

January/February 2014

The 2014 Resolution Run was enjoyed by all!

By Kellie Howard

We accomplished our goals to host a fun event, to increase participation in running and to shine a spotlight on Florida Striders Running Club.

From the beginning, we had some unique challenges which made this year's event a bit different than past years. First we had to solve the problem of construction taking place at the traditional starting area on Wells Road. After further deliberation we selected a new starting line farther down

River Road. This new starting line was directly in front of homes so we had the additional consideration of keeping the noise to a minimum. The 725 runners who gathered to run either the 5K or 10K race did a great job in assembling and starting. We elected not to use the starting gun to keep the noise down, but the race went off without incident.

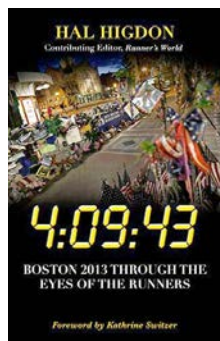
This was one of a few hiccups in the 2014 Resolution Run, but the overall race experience for the runners was another

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Hal Higdon – 4:09:43

to speak at 1st Place Sports
2186 Park Ave., Orange Park, FL
Thursday, March 6th, Event starts at 6:30 PM

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

If you can't make it for the run, please come for the talk, which should start around 7:30 pm. The Striders will supply pizza and refreshments. Hal, well known runner, author, and a contributing editor for Runners World, has written yet another book. This promises to be on the best seller list, as it is about the 2013 Boston Marathon through the eyes of the runners. There are not enough superlatives in this limited space to describe Hal and what this long time Strider means to the running community. You will just have to come and hear him speak! Hal will talk about the book, (he will also bring autographed copies for purchase), as well as answer questions about training, etc. Check him out on Facebook as well as at Hal Higdon's Marathon. He posts a new running tip every day! As always, everyone welcome!

Please RSVP to Ann Krause, adk1221@yahoo.com by March 1st, to let her know if you will be joining us for the run and talk, or just the talk. We need to know how much pizza and drinks to bring! =

Prez Sez

By Scott Hershey



A lot of us like the challenge of racing on a regular basis to see where our fitness is and how fast a time we can run. Which leads me into... what do you expect on race day?

We all have our good races and our not so good races and then sometimes all the stars align for at least one day and you achieve something you might have thought not possible.

This happened for me at this year's Ocala Half-Marathon. This course tests speed, strength, power and endurance.

This year's Ocala Half-Marathon was cold, hilly and a test for any Jacksonville runner used to running on flat roads. We usually have 10+ runners that make the trek to Ocala every year to run the hills, see the horses, and test our fitness.

In the past year, each of my half-marathons I had run were good and seemed to be building on one another. Still you wonder in the back of your mind if I could get close to my PR again, that I had set a few years earlier.

For me this race all started out wrong. No breakfast and I had forgotten my GU gel. Still at the start I felt good. Early on I felt I was going to have a good race. But still you never know on the day.

So when I turned the final corner and saw the time clock it became clear that I was going to be well under my projected time of 1:40. My time was 1:37:55. This was my 3rd fastest half-marathon on a challenging course.

When you have one of those special days, you just won't be able to wipe the smile from your face.

I say all of this because the next race you go to look around at the finish line. What are you going to see? Elation, fatigue, depression, pain, joy, the whole gambit of emotions.

Whether you're a 20 year old or a 65 year old, you can accomplish great things. All you have to do is try and put forth the effort! Strider member Jean Schubert embodies all of this with a can do attitude and effort.

Often times you have to push yourself harder than you want or you thought was possible to achieve the results you want. The road to success is not often the straight road. The winding road of highs and lows are more the norm as you move towards your goals.

Never stop , Never give in. Persevere!
The first step is always the hardest!
Until next time... =

RUN TO THE SUN 8K REGISTRATION INFORMATION

You may register online for the RTTS 8K via SignMeUp.com

<https://www.signmeup.com/site/online-event-registration/98068>

(Credit Card payments ONLY accepted for online registration at SignMeUp.com.

A convenience fee will be charged)

You may also register in person at any 1st Place Sports location!
(CASH OR CHECK ONLY!!)

Online registration is available until Wednesday, April 9th at noon!!
After that time you can register at any 1st Place Sports or on race day.
Day of Race Registration Table opens at 7:00 AM.

THERE WILL BE NO PAPER MAIL-IN-ENTRIES! =

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23rd Annual Florida Strider's - Gate River Run Hospitality Tent

By Don Wucker

It's been a cold winter so far but hopefully it will be warming-up just a little as we head into this year's Gate River Run. We'll try to keep things flowing just as smoothly as Stan did. Please help us by volunteering to assist in the set-up and operation of the Florida Strider's tent and party site! We need volunteers on Friday morning to help set-up the grounds and Saturday morning to help manage the crowd. Our needs are as follows:

FRIDAY, MARCH 14 – SET-UP

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

SATURDAY, MARCH 15 - RACE DAY SCHEDULE OF ACTIVITIES (Mike Mayse helps coordinate these activities)

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

5 AM till 6 AM - 4 people set up the Strider 10' x 20' canopy for the merchan-

dise location, Scott Hershey will be in charge of the merchandise canopy.

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

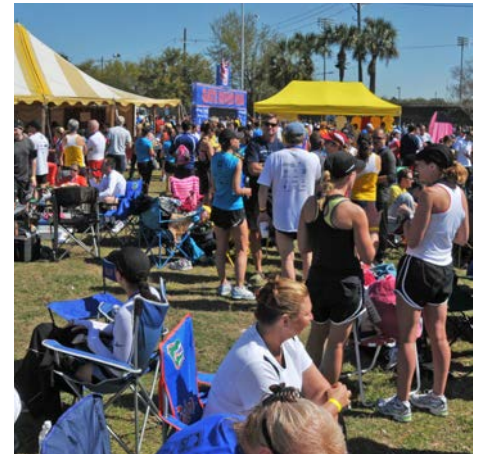
Sometimes, volunteers for the Tent interior, do the 5K or 15k, which leaves us short some people.

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

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

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

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



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

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

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

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

10:30 AM till 11:30 AM - 3 people minimum at the entry. Non-runner/walker

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

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

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

11:45 AM till 12:15 PM - 2 people

help dismantle the 2 dressing rooms, inside the Tent, and load onto Paul's truck.

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

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

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

General Information:

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

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

- The maximum number of wrist bands to be given to members will be 6, whether the member is single, senior or family membership. Exceptions will be made on approval, by Frank Frazier (874.1828) or me (703.9453). Mike Mayse will not do any mail outs this year. Members wanting more than 6 bands should call me or Frank Frazier.

- We encourage members to visit the Florida Strider booth in the expo and pick up their bands (March 7th and 8th). Our booth should be next to the Publix booth, very near the Expo entry area, on the right as you come in. AIR members will also pick up their bands at the Expo booth and/or tent. Plans are to have the same location as last year.

- If a member comes to the tent entry race morning, without wrist bands, once we check our rosters, we will give out the bands, at tables at the tent entry. Go straight to the 'Help Desk'. If family members or guests come to the tent entry without bands, we will check the rosters to verify the family/guest members' membership status. It may happen that a member cannot deliver bands to members' family/guests prior to race morning, ex., out of town people. We will only have a limited number of wrist bands at the tent

entry area. Members that will have guests without bands on Saturday AM, could plan to meet them at the tent entry on race morning or at the Expo booth on Thursday/Friday before race day

- At the Expo booth and the tent entry, we will:

- a. Sell merchandise
- b. Sign up new, renewing and expired memberships
- c. Distribute yellow wrist bands
- d. Scott Hershey will use the Strider canopy inside the tent area with a complete display of Strider merchandise on race morning.

- Display Strider photos and articles about Strider community involvement.

- It is important that we are as polite and accommodating to our members and guests as possible. We must keep in mind that this event is for our members and guests. A member should give his bands to only his family and personal guests. This is not an open event

- We should also remember that we have many members that chose not to run/walk the races at RR, but do come to the Expo and tent area, to enjoy themselves and have a good time. They will get bands for themselves and their family and guests.

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

- We are also planning on the massage school from Everest University to be at the hospitality tent and to make their services available (8th year). Get a massage before the 5k and 15k. (You will notice a positive difference in your run. Trust me.) They should be set up by 6:30am. Go and get another massage after your run.

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

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

Striders Gate River Run Expo Booth

The Florida Striders will once again have a booth at the Gate River Run Expo. You will not be able to miss our big yellow tent. Please come see us at our booth when you pick up your race packet! Our booth is located next to the Publix booth. You will be able to pick up your yellow wrist bands for you, your family, and guests to enter into the outside tent on race day. We will also be handing out fun goodies, registering new and renewing members, selling our merchandise, and promoting our upcoming races. We will accept cash, check, and credit cards (cash and checks are preferred) for our merchandise and membership dues. We will have a current roster so we will be able to check the status of your membership or you can also check it out on our website at www.floridastriders.com. We look forward to seeing you at the Expo!

