

Will the Boston Marathon ever be the same?

By Kim Crist

I've written several articles upon returning from the Boston Marathon. Each year seems to add a new adventure. This year was unlike any other!

About 40 Jacksonville folks boarded our chartered bus around 6:30 AM on April 15th headed to Hopkinton. The bus was very quiet in the beginning, but the closer we got to the start, the louder it seemed to get!

My waive started at 10:40 am. My personal goal was to cross the finish line at 4:10, which was the time that I needed to re-qualify for 2014.

It was the most perfect marathon running day. It was about 50 degrees at the start and no head winds! Probably the BEST ever!

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Left: Kim Crist before the first bomb went off at the Boston Marathon. Below: Kim and Cynthia Ryan on the bus headed to Hopkinton.



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Suns game is the June Social this year Thursday, June 13th • 7:35 PM

JACKSONVILLE BASEBALL GROUNDS, JACKSONVILLE, FL - We had such a good time last year, we're going again, and we have the same reserved seats in section 112, right behind 1st base! Bring the kids and don't forget the gloves. Seats are still \$11.50, which is \$2 off the going rate. Did I mention this is on a Thirsty Thursday? That's right; beers are only \$1 each. Need to come early though, as the place usually fills up quickly. Bring a friend and join us for a great time!



Please RSVP to Ann Krause, adk1221@yahoo.com by June 3rd. We have given the Suns a deposit for 30 seats, but 40

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Prez Sez

By Scott Hershey



Hello everyone. My name is Scott Hershey your new president. Being a board member the last couple of years and most recently your Merchandise Coordinator, I have been able to meet and talk with a lot of you. I love this sport.

On April 15th at the Boston Marathon - tragedy struck. Two bombs went off and two adults and one child were killed and more than 140 people injured. Clearly the bombs weren't for the runners. They were for the spectators. I sat in disbelief as I watched the replay over and over. I found it surreal. The Boston police bomb squad had made two sweeps of the finish line earlier in the morning. Still it didn't matter.

Evil found a way.

This tragedy will forever change the Boston Marathon.

In what ways? Only time will tell.

The Jacksonville area had over 65 people in Boston for the Marathon not including spouses or friends. Watching the news and thinking about the window of time the bombs went off I immediately thought about the people I know that might be in that finishing window of time. Watching the news and e-mails we found out that all our runners were ok. However, Stacey Hendry's (Paul Smith's daughter) husband Richard was near the finish line when the bombs went off. He lost a shoe and had a couple of toes injured but other than that he was ok. Still it was stressful waiting to see if all our Jacksonville runners were ok. But through local news and Facebook we were constantly updated.

I can tell you that I'm still working towards qualifying for Boston. And like most runners I know – *We Will Not Be Deterred*.

The Boston Marathon has been run every year since 1897. No matter what was happening in the world the Boston Marathon was run. Next year's Boston Marathon will be run albeit with a lot of security and with a sad remembrance of what happened.

On Monday April 22nd a national fundraising fun run was promoted by running stores all across America in support of Boston. In Jacksonville, the run was promoted by 1st Place Sports at the Town Center. The main objective was to show solidarity for the people of Boston and help with the medical costs of the people hurt by this disaster.

Originally they had hoped for a couple of hundred runners, however, more and more people signed up. We had over 2400 runners and non-runners participate. T-shirts were available to purchase for \$20 that said "Runners for Boston". Nothing else was on the t-shirts. No sponsors, running stores logos. Nothing.

1st Place Sports donated all the t-shirts and screening for this event; setting up the event and again, running the race. Thanks to Doug and Jane Alred for their continued support of running in the Jacksonville area. T-shirts sales and donations raised over \$38,000. WOW! 100% of the proceeds are to go to the One-FundBoston Fund to help the victims hurt by this tragedy. Thanks to all the Striders that volunteered and passed out the t-shirts prior to and after the run. It was kind of crazy, but in a good way. Then again all we always have a good time!

In closing, I would like to thank Dan Adams and all the retiring board members, Lisa Adams, Maria Littlejohn, Randy Arend, Dave Bokros, Kelli Howard, Kristie Matherne, Kim Crist and Robert Walker for their dedication and contributions made that have continued to make this club what it is today.

I would like to welcome the new incoming board members by saying that we have some big shoes to fill. I'm looking forward to working with you as we continue to looking towards the future and promoting a great sport! =

2013-2014 Board of Directors & Key Members

(Board Members marked with an *)

President/Merchandise Coordinator:

*Scott Hershey (C) 419 2469
email run2day4life@gmail.com

Vice President:

TBD

Secretary:

*Regina Sooeey (H) 673 0608
email Regina@ReginaSooeey.com

Treasurer/Co-Social Coordinator:

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

Membership Coordinator/Newsletter

Circulation Coordinator/Equipment

Coordinator:

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

Children's Running Coordinator:

*Carol MacDougall (H) 282 9914
email cmmacdougall@bellsouth.net

Children's Fun Run Coordinator:

*Tara Showalter (H) (407) 782 8956
email tara.showalter@yahoo.com

Memorial Day 5K Director/Strider Spotlight

Columnist & StrideRight Proofreader:

Vicky Connell (C) 707 8469
email VickyJC@comcast.net

Co-Social Coordinator:

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

Resolution 10k & 5k Director

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

Scholarship Coordinator:

*Kim Lundy (C) 307 9234
email woodski135@aol.com

Scholarship Committee:

Bill Krause (C) 860 9189
email bjk615@yahoo.com
Danny Weaver 287 5496
email weaver243@hotmail.com

Directors at Large:

*Andrew Barr (C) 521 4400
email andrewjbarr64@gmail.com
*George Hoskins (C) 521 4951
email ghoskins@bellsouth.net
*Kathy Murray (C) 955 6999
email redrunner2@bellsouth.net
*Bill Page (C) (301) 553 2688
email billpage727@gmail.com
*Gordon Simms (H) 269 2328
email kandgproperties@netzero.com
*Christine Vaughn (C) 329 0096
email cwright625@yahoo.com
*Robert Webster (H) 375 1053
email wccinc@bellsouth.net
*Mark Wynter (H) 718 1007
email wynter mark@yahoo.com

Hog Jog Director:

*Charlie Hunsberger (H) 502 9407
email jaxcharlie@gmail.com

River Run Expo Tent Coordinator:

Kristie Matherne (C) (985) 688 1849
email otbft@gmail.com

Run to the Sun 8K Director:

