

## Fun Times at the River Run Expo



By Kristie Matherne

The Florida Striders had another successful Gate River Run Expo with the help of our faithful, hardworking volunteers. The yellow tent with stringing lights, pictures of the Striders' "fun" times, and our merchandise hanging in the tent made for a stand out booth display. The expo was busy with a rush of new and renewing members signing up at the booth. At one time, we even had a little competition between the volunteers who could recruit the most new members. As members came to the booth to get their yellow wrist bands for Saturday, they would encourage their friends to join talking about our great races and socials and of course the gate river run tent on Saturday morning. We signed up over 50 new members and 100 renewing members at the expo. Thanks again to our volunteers! =

LOOK FOR FULL RIVER RUN RECAP AND PHOTOS IN THE NEXT ISSUE OF THE STRIDERIGHT

### Inside

Minutes	2
Board/Key Members	2
Sponsors	3
FSTC Board of Director Nominees	4
Striders at the Races	8
AI Saffer Honored	9
Weekly Training Runs	9
New & Renewing Members	10
We Get Letter	12
Run to the Run Flyer/Application	14
Memorial Day Flyer/Application	16
April/May Calendar	18
Strider Spotlight	19

### SAVE THE DATE

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

**April 21- Board of Directors Annual Picnic**

**Mandarin Park - 1 PM - 14780 Mandarin Road, Jacksonville, FL**

Come One, Come All!!! Please join us for this always popular event. Everyone welcome!

We have secured 2 of the Pavilions near the Julington Creek bridge area of the park, and there is also a well-equipped playground for the kids. The Striders will supply the burgers, dogs, and refreshments, but if you can bring a side dish or dessert item, that would be welcome as well. We will be electing our board members for the next term, so please bring your ayes and nays :-> Bring a friend. You'll have lots of fun!

Please RSVP to Ann Krause, [adk1221@yahoo.com](mailto:adk1221@yahoo.com) by April 15th, so Bill knows how many burgers and dogs he has to cook!

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

# Prez Sez

By Dan Adams



This year I had my personal best River Run. I have run faster 15K times in the past, but I have never had a better run. This year I got to run with my eight year old daughter, Grace. It was very special to share the sport I love with her.

In December, Grace told me she wanted to run the most miles, for all students, in the Thunderbolt Elementary Run Walk Club. To achieve this goal she runs 6-8 laps each Friday during school. This pace would win a Florida Strider Marathon Medal, 26 miles during the school year. The marathon medal is a popular goal for run walk participants. But to win overall, she explained that she needed to race on the weekends. Her run walk coordinator counts races, in addition to laps at school. 5k races add three miles, but a 15k would add nine miles in one day! This would surely catapult her to the top of the school mileage board.

I told her I would design a training plan and run with her, if she provided the motivation. I was not going to push her to run, but if she put in the training miles, I would be her running partner for the Gate River Run. Grace had run several 5ks and even a 10K, but she had never attempted nine miles before. So we built the miles up slowly, starting at three miles and finishing with an eight mile long run leading up to the race. Grace showed she had the motivation by finishing all the training runs without complaint, evening waking up at 6:00 AM to get some miles in before school.

During the River Run we had so much fun. I got to eat sausage and drink beer, which is way better than GU and Gatorade. Grace received lots of encouragement, from both spectators and runners. Many wanted to know her age and if she was really going to run the whole 15K. Grace only walked one time, and ran the entire the bridge. We finished with 1:38 and smiles on our faces. It was truly special to be part of her achievement. =

## Board of Directors' Summary of Action

February 12, 2013 • 7 PM) • Orange Park Library

**I. Call to Order:** Scott Hershey called the meeting to order at 7:08 p.m.

Board members present: Regina Sooeey, Scott Hershey, Lisa Adams, Bill Krause, Ann Krause, Kristie Matherne, Maria Littlejohn, Glenn Hanna, Mark Wynter, Kim Lundy, Carol MacDougall, Frank Frazier, Kellie Howard, Mike Mayse. Also present: Don Wucker

Quorum: Yes

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

### III. Officer Reports

a. President Report – Lisa Adams for Dan Adams

i. Town of Orange Park Permitting Process: There is an Orange Park Ordinance stating that there can be only 1 event per month on any single road. The MS Society had already reserved River Road on the same day as our Run to the Sun 8K. The MS Society agreed to let us have that date in exchange for a \$1,000 donation. Dan went to the Town of Orange Park and asked them for an agreement to lock in our race dates every year, and give us precedence for certain dates before other organizations. It is still to be determined if they will grant our request. Lisa is requesting someone write a letter to the Clay Today about this issue. There was a lot of discussion on how much we do for the town of Orange Park, and how this should be reciprocated.

## 2011-2012 Board of Directors & Key Members

(Board Members marked with an \*)

### President/Race Advisor:

\*Dan Adams . . . . .(C) 505-8849  
daniel.adams1800@gmail.com

### Vice President/Merchandise Coordinator:

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

### Secretary:

\*Regina Sooeey . . . . .(H) 673-0608  
email: regina.sooey@gmail.com

### Treasurer:

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

### Membership Coordinator/Newsletter Circulation Coordinator/Equipment Coordinator:

\*Mike Mayse . . . . .(c) 238-3650  
email: membership@floridastriders.com

### Children's Running Coordinator:

Tara Showalter.....(407) 782-8956

### Photographer: TBD

### Memorial Day 5K Director/Strider Spotlight

### Columnist & StrideRight Proofreader:

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

### Social Coordinators:

\*Ann Krause . . . . .(C) 252-0410  
adk622@yahoo.com

\*Bill Krause . . . . .(C) 860-9189  
email: bjk615@yahoo.com

### Resolution 10k & 5k Director/Scholarship Committee

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

### Scholarship Coordinator:

\*Kim Lundy . . . . .(H) 213-0250  
email: woodski135@aol.com

### Scholarship Committee:

Bill Krause . . . . .(C) 860-9189  
email: bjk615@yahoo.com

Danny Weaver . . . . .287-5496  
weaver243@hotmail.com

### Directors at Large:

\* Lisa Adams . . . . .(C) 505-8731  
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\* Dave Bokros . . . . .(C) 545-4538  
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\*Maria Littlejohn . . . . .(C) 923-0923  
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\*Carol MacDougall . . . . .(H) 282-9914  
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\*Robert Webster . . . . .(H) 375-1053  
email: wccinc@bellsouth.net

\*Mark Wynter . . . . .(H) 718-1007  
email: wynter.mark@yahoo.com

### Hog Jog Director:

Charlie Hunsberger. . . . .(W) 502-9407  
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### River Run Expo Tent Coordinator:

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email: otbfit@gmail.com

### Run to the Sun 8K Director:

Joe Strickland.....(H) 264-4923  
jestic@comcast.net

### River Run Hospitality Tent Coordinator:

\*Don Wucker . . . . .(C) 703-9453  
email: dwucker@gmail.com

### Race Volunteer Coordinators:

\* Kim Crist.....(C) 545-3722  
email:.....kcist9@aol.com

\*Frank Frazier . . . . .(C) 874-1828  
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### Race Logistics Coordinator:

\*Glenn Hanna . . . . .(C) 710-4302  
email: ghanna3@bellsouth.net

### Graphics Design Coordinator:

Tori Connell  
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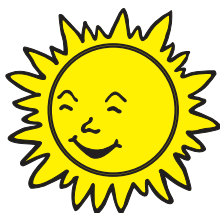


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# 2013-2014 Florida Striders Board of Directors Nominees



## Andrew Barr

Andrew started running in 2000 and has run off and on since then, casually competing in races of all distances. A resident of St John's County for 8 years, and a father of 3, Andrew has enjoyed watching his kids compete in cross country and track at Bishop Kenny for the past several years. Recently, Andrew has gotten recommitted to running and joined several running groups which are made of many Striders. The positive relationships made in those groups along with a personal experience with the Striders when his daughter was honored to receive a Striders scholarship has lead Andrew to want to be more involved with and to try and give something back to the Striders by joining the board. Andrew has seen first hand the quality of the people in the

running community and looks forward to meeting many new runners and more actively participating in the Florida Striders.

