes down, by about one BPM (beat per minute) per year, after age forty. I am sure this is at least a partial explanation why my current race times are nowhere near where they were when I was in my thirties. My muscles and cardiovascular system cannot sustain the pace I was running back then, and I wouldn't have been able to put in the same high weekly mileage now as I did then either. I ran up to seventy miles per week in my peak marathoning days during my mid-thirties, but now I would probably break down if I tried to run more than half that amount on a regular basis. My current mileage is 25-30 miles per week, which I combine with weight training, stretching, and group exercise classes. The cross training keeps me strong and toned, which prevents me from slowing down even more. So, the

good news is that we can slow the aging process by staying active, and by cross training. If we cannot run as much as we used to, or not at all, there are other activities with similar benefits, cycling and swimming, for example.

Running (or other cardiovascular exercise) has numerous other benefits too. Cox mentioned that her vision, blood pressure, and lung capacity had improved since she took up running at age 65(!). It also made her more coordinated, which is essential when it comes to preventing falls.

So, cross training, stretching, good doctors, goals that are realistic, and running in moderation are the keys to becoming a lifelong runner, according to these three gurus. During the question and answer session I added that a proper warmup, with dynamic stretches, is also essential. I gave a quick demonstration, which interestingly generated more feedback and positive comments than an hour long session I held for the running clubs in my region the day before!

As I mentioned earlier, one thing all three presenters had in common was that they did not start running competitively until after age fifty. And now they are all happily running into their golden years. During the question and answer session someone asked whether we could expect to be lifelong runners even if we took up the sport when we were young. Or would we then eventually wear out our joints and be sidelined? Opinions differed on this, and nobody had a definite answer. It depends to some extent on genetics, and probably also on how well we take care of ourselves during our running career. I started running as a teenager, and am now sixty years old and still running. I have had my share of injuries, but mostly in my younger years. As I got into my forties and fifties I cut down on mileage and added strength training. I have also run only one full marathon since my early forties. (And I have no intentions of running any more!) I know I have mild arthritis in both knees but it

doesn't bother me while running. By keeping my upper leg muscles strong, it is they and not my joints that take most of the impact when my feet bounce off the ground. I do feel tighter and stiffer than I used to in the beginning of a run (and when I get up in the morning!) so I need a longer warmup in order to get my joints lubricated and ready for action.

But I have several running friends that are approximately my age, who sadly had to give up their lifelong favorite sport when their arthritis became too severe. I don't have the answer to why they are grounded while I am still running, but speculate that my choice of parents were better than theirs. Genetics can play a major role in

what kind of runner we become. For example, some of us have flat feet, leg length discrepancies, or other challenges that we inherited at birth, and are therefore more prone to wear and tear, and injuries. Also, while we can control our weight to some extent, our body type is primarily determined by genetics. Some are naturally pencil thin while others aren't, and if you belong to the former category you are more likely to become a faster runner. Again I am reminded of George Sheehan's words of wisdom: "We have to do the best with what we have got!"

After the session I recalled another quote, from my father sometime in the 1960's. He wanted me to take up his fa-

vorite sport, tennis, instead of running, because "you cannot keep on running during your middle age and beyond, but you can play tennis well into your old age". That was the philosophy back then, but times have certainly changed! We have now come to realize that running (or walking) is not only simple and relatively inexpensive, but it can indeed be pursued into late in life by most of us. And if we chose to embrace it, we will discover that it brings us joy and happiness!

Editor's note: Lena is a certified personal trainer with the American Council on Exercise (ACE). She writes a monthly column for Running Journal and lives in Cary, NC =

MINUTES

Continued from page 2

iv. Alfonso Solano USA Master Championship Sponsorship. Email vote was 15 in favor of giving him \$ for expenses for his trip.

v. New Race Sponsor: Dr. Ed Velasco Animal Clinic for \$500. Seek out sponsorships from people you do business with.

vi. Record Retention Policy-7 years for race registration forms, according to RRCA.

vii. Shannon Miller Lifestyle Kid Fun Run & Women 5K Booth: Regina and someone else will man the booth. It was good exposure last year.

b. Treasurer Report – Randy Arend

i. February 2012:

Beginning Cash Balance as of February 1, 2012 was \$23,284.05.

February Income was \$6,452.12.

February Expenses were \$7,681.81.

Ending Cash Balance as of February 29, 2012 was \$22,054.36, of which \$6,061.85 was designated for Children's Running Budget, \$3,333.34 was designated for Heartland multi-race sponsorship for 2012 through 2014 races, and \$12,659.17 was undesignated.

Comparable Ending Cash Balance as of February 28, 2011 was \$14,103.66, of which \$6,601.94 was designated and \$7,501.72 was undesignated.

Major revenues included shirt sales for Resolution Races and membership income. Major expenses included newsletter, new equipment, socials, River Run Tent and promotional items, children's running shirts, and a scholarship.

Frank stated that the road closure for Resolution Run cost more than expected.

IV. Committee and Director Reports **a. Nominating Committee –**

Frank Frazier: 17 board members are returning. There will be 3 new board members: Mark Wynter, Robert Walker, and Robert Webster.

b. River Run Expo – Kristie Matherne: Everything went well. There are a few kinks to work out for next year, that will make things smoother. Kristie will do this job again next year. Suggestion to have a new member party to educate our new/renewing members how they can get involved.

Scott said that the merchandise worked very well.

c. Memorial Day Run Budget:

Dan Adams (for Dave Bokros): Estimated race profit of about \$10k, but with BCBS should be closer to \$12,500. Numbers are similar to last year. We need to start the marketing efforts again. It needs to go on the First Place Sports race calendar. A motion was made, seconded and passed to approve the MD5K Budget as presented.

d. Resolution Run Budget to Actual delayed until April - Dan

Adams

e. Social Update – Bill Krause

i. April 22nd – Annual Picnic: Mandarin Park @ 1pm. Glenn presented a list of items needed for RR Tent and picnic that he inventoried and replenished before the RR. This needs to be done on a regular basis. Glenn keeps a lot of the items at his house.

ii. Prediction Run/New Member Social May 6th location and time TBD.

V. Announcements:

Kim Lundy mentioned that the application deadline for scholarships is Friday, March 16.

Call for Board members to write articles for the StrideRight.

Maria distributed Run to the Sun flyers to distribute.

Mike has a lot of the trifold brochures left over, and Running Class flyers.

VI. New Business

Hog Jog Race Director: Charlie Hunsberger. A motion was made, seconded and passed to nominate Charlie for this position.

Vicky is taking over the Backpage, and making it as a Member Spotlight every month.