*Joe Strickland (C) 652 5761
email jetric@comcast.net

River Run Hospitality Tent Coordinator:

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

Race Volunteer Coordinators:

Kim Crist (C) 349 0878
email kcrist@radiometeramerica.com
Frank Frazier (C) 874 1828
email ffrazier@cavco.net

Race Logistics Coordinator:

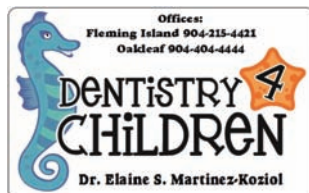
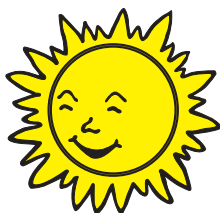
*Glenn Hanna (C) 710 4302
email ghanna3@bellsouth.net

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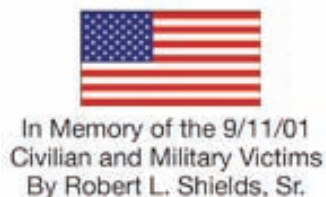


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Race Advisor:

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

Graphics Design Coordinator:

Tori Connell
email victoria.connell@comcast.net

Webmaster:

Larry Clark (H) 710 1245
email web@floridastriders.com

StrideRight Editor:

Trish Kabus (C) 386 506 7688
email striderightedit@aol.com

RRCA Southern Region Director:

Lena Hollmann (H) 919 388 5786
email lenahollmann@bellsouth.net

North Florida RRCA Representative:

Todd Neville (C) 904 501 0900
email orthflorida@rrca.org

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2013 Orange Park Medical Center Run to the Sun 8K & One-Mile Fun Run

By Joe Strickland

Although we were challenged by inclement weather, our turnout was still great for the 2013 Orange Park Medical Center Run to the Sun 8K & One-Mile Fun Run event that was held on Saturday, 20 April 2013 at the Orange Park Kennel Club. The total number of registered 8k runners was 740, which is 52 more than we had last year, and represents the new highest registration total. We surpassed the 2012 total which was then the highest we previously had.... at least as far back as 2007! Had the weather forecast the week prior to, and on race day been something more optimistic, we would have easily had over 800 registrations! We were however; fortunate that the rain did pause long enough to get this race in. As luck would have it, the rain regretfully returned just as we prepared to start the 1-mile fun run.

This was the third straight year we

were joined by the Orange Park Sunrise Rotary in hosting the event, and we appreciate their help in securing a major sponsorship and in providing volunteers for race day. It was also the third year for the 8k race course that we introduced at the 2011 event.

Our first place overall male winner was Ryan Obernier with a time of 27:16, and the first female to cross the finish was Kim Pawelek Brantly in 30:19. Overall, we had 553 finishers which were closely split between males and females – 265 women and 288 men. We also had 29 runners under the age of 13 who completed the 8k course.

Even with the inclement weather our fun runners showed up ready to run as well....all 572 of them! Jack Frost did a great job setting them up for a staggered start to give these runners a safer race and a bit more room to get going at their own pace. A total of 20 schools were represented, of which the following 7 earned

participation money: 1. Lakeside Elementary, 2. Annunciation, 3. Swimming Pen Creek, 4. Thunderbolt Elementary, 5. Paterson, 6. Oak Leaf Village, and 7. Ridgeview!

In addition to great competitors, this year's event enjoyed fantastic sponsor support. The generous contributions of our sponsors are what allow the Florida Striders to keep our races affordable and still continue to promote running and fitness throughout the community, and especially among children. The Children's Running Program is growing even bigger, and now supports walk/run programs in more than 55 local elementary schools across Clay and Duval counties. Unbelievably, we are talking about the participation of more than 14,000 students!

For the third year in a row, Orange Park Medical Center (OPMC) was the title sponsor of this event. We truly appreciate their generous sponsorship and the race bags they provided for our 8k

10th Annual Florida Striders' Hershey Games a Continued Success

On Saturday April 6th, the Hershey Track & Field state qualifier, held at Orange Park High School, had over 160 competitors (ages 9 to 14) trying to qualify for the state championship on June 22nd. The top two boys and girls in each event qualify with hopes of ultimately being the best in the southeast and earning a free trip to Hershey, Pennsylvania to compete in the North American Final, held August 2nd to 5th. Athletes from this Orange Park meet have qualified for this great opportunity five of the last six years.

Several meet records were broken. W.E. Cherry Elementary's Devin Graham broke records in the boys' 9-10 50-meter dash (7.07) and 100-meter dash (14.34). Graham also won the standing long jump (6-07).

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race packets. Another big thank you goes out to Ludaxx Organic Wellness, who generously supported our event as the presenting sponsor this year. In addition to these two major sponsors, we also had a number of gold & multi-race sponsors who supported the event, and they are listed on the following page:

Sun Tire (multi-race sponsor)

Dentistry 4 Children (multi-year sponsor of this event)

Kohl's Department Stores (multi-year sponsor of this event)

Heartland Rehabilitation (multi-race sponsor)

American Enterprise Bank (3rd year sponsor of this event)

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

And let's not forget about the behind-



the-scenes efforts of a fantastic team of dedicated race coordinators who worked so very hard to pull this event together:

- Marge Ruebush – 8k Registration
- Karen McCormick – 8K Registration
- Kim Crist – 8k Registration & Volunteer Coordinator
- Frank Frazier – Volunteer Coordinator & Start/Finish line setup
- Tara Showalter – Fun Run Coordinator
- Dan Adams – Race Advisor
- Ken Bendy – Announcements & Awards
- Glenn Hanna – Refreshments

- Charlie Hunsberger – Starting Line
- Richard Allen - Finish Line
- Mike Mayse – Race Equipment
- Dave Bokros – Course Director
- Jack Frost – Fun Run Start
- Suzanne Baker – Volunteer Check-In/First Aid

We were also supported by some super volunteers who were out there with us on race day, including groups of volunteers from Orange Park Sunrise Rotary and Kohl's. We are so very appreciative of their service. =

A big "thank you" to all who participated in making this event a success! As always, your suggestions for improving future Orange Park Medical Center Run to the Sun 8k events are most welcome via email at StridersRTTS@gmail.com. Please come out again for next year's event!