## Glenn Hanna

Glenn Hanna Having lived in Jacksonville since 1990, Glenn has been running off and on since junior high school. He joined the Striders in 2001 to meet other runners and return to the pavement. He has four grown children, one older son and three "lovely and kinda wacky" daughters and two granddaughters. Glenn is the Quality Program/Continuous Improvement Coordinator at a Wire Mill on the Westside of Jacksonville. He plans to continue to mentor new runners and promote the overall growth of the Striders on spreading the word about the benefits of a running lifestyle.



## Scott Hershey

Scott Hershey used to run on a regular basis from his late teens and into his twenties. A couple of years ago his oldest son Drew was on the Wolfson High School Cross Country team. While watching him compete was fun - the urge to start running again wasn't there yet. But after watching his son Drew run the Festival of Lights a couple of years ago he was hooked again. It brought back the memories of races he had run back in the 70s.

After mainly running 5k's and improving his time came the natural progression to longer runs. He found that his training runs by himself were getting stale and lacked motivation. Scott met Kellie Howard at a Bolles Track meet and she suggested joining with her and other Striders for weekly group runs.



## Human Performance Lab

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RMR	\$30	-\$45
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## IN MEMORY AMERICA'S FALLEN

### RUN FOR THE HEROES 5K/FUN RUN

**OakLeaf Village Elementary**  
**410 OakLeaf Village Parkway**  
**Orange Park FL 32065**

**May 11, 2013**  
**Race Start: 0800**  
**Entry: \$30.00**

**All Proceeds help send children of fallen military to summer camps all over the U.S.**

**ONLINE REGISTRATION AT:**  
<http://www.milestoneraceauthority.com>

**COMPLETE RACE INFO AT:**  
[www.runfortheheroes.org](http://www.runfortheheroes.org)

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Through those group runs he continues to find a wealth of knowledge and training techniques in those runners.

Scott believes in the positive aspects in running, training and competing for all ages.

Scott has been on the board for the past 4 years and looking forward to serving this coming year that will see a lot of change in the board of directors and new challenges.

Scott has been married to Lori for 24 years and has 4 children; Drew, Josh, Tori, and Hope.

Scott is owner of Crystal Clear Pools, Inc. for over 20 years.



### **George Hoskins**

George became a runner when he went out for the cross country team as a college freshman. Running has been his main sport and fitness activity for 50 years. He and his family moved to Orange Park in 1982. He was a member of the Striders for a few years in the early 1980s. George became active in the Striders again in 2000, and joined the Board in 2003. He has served as merchandise coordinator, treasurer, and race volunteer.

George retired from a social work career at the Naval Hospital in 2006. Since 2007 he has had the privilege of going on temporary assignments as a counselor at military bases in the States and overseas. This work "forced" him to travel to places he had never been - Hawaii, Alaska, and to Europe four times. (Tough job but someone has to do it!).

George has participated in hundreds of races, and still enjoys the competition and socializing that takes place before, during, and after these events. He enjoys being a part of the Gate River Run, as an Expo volunteer and participant; he was happy to note that this year was his 24th River Run.

George believes the Striders make many valuable contributions to the community, by putting on great races, supporting children's running programs, offering the beginning running classes, and generally promoting fitness and healthy lifestyles.

George and Mary live in Orange Park and have two sons and two grandchildren.

### **Charlie Hunsberger**

Charlie started running 4.5 years ago while unemployed and looking for something cheap to do. (Little did he know distance running actually isn't cheap!) He especially enjoys trail running, and hopes to soon run his first Ultra. He will also be the race director for the Striders Annual Hog Jog 5k this November for the second year in a row. In addition to running, he also travels out to the mountains a couple times a year for mountain climbing trips, including a solo climb of Mount Whitney in 2011. He's been in Jacksonville (with the exception of a couple years in DC) since 2001. Charlie especially likes the Strider's focus on Children's running, and feels it's one of the most important ways we can give back to the community.



### **Ann & Bill Krause**

Ann & Bill Krause moved to Jacksonville from Livonia, MI 7 years ago. It was up there, 19 years ago, that Ann started running. She has run almost every day since! Bill thought she was crazy when she would go out and run in 10 degree weather, until he was bit with the running bug a few years later. It really is a great way to start your day. They would talk about anything and everything, and before you knew it, they were done with the run, and feeling good. It was nice running up there, but there were a limited number of races each year, and you didn't know very many of the other runners.

Ann and Bill think they average about 35 races a year down here, and they love the camaraderie of the running community. They were accepted and felt like a part of the group from their very first race; the Winter Beach's run in 2006. Everyone is welcome, whether you are an elite runner, or a jogger.

They are honored to be considered for the Striders Track Club Board. This is an excellent organization, and they are proud to be members. Ann and Bill were pleased when they found out that the Striders give so much back to the community, especially the kids. They have made a lot of new friends, and they are all healthy. (Notice they didn't say injury free!). Ann and Bill look forward to making many new friends and helping give back to our community.

### **Kim Lundy**

Kim Lundy's first ever race was the Strider's very own Autumn Fitness 5K in 2003 and she has been hooked on running ever since. She has been a Strider member for the past 7 years and has served on the Board for the last 4 years. Her focus is on youth programs and she started the Run/Walk Club at Middleburg Elementary and also the club at Oakleaf Village Elementary School which is in its 3rd year. She is active on the Youth Running Committee and the Strider Scholarship Committee. Kim also enjoys inspiring other runners as she is a group leader for the training classes for the Outback Thanksgiving Half Marathon, the GATE River Run and the beginning runners classes. Kim started running the local 5ks, adding the Gate River Run in her second year of running. She has now completed 4 marathons and continues to enjoy the social aspects as well as the fitness rewards of her Strider membership. She has encouraged her husband, Jack, as well as their children, Stephanie and Michael, to become runners too. Kim is a Clay County guidance counselor and enjoys working with the students at OVE's Run/Walk Club to encourage a healthy and fit lifestyle.



### **Carol MacDougall**

Carol MacDougall has been associated with the Florida Striders for over 16 years, volunteering at most of the Florida Strider Fun Runs as a Clay County Elementary



**Continued on next page**

## BOARD NOMINEES

Continued from previous page

Teacher and P.E. Coach. She became a member of the Striders four years ago. She herself is not a runner (shin splints) but a supporter of all running activities. Competitive swimming is her true love. Carol is originally from Sarasota where she swam competitively throughout her childhood. She has B.S. Degrees in Physical Education and Recreation and a M.S. Degree in Recreation Management from the University of West Florida in Pensacola. She also has the Florida High School Coaching Endorsement in Swimming. She coached year round (The Bolles School and Navy Jacksonville Swim) and summer league (Magnolia Point and Orange Park Country Club) swim teams in the Jacksonville area for many years prior to teaching Elementary P.E. in Clay County (R.M. Paterson Elementary 1998-2005 and Swimming Pen Creek Elementary 2005-presently). She has also been the Head Swim Coach for Clay High School the past eleven years.

Her relationship with the Florida Striders began when she became the sponsor for the Children's Run/Walk Club at R.M. Paterson Elementary in 1998. She has been very involved with assisting other elementary Run/Walk Clubs getting their own programs started and supplies them with Mileage Club awards and t-Shirts that are sponsored by the Striders. She has also been assisting the Striders the past six years in the handling of all the computer data for the Children's Hershey Track & Field Games.

Carol is married to Bruce "Mac" MacDougall who retired from the United States Navy in 2000 and is the owner of Divers Den Georgia and South Georgia Dive/Fishing Charters in St. Mary's. They have one daughter (Melissa) who is a Clay High graduate and just recently joined the U.S. Navy to become a Helicopter Rescue Swimmer.