VII. Adjournment: A motion was made, seconded and passed to adjourn the meeting at 8:35 p.m.

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

Inspiration 101 at the Florida Striders Running & Power Walking Class

By Bob Boyd

I'm not sure how many years it takes for something to become a tradition, but I think the Florida Striders April class may have reached that status. There is a bounty of class athletes at the St. Johns Country Day School track each Wednesday. The numbers are well spread among the five training levels, which now includes a Power Walking group in addition to Beginning, Intermediate, Advanced, and Speed. Our current class began April 4th and will graduate at the Memorial Day 5K in Orange Park on Monday, May 28th. Those popular Commemorative Memorial Day 5K finisher medals at this year's event will also serve as 1st Race Medals for many of our athletes and as tangible symbols of the good

work done by all of our athletes, whether brand new to our sport or veterans who have been working on increasing their speed. Our class will be celebrating their graduation at the class party two days before Memorial Day (who says you can't carbo load for a 5K?) when they are presented with this year's class technical shirts. 8 weeks of training, valuable training tips, delicious food at the party, and a very nice commemorative class technical shirt are all valuable, but it is the intangibles that have the most impact.

I'm not sure whether we inspire the class athletes, but I am sure that they inspire me. As I move from group to group, and communicate with our athletes, observing their progress, I am inspired by their enthusiasm, dedication, and effort. The enthusiasm is pervasive and the in-

tensity is almost palpable. I am proud of all our athletes as I see them improve and get closer to their goals. I have also particularly enjoyed having my son and daughter-in-law participate in the Speed group and getting to run with them regularly for the first time. These are special gifts for a father. Speaking of gifts, the many group leaders and speakers who give so generously of their time and talent each week are out there for one reason only – to help our athletes reach their goals. We have several first time group leaders stepping forward, many of them graduates of prior classes, giving back, and gaining in return. It's been almost a decade of classes now, but the inspiration continues each year.

We also enjoy excellent presenta-

Continued on next page

Athletes In Training

Stacey Albrecht
Elsie Altman
Bettsy Araujo
Julio Araujo
Sydney Ashmead
Emilee Atwood
Jon Atwood
Vickie Barnes
Millicent Battle
Laura Bergin
Lisa Boyd
Micheal Boyd
Chris Brindle
Cathy Carpenter
Janett Carter
Kathy Clark
Tim Clyatt
Greg Cobb
Kimberly Cook
Jennifer Curry
Jacqueline Daley
Christina Davie
Alison Dickerson
Deanna Dickey
Louise DiPaula
Lana Doane
Chris Edgington

Lori Featheringill
Leslie Forhan
Janet Fox
Nancy Frazier
Josephine Fulker
Sue Granger
Bill Greene
Ramona Hair
JoAnne Harris
Heather Herringdine
Jennifer Hu
Jennifer Human
Meredyth Hume
Traci Irven
Arlene Jacobson
Cindy Jenkins
Madison Jenkins
Taylor Jenkins
Dawn Johnson
Houston Jones
Rebecca Jones
George Joseph
Jan Kellogg
Marilyn Kloehn
Michael Kloehn
Mike Kloehn
Nicholas Kloehn
Pamela Kuiken

Natasha Lamach
Rita Lamach
Anthony Lawson
Bridget Leino
Carol MacDougall
Martha Mangus
Kristie Matherne
Peggy Morris
David Nielsen
Beth Norman
Bonnie O'Nora
Caitlyn Pellegrini
Shannon Pellegrini
Joel Preston
Amy Randall
Hannah Ray
Renee Ray
Karen Rech
Adrienne Relstab
Laura Ritter
Cheri Roney
Daniel Roney
Delmus Roney
Dawn Rudd
Dennis Rudd
Rachel Rudd
Rebekah Rudd
Diane Salazar

Tony Salazar
Angela Saunders
Allison Shaw
Jan Shaw
Susan Skinner
Jerry Skirvin
Tris Skirvin
Nancy Snow
Kristi Spinello
Leah Starr
Jamie Stewart
Kay Sutliff
Dawn Troxel
Daphne Turner
Richard Vance
Brianna Varnum
Micheal Varnum
Judith Westley
Jennifer White
Andrew Williams
Grady Williams
Mike Williams
Peggy Williams
Tina Williams
Diane Wilkinson
Heather Wood
Christina Woodson
Adrienne Wynter

Carlene Wynter
Mark Wynter

Group Leaders & Speakers

Tracey Armon
Jay Birmingham
Bob Boyd
Vanessa Boyd
Vicky Connell
Beate Connette
Derry Dedmon
Fran Dedmon
Frank Frazier
Sherry Gonyon
Glenn Hanna
Scott Hyams
Leslie Kindling
John Kovacs
Mark Lay
Maria Littlejohn
Denise Metzgar
John Metzgar
Raymond Ramos
Bob Tatum
Greg Wood

THANKS!

tions each week on an important aspect of running successfully. John & Denise Metzgar, Scott Hyams, John Kovacs, Vicky Connell, Jay Birmingham, Vanessa Boyd, and Leslie Kindling are notable contributors.

I also wish to thank and acknowledge St. Johns Country Day School for their ongoing support of health and fitness in our community and the Florida Striders in particular. They are very generous to share their beautiful facility with us. One of our sponsors, Heartland Rehabilitation Services, is providing complimentary assessments each week at class to help our athletes should they need assistance with an injury or potential problem.

The Florida Striders also have a tradition of being very open about their

money and where it goes. Each of our athletes pays for being in the class. The \$30 cost for a single athlete is designed to be a breakeven financially, covering an annual membership in the Florida Striders, \$15, and the rest of the money, \$20, goes to cover the cost of the class technical T-shirts and the bodacious and tasty class party. When couples or families join the class, which I'm pleased to say happens frequently, they only pay for a family membership and the cost goes down accordingly. Athletes who are already Florida Striders only pay \$20. In case anybody wonders, the membership cost itself is used to help with the cost of our liability insurance, Road Runner Clubs of America dues, and to help defray the costs of our newsletter and expenses. While on the

financial topic, I can't resist complimenting the Florida Striders for the large amounts they direct to support children's running and scholarships in our area. Lots of people talk about the problems of childhood fitness and obesity – the Florida Striders are doing something about it, now supporting over 51 area elementary schools and programs and over 14,000 children as they increase their fitness.

Check out the list of our class athletes below. You'll be seeing them at the track, at the Memorial Day 5K, training around town, each and every one a Florida Strider and hopefully active for a lifetime, not just during our class. You may have to look quickly though, they are getting faster and stronger every week. =

9th Annual Florida Striders' Hershey Games A Big Success with Record Attendance

By Bob Boyd and James May

On Saturday April 14th, the Hershey Track & Field state qualifier, held at Orange Park High School, had over 180 competitors (ages 9 to 14) trying to qualify for the state championship in Altamonte Springs on June 16th. The top two boys and girls in each event qualify with hopes of ultimately being the best in the southeast and earning a free trip to Hershey, Pennsylvania to compete in the North American Final, held August 2nd to 5th. Athletes from this Orange Park meet have qualified for this great opportunity four of the last five years. One of those four was Tyonna Mack, Grove Park Elementary, who won the 11-12 girls standing long jump this year to start her trek back for the same event she placed third at Hershey two years ago.

Several athletes qualified in multiple events. Oakleaf Junior High's DeAndre Steelman broke the boys' 13-14 200-meter dash record set in the 2006 by Shane Coleman with his mark of 25.00. Steelman also won the standing long jump and placed second in the 100-meter dash to qualify in three events. Other

three-event qualifiers were Oakleaf Village's Cara Simpson in the 13-14 girls' standing long jump (1st), 100-meter dash (2nd), and 4x100-meter relay (1st) and Lakeside Elementary 4th grader Jalen Ford in the boys' 9-10 who finished 2nd in the softball throw, 100-meter dash, and 200-meter dash.