Volunteers

Kim Crist
John Powers
Gene Bridges
Rich Dawson
Sue Melson
Cynthia Ryan
Karen McCormick
Kiel Arnold
Cynthia Lyons
Bonnie Brooks
Jenny Allen
Kim Hynes
Kimberly Martinez-Ward
Morgan Wingate & Friend
Lisa Miller
Breanna Reinhold
Kathy Murray
Robert Webster
Marie Bendy

Keilie McKisick
Mark Wynter
Rob McKisick
Bruce Howard
Frank Frazier
Paul Berna
Kevin Mangold
Tracy Dawson
Molly Dawson
Reily Dawson
Darion McCullough
Carlos Westerband
Michael Unbankes
Stormy Pasco
Dylan Ditto
Richard Allen
Paul Ruebush
Richard Allen
Scott Showalter
Colin McCormick
Robert Webster

Keilie McKisick
Kim Martinez
Frank Frazier
Lee Ann Buscemi
Charlie Hunsberger
Dave Bokros
Sue Granger
Cynthia Lyons
Lacey Crist
Bernie Gross
Ryan McCormick
Jimmy Cates
Kevin Mangold
Lee Ann Buscemi
Chris Brindle (Paterson)
Annette Gray (Thunderbolt)
Marilyn Karnuth (Thunderbolt)
Nancy Sirmons
(Thunderbolt)
Carol MacDougal
(Swimming Pen)

Katherine Kirkland
(Thomas Jefferson)
Kim Tracanna-Breaul
(Lakeside)
Rose Woolwine
(Oakleaf Village)
Shannon Pellegrini
(Lake Asbury)
Chrystal Gray (Ridgeview)

Kohl's
Tracy Armon & her wonderful
Kohl's Volunteers

Rotary
Carole Gardner
Gaines Lee
Mike Cummings
Chris McNees
Nancy Alberts
Jim White

HERSHEY GAMES

Continued from previous page

Chereece McEwan, a sixth grader at Middleburg Elementary, also broke two meet records in girls' 11-12 100-meter dash (13.45) and 200-meter dash (26.68). McEwan's 200-meter mark broke the previous record of Grace Damron set in 2007 by over 3 seconds. She joined with classmates Atlantis Clinkscale and Lexi Guy and Swimming Pen's Tatiana Santos to win the 4x100-meter relay (1:04.02). Lake Asbury Junior High's Denaud Valmyr also won three events and set a record. His leap of 8-07 in the standing long jump added 9 inches to the 13-14 boys' meet record.

Valmyr won the 100-m (12.81) and 200-m (26.63). Middleburg Elementary's Brittany Gibson won the 11-12 girls' softball throw in a meet record of 131-04.

There were athletes who qualified in multiple events. Kyanna Montoya gave W.E. Cherry a sweep of the 9-10 50 and 100-meter dashes, winning the girls' races. Alexander Collier also doubled up in sprint victories, winning the boys' 11-12 100-m (13.62) and tying Bryce Stalter for the 200-meter victory (28.47). Another sprinter qualifying in two events was Kai'Lyn Kirkland. This 12 year old young lady won the 400-meter dash in 1:09 and finished second in the 200-meter dash with a time

(28.97) that was also faster than the previous meet record.

We wish to thank Orange Park High School for the use of their facility for this fine annual event put on by the Florida Striders. The meet was coordinated by Jack Frost and he wishes to thank the many volunteers who helped make this meet a memorable one for all the children. The Hershey Games are provided at no charge to the 9-14 year old boys and girls who compete. We also want to thank Kohl's Fleming Island A-Team for both their volunteers and financial support. Also, thank you to Hershey for their volunteers and financial support and Sigma Marketing for provided the award ribbons. Please note that the full

THANK YOU TO OUR VOLUNTEERS

Tracey Armon
Glenn Hanna
Nancy Barlow
Kelly Johnson
Steven Barlow
Mike Mayse
Kim Crist
Karen McCormick
Kalen Dennis
Dana Menk
Kyndle Dennis
Sarah Haueg
James Doman
George Hoskins
Erika Ermish

Dana Menk
Jack Frost
Cathy Rangeo
Will Hunter
Stepanie Shafer
Charley Jett
Mike Thornell
Tracy Jett
Bonnie Frost
Kelly Johnson
Kathy Frost
Christine Jump
Tim Young
Jessica Kalidies
Jim Engel
Hannah Koziolk
Asheley Goodwin

Joseph Libretto
Jim McCormick
Ercas Louis
Pete Santelli
Carol MacDougall
Kayla Thomas
Yvonne Mahey
Kendall Williams
Karen Martin
Orange Park High School students
David May
Orange Park High School ROTC students
Denise May
Ridgeview High School students

Emma May
James May
Mike Mayse
Ralph Mazzuoccolo
Karen McCormick
Hannah Mosley
Johnny Ngvyen
Kathy Rangeo
Rannay Robinson
Stephanie Shafer
Kenny Szillus
Kayla Thomas
Kendal Williams
Tim Young

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

Race Results

Kiliwan's 5K Jacksonville, FL March 2, 2013

Robert Walker 18:46 1st AG
Barbara Gilbert 43:12 3rd AG
Race Walker

Gate River Run 15K Jacksonville, FL March 9, 2013

Robert Walker 58:43
New PR for this race
Kevin Mangold 1:09:28
Matthew Stratton 1:13:07
This was Matthews first Gate

River Run and at the age of 8 he did a great job. He says he is aiming for 1:05:00 next year and a top ten % hat.

Vicky Connell 1:17:23 PR
Owen Darfler 1:20:27
Sue Whitworth 1:22:41
William Darfler 1:22:45
Martin Wilkinson 1:26:34
Nikki Watson 1:27:27
Tommy Dobbs 1:29:13
George Hoskins 1:32:04

August Leone 1:38:23 1st AG
Bill Krause 1:41:26

Elsie Altman 1:42:38
Liane Daniels 1:47:16
Diane Wilkinson 1:53:29
Al Saffer 1:58:44 5th AG
Took a bad fall 4.5 miles from start.
Bob Meister 1:59:51
Trish Kabus 2:06:40
Jean Schubert 2:19:25
New 15K PR

St. Paddy's Day 5k Ocala, FL March 16, 2013

Daniel Tressler III 20:35
I ran this one again just like last

year so that my grandparents Jay & Betty McKenzie could see me run. It was cold and I got a stitch but had a good run!

St. Patty's Day 5K Run Jacksonville, FL March 17, 2013

Daniel Tressler III 19:54
I finally ran under 20!!!! This was the 24th year since my Dad was hurt while serving our country in the US Navy. I really wanted to PR and run under 20:00 for him. I DID IT!!!!
Nikki Watson 25:31 3rd AG

meet results are on our website, www.FloridaStriders.com, along with a bounty of excellent photos taken by George Hoskins.

