

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

9 AM till 10:30 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,

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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

April 21- Board of Directors Picnic/Social (proposed date)

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

Prez Sez

By Dan Adams



In January, Joe Strickland and I had the opportunity to observe local politics in action. We attended the Town of Orange Park Recreation Committee monthly meeting and watched the concerned citizens and elected officials work to make our town a better place. Our role was to lobby the committee for special consideration for the Florida Striders road permits in the Town of Orange Park. We met some resistance and the process is still on going, but I am hopeful we will get the policies we need to continue our races in Orange Park.

My involvement in the local politics began in October when the Town of Orange Park passed an ordinance that limits road closures to one per month. At the time of the enactment of the ordinance, the Striders and the MS Society both wanted to use River Road in April. To resolve this conflict and move forward with race planning, Joe and I worked out a deal with MS Society. MS Society agreed to move their venue to our Memorial Day 5K course and we agreed to donate to the MS Society to offset their moving expenses. With the 2013 conflict resolved, we went to the Recreation Committee to create a plan for the future.

At the meeting, I got to sit on the "hot seat" (at the table with council members) and answer questions from the committee members and the citizens. I explained that due to the unique nature of our races we need to be able to secure a road closure permit for a specific date and location. Being part of Grand Prix Series of races, which involves race date de-confliction, makes switching dates challenging. Changing venues is also not feasible for us. New courses are expensive and time consuming, because we need to design and certify them. Other events in the Town of Orange Park do not have these constraints. I proposed two options to the committee: either enter into a contract with the Striders or adopt a seniority policy, where races with longer histories receive priority over new events.

In addition to the unique nature of our races, I mentioned that Strider Races are good for the Town of Orange Park. We have provided high quality, fitness events at no expense to the town for over a quarter of a century. Our events generate revenue which we use to fund local elementary school run-walk programs with over \$16,000 helping 48 schools and over 14,000 students. It is in the best interest of Orange Park to retain Strider Races in their town.

My recent experience with local politics was very interesting. I learned politicians move forward cautiously. It took them almost six months to pass the road closure ordinance. At the meeting I attended, the Recreation Committee moved to gather more information about the other organizations with road closure permits and to revisit a contract or seniority clause at the next meeting. I believe the strength of our case will allow us to work out a solution that is in the best interest of Orange Park and the Striders. I look forward to working with city council to find that solution. =

In order to meet the print deadline, we were not able to include the monthly Board of Directors minutes for February. They will appear in the next issue!



10th Annual Hershey Track & Field Championships Orange Park High School, Saturday, April 6, 2013

Must pre-register by March 29 • For more information please go to

<http://www.floridastriders.com/events/hershey-track-field-championships-2013.htm>

2011-2012 Board of Directors & Key Members

(Board Members marked with an *)

President/Race Advisor:

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The Florida Striders Track Club is incorporated as a non-profit organization under the laws of Florida and is granted federal tax exempt 501(c)3 status under the blanket exemption of the RRCA ID#74-2194707. StrideRight is published monthly at P.O. Box 413, Orange Park, FL. Non-profit Organization Bulk Rate postage is paid at Orange Park, FL.

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

**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!**

Going Metric

I'm glad time doesn't use the metric system. Can you imagine the day divided into 10 or one hundred segments? Those "hours" would be subdivided into deci-hours or centi-hours, and we'd all have to start over with PRs for various distances.

I first came to Florida during a transitional period of measurement track and road race measurement. All tracks were still 440 yards, and exact quarter-mile. All local races were in miles. Daytona had a 4 mile beach race at Easter, and a 10-miler; Jacksonville had its 5-mile beach run, and Florida Junior College hosted 4 mile cross country races.

The River Run, first proposed as a 10-mile event, went metric to 15 km, and the rest is history.

I had come from southwestern Ohio where Steve Price had a pioneering Metric Road Race Series, year-round. Every two months, we'd converge on rural Monroe, and line up for a 10K, a 20K, a 30K, or (gasp!) a marathon (an abomination at 42.175 kilometers). The transition

from miles to kilometers was easy-peasy for me in the mid-1970s.

But I digress . . .

I've decided to go metric.

