



One Hundred Days of Summer

Wide World of Running By Jay Birmingham

The average runner in Ohio, Colorado, and Nebraska – three states where I lived for many years – backs off in the brutal cold from December through February. The thermal challenge of winter is joined by piercing wind chills and impossible-at-times footing: ice, snow, slush, potholes.

Races become scarce. Dedicated road soldiers see the mileage in their training logs plummet. Perpetually gray skies extend from days to more than a

week. YMCAs in those cold climes see memberships spike in the winter. Treadmill motors burn up. Creative excuses for skipping workouts reach new heights. Some runners refuse to train when the temperature is lower than their age.

Drop southward now to Florida. Wind chill? Nope. Heavy clothing? Nope. December? No problem.

The Florida runner's challenge is June through September, what I call the 100 Days of Summer. I've known lots of running enthusiasts who exchanged their passion for our sport for days in front of the TV, a bag of chips and a cooler full of their favorite cold drinks.

You've got two choices: Quit for the season or run in the steam bath. I'm gonna suggest ways you can select the second option.

Your first challenge is mental. If you don't leave the house, you cannot train (unless you cheat by logging your miles on a refrigerated treadmill). So you must leave the house. Walk out the door, your

hair wet, clad in your sleeveless shirt and shortest shorts. Walk until you break into a jog, and then walk again when you feel a little fatigue. You are out there, acclimating to the heat and the humidity. You have ventured out while the faint of heart (weak of will) have not. You are a champion.

Remove expectations of speed or distance. Do set yourself a minimum time. One hour of walking will net you about 4 miles. Spice that with a few strideouts through pleasant parts of the course. Run through sprinklers. Stop for ice and drinks, either at stores en route, or in caches of goods you've squirreled away in the shrubbery. Laps around the block will ensure you a steady supply of everything.

Cover your head with a wet cap if you run at midday. If you've never tried a knotted handkerchief on your noggin, do. A handful of ice cubes under your head wear makes a world of difference.

Summer is the time to give yourself

Continued on page 2

We would like to hear from you!

Run a great race? Have a fantastic running tip? Tried a yummy new recipe? Please share them with us! Send your stories to StrideRightEdit@aol.com by the 20th of each month!

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Upcoming Socials

JUNE • Sunday, June 6th

The June social is going to the dogs! On Sunday June 6th, Striders and your four legged friends are invited to the Dog Days picnic at the Slough Reserve on Fleming Island. It is right off of 17 on Raggedy Point Drive (left). Across the street from Pace Island. There will be food, games and races for the critters.

JUNE • Sunday, June 27th

For those striders who participated in the 100x10K Relay for the Guinness Book of World Records, the "partay" is scheduled for Sunday, June 27th at the Fire Fighters Hall on Stockton Street. It will be begin at 2pm and go until about 5 pm.

JULY • Sunday, July 11th

Whitey's Fish Camp on CR 220 at 4pm

Prez Sez

By Kellie Howard



Growing up in Ocala, my family came to Jacksonville on many occasions to watch my father run. I can remember only one race in Ocala, while Jacksonville already had established a Grand Prix series. Luckily there were fewer events in the 80s since one year my father's goal was to compete in all of the events. Many of the races were held near the Baymeadows 1st Place Sports store. I would have never guessed that many years later, I would buy a home only a few miles away from that location. I also could have never guessed that someone my family randomly met during a race was one of the strongest supporters of the Florida Striders.

Almost 19 years ago, my father was planning on running the Thanksgiving Day half marathon. My family, my sister's boyfriend (Will), and I got up before dawn to travel to Jacksonville to watch my father run. We also were going to drop Will off at his parent's house for the holiday. On the way up to Jacksonville, we experienced a flat tire and had to pull over to put the spare on. Unfortunately, this caused enough of a delay that we could not make it to the race on time, but Will still wanted to see his parents so we continued our trip. Since it was earlier than he needed to be dropped off, we decided to stop along the race route to cheer for the other runners. As we were watching the runners, my father struck up a conversation with another spectator. My father asked if the gentlemen knew of a place that was open on Thanksgiving Day so that he could purchase a replacement tire. The gentleman said that he did not know of any place that was open, but he happened to own a tire store and would see if one of his managers would be at a store and could help us. That gentleman was able to arrange for us to go to his Sun Tire store and get a new tire. I'll be honest, I can't remember exactly which Sun Tire store we went to, but I have a feeling it very well could have been the Sun Tire store on Blanding where Striders have been meeting on Sunday mornings for more than 30 years.