We will be at the Gate River Run Expo:

Thursday, March 13th from 11:00am until 6:00pm

Friday, March 14th from 11:00am until 8:00pm

Volunteers are still needed for the expo. If you would like to volunteer please email George Hoskins at ghoskins@bellsouth.net. =

Striders Run the Guana 50K/12K Trail Race

By Vicky Connell

On December 1st, a small group of Florida Striders completed a 50k Trail Race. The group included Charlie Sauter-Hunsberger with his dog Tigger, Rob McKisick, Jon Atwood, Maria Littlejohn and I. The 50K race started at 8am, and there was a 12K which started at 1pm which my husband Jim would be doing. Rob and Maria had both done several ultras previously. For Charlie, this was not only his first ultra, but he hadn't done a marathon either! Talk about jumping in with both feet! This was also a first Ultra for Jon who had done the Jax Marathon in 2001.

Weather for the race was cool but not cold, with overcast skies. I had done an ultra a few months earlier with Maria, and we planned to stay together for this race. However, our previous ultra was totally different, with a time limit of 24 hours, but no mileage requirements. I knew for this race we wouldn't be taking long breaks like we did at the previous one. It was a little difficult to set our pace goals, and we continued to change them around right up to the start. I asked Charlie and Rob their plan and they were doing a 10 minute run, 2 minute walk, with an approximate 10 minute mile pace. Maria and I finally settled on running for the first few miles, then going with a 5 minute run, 1 minute walk routine. The course was more or less a loop of just under 8 miles, and you had to complete it four times. Towards the end of each loop we skipped our last walk break, ran to the break area and refilled water bottles, got something to eat, used the port-a-potty, and took care of any irritants. We tried to keep each break under five minutes. We succeeded at the first one, but they seemed to get a bit longer each time!

Around 8am they gathered everyone for a race briefing. There would be water and Gu available at 2.5 miles and again at 4 miles. Maria was wearing a hydra-

tion pack to drink from and I wore a water belt. I noticed that pretty much everyone carried something for fluids. The briefing was fairly short, and at about 8:10 they said "go".

Our first loop went pretty easy as we chatted with each other as well as passing runners. Charlie, Jon and Rob passed by and we never saw them again. Somewhere around the first mile or so a girl close to us tripped on something and fell. I felt really bad for her to have a fall, especially so early in the race! We made sure she was ok, and continued on. I assumed this was just a fluke, and didn't think there was anything to worry about. However, sometime later on that loop my foot caught on a root and I stumbled, but managed to catch myself without falling or twisting anything. I vowed to step more carefully. A mile or so later, I did it again! I thought to myself, "ok, lesson learned now! Pick your feet up and watch where you're going!"

Towards the beginning of the loop while we were still in a pack of people, we came across the first obstacle. A big mud puddle! It was either go through it and get your feet soaked, or go through the palmetto bushes. Everyone seemed to be choosing the bushes, even though it wasn't an easy path. Someone made the comment that the path would be much clearer the next time we came through! We made it through that one ok, and then came upon another one. This one was much more difficult. You had to step on a small group of branches to cross. It was a very big step, which made balancing difficult. Fortunately for me, I was just tall enough to reach overhead and grab a branch to help me cross without falling. Looking behind me, I saw there was no way Maria could reach that branch. I braced myself on my side of the obstacle and reached back for her. She was able to grab my hand and jump across. We continued to approach it the same way for the 3 additional loops by the obstacles.



By the end of the first loop the crowd had thinned considerably and we only saw other runners here and there. Most of the time Maria and I were able to run side by side, but occasionally had to go single file to navigate the narrow path. Starting the second loop we felt we had a pretty good routine down that was working well. But we still had many miles to go. Somewhere on that loop I tripped again, and this time there was no catching myself. I realized as I was falling that if I put my arm out to break the fall, it would probably be my arm that broke. So on pure instinct, I ducked my head and rolled instead. To my complete surprise, it worked perfectly! The ground was fairly soft, so I popped right up after the roll with only a little mud on me to show for it. Maria laughed that she wished she could have filmed it to put on U-Tube. I was just grateful to be unhurt, and vowed again to be more careful. I really didn't want to have Maria worrying about me. However, I still managed to trip one more time before the end of that loop, but no fall.

So we started the third loop happy to be at the halfway point. We realized now that we should be able to finish under 7 hours. The limit was 8 hours, which meant we had 2 hours per loop. Our first one took an hour and 36 minutes, which included a 5 minute break. I guessed we would add between 5 and 10 minutes per loop as we grew tired. That estimate was pretty close. Unfortunately, our mishaps weren't over. Somewhere about mid-loop Maria stumbled. As luck would have it, I was right beside her and managed to grab her arm and give just enough support to keep her from falling. We breathed a sigh of relief. A couple of miles later, it happened again! And once again, I was close enough that she didn't fall. I have to admit, I felt a little better at this point that it wasn't just me who was tripping, but I hoped that neither of us would get hurt.

At the end of the third loop we were both feeling the strain. I had a considerable amount of chaffing, but nothing worth stopping over. We finished the loop just before 1pm, which meant the group for the 12K was about to start their loop. I saw my husband and he trotted over to see how we were doing. We only had a second and I didn't have time to warn him about all the roots. However, I figured he was probably much more sure footed than Maria and I and he would be fine. They began their race as we were getting refills on our water.

We started the 4th loop in pretty

good spirits, knowing we were close to finishing. The chatter wasn't quite as strong at this point, but we were both happy to have company. And then the big one. Maria tripped and was too far ahead for me to do anything. She fell very hard and had dirt smashed all down one side. I helped her up and she did a quick assessment of damage. Nothing broken, but definitely bruised and sore. We continued on. A few miles later, she fell again, just as hard. I felt horrible, and decided to make more effort to run close. I stayed on her left side so my right arm would be closer to grab if necessary. Fortunately, that was the last fall for either of us. There was no water left at the final water station and I was completely out, so it was a good thing we were on the home stretch.

Finally, the end was in sight. It looked like we were going to beat our best estimate! We ran hard for the finish and our time was 6:40:04. Very tired, but happy, I walked over to my husband who had finished his loop a bit earlier. Sad to say, but he also had a run in with some roots! Both of his knees were muddy with a few nasty scratches. He told me how on one fall he was down on the ground and at least one woman just went around him without a word! That was disappointing to hear! His time was 1:07:58.

After that we changed clothes as quickly as possible and rushed to the awards ceremony which was held at The Reef, a few miles away. Since it was a

small race and we had finished in the later half, most of the finishers were already there and the ceremony had already started. Most of the food was gone (a big disappointment since we were pretty hungry at this point!), but we at least got a free beer. Maria placed 2nd in her age group. I got first in mine, but I was the only one in mine. In fact, I had a first – I was the oldest woman in the race! But definitely not last! Jim took 2nd in his race as well. I didn't see the other guys, but here are their finishes: Charlie finished in 5:46:59 for 5th in his age group, Rob had 5:47:00 for 6th in his age group, and Jon finished in 6:12:17 for 6th in his. I guess they had a pretty good race, because I saw a comment from Jon on Face Book where he's already looking forward to a 50 mile race in February! And apparently Tigger did better than all the other dogs on the course – he was the only one still leading his owner at the end! The rest of the dogs were being pulled. As for me, Maria has been trying to talk me into all kinds of upcoming Ultras. I haven't committed yet. I was proud and happy to have survived this one! Next on my list is the Jax Bank Marathon. After that – we'll see!

Note: Since writing this article Vicky completed the Jacksonville Bank Marathon in 4:00:06. And then on February 2, she ran a 3:59:30.75 in the Tallahassee Marathon to qualify for Boston. Congratulations, Vicky! =

The Florida Striders Track Club 2014 College Scholarship Application

**Four \$1,000
Scholarships to be awarded**

Eligibility Requirements:

- Must be a resident of Northeast Florida for the past two years.
- Must be a graduating high school senior.
- Must be a runner or active in track and field events.

Please be advised that NCAA regulations may prohibit you from accepting this scholarship if you attend college/university on an athletic scholarship.

The completed application should include:

- 1 – FSTC College Scholarship Application (4 pages, items I through X)
- 2 – Personal Reference (Item III)
- 3 – Essay about your running (Item IX)
- 4 - High school transcript (if desired, not required)

ENTRY DEADLINE: Application must be received by March 14, 2014

Mail completed application to:

Florida Striders Track Club
Scholarship Applications
P. O. Box 413
Orange Park, Florida 32067-0413

Sorry, no e-mailed applications accepted.

For additional information contact:

Kim Lundy, Chairperson, FSTC Scholarship Committee
klundy@oneclay.net

RESOLUTION RUN

Continued from page 1

fun Strider race which promoted the sport of running to all ages. Runners enjoyed the low cost entry fee, the caps awarded to the age group winners and the bright yellow tech shirt.

An incidentally humorous part of the tech shirt was the logo for this year's race. Who would have thought that there are so many grammarians in the racing community who pointed out the issue of further vs. farther in our logo. For the record, according to the Oxford dictionary, either form may be used although the term farther to denote distance has become preferred over time.