Henceforth, my training runs will be in kilometers. A three-miler will be a five kilometer workout. My ten-mile jaunts will be recorded as 16K. I no longer have the endurance or passion to log endless 100-mile weeks, but I know that I can log 100 kilometers, especially on a cool week in Colorado in July. So that's my plan.

I've always liked those three-digit training weeks and those two-digit training days. Now, every 6-mile course is a 10K, if I add an extra street-length to my run.

And my bathroom scale—it has a switch on the underside, and I've pushed it from P to K. No more pounds. From now on, I weigh myself in kilograms.

The advantage is obvious. Instead of worrying myself about being well over 150 pounds, I've dropped to 70 kilos! As a formerly skinny person, whose high mileage kept the weight off, I can now be

Wide World of Running By Jay Birmingham

15 pounds over my best known running weight and still write a small number in my training journal.

I have a young friend in Nebraska who reported to me that he no longer goes out for runs when the temperature is less than his age. He's kidding, of course, since he is in his thirties, and in the upper Midwest, that would mean he'd take the entire winter off. But the idea has merit for him.

I'm stuck with a comfortable age/temperature—67. Should I not run when it's warmer than 67, or not run if it's below that? Going metric doesn't help, either. Sixty-eight degrees is 20 degrees Celsius.

But living here in moderate Florida, I guess I can run every day, regardless. So I'm going to lace up my 27 cm ASICS, drink 500 ml of water, go out for a nice 12 kilometer jog, eat a big 100 gram bowl of oatmeal with blueberries, and keep my bodyweight below 100 kilograms, hopefully, for the rest of my life!

N.B.—100 kilograms is 220 pounds.

Just keep moving! =



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Class starts the week of March 25 and ends with a triathlon on May 18.

Contact Vicky at VickyJC@comcast.net
(904) 707-8469 • www.TrainAndTri.com

RIVER RUN TENT INFORMATION

Continued from page 1

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

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.

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RIVER RUN TENT INFORMATION

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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! =

2013 Adult Running Class

The adult running class for spring of 2013 has been postponed until fall due to a change in class director. The new Adult Running Class Co-Directors will be Vicky Connell and Regina Sooeey.

We will attempt to start the class when the weather cools and culminate it in a Strider Race, details to be determined.

The new point of contact for adult running will be Vicky Connell at vickyjc@comcast.net. =

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

Race Results

Resolution Run 10k Orange Park, FL January 5, 2013

Nikki Watson 52:59

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

Nikki Watson 42:31

Zooma Half Marathon Fernandina Beach, FL January 19, 2013

Nancy Pullo 42:31 1st AG
The start of the race was in Fernandina Beach and location of finish was at the Amelia Island Ritz-Carlton. Marilyn Rumansik and I drove

to Fernandina on Friday evening. We arrived at the Ritz-Carlton about 8 pm, had a complimentary glass of wine and sat by the fireplace while visiting with a family from south Florida. We then went to our hotel (Hampton Inn-3 miles from the parking area). The race started out cold but we warmed up after awhile. We ran through Ft. Clinch, which was great because the wind was blocked. When we came out of the park, the course turned toward A1A and we ran south for the remainder. The wind was at our back and the sun was shining during this time so it wasn't very cold. The race finished on the beach and each finisher received a

silver necklace. The after-party was the best I've ever experienced! Muscle Milk, coffee, oatmeal, muffins, fruit, yogurt and WINE was served. The band was wonderful and we were dancing on the lawn overlooking the ocean. Shuttle buses took us back to our car. I finished 1st in my age group and received an imprinted travel coffee mug. I rate this race a 10 out of 10 for course, t-shirt, afterparty and organization.

Matanzas 5k St. Augustine, FL January 26, 2013

Daniel Tressler III 21:16
Raced on my 11th birthday, so first

time in a new 11-14 Age Group! St. Augustine was fast as 4 gifts ran well under 15:00!

