

Resolution Run 10k/5k

By Kellie Howard, Race Director

Photos by George Hoskins

Over 800 runners participated in the Resolution Run on January 5, 2013. January weather can be unpredictable, but with weather at the start of the race in the mid-40s, it turned out to be perfect. By the time the 700 children came out for the fun run at 10:30, it was 60 degrees. Jack Frost did a great job organizing the fun run, sending out the children in waves so there was a manageable start. It is always amazing to see the first kid come across the finish line in a little over 6 minutes. But it does not matter if you come across the finish line in 6 minutes or 30 minutes; all the kids win by

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UPCOMING SOCIAL

Doug Alred – Local Running Success Story

To speak at 1st Place Sports
2186 Park Ave., Orange Park, FL
January 31st • 6:30 PM

Doug Alred will speak after the weekly 1st Place Sports group run on Jan. 31st. The run starts at 6:30pm. It is 3 to 6 miles, and all paces are welcome. The route runs along the river.

If you can't make it for the run, then

please come for the talk, which should start around 7:30. The Striders will supply the pizza and refreshments. Doug, (owner of 1st Place Sports along with his wife Jane), has promoted and inspired local running for over 30 years. The Director of the Gate River Run will share some stories, and his tips on everything from proper hydrating, to wearing the right shoes. All ages welcome.

Please RSVP to Ann Krause, adk1221@yahoo.com by January 25, 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! =

Prez Sez

By Dan Adams



This fall the Florida Striders lost a great friend when Stan Scarlett passed away. There is a dark moment in the movie Camelot when Lancelot contemplates his mortality and the meaning of life. He concludes that we are all but drops of water in the ocean, but that some drops sparkle. Stan Scarlett sparkled. Everyone loved to be around him. When Stan entered a room, his quick wit and infectious smile filled the entire space. At his funeral service, the pastor noted that Stan's service had the highest attendance of any funeral he had ever seen.

Stan's legacy to the Florida Striders is the River Run tent. He got the idea at Gasparilla in Tampa. It started as a small tailgater and today it is a huge exhibit for hundreds of runners enjoying the biggest race in Jacksonville. Stan continued to build the Strider presence at the River Run two years ago by adding a booth at the River Run Expo. It is impossible to go to the River Run tent and not be reminded of Stan.

Stan loved to talk about running. As a guest at our board meetings, I always placed Stan at the top of the agenda to offer him the opportunity to leave after his presentation. But he never left early. In fact he stayed after the meeting to have a beer with the board members. At these post-meeting events, Stan would talk about the early years with the Sun Tire Runs, the Strider River Run tent and the Marine Corps Marathon. But what he most enjoyed talking about was how in his early running days Frank Frazier would beat him at races. He would try to stay with Frank for as long as he could. Eventually, he was able to pass Frank. He loved to mention that he beat Frank (Sorry, Frank).

Our thoughts and prayers are with Lori and the Scarlett family. We will all miss Stan. He left us too soon. Now he is sparkling on us from above. =

Board of Directors' Summary of Action

**November 13, 2012 (7 PM)
Orange Park Library**

I. Call to Order: Dan Adams called the meeting to order at 7:05 pm.

Board Members present: Dan Adams, Regina Sooeey, Randy Arend, Scott Hershey, Carol MacDougall, Mike Mayse, Don Wucker, Kellie Howard, Glenn Hanna, and Robert Webster.

Also present: Charlie Hunsberger

II. Review of Minutes: A motion was made, seconded and passed to approve the minutes of the October meeting.

III. Officer Reports

a. President Report – Dan Adams:

i. Hog Jog Recap-Charlie Hunsberger: We were a little short on fun run ribbons, but many went to parents. There were 265 total entrants; 37 less than last year; but there were two other runs that weekend, and it was a holiday weekend. The 2pm time seems to work well. The course was well marked. The award winners were happy with the pint glasses.

ii. Adult Running Class Coordinator- Kristie Matherne

iii. Run to the Sun Race Director – Joe Strickland: A motion was made, seconded and passed to appoint Joe as Run

Continued on page 14

2011-2012 Board of Directors & Key Members

(Board Members marked with an *)

President/Race Advisor:

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Photographer: TBD

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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!**

Great Runners

What makes a runner a great runner?
Is it talent? Hard work? Dedication?
Racing success? Friendship?

Three men died in 2012 who were, to me, great runners. My essay this month is a tribute to them.

The first, **Micah True**, I never met. Also known as Caballo Blanco, he was featured in Chris McDougall's best-selling book, *Born to Run*. A loner, True lived among Mexico's Tarahumara Indians in winter, and summered in Boulder. A trail-running specialist, True influenced me with his simple philosophy of how to run.

There are four effort levels of running, he said, Easy, Light, Smooth, and Fast. I'm most fond of the first (as I age and get slower), Easy. "If that's all you get, that's not bad." Many of my training runs over the past few years have been easy. And now I enjoy easy, just putting one foot in front of the other, no strain, in no hurry. Light is after I've warmed up; Smooth is for tempo runs. Fast, Micah True said, takes care of itself.

Micah True died while on a run in the Gila Wilderness in New Mexico in March. He was 58.

The second, **Pat Porter**, died in a plane crash in Arizona in July. Pat Porter, who I knew in the final three years of his amazing running career, was America's best-ever cross country runner. Eight times U.S. national cross country cham-

pion and 10,000 meter Olympian in 1984 and 1988, Porter trained in Alamosa, Colorado. I watched him from 1991-1994, in the twilight of his lengthy world-class career.

Never have I met anyone more focused in the singular pursuit of running success. From dawn 'til dark, Porter trained, ate, rested, cared for himself, to maximize his performance. One training run, however, is how I'll always remember Pat.

Porter worked out with the Adams State team a few times each week. On Tuesday, we drove 40 miles to Rock Creek to run the famous uphill 10-miler through the Rio Grande National Forest. An exceptional time on the course is sub-70 minutes. Most guys were happy with sub-80.

A chippy college kid, Shane Healy, who would later that fall win the NCAA Division II title, told Porter he was going to beat him to the top that day, 3,000 feet of climb to a finishing elevation of 11,000 feet. Porter, always confident, told Healy that the kid would NEVER beat him.

The run was epic. Coach Joe Vigil and I leapfrogged the runners several times as we drove the van to the summit. Healy and Porter were locked in battle from the start, pulling away from the other 20 runners on the hill. Porter, the aging Olympian, and Healy, a future Olympian, battled to the top. Porter ran the ten miles in just under 62 minutes, Healy only 20

Wide World of Running By Jay Birmingham

seconds back. I was in awe.
Porter died at age 53.

Fellow Strider **Stan Scarlett** died on November 30, following a training run. My first memory of Stan was when we met. What a cool name, I thought.

We were in our thirties then, and Stan was always tough. I'm guessing that we raced perhaps 20 times and we probably each won 10.

Stan was almost four years older than I, so many times he would win his age group, and I'd win mine. But my fondest memory is of the Scholarship Scramble, Memorial Day, 1986. I was 41, Stan was 44, and we battled over 5,000 meters at Middleburg High School.

It was a dogfight from the gun. He'd surge ahead, we'd run through the famous mud ditch, I'd get back in front, and then Stan would pull even. Seventeen minutes of hard running later, we hit the last 100 meters of grass and we sprinted it in. I don't have many race photos, but one of my favorites is crossing the line at Middleburg with Stan just two strides back, the fastest time either of us had run in years.

But eking out a victory was not the best memory. For after the race, within seconds of passing the finish clock, Stan threw his arm around my shoulders.

"That was a hell of a race, Birmingham," Stan said. "Good job."

Coming from Stan Scarlett, it was high praise. I'll never forget him. =

The Florida Striders Track Club 2013 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 regula-

tions may prohibit you from accepting this scholarship if you attend college/university on an athletic scholarship.

The completed application should include:

- 1 - A completed form available on web site (4 pages, including items I through X)
- 2 - Personal Reference (Item III)
- 3 - Essay about your running (Item IX)
- 4 - High school transcript (if desired, not required)

ENTRY DEADLINE: Application

must be **received by March 16, 2013**

Mail completed application to:

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@oneclay.net

RESOLUTION RUN

Continued from page 1

supporting their school. \$1,800 will be split between the elementary schools based on the number of participants.

The cooler weather made for great racing conditions with the overall male winner for the 5K, Kayle Fisher, finishing in 17:33. The second place winner was one of the race sponsors, Gary Myers, DDS,

who finished in a time of 17:52. The top female winner for women was a 13 year old with a time of 20:35, Kayley Delay.

For the 10K race, the first place male was Francisco Garcia at 34:47 and the top female was Lydia Veal with a time of 40:26. Runners had a positive review of the slight change in the 10K course which helped alleviate the congestion at the 5K turn around.

The warmer weather kept every-

one around to enjoy the post-race refreshments sponsored by Publix Supermarket. I want to thank all the sponsors who are listed for their support of the Florida Striders and the children's running program. The club would not be able to put on a low cost race and free fun run without their support. I also want to thank all the volunteers because we would not be able to put on this race without them. =

THANK YOU TO OUR SPONSORS

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Yelena Lyamzina	Steve Bruce
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Michelle Yarbrough	Bonnie Brooks
Charlie Hunsberger	Jennifer Weseman
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Heather Richmond	Shannon Pelligrini
Kennedy Conrad	Kim Pelligrini
JD Smith	Annette Gray
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Stacy Williams
Tara Showalter
Scott Showalter
Elijah Showalter
James Weseman
Garrett Weseman
Ansley Weseman



Tributes to Stan Scarlett

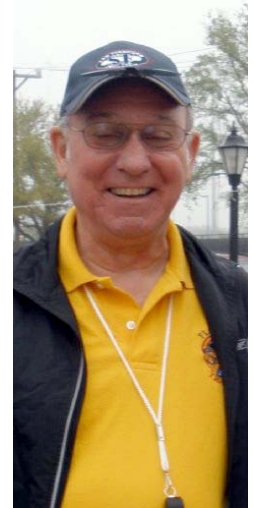
The Florida Striders have lost a devoted, loyal, hard working member.

Stan Scarlett unexpectedly passed away on the evening of November 30 while out doing what he loved – he was out running. He and Matt Ross happened upon each other and while they were standing talking Stan became dizzy and collapsed. Matt was able to perform CPR on him until a nurse and then rescue arrived, which happened very quickly. Even after arriving at the hospital they were not able to revive him.

WOW. There sure were a lot of people that showed up for the memorial for Stan. The Hardage-Giddens funeral home on San Jose was packed to over flowing. The seats were full, there were folks standing all around the main sanctuary, in the entrance vestibule and over flowing to outside. It was a fitting tribute for Stan and an indication of how he touched so many folks and they all came out to support his wife, Lori and children Darcy & Ty and the rest of his immediate family at this difficult time. At the time there were a lot of sad faces out in the audience I'm sure that is not the way Stan would have wanted it.