Another hiccup was the porta potty delivery man positioning the porta potties right next to the registration area instead of along the far fence. But as always, Mike Mayse (equipment coordinator extraordinaire) and Marge Ruebush (registration coordinator supreme) came up with a plan B at 4 am in the morning when the misplacing was discovered.

Forecast for weather didn't look good pre-race day with prediction of a storm the morning of the race. But we had an encouraging weather forecast from Jack Frost, our fun run course coordinator, who had access to the FAA weather models. When race morning came, the temperature was surprisingly warm for a January morning with the temperature in the 50s and very humid but, the rain clouds stayed farther west and did not move into the Jacksonville area until after the 1241 One Mile Fun Run participants completed their race.

As always, we recognize that we would not have been able to have such a successful Strider event without the many volunteers who arrive early on a Saturday morning and helped all the way through post-race clean up.

The Striders have also been able to team up with many sponsors who want to further the goal of health and fitness especially in elementary school age children supported by the club. Without their financial support, the Club would not be able to provide the support to the kids run/walk clubs. =

THANKS TO OUR SPONSORS

Presenting - Key Buick-GMC-Hyundai

Publix Super Market Charities

Bestbet

Aiosa Orthodontics

Margaret A. Lessig, DMD, Fleming Island Family Dentistry

Heartland Rehabilitation Services

Orange Theory Fitness

One Call Care Management

Pinch A Penny Pool Patio Spa

Sun Tire

UF Health Jacksonville

Publix

Blue Ridge Water Company



LEFT: (L to R) MacKenzie Glenn - 1st place 9-10 age group, Madison Johnson - 1st place under 8 age group and Slyvia Tomlinson 2nd place 9-10 age group.

Volunteers

Kellie Howard
Marge & Paul Ruebush
Dianne & Martin Wilkinson
Charlie Hunsberger
Bob Tatum
Karen McCormick
Tara & Scott Showalter
Frank Frazier
George Hoskins
Gene Bridges
Christine Vaughn
Nadene & Bruce Howard
Mark Clarke
Kathy Murray
Michelle & Joe McCullough
Cynthia Ryan
Vicky Connell
Will Ferrell
Taylor Ferrell
Kitty Ferrell
Jim Huster
Isaac Huster
Bernie Candy
Glen Hannah
JD Smith

Suzanne Baker
Rob McKisick
Robert Webster
Leroy Proctor
Bernie Gross
John Powers
Dulce Garcia
Kailyn Bott
Hailee Lutz
Vernon Allen
Renee & Steve Lamb
Patti Drumb
Shane Jordan
Mike Mayse
Jimmy Cates
Colin McCormick
Ryan McCormick
Steve Knapp
Dave Brokos
Jack Frost
Linda Stapleton
Katherine Kirkland
Traci Conroy
Carol Mac Dougall
Alma Bailey
Suzana Cruz

John Showalter
Janice & Richard Del Toro
Cheryl Canzandella
Shannon Pelligrini
Tracy & Rich Dawson
Reily Dawson
Molly Dawson
Stormy Pascoe
Terry Piper
Ethan Powell
Nick Campana
Carlos Westerband
Darion McCulough
Michael Unbankes
Mark Wynter
Tracey Armon
Bobbie Harrell
Sandra Lawrence
Edna West
Molly Lawrence
Kim McClenny
Bruce Zewicke
Kim Crist

Another Successful Jacksonville Bank Marathon

By August Leone

Jacksonville, FL Marathon

December 29, 2013

Net Time 5:55:33

1st of 1 in 80 plus Age Group

46th Marathon plus

(44 Marathons plus 2 - 50k's)

This was my 8th time doing this marathon. It is usually very cold, so this year I thought of letting temperature decide between doing the half or full marathon and waited until the last day to register. The temperature jumped from 45 to 71 degrees because of a rainy storm front coming from the south scheduled to hit Jacksonville right at marathon start time. With 71 degrees, I'll put up with rain. The marathon started promptly at 7:00 am with no rain. At

about mile 5 the rain started from light to a heavy downpour. The rain lasted until about mile 15, we had a little over two hours of running in the rain. The front finally passed and it was calm after that. I wore a tech tee shirt top.

Before the start, I checked the Pacers run/walk plan. The 5:15 hour (12:01 pace) pacer was doing a 2 minute run/1 minute walk. The 5:30, 5:45 and even the pacers were all doing a 1 minute run/1 minute walk. So, my plan was to hang in with the 5:15 pacer for the half. I stayed side by side with him for 11 miles before starting to fall back. I still hit the half at 2:39:02 for a 12:08 pace. The problem with running with pacers, is that they don't stop for anything, only slow down a little at water stops. I had to go potty but held off until after the half. Immediately after the half, at first opportunity I peeled off

and stood there in the rain. Never saw the pacer after that.

I had my favorite breakfast at 5:00AM, a bowl of oatmeal, mixed berries and pomegranate juice soaking overnight in the fridge - cold, no cooking, very filling. Because I was running with a pacer and it was raining, I had nothing but water until about mile 16 and at that point I had a Hammer gel. The water tasted terrible, but I forced myself to drink it. It was poured out of gallon jugs in those small paper cups half full, about 2 or 3 ounces. The water must pick up the bad taste from sitting in those paper cups. I had another Hammer gel at mile 20 and that was it for food. A few times I tasted the Gatorade, it was better than the water.

After leaving the pacer, my run/walk was based on my heart monitor. Run to near a 120 pulse and walk to under 105 pulse. It gradually got to more walking than running. I crossed the 20 mile timing mat at 4:20:00 for an even 13:00 pace but my mile split went to 14:38 in between. Then the real struggle started, legs were aching. The last 6.2 miles were at a 15:15 pace. I was following walkers trying to use them as pacers but couldn't walk that fast so did my run/walk based on my heart monitor behind them. Josie met me on the bridge by Hooters at 23.5 miles. She later said I was white as a ghost. At that point I felt very chilled and was feeling that way for the past few miles. Happily finished under 6 hours, 5:55:33 for a 13:34 pace. Josie met me at the finish with a big towel that warmed me up. She really watches over me and just seems to know what I need. They always have hot lentil soup, had 2 bowls. Next day picked up my coffee mug award. I'm always asked the eternal question, why put myself through this. I've done it many times, know what to expect, know how sore my body will feel, yet will do it again.

This concluded my running for the year for a total of 29 races, the most races I've ever run in a year, doing 1 - 50K, 3 marathons, 1 half marathon, 15 - 5K's and 9 from 4 to 10 milers. Total miles for the year was 967 slightly under usual yearly average. In 10 days after this marathon, on January 8, 2014, I'll be 84. =

Resolution Fun Run

By Tara Showalter

What a great turn-out on Saturday for the Resolution Fun Run which was a huge success with 1271 participants. This was an increase from the year before when we had 818 participants. The weather held out and everything went very smoothly notwithstanding the detour of the starting line due to the construction. I can't express how grateful the Striders are to have all of your engagement and commitment in giving our children a healthy foundation. Our numbers were a little down from last year in the 5k/10k with just over 800 runners/walkers. It is so great to see some of the young ones graduating from the Fun Run to the other races. We are grateful for the continued support Bestbet in providing the Funding (\$1,800) to award to the top 12 Schools based on participation.

- | | |
|---------------------------|----------------------|
| 1. Annunciation | 7. Ridgeview |
| 2. Lakeside Elementary | 8. Oak Leaf Village |
| 3. Paterson Elementary | 9. Coppergate |
| 4. Lake Asbury | 10. Thomas Jefferson |
| 5. Thunderbolt Elementary | 11. SB Jennings |
| 6. Swimming Pen Creek | 12. Fleming Island |

Hal Higdon 3rd Most-Recognized Running Personality

USA Today lists top runners on front page of Sports Section

On a Monday morning when the Super Bowl dominated the news, USA Today included a box on the front page of its sports section that listed the top four "Most-Recognized Runners/Running Personalities." Third on the list was Hal Higdon, recognized by 61.8 percent of the 30,000 runners surveyed by Running USA.

Finishing in front of Higdon were two Olympians from the US: Jeff Galloway (70%) and Ryan Hall (69.3%). Higdon edged world record holder Paula Radcliffe (61.2%), his niche as listed by USA Today being "Running Books Author," proving that you don't need to be fast to be famous—at least among the running community.

Higdon is a contributing editor for Runner's World and was fast enough to finish first American (5th overall) in the 1964 Boston Athletic Association Marathon. He will celebrate the 50th anniversary of his Personal Record at this year's Boston Marathon, autographing copies of his latest book, 4:09:43: Boston 2013 Through the Eyes of the Runners.

The book's title, 4:09:43, refers to the time on the finish-line clock when the first bomb exploded. Amby Burfoot, past Boston Marathon champion and Editor-at-Large for Runner's World says. "Some would like to forget the horror of the 2013 Boston Marathon. However, many more of us would like to celebrate the unflinching runners, medical staff, and community of Boston for the courage and love they showed each other in marathon's time of greatest need. Hal Higdon's book 4:09:43 is full of inspiring personal stories that reflect how running's worst day may also have been its best."