There were some outstanding performances who could make it to Her-

shey. Lakeside Elementary's Tiara Peeters won the 13-14 girls' softball throw in a meet record of 139 feet. Two brothers from the 1st Coast Track Club, Nicolas Mitchell and Kristopher Mitchell, both won events by wide margins. Nicolas won the 9-10 boys' 100 and 200-meter dashes in 15.00 and 31.51, respectively. Kristopher won the 11-12 boys' 200 and

Continued on next page

Thanks to our volunteers!

Martin Aftuck
racey Armon
Dave Bokros
Bob Boyd
Mike Boyd
Vanessa Boyd
Avery Chatman
Mark Chatmon
Vicky Connell
Kim Crist
Lacey Crist
Kalen Dennis
Kyndle Dennis
James Doman
Elder Dicristefano
Erika Ermish

Jack Frost
Will Hunter
Charley Jett
Tracy Jett
Kelly Johnson
Christine Jump
Jessica Kalidies
Hannah Kuzyolek
Joseph Libretto
Ercas Louis
Kim Lundy
Carol MacDougall
Yvonne Mahey
Karen Martin
David May
James May

Mike Mayse
Ralph Mazzuoccolo
Karen McCormick
Hannah Mosley
Elder Morris
Johnny Ngvyen
Kathy Rangeo
Rannay Robinson
Travis Ruhnau
Stephanie Shafer
Kenny Szillus
Kayla Thomas
Kendal Williams
Tim Young

HERSHEY GAMES

Continued from previous page

400-meter dashes in 28.22 and 1:02.74, respectively. Middleburg Elementary's Cheerece McEwan is yet to turn 11, but won the girls' 11-12 100 (13.76) and 200-meter (30.12) dashes. Jacksonville's Gabriel Moran was another double 13-14 boys' winner with blazing times in the 1600 (5:04.11) and 800 (2:15.53). Running Force Track Club's Larica Solomon matched Moran in the girls' 13-14 1600 (5:52.58) and 800 (2:32.33). Solomon already holds the meet record in the 800. Jacksonville's Cheyenne Slade was also a double winner in the 13-14 girls 100 (13.76) and 200 (29.11).

Other records set were the Oakleaf

Village girls (Natalie James, Hannah Hart, Aayliyah Jackson, Maleiah Mincey) for 9-10 4x100-meter relay in 1:12.44 and Middleburg Elementary girls (Riley Davidson, Valerie Perron, Cherece McEwan, Elizabeth VonDietrich) for the 11-12 4x100 relay in 1:02.73

We wish to thank Orange Park High School for the use of their facility for this fine annual event put on by the Florida Striders. The Hershey Games are provided at no charge to the 9-14 year old boys and girls who compete. We also want to thank Kohl's Fleming Island A-Team for both their volunteer and financial support. Sigma Marketing provided the award ribbons and volunteer service as well. Please note that the full meet results are on our website, www.FloridaStriders.com, along with a bounty of

excellent photos taken by Mike Boyd and Daryll Crump.

You cannot appreciate the excitement and enthusiasm of the young athletes at this excellent event unless you are there to feel it for yourself. There is also some extremely good track and field talent on display, which I dare say you will see in various headlines as these young athletes mature and perform even better in the years ahead. To put on a quality event takes a lot of volunteers. I have captured the names of many of the contributors below who were essential to putting on a great event this year. Unlisted below are the many coaches & parents who also make it possible for these young athletes to compete. Sincere thanks to each of you for your contributions. =

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

Race Results

Nocatee Trailblazer Run Jacksonville, FL March 24, 2012

Craig Bennett	19:42	1st AG
Bernie Candy	21:06	1st AG
Randy Abate	22:38	3rd AG
Sayer Gunn	23:55	1st AG
Lynne Graley	26:55	3rd AG
Richard Vance	27:34	1st AG
Charles Goodyear	32:38	2nd AG
Vicki Choinski	33:47	
Rita Lamach	35:18	
Dee Robertson-Lee	38:03	1st AG
Dennis Lee	38:27	

Cindy Lunsford	29:26	
Richard Vance	30:03	2nd AG
Bernie Powers	30:11	
August Leone	31:56	1st AG
Paul Smith	32:31	3rd AG
Barbara Whitter	36:27	
Dee Robertson-Lee	38:17	
Tris Skirvin	41:14	
Kim Kovaleski	42:38	
Cary Wyche	43:31	
Jamie Wyche	43:56	
Trish Kabus	49:42	

Cindy Lunsford	1:01:02	
August Leone	1:02:03	1st AG
Bernie Powers	1:04:14	
Charles Goodyear	1:11:55	
Barbara Whitter	1:12:32	
Dee Robertson-Lee	1:19:39	
Kim Kovaleski	1:23:05	
Cary Wyche	1:26:11	
Jamie Wyche	1:26:13	
Trish Kabus	1:31:45	

Bernie Powers	2:23:50	
Scott Liner	2:25:31	
Melinda Terry	2:25:40	
August Leone	2:26:31	1st AG
Valerie Hamilton	2:30:05	
Lesley Jones	2:30:05	
David Arnold	2:32:16	
Anne O'Renick	2:35:00	
Cindy Lunsford	2:36:55	
Richard Vance	2:37:26	3rd AG
Allan Smith	2:38:17	
Barbara Whitter	2:58:03	
Dee Robertson-Lee	3:01:55	
Kim Kovaleski	3:02:38	
Trish Kabus	3:20:57	
Jamie Wyche	3:20:59	
Mel Abando	3:21:03	

Tour de Pain Extreme 10K Jacksonville, Florida March 31, 2012

Lorna Bradford	41:15	
	2nd OAWM, 1st OA WM MSTR	
Britta Fortson	42:01	
	3rd OA WM	
Seth Pajcic	42:12	
Lesleigh Box	43:40	3rd AG
Regina Sooeey	43:53	2nd AG
Patrick Morgan	47:26	3rd AG
Allan Smith	47:42	3rd AG
George White	49:02	1st AG
Paul Smith	51:41	1st AG
David Horn	52:17	
John Hirsch	52:42	2nd AG
Seth Myers	53:10	
Jerry Skirvin	53:15	
William Greene	54:06	
Leslie Kindling	55:13	
Scott Liner	58:01	
Richard Vance	1:10:00	3rd AG
Tom Zicafoose	1:53:00	

Tour de Pain Extreme Half-Marathon Jacksonville, Florida April 1, 2012

Lorna Bradford	1:31:04	
	2nd OA WM	
Andrew Marchand	1:31:39	
Lesleigh Box	1:33:57	2nd AG
Britta Fortson	1:34:22	3rd AG
Raymond Ramos	1:34:29	1st AG
Regina Sooeey	1:37:48	3rd AG
Seth Pajcic	1:38:33	
Rosa Haslip	1:42:10	
David Horn	1:44:33	
Patrick Morgan	1:47:07	
George White	1:50:25	1st AG
Paul Smith	2:00:02	1st AG
Leslie Kindling	2:00:25	
Jerry Skirvin	2:01:25	
Kevin Terry	2:06:30	
Scott Seibler	2:06:47	
Melissa McCrosky	2:07:42	
Seth Myers	2:10:51	
William Greene	2:12:29	
Tom Zicafoose	2:13:29	