I actually took a photo of the room as seen from the podium and that can be found on the Florida Striders Facebook page, but you'll have to go back to December 5 to find it.

Stan touched all of us in different ways and many folks could write up lots of stories and experiences. I'll share a



couple from our history.

In my mind, Stan was always the older guy (his birthday was 1 year to the day before mine). He was 71 years old. I got to know Stan about 30 years ago thru the running community and at the time he worked in the accounting department at CSX (I'll say the accounting department from lack of better knowledge) and we all know the mind set of accountants. Meticulous, penny watching, conservative, budget conscious, not necessarily an outgoing personality. At least that was my concept.

When I first heard Stan was leaving CSX and going into real estate my first thought was, Stan who? I mean, real estate folks are all outgoing, never see a stranger, leave a lot of the details up to the lawyers and go, go, go. Not my concept of Stan at the time.

In the early years of our friendship, we ran a lot together. Training and racing. Initially I would beat him consistently in the races and Mr. Type "A" decided to set some goals (budgets). He started going to the track and doing speed work. He was meticulous in writing down his goals (and his accomplishments) for running 1 lap around the track, then running 2 laps, etc, etc. Many times we'd go to a race and Stan would take off like he was running 2 laps around the track and then about half way through the race he'd start slowing and I'd catch him. I remember telling him at one time that if he'd stay back with me for the first half of the race I thought he'd be beating me. He said, "NOPE. I'm going to continue going out at that pace until I can run it the whole

way and beat you". And dang if he didn't. He went for a long time beating me at the races. I'm sorry to bore you non-runners with this but back in his mid forties Stan was a very good runner. He ran a 5k in under 17 min and a 10K in under 35 min (at Peachtree, in Atlanta on July 4th – hot, muggy & hilly). That was one heck of a good time. Another quick point, many, many years ago some of the Striders had gone to the Chicago Marathon and Stan had a very respectable time of just over 3 hours. But Richard Allen was a bit under 3 hours and it seems that it took Stan quite a while to accept that Richard had beaten him! He was always competitive.

With Stan going to a lot of races and winning in his age group, he became well known in the running community and was asked to be on the Florida Striders Board of Directors. While on the Board he worked through several positions, including being the President. Even after he got off the board he remained very active in the Striders and probably what he is best known for now is "The Tent" at the River Run. From the beginnings of an organized "tail gating" after the River Run with 20 or 30 runners and guests participating, Stan guided it through a large growth period until now there is a 25'x50' tent inside a fenced in area of approximately 1 acre, for Striders and their guests to have a major tail gate party with several hundred people attending. When I say Stan "guided" the growth, I mean he organized and managed it down to a gnats hair. Remember that meticulous accountant, it came out in spades. He had it down to how many feet of orange barricade fence



was needed and exactly where each piece of the fence had to be placed, to how many port-a-lets were required, to where they were set and setting up a Disney style "Z" line to get the most efficient use of the port-a-lets. He left all that detail in writing. And all of us that were there as volunteers toed the line for our drill sergeant. Mind you, that there are now probably 50 volunteers at various times and places for this event and Stan organized it. He did have some great staff that developed over the years as the event grew, but it has become known as Stan's tent.

Not long after Stan started in Real Estate, I introduced him to a group of business professionals - "The Executive Association of Jacksonville". The purpose of the group was to help each other get business, either from each other or by referring third parties. Once again, the shy Stan jumped into that organization with both feet and was president numerous times (as well as other leadership positions). I have no idea how many times he was instrumental in re-writing their Articles of Organization as various things changed and I understand Stan was instrumental in getting that organization into the digital age and some of that group was there for his service also.

Back in the early part of this, I mentioned that I thought that Stan would be conservative with his accounting background. If you were on his email list, need I say more about Stan being a conservative!

Finally, I cannot stop without a few words about Stan's Real Estate expertise. In the last few years I've used Stan as a buyer's agent and he was relentless in presenting offers for properties that I was interested in. I can't say he was always in agreement with the offers I was making, but he presented them and followed them through until the offers were accepted. With Stan as my agent, I felt the money we were paying the closing attorney was a waste. Stan knew what had to be done, what forms had to be completed and he calculated the closing costs down to the penny.

I thought the way the family planned the ceremonies for Stan were outstanding. They had visitation for him at Hardage-Giddens from 5PM to 6PM and then a Memorial Service for him at the same place from 6 PM until 7 PM and

then they adjourned to the Ramada Inn at San Jose and I-295 where they had a beer/wine bar and lots of finger foods as well as a staff preparing pasta dishes to order. And Stan would have liked that. I'm sure there were over 200 family members, runners, co-workers and friends that were there to show their last respects.

Stan was a good man.

I will miss Stan.

– Frank Frazier

Stan was one of our very best friends. We have spent many vacations with him and Lori, attending races and travelling all around the country. We have had so many great times together that it is hard to believe that he is gone. We miss you, Stan.

– Richard and Jenny Allen

Memories of Stan

The Florida Striders have lost a devoted, loyal, hard working member and we have lost a dear personal friend. We have done many fun things with Stan and Lori for the last 30 years. We went to lots of out of town Marathon races, shared children's weddings and lots of social events. The highlight of our travels was our trip to San Francisco and Yosemite with Stan and Lori and Richard and Jenny Allen a few years ago.

I worked with Stan for the 27 years that he managed the River Run Hospitality Tent. The tent is really Stan's baby. He came up with the idea and enlarged on it every year. It grew from a small tent with only a few people attending to the huge tent with hundreds of people coming to enjoy the advantages of a warm respite if it was cold, a safe place to leave their personal belongings, and a wonderful spread of food. It was through his diligence and attention to detail that it has become so successful. I have had people tell me that they join the Striders to mainly have access to that one benefit. It should forever more be known as: Stan's River Run Hospitality Tent.

Stan was also the initiator and driving force for establishing the Striders booth in the River Run Expo. It also has become very successful.

Our hearts still ache with his untimely passing. We will remember him for all he brought into our lives.

– Marge and Paul Ruebush

Stan told me a long time ago that the secret to getting better at the races, would be to target a person in front of me, and make it my goal to pass them.

Then find another person to pass, etc. He said to look at the race like eating an elephant,....one bite at a time.

– Bill Krause



In June 2010, many Striders threw a big surprise celebration in Gatlinburg, TN for the Bendy's anniversary.



10k RESULTS

Due to space limitations in the StrideRight, we are only able to publish the top 5 finishers in each age group and those who self-reported via the form on web site. For complete results, please go to www.floridastriders.com.

ID#	PLACE	CLASS PLACE	FINISHER	CHIP TIME	GUN TIME	PACE
Open Men						
2	1	1	Francisco Garcia, 23	34:47	34:48	5:36
465	2	2	David Martinson, 36	34:48	34:49	5:37
235	3	3	John Metzgar, 50	34:56	34:57	5:38

Open Women						
126	1	1	Lydia Veal, 31	40:26	40:28	6:31
742	2	2	Lydia Easterling, 25	41:54	41:55	6:45
3	3	3	Joni Gruwell, 32	42:35	42:38	6:52

Masters Men						
604	6	1	Gerry Glynn, 50	36:45	36:47	5:56

Masters Women						
702	7	1	Regina Sooeey, 41	43:28	43:34	7:01

Grand Masters Men						
730	22	1	Steve Johnson, 55	40:04	40:06	6:28

Grand Masters Women						
741	10	1	Kathleen Kaye, 54	44:24	44:32	7:10

ID#	PLACE	CLASS PLACE	FINISHER	CHIP TIME	GUN TIME	PACE
Men 3 - 10						
1033	55	1	Daniel Tressler III, 10	45:48	45:48	7:23
342	95	2	Matthew Stratton, 8	50:58	51:21	8:13
232	132	3	Kyle Shannon, 9	54:16	54:26	8:45
357	141	4	Matthew Law, 10	55:52	55:56	9:01
359	203	5	Luke Bybde, 10	1:08:04	1:08:13	
10:59						

Men 11 - 13						
43	24	1	Ryan Rabalais, 13	40:49	40:50	6:35
371	61	2	Vincent Sabatella, 11	47:17	47:23	7:38
603	116	3	Christian O'Donnell, 12	52:46	52:56	8:31
204	118	4	Matthew Kirkland, 11, XX	52:52	52:59	8:32
92	196	5	Maverick Boring, 12	1:05:11	1:06:20	
10:31						

Men 14 - 19						
233	20	1	Aren Biala, 16, XX	39:26	39:31	6:22
457	25	2	Alex Brown, 19	41:00	41:02	6:37
127	29	3	Avery Bue, 17	41:21	41:24	6:40
231	91	4	Brandon Shannon, 16	50:47	50:57	8:11
255	92	5	nick barrett, 14	50:53	50:59	8:12

Men 20 - 24						
374	8	1	David Stiles, 22,	37:14	37:15	6:00
102	66	2	Obie Pagaduan, 23,	47:39	47:51	7:41
12	88	3	Jack Hatcher, 24	50:06	50:31	8:05

329	90	4	Mike Speicher-Harris, 23	50:23	50:44	8:07
46	100	5	Juan Hincapie Castillo, 22	51:14	51:41	8:16

Men 25 - 29						
729	16	1	Matt Worsham, 26	39:08	39:08	6:19
143	17	2	Tim Stegnik, 26	39:12	39:14	6:19
136	18	3	Justin Holstein, 28	39:13	39:17	6:19
625	32	4	alejandro rojas, 27	41:48	41:53	6:44
378	34	5	Brent Hume, 29	42:01	42:05	6:47

Men 30 - 34						
637	10	1	Robert Walker, 31	37:36	37:36	6:04
16	21	2	Troy King, 32	39:38	39:40	6:24
59	23	3	Christopher Foley, 33	40:09	40:12	6:29
282	31	4	John McColl, 30	41:46	41:46	6:44
95	33	5	Stephen Smith, 30	41:56	41:57	6:46

Men 35 - 39						
7	4	1	Paul McRae, 39	36:02	36:03	5:49
1	5	2	Shawn Williams, 36	36:05	36:06	5:49
285	9	3	Jason Arnold, 38	37:34	37:36	6:04
462	11	4	David Moritz, 35	37:53	37:55	6:07
103	12	5	David Frank, 37	38:10	38:11	6:09

Men 40 - 44						
377	7	1	Andrew Marchand, 41	37:09	37:10	5:59
321	14	2	Dan Adams, 40	38:53	38:55	6:16
30	15	3	Mills Ramseur, 41	38:58	38:58	6:17
379	35	4	Robert Dews, 43	42:02	42:05	6:47
84	39	5	Peter Giebeig, 42	43:07	43:11	6:57