Kathrine Switzer, Boston Marathon pioneer and TV commentator, adds: "The Boston bombings broke the hearts of runners everywhere but only reinforced their spirit. Through the stories of some who were actually there, Hal Higdon tells how

ordinary runners like us have become indomitable examples to the whole world."

4:09:43, published by Human Kinetics, will be available in book stores and as an eBook after February 14. Author Hal Higdon personally autographs copies purchased through his Web site: halhigdon.com. =

**The Florida Striders
are in need of a
person(s) to volunteer
to take over as the
Registration Coordinator
for our races. If
interested please contact
Scott Hershey- President.**

26.2 with Donna Finish Breast Cancer Hydration Station

It's that time of year, again. Every year since the inaugural race the Florida Striders have managed a Hydration Station for the annual marathon to finish breast cancer. Join me and many others on race day to cheer on your friends and help make this year's race a huge success. If you can help out, please register at the following link:

<http://volunteer.racepartner.com/BreastCancerMarathon/index.cfm?fuseaction=volunteer.volunteer2014>

Scroll down until you see this:

Hydration Station & Course Marshalls #1

Sunday, February 23, 2014

Shift	Time	Location:	Positions Available
✓ 1	5:30AM - 2:30PM	Hydration Station #1 - FL Striders Track Club	46

Check the box and scroll all the way to the bottom until you see this:

☐ By checking this box, I hereby give the electronic equivalent of my signature and I confirm that I have read and agree to the [registration terms](#) and [privacy policy](#).

Accept Terms & Continue

Check this box and accept the terms and conditions. You will be taken to a registration web site for your personal information. Please provide a valid email address, as the race will email important info and instructions directly to you. If you are not running or maybe on the injured reserve list, come hang out with us on race day and help us help Donna! The race will be run February 23rd, 2014. We will be at the intersection of A1A and Corona Rd in Ponte Vedra Beach. We will be Hydration Station # 1 and will only see the runners on their way out so the day will be early, but short. Thanks in advance! =

-Dave Bokros

Wolfons Childrens Challenge 55 Mile Ultra Marathon Relay

By Frank Frazier

Thanks to everyone for showing up on February 1st and running so well (and particularly thanks for everyone paying). I've had several positive comments - the only thing like a complaint was those that said they wish they had known the Striders were having a team - they would like to have been a part of our team. Scott has already suggested we start the process much earlier next year and we think we can have multiple teams also.

When I first looked at the results and saw that we finished 83rd out of 85 teams, I was like WTH. Then I remembered that Doug had approached me

near the end of the day asking if we had a loooooong gap between some runners (a near 4 hour gap) and the light came on - runners that carried the chip in their hand did not get recorded! (Doug confirmed that the system used today would not pick up a chip that far above the mat). That basically got us disqualified (there were 2 teams that disqualified worse than we did. They had more team members not get recorded than we did)

By looking at the total running times, it appears that we came in 11th - and I find that damn respectable.

I know there are several things that would have been a major improvement today - team shirts (like many of the other

teams that ran), getting sponsors (PRS had enough sponsorship that they did not have to go into their pockets for the entry fee). Amelia Island treated this run similar to the way the Striders do the River Run, though much less organized. They had a total of 9 teams there mostly through affiliated organizations. I am not suggesting or interested in the Striders doing another River Run event, but they had many members that shared snacks, etc.

Team members 1) Tim Large, 2) Renee' Seger, 3) Shayla Spinner, 4) Wade Seagraves, 5) Susan Seagraves, 6) Bernie Powers, 7) Bruce Zewicke, 8) Frank Frazier, 9) David Townsend, 10) William Sullivan. =



Bruce Zewicke, Frank Frazier, good friend, Carolyn, & William Sullivan (Sully)



Renee' Seger & Tim Large



Shayla Spinner, Susan & Seagraves

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.

floridastriders.com

Like our
Community
Facebook
page

www.facebook.com/FloridaStridersTrackClub



February 2014 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.ameliarunners.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://ameliarunners.com/kbendy/rrcocal.htm> *****NEW WEB ADDRESS*****

DATE	EVENT	TIME	LOCATION	CONTACT
February 15	8K River Day	8:00 a.m.	Grace Episcopal Day School 156 Kingsley Ave. Orange Park	(904) 731-1900 1st Place Sports
February 16	Fly Me back to the 80's Swoop the Loop 5K	9:00 a.m.	UNF Arena Jacksonville	(904) 731-1900 1st Place Sports
February 22	26.2 with Donna 5K	8:30 a.m.	Prime Osborn Convention Center, Jacksonville	(904) 731-1900 1st Place Sports
February 23	26.2 with Donna Marathon & Half Marathon	7:30 a.m.	THE PLAYERS Parking Lot 200 ATP Tour Blvd. Ponte Vedra Beach	(904) 731-1900 1st Place Sports
March 1	Daily's Ortega River Run 5 Mile	8:30 a.m.	St. Mark's Episcopal Day School 4114 Oxford Ave., Jax	(904) 731-1900 1st Place Sports
March 8	Kilwin's Ice Cream Run 5K	7:30 a.m.	Kilwin's St. Johns Town Ctr. Jacksonville	(904) 731-1900 1st Place Sports
March 8	Fletcher Middle School Senator Run 5K	8:00 a.m.	Seawalk Pavilion Jacksonville Beach	(904) 316-8122 PRS Race Timing
March 9	March To Get Screened 5K	9:00 a.m.	Fishing Pier Jacksonville Beach	(904) 731-1900 1st Place Sports
March 15	Gate River Run 15K FL Times Union 5K for Charity adidas Junior River Run 1 Mile Brooks Rehabilitation Challenge Mile Diaper Dash	See website for event times.	Jacksonville Fairgrounds/Sports Complex Jacksonville	(904) 731-1900 JTC Running
March 23	St. Paddy's Day 5/10K	8:00 a.m.	Evergreen Cemetery 4535 Main St., Jax	(904) 731-1900 1st Place Sports
March 29	Inaugural Tomoka Marathon/Half Marathon	7:00 a.m.	25 Riverside Dr. Ormond Beach	(407) 314-8583 Final Mile Race Management
March 29/30	Riverside Pain Physicians Tour DE Pain Extreme Three Races in 24 Hours	9:00 a.m.	See Website for Times, Distances & Jacksonville Locations	(904) 731-1900 1st Place Sports

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

GRAPHIC DESIGN COORDINATOR NEEDED

We are losing our wonderful graphic design artist/coordinator - Tori Connell, in May to the Army. So we will be looking for an individual to design all our race logos, flyers, banners ect.. for the Florida Striders Track Club. This is a non-paid position. It's a great way for a individual to add to their portfolio and help our club out at the same time. Interested candidates should contact: Scott Hershey - President. =



New, Renewing and Expiring Memberships

NEW MEMBERS

Jo Ann Adams
Jennifer Ayala
Ericka Curran
Therrien Dean
Alden Estep
Hayley Folmar
Gary Harlow
Laura Hersperger
Leo Hunkele
John Leinhauser
Jennifer Massey
Patricia McGuinness
Nancy Moore
Bob Opkins
Julie Pippins
Jamie Poindexter
Kimberly Rutledge
Charlotte Skaggs
John Terry
Robert and Rebecca Wood

RENEWING MEMBERS

Andrew & Cris Barr
Gerald Caito
Kitty Ferrell
Gregory Fleck
Christine Ford
Lee Grose
Michelle Guyot
Leslie Hague
Craig, Susan & Nancy Harms
Robert Herren
Jeremy Jordan
Robert Lanier
Kevin Mangold
Dotti Cahill & Tom Marsland

Kristie Matherne
Taramarie & Patrick McCormack
Maria McNary
Ken Murray
David & Sylvia Pierson
Michael & Connie Schoenfeld
Eugene, Jasa, Cody & McKenna Shaw
Meridith Smith
Regina Taylor
Amy Thomas
Bridget Trotter

EXPIRING MEMBERSHIPS

Carol & Michael Fitzsimmons 12/31/13
Mary & Bill Gladding 12/31/13
Traci Bane 1/31/14
Sarah Barthelemy 1/31/14
Kate Clouse & Jerry Bennett 1/31/14
Darin Bickle 1/31/14
Andrea Bishop 1/31/14
Gerald Boorse 1/31/14
Diane Brace 1/31/14
Adrienne Brooks 1/31/14
Tim & Lyza Burgess 1/31/14
Lewis Buzzell, III 1/31/14
Larry Clark 1/31/14
Mark Clarke 1/31/14
Alexander & Micheala Combs 1/31/14
Scott & Wendy Crawford 1/31/14
Rosalind Flowers 1/31/14