I guess you never know what roads life will take you?

p.s. – that boyfriend is now my brother-in-law =

ONE HUNDRED DAYS OF SUMMER

Continued from page 1

permission to reduce your miles. But it is a great time to gain some leg speed. A set of repeat 100s on grass with a 100-meter walk recovery is a lot easier than a sustained distance run. Bridge sprints. Stadium steps. Stair cases. Any short, sharp run, repeated, with adequate recovery intervals, will not only make you feel like you are training hard but will keep the pounds from descending on your midsection.

Now here's the ultimate challenge. Pick a date and count 100 days forward.

June 1 through September 8 is the hundred days we choose for my cross country runners. Start on Day One and do not miss a day until you get through the hundredth. Declare a minimum (2 miles was my recent pick in 2009). Get your shoes on, pass through the doorway, and keep a large calendar posted. Write your workout in large letters and numbers at the end of each day. Let no square go uncovered.

You can do it. You are tough. You a Florida runner in summer. All 100 days of it. =

Board of Directors' Summary of Action May 2010

Minutees were not available at press time =

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**Please sign the
Strider person or fill out the race
result form at
floridastriders.com**

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RESULTS

Due to space limitations we are not able to print the entire race results. For complete race results and more color photos, go to www.FloridaStriders.com!

CLASS	ID#	PLACE	PLACE	FINISHER	TIME	PACE
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Open Men

482	1	1	M20	Brad Orr, 23	15:39	5:02
1	2	2	M25	Justin Jacobs, 27	15:57	5:08
3	3	3	M45	John Metzgar, 47	16:41	5:22

Open Women

7	1	1	W25	Angela Tecco, 25	18:02	5:48
1034	2	2	W14	Maryann Brown, 15	19:32	6:17
1022	3	3	W14	Kaitlyn Iselborn, 19	19:43	6:21

Masters Men

6	19	1	M40	John Wisker, 43	17:54	5:45
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Masters Women

543	4	1	W45	Lisa Thomas, 46	19:59	6:26
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Grand Masters Men

868	33	1	M50	Bill Dunn, 52	19:28	6:16
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Grand Masters Women

13	27	1	W50	Ann Krause, 52	23:21	7:31
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CLASS	ID#	PLACE	PLACE	FINISHER	TIME	PACE
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Men Under 11

830	87	1		Patrick McCarthy, 10	22:16	7:10
27	109	2		Ryan Rabalais, 10	22:56	7:23
606	153	3		Reed Davis, 10	24:54	8:01

Men 11 - 13

26	54	1		Ross Rabalais, 13	20:45	6:41
1061	57	2		Steven Barlow, 13	20:58	6:45
457	81	3		Timothy Pierce, 12	22:02	7:05

Men 14 - 19

563	6	1		Covy Mundy, 17	16:53	5:26
471	10	2		Eric Tallbacka, 14	17:24	5:36
573	26	3		Cody Helms, 16	18:56	6:05

Men 20 - 24

477	4	1		Trever Beesley, 24	16:44	5:23
2	5	2		Francisco Garcia, 20	16:48	5:24
288	9	3		Majic Man, 20	17:19	5:34

Men 25 - 29

731	11	1		John Leeds, 26	17:25	5:36
226	25	2		Russell Burney, 25	18:43	6:01
540	37	3		Robert Walker	19:50	6:23

Men 30 - 34

4	8	1		Shawn Williams, 34	17:10	5:31
163	12	2		Owen Shott, 30	17:25	5:36
541	13	3		Alexander Jones, 33	17:27	5:37

Men 35 - 39

287	7	1		Paul McRae, 37	17:08	5:31
277	14	2		Jason Arnold, 36	17:29	5:37
5	15	3		Andrew Marchand, 39	17:39	5:41