Men 45 - 49						
248	19	1	David Bonnette, 46	39:21	39:23	6:21
367	26	2	Craig Bennett, 46	41:07	41:10	6:38
636	30	3	Mark Grubb, 48	41:31	41:36	6:42
85	37	4	Peyton Godwin, 46	42:27	42:31	6:51
9	45	5	Bryan Rohlin, 46	43:40	43:45	7:03

Men 50 - 54						
247	27	1	Randy Arend, 52	41:09	41:11	6:38
847	36	2	Michael Johnson, 51	42:19	42:23	6:49
100	38	3	Spencer Olsen, 51	43:00	43:04	6:56
643	42	4	David Scott, 52	43:27	43:30	7:00
326	43	5	Raymond Ramos Jr., 50,	43:34	43:34	7:02

Men 55 - 59						
116	46	1	Gary Gerdeman, 55	43:52	43:57	7:04
644	58	2	Fred Wainio, 56	46:31	46:39	7:30
86	70	3	Kenneth Perkins, 58	47:52	48:02	7:43
24	86	4	Steve O'Brien, 57	49:40	49:44	8:01
29	98	5	George Gieger, 55	51:17	51:36	8:16

Men 60 - 64						
628	44	1	Bernie Candy, 64	43:43	43:43	7:03
119	63	2	Patrick Gaughan, 63	47:32	47:37	7:40
22	68	3	Bronislaw Czech, 64	47:50	47:57	7:43
706	72	4	Lewis Buzzell, 61	48:20	48:32	7:48
739	99	5	Ron Riggins, 63	51:26	51:37	8:18

Men 65 - 69						
90	40	1	Bruce Holmes, 65	43:20	43:20	6:59
201	75	2	George White, 65	48:37	48:46	7:50
251	126	3	George Hoskins, 68	53:45	53:54	8:40
309	161	4	Timothy Carney, 65	57:53	58:27	9:20
41	181	5	Bruce Howard, 68	1:01:43	1:02:00	9:57

Men 70 - 74						
810	119	1	Frank Frazier, 70	52:55	53:03	8:32
62	121	2	Paul Smith, 71	53:09	53:19	8:34

611	190	3	Ben Holland, 72	1:04:17	1:04:35	10:22
39	227	4	Charles Goodyear, 73	1:16:29	1:16:47	12:20
639	232	5	Jim Pellett, 71	1:26:13	1:27:29	13:54

Men 75 - 79

27	216	1	Al Saffer, 78	1:13:00	1:13:00	11:46
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Men 80 & Up

32	229	1	Bob Meister, 80	1:17:39	1:17:39	12:31
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ID#	PLACE	CLASS PLACE	FINISHER	CHIP TIME	GUN TIME	PACE
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Women Under 3

142	17	1	Kris Judd, 1	48:05	48:13	7:45
11	45	2	Jenna Ramirez, 1	53:13	53:54	8:35
17	58	3	Melanie Greer, 1	56:21	56:42	9:05
1156	67	4	Suzanne Cain, 1	58:23	58:57	9:25
135	118	5	Jaylen Naylor, 1	1:06:03	1:06:21	10:39

Women 3 - 10

602	54	1	Rhiannon O'Donnell, 9	55:31	55:39	8:57
256	196	2	Emma Ottosen, 6,	1:29:27	1:29:34	14:26

Women 11 - 13

218	22	1	Rosemarie Cubbedge, 13	48:52	48:55	7:53
334	148	2	Anna Magruder, 11	1:12:28	1:13:12	11:41
37	167	3	Sarah Ivey, 11	1:16:38	1:16:41	12:22

Women 14 - 19

348	4	1	Jessica Fletcher, 16	42:39	42:42	6:53
749	13	2	Lauren Barr, 18	46:41	46:47	7:32
4601	31	3	Nancy Harms, 18	51:12	51:31	8:15
460	93	4	Lindsey Averitt, 15	1:03:12	1:03:50	10:12
743	211	5	Mickayla Glass, 16	1:48:21	1:49:49	17:28

Women 20 - 24

473	16	1	Amber Kelley, 24	47:23	47:31	7:39
250	23	2	Erin O'Nora, 21	49:17	49:31	7:57
403	56	3	Catherine Pinkerton, 22	56:03	56:32	9:02
414	57	4	Sarah Silk, 22	56:03	56:32	9:02
128	60	5	Elizabeth Bajchel, 24	57:20	57:44	9:15

Women 25 - 29

120	28	1	Jane Conner, 28	50:32	50:40	8:09
123	48	2	Chelsea Foote, 27	53:57	54:15	8:42
270	69	3	Kathryn Dembinski, 29	58:45	59:12	9:28
78	70	4	Katie Pirches, 27	58:33	59:20	9:27
97	72	5	Emma Larenas, 25,	59:34	59:58	9:36

Women 30 - 34

609	6	1	Beth Dearment, 33,	42:50	42:54	6:54
638	8	2	Catherine Doui, 30	43:44	43:49	7:03
753	9	3	Erin Dankworth, 30	44:11	44:14	7:08
115	15	4	Chris Vaughn, 31	46:46	46:51	7:32
312	24	5	Jacqueline Ottosen	49:26	49:37	7:58

Women 35 - 39

320	5	1	Lisa Adams, 38,	42:39	42:44	6:53
88	18	2	Sayer Gunn, 37	48:05	48:22	7:45
713	21	3	Krista Kraynak, 39	48:21	48:54	7:48
106	26	4	Cari Holbrook, 36,	50:16	50:31	8:06
754	33	5	Marie-Claire Rowlinson, 35	51:45	51:45	8:21

Women 40 - 44

51	11	1	Kim Scurti, 44,	44:37	44:42	7:12
608	25	2	Ria Ware, 43	49:21	49:39	7:57
472	30	3	Vanessa Del Orbe, 42	50:45	51:09	8:11
229	34	4	Annette Shannon, 43,	51:56	52:06	8:23
704	40	5	Amy George, 43	52:58	53:17	8:32

Women 45 - 49

629	12	1	Alison Ronzon, 48	45:43	45:49	7:22
31	14	2	Regina Taylor, 47	46:46	46:51	7:32
237	20	3	Kacee Bryner, 47	48:36	48:53	7:50
291	36	4	joanie barrett, 45	52:16	52:38	8:26
340	59	5	Gayla Coythress, 45	56:36	56:55	9:08

Women 50 - 54

249	32	1	Vicky Connell, 53	51:36	51:43	8:19
327	37	2	Joanne Harris, 53	52:26	52:47	8:27
719	94	3	Lynn Pabalan, 50	1:03:14	1:03:50	10:12
332	104	4	Elsie Altman, 51	1:04:03	1:04:45	10:20
612	109	5	Susan Harms, 53	1:05:12	1:05:39	10:31

Women 55 - 59

34	19	1	Stephanie Griffith, 58	48:28	48:37	7:49
21	27	2	Ann Krause, 55	50:17	50:32	8:07
809	35	3	Leslie Hague, 59	51:44	52:10	8:21
294	49	4	Sue Whitworth, 57	54:28	54:38	8:47
61	81	5	Faith Leri, 56	1:00:53	1:01:27	9:49

Women 60 - 64

36	55	1	Osra Hutcheson, 64	56:20	56:20	9:05
415	76	2	Patti Taylor, 64	1:00:38	1:00:53	9:47
140	125	3	Debbie Coleman, 61	1:07:37	1:08:08	10:54
208	138	4	Diane Wilkinson, 60,	1:10:06	1:10:48	11:18
262	168	5	Sara Guthrie, 64	1:16:14	1:17:04	12:18
408	175	6	Dee Robertson-Lee, 62	1:19:07	1:20:06	12:46
242	194	7	Jean Schubert, 61	1:26:56	1:27:42	14:01
243	202	8	Nancy Fraser, 62	1:35:29	1:36:53	15:24

Women 65 - 69

802	86	1	Theresa Slifer, 65	1:01:41	1:02:07	9:57
141	123	2	Mary Strickland, 66	1:07:17	1:07:47	10:51
731	133	3	Diane Hale, 65	1:08:01	1:09:16	10:58
98	177	4	Maureen Weiler, 65	1:20:36	1:20:36	13:00



Human Performance Lab

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	Florida Striders	Savings
VO2	\$50	-\$100
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BOD POD (Body Composition)	\$25	-\$50
Athletic Ability Assessment	\$50	-\$100
Nutrition consult	\$60	-\$15
Sports Medicine Consult	FREE	-\$00

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5k RESULTS

ID#	PLACE	CLASS PLACE	FINISHER	CHIP TIME	GUN TIME	PACE
Open Men						
885	1	1	Kayle Fisher, 42	17:33	17:34	5:39
910	2	2	Gary Myers, 40	17:50	17:52	5:45
1230	3	3	Rick Hochstein, 31	18:34	18:34	5:59

Open Women						
1409	1	1	Kayley Delay, 13	20:35	20:35	6:38
894	2	2	Michela Scurti, 14	21:28	21:33	6:55
1523	3	3	Michelle Bressler, 37	21:47	21:54	7:02

Masters Men						
1109	7	1	Keith Poythress, 49	19:39	19:42	6:20

Masters Women						
1074	6	1	Jill Eubank, 47	23:23	23:31	7:32

Grand Masters Men						
1413	17	1	Svcott Hershey, 54	22:05	22:10	7:07

Grand Masters Women						
1147	8	1	Gail Pylipow, 56	24:08	24:23	7:47

ID#	PLACE	CLASS PLACE	FINISHER	CHIP TIME	GUN TIME	PACE
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Men Under 3						
1245	6	1	Craig Francis, 1	19:19	19:25	6:14
1524	41	2	Laurie Scott, 1	24:56	25:09	8:02
1412	91	3	Greg Hopfe, 1	30:05	30:27	9:42

Men 3 - 10						
205	43	1	William Kirkland, 10	25:07	25:14	8:06
903	48	2	Brayden Smith, 7	25:08	25:27	8:06
890	49	3	Owen Darfler, 9	25:27	25:36	8:12
1002	67	4	Nate Chase, 10	27:58	28:09	9:01
803	72	5	Victor Hesterman, 9	28:24	28:56	9:10

Men 11 - 13						
1154	14	1	Aidan Amstutz, 13	21:27	21:30	6:55
1013	20	2	Joshua Doueberly, 11	22:19	22:29	7:12
1148	31	3	Blake Pylipow, 13	23:44	23:58	7:39
1130	38	4	Cole Pittman, 12	24:23	24:35	7:52
808	42	5	Erik Gieger, 13	24:50	25:10	8:01

Men 14 - 19						
1111	10	1	John Hashpak, 14	20:26	20:32	6:35
1181	25	2	Travis Brett, 18	23:20	23:30	7:32
1003	51	3	Gregory Miller, 18	25:40	26:04	8:17
1165	52	4	Andrew Francis, 14,	25:45	26:05	8:18
1153	55	5	Evan Amstutz, 17	26:13	26:22	8:27