Patrick Gallagher 1/31/14
James & Annette Gray 1/31/14
Kathryn Gunn 1/31/14
Barry Hart 1/31/14
Jill & Jeff Hartley 1/31/14
Dianne Hill 1/31/14
Benjamin Holland 1/31/14
Richard Horton 1/31/14
Robert & Janet Irvin 1/31/14
Leigh Jacobs 1/31/14
Larry & Lisa Johnson 1/31/14
Susanne Jones 1/31/14
Sean Kern 1/31/14
Katherine & Dennis Kirkland 1/31/14
Jordan Klein 1/31/14
Stephen Larson 1/31/14
Lisa & Eric Lea 1/31/14
Peggy Lessig 1/31/14
Cynthia Lyons 1/31/14
Debbie MacDonald 1/31/14
Michael & Cindy Mas 1/31/14
Mandy McCune 1/31/14
Sharon & Gary Medders 1/31/14
Dina & Paulo Monteiro 1/31/14
Sharon Moore 1/31/14
Finch NiCole 1/31/14
Kent Northey 1/31/14
Marceliano Obnamia 1/31/14
Kathy & Jack Owens 1/31/14
Sally Pantin 1/31/14
Alan Phillips 1/31/14
Kevin Pisaneschi 1/31/14
David Pizzi 1/31/14
Gail Pylipow 1/31/14

Guillermo Ramos-Piazza 1/31/14
Christopher Reeves 1/31/14
Carlos Rodriguez 1/31/14
Marie-Claire Rowlinson 1/31/14
Allan Rupp 1/31/14
Damian Schroeder 1/31/14
Susan Shelton 1/31/14
Babs & Dave Shutt 1/31/14
Jen Silvers 1/31/14
Gordon & Kim Simms 1/31/14
Christine Small 1/31/14
Paul Smith 1/31/14
Pat Stack 1/31/14
Kimberly & James Stanchurski 1/31/14
Denise Stern 1/31/14
Robert Swann 1/31/14
Bob Tatum 1/31/14
Tammy Taylor 1/31/14
Nancy Taylor 1/31/14
Vanzetta Thomas 1/31/14
Nannette Thomas 1/31/14
Ashli Totty 1/31/14
Patty Trantham 1/31/14
Daniel Tressler III 1/31/14
Christine Vaughn 1/31/14
Connie Walker 1/31/14
Mario Walter 1/31/14
Martin & Diane Wilkinson 1/31/14
Stacy Williams 1/31/14
John Wisker 1/31/14
Elfrieda & Norm Wyner 1/31/14
Winney & Scott Yaun 1/31/14 =

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 Charlie Hunsburger at (904) 502- 9407.



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.

5k Race

ID#	PLACE	CLASS PLACE	FINISHER	TIME	PACE
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Open Men

851	1	1	David Frank, 38	17:37	5:41
858	2	2	Gary Myers, 41	18:21	5:55
1070	3	3	Cort Neal, 36	18:41	6:01

Open Women

1134	1	1	Karen Edmonds, 29, Jacksonville, FL	18:01	5:49
89	2	2	Carley Glasser, 26, Jacksonville, FL	18:56	6:06
1019	3	3	Kelsey Beckmann, 22	19:04	6:09

Masters Men

972	4	1	Keith Poythress, 50, Fleming Island, FL	19:28	6:17
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Masters Women

983	4	1	Shelly Allen, 50, Fleming Island, FL	20:06	6:29
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Grand Masters Men

1091	5	1	Page Ramezani, 64	19:29	6:17
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Grand Masters Women

1060	5	1	Julie Pippins, 50, Jacksonville, FL	22:23	7:13
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ID#	PLACE	CLASS PLACE	FINISHER	TIME	PACE
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Men Under 3

893	12	1	Andrew Francis, 1	21:34	6:57
1079	80	2	Jordan Pereau, 1	29:10	9:24
1080	100	3	Frank Pereau, 1	31:27	10:09

Men 3 - 8

923	34	1	Matthew French, 8, Orange Park, FL	25:08	8:06
804	44	2	Juan Bruce, 8, Jacksonville, FL	25:45	8:18
949	47	3	Keegan Emanuel, 8, Fleming Island	25:55	8:21
943	49	4	Turner Glenn, 6, Fleming Island, FL	26:26	8:32
970	55	5	Seth McCormack, 7, Orange Park, FL	27:24	8:50

Men 9 - 10

777	32	1	Caden Hoffer, 10, Orange Park, FL	25:05	8:05
812	42	2	Noah Eaton, 10, Orange Park, FL	25:39	8:16
153	43	3	Logan Keester, 10, Jacksonville, FL	25:40	8:17
975	57	4	Tyler Massey, 10, GCS, FL	27:29	8:52
938	62	5	Danny Sakowski, 9, Fleming Island, FL	27:46	8:57

Men 11 - 13

898	7	1	Troy Britts, 13	19:39	6:20
963	21	2	Evan Brinkman, 11, Fleming Island, FL	23:27	7:34
1017	25	3	Jonas Mathies, 13, St Johns, FL	23:45	7:39
1098	26	4	Joseph Dray, 13, Orange Park, FL	24:08	7:47
865	31	5	Samuel Cannon, 11	25:01	8:04

Men 14 - 19

861	9	1	Jorge Rosa, 15	21:02	6:47
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864	10	2	Ben Soldo, 15	21:10	6:50
810	23	3	Gabriel Morales, 15, Jacksonville, FL	23:34	7:36
1018	28	4	Jack Morrow, 14, St Johns, FL	24:23	7:52
736	33	5	Nick Campana, 15, GCS, FL	25:07	8:06

Men 20 - 24

740	103	1	Scott Trice, 22, Middleburg, FL	31:54	10:17
403	127	2	Christian Homme, 24, Jacksonville, FL	38:03	12:16

Men 25 - 29

832	27	1	Caleb Whitfield, 25, Jacksonville, FL	24:19	7:51
724	39	2	Rob James, 27, Jacksonville, FL	25:36	8:15
661	63	3	Taylor Johnson, 28, Jacksonville, FL	27:48	8:58
839	68	4	Branden Zahnle, 28, Lake City, FL	28:27	9:11
817	87	5	Drew Fluegel, 29, St. Augustine, FL	29:39	9:34

Men 30 - 34

984	60	1	Zach Decristofaro, 30, Middleburg, FL	27:36	8:54
818	61	2	Adam Cunningham, 32, Jax, FL	27:42	8:56
714	79	3	Christopher Vynanek, 34, Jax, FL	29:09	9:24
854	99	4	John Showalter, 34, Jacksonville, FL	31:27	10:08
819	102	5	David Cohen, 33, Jacksonville, FL	31:51	10:16

Men 35 - 39

912	15	1	Justin Rogers, 37, Fleming Island, FL	22:27	7:14
885	16	2	Ben Carter, 35	22:40	7:19
1014	46	3	Russ Parliment, 37, Jacksonville, FL	25:49	8:19
873	84	4	Josh Cole, 35	29:27	9:30
302	89	5	William Croft, 38, Jacksonville, FL	29:53	9:38

Men 40 - 44

900	8	1	Dave Whitin, 40	20:53	6:44
882	19	2	Ian Rothstein, 43	23:12	7:29
941	65	3	Darren Glenn, 40, Fleming Island, FL	28:07	9:04
770	93	4	Thomas Pittman, 44	30:45	9:55
846	134	5	Jeff Hollenbeck, 42, Jacksonville, FL	39:30	12:44

Men 45 - 49

1057	11	1	Jose Marrero, 48, Jacksonville, FL	21:32	6:57
731	13	2	Robert Wood III, 47, Orange Park, FL	22:19	7:12
806	17	3	Mark Kroehler, 48, Saint Augustine, FL	22:54	7:23
180	20	4	Thomas Carlson, 46, Orange Park, FL	23:14	7:29
1015	24	5	Samuel Mathies, 49, St Johns, FL	23:34	7:36

Men 50 - 54

917	14	1	Robert Colson, 54, Fleming Island, FL	22:26	7:14
65	18	2	George Thompson, 53, Jacksonville, FL	23:09	7:28
733	29	3	Chris Sheppard, 52, Jacksonville, FL	24:24	7:52
780	30	4	Emil Maramba, 54, Jacksonville, FL	24:31	7:54
1053	37	5	Steve Morgan, 50, Jacksonville, FL	25:21	8:10

Men 55 - 59

872	6	1	Bill Beaumont, 57	19:36	6:19
922	36	2	Michael French, 56, Orange Park, FL	25:13	8:08
556	66	3	Steve Bruce, 57, Jacksonville, FL	28:07	9:04
1064	91	4	Jeff Hoadley, 56, Jacksonville, FL	30:13	9:45
948	98	5	Vincent Stoffa, 56, GCS, FL	31:08	10:02

Men 60 - 64

1007	50	1	Tom Zicafoose, 60, St Aug, FL	26:35	8:35
808	85	2	Craig Harms, 63, Neptune Beach, FL	29:38	9:33
1004	117	3	Dan Lee, 63, Fleming Island, FL	36:20	11:43
1007	128	4	Tom Zicafoose, 60, St Aug, FL	38:03	12:16

Men 65 - 69

1054	22	1	William Bald, 65, PVB, FL	23:27	7:34
1009	45	2	Paul Hibel, 67, Jacksonville, FL	25:46	8:19
837	78	3	Robert Lanier, 67, Blackshear, GA	29:08	9:24
702	145	4	John Terry, 67, Middleburg, FL	47:54	15:27

Men 70 - 74

908	101	1	Doug Barrows, 70, Orange Park, FL	31:31	10:10
866	105	2	Bobby Greene, 74	32:01	10:20