### Michael J. Mayse

Michael J. Mayse moved to Jacksonville



in the late fall of 1994 after retiring from the best damn Air Force on the entire planet. He met Ken Bendy at the Winter Beaches run in 1995 and has been a Strider member ever since, except for a brief period when he moved back to Dayton, Ohio for a couple years. Mike was an avid runner for 30 plus years finishing the Marine Corp Marathon twice, standing up. His personal best marathon time was the 1993 Columbus Marathon with a 3:46 finish, not bad for a fat boy! After all those years of pounding his knees on concrete and asphalt his running days are pretty much over. However, he still enjoys supporting the club and those six mile walks on Sunday mornings with the rest of those worn out Striders with bad knees. Over the years Mike has served the Striders in various positions. He built and maintained the original Strider Website. He was Equipment Coordinator for several years and at one time held the Secondary Illustrious Potentate, more commonly called Vice President position. Currently Mike is the club's Membership Coordinator and StrideRight Distribution Coordinator. Mike looks forward to many more wonderful years of working with the club because of the really great folks in the Strider organization and the valuable services the Strider's provide to the community.

### Kathy Murray

Kathy Murray became a Strider in 1997 while training for the River Run. She loved the kindness and camaraderie she found in the Striders running those training runs. Over the years, their willingness to share advice and experiences has been wonderful. She has learned the best tips and advice during her long runs with fellow Striders. She loves to participate in and volunteer at the local races and has run many marathons over the years. Kathy looks forward to helping the Striders encourage running in the community and strengthen the community links. Kathy is a nurse at the Mayo Clinic where she has worked for the past 29 years.



### Bill Page

Bill started running about 20 years ago when he lived in the Washington D.C. area, in order to stay fit and trim while still enjoying food and drink. He was quickly hooked on the great escape and adrenaline rush that comes from completing long training runs in the great outdoors. His favorite race is the Cherry Blossom 10 Miler, where he achieved a personal best of 69:50. He has since completed 10 marathons, including the Marine Corps Marathon, and the JFK 50 Miler. He had to stop running in 2001 when he blew out his back after the Las Vegas Marathon, requiring surgery and extensive recovery time.

He missed the void in his life left by no running, so he took up duplicate bridge in order to feed his competitive spirit and stay sane. His bridge partner asked him why he did not run any longer, and he could not think of a single good reason why not to give it another try. One of his first races back was the Gate River Run where he was introduced to the camaraderie of the Florida Striders, and wanted to get more involved.

He feels it is important to give back to others while doing something he enjoys, and the Florida Striders is a great way to do so. He looks forward to contributing his ideas and participating in the Florida Strider events as part of the Board this upcoming year.

Bill owns the Tile Market of San Marco, an upscale tile and stone distributor, and has run a successful local business for the past ten years. One of his favorite running buddies was his late Westie, Toby, who once ran 22 miles with his beloved owner.

### Tara Showalter

Tara Showalter, CFP, CRPC, Managing Principal of Waddell and Reed graduated from St. Norbert's College in Green Bay, WI, with a degree in Business Administration/Minor in Philosophy. She received a Juris Doctor from Hamline University in St. Paul, MN and practiced law for several years in the area of Estate and Tax Planning. She made a career change in 2001

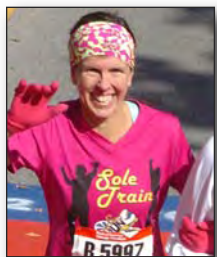




when she became a Financial Advisor and later took several different leadership roles. She spent 9 years with Ameriprise before joining Waddell & Reed in 2010. Tara is a member of the local Financial Planning Association, Society of Financial Services Professionals, Woamtec, and Women in Financial Services. Tara was honored this year when she won the 2012 Corporate Leader of the Year Women in Business Award. She enjoys spending time with her husband, Scott and son, Elijah. She also loves running and has ran five marathons and is working on qualifying to run the Boston Marathon.

### Gordon Simms

Gordon Simms joined the Florida Striders in late 1982 after being invited to run the Autumn Twilight 5k run by long-time member Marv Mollnow. Having not run since high school 6 years earlier he did not know what to expect but had a great run and the desire returned. After 30 years, over 700 road races including 29 straight River Runs, numerous triathlons & 10 marathons the competitive days have passed but Gordon now finds himself with more free time and is willing to return to the Board to serve if elected. Continuing the family atmosphere of the club as well as introducing new runners to the sport will be my focus.



### Regina Sooeey

Regina Sooeey started running in 2001 to achieve the goal of completing the Gate River Run before her 30th birthday. She missed her deadline by a few days, but getting that coveted Top 10% medal was amazing and she was hooked. Regina got hooked on the great camaraderie of the Striders and the Jacksonville running community training for her first marathon. 27 marathons, 2 ultras and 3 Ironmans later, training and racing were here to stay.

Regina feels strongly about sharing the gift of fitness with others and doing it for a good cause. She has used her love of running and triathlons to volunteer with Team in Training and Girls on the Run.

She feels that it is important to make fitness fun, and not take it all too seriously. She can always be seen at the races with a fun outfit and a smile on her face, whether she is running for fun, or attaining a new PR.

A little known fact about Regina is that she is a Bronze Life Master duplicate bridge player. She regularly plays in local club games and travels to National tournaments to match wits with Warren Buffet and Bill Gates. Regina recently added Crossfit to her fitness routine, so she now enjoys being able to do pushups, pullups, and the thrill of lifting heavy things over her head.

Regina is a lawyer turned Realtor with Watson Realty, and real estate is one of her true passions. When Regina is not training or working, she enjoys travel, scuba, hiking, and entertaining family and friends at one of her many house parties. Two of her favorite running buddies are Maggie and Bella her furry children.

### Joe Strickland

Joe Strickland's first race was the Festival of Lights 5k in 2008 and he has been running ever since. He has been a Strider member for the past 4 years and is the Race Director for the Orange Park Medical Center Run To The Sun 8k and also the Course Director for the Memorial Day 5k. Joe especially enjoys working with new runners as a group leader for the Subaru Distance Classic Thanksgiving Half Marathon, the Gate River Run and the Striders beginning runners speed training classes. Joe's first Gate River Run was in 2009 and he has now completed 6 half marathons. He truly values the many friendships he's made and the fitness rewards of being a Florida Strider. Joe is married to Lynn and they have two beautiful daughters, Laura and Olivia.



### Christine Vaughn

Since moving to Jacksonville in 2003, Christine decided she wanted to make



a healthy change. After seeing the Marine Corps half marathoners run by her house year after year every October she told her husband, "I am going to be one of those runner people one day!"

Following the suggestion of a co-worker, Christine signed up for John and Denise Metzgar's class to train for the Gate River Run in 2011 not having ever "run" more than four miles, let alone a bridge! She saw the benefits immediately, socially and physically, and started running many of the races around town. Within a couple of months she had joined the Striders and began running track at St. Johns Country Day School. After her first ever River Run and Striders' Tent after party, she decided she had to continue being a part of this fun! She wanted to help other new runners feel welcome and supported as she had, and continued with the training group as a group leader for the Subaru Half Marathon that fall (slightly nervous, never having run further than a 15k race)! During that first "official" year of running, Christine ran 13 races, had a lot of fun, and made some really great friends. She was hooked.

Christine has since run many more races in the last two years and has had the great opportunity to volunteer at some of the Strider races and events. She continues helping other runners as a group leader during the training classes and looks forward to more events with her "running family." You can usually find her socializing after the races!

Christine grew up in Tampa, FL and moved to Jacksonville in 2003 after graduating from Stetson University. She works as an Early Literacy Coach with a non-profit organization that serves children aged birth to five and their families. She now lives in Mandarin (conveniently located at mile 13 of the Jacksonville Bank Marathon) with her husband Eric of five years and their three dogs, Pete, Spike, and Rocky.