Men 20 - 24						
879	54	1	Sam Muyres, 22	25:26	26:13	8:12
1213	150	2	Alexander Woods, 23	41:10	41:58	13:17

Men 25 - 29						
924	11	1	Joshua Lackowski, 29	21:14	21:17	6:51
1248	13	2	Nathan Johnston, 27	21:17	21:25	6:52
1133	26	3	Ryan Domonbon, 27	23:14	23:30	7:30
1518	32	4	Gabriel Hayden, 29	23:39	24:01	7:37
1091	33	5	clement lamptey, 26	23:38	24:05	7:37

Men 30 - 34						
412	45	1	John Blitchington, 32	25:08	25:21	8:06
816	70	2	Michael Edinger, 32	28:14	28:47	9:06
1241	92	3	Justin Calfee, 30	30:09	30:37	9:44
929	93	4	John Showalter, 33	30:15	30:52	9:45
926	125	5	Michael Tolbert, 32	34:19	34:58	11:04

Men 35 - 39						
831	4	1	Jason Scott, 37	18:54	18:56	6:06
883	5	2	Seth Pajcic, 36	19:20	19:22	6:14
1038	18	3	Lincoln Martinez II, 35	22:02	22:12	7:06
901	22	4	Greg Morris, 39,	22:57	23:14	7:24
1420	29	5	Justin Viola, 36	23:16	23:51	7:30

Men 40 - 44						
1216	8	1	Brian Higgins, 43	19:43	19:47	6:21
1408	9	2	Charles Delay, 42	19:56	19:56	6:26
1152	15	3	Matt Amstutz, 43	21:44	21:47	7:01
866	21	4	James Keck, 41	22:47	22:52	7:21
915	36	5	Bill Powers, 41	23:38	24:22	7:37

Men 45 - 49						
1010	12	1	Guy Jackson, 48	21:18	21:21	6:52
889	16	2	Brad Walker, 48	21:52	22:02	7:03
1516	19	3	Joe McCullough, 46	22:11	22:19	7:09
1159	23	4	Thomas Carlson, 45	23:24	23:27	7:33
925	27	5	Robert Martin, 49	23:31	23:41	7:35

Men 50 - 54						
1001	107	1	Gene Aultman, 54	31:46	32:06	10:15
880	122	2	Bill Muyres, 52	33:30	34:17	10:48
1097	123	3	Richard McMahan, 53	33:59	34:49	10:57
1151	139	4	Jp Morgan, 54	38:19	38:55	12:22
891	141	5	Harrel Allen, 53	37:57	39:14	12:14

Men 55 - 59						
1022	65	1	James Connell, 57	27:47	27:55	8:58
1215	100	2	Allan Rupp, 58	30:26	31:49	9:49
740	164	3	Hernando De Soto, 56	50:00	50:14	16:08
1114	165	4	Anthony Fox, 58	54:26	56:01	17:33
15	168	5	Bill Krause, 56	1:03:57	1:04:37	20:38

Men 60 - 64						
1072	24	1	William Bald, 64	23:18	23:29	7:31
1023	60	2	Bill Standfield, 60	26:55	27:15	8:41
1401	89	3	Craig Harms, 62	29:32	30:18	9:31
1064	110	4	Henry Sunday, 60	31:46	32:30	10:15
1201	147	5	Dan Lee, 63	39:42	40:42	12:48

Men 65 - 69						
1233	30	1	Paul Hibel, 66	23:54	23:57	7:42
1026	84	2	John Powers, 68	28:57	29:41	9:20
1182	95	3	Doug Barrows, 69	30:55	31:15	9:58
1405	166	4	Roger Olson, 69	58:39	1:00:18	18:55

Men 70 - 74						
834	28	1	hugh wilson, 73	23:48	23:48	7:41
1110	63	2	Ed McDonough, 70	27:36	27:53	8:54
895	94	3	Bobby Greene, 73	30:37	31:07	9:52
23	96	4	Larry Galley, 70	31:09	31:38	10:03
611	167	5	Ben Holland, 72	1:04:18	1:04:36	20:44

Men 75 - 79						
1096	126	1	Charles Wagner, 75	34:37	35:15	11:10

Men 80 & Up						
1150	151	1	Pat Gallagher, 82	42:08	42:14	13:35
806	152	2	Joe Connolly, 88	44:03	45:28	14:12

ID#	PLACE	LASS PLACE	FINISHER	CHIP TIME	GUN TIME	PACE
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Women 3 - 10						
1183	36	1	Hannah Johnson, 10	28:03	28:09	9:03
1184	38	2	Madison Johnson, 6	28:05	28:11	9:04
1103	51	3	Rachel Renaut, 10	29:29	29:43	9:30
1132	61	4	Leigha Pecora, 9	30:35	30:49	9:52
851	68	5	Angela Ramsey, 10	30:59	31:33	9:59

Women 11 - 13

902	4	1	Lexi Smith, 12	22:35	22:42	7:17
1035	31	2	Madison Mas, 11	26:56	27:57	8:41
850	37	3	Rebecca Ramsey, 12	27:34	28:09	8:54
1514	42	4	Makenzie Groff, 11	28:58	29:06	9:20
1031	52	5	Gabriella Propper, 11	29:32	29:46	9:31

Women 14 - 19

900	9	1	Kim Halbert, 15	24:29	24:32	7:54
1050	33	2	Kelsey Moore, 16	27:31	28:05	8:52
1009	45	3	Kayley Holloway, 18	29:15	29:29	9:26
1065	47	4	Emily Williamson, 14	28:52	29:37	9:19
1187	105	5	Sarah Rodriguez, 17	35:12	35:20	11:21

Women 20 - 24

1008	23	1	Chelsea Jackson, 20	26:47	27:01	8:38
1519	44	2	Rachel Matrangos, 23	29:01	29:24	9:22
1015	46	3	Felicia Reeves, 21	29:00	29:31	9:21
914	55	4	Ruth Levy, 23	29:24	30:12	9:29
844	56	5	Jessica Donovan, 23	29:53	30:40	9:38

Women 25 - 29

1504	13	1	Caitlin Cannon, 27	25:34	26:08	8:15
1043	30	2	Tanya Bell, 29	27:17	27:47	8:48
1061	43	3	Ayumi Cardoza, 29	29:09	29:09	9:24
1219	49	4	Samantha Thorleifson, 25	29:01	29:38	9:21
1039	63	5	Lori Wagner, 25	30:34	31:12	9:52

Women 30 - 34

1515	5	1	Michelle McCullough, 34	22:52	23:00	7:22
887	17	2	Amy Bruce, 34	26:09	26:32	8:26
1242	21	3	Jennifer Desantis, 34	26:23	26:52	8:31
1246	22	4	Mili Hutnh, 31	26:54	27:01	8:40
916	26	5	Eric Hvmoert, 31	26:52	27:15	8:40

Women 35 - 39

1170	11	1	Nancy Henry, 37	25:03	25:18	8:05
855	12	2	Kim James, 37	25:53	26:04	8:21
1168	14	3	John McCormick, 38	25:50	26:18	8:20
1057	16	4	Carrie Briley, 36	26:07	26:29	8:25
1005	29	5	Kari Damrow, 37	27:33	27:43	8:53

Women 40 - 44

1513	7	1	Julie Saieg, 44	23:27	23:37	7:34
845	15	2	Nannette Thomas, 42	25:57	26:27	8:22
286	18	3	Anna Meetze, 44	26:04	26:34	8:24
1129	27	4	Melissa McCrosky, 43	27:15	27:30	8:47
923	28	5	Marlo Zarka, 42	27:28	27:40	8:51

Women 45 - 49

852	19	1	Helen Crawford, 46	26:22	26:35	8:30
1525	20	2	Margaret Samuel, 49	26:24	26:38	8:31
1049	35	3	Nancy Moore, 45	27:32	28:06	8:53
1115	40	4	Melanie Kissane, 47	27:57	28:23	9:01
1227	57	5	Lori Averitt, 47	30:04	30:40	9:42

Women 50 - 54

1063	10	1	Peggy Lessig, 50	25:08	25:17	8:06
1221	24	2	Susan Chadwell, 50	26:36	27:04	8:35
1021	25	3	Bonnie O'Nora, 51	27:00	27:14	8:42
874	32	4	Cherry Pearthree, 53	27:48	28:01	8:58
1073	60	5	Sandy James, 54	30:15	30:46	9:45

Women 55 - 59

1416	106	1	Deann Parker, 55	35:01	35:22	11:18
817	115	2	Terry Moore, 58	35:26	35:54	11:26
835	161	3	Julie Bordelon, 56	39:58	41:19	12:53
717	172	4	Susan Herndon, 55	44:15	44:32	14:16
867	185	5	Sheri Daly, 57	46:57	46:57	15:09

Women 60 - 64

1521	142	1	Donna Rettini, 61	37:38	38:22	12:08
1503	160	2	Mae Cannon, 60	40:43	41:16	13:08
934	217	3	Iris Schaeffer, 60	55:39	57:22	17:57

Women 65 - 69

917	80	1	Susan Gostage, 67	32:36	33:06	10:31
1125	189	2	Tracey Armon, 65	46:33	47:28	15:01

Women 70 - 74

1404	169	1	Arlene Olson, 70	43:35	44:21	14:04
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To get your race results published, fill out the form on floridastriders.com

Race Results

Jacksonville Senior Games
Jacksonville, FL
October 6, 2012

Al Saffer 34:41 1st AG

Subaru Distance Classic 6K
Jacksonville, FL
November 22, 2012

Nikki Watson 30:43

abundance of shade on a great course made it better. Nothing like a small town run!
 Bill Krause 2:23:49

Entire course was on the Daytona Beach. Got very hot, and everyone was in long sleeved tech shirts, santa hats, and beards.

Native Sun Mandarin 10K
Mandarin, FL
November 17, 2012

Sayer Gunn 48:49 3rd AG
PR by 2 minutes
 Ann Krause 49:58
 Bill Krause 1:06:08

Reindeer Run 5K
Jacksonville, FL
December 2, 2012

Bernie Powers 24:34
My 5K PR, which I dedicate to my friend John Hirsch who always encouraged me.

YMCA 10k
Ormond Beach, FL
December 2, 2012

Trish Kabus 1:22:13

Starlight Half Marathon
Palm Coast, FL
December 15, 2011

Trish Kabus 3:25:53

Right Whale 5K
Jacksonville, FL
November 17, 2012

Al Saffer 36:26 1st AG

Reindeer Run 10K
Jacksonville, FL
December 2, 2012

Ann Krause 1:53:19 1st AG
 Bonita Golden-Sikes 2:04:31
A little on the warm side but an

Festival of Lights 5K
Jacksonville, FL
December 8, 2012

Jean Schubert 49:53

Santa Hustle Half Marathon
Daytona Beach, FL
December 9, 2012

Trish Kabus 3:28:54

Jacksonville Bank Marathon
Jacksonville, FL
December 16, 2012

August Leone 5:38:39
1st in 80 plus age group of one. I like saying that. This was my 7th Jax marathon.