Men 40 - 44

286	20	1		Mike Remisiewicz, 44	18:08	5:50
781	21	2		David Bonnette, 43	18:21	5:54
468	31	3		Jay Millson, 40	19:21	6:13

Men 45 - 49

780	34	1		Randy Arend, 49	19:30	6:16
534	38	2		Mark Grubb, 45	19:54	6:24
848	45	3		Raymond Ramos, 48	20:18	6:32

Men 50 - 54

268	53	1		Scott Hershey, 51	20:45	6:41
371	55	2		Steve Johnson, 52	20:50	6:42
205	59	3		Kevin Fleeger, 50	21:14	6:50

Men 55 - 59

522	51	1		Dan Holloway, 55	20:40	6:39
724	80	2		John Larue, 59	22:00	7:05
106	86	3		John Hirsch, 58	22:16	7:10

Men 60 - 64

1055	90	1		Patrick Gaughan, 60	22:24	7:12
102	92	2		Herbert Taskett, 62	22:27	7:13
87	111	3		Bruce Holmes, 62	22:59	7:24

Men 65 - 69

91	100	1		Frank Frazier, 67	22:48	7:20
99	113	2		Thom Henkel, 66	23:14	7:29
783	146	3		George Hoskins, 65	24:43	7:57

Men 70 - 74

177	155	1		Benjamin Mathews, 72	25:03	8:04
20	167	2		Hal Lerch, 72	25:32	8:13
296	311	3		Harold Jackson, 70	32:19	10:24

Men 80 & Up

511	376	1		John Aimone, 80	37:23	12:02
43	395	2		Joe Conrad, 83	39:40	12:46
94	432	3		Joe Connolly, 85	49:16	15:51

CLASS	ID#	PLACE	PLACE	FINISHER	TIME	PACE
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Women Under 11

513	23	1		Kayley Delay, 10	22:56	7:23
535	89	2		Sarah McKeivitt, 10	28:43	9:14
178	110	3		Alexia Smith, 9	30:05	9:41

Women 11 - 13

30	19	1		Emma Tucker, 11	22:22	7:12
382	40	2		Nicole Morse, 12	24:18	7:49
903	41	3		Emily Schaul, 12	24:25	7:51

Women 14 - 19

229	6	1	Kayla Vinson, 17	20:12	6:30
481	13	2	Marykate Ponder, 16	21:29	6:55
931	22	3	Sarah Marlar, 19	22:44	7:19

Women 20 - 24

377	11	1	Shannon Revels, 24	21:00	6:45
492	44	2	Abby Klock, 21	24:49	7:59
299	53	3	Chelsea Aragon, 21	25:47	8:18

Women 25 - 29

260	9	1	Allie Norman, 25	20:48	6:42
381	16	2	Jane Conner, 26	22:01	7:05
310	68	3	Sarah Williams, 27	27:13	8:45

Women 30 - 34

732	14	1	Angie Enyedi, 31	21:45	7:00
761	26	2	Kari Damrow, 34	23:17	7:29
293	31	3	Hopw Treece, 31	23:36	7:36

Women 35 - 39

745	7	1	Lisa Adams, 35	20:21	6:33
711	15	2	Kristin Smith, 38	21:55	7:03
138	17	3	Barbara Carrico, 36	22:18	7:10

Women 40 - 44

12	10	1	Denise Metzgar, 43	20:57	6:45
322	12	2	Giselle Carson, 42	21:16	6:51
438	18	3	Elena Davis, 40	22:20	7:11

Women 45 - 49

104	5	1	Regina Taylor, 45	20:04	6:27
207	8	2	Sue O'Malley, 49	20:35	6:37
84	32	3	Kathy Murray, 47	23:43	7:38

Women 50 - 54

608	28	1	Gail Pylipow, 53	23:28	7:33
518	33	2	Terri Rose, 52	23:47	7:39
847	43	3	Kim Crist, 53	24:45	7:58

Women 55 - 59

301	84	1	Mamie Davis, 55	28:29	9:10
90	100	2	Claire Gilbert, 57	29:34	9:31
315	114	3	Donna Rettini, 58	30:21	9:46