### Robert Webster

Robert Webster was born in San Diego, Ca. and at the age of 5 his family



Continued on next page

## BOARD NOMINEES

Continued from previous page

moved to Jacksonville. Robert owns a cabinet business in Jacksonville's West-side. When he is not walking through the sawdust of his shop, he is running throughout the city or volunteering at a Striders event. Robert began running in the fall of 2007 after deciding that he needed to make a change in his life, drop a few pounds and stay healthy. Running soon became a lifestyle change. After completing numerous 5k's through half marathons, Robert completed his first marathon on his 45th birthday in Arizona. Robert decided to branch out into the world of multi-sport events and recently completed Ironman Florida. Robert enjoys spending time with his wonderful wife Kim of 20 years and his daughter Page. Robert has spread his joy of running by encouraging others at his local health club to pursue the joy and health benefits of running.

### Don Wucker

Don Wucker is a third generation native resident of Jacksonville. He is blessed with a wonderful wife, Elizabeth, also a runner and 3 children ages 16-21 who are amazing individuals (com-



pared to his own youth they're angels); they make his paternal responsibilities easy. Don is a mechanical engineer with JEA where he helps promote the responsible and efficient use of electricity and water.

Don's passion for running began a couple of years ago when he decided a lifestyle change was overdue. Determined never to reach his 220 pound plateau again he began a habitual regime of running and nutritional lifestyle changes. The word obsessive could easily be used to reflect Don's determination to institute change. It didn't take long to see the rapid changes that running and dietary changes can make. Within a couple of months he easily lost well over 40 pounds. As the pounds came off, the running pace became faster and the caloric burn rate increased even higher.

Don signed-up for his first running class in preparation for the 2009 Marine Corps Half-Marathon with John and Denise Metzgar. Their support and passion was inspiring. He was amazed at how one class and a few good people could affect so much positive change. He soon became addicted to the art/sport of running. The euphoric rush of blood coursing through his body and fresh oxygen filling his lungs was overwhelming. It didn't take long before Don set his sights on marathons. He quickly learned about the importance of

strengthening as a result of his first marathon. On his second marathon, Don qualified for Boston. The 2011 Boston Marathon was his fourth marathon, although some nagging injuries compromised his effort.

Don runs with several different running groups through-out the city weekly and he is always amazed by the good character of individuals involved in our running community. It is so inspiring to be involved with running groups/classes and to see how lives can be improved. He feels blessed to be involved with such a caring community of outstanding individuals. Don's only regret is that he didn't become involved sooner.



### Mark Wynter

Mark Wynter has been in Healthcare since 1985 as a Clinical Medical Technologist, Healthcare Management and is currently managing the Southeast for GE Healthcare. Since relocating his family to Jacksonville from New York since 2003 the focus on running and community involvement has been important. He has a wife and three children, and all are very active in the community. By joining the Florida Striders and networking it has been an enlightening experience =

The Florida Striders Track Club would like to thank

**Dan & Lisa Adams, Randy Arend, Dave Bokros, Kim Crist, Kellie Howard, Maria Littlejohn, Kristie Matherne, and Robert Walker**

for all their hard work serving on the Board of Directors!

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

# Race Results

### The Last Gasp Jacksonville, FL December 29, 2012

Jean Schubert 47:34  
*Best part, my daughter came down from North Carolina to run with me and not only slowed her pace so I could keep up, she let me beat her by 2 seconds!*

### Gator Bowl 5K Jacksonville, FL December 31, 2012

Jean Schubert 44:00  
**John TenBroeck Memorial  
Winter Beach Run 10 mile  
Jacksonville Beach, FL  
January 13, 2013**  
Sayer Gunn 1:25:32 1st AG  
Jean Schubert 2:31:41

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

Sayer Gunn 22:26 PR  
Al Saffer 32:49 3rd AG  
**Pirates on the Run 5k  
Fernndina Beach, FL  
February 9, 2013**  
Al Saffer 33:44 1st AG

### Run 5 To Keep Kids Alive Jacksonville, FL February 9, 2013

Sayer Gunn 38:12  
*3rd Overall Female. My best race placement ever.*

Continued on page 11





Photo by Bruce Lipsky at jacksonville.com

# Al Saffer honored for 60-year career

Jacksonville's City Council took a few minutes in February to recognize the 78-year-old Saffer for his long career with JEA.

**"I realized my work ethic was not just for a pension," Al said.  
"...It's become a calling for me."**



Read more at Jacksonville.com:

<http://jacksonville.com/news/metro/2013-02-15/story/veteran-jea-worker-honored-60-year-career#.UR91JqE4z0>

## WEEKLY TRAINING RUNS

Day	Time	Distance	Location	Point of Contact
Sunday	6:30 am	5 to 10 Miles Various pace groups	<b>Atlantic Beach</b> Ragtime Restaurant	Bill or Dot Mitchell (904) 241-0331, mitd0005@mac.com
Sunday	6:30 am	6 to 20 Miles Various pace groups	<b>Orange Park</b> Sun Tire Blanding Blvd.	Dave Bokros (904) 545-4538 dbokros@gmail.com
Sunday	6:30 am	Varied	Various Mandarin Locations	Stephanie Griffith (904) 233-6964
Monday	5:00 PM EST 5:30 PM DST	6 Miles Downtown Bridges	<b>Jacksonville</b> River City Brewing Co. Parking Lot	Danny Weaver (904) 287-5496 weaver243@hotmail.com
Monday	6:30 PM	3 to 7.5 Miles Easy Pace	<b>Jacksonville</b> Gazebo Mall	Bernie Gross (904) 272-5995, berniegross@juno.com
Monday	6:30 PM	2 Miles Run/Walk	<b>Orange Park</b> Organized by Journey Church - 2864 Moody Ave	Vernon W Allen, (904) 699-8614 buildingahealthytemple @walkandrunjourneygroup.com
Wednesday	5:30 PM	Interval Training	<b>Jacksonville</b> Bolles School San Jose Blvd.	Danny Weaver (904) 287-5496 weaver243@hotmail.com
Wednesday	6:15 PM	6.2 Miles Easy pace	<b>Jacksonville</b> Boone Park, Riverside	Doug Tillett, (904) 386-61395 douglastillett@hotmail.com
Wednesday	6:30 PM	Interval Training	<b>Orange Park</b> St. Johns Country Day School Track (Use the main gate on Doctor's Lake Drive, park near the athletic field)	Dave Bokros (904) 545-4538 dbokros@gmail.com
Thursday	6:30 PM	5 Miles	<b>Jacksonville</b> San Marco/Largo Park Corner of Naldo and Largo	Doug Tillett, (904) 386-61395 douglastillett@hotmail.com
Saturday	6:30 AM	10-15 Miles Moderate Pace	<b>Julington Creek</b> Starbucks	Wendy Patterson (904) 237-4100, wenrex@comcast.net