George Hoskins 25:30
Sue Whitworth 26:37
Elsie Altman 29:32
Richard Vance 30:02
Bob Meister 32:52
My best time in over a year
Diane Wilkinson 32:53
Trish Kabus 39:55
Jean Schubert 42:20

Pirates on the Run 5k Fernandina Beach, FL February 9, 2013

Bob Meister 35:53 2ndAG

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New, Renewing and Expiring Memberships

NEW MEMBERS

Sarah Barthelmy 1/31/14
Darin Bickle 1/31/14
Barry Hart 1/31/14
Larry & Lisa Johnson 1/31/14
Susanne Jones 1/31/14
Debbie MacDonald 1/31/14
Sharon Moore 1/31/14
Finch NiCole 1/31/14
Sally Pantin 1/31/14
Lessig Peggy 1/31/14
Nancy Taylor 1/31/14

RENEWING MEMBERS

Kate Clouse & Jerry Bennett 1/31/14
Gerald Boorse 1/31/14
Lewis Buzzell, III 1/31/14
Thomas Carlson 1/31/15
Mark Chorpeneing 2/28/14
Mark Clarke 1/31/14
Christine Ford 1/31/14
Patrick Gallagher 1/31/14
Michelle Guyot 1/31/14
Leslie Hague 1/31/14
Craig, Susan & Nancy Harms 1/31/14
Benjamin Holland 1/31/14
Jennifer & Dennis Holler 2/28/14
Leslie Kindling 2/28/14
Lisa & Eric Lea 1/31/14
Melissa McCrosky 1/31/14

Alan Phillips 1/31/14
David & Sylvia Pierson 1/31/14
Carlos Rodriguez 1/31/14
Susan Shelton 1/31/14
Amber Sherrill 2/28/14
Pat Stack 1/31/14
Bob Tatum 1/31/14
Christine Vaughn 1/31/14
John Wisker 1/31/14
Elfrieda & Norm Wyner 1/31/14

MULTI-YEAR MEMBERSHIPS

Jennifer Hu 1/31/14
Robert & Janet Irvin 1/31/14
Babs & Dave Shutt 1/31/14
Adrienne Brooks 1/31/14
Traci Bane 1/31/14
Doug & Lori Aiosa 1/31/15
Jay Birmingham 1/31/15

EXPIRING MEMBERSHIPS

Lori Averitt 1/31/13
Sandra & Stephen Boney 1/31/13
Joshua Brannen 1/31/13
Chuck & Kacee Bryne r1/31/13
Rick Buchanan 1/31/13
Amanda Burkhardt 1/31/13
Karen & Edward Cobleigh 1/31/13
Conn & Trudy Cole 1/31/13
Jonie Davis 1/31/13

Tracy Dawson 1/31/13
John De Antonis 1/31/13
Charles Desrosier 1/31/13
Louise DiPaula 1/31/13
Jennifer Frisbee 1/31/13
John Funk 1/31/13
Nancy Hartmann 1/31/13
Susan & Grant Hauth 1/31/13
Greg Hertzberg 1/31/13
Brian Knight 1/31/13
Jennifer Landrum 1/31/13
Robert Lanier 1/31/13
Denise & Dawson Lee-Adler 1/31/13
Nicole & Adam Mitchell 1/31/13
Michael Pentaleri 1/31/13
Vikki & Daniel Peters 1/31/13
Terri Rose 1/31/13
Randolph & Patricia Sandy 1/31/13
Tris & Jerry Skirvin 1/31/13
Dionne & Jeff Smith 1/31/13
Joe & Maurya Sova 1/31/13
Tana & Scott Still 1/31/13
Jan Taylor 1/31/13
Kelly Whapham 1/31/13
JD Wilkerson 1/31/13 =

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.

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
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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.