Captain Chuck Cornett Navy Run 5K NAS Jacksonville, FL April 7, 2012

Pamela Kuiken	39:11	1st AG
Jennifer Johnson	53:07	

Captain Chuck Cornett Navy Run 5K NAS Jacksonville, FL April 7, 2012

Lisa Adams	42:11	1st AG
Scott Olivolo	42:49	2nd AG
Paul Geiger	43:35	1st AG
George Thompson	44:25	1st AG
Susan Miller	45:30	2nd AG
Leslie Kindling	47:59	1st AG
Danny Cole	48:42	

Paul Berna 48:51
 Frank Frazier 48:55 1st AG
 Ann Krause 49:16 1st AG
 Kacee Bryner 50:22 2nd AG
 Joanne Harris 52:05 1st AG
 Kim Crist 52:28 1st AG
 Steve Bruce 53:00
 Bradley Shepherd 54:13
 Charity Barron 54:38
 Buddy Harris 55:00
 Kimberly Lundy 55:06 3rd AG
 Benjamin Howard 57:14
 George Hoskins 58:19 3rd AG
 David Pizzi 58:59
 Matt Ross 1:00:05 1st AG
 Patricia Czarnecki 1:01:02
 Lorri Howard 1:03:44
 Bill Krause 1:04:36
 Traci Akers 1:07:43
 Lesley Jones 1:09:00
 Lora Burnett 1:10:52
 Charles Wagner 1:11:54 3rd AG
 Monica Goddard 1:12:13
 Jessica Connolly 1:14:08
 Joseph Strickland 1:14:09
 Freddy Fillingham 1:15:44
 Barbara Scott 1:20:47 1st AG
 Robert Sroka 1:23:46
 William Pearson 1:25:06 2nd AG

**Shannon Miller Lifestyle 5K
 Jacksonville, FL
 April 7, 2102**

Robert Walker 19:04 2nd AG
 Seth Pajcic 19:55 2nd AG
 Britta Fortson 22:00 2nd AG
 Giselle Carson 22:15 1st AG
 Maria Padin 22:29 1st AG
 Ken Murray 25:29 2nd AG
 Bernie Powers 29:00 3rd AG
 Robert Taylor 29:23
 Amy Barlow 29:39
 Mamie Davis 29:46 1st AG
 Sue Granger 32:02 3rd AG
 Charles Goodyear 32:33 1st AG
 Elsie Altman 33:45
 Diane Wilkinson 33:51 3rd AG
 Mark Lay 35:22
 Freddy Fillingham 35:46 2nd AG
 Dee Robertson-Lee 36:31 2nd AG
 Joe Connolly 46:19 2nd AG

**Run for Cover 5K
 Jacksonville, FL
 April 7, 2102**

Regina Soeoy 20:52 1st AG
 Kathleen Kaye 21:10 1st AG
 Nicole Andress 25:45
 Carrie Wetzel 28:09
 Kirby Truitt 36:09 7 yrs old
 Dee Robertson-Lee 38:22 1st AG
 Barbara Gilbert 40:04 2nd AG

**Corporate Run 5K
 Jacksonville, FL
 April 14, 2102**

John Metzgar 18:02
 Craig Bennett 19:21
 Seth Pajcic 19:30
 Chris Craft 19:43

John Kovacs 19:44
 Raymond Ramos 20:01
 Steve McCormick 20:36
 Britta Fortson 21:09
 Adam Wetzel 21:56
 Christine Vaughn 22:01
 Denise Metzgar 22:08
 Maria Padin 22:23
 Tony Hanneken 22:43
 Jeremy Buyok 22:48
 Craig Chaney 23:09
 Ann Krause 23:39
 Guy Jackson 23:41
 Kellie Howard 24:10
 Stuart Williams 24:20
 Rachel Walker 24:29
 Paul Smith 24:33
 Karen McCormick 24:39
 Tom Zicafoose 25:13
 Carlos Rodriguez 25:18
 Eric Petersen 25:46
 Patty Miller 26:02
 Bradley Shepherd 26:24
 Kari Damrow 26:44
 Charlotte Milligan 26:45
 James Smith 27:29
 Melissa McCrosky 27:49
 Renee Moyd 28:23
 Amy Iracki 28:44
 Carrie Wetzel 28:48
 Gloria Mcneil 29:46
 Cathy Reidy 30:04
 Lisa Boyd 30:07
 Bill Krause 30:11
 Melanie Cruz 30:46
 Regina Adam 32:24
 Gary Lewis 33:25
 Monica Lucas 33:36
 Cindy Staples 34:01
 Doug Barrows 35:56
 Carol Palmer 36:00
 Kay Manly 36:00
 Dee Robertson-Lee 36:48
 Nancy Tretick 41:57
 Kerry Speckman 42:05
 Jana Manning 51:27
 Rebecca Brown 59:38

**Don's Friends 5K
 St. Augustine, FL
 April 14, 2102**

John Kovacs 19:43 2nd AG
 Carlos Rodriguez 19:57
 Bernie Candy 20:49 1st AG
 Bernie Candy 20:51
 Tracy Pfuntner 23:18 2nd AG
 Steve Bruce 25:17
 Gregory Stratton 25:19
 Tiffany Kovacs 26:14
 Tommy Dobbs 26:50
 Craig Harms 27:26
 Susan Harms 28:13
 Debbie Powers 29:05 1st AG
 David Townsend 29:32
 Maryluz Stratton 30:35
 Charles Goodyear 32:04 2nd AG
 Vicki Choinski 32:27
 Pattie Rundgren 32:27
 Al Saffer 32:29 1st AG
 Vicki Choinski 32:43

Dee Robertson-Lee 37:14
 Maria Connor 41:54
 Carolyn Mudgette 44:52
 Tracey Armon 48:17
 Darlene Schmitt 52:34

**Running the Blues 5K
 Jacksonville, FL
 April 14, 2102**

Robert Walker 18:53
 1st OA-2nd year in a row!
 Maria Littlejohn 26:09 2nd AG
 Barbara Gilbert 40:11
 race walker

**Run to the Sun 8K
 Jacksonville, FL
 April 14, 2102**

Robert Dews 33:36
 Kevin Mangold 37:43
 George Hoskins 44:38
 Sue Whitworth 44:56
 Jamie Brown 45:25
 John McGriff 45:56
 Bob Meister 1:00:52
 Cassandra Pack 1:04:00

**Strides for Pride 5k
 Jacksonville, FL
 April 21, 2102**

Carol King 24:37 1st AG
 Robert Baltzegar 27:12 2nd AG
 Charlie Hunsberger 30:58
 Travis Sauter 30:58 1st race
 Frank Hostetter 32:17
 Deanna Dickey 39:14
 Robin Harville 39:36
 Joe Connolly 42:01 1st AG

**Mandarin Biathlon
 Jacksonville, FL
 April 28, 2102**

Jim Connell 1:54:52 3rd AG
 Vicky Connell 2:04:29 1st AG,
 2nd OA Female

Vicky would have been 1st Overall female, but she took a wrong turn on the run course. The race was a 6 mile kayak and then a 4 mile run. Last year Jim and Vicky did it as a team and took 1st place in the Mixed Team division. They decided to challenge ourselves this year - his challenge was the run, Vicky's was the paddling. They had a lot of fun!