# New, Renewing and Expiring Memberships

## NEW MEMBERS

Shelly & Dave Allen	3/31/14
Theresa Anderson	3/31/14
William & Diane Baker	3/31/14
Anne & Gabriel Barnes	3/31/14
Andrew & Cris Barr	2/28/14
Joe Carraway	3/31/14
Robert & Elizabeth Colson	2/28/14
Helen & Mike	
Crawford-Connolly	8/31/14
Charlie & Laurie Creech	3/31/14
Gary Dove	3/31/14
Jill & Mike Eubank	2/28/14
Christopher & Derek Fides	3/31/14
Leslie Florkowski	3/31/14
Leslie & John Gilliland	2/28/14
David Harper	3/31/14
Kathi Harrell	3/31/14
Robin Heikkinen	3/31/14
Guy & Cathy Jackson	2/28/14
Jacqueline Kroggel	3/31/14
Andrea Letizia	2/28/14
Harold Macdonald	2/28/14
Michelle McCullough	2/28/16
Ida & Hernando Mejias	2/28/14
Jennifer Michaux	3/31/14
Joseph Murray	3/31/14
Robin Novak	3/31/14
Joanne Nowlan-Sakowicz	3/31/14
Anastasia O'Connor	3/31/14
Eric & Dawn Ordonez	3/31/14
DeAnn Parker	3/31/14
Jennifer Renckert	3/31/14
Franklin Rios	3/31/14
Richard Roberts	3/31/14
Susan Roche	2/28/14
Jill Schmidt	3/31/14
Dylan Schreiner	3/31/14
Susan Schultz	3/31/14
Chris Simser	2/28/14
Pamela & Bulmero	
Skindziel-Reyes	3/31/14
Marc Sokolay	8/31/14
William Streitfeld	3/31/14
Meredith Webb	3/31/14
Dave & Anita Whitin	2/28/14
Dana Wilson	3/31/14
Fran & Doug Windler	3/31/14
Amanda Echols	3/31/14
Ana Hartman	3/31/14
Sean Phinney	3/31/14
Kathy Hagedorn	3/31/14
Ilene Chazan	3/31/14
Tim Covey	3/31/14
Phillip Goldenberg	3/31/14

Chris Sakin	3/31/14
Andrea Vallee	3/31/14
Christina Dunning	3/31/14
David Kattreh	3/31/14
Brian & Carrie Vaesa	3/31/14
Yelena Lyamzina	3/31/14
Jennifer & Steve Gerush	3/31/14
Annette & Kevin Shannon	3/31/14
Greg Cambra	3/31/14
Eddie Nain	3/31/14
Sue Newman	3/31/14
Mical Van De Water	3/31/14
Helen Smith	3/31/14
Weyatta & Kirk Murray	3/31/14
Malcolm & Tracy Wootan	3/31/14
Glenn & Kim Taylor	3/31/14
Marie Allison	3/31/14
James & Nova Way	3/31/14
Randy & Joan Head	3/31/14
Colette Lazenka	3/31/14
Arik Entin	3/31/14
Donna Shacklett	3/31/14
Donald Rasdall	3/31/14
Lisa Coleman	3/31/14
Jennifer & Alonzo Doby	3/31/14
Cheryl & Nathan Sweet	3/31/14
Tanya Berrios	3/31/14
Harry Koslowski	3/31/14
Martin & Julie Rhatigan	3/31/14
Marie Turjan	3/31/14
Frank & Sara Waryck, Jr	3/31/14
Cari Holbrook	3/31/14
Jeffery Richardson	3/31/14
Kenneth Jaffery	3/31/14
Carlos & Gerri Duffey	3/31/14
Elaine Davis	3/31/14
Christine Sears	3/31/14
Dan Monteau	3/31/14
Bobby Burton	3/31/14
Staley/Lindsey	
Bennett/Komara	3/31/14
Tom Custer	3/31/14
Mandi & Chris Smith	3/31/14
Rosalind Hoffman	3/31/14
Pat Armstrong	3/31/14
Patrick Boddinger	3/31/14
Gertrude Hebertson	3/31/14

## RENEWING MEMBERS

Traci Akers	3/31/14
Jennifer Albertson	3/31/14
Vernon Allen	3/31/14
Kim Anthony	2/28/14
Beverly Aqui	3/31/14
Robert Barnhill	3/31/14

Joanie & Rob Barrett	3/31/14
Doug Barrows	3/31/14
Marcia Barton	3/31/14
Stephen Beard	5/31/14
Christine Benenati	3/31/14
Elmore & Jackie Bing	3/31/14
David & Lynn Bonnette	3/31/14
Amanda & Chris Bozeman	3/31/14
Ginger Brelsford	3/31/14
Crystal Broxson	3/31/14
Chuck & Kacee Bryner	2/28/14
Jeremy & Maxine Buyok	3/31/14
Luke & Carol Byrne	3/31/14
Lynn Capoziello	3/31/14
Jacinta Carter	3/31/14
Susan & Buddy Chadwell	3/31/14
Sung Ho Choi	3/31/14
Sarah Clarke	3/31/14
Wesley & Amy Cole	3/31/14
Patty & Joe Dame	3/31/14
Kari & Darrell Damrow	3/31/14
Shani Dempsey	3/31/14
Charles Desrosier	3/31/14
Sonya Dudley	3/31/14
David & Melissa Dugle	3/31/14
Chris Edgington	3/31/14
Elena Etter	3/31/14
Elizabeth Fagin	3/31/14
Gil Flores	3/31/14
Ginger Frazer-French	3/31/15
Donna Gallant	3/31/14
Cindy Gardner	3/31/14
Darren & Leslie Glenn	3/31/14
Julie & Harold Goslee	3/31/14
Sue Granger	3/31/14
Pat Haley	3/31/14
Gary & Nancy Hallett	3/31/14
Tony Hanneken	3/31/14
Alan Harmon	3/31/14
JoAnne & Buddy Harris	3/31/14
Debbie & Robbie Higdon	3/31/14
Todd & Camille Hockett	3/31/14
Bruce Holmes	3/31/14
David Horn	3/31/14
George Hoskins	3/31/14
Bruce Howard	3/31/14
Brent & Meredyth Hume	2/28/14
Nancy Jensen	3/31/14
Steven Jimenez	3/31/14
Michael Johnson	3/31/14
Dawn Johnson	4/30/14
Lesley Jones	3/31/14
Christine Jump	2/28/14
Pheona Kaiser	3/31/14
Kathleen Kaye	3/31/14

Mary Jane & Daniel Kohm	3/31/14
Kenneth Kohlen	3/31/14
Janet Koss	3/31/14
Vanessa & Jason Lain	3/31/14
Natasha Lamach	3/31/14
Rita Lamach	3/31/14
Rebekah & David Lavigne	3/31/14
Michael & Julie Lawton	3/31/14
August Leone	2/28/14
Jay Magee	3/31/14
Leslie & Dennis Magruder	3/31/14
Lori Magyar	3/31/14
Barry Marquart	3/31/14
Susan Maurer	3/31/14
Chris McKenney	3/31/14
Jay Millson	3/31/14
Katherine Morgan	3/31/14
Hugh Morris	3/31/14
Renee Moyd	3/31/14
Geoffrey Neilson	3/31/14
David & Diane Nielsen	3/31/14
Beth Norman	3/31/14
Shiela Oconnor	3/31/14
Jacqueline & Brian Ottosen	3/31/14
Tracy & Len Pfuntner	3/31/14
Randall & Nancy Pullo	3/31/14
Raymond & Michelle Ramos Jr	3/31/15
James Renninger	3/31/14

Nell Robinson	3/31/14
Bryan Rohlin	3/31/14
Terri Rose	2/28/14
Ian Rothstein	3/31/14
Wesley Royal	3/31/14
Caroline & Steven Sabatella	2/28/14
Sivakumar Sanyasi	3/31/14
David Sapuppo	3/31/14
Derrick Schimcek	3/31/14
Susan & Wade Seagraves	3/31/14
Stan Simpkins	2/28/14
Tris & Jerry Skirvin	3/31/14
Dionne & Jeff Smith	2/28/14
Mercedes Smith	3/31/14
Kay Sutliff	3/31/14
Jan Taylor	2/28/14
Kristin Taylor	3/31/14
Melinda & Kevin Terry	3/31/14
Roberta Tomlinson	3/31/14
Cheryl Townsend	2/28/14
Kathy King & Anthony Truitt	3/31/14
Gerry & Margaret Tyburski	3/31/14
Charles Wagner	3/31/16
David & Serena Wakefield	3/31/14
Dorthea Washington	3/31/14
Nikki Watson	3/31/14
Barbara Werner	3/31/14
Carrie & Adam Wetzel	3/31/14

George & Vickie White	3/31/14
Barbara Whitter	3/31/16
Marilyn Williams	3/31/14
Wayne & Linda Wolfenbarger	3/31/14
Donald & Beth Wucker	3/31/15
Roberta Zukauskas	3/31/14

## MULTI-YEAR MEMBERSHIPS

Stephanie & Chuck Griffith	2/28/14
Kwan McCall	2/28/14
Scott Silliman	2/28/14
Joseph McCoy	2/28/14

## EXPIRING MEMBERSHIPS

Margaret Barton	2/28/13
Victor Corrales	2/28/13
Hernando DeSoto	2/28/13
Susan & John Gostage	2/28/13
Jason Gross	2/28/13
James Spooner	2/28/13 =

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.