You cannot appreciate the excitement and enthusiasm of the young athletes at this excellent event unless you are there to feel it for yourself. There

was also some extremely good track and field talent on display, which I dare say you will see in various headlines as these young athletes mature and perform even better in the years ahead. To put on a quality event takes a lot of volunteers. On the previous page there are names of many of the contributors

who were essential to putting on a great event this year. Unlisted are the many coaches and parents who also make it possible for these young athletes to compete. Sincere thanks to each of you for your contributions. See the previous page for a list of many volunteers who helped with the meet. =

WEEKLY TRAINING RUNS				
Day	Time	Distance	Location	Point of Contact
Sunday	6:30 am	5 to 10 Miles Various pace groups	Atlantic Beach Ragtime Restaurant	Bill or Dot Mitchell (904) 241-0331, mitd0005@mac.com
Sunday	6:30 am	6 to 20 Miles Various pace groups	Orange Park 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	Jacksonville 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	Jacksonville Gazebo Mall	Bernie Gross (904) 272-5995, berniegross@juno.com
Monday	6:30 PM	2 Miles Run/Walk	Orange Park Organized by Journey Church - 2864 Moody Ave	Vernon W Allen, (904) 699-8614 buildingahealthytemple @walkandrunjourneygroup.com
Wednesday	5:30 PM	Interval Training	Jacksonville Bolles School San Jose Blvd.	Danny Weaver (904) 287-5496 weaver243@hotmail.com
Wednesday	6:15 PM	6.2 Miles Easy pace	Jacksonville Boone Park, Riverside	Doug Tillett, (904) 386-61395 douglastillett@hotmail.com
Wednesday	6:30 PM	Interval Training	Orange Park 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	Jacksonville 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	Julington Creek Starbucks	Wendy Patterson (904) 237-4100, wenrex@comcast.net

New, Renewing and Expiring Memberships

NEW MEMBERS

Lovetta Adams	4/30/14
Tommy Browning	4/30/14
Andre Chester	4/30/14
Jeanette DiRocco	4/30/14
Michael & Margaret French	4/30/14
Bernie Gross	4/30/14
Sara Kinion	5/31/14
Michelle Koonce	4/30/14
Justine Lewis	4/30/14
Bernadette Lloyd	5/31/14
Larry & Diane Longenecker	4/30/14
David Matthews	5/31/14
Claire McCool	4/30/14
Wendy Page	4/30/14
Bonnie Palmer	4/30/14
Christina Rauch	4/30/14
Alicia Ricks	4/30/14
Kelly & Justin Rogers	4/30/14
Kim Scurti	4/30/14
Georgina Shores	4/30/14
Lawrence Smith	4/30/14
Tracy & Jonathan Walters	4/30/14
Christina Wright	4/30/14

RENEWING MEMBERS

Lorna Bradford	4/30/15
James Braunreiter	4/30/16
Stuart Chalk	4/30/14
Vicky, Jim, Tori & Marissa Connell	5/31/14
Justin Cran	4/30/14
Rick & Aimee Cubbedge	4/30/14
Patricia Czarnecki	4/30/14
William & Carmen Darfler	4/30/14
Stephen & Denise Fullerton	4/30/14
David Goedtk	4/30/14
Jennifer Hu	4/30/15
Osra Hutcheson	4/30/14
Bub & Lisa LeNoir	4/30/14
Bernie Loftus	6/30/15
Sharon & Steve Lucie	4/30/14

Martha Mangus	4/30/14
Carolyn Mudgette	4/30/14
David & Marilyn Ohnsman	4/30/14
Melissa & Tim Posey	4/30/14
Cynthia & Kevin Ryan	4/30/14
Al Saffer	4/30/14
Paul Smith	5/31/16
Joe & Maurya Sova	4/30/14
Joseph Strickland	4/30/14
Danny & Anne Weaver	4/30/14
Grady & Peggy Williams	4/30/14

MULTI-YEAR MEMBERSHIPS

Bernie Powers	4/30/14
Kathy Murray	4/30/15

EXPIRING MEMBERSHIPS

Abiona Adewole	3/31/13
Barnes Ann & Gabriel	3/31/13
Millicent Battle-Hughey	3/31/13
John Bobeck	3/31/13
Mike & Jaci Britts	3/31/13
Marcos Colina	3/31/13
Amy, Joe, Micayla, Jordyn & Josh Costa	3/31/13
James Crosby	3/31/13
Holly Fulton	3/31/13
John Gebo	3/31/13
Melanie Gogan	3/31/13
Jennifer Halter	3/31/13
Kersten Harrison	3/31/13
Robin Harville	3/31/13
Michael & Becki Hernandez	3/31/13
Frank Hostetter	3/31/13
Audra Isbell	3/31/13
Temple Jamie & Timothy	3/31/13
Keeley Jay & Kortney	3/31/13
Jeremy Jordan	3/31/13
Ruth Jursa	3/31/13
Scott Land	3/31/13
Pursell Liz & Jeff	3/31/13
Mary Maddox	3/31/13

Paul Major	3/31/13
Randy & Malie Malikowski	3/31/13
Beth Maurer	3/31/13
Patrick McCarthy	3/31/13
Brad Miller	3/31/13
Lori Morris	3/31/13
Raechel Myatt	3/31/13
Sara Myers	3/31/13
Stacy Nieuwenhuis	3/31/13
Nicole Ninesling	3/31/13
Anne O'Renick	3/31/13
Bill Page	3/31/13
Lisa Pearson	3/31/13
Jennifer Phelan	3/31/13
Devon Pound	3/31/13
Rachael Rice	3/31/13
Judy Rippetoe	3/31/13
Cheri Roney	3/31/13
Julie Runnfeldt	3/31/13
Miriam & Brian Smith	3/31/13
Sarah Ann Smith	3/31/13
Robert Taylor	3/31/13
Scott & Jill Trenor	3/31/13
Ed, Michelle, Jesse, Schuyler Velasco	3/31/13
James & Brandi Venson	3/31/13
Julie Ward	3/31/13
Jamie & Melissa Webb	3/31/13
Justin Webb	3/31/13
Laureen Williams	3/31/13
Robert Wilson	3/31/13
Jesse Withrow	3/31/13
John Womack	3/31/13
Mike & Jamie Wyche	3/31/13 =

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 fordastriders.com or call Mike Mayse (904) 777-6108.