Men 75 - 79

725	126	1	George Bessent, 75, Orange Park, F	38:02	12:16
706	131	2	Charles Wagner, 76, GCS, FL	38:23	12:23

Men 80 & Up

906	137	1	Bob Meister, 82, Orange Park, FL	40:00	12:54
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ID#	PLACE	CLASS PLACE	FINISHER	TIME	PACE
Women Under 3					
899	55	1	Joanna Emanuel, 1	30:50	9:57
890	108	2	Kc Francis, 1	38:04	12:17
888	109	3	Lauren Hoskins, 1	38:04	12:17
1074	154	4	Megan Wickes, 1	45:11	14:34
1076	155	5	Leslie Wickes, 1	45:12	14:35

Women 3 - 8

784	30	1	Madison Johnson, 7, Middleburg, FL	27:54	9:00
799	45	2	Addison Adams, 7, Fleming Island, FL	29:48	9:37
989	77	3	Emory Thomas, 7, Orange Park, FL	33:30	10:48
760	80	4	Sarah Whitin, 8, Fleming Island, FL	33:45	10:53
990	114	5	Reagan Elia, 8, Fleming Island, FL	38:58	12:34

Women 9 - 10

942	22	1	Mackenzie Glenn, 10, Fleming Island	26:28	8:32
883	32	2	Sylvia Tomlinson, 9	28:09	9:05
931	38	3	Kaitlyn Frost, 9, Fleming Island, FL	28:45	9:16
936	107	4	Leah Major, 9, Fleming Island, FL	37:52	12:13
772	117	5	Avery Foss, 9, Fleming Island, FL	39:33	12:45

Women 11 - 13

964	7	1	Ellie Brinkman, 12, Fleming Island, FL	23:29	7:34
728	28	2	Gabriella Propper, 12, Middleburg, FL	27:37	8:54
809	68	3	Amelia Stalter, 13, Orange Park, FL	32:51	10:36
823	93	4	Keegan Connolly, 12, Saint Johns, FL	36:12	11:40
1082	96	5	Jacqueline, 11	36:19	11:43

Women 14 - 19

732	8	1	Nicole Wood, 18, Orange Park, FL	23:39	7:37
1003	9	2	Jessica Hersh, 16, Jacksonville, FL	23:43	7:39
704	14	3	Kara Parham, 14, Middleburg, FL	25:32	8:14
759	15	4	Emily Mickel, 15, Middleburg, FL	25:33	8:14
868	27	5	Bianca Loor, 16	27:21	8:49

Women 20 - 24

723	44	1	Alicia Sutliff, 23, Fleming Island, FL	29:33	9:32
729	63	2	Samantha Propper, 20, Middleburg, FL	31:26	10:08
1058	82	3	Rachel Matrangos, 24, Jax, FL	34:05	11:00

Women 25 - 29

829	17	1	Denise Evanko, 28, Jacksonville, FL	25:39	8:16
92	29	2	Katie Lytle, 28, Saint Johns, FL	27:43	8:56
1063	47	3	Amber Hoadley, 25, Jacksonville, FL	30:00	9:40
820	148	4	Mallory Tomlinson, 26, St. Johns, FL	43:11	13:56

Women 30 - 34

755	12	1	Christine Doss, 32, Jacksonville, FL	24:52	8:01
937	19	2	Nikki Watson, 31, Jacksonville, FL	25:55	8:21
789	23	3	Kristie Matherne, 31, Fleming Island, FL	26:37	8:35
749	25	4	Ayumi Cardoza, 30, Jacksonville, FL	26:44	8:37
805	57	5	Sarah Moss, 34, Fleming Island, FL	31:00	10:00

Women 35 - 39

897	6	1	Michelle McCoulough, 35	22:45	7:20
1001	20	2	Jennifer Desantis, 35, Jacksonville, FL	26:03	8:24

903	31	3	Robin Toole, 35, Orange Park, FL	27:54	9:00
911	34	4	Kelly Rogers, 39, Fleming Island, FL	28:12	9:06
953	36	5	Jenevieve Napier, 38, Middleburg, FL	28:33	9:12

Women 40 - 44

1002	10	1	Melissa Hersh, 40, Jacksonville, FL	23:43	7:39
741	21	2	Grace Staten, 43, Orange Park, FL	26:27	8:32
884	33	3	Robert Tomlinson, 40	28:11	9:05
1131	48	4	Terri Eubank, 42, Jacksonville, FL	30:08	9:43
12	50	5	Tarra Cooper, 41, Jacksonville, FL	30:21	9:47

Women 45 - 49

705	11	1	Jill Eubank, 48, Green Cove Spring, FL	24:15	7:49
1062	13	2	Julie Saieg, 45, Jacksonville, FL	24:56	8:02
1006	16	3	Theresa Ebersole, 48, Jacksonville, FL	25:37	8:16
827	18	4	Helen Crawford Connolly, 47	25:43	8:17
907	35	5	Melanie Kissane, 47	28:20	9:08

Women 50 - 54

1130	26	1	Denice Fullerton, 52, Jacksonville, FL	26:58	8:42
1005	61	2	Kimberly Schiffer, 51, Jacksonville, FL	31:16	10:05
320	65	3	Nancy Trice, 50, Middleburg, FL	31:55	10:17
965	70	4	Sara D'Marie, 51, Fleming Island, FL	33:11	10:42
999	89	5	Sikita Jordan, 53, Orange Park, FL	35:19	11:24

Women 55 - 59

1099	24	1	Kimberly Lundy, 56, Orange Park, FL	26:40	8:36
927	52	2	Carole Livesay, 56, Fleming Island, FL	30:31	9:50
878	58	3	Deb Donlan, 56	31:01	10:00
715	79	4	Lorri Howard, 58, Orange Park, FL	33:42	10:52
947	83	5	Coleen Stoffa, 56, GCS, FL	34:07	11:00

Women 60 - 64

905	110	1	Kathy Huntley, 64, Middleburg, FL	38:10	12:18
957	135	2	Nancy Fraser, 63, Fleming Island, FL	41:45	13:28

Women 65 - 69

876	87	1	Susan Gostage, 68	34:52	11:15
703	100	2	Soledad Terry, 68, Middleburg, FL	36:33	11:47
750	168	3	Tracey Armon, 66	47:30	15:19

10k Race

ID#	PLACE	CLASS PLACE	FINISHER	TIME	PACE
Open Men					
67	1	1	Sean Nagorny, 34, Jacksonville, FL	35:30	5:44
217	2	2	John McColl, 31, Middleburg, FL	36:55	5:57
4	3	3	Shawn Williams, 37	37:12	6:00

Open Women

72	1	1	Mary Kummerfeld, 31, Lake City, FL	40:10	6:29
86	2	2	Emily Manning, 32, Jacksonville, FL	40:40	6:33
1068	3	3	Jennifer Holtzaple, 34, Jacksonville, FL	42:39	6:53

Masters Men

196	5	1	Eric Vandervort, 46	38:37	6:14
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Masters Women

299	7	1	Michelle Richards, 40, Lake City, FL	45:35	7:21
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Grand Masters Men

68	28	1	Juan Echegaray, 50, Jacksonville, FL	43:55	7:05
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Grand Masters Women

21	9	1	Kathleen Kaye, 55, Jacksonville, FL	45:53	7:24
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RESOLUTION RUN RESULTS

Continued from previous page

ID#	PLACE	CLASS PLACE	FINISHER	TIME	PACE
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Men Under 3

143	109	1	Ian Allen, 1	57:49	9:19
863	114	2	Jack Sykes, 1	58:03	9:22

Men 3 - 8

1078	95	1	Brady McKendry, 8	56:03	9:02
175	166	2	Cristian Bahl, 8, Fleming Island, FL	1:10:21	11:21
283	169	3	Colton Swartz, 8, Fleming Island, FL	1:11:15	11:29
324	170	4	Brady White, 8, Fleming Island, FL	1:11:18	11:30
170	195	5	Lucas Hager, 8, Fleming Island, FL	1:58:03	19:02

Men 9 - 10

152	51	1	Matthew Stratton, 9, Orange Park, FL	47:50	7:43
231	87	2	Matthew Pellegrini, 10, Gcs, FL	54:17	8:45
208	102	3	Kyle Shannon, 10, Fleming Island, FL	56:45	9:09
328	180	4	Stephen Ivey, 9, GCS, FL	1:17:52	12:33
165	183	5	Travis Rawlins, 10, GCS, FL	1:28:01	14:12

Men 11 - 13

45	68	1	Daniel Tressler III, 11, Oviedo, FL	50:25	8:08
344	73	2	Nate Chase, 11, Fleming Island, FL	50:56	8:13
229	92	3	William Kirkland, 11, Jacksonville, FL	55:47	9:00
228	93	4	Matthew Kirkland, 12, Jacksonville, FL	55:48	9:00
34	98	5	Christian O'Donnell, 13, Atlantic Beach	56:13	9:04