**OUT OF TIME RACES
 DSOJ 5K
 MARCH 17, 2012**

Ralph Billings 33:51

**Shamrock Marathon
 Virginia Beach, VA
 March 18, 2012**

B. Golden Sikes 4:27:51

I used a Hanson Brothers training plan to run my marathon and experienced my first marathon cramp free! I followed the plan

almost to the letter and learned to EMBRACE THE FATIGUE. Yee-Haaaa!

**Palm 50K
 Ft. Lauderdale, FL
 March 24, 2012**

August Leone 7:33:22

My first 50K (31 miles) at age of 82.. 1st of 1 in 80 plus age group. Run ended on Fort Lauderdale Beach, started 31 miles north at 10 am on a hot sunny 83 degree day.

**34th Annual Okefenokee
 Waycross, GA
 March 24, 2012**

Randy Pullo 50:00 1st AG.
 Nancy Pullo 1:09:00 1st AG.

Breakfast consisting of pancakes, sausage and coffee included with entry fee. Bonus: Randy's birthday cake.

**Springtime Tallahassee 5K
 Tallahassee, FL
 March 31, 2012**

Ralph Billings 33:51

**Cary Road Race 5k
 Cary, North Carolina
 April 14, 2012**

Robert Shields 41:34 3rd AG

I was knocked out of the 5k for April 21 in Raleigh due to an injury I suffered in the Cary Road Race 5-K. Had hoped for a good time in that race as prep for the Memorial-Day 5k. Hope to make the May 5k with good health.

**Boston Marathon
 Boston, MA
 April 16, 2012**

Ron Porter 3:41:47
Despite the heat, this year's Boston was the most fun I've had at any race ever.
 Joel Preston 4:11:19

**OLDER RACES JUST REPORTED
 Gate River Run 15k
 Jacksonville, FL
 March 10, 2012**

Terri Rose 1:10:42 5th AG
 Deb Potash 1:15:56
 Erika Imhoff 1:30:20

Windy on that bridge but awesome post party by the Striders!

**St. Patty's Day 10k
 Jacksonville, FL
 March 18, 2012**

George Hoskins 1:02:07 🇺🇸



RESULTS

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.

CLASS				
ID#	PLACE	PLACE	FINISHER	TIME
Open Men				
1	1	1	M35 Shawn Williams, 36, Jacksonville, FL	27:53.4
340	2	2	M14 Erik Hartley, 18, Orange Park, FL	28:18.7
400	3	3	M45 John Metzgar, 49, Orange Park, FL	28:29.0

Open Women				
570	1	1	W35 Kim Pawelek, 38	29:22.5
3	2	2	W25 Shannon Miller, 27, Jacksonville, FL	31:57.2
208	3	3	W40 Lorna Bradford, 41, Orange Park, FL	32:47.9
:24				

Masters Men				
651	6	1	M45 Eric Vandervort, 45	30:37.5

Masters Women				
28	6	1	W45 Regina Taylor, 47, Jacksonville, FL	34:28.5

Grand Masters Men				
61	7	1	M50 Spencer Olsen, 50, Fernandina Bch, FL	30:41.6

Grand Masters Women				
66	8	1	W50 Kathleen Kaye, 54, Jacksonville, FL	35:15.1

CLASS				
ID#	PLACE	PLACE	FINISHER	TIME
Men 3 - 10				
172	50	1	Bryce Stalter, 10, Orange Park, FL	35:52.7
242	82	2	Vincent Sabatella, 10, Fleming Island, FL	38:20.5
406	106	3	Matthew Stratton, 7	40:17.8
409	143	4	Matthew Law, 9	43:35.6
347	166	5	Luke Bybee, 9, Middleburg, FL	45:55.9

Men 11 - 13				
285	60	1	Patrick McCarthy, 12, Fleming Island, FL	37:08.4
331	101	2	Marcus Murphy, 12, Fleming Island, FL	40:05.9
856	116	3	Andrew Reimer, 12, Jacksonville, FL	41:24.7
328	157	4	Adam Peck, 11, Fleming Island, FL	45:12.8
123	188	5	Maverick Boring, 11, Fleming Island, F	48:10.1

Men 14 - 19				
526	11	1	Kyle Crews, 16, Callahan, FL	31:28.4
482	17	2	Alek Abate, 16	31:53.0
488	18	3	Avery Bue, 17	32:05.2
138	43	4	Teige O'Callaghan, 18, Jacksonville, FL	35:05.8
18	57	5	Matthew Dews, 14	36:52.2

Men 20 - 24				
5	19	1	Jason Toney, 24	32:06.5
530	36	2	Stephen Pamas, 22, Jacksonville, FL	34:15.3
749	41	3	Jonathan Earnest, 24, Jacksonville, FL	34:46.2
25	62	4	Andrew Dodendorf, 24, Orange Park, FL	37:10.3
167	90	5	Obie Pagaduan, 23, Jacksonville, FL	38:47.4

Men 25 - 29				
503	16	1	Matt Worsham, 25, Jacksonville, FL	31:47.4
390	38	2	Josh Smith, 26, Orange Park, FL	34:19.9
200	46	3	Jonathan Roueche, 26	35:33.8
367	49	4	Brent Hume, 28, Orange Park, FL	35:40.5
168	58	5	Gary Stachelski, 28, Jacksonville, FL	36:56.8

Men 30 - 34				
176	5	1	Jesse Patterson, 34, Jacksonville, FL	30:16.7
7	9	2	Robert Walker, 30, Jacksonville, FL	30:59.6
293	10	3	Leonardo Andres, 33, Jacksonville, FL	31:03.8
95	24	4	Troy King, 32, Jacksonville, FL	32:45.6
192	39	5	Kevin Dunphy, 32, Jacksonville, FL	34:20.2

Men 35 - 39				
125	4	1	Jason Arnold, 38, Palatka, FL	29:54.0
81	14	2	Craig Herzog, 38, St Augustine, FL	31:39.1
557	25	3	Seth Pajcic, 35, Jacksonville, FL	32:50.2
603	28	4	Sung Ho Choi, 36	33:27.2
166	34	5	James Sheesley II, 38, Jacksonville, FL	33:44.2

Men 40 - 44				
39	15	1	Mills Ramseur, 40, Jacksonville, FL	31:40.2
333	22	2	Mark Edelson, 43, Orange Park, FL	32:27.9
17	30	3	Robert Dews, 42	33:35.1
373	42	4	David Clarkson, 44, Orange Park, FL	34:49.7
85	48	5	Jesse Withrow, 41, Brunswick, GA	35:37.7