Women 60 - 64

48	141	1	Karen Allman, 64	31:28	10:07
798	188	2	Pat Noonan, 61	33:19	10:43
234	245	3	Holly Hosch, 60	35:49	11:32

Women 65 - 69

122	79	1	Sharon Andrews, 65	28:03	9:02
514	138	2	Susan Wallace, 68	31:23	10:06
241	170	3	Pheona Kaiser, 67	32:37	10:30

Women 80 & Up

515	354	1	Diane Aimone, 80	44:50	14:26 =
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Striders at the Races

Race Results

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

Run for Your Life 5k**April 17, 2010****Palm Coast, FL**

Jim Kehr	27:06
Christine Kehr	33:34

Run to the Sun 8K**April 17, 2010****Orange Park, FL**

John Metzgar	27:16	1st overall
Justin Jacobs	28:36	3rd overall
John Wisker	28:46	1st ag
Andrew Marchand	28:48	1st ag
David Bonnette	29:42	1st ag
Cody Helms	29:51	1st ag
Bill Dunn	31:51	1st ag
Randy Arend	31:53	
Robert Walker	32:31	3rd ag
Robert Walker	32:32	3rd ag
Steve McCormick	32:53	2nd ag
Raymond Ramos	33:02	
Wayne Bishop	33:07	
Steven Barlow	33:14	

Britta Fortson	33:16	
	3rd overall,	
women		
Michael Johnson	33:21	
George Thompson	33:38	
Regina Taylor	33:55	1st ag
Bryan Rohlin	34:00	
jesse withrow	34:15	
Denise Metzgar	34:42	1st ag
Giselle Carson	34:50	2nd ag
Patrick Gaughan	34:57	1st ag
Allen Smith	35:09	
George White	35:36	2nd ag
John Hirsch	36:01	2nd ag
Alison Ronzon	36:11	2nd ag
Rick Moss	36:18	
Rosa Haslip	36:19	3rd ag
Stephen Beard	36:21	
Todd Hockett	36:33	
Leslie Kindling	36:40	3rd ag
Frank Frazier	36:48	1st ag
Ann Krause	36:52	1st ag
Donald Wucker	37:12	

Frieda Wyner	37:18	1st ag
Kathy Murray	37:18	
Mark Dickson	38:00	
Barbara Carrico	38:01	3rd ag
Thom Henkel	38:04	2nd ag
Lewis Buzzell	38:12	3rd ag
Jeremy Buyok	38:30	
Guy Jackson	38:39	
Stephanie Griffith	38:41	1st ag
Tracy Pfunter	38:50	
Randall Pullo	39:21	3rd ag
Tom Zicafoose	39:34	
Kellie Jo Howard	39:47	
Kari Damrow	40:05	
Kari Damrow	40:05	
Jennifer MacDonald	40:16	1st ag
George Hoskins	40:19	3rd ag
Jennifer Shepard	40:20	
Steve Bruce	40:30	
Steve Bruce	40:30	
Jack Sykes	40:35	
April Martin	41:00	
Thomas Pittman	41:18	