The Florida Striders is an All Volunteer Organization!

If you have enjoyed our races, socials, and other activities, don't forget that someone did all the work to make that event happen! We would like all our members to step up and help out occasionally, so there isn't so much work for the rest! Our volunteers have recently been hard at work preparing for the Memorial Day 5K. The flyer for this race is on page 12. If you'd like to volunteer to help, please send an email to Vicky Connell (the Race Director) at vickyjc@comcast.net and she will point you in the right direction! =



BOSTON MARATHON

Continued from page 1

I felt great the entire run! Probably started out a little faster than I should have, because it was so nice!

As I turned the final corner onto Boylston Street, I could see the finish line straight ahead! I was so excited, because I was right on target for my goal! As I approached mile 26, I heard a loud noise! I thought, "Wow! I've done the Boston Marathon 6 times, and they have never had fireworks at the end! That's pretty cool! Then I SAW the second explosion! My gut told me there

was something else going on! I slowly pulled off to the side of the road, but still not stopping my Garmin. I'm still thinking we are going to cross the finish line in a few seconds. I took a few more steps, trying to get closer, but very soon after that, the policeman came running towards us and said, 'Get out of here! There is a gunman in the area!' I stopped my watch, and headed the opposite direction, still not knowing what was going on!

I was trying to get back to my hotel to find my roommate, Kitty Ferrell. They would not allow anybody to enter! Two hours later, we finally met up! Kitty had

come to watch me cross the finish line. The temperature started dropping; she got cold, and went in to get us both a cup of Dunkin' Donuts coffee to have waiting as I crossed. This probably saved her life!

I did not check my Garmin for a few days. When I did, it made me realize how close I really was, and how blessed I am to have not experienced any of the tragedy that occurred that day. The clock on the news reports all showed, 4:09:56, my Garmin was stopped at 4:09:59!

A very sad, scary day for everybody in Boston! I hope to go back in 2014 to finish what I started on April 15, 2013. =

RACE RESULTS

Continued from page 6

Tobacco Road Marathon Cary, NC March 17, 2013

Trish Kabus 6:46:00
Great race! The Raleigh Galloway folks really made me feel at home. Lots of wonderful volunteers. Most of the course was on old railroad bed trails.

Kiwi 5k Intuition Ale Works Riverside, Jacksonville, FL March 16, 2013

Ron Porter 9:37 1st AG

St. Patty's Day 5K Run Jacksonville, FL March 17, 2013

Barbara Gilbert 42:14 Race Walker

St. Patty's Day 10K Run Jacksonville, FL March 17, 2013

Robert Walker 38:01 1st AG
Sayer Gunn 46:58 2nd AG

and a 10K PR

Ann Krause 49:53 1st AG
George Hoskins 53:01 3rd AG
Martin Wilkinson 53:41
Sue Whitworth 53:44
Bill Krause 1:04:02
Elsie Altman 1:05:31
Diane Wilkinson 1:06:45 3rd AG
Al Saffer 1:10:00 1st AG
Bob Meister 1:10:42
Jean Schubert 1:25:54

A new 10K PR and Grand Prix points for 6th in age group!!

Citrus Trail Marathon Inverness, FL March 17, 2013

Deb Potash 4:42:02
My 1st trail marathon 3rd place beautiful course through the forest. Tons of Fun!

The Rescue Run Corporate 5k Heathrow, FL March 21, 2013

Daniel Tressler III 20:21
I ran this at 6:30 pm after a 3-hr field day at school... I was TIRED!

Music Lasts A Lifetime 5k Camden County, FL March 23, 2013

Bernie Powers 25:17 1st AG
Charles Goodyear 35:08 2nd AG

Zimmerman Kiser Sutcliffe Winter Park Road Race - James C. Barnett Memorial 2-Miler Winter Park, FL March 23, 2013

Daniel Tressler III 12:33
This was run on the bricks of downtown Winter Park in a torrential downpour. What a blast!!!! After running 5 races in 8 days I was tight and did not run my best but was ecstatic to run this good.

50K Palm100 Boynton Beach, FL March 23, 2013

August Leone 8:20:48
50K 31 miles this past Saturday. 1st of 1 in the 80+ age group. Starts at Boynton Beach Inlet Park at 10 am south on A1A to Las Olas Blvd Fort Lauderdale. High temperature for the day was 86 degrees.

Okefenokee Swamp 10k Waycross, GA March 24, 2013

Ron Porter 41:39 2nd OA
Grand Masters winner

Tour De Pain Extreme Jacksonville, FL 3 races - March 29 & 30

Bernie Powers 3:23:58 1st AG
Sayer Gunn 2:58:11 3rd AG
PR in the half marathon at 1:43:48.

Tour De Pain Extreme Half Marathon Jacksonville, FL March 30, 2013

Barbara Whitter 2:49:34
Trish Kabus 2:54:57

1st Annual Pure Invite Gainesville, FL March 30, 2013

Daniel Tressler III 3K (11:32)
1500m (5:25)
800m (2:44)

This was a great track meet in Gainesville & the weather was perfect! My 3K time was a PR!

Nocatee 5k Nocatee, FL March 30, 2013

Deb Potash 23:34
A 5k PR during Ultra training.

Marty 5k Run and Ride Jacksonville, FL April 6, 2013

Anne Matthews 30:34 2nd AG & PR

Pirate Plunder 2 Miler 2013 Melbourne, FL April 6, 2013

Daniel Tressler III 12:48
It was a nice evening in Melbourne but I was crashed hard right off the start... I still finished strong but had to see the EMTs. They say I need 2 weeks off...

Croom Fools 50k Ultra Brooksville, FL April 6, 2013

Deb Potash 5:45:17
My 1st 50k 7th female 2nd age. Another fun run in the forest!