Men 45 - 49				
237	8	1	Drew Kenny, 45, Fleming Islnd, FL	30:56.9
202	12	2	David Bonnette, 45, Orange Park, FL	31:32.2
82	20	3	Peyton Godwin, 48, St Augustine, FL	32:10.5
391	21	4	Craig Bennett, 45, Orange Park, FL	32:26.4
514	23	5	John Heisner, 46, St Johns, FL	32:37.3

Men 50 - 54				
522	13	1	Steve Johnson, 54, Jacksonville, FL	31:33.9
600	26	2	Randy Arend, 51	32:51.4
370	29	3	Raymond Ramos Jr, 50, Jacksonville, FL	33:29.6
232	32	4	Mark Lanzillo, 54, Orange Park, FL	33:40.9
303	59	5	Rick Moss, 51, Fleming Island, FL	37:02.8

Men 55 - 59				
707	31	1	Steve Beard, 56	33:36.2
36	44	2	Paul Geiger, 59, Jacksonville, FL	35:06.4
38	45	3	Dave Hooek, 55, Ponte Vedra Bch, FL	35:20.9
459	69	4	Carl Dawson Jr, 55	37:38.6
31	79	5	Steve Obrien, 57, Jacksonville, FL	38:07.4

Men 60 - 64				
44	33	1	Bruce Holmes, 64, Jacksonville, FL	33:42.1
874	40	2	Bernie Candy, 64, St. Augustine, FL	34:26.3
1202	75	3	Patrick Gaughan, 62	37:44.9
855	87	4	Mark Ryan, 61, Ponte Vedra Bch, FL	38:40.4
512	94	5	Claude Revels Jr, 62, Glen St Mary, FL	38:59.7

Men 65 - 69				
2	81	1	George White, 65, Orange Park, FL	38:17.3
498	83	2	Tom Graham, 68	38:26.8
861	91	3	Bernard Loftus, 69, Ponte Vedra Bch, FL	38:49.9
212	102	4	Frank Frazier, 69, Orange Park, FL	40:07.1
701	124	5	Wesley Royal, 67, Jacksonville, FL	41:51.3

Men 70 - 74				
131	85	1	Paul Smith, 70, Saint Johns, FL	38:35.2
53	190	2	Matt Ross, 72, Jacksonville, FL	48:22.0
504	205	3	Ben Holland, 71, Jacksonville, FL	49:43.7
147	224	4	James Braunreiter, 70, Livonia, MI	51:30.6
436	236	5	Jimmie Seley, 74	53:25.9

Men 75 - 79

34 243 1 Al Saffer, 77, Jacksonville, FL 55:04.5

Men 80 & Up37 273 1 Bob Meister, 80, Jacksonville, FL 1:00:52.1
203 294 2 Pat Gallagher, 81, Orange Park, FL 1:07:17.1
859 302 3 John Aimone, 82, Jacksonville, FL 1:13:47.7

CLASS

ID# PLACE PLACE FINISHER

TIME

Women 3 - 10274 123 1 Grace Adams, 7, Fleming Islnd, FL 51:16.3
493 160 2 Riley Atzert, 8 54:37.6
403 192 3 Anna Magruder, 10, Orange Park, FL 57:33.3
76 226 4 Kasey Crossley, 10, St Marys, GA 1:01:03.3
79 238 5 Sarah Ivey, 10, Green Cove Spgs, FL 1:02:39.6**Women 11 - 13**63 40 1 Lexi Smith, 11, St Augustine, FL 42:05.1
78 92 2 Emily Mickel, 13, Middleburg, FL 48:01.1
173 169 3 Amelia Stalter, 12, Orange Park, FL 55:28.2
537 291 4 Cindy Andrews, 13, Jacksonville, FL 1:14:19.8
571 294 5 Mekayla Lewis, 13 1:16:48.3**Women 14 - 19**483 11 1 Augusta Roueche, 16 35:38.9
853 46 2 Nancy Harms, 17, Neptune Bch, FL 42:40.3
473 49 3 Nicole Schoenfeld, 14 42:43.8
164 78 4 Savannah Chambless, 16, St. Augustine, FL 46:10.4
724 113 5 Lindsey Averitt, 14, Jacksonville, FL 50:01.3**Women 20 - 24**659 28 1 Amber Kelley, 24 39:56.8
770 34 2 Jennifer Dominquez, 22, Jacksonville, FL 41:05.2
664 76 3 Vanessa Church, 24 45:51.7
281 124 4 Brooke Haas, 23, Orange Park, FL 51:21.9
397 133 5 Patricia Ospina, 24, Orlando, FL 52:22.0**Women 25 - 29**541 4 1 Megan Manthe, 29, Jacksonville, FL 33:07.2
250 20 2 Jennifer Hoffman, 29, St Johns, FL 38:09.0
388 27 3 Lizzy Cooper, 26, Orange Park, FL 39:31.5
233 30 4 Jennifer Menendez, 29, Jacksonville, FL 39:58.1
453 32 5 Stephanie Dupree, 25 40:59.2**Women 30 - 34**174 9 1 Kelly McRae, 30, Jacksonville, FL 35:24.6
564 16 2 Marci Gurnow, 31, Jacksonville, FL 37:07.0
199 18 3 Christine Vaughn, 30 37:40.2
117 22 4 Monica Brown, 34, Jacksonville, FL 38:47.6
146 39 5 Nicole Murrell, 34, Ponte Vedra, FL 42:00.4**Women 35 - 39**275 5 1 Lisa Adams, 37, Fleming Islnd, FL 34:22.3
496 13 2 Kristin Smith, 39 36:16.1
558 14 3 Kathleen Pajcic, 35, Jacksonville, FL 36:25.5
311 15 4 Jill Geertsema, 39, Fleming Island, FL 37:03.5
531 19 5 Lori Magyar, 39, Jacksonville, FL 37:50.7**Women 40 - 44**310 7 1 Dana Wilson, 42, Fleming Island, FL 34:53.1
469 10 2 Elena Davis, 42 35:37.6
348 24 3 Lonnie Klidies, 42, Orange Park, FL 38:54.3
871 25 4 Beth Adair, 44, Ponte Vedra Bch, FL 39:04.5
706 50 5 Heidi Carr, 43, St Augustine, FL 42:50.2**Women 45 - 49**864 12 1 Alison Ronzon, 48, Neptune Bch, FL 36:10.5
882 29 2 Kathy Murray, 49, Jacksonville, FL 39:57.7
270 31 3 Kacee Bryner, 47, Orange Park, FL 40:07.9
330 36 4 Colleen Murphy, 45, Fleming Island, FL 41:45.1
872 55 5 Anita Touring, 49, Jacksonville, FL 43:17.8**Women 50 - 54**883 17 1 Terri Rose, 54, Neptune Bch, FL 37:33.2
21 23 2 Ann Krause, 54, Jacksonville, FL 38:48.2
371 44 3 Joanne Harris, 53, Orange Park, FL 42:09.9
446 66 4 Kimberly Lundy, 54 44:39.8
466 69 5 Cheryl Wallace, 54 44:52.0**Women 55 - 59**42 21 1 Stephanie Griffith, 57, Jacksonville, FL 38:10.9
46 59 2 Leslie Hague, 58, Jacksonville, FL 43:47.5
329 70 3 Sue Whitworth, 57, Fleming Island, FL 44:56.2
501 117 4 Mamie Davis, 57, Jacksonville, FL 50:24.9
728 138 5 Susan Roche, 56, Jacksonville, FL 52:55.7**Women 60 - 64**32 67 1 Orsa Hutcheson, 63, St Marys, GA 44:42.6
257 83 2 Barbara Ebers, 63, Jacksonville, FL 46:47.2
660 91 3 Carlotta Edington, 61 47:49.9
708 107 4 Patti Taylor, 64, Jacksonville, FL 49:36.3
89 201 5 Joanne Wiggins, 63, Jacksonville, FL 58:19.3**Women 65 - 69**