Sue Whitworth	41:28	2nd ag	Diane Aimone	1:08:56	1st ag	Bryan Rohlin	21:03	
Christopher Leach	42:21		Trish Kabus	1:10:22		Terry Shuya	21:08	
Roberta Tomlinson	42:25		Jamie Wyche	1:10:32		Lisa Adams	21:16	
Joanie Barrett	42:34		Mel Abando	1:10:52		Giselle Carson	21:31	
Maria Padin	42:52		Heather Labelle	1:12:39		Regina Sooeey	21:33	
David Pizzi	43:55		Lisa Kern	1:15:12		Scott Silliman	21:45	
Stephanie Foreman	43:56		Joe Connolly	1:16:26	2nd ag	Ann Krause	21:59	
Brad Shepherd	44:15					George Thompson	22:47	
Craig Harms	44:28		Jacksonville Symphony River			Melissa Saunders	23:14	
Teri Detwiler	44:56		Classic 4 Mile			Donald Wucker	23:35	
James Howell	45:15		April 18, 2010			Kellie Howard	23:48	
Kimberly Lundy	45:48		Jacksonville, FL			Kari Damrow	24:32	
Karen Daniels	45:56		Michael Johnson	27:22	1st ag	Paul Smith	24:58	
Robert Sroka	45:58		Randy Abate	30:22		Maria Padin	25:25	
Kirsten Tesdall	46:23		Amanda Phillips	30:41	2nd ag	Steve Bruce	25:26	
Jeanie Wilson	46:46		Scott Seibler	32:27		Kevin Carlton	25:32	
Pat Gallagher	47:10	1st ag	George Hoskins	34:43	2nd AG	Kitty Ferrell	26:08	
Traci Brooks	47:12		Kim Cornell	35:42	2nd ag	Andrew Linn	26:27	
Craig Martin	47:48		Martin Wilkinson	36:09	2nd ag	John Wisker	27:41	
Bob Meister	47:59	2nd ag	Vanessa Aaronson	38:09		Glenn Landers	28:04	
Paul H Smith	48:04		Michael Martinez	38:38		Claire Gilbert	29:16	
Will Croft	48:13		Bernie Powers	39:00		Annalee McPhilomy	29:54	
Bernie Powers	48:19		Claire Gilbert	40:46		Traci Akers	30:19	
Claire Gilbert	48:19	3rd ag	Charles Goodyear	45:23	1st ag	Cindy Lunsford	31:22	
Michael Martinez	48:26		Amber Sherrill	45:39		Gary Lewis	32:53	
Melissa McCrosky	48:33		Joe Connolly	56:58	2nd ag	Judy Andrews	35:07	
Melissa McCrosky	48:33		Jamie Wyche	57:14		Carol Palmer	35:15	
Bruce Howard	49:24	3rd ag	George Mosely	1:03:40	2nd ag	Michael Johnson	37:11	
Susan Wallace	50:05	2nd ag				Nancy Tretick	46:12	
Larry Leach	50:10		Jacksonville Symphony River			Renee Ray	48:42	
Richard Daege	50:52		Kids Mile Championship			Rebecca Brown	56:17	
Al Saffer	51:24		Ethan Smith		3rd ag	Jeanette Johnson	59:58	
Barbara Whitter	51:46							
Barbara Whitter	51:46		Boston Marathon			Spartan Run 5k		
Sharon Medders	51:54		April 19, 2010			April 24, 2010		
Jakob Wyche	52:03		Boston, MA			Orange Park, FL		
Lorraine Hughey	52:51		Jon Voorheis	3:06:00	PR	Bill Dunn	19:11	1st ag
Nancy Pullo	53:14	3rd ag	Dan Adams	3:08:58	PR	Randy Arend	19:18	1st ag
Kent Smith	53:40		Mark Grubb	3:14:54		Bryan Rohlin	19:53	2nd ag
Marcus Floyd	54:07		Lisa Adams	3:25:29	PR	Regina Taylor	19:56	1st ag
Gordon Slater	55:19	2nd ag	Kristin Smith	3:32:48		Britta Fortson	20:20	1st ag
Charles Goodyear	55:46	3rd ag	Tracy Dawson	4:05:41		William Powers	21:32	3rd ag
Freddy Fillingham	57:39		Christi Chopp	4:11:00		Frank Frazier	21:57	1st ag
Ivy Bryan	58:11					Ann Krause	22:19	1st ag
John Aimone	59:30	1st ag	FNEC Corporate Run			Jeremy Buyok	22:52	
Cary Wyche	59:42		April 22, 2010			Roger Jones	22:58	
Holly Wyche	59:42		Jacksonville, FL			Kim Crist	24:04	2nd ag
Rita Lamach	1:01:20		Owen Shott	16:05	2nd overall	Jack Sykes	24:09	
Jaci Thies	1:01:38		John Metzgar	16:58		Glenn Hanna	25:16	2nd ag
Pat Stack	1:03:03		Bill Dunn	19:25		Sue Whitworth	25:26	
Michelle Ramos	1:03:04		Raymond Ramos	20:12		James Vavrina	26:50	
Barbara Scott	1:03:28	2nd ag	Lesleigh Box	20:44		Kimberly Lundy	26:55	
Shellie Atchison	1:04:45		Britta Fortson	20:53		Bernie Powers	27:11	