## RACE RESULTS

Continued from page 8

### Iron Horse Endurance Runs (50 miles) Florahome, FL February 9, 2013

Kevin Mangold 9:35:19  
*My first Ultramarathon*

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

Jean Schubert 42:25  
*The 2012 Donna 5K was the first race of my life; time was 48:54, so it was good to repeat in 2013, and better to come in 6 minutes faster this year!*

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

Sue Whitworth 2:04:13  
Jean Schubert 3:34:07

### Fort Lauderdale A1A Marathon Fort Lauderdale February 17, 2013

August Leone 5:39:32  
*1st in 75+ age group, I'm 83. But I was the only one in the age group.*

Due to space limitations, race results from River Run and events after will appear in the next issue of the StrideRight.

### Ortega River Run Jacksonville, FL February 23, 2013

Daniel Tressler III	36:07	
<i>I set another PR, this for a 5-mile and won my new 11-13 Age Group!</i>		
Matthew Stratton	38:54	
<i>Matthew who is 8 years old finished 2nd in his age group. Next up for him is the Gate River Run.</i>		
George Hoskins	43:06	
Martin Wilkinson	44:26	
Sue Whitworth	45:06	
Liane Daniels	52:46	
Elsie Altman	54:07	
Al Saffer	55:44	3rd AG
Diane Wilkinson	57:43	
Bob Meister	57:49	4th AG
Jean Schubert	1:10:08	
<i>New PR for 5 miles!</i>		

### Kilwins Ice Cream Run Jacksonville, FL March 2, 2013

Diane Wilkinson	33:22	1st-AG
Jean Schubert	42:29	

### Lighthouse 5k St. Augustine, FL March 2, 2013

Elsie Altman	31:50
Diane Wilkinson	33:46

### Eagle 5k Sandersville, GA March 2, 2013

Bernie Powers	25:09	1st AG. Bitter cold.
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### Asheville Marathon on Biltmore Estate Asheville NC March 3, 2013

Ron Porter	3:26:19	1st AG
Bonita Golden-Sikes	4:31:01	

*Woo Hoo! Do you like snow flurries, temps in the 20's with wind chill dipping as low as 8 degrees? Are hills and gravel and the occasional ground wash out your cup of tea? Then this run was the one for you! Throw in beautiful landscape, plenty of nice folks and an organized event that flowed with the motion and it's a hit! Time wise, I was 6 minutes off my mark. Effort wise, I gave everything and more, in training and on race day. Put it all together and this inaugural marathon scored big with me!*

### Track Shack Smile Mile (1-mile) Orlando, FL March 9, 2013

Daniel Tressler III	6:02
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*I finished a close 2nd to my friend Kayamo from Junior Olympics!*

### 6th Annual Florida Hospital Faith & Health 5K - DeLand, FL March 10, 2013

Daniel A. Tressler, III	20:40
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*Run on a curvy bike path in the DeLand woods at Lake Bereaford Park, this was a hot and hard race to run! Still had so much fun!!!*

**floridastriders.com =**



## We Get Letters

Hi Dan & everyone at the Striders,

On behalf of everyone at Marathon High, I wanted to personally thank you for all of your wonderful support during this season! We had nearly 150 local high school students cross the finish line of the Donna half-marathon this month--and most of them thought this was something they could never do.

We are so grateful to the Florida Striders and the funding we have received. Your donations have gone directly to serving more teenagers and giving them the experience of Marathon High. As you know, training for and completing a half-marathon is about so much more than running. The life lessons and changes we saw in these students was truly amazing. We saw kids increase their self-esteem, confidence, self-respect, social skills, leadership skills, character, academic scores and desire to attend college.

Take a look at what some of the students had to say:

*"Marathon high has truly changed everyone's lives, to see high school students awake at 6 :30 in the morning to*



*run it truly a blessing! And changed changed my outlook on many things that you can do anything you set your mind not matter your size shape age! If you put you mind to it and don't let anything put you down anything can be done!"*

*"Marathon High has changed me because i wasn't that active before it and i would go weeks without working out now i cant go more than a day without working out. if it wasn't for marathon high i most likely wouldn't be able to achieve my dream to join the Army and serve this great country. Each day i am getting closer and closer to my goal weight. Marathon high also came into my life when i needed it the most because i had been smoking cigarettes for a couple years before the program started and*

*then i was thinking that i should quit and then i finally found something that was fun to do and healthy for me so i quit smoking last year and. nicotine is no longer my addiction. Running is my addiction."*

*"Marathon High has inspired me to work harder and has taught me that everything is possible. compared to those that go through cancer and struggle to walk, i believe that all of us can at least run through the pain of a couple miles. when we think we are at our limits we really have so much more to give. i will never forget that. thank you marathon high for all the help you have given me, i cant thank you enough for making me a better person."*

**Continued on page 19**

### MINUTES

Continued from page 2

ii. Paper Stride Right will continue: Thanks to Mike Mayse for compiling this feedback. He stated that many of our members complain that we don't do enough for adults, but yet they don't come to socials. Request to ask our friends what sort of events they want.

#### iii. Adult Running Class:

1. Postponed to fall: This is actually a preferable time of year for this class.

2. Adult Running Class Co-Chairmen: Vicky Connell and Regina Sooe

iv. Volunteers needed for Expo, Tent, and Run to the Sun 8K: Don Wucker.

b. Treasurer Report – (for Randy Arend)

January 2013:

-Beginning Cash Balance as of January 1, 2013 was \$43,199.99.

-January Income was \$2,733.72.

-January Expenses were \$3,592.25.

-Ending Cash Balance as of January 31, 2013 was \$42,341.46, of which \$11,035.95 was designated for Children's Running, \$2,000 was designated for Heartland multi-race sponsorship for 2013 and 2014 races, and \$29,305.51 was undesignated.

-Comparable Ending Cash Balance as of January 31, 2012 was \$37,311.94, of which \$12,197.83 was designated and \$25,114.11 was undesignated.

#### IV. Committee and Director Reports

a. River Run Expo – Kristie Matherne: We actually have a lot of volunteers, but need people for Friday night until 8pm. She ordered chapstick for giveaway items. Amelia Island Runners are going to be with us again this year. She will again pass out reminders to people to bring food items to share.

b. River Run Tent – Don Wucker:

The massage guy is confirmed. He plans to get there on Tuesday to stake out the area. Tent will be set up Thursday at noon by Kirby's and we will start setup on Friday.

c. Scholarship Committee – Kim Lundy: Everything has been mailed out and posted on the website.

d. Resolution Run – Kellie Howard: She does not have her final report ready. There is still \$12,000 in the bank. She is still awaiting invoices from First Place Sports.

i. Race Date: January 11, 2014 A motion was made, seconded and passed to hold the race on this date.

e. Social Update – Bill Krause

i. March 9th - River Run:

ii. April 21st – Annual Picnic: We will have it at Mandarin Park again. Idea to pass out flyers at River Run to encourage more members to attend.

iii. Summer Social Ideas: Could we possibly have 2 baseball outings? These

have been very popular in the past.

iv. Recap of January 31st Social: Went very well. 50-60 people attended, and Doug was a great speaker. Discussion about having more socials tied to runs.

#### **V. Old Business:**

a. Funding for Stan Scarlett sign: Mike showed the graphics for a Stan's Place banner at the River Run tent. A motion was made, seconded and passed to allocate \$300 for this sign.

b. Nominating Committee: Regina Sooeey Please respond as to whether you will serve on the Board next year, and send your suggestions for new board members.