Capt. Chuck Cornett Navy 10k Jacksonville, FL April 6, 2013

Ann Krause 50:24
3rd Masters winner
Bill Krause 1:04:51

Continued on page 15



RACE RESULTS

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

915	17	2	Matt Worsham, 26	31:16	6:15
103	34	3	Jonathan Roueche, 27	33:56	6:47
614	47	4	Clement Lamprey, 27	35:00	7:00
798	48	5	Jonathan Earnest, 25	35:07	7:01

Men 30 - 34

170	10	1	Robert Walker, 31	29:35	5:55
615	13	2	John McCol, 30	30:09	6:02
812	30	3	Robby Finklea, 32	33:30	6:42
479	43	4	Reynaldo Rivera, 30	34:40	6:56
164	69	5	Joybert Rivera, 32	36:47	7:21

Men 35 - 39

537	4	1	Marc Burget, 39	28:01	5:36
89	8	2	Jesse Patterson, 35	29:11	5:50
511	9	3	Gary Dove, 36	29:33	5:54
110	14	4	Gerrit van den Bos, 38	30:13	6:02
10	26	5	Daniel Hadera, 39	32:54	6:35

Men 40 - 44

3	15	1	Mills Ramseur, 41	30:32	6:06
153	21	2	Jeff Ickes, 40	32:12	6:26
710	22	3	Duke Pao, 43,	32:17	6:27
159	24	4	Robbie Higdon, 43	32:22	6:28
181	27	5	Scot Jezik, 42	32:58	6:36

Men 45 - 49

9	7	1	Eric Vandervort, 45	29:02	5:48
652	16	2	Drew Kenny, 46	30:56	6:11
480	18	3	David Bonnette, 46	31:40	6:20
744	19	4	Mark Grubb, 48	31:58	6:24
598	25	5	Craig Bennett, 46	32:43	6:33

Men 50 - 54

738	12	1	Gerry Glynn, 50	29:47	5:57
727	23	2	Ron Porter, 51	32:21	6:28
70	35	3	Michael Johnson, 51	33:57	6:47
474	39	4	Raymond Ramos, 51	34:11	6:50
143	41	5	Spencer Olsen, 51	34:24	6:53

Men 55 - 59

909	20	1	Steve Johnson, 55	32:06	6:25
561	49	2	Robert Thompson, 57	35:11	7:02
737	63	3	Fred Wainio, 56	36:31	7:18
61	80	4	Kenneth Perkins, 58	37:34	7:31
148	97	5	Kevin Milton, 55	38:59	7:48

Men 60 - 64

29	54	1	Paul Geiger, 60	35:26	7:05
906	77	2	Lewis Buzzell, 61	37:33	7:30
172	82	3	Patrick Gaughan, 63	37:44	7:33
58	118	4	Bernie Powers, 62,	40:53	8:10
385	136	5	Martin Wilkinson, 64	42:13	8:26

Men 65 - 69

56	45	1	Bruce Holmes, 65,	34:45	6:57
377	76	2	George White, 66,	37:27	7:29
703	90	3	Herbert Taskett, 65	38:37	7:43
449	119	4	George Hoskins, 68	40:57	8:11
755	130	5	Wesley Royal, 68	41:42	8:20

Men 70 - 74

77	107	1	Paul Smith, 71	39:50	7:58
734	114	2	Bernard Loftus, 70,	40:36	8:07
16	212	3	Bobby Greene, 73	49:51	9:58
739	215	4	Ben Holland, 72	49:57	9:59
105	224	5	James Braunreiter,	51:09	10:14

ID#	PLACE	CLASS PLACE	FINISHER	TIME	PACE
Open Men					
1	1	1	Ryan Obernier, 26	27:16	5:27
580	2	2	Chris McCaffrey, 26	27:30	5:30
2	3	3	Shawn Williams 37	27:56	5:35

Open Women

6	1	1	Kim Pawelek Brantly, 39	30:19	6:04
163	2	2	Lydia Veal, 31	31:57	6:23
610	3	3	Britta Fortson, 40	32:42	6:32

Masters Men

162	5	1	Paul McRae, 40	28:26	5:41
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Masters Women

17	5	1	Regina Sooley, 42	34:22	6:52
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Grand Masters Men

358	6	1	John Metzgar, 50	28:35	5:43
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Grand Masters Women

5	15	1	Kathleen Kaye, 55	36:15	7:15
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ID#	PLACE	CLASS PLACE	FINISHER	TIME	PACE
Men 4 - 10					
688	66	1	Matthew Stratton, 8	36:44	7:21
672	131	2	Matthew Law, 10	41:49	8:22
435	175	3	Nate Chase, 10	46:00	9:12
634	225	4	Kirby Truitt, 8	51:14	10:15
694	238	5	Matthew French, 10	53:46	10:40

Men 11 - 13

611	59	1	Vincent Sabatella, 11	35:59	7:12
467	73	2	Aldren Biala, 13	37:02	7:24
54	125	3	Jacob Posey, 13	41:14	8:15
453	137	4	Logan Randolph, 12	42:32	8:30
933	181	5	Clark Fannin, 11	66:21	9:16

Men 14 - 19

67	31	1	Nick Zart, 16	33:36	6:43
725	32	2	Connor Etheridge, 14	33:46	6:45
186	37	3	Avery Bue, 18	34:03	6:48
559	50	4	Ross West, 18	35:12	7:02
168	51	5	Taylor Sweet, 17	35:13	7:03

Men 20 - 24

183	33	1	Matthew Graham, 24	33:56	6:47
86	70	2	Juan Hincapie Castillo, 22	36:55	7:23
111	135	3	Daniel Dumitrache, 22	42:10	8:26
507	147	4	Justin Cran, 21	43:39	8:44
574	173	5	Derrius Austin, 21	45:46	9:09

Men 25 - 29

166	11	1	Justin Holstein, 28	29:37	5:55
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Men 75 - 79

376	233	1	Jimmie Seeley, 75	52:11	10:26
64	257	2	Al Saffer, 78	57:43	11:33

Men 80 & Up

12	237	1	August Leone, 83	52:59	10:36
49	268	2	Bob Meister, 81	1:02:05	12:25
666	278	3	Pat Gallagher, 82	1:08:07	13:37

ID#	PLACE	CLASS PLACE	FINISHER	TIME	PACE
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Women 4 - 10

494	122	1	Leigha Pecora, 10	49:16	9:51
624	123	2	Rachel Renault, 10	49:16	9:51
361	130	3	Kaitlyn Frost, 9	50:16	10:03
625	138	4	Haley Renault, 9	51:28	10:18
179	142	5	Grace Adams, 8	51:52	10:22

Women 11 - 13

679	17	1	Jennifer Fliess, 11	37:11	7:26
182	68	2	Caroline Medley, 13	44:59	9:00
512	127	3	Gabriella Propper, 11	50:03	10:00
137	179	4	Sarah Ivey, 11	55:32	11:06
720	243	5	Cosette Steeves, 12	1:10:38	14:08