March 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
March 2	Kilwins Ice Cream Run 5K	7:30 a.m.	Town Center Complex Jacksonville	(904) 731-1900 1st Place Sports
March 2	Foam Fest 5K	9:00 a.m. (1st Wave)	Equestrian Center 13611 Normandy Blvd., Jax	(904) 731-1900 1st Place Sports
March 2	21st Annual Lighthouse 5K	4:30 p.m.	Lighthouse and Museum St. Augustine	(904) 829-0745 Jr. Service League of St. Augustine
March 2	The Glow Run 5K	7:00 p.m.	Metropolitan Park 1410 Gator Bowl Blvd. Jax	913) 381-2553 The Glow Run
March 3	3rd Annual March to Get Screened 5K	1:00 p.m.	333 1st St. N. Jacksonville Beach	(904) 731-1900 1st Place Sports
March 9	Gate River Run 15K & Florida Times Union 5K for Charity	8:30 a.m.	Everbank Field Jacksonville	(904) 731-1900 JTC Running
March 16	Community First Hale & Hearty 7K	7:45 a.m.	Front & Centre St. Fernandina Beach	(904) 731-1900 1st Place Sports
March 16	Inaugural Intuition Luck of the Kiwi 5K	6:30 p.m.	Intuition Ale Works 720 King St., Jax	(904) 731-1900 1st Place Sports
March 17	St. Patty's Day 5/10K	9:00 a.m.	Evergreen Cemetery 4535 N. Main St., Jax	(904) 731-1900 1st Place Sports
March 23	2nd Annual Music Lasts a Lifetime 5K	8:30 a.m.	Ft. Clinch State Park 2601 Atlantic Ave. Fernandina Beach	((912) 576-1622 Milestone Race Authority
March 29-30	Tour De Pain Extreme 3 Races in 24 Hours 10K/Half Marathon/5K	See website for times	Jacksonville Landing Jacksonville	(904) 731-1900 1st Place Sports
March 30	Run Rabbit Run 10/5K	7:30 a.m.	Queen's Harbour Real Estate 13361 Atlantic Blvd., Jax	(904) 710-2458 Ultimate Racing, Inc.
March 30	Nocatee Trailblazer 5K	8:30 a.m.	Nocatee Splash Park 245 Little River Rd., Nocatee	(904) 318-8104 Milestone Race Authority

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

RACE RESULTS

Continued from page 7

Pirates on the Run 10k Fernandina Beach, FL February 9, 2013

Bernie Powers 53:14 3rd AG
10K PR. Thanks to Martin Wilkin-
son and Paul Smith for pacing
help.

Ann Krause 51:27 1st AG
Bill Krause 1:06:08

Run 5 to Keep Kids Alive 5 Mile Jacksonville, FL February 9, 2013

Diane Wilkinson 58:21 1st AG

26.2 with Donna 5k Jacksonville, FL February 16, 2013

Diane Wilkinson 34:25 2nd AG

26.2 with Donna Half Marathon Jacksonville, FL February 17, 2013

Martin Wilkinson 2:09:53

26.2 with Donna Marathon Jacksonville, FL February 17, 2013

Richard Vance 7:00:08

Trish Kabus 7:00:10

*Paced the 7 hour group for the
sixth consecutive year! Great race!*

OUT OF TOWN RACES

Castaway Cay 5K Castaway Cay Island, Bahamas January 15, 2013

Daniel Tressler III 20:42
*This was my first "international"
race, run while vacationing with
my parents in the Disney Dream.
Daniel placed 3rd overall.*

Ocala Marathon

Ocala, FL

January 20, 2013

Trish Kabus 6:45:20

Listen to Your Heart 5K Gainesville, FL February 2, 2013

Daniel Tressler III 21:27
1st Overall
*It was 36 degrees!!! Brrrrrr! But, I
won the race, placing 1st overall
in all AGs!!!!*

Melebourne Music

Half Marathon

Melbourne, FL

February 3, 2013

Trish Kabus 3:03:55

House of Hope Run Around the Pines 5K Winter Park, FL February 16, 2013

Daniel A. Tressler, III 20:21
*I set my new personal record for
running 5K In this race with over
2000 participants! =*



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!

Striders Spotlight

In this column I've interviewed many runners. As every runner knows, there is unfortunately a point when many runners cannot run any more, but they still want to be involved in the sport. One such runner is Mike Mayse. Although unable to run any longer because of injury to his knees, Mike Mayse is a very active member in our club. He rides his bike several days a week and does his best to walk his dogs almost everyday. His "long" day is when he takes the dogs to Cecil Commerce Center for a 6 mile hike through the back woods. He's been working at Cecil for almost eight years so he knows his way around the area.