#### **VI. New Business:**

a. Scott Hershey: He needs the logo so he can do the pink women's Strider shirts and have them ready before River Run.

b. Frank Frazier: 26.2 with Donna: We have the Florida Strider water stop at Mile 1, and we need volunteers.

Jay Birmingham is very thankful for the money we donated to his athletic programs.

Speedy Banana: All race directors need to be in touch with them for photography at our races.

Run to the Sun 8K: More volunteers needed.

We need to do things to improve our race attendance. We should consider having an after race party after some of our races. Discussion about Matanzas 5K and why it is so well-attended. Discussion about how to improve race attendance.

**VII. Adjournment:** A motion was made, seconded and passed to adjourn the meeting. The meeting was adjourned at 8:23 p.m.

### **March 12, 2013 • 7 PM Orange Park Library**

**I. Call to Order:** Scott Hershey called the meeting to order at 7:08 p.m.

Board members present: Regina Sooeey, Scott Hershey, Bill Krause, Ann Krause, Maria Littlejohn, Glenn Hanna, Mark Wynter, Kim Lundy, Carol MacDougall, Kellie Howard, Mike Mayse, Don Wucker, and Kristie Matherne. Also pres-

ent: Larry Clark

Quorum: Yes

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

#### **III. Officer Reports**

a. President Report – Scott Hershey for Dan Adams:

i. Introduce Webmaster Larry Clark:

ii. Nice Job with River Run Expo and Tent: Discussion about the success of this event, and what a great job was done by Don Wucker and all the volunteers.

iii. Marathon High thank you letter:

iv. St. Johns Country Day School thank you letter: It was a really nice letter with a handwritten note from the Headmaster. It is worth keeping up that relationship in the future.

v. Volunteers needed for RTTS.

b. Treasurer Report – Randy Arend: Beginning Cash Balance as of February 1, 2013 was \$42,341.46.

February Income was \$1,375.

February Expenses were \$1,666.04.

Ending Cash Balance as of February 28, 2013 was \$42,050.42, of which \$11,635.95 was designated for Children's Running, \$2,000 was designated for Heartland multi-race sponsorship for 2013 and 2014 races, and \$28,414.47 was undesignated.

We had about \$600 in children's running sponsorships, and the rest was membership. Expenses included scholarship money. Kellie is still awaiting her invoice from 1st Place Sports so she can close out her race report.

#### **IV. Committee and Director Reports:**

a. Memorial Day Run Budget-Randy Arend for Vicky Connell: Discussion about high cost of medals and looking into options for next year. Randy noted a few missing items in the budget. Randy made a motion to approve the budget as presented with the addition of \$500 for finish line timing for a net race profit of \$8043.33. The motion was seconded and passed.

b. Nominating Committee-Regina Sooeey: We have a full slate for next year's board. We had to replace a lot of people leaving the board who were experienced. We will present this slate at the picnic in April.

c. River Run Expo – Kristie Matherne: Everything went well and she stayed under budget. There were some suggestions for next year. We recruited a lot of memberships. There were 50 new and 100 renewing members at the expo. Next year we need more training on Square Up and memberships, because there were some errors on the membership forms, and on the charge slips.

d. River Run Tent – Don Wucker: Everything went very well. Thanks to Mike for fixing the coffee issues. We had extra massage tables, and they would like to work with us at different races. Music is a consideration for next year. He purchased some more fencing for \$100. There was some miscommunication with Amelia Island Runners about their payment, but they paid us and brought volunteers. We did better on the food this year, by holding it back for later finishers.

e. River Run Membership-Mike Mayse: We did well. A total of 160 memberships between the expo and online. \$1292 Square sales, \$1090, checks \$620 cash= \$3002 total

f. River Run Merchandise-Scott Hershey: \$265 Square sales, \$35 checks, \$344 cash=\$644 total.

g. Social Update – Bill Krause

i. April 21st – Annual Picnic: Mandarin Park @ 1pm. We need people to let us know if they are coming.

ii. Suns Baseball outing proposed in June on a Thursday night.

#### **V. Old Business:**

**VI. New Business:** REI Event Report-Regina Sooeey attended the grand opening of the new REI store at the Town Center representing the FSTC. It was a very nice event with representatives from many clubs and organizations who support the outdoors and a healthy, active lifestyle. It was great to have the Striders represented, and we should seek out future events of this type.

**VII. Adjournment:** A motion was made, seconded and passed to adjourn the meeting. The meeting was adjourned at 8:14 p.m.

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

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  
Tech Shirts!!

## Benefits Local School Run/Walk Programs



## ENTRY FEES

	Striders/Military/AIR	Non Striders	Kids 13 & Under
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](http://www.floridastriders.com)
- Day of Race Registration starts at 7:00AM

**Race Director:** Joe Strickland 904-652-5761  
[StridersRTTS@gmail.com](mailto:StridersRTTS@gmail.com)

## AWARDS

Top 3 Overall male and female, Top Masters & Grand Masters male and female, plus male & female Age Group awards for the top 3 finishers in each age group as follows:

10 and under, 11-13, 14 -19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & Over. (No Multiple Awards.) **Awards ceremony at 10am.**



## TITLE SPONSOR



## 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



Mike Shad Nissan  
of Orange Park



Heartland  
Rehabilitation Services



## 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](http://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](http://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 Releaseses 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

**5K – 8:00 AM**  
1 Mile Fun Run - 9:00 AM



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

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



## ENTRY FEES

	<u>Striders/Military/AIR</u>	<u>Non Striders</u>	<u>Kids 13 &amp; Under</u>
Until May 17	\$15	\$20	\$10
May 18-26th	\$20	\$22	\$10
Day of Race	\$25	\$25	\$25

- Sorry, no refunds for cancellations.
- \$2.00 OFF if you preregister with your own ChampionChip
- Join the Florida Striders Track Club when you register, and pay the reduced entry fee.
- Register Online at [www.floridastriders.com](http://www.floridastriders.com) or at any 1st Place Sports location. **Going green - no paper entries!**
- Day of Race Registration starts at 6:30 AM
- Race Hotline: **Vicky Connell** (904) 707-8469, StridersMD5K@gmail.com

## AWARDS

Medals to all Finishers!!

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

The awards ceremony will be held at the Orange Park Town Hall at 9:30 AM.

## Sunshine Rotary Pancake Breakfast

The Florida Striders Track Club has partnered with the Sunshine Rotary Club of Orange Park for a pancake breakfast. The proceeds will go to Honor Air. Kids \$1, Adults \$2. You can prepay for your breakfast during packet pickup.

## 5K COURSE/TIMING

The 5K course starts at 1st Place Sports and finishes at the Orange Park Town Hall. This is a USATF Certified Course (FL11047EBM). The race will be timed using the ChampionChip (chip must be worn on your shoe or ankle during the race).

Do not wear your personal chip if you sign up on race day.

## FUN RUN

A FREE One-Mile Fun Run starts at 9:00AM. There is no charge for the Fun Run, but you must register to participate. Entry forms for the Fun Run will be available prior to the race on race day.

## PACKET PICKUP

Please indicate where you will pick up your race packet when you register.

**Dates:** Friday, May 24th & Saturday, May 25th

**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 will be available at the Orange Park 1st Place Sports store on race day.**

## ENTERTAINMENT

Live Music provided by "The One-Eyed Jakes"; Bounce House, Animal Balloons and Face Painting for the Kids, Memorial Day Displays and Remembrances.