Continued on page 17

22nd Annual Florida Strider's - Gate River Run Hospitality Tent



This year won't be quite the same without Stan's guidance but his energetic spirit lives in all of us. Since 1992, Stan has managed this event with meticulous detail and great success. As we head into this year's event we will try to keep things flowing just as smoothly as in the past. Please help us by volunteering to assist in the set-up and operation of the Florida Strider's tent and party site! We need volunteers on Friday morning to help set-up the grounds and Saturday morning to help manage the crowd. Our needs are as follows:

FRIDAY, MARCH 8 – SET-UP

5 AM till 6:30 AM – 8 to 10 people setup the orange fence, posts, banners, dressing rooms and tables. These volunteers need to be at the Fairgrounds, in the same tent area as the last several years. Please bring your sledge hammers. We will use the same metal stakes as last year. The tent will be set-up on Thursday by Kirby. Most of the volunteers at this event on Friday a.m. are seasoned veterans but we will accept “rookies”.

SATURDAY, MARCH 9 - RACE DAY SCHEDULE OF ACTIVITIES (Mike Mayse helps coordinate these activities)

5 AM till 6:30 AM – 6 to 10 people unload equipment: tables, chairs, igloos, ice, etc. and move everything to where it belongs. You need to be there at 5 AM to

be most effective but not later than 5:15 AM. We will also put up several 10' x 10' canopies for the massage school students. Ideally, we would like to have many of the same volunteers reverse the process at 11:30 AM to start clearing the area. Let me know if you can do either or both jobs. You can be a runner/walker or not. We have to have the entry ready before 6:15 AM because runners and their families will be there wanting to get in and get their favorite spots and set up their chairs, coolers, etc.

5 AM till 6 AM - 4 people set up the Strider 10' x 20' canopy for the merchandise location, Scott Hershey will be in charge of the merchandise canopy.

5 AM till 6:30 AM - 3 to 4 people help Marge set up the food garden, at the tent with tables, chairs, food, etc. Around 11:45 AM we need the same volunteers to help Marge start getting everything out of this area and clearing that area. If you can't do early and late jobs, let me know what you can do. You can be a runner/walker or not. Also, I may need extra people to help in the tent during the morning.

Sometimes, volunteers for the Tent interior, do the 5K or 15k, which leaves us short some people.

5:30 AM till 6:30 AM - 3 people set-up the refreshment area, (drinks, ice, cups etc.) with Glenn Hanna and periodically, during the morning, keep the supplies stocked. Can be runner/walker or not.

5:45 AM till 7:30 AM - 4 people man the entry to check and make sure arrivals have yellow bands, ATTACHED ON THEIR WRISTS, and if not, direct them to the HELP DESK, next to the entry. The “entry volunteers” can be runners/walkers or not. No one, including volunteers, is to be inside the orange fenced area without a wrist band, visibly attached to their wrist, Can be runners/walkers or not.

6 AM till 7:30 AM - 1 person meet the massage volunteers and help set-up.

6 AM till 7:30 AM - 2 people work the HELP TABLE, next to the entry. These jobs entail giving out yellow wrist bands to members and their family members and guests, maximum of 6 to each member. You will have member rosters, both FSTC and Amelia Island Runners' (AIR) rosters to verify membership status and to sign up new members. I will give more info later about these jobs. You can be a runner/walker or not, to do this job. People can sign up for Strider memberships, renew memberships. Delinquent members can pay up also. Each one of these gets 6 bands for their family and friends can be runners or walkers.

7:30 AM till 8:30 AM - 4 people minimum at the entry, runners will begin to head to the Starting Line. There will still be some late arrival runners rushing to come into the Tent area and may need yellow wrist bands to enter. Be patient with them. They will be stressed out because they are late. If you can work longer, let me know (should be non-runner or walker).

7:30 AM till 8:30 AM - 2 people work the HELP DESK table. This job will be better for a non-runner/walker. If you can work longer, let me know.

8:30 AM till 10:30 AM - 2 people minimum at the entry. Non-runner/walker

8:30 AM till 10:30 AM - 1 person minimum at the HELP TABLE. Non-runner/walker

10:30 AM till 11:30 AM - 3 people

minimum at the entry. Non-runner/walker
10:30 AM till 11:30 AM - 1 person minimum at the HELP DESK. Non-runner/walker

11:30 AM till 12 noon - 2 people assist our massage group, clear their area and take down the canopies

8 AM till 12 noon - 5 people to be picking up trash, etc. in the Tent area, during these hours, as needed. The entire area to be "trash free" no later than 12 noon, if we pick up the trash early and often, we will be able to clear all the equipment earlier

11:45 AM till 12:15 PM - 2 people help dismantle the 2 dressing rooms, inside the Tent, and load onto Paul's truck.

11:45 AM till 12:15 PM - 4 people take down the Merchandise canopy and load on the trucks/trailer. Scott Hershey will need your help.

11:45 AM till 12:15 PM - 4 to 5 people help clear the Food Garden, with Marge directing.

Please give me commitments as soon as you can so we can finish planning. Please don't feel limited to work one spot. If you are able to volunteer or know someone who can volunteer, please contact me, Don Wucker at either (904) 703-9453 or dwucker@gmail.com. Without your help, none of all this planning would get off the ground. . If your FSTC or AIR membership dues expire soon please help us by paying before the expo/race. If that's not possible you can always pay at the expo booth or tent.

General Information:

- We will have a total of 8 portolets (same as last year).

- In the food area, Marge will "hold back" food for the more "deliberate" finishers to help ensure everyone has something to eat.

- 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 me (703.9453). Mike Mayse will not do any mail outs this year. Members wanting more than 6 bands should call me or Frank Frazier.

- We encourage members to visit the Florida Strider booth in the expo and pick

up their bands (March 7th and 8th). Our booth should be next to the Publix booth, very near the Expo entry area, on the right as you come in. AIR members will also pick up their bands at the Expo booth and/or tent. Plans are to 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'. 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 canopy inside the tent area with a complete display of Strider merchandise on race morning.

- Display Strider photos and articles about Strider community involvement.

- 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 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 4 years, the Amelia Island Runners will join us and assist with food, portolets, drinks, and volunteer for the booth and tent, including set up/take down.

- We are also planning on the massage school from Everest University to be at the hospitality tent and to make their services available (8th 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.

- **AS ALWAYS, BRING FOOD, BRING FOOD, BRING FOOD AND HAVE YOUR GUESTS BRING EVEN MORE FOOD**

If anyone has suggestions on improving the hospitality tent please contact me at either (904) 703-9453 or dwucker@gmail.com. I hope everyone has a great race and a fun time; I look forwards to seeing you there! =

Gate River Run Expo 2013

The Florida Striders will once again have a booth at the Gate River Run Expo. You will not be able to miss our big yellow tent. Please come see us at our booth when you pick up your race packet! You will be able to pick up your yellow wrist bands for you, your family, and guests to enter into the outside tent on race day. We will also be handing out goodies, registering new and renewing members, selling our merchandise, and promoting our upcoming races. We will be at the GRR Expo Thursday, March 7 from 11am-6pm and Friday, March 8 from 11am to 8pm.

*** Volunteers are still needed for the Gate River Run Expo on Thursday and Friday. Most volunteer shifts are 2-4 hours. If you can volunteer at the booth please contact Kristie Matherne at otbfit@gmail.com or 985-688-1849.

MINUTES

Continued from page 2

to the Sun Race Director.

iv. Hershey Games Coordinator – Jack Frost

v. Fun Run Coordinator-Tara Showalter, recommended by Marge.

vi. Volunteers needed – Race Photographer, Webmaster (Mike may have a volunteer-Larry Clark), Membership Coordinator.

vii. 2013 Events to Support:

1. Water Stops – Jacksonville Bank and Donna

2. Spartan 5K

3. Iron Horse

4. Hershey Games

A motion was made, seconded and passed to approve the above list of events to support. We reserve the right to support other events that further our mission as they come up.

b. Treasurer Report – Randy Arend

c. Beginning Cash Balance as of October 1, 2012 was \$42,784.23.

October Income was \$13,381.63.

October Expenses were \$2,806.95.

Ending Cash Balance as of October 31, 2012 was \$53,358.91, of which \$8,049.42 was designated for Children's Running Budget, \$2,333.33 was designated for Heartland multi-race sponsorship for 2013 and 2014 races, and \$42,976.16 was undesignated.

Major revenues included Memorial Day 5K race income, membership, and merchandise. Major expenses included newsletter editing and printing, merchandise, River Run Expo deposit, Jay Birmingham social, adult running for St. Johns Country Day lights, and transfer of Heartland sponsorship moneys for Resolution race. Other expenses were minor.

Randy stated that Compass has been running a special on 5 year CDs at 2%, with a low withdrawal penalty. We are only making 0.2% on our money right now. We have historically put our money into CDs when there has been a surplus. We currently have undesignated \$42,000 in our checking account, and we are getting no return on it.

Kellie made a motion to move a total of \$55,000, the entire money market account and the remainder from our checking account into three separate CDs with Compass Bank. The motion was seconded and passed.

It is time to prepare the 2013 Budget. Randy needs input from the various decision makers so he can prepare a proposed budget.

IV. Committee and Director Reports

a. Resolution Run – Kellie Howard: There will be a coordinator meeting on December 9 at 4pm. The big challenge is to get information out to the schools before they go on Holiday break.

b. Memorial Day 5K – should we join Band of Runners? Vicky wanted the Board to review this proposal and see what the general consensus is. They are proposing to run a 5K on Memorial Day in various locations in order to break the Guinness World Record. We would have to move out race to 9a.m.

Pros: Marketing, increased attendance, being part of a National event and a world record.

Cons: Heat, parking, road closures, upsetting residents from having roads blocked later in day, dubious marketing ploy.

c. Social Update – Bill Krause

i. November – Prediction Run: November 18th at 4 p.m. at Mellow Mushroom.

ii. December - Avondale Open House: Dec 16th

V. Old Business

Doctors Lake Sign – Dan Adams: We will go with the yellow sign and remove the logos. Our sign permit request is pending city approval.

VI. New Business

Mike Mayse wants to discuss meeting attendance.

Discussion about a review of the by-laws for possible amendments. Do we require a by-law amendment in order to produce the newsletter less frequently than monthly?

VII. Adjournment: A motion was made, seconded and passed to adjourn the meeting at 8:11 p.m.

**December 11, 2012 (7 PM)
Orange Park Library**

I. Call to Order: Dan Adams called the meeting to order at 7:03 p.m.

Board Members present: Mike Mayse, Carol MacDougall, Scott Hershey, Robert Webster, Frank Frazier, Dave Bokros, Kellie Howard, Maria Littlejohn, Kristie Matherne, Lisa Adams, Glenn Hanna, Kim Lundy, Dan Adams, Randy Arend, Regina Soeey.