Mike grew up in Chapel Hill, NC. He joined the Air Force when he was 19 years old, and never went back. He has lived in San Antonio, Texas; Oscoda, Michigan; Denver, CO; Fayetteville, NC; Tacoma,

Washington; Washington DC; Dayton, Ohio and the Netherlands.

Mike started running in the military when he was an aircraft mechanic and spent a lot of time at the Strategic Air Command (SAC) Alert Facility on Wurtsmith Air Force Base (AFB) in Michigan. This was somewhere around the 1975 timeframe. To kill time when he was on alert, he started running around the alert pad, then gradually around the base, and it continued to grow from there. Mike ran in many places around the world, but he wasn't racing at this time. While he was stationed at Pope AFB on Fort Bragg N.C., he ran about 6 miles a day in the hot mid-day sun. He spent most of his military career running on his lunch break. He said that was not much of an issue in Tacoma and The



BY VICKY CONNELL

Netherlands where the sun came out on a Tuesday - once. He believes this contributed greatly to the 40 plus basil cell (skin cancer) operations he has had since 1985.

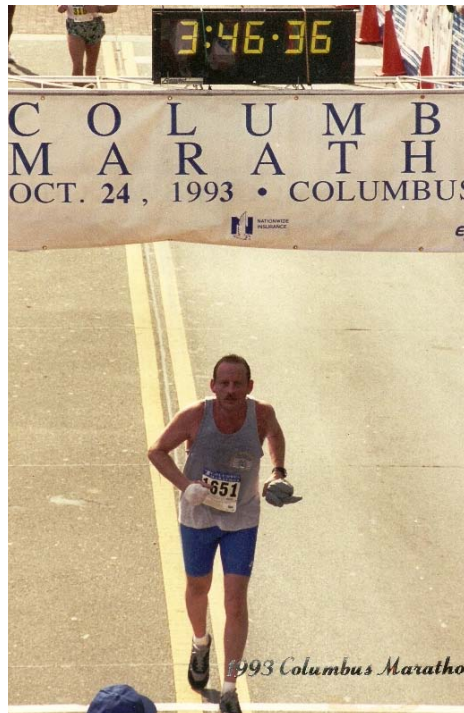
While stationed at Wright-Patterson AFB in Ohio a friend convinced him to race a 5K, then a 10K, a half marathon, and finally, a marathon in Columbus, Ohio, in 1993 (pictured in the accompanying photograph on the following page). He finished his first marathon in less than 4 hours.

Mike arrived in the Jacksonville area in December of 1994, moving into Argyle Forrest. He did the Winter Beaches run in 1995 and met Ken Bendy who talked him into joining the Florida Striders Track Club, and of course he's been a member ever since. He continued to run and race,

Continued on next page

doing all the Beaches Runs, and finishing the Marine Corp marathon twice. Mike loves to run, so it was not a good day when his bad knees insisted that he quit. Now biking and walking keep him active.

Eventually Mike was asked to be on the Board of Directors for the Striders, and has continued this position on and off for many years (he's currently "on"). He has been the Vice President twice, developed the original Strider website and is currently the Membership Coordinator, Equipment Coordinator, and Newsletter Distributor. I asked Mike why he continues to devote so much time to the Florida Striders. He said it started with his family where he was taught the value of being involved with organizations that help others. While in the military he was involved with the Air Force Top 3 Group, which is Senior NCOs on the base that get together to help the local military families or local community. They worked with teenagers and often provided food for those in need. Mike was president of this organization for 3 years. He was also a volunteer Fire Fighter and EMT while stationed at McChord AFB in Tacoma, Washington. It all boils down to a strong belief in service to the community, and Mike feels that the Florida Striders are a good fit for him. It's what he does and has always done. He says that one of these days he's going to quit and just spend time with his family, but I really don't believe him! The Striders greatly value the



service that Mike provides!

As always, I asked Mike if he has any advice for other runners. His advice was to stay with it, and slow down sometimes and enjoy it. He also said if you have to quit running, find some other things to try, and stay away from the table and watch your diet, because it doesn't get any easier to keep those pounds away as the years go by. Oh yeah - if you even think about going out in the Florida sun please apply copious amounts of sun screen... It's way cheaper and a lot less painful than surgery! =

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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