Men 14 - 19

612	6	1	Kyle Crews, 18, Callahan, FL	38:54	6:16
224	7	2	Aren Biala, 17, Jacksonville, FL	39:04	6:18
146	11	3	Avery Bue, 18	40:44	6:34
315	12	4	Gabriel Moran, 15, Jacksonville, FL	40:47	6:35
558	15	5	Connor Etheridge, 15, Jacksonville, FL	41:44	6:44

Men 20 - 24

423	173	1	Prateek Johri, 23, Washington, DC	1:13:01	11:47
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Men 25 - 29

28	9	1	Matt Worsham, 27, Jacksonville, FL	39:39	6:24
82	14	2	Bryan Mullins, 28, Middleburg, FL	41:30	6:41
171	16	3	Justin Holstein, 29, Middleburg, FL	42:06	6:47
69	52	4	Christopher Degroat, 28, Bradenton, F	48:07	7:46
57	56	5	Allen Gopp, 28, Jacksonville, FL	48:48	7:52

Men 30 - 34

663	17	1	Ashton Manley, 34, Jacksonville, FL	42:08	6:48
168	25	2	John Leeds, 30, Jacksonville, NJ	43:18	6:59
636	32	3	Virgilio Huerta, 34, Jacksonville, FL	44:36	7:12
80	36	4	Troy Farquhar, 34, Jacksonville, FL	45:06	7:16
141	55	5	Reynaldo Rivera, 30	48:40	7:51

Men 35 - 39

445	4	1	David Munro, 39, Ponte Vedra, FL	37:25	6:02
572	13	2	David Moritz, 36, Jacksonville, FL	41:00	6:37
18	20	3	Errol Daniels Jr, 35, Jacksonville, FL	42:38	6:53
211	26	4	Kevin Mangold, 38, Orange Park, FL	43:34	7:01
147	34	5	Joseph Kavacocy, 38	44:55	7:15

Men 40 - 44

194	8	1	Francisco Fuentes, 42	39:15	6:20
90	18	2	Ryan Rdel, 40, Jacksonville, FL	42:09	6:48
24	23	3	Mills Ramseur, 42, Jacksonville, FL	43:11	6:58
239	24	4	Robert Dews, 44, Middleburg, FL	43:15	6:58
81	27	5	John Gibbons, 42, Kingsland, GA	43:39	7:02

Men 45 - 49

613	10	1	Dean Krueger, 48, Jacksonville, FL	40:15	6:29
177	19	2	Craig Bennett, 47, Middleburg, FL	42:32	6:52
635	21	3	Andrew Barr, 49, St Augustine, FL	42:51	6:55
154	30	4	Steve McCormick, 47	44:00	7:06
33	41	5	Quang Pham, 49, Ponte Vedra, FL	45:46	7:23

Men 50 - 54

15	29	1	Michael Johnson, 52, Jacksonville, FL	43:56	7:05
634	31	2	Randy Arend, 53, Orange Park, FL	44:21	7:09
855	39	3	Chip Steele, 50, Dillsburg, PA	45:40	7:22
628	40	4	Maverick Brown, 52, Jacksonville, FL	45:45	7:23
334	43	5	Raymond Ramos, 51, Jacksonville, FL	46:08	7:26

Men 55 - 59

54	37	1	Scott Hershey, 55, Jacksonville, FL	45:23	7:19
552	49	2	Fred Wainio, 57, Ponte Vedra, FL	47:09	7:36
31	61	3	Steve O'Brien, 58, Jax, FL	49:31	7:59
293	81	4	Karl Maerz, 56, Fleming Island, FL	53:16	8:35
568	82	5	Stephen Fullerton, 56, Jacksonville, FL	53:18	8:36

Men 60 - 64

631	67	1	Lewis Buzzell, 62, Jacksonville, FL	50:20	8:07
620	70	2	Douglas Tillett, 60, Jacksonville, FL	50:36	8:10
643	79	3	Doug Hardt, 64, Jacksonville, FL	52:57	8:32
38	105	4	Jeff Marks, 63, Jacksonville, FL	56:58	9:11

Men 65 - 69

64	33	1	Bruce Holmes, 66, Jacksonville, FL	44:44	7:13
242	59	2	George White, 66, Orange Park, FL	49:04	7:55
571	62	3	Robert Frary, 65, Jacksonville, FL	49:47	8:02
245	107	4	Martin Wilkinson, 65, Bostwick, FL	57:45	9:19
215	123	5	George Hoskins, 69, Orange Park, FL	59:15	9:33

Men 70 - 74

49	64	1	Paul Smith, 72, Saint Johns, FL	49:51	8:02
227	127	2	Frank Frazier, 71, Orange Park, FL	59:26	9:35
553	171	3	Ben Holland, 73, Jacksonville, FL	1:11:19	11:30
292	186	4	Thomas Rykalsky, 72, OP, FL	1:32:26	14:54
42	187	5	Charles Goodyear, 74, Jacksonville, FL	1:34:23	15:13

Men 75 - 79

32	175	1	Al Saffer, 79, Jacksonville, FL	1:13:22	11:50
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Men 80 & Up

85	164	1	Elmer Schroer, 81, Jacksonville, FL	1:10:05	11:18
150	184	2	William Dunn, 86	1:29:43	14:28

ID#	PLACE	CLASS PLACE	FINISHER	TIME	PACE
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Women Under 3

889	6	1	Elizabeth Ward, 1	44:42	7:12
195	56	2	Holly Archer, 1	58:15	9:24
145	117	3	Norah Betancourt, 1	1:10:15	11:20
870	152	4	Luchanna Esopier, 1	1:19:48	12:52
356	166	5	Renee Paulish, 1	1:25:44	13:50

Women 3 - 8

264	137	1	Sophia Versage, 7, Orange Park, FL	1:14:57	12:05
244	162	2	Railey Nolen, 7, Orange Park, FL	1:23:32	13:28
248	180	3	Emma Ottosen, 7, Orange Park, FL	1:36:13	15:31

Women 9 - 10

35	18	1	Rhiannon O'Donnell, 10,	49:24	7:58
73	49	2	Brynley Meeks, 9, Waycross, GA	57:08	9:13
181	94	3	Grace Adams, 9, Fleming Island, FL	1:05:44	10:36
176	102	4	Riley Atzert, 10, GCS, FL	1:06:50	10:47



Women 11 - 13

162	50	1	Jennifer Fliess, 12, Fleming Island, FL	57:25	9:16
800	74	2	Megan Adams, 12, Fleming Island, FL	1:01:54	9:59
275	95	3	Anna Magruder, 12, Orange Park, FL	1:05:47	10:36
329	104	4	Sarah Ivey, 12, GCS, FL	1:07:22	10:52

Women 14 - 19

189	17	1	Kaitlin Hartford, 14	49:24	7:58
331	26	2	Libby Coen, 15, Fleming Island, FL	51:25	8:18
287	77	3	Emilee Atwood, 15, Fleming Island, FL	1:02:21	10:03
36	84	4	Nancy Harms, 19, Neptune Beach, FL	1:03:33	10:15

Women 20 - 24

401	21	1	Jennifer Dominguez, 24	50:07	8:05
305	47	2	Jennifer Ayala, 23, Middleburg, FL	56:52	9:10
416	99	3	Jean Newell, 22, Jacksonville, FL	1:06:34	10:44
259	100	4	Jordan Caccavo, 20, Jacksonville, FL	1:06:37	10:45
279	142	5	Bridgette McVay, 20, Atlanta, GA	1:16:19	12:18

Women 25 - 29

444	11	1	Shannon Revels, 28, Jacksonville, FL	46:19	7:28
443	42	2	Casey Mitten, 25, Jacksonville, FL	55:07	8:53
186	60	3	Stephanie Vincent, 28, OP, FL	59:12	9:33
561	62	4	Chelsea Duga, 26, Jacksonville, FL	59:15	9:33
660	78	5	Hayley Folmar, 28, Jacksonville, FL	1:02:45	10:07

Women 30 - 34

429	5	1	Kathryn Ches, 34, Jacksonville, FL	43:57	7:05
605	14	2	Marci Gurnow, 33, Jacksonville, FL	46:55	7:34
862	16	3	Christina Vaughn, 32	48:22	7:48
63	31	4	Courtney Fluegel, 32, St. Augustine, FL	53:19	8:36
262	37	5	Jennifer Halter, 31, Orange Park, FL	54:44	8:50

Women 35 - 39

573	4	1	Jamie Joseph, 35, PVB, FL	42:45	6:54
59	10	2	Sayer Gunn, 37, Jacksonville, FL	46:17	7:28
404	27	3	Yelena Lyamzina, 39, Jacksonville, FL	51:26	8:18
164	32	4	April Martin, 37, Orange Park, FL	53:36	8:39
632	35	5	Allison Doueck, 38, Jacksonville, FL	54:39	8:49

Women 40 - 44

91	8	1	Shani Dempsey, 40, Jacksonville, FL	45:47	7:23
850	12	2	Sandra Moody, 44, Jacksonville, FL	46:46	7:32
413	19	3	Ria Ware, 44, Jacksonville, FL	49:56	8:03
619	24	4	Jennifer Borgio, 41, Ponte Vedra, FL	50:50	8:12
209	29	5	Annette Shannon, 44	53:07	8:34