35 35 1 Elfrieda Wyner, 69, St Augustine, FL 41:10.0

Women 70 - 74

6 184 1 Nancy Pullo, 70, Jax Bch, FL 56:44.6

Women 80 & Up

860 279 1 Diane Aimone, 82, Jacksonville, FL 1:10:53.4 =

New, Renewing and Expiring Memberships

NEW MEMBERSAbiona Adewole 3/31/13
Cynthia Anderson 4/30/13
Bettsy Araujo 4/30/14
Vickie Barnes 4/30/13
Laura Bergin 4/30/13
Melinda Brooks 4/30/13
Tim Clyatt 4/30/13
Catherine Coffey 4/30/13
Lisa & Stacey Collins 4/30/13
Kimberly Cook 4/30/13Mark Coutu 4/30/13
Jennifer Curry 4/30/13
Jacqueline Daley 4/30/13
Christina Davie 4/30/13
Alison Dickerson 4/30/13
Rhonda Powell Dubose 4/30/13
Chris Edgington 4/30/13
Alecia Fennell 4/30/13
Leslie Forhan 4/30/13
Janet Fox 4/30/13
Stephen & Denice Fullerton 4/30/13Jill & Cameron Geertsema 4/30/13
Bill Greene 4/30/13
Giulliano Guimaray 4/30/13
Heather Herringdine 4/30/13
Jennifer Human 4/30/13
Traci Irven 4/30/13
Arlene Jacobson 4/30/13
Felix Moses Jayam 4/30/13
Cindy Jenkins 4/30/13
Dawn Johnson 4/30/13

Continued on page 19



Monday, May 28, 2012
 5K – 8:00 AM
 1 Mile Fun Run - 9:00 AM

**Tech Shirts for All
 5K Runners!**

Course Location: 1st Place Sports Orange Park • 2186 Park Ave (US17)



ENTRY FEES

	<u>Striders/Military/AIR</u>	<u>Non Striders</u>	<u>Kids 13 & Under</u>
Until May 18	\$15	\$20	\$15
May 19-26th	\$20	\$22	\$15
Day of Race	\$25	\$25	\$25

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

AWARDS

Medals to all Finishers!!
 Awards will be given to Top 3 overall male and female, Top Master's male and female, Top Grandmaster's male and female. Awards will also be given to the top three male and female finishers in each age group as follows: 10 and under, 11-13, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79 and 80 & over.
 The awards ceremony will be held at the Orange Park Town Hall at 9:30 AM.

5K COURSE/TIMING

The NEW 5K course starts at 1st Place Sports and finishes at the Orange Park Town Hall running along the tree lined streets of Doctors Lake Drive. USATF Course Certification is pending. The race will be timed using the ChampionChip (chip must be worn on your shoe or ankle during the race). Do not wear your personal chip if you sign up on race day.

FUN RUN

A FREE One-Mile Fun Run starts at 9:00AM. There is no charge for the Fun Run, but you must register to participate. Complete an entry form on race day or bring in a completed entry form. Please do not mail in Fun Run entry forms.

PACKET PICKUP

Please check your packet pick up location box on the entry form.
Dates: Friday, May 25th & Saturday, May 26th
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

All packets not picked up at 1st Place Sports will be moved to Orange Park Kennel Club for race day pick up starting at 6:30AM.

Sunshine Rotary Pancake Breakfast

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

SPONSORS



BECOME A FLORIDA STRIDERS MEMBER

The Florida Striders is a non-profit organization of running enthusiasts who love to run, race and socialize!

- Benefits include:**
- If you run 3 Strider races, the Florida Strider discount pays for itself.
 - 10% discount at 1st Place Sports
 - Private Strider member tent at the Gate River Run with food & drink: a great place to swap race stories.
 - Visit www.floridastriders.com/membership.html for more information

MEMORIAL DAY 5K • MAY 28, 2012 RACE#

(OFFICIAL USE ONLY)

Packet Pick-Up (Please Choose One) Day of Race @ Orange Park Kennel Club

Baymeadows 1st Place Sports 5/25 or 5/26
 Orange Park 1st Place Sports 5/25 or 5/26
 San Marco 1st Place Sports 5/25 or 5/26
 Jax Beach 1st Place 5/25 or 5/26
 St. Johns Town Center 5/25 or 5/26

First

Last

Age
 M F Sex
 XS S M L XL Unisex T-Shirt Size
 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

Cash
 Check
 Fee Inclosed \$ _____
 FL Strider
 Military

Telephone Number.

Email Address

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 Orange Park and all sponsors, their representatives and successors, from all claims and/or liabilities of any kind arising out of my participation in this event, including any liability that may arise out of negligence or carelessness by persons or organizations named in this waiver I agree and grant permission that should circumstances arise, I defer to race officials and/or qualified persons as to my need to be examined and/or treated medically during the race. I agree that race officials and/or qualified persons have the right to disqualify and remove me from the race course should I be suffering from a life threatening condition. I further grant to Releases 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: Memorial Day 5K

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

May/June 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.ameliastrandrunners.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.ameliastrandrunners.com/kbendy/rrcocal.htm>

DATE	EVENT	TIME	LOCATION	CONTACT
May 12	Best Bet 5K	8:00 a.m.	The Poker Room 201 Monument Road Jacksonville	(904) 731-1900 1st Place Sports
May 26	1st Annual Jax Beach Challenge Run 5K	8:30 a.m.	Lifeguard Station #2 Oceanfront Jacksonville Beach	(904) 731-1900 1st Place Sports
May 27	832 Deputy Dogs Dash 5K	7:30 a.m.	Crescent Beach Park 6930 A1A South Crescent Beach	(352) 637-2475 DRC Sports
May 28	Memorial Day 5K	8:00 a.m.	1st Place Sports Milwaukee & Park Ave. Orange Park	(904) 545-4538 Florida Striders TC
June 2	Hale & Hearty 7K	8:00 a.m.	Arts Market Riverside/Avondale Jacksonville	(904) 731-1900 1st Place Sports
June 9	Never Quit 5K	7:30 a.m 1st Wave 9:00 a.m 2nd Wave	Jacksonville Beach	(904) 731-1900 1st Place Sports
June 16	Run for the Pies 5K	7:30 p.m.	Jacksonville Landing Jacksonville	(904) 731-1900 1st Place Sports
June 30	Big Bang 5K	8:00 a.m.	Christ Episcopal Church Ponte Vedra Beach	(904) 318-8104 Milestone Race Authority

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

Volunteer Florida Strider Webmaster Needed!