Women 14 - 19

840	6	1	Emily Stallings, 17	34:44	6:57
712	21	2	Nancy Harms, 18,	38:01	7:36
608	34	3	Allison Barnhart, 15	39:37	7:55
404	56	4	Amber Styf, 18	43:52	8:46
782	97	5	Erica Youngstrom, 19	47:02	9:24

Women 20 - 24

184	7	1	Ruth Levy, 24	35:16	7:03
950	8	2	Svetla Walsh, 20	35:21	7:04
528	16	3	Jennifer Dominguez, 23	37:07	7:25
177	24	4	Rachel Walker, 21	38:15	7:39
188	57	5	Marynne Butler, 20	43:55	8:47

Women 25 - 29

830	22	1	Angela Brove, 25,	38:02	7:36
169	30	2	Debra Barnhart, 26	39:09	7:50
174	53	3	Chelsea Foote, 28	43:41	8:44
628	71	4	Tanya Bell, 29	45:14	9:03
828	73	5	Judy Kantar, 27	45:32	9:06

Women 30 - 34

826	14	1	Michelle McCullough, 34	35:57	7:11
842	26	2	Susan Pascual, 34	38:53	7:46
365	35	3	Bryce Ellis, 31	39:46	7:57
487	37	4	Heather Krumholtz, 30	40:04	8:01
934	38	5	Natalia Terreros, 32	40:12	8:02

Women 35 - 39

7	4	1	Jamie Joseph, 35,	34:01	6:48
613	10	2	Lisa Adams, 38	35:38	7:08
145	13	3	Sayer Gunn, 36,	35:56	7:11
47	20	4	Cari Holbrook, 37,	38:00	7:36
413	25	5	April Martin, 37	38:30	7:42

Women 40 - 44

793	27	1	Dana Stallings, 41	38:56	7:47
90	29	2	MariaLee Richburg, 42	39:08	7:49
746	47	3	Julie Proctor, 42	41:19	8:16
916	48	4	Ginger Brelsford, 44	41:22	8:16
733	49	5	Kathleen Reimer, 42,	41:24	8:17

Women 45 - 49

714	9	1	Alison Ronzon, 49	35:25	7:05
97	11	2	Kim Scurti, 45	35:40	7:08
4	12	3	Regina Taylor, 48	35:52	7:10
434	23	4	Kacee Bryner, 48	38:14	7:39
697	28	5	Denise Metzgar, 46	38:57	7:47

Women 50 - 54

715	18	1	Lynn Hill, 51	37:16	7:27
526	32	2	Patty Dame, 51,	39:33	7:55
497	40	3	Vicky Connell, 54	40:34	8:07
778	67	4	Shelly Sharp, 51,	44:59	9:00
481	76	5	Joanne Harris, 54	45:40	9:08

Women 55 - 59

59	19	1	Stephanie Griffith, 58	37:55	7:35
731	33	2	Terri Rose, 55	39:35	7:55
946	36	3	Anita Pryor, 58	40:01	8:00
21	45	4	Ann Krause, 55	41:06	8:13
1003	52	5	Kimberly Lundy, 55	42:32	8:30

Women 60 - 64

948	88	1	Jackie Markese, 62	46:39	9:20
43	95	2	Osra Hutcheson, 64	46:55	9:23
386	141	3	Diane Wilkinson, 60	51:51	10:22
65	158	4	Debbie Coleman, 61	53:30	10:42
764	183	5	Dee Robertson-Lee, 62	56:19	11:16

Women 65 - 69

773	83	1	Patti Taylor, 65,	46:16	9:15
161	152	2	Mary Strickland, 67	52:39	10:32
173	177	3	Susan Gostage, 67	55:17	11:03
593	202	4	Sara Guthrie, 65	58:54	11:47
667	228	5	Tracey Armon, 65	1:05:00	13:00

Women 70 - 74

55	44	1	Elfrieda Wyner,	40:58	8:12
707	171	2	Nancy Pullo, 71	54:29	10:54 =

SUNS GAME - JIUNE SOCIAL

Continued from page 1

people attended last year, so we know we will need to adjust this upward. They have given us a deadline of June 3rd for a final head count. Like last year, we are accepting checks or payments made via Pay Pal. Payments by check should be made out to Ann Krause, and sent to 3369 Maiden Voyage Circle North, Jacksonville, FL 32257. If you would like to purchase tickets via Pay Pal, please email Mike Mayse: membership@floridastriders.com. Give your name and # of tickets desired, and he will send you an invoice via Pay Pal. Pay Pal account not required to pay invoice and you can use your credit card. =

floridastriders.com

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

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

- No refunds.
- \$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 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



In Memory of the 9/11/01
Civilian and Military Victims
By Robert L. Shields, Sr.



384-0053  810-5009

BLUE RIDGE
Water Company, Inc.

COURSE MAP



May/June 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
May 18	Over the Edge 5K	8:30/9:00 a.m.	Everbank Center 301 W. Bay St. Jacksonville	(904) 265-3806 N. FL Counsel BSA
May 18	The Players 5K With Donna NEW DATE	7:30 a.m.	TPC Sawgrass Ponte Vedra	(904) 355-PINK (7465) The National Marathon to Fight Breast Cancer
May 19	Never Quit 5K	8:00/ 10:00 a.m.	11 1st St. N. Jacksonville Beach	(904) 731-1900 1st Place Sports
May 27	Memorial Day 5K	8:00 a.m.	1st Place Sports Park Ave., Orange Park	(904) 707-8469 Florida Striders Track Club
June 1	Community First Hale & Hearty 7K	7:30 a.m.	Riverside Arts Market (under the Fuller Warren Bridge) Jacksonville	(904) 731-1900 1st Place Sports
June 1	17th Annual Vilano 5K	8:00 a.m.	NSIA Community Center 120 Meadow Ave. Vilano Beach	(904) 824-1761 North Shores Improvement Assn.
June 8	iFitMe Fitness Challenge 5K	7:00 a.m.	Bartram Park 13760 Old St Augustine Rd. Jacksonville	(904) 731-1900 1st Place Sports
June 8	JaxEx Runway 5K	7:30 a.m.	Jacksonville Executive 855 St. Johns Bluff Road N. Craig Airport (Hangar 607), Jax	(904) 731-1900 1st Place Sports
June 8	JTC Summer Track Series	6:00 p.m.	The Bolles School 7400 San Jose Blvd. Jacksonville (TBA)	JTC Running
June 15	Run for the Pies Nike Championship 5K Open 5K	7:00 p.m. 7:30 p.m.	The Landing Jacksonville	(904) 731-1900 1st Place Sports

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

RACE RESULTS

Continued from page 9

Running The Blues 5k Jacksonville, FL April 6, 2013

Bernie Candy	22:28	1st AG
Gayla Poythress	26:12	1st AG
Craig Harms	31:30	2nd AG
Vicki Choinski	33:11	
Al Saffer	35:22	1st AG

Torrey State Park's Draggin' Tail 25k/50k Ultra Trail Race Bristol, FL April 6, 2013

Charlie Hunsberger 3:08:15
I ran the 25k and have never in my life worked so hard for 12 minute miles! This is over in the hilliest portion of Florida. Laugh all you want if you want to get worked come out and run it with me next year! There's not a single flat section on the entire trail!