Also present: Charlie Hunsberger

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

III. Officer Reports

a. President Report – Dan Adams

i. Board of Director Appointment

Nominating Committee: Regina Soeey, Maria Littlejohn and Glenn Hanna were appointed. Regina will chair the committee.

ii. RRCA Convention in Albuquerque: We should send someone who will be on the board next year. Charlie Hunsberger volunteered to go.

iii. Flowers for Striders: Dan feels we should be able to send flowers, cards, balloons to people when someone bad happens....death, illness etc. We have \$300/year currently budgeted for this purpose. We can purchase these items without board approval and get reimbursed.

iv. Volunteers for Jacksonville Marathon Water Stop – December 16th: Contact JD Smith if interested.

b. Treasurer Report – Randy Arend:

Beginning Cash Balance as of November 1, 2012 was \$53,358.91.

- November Income was \$990.

-November Expenses were \$2,544.80.

- Amount transferred to Certificate of Deposit Account was \$9,951.13.

-Ending Cash Balance as of November 30, 2012 was \$41,852.98, of

which \$6,771.02 was designated for Children's Running Budget, \$2,333.33 was designated for Heartland multi-race sponsorship for 2013 and 2014 races, and \$32,748.63 was undesignated

i. November 2012: We got \$500 from Kohl's for the golf tournament. The rest of our revenues were membership money. The CDs were set up per the Board's decision at the November meeting.

ii. Budget 2013: A few changes were proposed to the draft budget. The River Run Tent shall be increased to \$1800, New Equipment increased to \$3000, and Volunteer/Member Awards and Misc shall be \$500. Lisa Adams moved to pass the 2013 draft budget as amended. The motion was seconded and passed.

IV. Committee and Director Reports

a. Hog Jog Final Report – Charlie Hunsberger: Our profits were down a bit due to the loss of Kohl's as a sponsor, and the additional cost of printing up extra shirts to use up inventory. We also have more competition now from other races. The 2:00 p.m. race time has been effective.

b. Resolution Run Update – Kellie Howard: Not much to discuss. Everything is ready!

c. River Run Expo Update – Kristie Matherne: She has been thinking about what to give away at our booth. She can get Chapstick for under .50 each. Mike will have more tri-fold brochures printed up. She would like to get volunteers to commit ahead of time, so that she can have a meeting of volunteers and training in advance.

d. Social Update –

December 16th 6:00 p.m. – Champagne Open House Avondale

V. New Business

a. Donation to St Johns Country Day School – Dan Adams: Jay Birmingham has requested a \$500 donation to the St. Johns Country Day School so they can expand their cross country and track programs into the elementary school. A motion was made and seconded to donate the \$500 to them.

There was some discussion and concern that this new program would closely resemble a run/walk club, and so it could leave us open in the future to other run/walk clubs asking for money. For the most part we are in favor of giving them the money, but we would like the purpose of this money redefined.

A motion was made to donate \$500 to St. Johns Country Day School in recognition for all they do for the Florida Striders, and to expand their track program. The motion was seconded and passed.

b. Rename the tent: Stan Scarlett Scholarship. – Dan Adams: We want to find a way to honor Stan and his contributions to our club. The Board has decided to honor Stan at the 2013 River Run Tent.

c. Proposal to reduce the 13 and under race registration fees to \$10. They are \$15 now. This would allow them to run essentially at cost. Lisa mentioned that we profit from our races, and then we re-circulate this money back into the community into children's running programs. Kim feels that we should have age group awards for 8 & under, 9-10, 11-12 etc etc. Lisa made a motion to reduce the registration fee to \$10 for pre-registered children 13 and under. The motion was seconded and passed.

d. Adjournment: A motion was made, seconded and passed to adjourn the meeting. The meeting was adjourned at 8:22 p.m.

January 8, 2013 (7 PM) Orange Park Library

I. Call to Order: Meeting convened by Scott Hershey at 7:02 pm. Scott Hershey, Randy Arend, Glenn Hana, Don Wucker, Ann Krause, Bill Krause, Joe Strickland, Mike Mayse, Carol McDougal, Lisa Adams, Kristie Matherne, Kellie Howard, Dave Bokros

II. Review of Minutes: Motion to approve by Lisa, Kellie Second. Minutes approved by unanimous vote of those present

III. Officer Reports

a. President Report – Randy Arend (for Dan)

i. Appointments by President: Webmaster: Larry Clark. Informational only. Appointment by the president announced to the Board of Directors. Appointment of Larry Clark was graciously received. Mike Mayse expressed great confidence in Larry and his ability to perform duties as Webmaster.

b. Treasurer Report – Randy Arend

i. December 2012 Routine December. Large grant from OP Medical Center- sponsor of Children's Running and RTTS to the total of \$10,000. The Board of Directors expresses great appreciation for their continued support.

ii. Membership renewal for 2013. \$10k ahead in revenue for net favorable of \$15k. Dave Bokros mentioned that the USATF Insurance is important for coverage of events other than road running and wanted to know if that membership was renewed. Randy Arend co

IV. Committee and Director Reports

a. Run to the Sun Budget – Joe Strickland

i. OP Medical center logo approval. Joe gave recognition to Kristie for doing a lot of work with OPMC to land their renewal.

ii. The Town of Orange Park passed new ordinance preventing closure of any road within town limits more than one time per month. MS Society reserved the closure of River Road before the Florida Striders Track Club since they had their paperwork in first. The Race Director, the president, and the MS Society will meet at town hall this Friday to discuss options.

iii. Joe presented the proposed budget for the Run to the Sun 2013. Dave Bokros moved that the budget be approved as presented. Motion was seconded and adopted unanimously by those present.

b. Donna Marathon Water Stop – Dave Bokros

i. Dave Bokros mentioned that he would be unable to attend the National Marathon to Finish Breast cancer this year. Kristie Matherne offered tentatively

Continued on next page

MINUTES

Continued from previous page

to manage the aid station. Glenn Hanna and Mark Winter also volunteered to manage the hydration station.

ii. The Florida Striders will be managing a different Hydration Station this year. The course changed to start at Sawgrass in Ponte Vedre and finish at Mayo Clinic. The Striders will manage Hydration Station #1 at mile #1. This will make for a much shorter day than in the past years.

iii. Dave Bokros agreed to author an email addition and article for Strideright with a call for volunteers and instructions

to register as a volunteer.

c. Run to the Sun Budget – Joe Strickland. Covered during Race Director report.

d. Social Update – Bill Krause

January 31 – Doug Alred will speak at the Orange Park 1st Place Sports store. There will be a run before the presentation and refreshments served during the presentation by Mr. Alred.

V. Announcements

a. Glenn Hanna read comments on the race. Glenn admitted he was cheap on cups with 2700 but ran out at refreshments. Bill Powers went to get some cups from the water stop. Glenn suggested that we buy huge amounts

and store them. Dave Bokros expressed great appreciation for Glenn Hanna and the fantastic job he did managing refreshments and agreed with the idea of buying cups in bulk or finding a sponsor to provide them as Glenn suggested.

VI. Adjournment: Dave moves to adjourn, Ann Krause seconded. Motion was adopted unanimously by those present. There was much rejoicing.

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

New, Renewing and Expiring Memberships

NEW MEMBERS

Diane Brace	1/31/14
Tim & Lyza Burgess	1/31/14
Gerald Caito	1/31/14
Scott & Wendy Crawford	1/31/14
Gregory Fleck	1/31/14
James & Annette Gray	1/31/14
Lee Grose	1/31/14
Jill & Jeff Hartley	1/31/14
Paul Hibel	7/31/14
Christy & Jeremy Hudson	1/31/15
Susanne Jones	1/31/13
Sean Kern	1/31/14
Katherine & Dennis Kirkland	1/31/14
Jordan Klein	1/31/14
Stephen Larson	1/31/14
Michael & Cindy Mas	1/31/14
Tamararie & Patrick McCormack	1/31/14
Mandy McCune	1/31/14
Dina & Paulo Monterio	1/31/14
Marceliano Obnamia	1/31/14
Kathy & Jack Owens	1/31/14
Kevin Pisaneschi	1/31/14
Alex Riggins	1/31/14
Marie-Claire Rowlinson	1/31/14
Allan Rupp	1/31/14
Jen Silvers	1/31/14
Christine Small	1/31/14
Paul Smith	1/31/14
Kimberly & James Stanchurski	1/31/14

Robert Swann	1/31/14
Tammy Taylor	1/31/14
Nannette Thomas	1/31/14
Vanzetta Thomas	1/31/14
Ashli Totty	1/31/14
Patty Trantham	1/31/14
Daniel Tressler III	1/31/14
Connie Walker	1/31/14
Mario Walter	1/31/14

RENEWING MEMBERS

Andrea Bishop	1/31/14
Larry Clark	1/31/14
Alexander & Micheala Combs	1/31/14
Bobby Greene	1/31/15
Kathryn Gunn	1/31/14
Dianne Hill	1/31/14
Richard Horton	1/31/14
Leigh Jacobs	1/31/14
Kimberly, Jack, Stephanie & Michael Lundy	1/31/16
Cynthia Lyons	1/31/14
Maria McNary	1/31/14
Sharon & Gary Medders	1/31/14
Ken Murray	1/31/14
Kent Northey	1/31/14
David Pizzi	1/31/14
Gail Pylipow	1/31/14
Guillermo Ramos-Piazza	1/31/14
Christopher Reeves	1/31/14
Damian Schroeder	1/31/14
Denise Stern	1/31/14

Jack Sykes	1/31/15
Regina Taylor	1/31/14
Kim & Chris Tracanna-Breault	1/31/16
Robert Webster	1/31/15
Stacy Williams	1/31/14
Winney, Katie & Scott Yaun	1/31/14

MULTI-YEAR MEMBERSHIPS

Hank & KimDebra Clark	11/30/14
George Mosely	11/30/14
Patrica Pedroni	11/30/14
Thomas & Melissa Pittman	11/30/14
Carol & Michael Fitzsimmons	12/31/13
Mary & Bill Gladding	12/31/13

EXPIRING MEMBERSHIPS

Kim Anthony	11/30/12
Travis Baker	11/30/12
Robert Barnhill	11/30/12
Chaundra Berghoefer	11/30/12
Amanda Bozeman	11/30/12
Gail & Ricky Browning	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
Philip Smith	11/30/12
Joseph Tinkey	11/30/12
Mary Yiark	11/30/12 =

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

RACE RESULTS

Continued from page 11

Jacksonville Bank Marathon Jacksonville, FL December 16, 2012

Sue Whitworth 1:58:36
George Hoskins 2:00:10
Bill Krause 2:24:55
Elsie Altman 2:43:39
Diane Wilkinson 2:43:40
First 1/2 marathon - 60th Birthday
Jean Schubert 3:18:40

Again, it was my fellow Striders and running friends that not only helped me run this but also made it fun! Did call out to my late friend Ron Elps approaching the finish line. He was faster than Bob Hayes, in school.