Women 45 - 49

551	13	1	Alison Ronzon, 49	46:50	7:33
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608	34	2	Kelly Parete-Beccaccio, 45	54:30	8:47
51	39	3	Debbie Fleck, 48, Jacksonville, FL	54:57	8:52
414	58	4	Cynthia Ryan, 47, Ponte Vedra, FL	58:32	9:26
316	63	5	Nancy Moore, 46, Middleburg, FL	59:20	9:34

Women 50 - 54

216	23	1	Vicky Connell, 54, Orange Park, FL	50:36	8:10
807	25	2	Kathy Murray, 51, Jacksonville, FL	51:01	8:14
251	53	3	Catherine Ferrell, 52, GCS, FL	57:50	9:20
149	65	4	Theresa Mann, 53	59:30	9:36
37	85	5	Susan Harms, 54	1:03:33	10:15

Women 55 - 59

16	15	1	Stephanie Griffith, 59, Jacksonville, FL	47:28	7:39
559	20	2	Terri Rose, 56, Neptune Beach, FL	50:00	8:04
8	30	3	Ann Krause, 56, Jacksonville, FL	53:18	8:36
280	36	4	Kim Crist, 56, Green Cove Spring, FL	54:42	8:49
288	44	5	Sue Whitworth, 58, Fleming Island, FL	55:54	9:01

Women 60 - 64

14	22	1	Leslie Hague, 60, Jacksonville, FL	50:20	8:07
567	28	2	Marcia Baker, 60	51:39	8:20
13	110	3	Marsha Carter, 64, Jacksonville, FL	1:09:17	11:10
75	130	4	Debbie Coleman, 62, Waycross, GA	1:13:07	11:47
405	141	5	Dee Robertson-Lee, 63	1:16:05	12:16

Women 65 - 69

357	46	1	Barbara Ebers, 65	56:43	9:09
199	54	2	Osra Hutchenson, 65	58:00	9:21
200	123	3	Mary Strickland, 67	1:11:54	11:36
273	150	4	Sara Guthrie, 65, Jacksonville, FL	1:19:18	12:47
625	185	5	Diane Hale, 66, Jacksonville, FL	1:39:20	16:01

Women 70 - 74

554	129	1	Nancy Kern (Pullo), 72, Jax Beach, FL	1:12:52	11:45
218	184	2	Margaret Troxel, 70, Orange Park, FL	1:38:52	15:57 =



Our Mission

The prime objective of the Florida Striders is to promote and encourage running by educating the community on the benefits of physical fitness and sports.

To attain this objective we will:

1. Present high quality road races.
2. Conduct training and fun runs.
3. Provide a social medium for exchange of ideas and information.
4. Publish a monthly newsletter.
5. Encourage community involvement.
6. Conduct informative periodic meetings. =

VOLUNTEER POSITIONS WITHIN THE FSTC NEEDED

A **Race Director** position will be needed for next year. Anyone interested please contact Dave Bokros or Scott Hershey.

Volunteers are needed for all our races - Please contact Frank Frazier, 874-1828, ffrazier@cavco.net or Kim Crist, 349-0878, kcrist@radiometeramerica.com.

SAVE THE DATE

Board of Director
Elections/April Social
April 13th, the day after the
Run to the Sun

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

Race Results

The Last Gasp Jacksonville, FL December 21, 2013

Augie Leone 32:34 1st AG 80+
*Fun run, nice sweat shirt, free beer and pizza
after, this race should be packed.*
Al Saffer 36:07 1st AG
Jean Schubert 47:13 2nd AG!
Record high temp 83 degrees!

Jacksonville Bank Half Marathon Jacksonville, FL Decmeber 29, 2013

Jean Schubert 3:25:54
Earned my Tri2bTuff Challenge medal!!!
Trish Kabus 3:26:43

Jacksonville Bank Marathon Jacksonville, FL Decmeber 29, 2013

Augie Leone 5:55:13 1st AG 80+

VyStar Gator Bowl 5K Jacksonville, FL Decmeber 31, 2013

Jean Schubert 42:00

Kiwanis Resolution 5K Swainsboro, GA January 1, 2014

Bernie Powers 24:26
1st Masters Male

FSTC Resolution Run 10K Orange Park, FL January 11, 2014

Kevin Mangold 43:34 *New 10k PR*
Jean Schubert 1:29:21
*Please see page 14 for overall winners and top
5 in each age group.*

John TenBroeck Memorial Winter Beach Run 10 mile Jacksonville Beach, FL January 18, 2014

Jean Schubert 2:34:57
Trish Kabus 2:42:23

Naples Half Marathon Naples, FL January 19, 2014

August Leone 2:28:26 2nd 80+ AG

Houston Marathon Houston, TX January 19, 2014

Sayer Gunn 3:31:04
Boston qualifier by 8:56!!

Matanzas 500 St. Augustine, FL January 25, 2014

George Hoskins 26:01
August Leone 31:22
1st of 2 in 80+ AG
Jean Schubert 41:43

Spartan 5K Orange Park, FL January 25, 2014

Robert Dews 19:51

Parkinson's 5K Jacksonville, FL January 26, 2014

Bernie Powers 25:25 1st AG 🏆

Striders Spotlight

This month I contacted Keith Poythress, one of our very fast Striders, to ask him about doing an interview and possibly including his wife Gayla whom I knew to be a runner as well. Keith immediately suggested I focus strictly on Gayla as he thought it would be much more interesting to hear what she's accomplished this year. And he was right – she's accomplished some very interesting goals!

Gayla and Keith became members of the Florida Striders around 2005. Keith soon began participating in local races. He said they were fun, but he didn't know many people then and he wanted some company. So Gayla started going with him. Eventually she decided that if she was going to be there anyway she might as well do the races and get some exercise herself. So sometime in 2005 she started running and racing, and within a year she was re-

ally enjoying it herself, and has been racing ever since.

However, as often happens when you do the same thing over and over, it can get repetitious. Gayla likes to have goals in most areas of her life, and she felt she needed new goals to help her maintain her training, especially when it got hot. She was also tired of doing the same races, and wanted to do something different. Her idea? Run a half marathon once a month in 2013. Each one would be in a different location. And to make sure she followed through, tell a few people. Or maybe a lot of people! (Keith had a hand in spreading the word about her new goal!) It worked. Gayla was determined to do it - and she did!

Here are the Half Marathons Gayla completed in 2013: January – Ocala Half; February – The Donna Half; March – The Tour de Pain Extreme; April

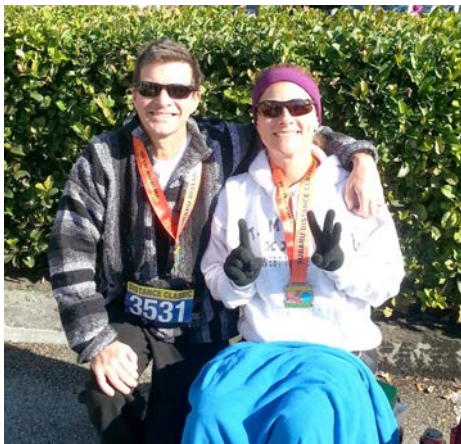


BY VICKY CONNELL

– Run for the Nurses in Tifton, GA; May – The Flying Pig in Cincinnati, OH; June – Bootlegger Half in Dawsonville, GA; July – The Scream Half in Jonas Ridge, NC; August – The Alien Half in Roswell, GA; September – The Rock-n-Roll Half in Virginia Beach; October – The Jacksonville Marine Corp Half and the Run for the Bay Half in Apalachicola, FL; November – The St Augustine Half and The Subaru Half; December – The Jacksonville Bank Half. Whew! She not only accomplished one a month, but exceeded it!

Gayla said there were some months when she didn't train all that much but she still did the races. She didn't set any Personal Records (her PR is 1:57:57 which she ran at the Donna Half in 2011), but then again that wasn't the goal. Her fastest half of the year was in April at the

Continued on next page



Run for the Nurses, which she completed in 2:00:48. The race she enjoyed the most was The Run for the Bay in Apalachicola.

I asked Gayla what her proudest moment in running has been. She said it was receiving her age group award at the Double Pump in Savannah. For those who aren't familiar with this race, it is a back to back 5K and then 10K, where you run across the Talmadge Bridge three times. You have 40 minutes from the start of the 5K to the start of 10K, and only get whatever rest your 5K time allows. The Awards are for the combined times of both the 5K and 10K. Keith and Gayla have done this race for the last 7 years.

Gayla served on the Strider board for a year. Keith was also on the board for several years and held the job of Mer-



chandise Coordinator. I asked Gayla if she has some favorite memories of her time with the Striders. She said she always enjoys the socializing after the races, especially the Gate River Run and the Evergreen Cemetery races. She also said she and Keith have made many great friends through running.

So what is Gayla's philosophy towards running? The faster you go the quicker you get finished! And her advice for other Striders or would be runners? Gayla says she has a huge love/hate relationship with running. (Don't we all!!!!) Just enjoy it and make sure you have fun! =

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



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