Human Race 1 Mile Jacksonville, FL April 6, 2013

Steven Walker	7:00	1st OA
Barbara Gilbert	13:00	Race Walker

Springing the Blues 5K Jacksonville, FL April 6, 2013

Robert Walker	19:38	1st OA - 3rd year in a row!
Barbara Gilbert	40:12	Race Walker

Tri-Jax Challenge Jacksonville, FL April 6, 2013

Vicky Connell	1:23:26	1st AG
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SCA 5K Blackshear, GA April 13, 2013

Bernie Powers	25:11	2nd AG
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Hog's Hunt 25/50k Huntsville, TX April 13, 2013

Charlie Hunsberger 2:23:50
Another great 25k trail race this one flat and in Texas!

Shannon Miller Lifestyle Womens 5k Jacksonville, FL April 13, 2013

Liane Daniels	30:52
Jean Schubert	41:03
<i>New 5K PR. 13:13 Pace my fastest to date in any race!</i>	
Barbara Gilbert	40:49 Race Walker

UNF Aquathlon Jacksonville, FL April 14, 2013

Sayer Gunn 34:49
350 meter pool swim followed by a 5K run. 5th female overall and I just started swimming 1/1/2013.

Mount Acosta Endurance Challenge 3 Hour Run Jacksonville, FL April 14, 2013

Sayer Gunn 2:50:09 8 legs
Second female overall and only hours after coming in 5th female overall at the UNF Aquathlon!

Helping Hands 5K Ocala, FL April 20, 2013

Daniel Tressler III 19:50
Another PR!!!! 2 weeks after a bad crash and almost recovered BUT ran awesome!

Run For the Sun Orange Park, FL April 20, 2013

Robert Dews 33:25
Connor Etheridge 33:46 6:45 pace
Kevin Bates 34:42
Bernie Powers 40:53
8K PR. Thanks to Wesley Royal and George Hoskins for pacing.

Sue Whitworth 43:59
August Leone 52:59 1st AG - 80+
Jean Schubert 1:09:39
New 8K PR!

Bill Walter III Melanoma Research Fund RayZ Awareness 5K Ormond Beach, FL April 20, 2013

Trish Kabus 39:05

Spartan Run 5K Jacksonville, FL April 27, 2013

Robert Dews 19:46
Bernie Powers 23:34 2nd AG
5K PR & 2AG. Thanks to Bruce Zewicke for pacing!
Michelle Guyot 28:34
Dotti Cahill 34:58 3rd AG
I'm getting older and slower. 1st in my group did a 24 minute 5k! wow!

Oklahoma City Marathon Oklahoma City, FL April 28, 2013

Barbara Whitter 6:27:02
Trish Kabus 7:14:30
I ran this race 2 years ago in the freezing rain and hail. I knew it would be one of my favorite marathons if the weather had been good so I give it another try and talked Barbara in joining me! It was great weather this year and the race was a Run to Remember!

Palm Bluff Trail Race Margaritas & Manure Half Marathon Osteen, FL May 5, 2013

Trish Kabus 4:04:44
2 loop trail run through cow pastures with margaritas at the end in honor of Cinco de Mayo. Event also included a 50k and 12k. Nice course. =

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

Striders Spotlight

The Florida Striders Track Club has always been known as a "family friendly" club. This is evidenced by our reduced membership fees for anyone under 18 (only \$10 a year!) and our 1 Mile Fun Runs which accompany all of our races. Recently the club took this one step further by reducing race fees to just \$10 for kids 13 and under, as well as adding in several new age group awards. This gives the younger ones more incentive to

run and race, which is what we're trying to achieve. But perhaps the biggest evidence of how much The Florida Striders support children's running is our commitment to provide the incentives for over 50 school Run/Walk Clubs in the First Coast area, reaching over 14,000 students. If you've ever seen a kid wearing a 50 mile (or 100, 200, even 300 mile) shirt, it came from the Striders.



BY VICKY CONNELL

So, to show how much this means to a kid who runs, I thought it would be fun to interview someone in the younger category. I chose Grace Adams, who seems to be at every race lately, usually with a parent in tow!

Grace has been running for about 2 years now. She started when she was 6, and is now at the ripe old age of 8. When

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asked how she got started, Grace said that her sister had started running, so she decided to run with her. Her main goal for this year has been to run 100 miles in the school Run/Walk Club. So far she has reached 85, so it looks like Grace will achieve her goal. The miles for this goal are only counted at school, so any training runs she does do not count towards the 100.

So far Grace has reached about 200 miles since she started running in the school club at Thunderbolt Elementary School. She has the most miles in her school, and has won the trophy for most miles for the past 3 years. Again, only miles she does while at school count towards this goal.

I asked Grace what she likes most about running, and she said it was trying to accomplish her goals. So far she's done a great job of that! This year she ran the River Run with her dad (our outgoing President Dan Adams) and finished with a time of 1:38. Not bad for an 8 year old! This was her longest race so far.

Most runners like to talk about running, usually with their running friends. However, Grace doesn't have many friends who run, although she wishes there was someone her own age to run with. Mostly she runs and talks about running with her parents, Dan and Lisa. Does she always take their advice? According to Grace, she always does!



(Enjoy it while you can Mom and Dad!

I asked Lisa if they push Grace to meet these lofty goals, and she said not at all. Grace leads the way when it comes to running, often getting up early to run before school. In fact, if her parents aren't awake and she is up early, she will wake them up to get going! In the end, it's up to Grace to decide how much and how far she wants to take her running.

Grace is definitely an inspiration to runners both young and old. We'll be watching to see what else she achieves as she continues to run. If you want to meet Grace and compliment her on her accomplishments so far, just look for her at any of our local races – you will often see her there! =

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:
run2day4life@gmail.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



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

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