The Last Gasp 5k Jacksonville, FL December 29, 2012

Al Saffer 36:04 1st AG
Anne Matthews 36:50 1st AG

Gator Bowl 5k Jacksonville, FL December 31, 2012

Maria Littlejohn 27:22
Sue Whitworth 27:51
Elsie Altman 32:07
Anne Matthews 33:23
Diane Wilkinson 33:52
Al Saffer 35:01 1st AG
Bob Meister 38:46
Joe Connolly 44:42

Resolution Run 10k Jacksonville, FL January 5, 2013

See page 11 for the top 5 in each age group for the 10k and 5k. These are self-reported via the web site.

Ann Krause 50:17
Matthew Kirkland 52:52
George Hoskins 53:45 3rd AG
Sue Whitworth 54:28
Martin Wilkinson 55:55
Bill Krause 1:03:57
Elsie Altman 1:04:03
Diane Wilkinson 1:10:06
Al Saffer 1:13:00 1st AG
Bob Meister 1:17:39
Jean Schubert 1:26:56

Resolution Run 5k Jacksonville, FL January 5, 2013

William Kirkland 25:07
Anne Matthews 32:12

28th Annual DeLeon Springs 5k DeLand, FL January 6, 2013

Daniel Tressler III 21:13
This was the day after I joined the Striders and ran my first 10K at the Resolution Run 10K! My time was a little slow for me, but great for running both on back-to-back days!
Isabel Torres-Padin 21:09 1st AG

28th Annual DeLeon Springs Half Marathon DeLand, FL January 6, 2013

Maria Padin 1:48:33 2nd AG
Barbara Whitter 3:23:54
Trish Kabus 3:23:54

John TenBroeck Memorial Winter Beach 10 Miles Jacksonville, FL January 13, 2013

Sue Whitworth 1:36:21
Martin Wilkinson 1:39:00
Bob Meister 2:19:49

John TenBroeck Memorial Winter Beach Run 5 Miles Jacksonville, FL January 13, 2013

Ann Krause 41:31
1st Masters winner
Bill Krause 54:33

OUT-OF-TOWN RACES

Key West-Hogs Breath Turkey Trot 5K Key West, FL November 24, 2013

Annie White-Butler 35:52
Dave Butler 35:52

Bucks County (PA) Marathon Washington, PA November 18, 2012

Ron Porter 3:13:34 2nd AG

Florida Senior Games Championship 5K Lakeland, FL December 8, 2012

George Hoskins 24:51 2nd AG

Florida Senior Games Championship 5K Winter Haven, FL December 8, 2012

George Hoskins 6:51 2nd AG

Key West-Hogs Breath Turkey Trot 5K Panama City, FL December 3, 2013

Guillermo Ramos Piazza 15:52:00
I want to Thank all my Striders' friends, that kept me motivated to train and to finished the IRONMAN. After 15 Marathons and 25 Triathlons, I was able to finished the ultimate multisports event. Special thanks to my wife Iris for putting up with all the hours of training and never loosing the faith in me. But most important I want to "Thank God" for helping me, without him I'm nothing.

Mississippi Blues Marathon Jackson, MS January 5, 2013

Ron Porter 3:30:19 =

PLEASE,
PLEASE ADD
YOUR RACE
TIMES TO THE
FORM ON THE
WEB SITE!
THIS WILL BE
THE ONLY
WAY YOUR
RESULTS
WILL APPEAR
IN THE
STRIDERIGHT!



floridastriders.com



Saturday, February 23

8 AM - 1 Mile Fun Run

8:30 AM - 5 Mile Grand Prix Race

Join the 35th Anniversary celebration run, which winds over bridges and through historic Ortega. Stop by the HUGE family-friendly street fair for give-a-ways and food! All 1-Mile and 5-Mile finishers receive commemorative medals and there are many prizes for top 5-Mile finishers and team categories. With an average of over 2,000 participants, it is one of the largest races in Jacksonville!

Register Today: DailysOrtegaRiverRun.org



Saturday, April 20, 2013
8K – 8:00 AM
1 Mile Fun Run - 9:30 AM
Orange Park Kennel Club
455 Park Ave, Orange Park



Orange Park Medical Center RUN TO THE SUN

APRIL 20, 2013 • 8K
Event & 2013 Children's Running Title Sponsor: Orange Park Medical Center
Presenting Sponsor: Ludaxx Organic Wellness

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 & Under</u>
Until April 10	\$15	\$20	\$10
April 11 - 19	\$20	\$22	\$10
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
- Day of Race Registration starts at 7:00AM

Race Director: Joe Strickland 904-652-5761
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 & River Road and finishes at the Kennel Club. It is a USATF Certified Course (FL11046EBM) 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 18th & Friday, April 19th

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.



PRESENTING SPONSOR



OTHER 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

RUN TO THE SUN 8K • APRIL 20, 2013

RACE#

(OFFICIAL USE ONLY)

Packet Pick-Up (Please Choose One)

☐ Day of Race @ Orange Park Kennel Club

☐ Baymeadows 1st Place Sports 4/18 or 4/19 ☐ Orange Park 1st Place Sports 4/18 or 4/19 ☐ San Marco 1st Place Sports 4/18 or 4/19 ☐ Jax Beach 1st Place 4/18 or 4/19 ☐ St. Johns Town Center 4/18 or 4/19

First Last

Age Sex Unisex T-Shirt Size 8K Fun Run (no charge - just bring entry form with you on race day) Personal Champion Chip (can NOT be used for Day of Race registration \$2.00 Discount for using own chip)

Street Address (Please Include Apt. #)

City State Zip Code

Telephone Number. ☐ Cash ☐ Check Fee Inclosed \$ ☐ FL Strider ☐ Military

Credit Card payment available at www.floridastriders.com

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 Releasees the right to use any and all photographs, images, or accounts of this event in any manner that it feels appropriate. I agree to abide by all RRCA Guidelines, including but not limited to: No use of headphones or any other device that limits awareness of the participant or any type of wheeled conveyance (excluding use by handicapped or physically disabled participants). Animals are prohibited from the race course unless for the use and assistance of handicapped or physically disabled participants.

Your Signature

Date

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

Date

Make checks payable to: Run to the Sun 8K

Mail to: Run to the Sun 8K • 3931 Baymeadows Road, Jacksonville, FL 32217, Or Drop off at any 1st Place Sports Location

Florida Striders Track Club 2012 Budget to Actual and 2013 Budget

Operating Accounts	2012 Budget	2012 Actual Thru 12/31	Variance Favorable (Unfavorable)	2013 Budget
Income				
Hog Jog 5k (Prior Year Race)	\$ 2,500.00	\$2,453.50	\$ (46.50)	\$ 1,500.00
Resolution 5k	8,000.00	12,210.62	4,210.62	9,000.00
Run to Sun 8k	10,000.00	12,532.48	2,532.48	11,000.00
Memorial Day 5k	10,000.00	13,146.63	3,146.63	12,000.00
Total Race Proceeds	\$ 30,500.00	\$40,343.23	\$ 9,843.23	\$ 33,500.00
Dividends & Interest	\$ 100.00	\$ 74.62	\$ (25.38)	\$ 1,000.00
Membership	9,000.00	9,193.00	193.00	9,000.00
Merchandise Sales (1)	3,500.00	2,283.00	(1,217.00)	2,000.00
Running Class (2)	2,280.00	2,280.00	-	-
General Sponsorships & Donations	-	500.00	500.00	-
Children's Pass Through Sponsorships	1,888.00	1,888.00	-	1,888.00
Advertising	-	-	-	-
Hershey Concession - Children's Running	-	211.94	211.94	-
Other (Donations, Awards, Misc., Etc.)	-	501.50	501.50	-
Total Other Income	\$ 16,768.00	\$16,932.06	\$ 164.06	\$ 13,888.00
Total Income	\$ 47,268.00	\$57,275.29	\$ 10,007.29	\$ 47,388.00
Expenses				
Administrative				
General Office Postage & Supplies	\$ 1,000.00	\$ 974.56	\$ 25.44	\$ 1,200.00
Newsletter Printing, Mailing, and Layout	7,000.00	4,232.00	2,768.00	6,000.00
Affiliation Costs and Insurance	3,500.00	3,424.00	76.00	3,700.00
New Equipment & Maintenance (3)	2,300.00	3,541.14	(1,241.14)	3,000.00
Storage Rental Fees	1,400.00	1,323.82	76.18	1,500.00
Website Fees	200.00	90.23	109.77	200.00
Volunteer/Member Awards & Miscellaneous	300.00	116.99	183.01	500.00
Merchandise Cost Expense (1)	4,000.00	2,957.36	1,042.64	2,500.00
Total Administrative Expenses	\$ 19,700.00	\$16,660.10	\$ 3,039.90	\$ 18,600.00
Club Activity				
River Run Tent	\$ 1,400.00	\$ 1,388.96	\$ 11.04	\$ 1,800.00
River Run Expo	1,700.00	1,250.00	450.00	1,500.00
Socials & Club Picnic/Elections (4)	1,200.00	1,364.93	(164.93)	1,500.00
Promotional Items/Prediction Runs	1,000.00	969.60	30.40	1,000.00
RRCA Convention	1,000.00	874.24	125.76	1,500.00
Banners & Signs	500.00	502.60	(2.60)	1,500.00
Total Club Activity Expenses	\$ 6,800.00	\$6,350.33	\$ 449.67	\$ 8,800.00
Community Activity				
Donations	\$ 1,000.00	\$ 1,000.00	\$ -	\$ 1,000.00
Adult Running Programs	1,000.00	595.00	405.00	1,000.00
Children's Running Programs	14,000.00	14,000.00	-	16,000.00
Running Class (2)	2,280.00	1,447.00	833.00	-
Children's Pass Through Sponsorships	1,888.00	1,888.00	-	1,888.00
Scholarships & Committee Expenses	3,100.00	2,552.92	547.08	3,100.00
Total Community Activity Expenses	\$ 23,268.00	\$21,482.92	\$ 1,785.08	\$ 22,988.00
Total Expenses	\$ 49,768.00	\$44,493.35	\$ 5,274.65	\$ 50,388.00
Net Income (Expenses)	\$ (2,500.00)	\$12,781.94	\$ 15,281.94	\$ (3,000.00)

Note (1): Merchandise income and expense budgets will be automatically increased \$750 when sales exceed \$1,500 and \$2,100.

Note (2): Beginning running class budget is added when income is determined. Expenses are budgeted equal to income.

Note (3): New Equipment and Maintenance Budget authorized to exceed budget by up to \$2,200 at August 2012 Board Meeting.