Do you have an interest in helping your favorite running club and have a passion for web design? The Striders are looking for a dedicated volunteer to maintain the web site and keep us all updated via e-blasts.

If you are this person, please contact Dan Adams for more information!
daniel.adams1800@gmail.com. =

Our Condolences

Please give your thoughts and prayers to long-time Strider Kent Smith and his family for the passing of his youngest son, Kendal, in Yuma, AZ on April 22. =

NEW & RENEWING MEMBERS

Continued from page 15

Houston Jones	4/30/13
Jan Kellogg	4/30/13
Natasha Lamach	4/30/13
Bridget Leino	4/30/13
Bub & Lisa LeNoir	4/30/13
Carol & David Livesay	4/30/13
Rob & Sandi Logan	4/30/13
Lisa & Joe Mancino	4/30/13
Martha Mangus	4/30/13
Joshua Marsh	4/30/13
Dawn McDaniel	4/30/13
Keith McDaniel	4/30/13
Jennifer Menendez	4/30/13
Katherine Morgan	4/30/13
Peggy Morris	4/30/13
Anthony & Erica Mortimer	4/30/13
Colleen Kay Murphy	4/30/13
Nicole Kaye Murrell	4/30/13
Bonnie O'Nora	4/30/13
Daniel Clay Ott	4/30/13
Shannon Pellegrini	4/30/13
Karen Rech	4/30/13
Adrienne Relstab	4/30/13
Laura Ritter	4/30/13
Dennis & Dawn Rudd	4/30/13
Katie Rutledge	4/30/13
Carol Ann Rykalsky	4/30/13
Diane Salazar	4/30/13

Bill Sass	4/30/13
Angela Saunders	4/30/13
Jamie Stewart	4/30/13
Kay Sutliff	4/30/13
Steven White	4/30/13
Jennifer White	4/30/13
Andrew Williams	4/30/13
Grady & Peggy Williams	4/30/13

RENEWING MEMBERS

Stacey Albrecht	4/30/13
Sydney Ashmead	4/30/13
James Braunreiter	4/30/15
Chris Brindle	4/30/13
LeeAnn & Bob Buscemi	4/30/13
Susan & Buddy Chadwell	4/30/13
Stuart Chalk	4/30/13
Deanna Dickey	4/30/13
Lori Featheringill	4/30/13
Josephine Fulker	4/30/13
Jessica Gregory	6/30/13
Robbie Hailey	4/30/13
Hal Higdon	4/30/13
George Hoskins	4/30/13
Theresa & Leanne Kamajian	4/30/13
Michael & Marilyn Kloehn	4/30/13
Harry Klug	9/30/13
John & Tiffany Kovacs	4/30/14
Ann & Bill Krause	4/30/13

Pamela Kuiken	4/30/13
Rita Lamach	4/30/13
Sarah & Anthony Lawson	4/30/13
Judy Lind	10/31/13
Christina & Steve McDonough	4/30/13
Bill & Dot Mitchell	4/30/13
Richard & Cyndi Nunn	4/30/13
Carol Palmer	4/30/13
William Pearson	4/30/13
Susan & John Pemberton	4/30/13
Tracy & Len Pfuntner	4/30/13
Amy Randall	4/30/13
Renee & Charles Ray	4/30/13
Jan Shaw	4/30/13
Joseph Strickland	4/30/13
Danny & Anne Weaver	4/30/13
Judith Westley	4/30/13
Mike Williams	4/30/13
Ken, Jeanie & Erin Wilson	4/30/13
Greg & Jennifer Wood	5/31/13
Heather Wood	4/30/13

MULTI-YEAR MEMBERSHIPS

Staci Suits	4/30/13
John & Michelle Dunsford	4/30/13 =

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.

Striders Spotlight



BY VICKY CONNELL

Once again, the back page of the StrideRight has a new author. I hope to use the opportunity to highlight some of our members. I find it very interesting to hear their stories about running and their experiences with the Florida Striders. The person I've chosen for my first article is **Marie Bendy**. Many of you are familiar with her husband Ken, who is very involved with the Road Runner's Club of America (RRCA), our national organization.

But not as many of you know Marie, who is a very accomplished runner. Marie has been involved in the Striders since

early 1983 and ran her first River Run that year. She has done time on the board; was the Fun Run Coordinator (back then it was a run the club did every month at a different location); she was Volunteer Coordinator for several years; and did Race Registration for a few years when it was first computerized.

Marie started running in the early 80's. Ken was a Master Chief in the Navy, and had decided to apply for War-rant Officer. He told his boss if he was selected, he would start running. He made it, and so he kept his word.

Ken and Marie started running and training in Lake Asbury where they lived at the time. They also ran with the club on Sunday mornings from Sun Tire.

Marie's first race was a 5K and she placed in her age group. She has placed top three in her age group almost every race since. Marie remembers when she decided to do her first 10K. It was the Sunrise Wellness Run which she had worked as a volunteer the previous year. She took her dog for a run around the

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Striders Spotlight

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lower lake in Lake Asbury to make sure she could complete the 10K distance. Half way around her dog stopped and wouldn't run anymore. She had to carry the dog the rest of the way!

Marie often ran with Jenny Allen. They had a pact that even though they started a race together, if one of them was feeling particularly good that day, she should take off and get the best finish possible. There were many talented runners in Marie's age group, and she always felt there were many better than her. Marie loves to run, but as she put it, "I don't eat, sleep and live running like some people do!"

Marie's best year of running was 1986 when she set many PRs (personal records). Her best marathon was the Jax Bank Marathon in January 1986. Marie finished in 3:35:43 and won her age group. She then did the Gasparilla 15K in February with a 68:48, and the next month completed the River Run 15K in 69:09. Her best 5K time was around 20 minutes. (She once thought she had broken the 20 minute time barrier, but it turns out the course was short so she threw out that time.) Marie also won her division in the Jacksonville Grand Prix that year. No surprise there!! During that year Marie was on a team for Sports Afoot. Some of her teammates included Jenny and Richard Allen, Stan Scarlett,



Frank Frazier, Paul Ruebush and others. She was also a member of the Strider Women's Masters Race Team.

Marie is still finishing races in the top three. In 2011, she finished the River Run with a 2nd place in her age group (65-69) and a chip time of 1:31:24. I was impressed!

I asked Marie about injuries over the years, and she said there was a 3 year period after back surgery and a lot of trouble with sciatic pain, that she only walked. This was until one day she came across Dr. Pratt while on a walk, and he told her it won't hurt any more to run than it does to walk.

She found out he was right and has been running since. Her advice to new runners? "Don't go out too fast; don't try to do a marathon too soon - take time to build up. Have some easy days and do speed work. Your training pace can't be your race pace." Some great advice!

Marie still tries to get in about 20 miles a week. She doesn't know if she'll ever do another half-marathon at this point in her life. She doesn't think so, but then again, people like Frank Frazier and her North Carolina running buddies tend to talk her into things like that! =

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