**Scan for  
more details!**



## SPONSORS



## COURSE MAP





# April/May 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](mailto:kbendy@aol.com)

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

DATE	EVENT	TIME	LOCATION	CONTACT
April 13	4th Annual Don's Friends 5K	8:30 a.m.	St. Augustine Beach Pier 350 A1A Beach Blvd St. Augustine	(904) 687-5939 Don Ausman Foundation
April 13	SML Women's 5K	8:30 a.m.	Jacksonville Landing 2 Independent Dr., Jax	(877) 344-8502 Shannon Miller Lifestyle
April 13	4th Annual GTMNERR 5K/10K Trail Run 5K	9:00 p.m.	GTMNERR 505 Guana River Rd Ponte Vedra	(904) 377-9823 Guana-Tolomato-Matanzas National Estuarine Research Reserve
April 13	Tap 'N' Run 4K	2:00 p.m.	O'Brothers Irish Pub (Riverside/Avondale neighborhood), Jax	(904) 731-1900 1st Place Sports
April 13	Distance Festival Summer Track Series	6:00 p.m.	The Bolles School 7400 San Jose Blvd., Jax	JTC Running
April 14	Mt. Acosta Challenge	3:00 p.m.	Haskell Bldg. 111 Riverside Ave., Jax	(904) 731-1900 1st Place Sports
April 18	Beson4 Media Corporate 5K	6:30 p.m.	Metropolitan Park Jacksonville	(904) 731-1900 1st Place Sports
<b>April 20</b>	<b>Run to the Sun 8K</b>	<b>8:00 a.m.</b>	<b>Kennel Club Park Ave., Orange Park</b>	<b>(904) 652-5761 Florida Striders Track Club</b>
April 20	Strides for Pride 5K	8:00 a.m.	Riverside Park Jacksonville	(904) 389-3857 ext 212 JASMYN
April 20	North Ponte Vedra Sea Turtle 5K	9:00 a.m.	Seawalk Pavilion Jacksonville Beach	(904) 686-0052 Ponte Vedra Sea Turtle Patrol
April 21	USGB N. FL Chapter Green Run 5K	2:30 p.m.	1 University of North FL Dr. Jacksonville	(904) 731-1900 1st Place Sports
April 27	18th Annual Spartan Run 5K	8:00 a.m.	St. Johns Country Day School 3100 Doctors Lake Dr. Orange Park	(904) 264-9572 SJCDs
April 27	Race for Kids Young Life 5K	8:00 a.m.	Little River Rd. Ponte Vedra	(904) 318-8104 Milestone Race Authority

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

DATE	EVENT	TIME	LOCATION	CONTACT
April 27	1st Annual Urban League Springfield 5K	9:00 a.m.	Wells Fargo 6th & Main St., Jacksonville	(904) 731-1900 1st Place Sports
April 28	Inaugural FBHS Foundation 5K Walk	7:30 a.m.	Fort Clinch (Fishing Pier) Fernandina Beach	(904) 583-5987 Amelia Island Runners
May 4	The Players 5K With Donna	7:30 a.m.	TPC Sawcrass Ponte Vedra	(904) 355-PINK (7465) The National Marathon to Fight Breast Cancer
May 4	18th Annual Shrimp Festival 5K	8:00 a.m.	Main Beach 2 North Fletcher Ave. Fernandina Beach	(904) 261-1080 ext 108 McArthur YMCA
May 4	Mermaid Miles 3 Mile Beach Run	9:00 a.m.	Butler Park E. 5860 A1A S., St. Augustine	(904) 669-1207 RaceSmith, Inc
May 5	Jax Beach Challenge 5K	8:00 a.m.	Lifeguard Station 2 Oceanfront 1 Ave. N. Jacksonville Beach	(904) 304-5116 Jacksonville Beach Lifeguard Foundation
May 27	Memorial Day 5K	8:00 a.m.	1st Place Sports Park Ave., Orange Park	(904) 707-8469 Florida Striders Track Club

## WE GET LETTERS

Continued from page 12

*"This program unlocked an un-reached level in my life. Never would I have guessed I'd run a half-marathon...ever. And now I love running, which is amazing considering how much I formerly used to hate it. Now I'm capable of so much more...you've im-*

*pacted my senior year more than anything else."*

*"I never would have thought in a million years that I would be able to run a half-marathon. I thought it was insane. But with the help and support of you and everyone else, I crossed the finish line with ease."*

Please extend my gratitude to

everyone at the Striders. We are so appreciative of all of your support and making this possible. These kids are destined to do big things in life now. Thank you so much.

In gratitude,  
Deborah Dunham  
Director, Marathon High  
[www.MarathonHighFL.org](http://www.MarathonHighFL.org)

# Striders Spotlight

When I first took the position of writing for the back page of the StrideRight, I got lots of advice on what to write about. I took it all in, and then decided if I was going to do this, I had to make it my own and choose my subjects myself. So far the feedback has been good. This month I'm going to take a slight detour and write about something that's weighed very strongly on my mind and heart. I have a new found appreciation for all the races

which are run as fund raisers for various causes.

In the past I've often complained about the price for races which can be quite high. As a triathlete, I've paid as much as \$75 and up to participate. Marathons can be very pricey as well. I truly appreciate what the Striders do in keeping prices extremely low by using sponsorship money to raise funds for our races. But this



BY VICKY CONNELL

weekend I participated in "26.2 with Donna, the Marathon to finish Cancer". This race did not fit well in my training schedule since I'm training hard to get a good time at the Gate River Run. I knew a half marathon 3 weeks before the River Run could have disastrous results if I wasn't extremely careful. However, I felt compelled to run this particular race.

**Continued on next page**

That's because last November, a week before her 50th birthday, my sister-in-law Lynn Connell finally lost her fight with breast cancer.

Coming from a family without any incidence of breast cancer, I never really thought much about it until Lynn got it. Even then, there was a sort of disbelief that it could ever be fatal. In this modern age of advanced medicine, especially since she found the cancer very early, it just felt like she would get treatment, get well, and move on with her life. In the beginning, it seemed like this is exactly how it would play out. But then came a second round of cancer, and a third, and finally, she lost the fight. I was with her at the very end, and it all seemed so senseless. Leaving two beautiful children who loved her very much, it was beyond sad.

So when my niece Jennifer sent out the call to participate in the Donna Half Marathon, I felt compelled to participate. This was a race that Lynn had done every year, even when she was in the midst of treatment, so there was just no way of not joining in.

As many of you who did the race know, conditions were rough this year. From the 30 minute start delay due to a bad traffic accident, which left us standing in freezing conditions for over an hour, to breezy winds which made the bridges especially tough, it was a challenging run. I thought of Lynn throughout the race, re-

alizing that any discomfort or pain I was feeling was so minor compared to the years of pain she endured, all without complaint. I guess that's one reason why it was so easy to believe the disease would never take her – she faced it on a daily basis for years and made it look easy. Her unshaken belief that it would all turn out ok had us all thinking the same thing.

For me the most poignant part of the race came towards the end when I crossed the intercoastal bridge on JTB. At the top of the bridge where the wind was whipping unmercifully around every corner, there were 30 or 40 volunteers yelling and smiling encouragement to those of us running by. Their enthusiasm was unbelievable! How they must have been freezing cold! It brought tears of gratitude to my eyes as I ran by, thinking how much Lynn would have appreciated their efforts. Volunteers are a wonderful thing!

Finally I reached the finish line, and did my usual kick to finish fast. This wasn't much for me to do in the big picture of fighting breast cancer, but for that moment, it was the most I had. I did it for Lynn, for her daughter Jennifer and son Casey, and all the many women (and men) who are fighting this awful disease. Let's hope that someday soon we accomplish Donna's dream of finally finishing cancer!!! =

## SEND US YOUR RACE RESULTS!

Please make sure you fill out our new race result form located at [floridastriders.com](http://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](http://www.floridastriders.com)

You can contact us via e-mail at:  
[daniel.adams@jetblue.com](mailto:daniel.adams@jetblue.com)

You can get entry forms & results for all 1st Place Sports events on the Internet at [www.1stplacesports.com](http://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](http://www.rrca.org)



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Orange Park, FL 32067-0413

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