Note (4): Social Budget authorized to exceed budget by up to \$300 at September 2012 Board Meeting.

(Continued)

Florida Striders Track Club 2012 Budget to Actual and 2013 Budget (Continued)

Designated Accounts (5) (6)

	Budget	2012 Actual Thru 12/31	Carryover	2013 Budget
Receipts				
Shirt Sales to Race Accounts	\$ 18,027.20	\$ 18,027.20	\$ -	\$ -
Children's Running	10,515.00	10,515.00	-	-
Total Receipts	\$ 28,542.20	\$ 28,542.20	\$ -	\$ -
Disbursements				
Shirts for Race Accounts	\$ 5,603.51	\$ 5,603.51	\$ -	\$ -
Heartland 3 Year Sponsorship	4,000.00	1,666.67	2,333.33	2,333.33
Children's Running	16,076.85	5,640.90	10,435.95	10,435.95
Total Disbursements	\$ 25,680.36	\$ 12,911.08	\$ 12,769.28	\$ 12,769.28
Receipts Over (Under) Disbursements	\$ 2,861.84	\$ 15,631.12	\$ 12,769.28	\$ (12,769.28)
Combined Operating and Designated Accounts				
	Budget	Actual Thru 12/31	Variance	2013 Budget
Total Income and Receipts	\$ 75,810.20	\$ 85,817.49	\$ 10,007.29	\$ 47,388.00
Total Expenses and Disbursements	\$ 75,448.36	\$ 57,404.43	\$ 18,043.93	\$ 63,157.28
Total Net Income (Expense)	\$ 361.84	\$ 28,413.06	\$ 28,051.22	\$ (15,769.28)

Note (5): Designated account budgets are added when income is determined. Expenses are budgeted equal to income.

Note (6): Designated account budgets remaining at year-end carry over from prior year to subsequent year.

facebook

Join us on Facebook!



The Florida Striders now have a group page on Facebook. Connect with fellow runners! Stay in the loop with all the club's goings on. Post photos, videos, or favorite links to share with other members. Don't miss out! Join today!

Save the Date!

March 8-9 - River Run Tent & Other Festivities at the Expo

April 20 - Run to the Sun 8k and Free 1 Mile Fun Run

May 27 - Memorial Day 5K and Free 1 Mile Fun Run

Send us your stories!!

The StrideRight is always looking for your running adventures, race successes, training tips, or just about anything you would like to share with fellow members! Please send them to Trish at StrideRightEdit@aol.com by the 20th of each month for publication in the following month's newsletter.

We want to hear from you!

Jan/Feb 2013 Race Calendar

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

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

DATE	EVENT	TIME	LOCATION	CONTACT
January 26	33rd Annual Matanzas 5K	9:00 a.m.	Castillo Dr. St. Augustine	((904) 687-5939 Ancient City Road Runners
February 2	Beaches Chapel Run With The Lions 5K	8:00 a.m.	Beaches Chapel School 610 Florida Blvd. Neptune Beach	(904) 731-1900 1st Place Sports
February 2	Fight for Air Climb	8:00 a.m.	Bank of America Tower 50 N. Laura St. Jacksonville	(904) 520-7123 American Lung Association in Florida
February 2	Sweetheart 5K	8:00 a.m.	9823 Tapestry Park Circle Jacksonville	(904) 710-2458 Ultimate Racing, Inc.
February 2	Chariots of Fur 5K	8:30 a.m.	The Seawalk Pavilion 5th Ave N. Jacksonville Beach	(904) 318-8104 Milestone Race Authority
February 9	Pirates on the Run 5/10K	8:30 a.m.	St. Peter's Episcopal Church 801 Atlantic Ave. Fernandina Beach	(904) 412-5069 Amelia Island Runners
February 9	Jetty to Jetty Ultra Marathon	8:30 a.m.	Atlantic Beach	(904) 373-8311 Performance Multisports
February 9	The Color Run 5K	9:00 a.m.	Metropolitan Park 1410 Gator Bowl Blvd., Jax	(904) 731-1900 1st Place Sports
February 9	Step Up 5K	9:00 a.m.	Oakleaf Plantation 4035 Plantation Oaks Blvd., OP	(904) 318-8104 Milestone Race Authority
February 9	Run 5 to Keep Kids Alive	2:00 p.m.	Jacksonville Landing 2 Independent Dr., Jax	(904) 731-1900 Wolfson Children's Hospital
February 16	26.2 5K & Family Fun Run With Donna	7:30 a.m.	Prime Osborne Convention Ctr. Jacksonville	(904) 355-PINK (7465) The National Marathon to Fight Breast Cancer
February 17	6th Annual 26.2 With Donna Marathon/Half Marathon	7:30 a.m.	Jacksonville Beach	(904) 355-PINK (7465) The National Marathon to Fight Breast Cancer
February 23	35th Anniversary Daily's Ortege River Run 5 Mile	8:30 a.m.	4114 Oxford Avenue (Just off Ortega Blvd.), Jax	(904) 388-2632 St. Mark's Episcopal Day

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

Pirates on the Run

By Frank Frazier

The Amelia Island Runners (AIR) are having their annual "Pirates on the Run" on February 9, 2013. They have both a 5k & a 10k starting at 8.30 AM, with both races making it into Egan's Creek Greenway – providing a bit of cross country flavor to the races.

The Amelia Island folks have been a great compliment to the Striders for many years now. They share the Gate River Run tent with the Striders as well as sharing the costs and space with the Expo prior to race day and many of them come down and support the Striders races.

Likewise many of the Striders go to Fernandina and support their races and they do a great job. They have an exceptionally good club with lots of great volunteers (well they are not as exceptionally good as the Striders, but they come in as a close 2nd). I have personally run this race the last several years and thoroughly enjoy the course and all the AIR activities. They have plenty of authentic "Pirates" that keep the course safe for the runners and they will be handing out beads. In addition they provide a pancake breakfast at no charge for registered runners and only \$5 (I believe) for others. AIR member cost is \$15 prior to January 23 and \$20

after January 23. Non-members add \$5 to those prices. You need to go to ameliaislandrunners.com to get a paper app for those prices. AND GET THIS – they are allowing Striders the same discount as though you were an AIR member. And get them mailed by February 1. The first 500 to register get a technical T-shirt.

It is a little drive for those of us that live in the OP area, but what a great place to spend a relaxing day with the family and several times we've spent a night or two right there and really chilled out.

Like I said, they have supported the Striders for years and I encourage the Striders to participate in these races. ➡

Striders Spotlight

So far in this column I've interviewed Florida Strider members who represent the many different types of people in our club. This month I interviewed a Strider who is very well known for a simple reason. He's really fast! This person is John Metzgar.

I was very interested to hear where John got his start in running. He didn't have any family members that were runners as you might expect. Instead, John started running as a result of being a soccer player in High School. But it's not what you might think. Yes, soccer players run a lot, but it seems John had to run more than most. That's because, as many of you who have played sports know, sometimes running is a punishment for misbehavior. I know, shocking to think it, but evidently John hasn't always been the upstanding, perfect gentleman he is now, because he had to run extra a lot! As it turns out, he wasn't really receiving the intended punishment, because he enjoyed it!

John didn't realize the extent of his talent for running until later when he was in Navy Boot Camp and did exceptionally well during his Fitness Tests. While enlisted in the Navy, John started doing a few local races in Norfolk, VA. One of his first was the Harbor Fest 10K in Norfolk,



VA. John finished with a time of 36:01 and was very pleased with his results. He continued to run often for Navy fitness training, and took up triathlon training, completing a few sprint triathlons in the early 1980s.

John was selected for an officer program in 1986 and was sent to a preparatory "boot camp" like program in Newport, RI; where he met and was greatly influenced by Dave Ruggiero (now a local



BY VICKY CONNELL

Orange Park ENT Doc). Dave was a UF student considering a NROTC scholarship and a near miss for UF's track and cross country programs. They ran one- two through most of the competitive runs and Dave encouraged John to try out for the Cross Country team when he reported to Old Dominion. As they say – the rest is history. Not only did John become a dedicated runner, he met his wife Denise (who happens to be an exceptional runner as well!).

When asked what PRs (Personal Records) he was most proud of, John said his 15:11 (5K) and a 25:08 (5 mi) from his younger years and his Masters (over 40) 5K time of 15:37 were some of the most meaningful. And no, that's not a typo. John has continued to run almost the same fast pace for the last 20 plus years! He could only narrow his marathon PR down to 2:33 "something", but he does remember his first marathon time because he happened to win! It was the Blue Angel Marathon he entered while in Flight School in 1990. His finishing time was 2 hours, 34 minutes, and 6 seconds.

I asked John if his training has

Continued on next page

changed over the years, and he said not much. He continued to train much like he was coached while at Old Dominion University. He supplemented that knowledge base with reading Runner's World magazine, and mimicking elite runners' workout routines. At the back of the magazine it would feature a different runner's training log for a week. In the past 10-15 years, he has relied heavily on the "McMillan Calculator" to formulate realistic race goals. Additionally, the calculator helps him maximize training benefit by providing information used to execute Speed, Tempo, EZ and Long workouts at the proper pace for his ability and current fitness level.

When asked if his training has changed some with age, he said the biggest change is lower mileage to prevent injury. I also asked if he always loves to run or sometimes hates it. John said he always tells people he hates to run, but loves to race. Therefore he runs so he can continue to be competitive. He often envies those who simply enjoy the act of running. His enjoyment comes more from training hard – doing tempo runs and speedwork – but he knows he can't do that all the time.

Surprisingly enough, John does sometimes find time to do other things. He loves to fish (talk about extremes!) and likes to participate in almost any activity involving a ball. Soccer, tennis, vol-

leyball, basketball, etc – anything but boring old running!

For his future, John would like to try and move towards a healthy aspect of running rather than competitive. He feels that his days of running and staying healthy could be over if he doesn't change his fierce competitive attitude. However, he's not sure he can change that. Lately every year he claims he won't compete in the 1st Place Sports Grand Prix, but every year he comes back. He's already stated this is the last year. Maybe the rest of us mortals will have a shot! But do we really believe he won't do it? HMMMMM.....

Last, I asked John his advice for the rest of us who want to be fast like him. He said you have to find good training plans, execute them, learn from them, and then be able to live with the results. Everyone wants to be faster, and they are often disappointed when they don't meet their high expectations. Be realistic with your distance and time goals, train to the best of your ability and be happy with what you can do. You'll be much happier in the "long run". He also advises, when you reach that lifetime peak in your running and times begin to slow due to age, utilize age graded scales to gauge your results rather than comparing them to times you achieved 5 or 10 years ago. Thanks John! We promise to take your advice as long as you do too! =

SEND US YOUR RACE RESULTS!

Please make sure you fill out our new race result form located at floridastriders.com. This will be the only way your results will appear here each month! There is a link to the form on the home page.

Local Running Info



www.floridastriders.com

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

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



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