Leslie Glenn	27:42		Barbara Scott	36:18	1st ag	Jennifer Shepard	30:49	
Craig Martin	28:19		Dee Robertson-Lee	47:18		Anne Matthews	32:22	
David Albritton	28:52							
Bob Buehn	29:37							
John Gauer	30:13							
Al Saffer	30:49	2nd ag						
Gary Lewis	31:57		Allan Smith	21:28	3rd ag	Bryan Rohlin	20:20	2nd ag
Bill Krause	31:59		Jason Gross	22:00		Rosa Haslip	21:47	2nd ag
Charles Goodyear	32:10	3rd ag	Steve Bruce	24:10		Herbert Taskett	21:52	1st ag
Freddy Fillingham	32:43		Paul Smith	24:19		Ann Krause	22:14	1st ag
Gordon Slater	33:29		Mercedes Smith	27:17	1st ag	Deborah Dunham	22:57	1st ag

Run with the Lions 5K
April 24, 2010
Atlantic Beach, FL

Shrimp Festival Run 5k
May 1, 2010
Fernandina Beach, FL

Group Training Runs

DAY	TIME	DISTANCE	JACKSONVILLE AREA	CONTACT
Sunday	6:30 AM	5 to 10 Miles Various pace groups	Atlantic Beach Ragtime Restaurant First Street & Atlantic Blvd	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 at DBokros@comcast.net or 904-545-4538
Sunday	10:00 AM Seasonal	3-8 Miles Trail Run	Ponte Vedra Guana State Park	Craig O'Neal (904) 568-4825 charityrunningcoach@yahoo.com
Sunday	7:00 AM	7.5 Miles Black Creek Trail	Super WalMart (NE corner) Fleming Island	Kay Womack (904) 215-8656 kaywomack@gmail.com
Sunday	630 AM	Varied	Various Mandarin locations	Stephanie Griffith (904) 268-1503 or cell (904) 233-6964
Monday	5:00 PM	6 Miles Downtown Bridges	Jacksonville River City Brewing Company parking lot	Danny Weaver (904) 287-5496
Tuesday	6:30 PM	5+ miles	Ponte Vedra Beach Sawgrass Village	Craig O'Neal (904) 568-4825 charityrunningcoach@yahoo.com
Weds.	6:30 PM	Interval Training	Orange Park, St. Johns Country Day Track	Dave Bokros at DBokros@comcast.net or 904-545-4538
Weds.	5:30 PM	Interval Training	Jacksonville Bolles School San Jose Blvd.	Danny Weaver (904) 287-5496
Weds.	6:15 PM	6.2 Miles Easy pace	Jacksonville Boone Park Riverside	Doug Tillett (904) 728-3711 douglastillett@hotmail.com
Thursday	6:30 PM	5 Miles Varied pace	San Marco/Largo Park Corner of Naldo and Largo	Doug Tillett (904)728-3711 douglastillett@hotmail.com
Saturday	7AM	7+ miles	Ponte Vedra Beach Sawgrass Village	Craig O'Neal (904) 568-4825 charityrunningcoach@yahoo.com
Saturday	6:30 AM	10 to 15 Miles Moderate pace	Julington Creek Starbucks	Wendy Patterson (904) 237-4100 wenrex@comcast.net

Gerry Tyburski	25:30	
Freddy Howell	25:48	
James Smith	26:35	
James Smith	27:13	
Kathryn Howell	27:58	
Margaret Tyburski	30:27	
William Krause	31:45	
Charles Goodyear	31:45	1st ag
Michael Johnson	32:31	

2010 Knights of Columbus 5K

May 1, 2010

St. Augustine Beach, FL

Darlene L. Schmitt	44:33	
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The Human Race 5k

May 8, 2010

Jacksonville, FL

Robert Walker	19:30	1st ag
Regina Taylor	20:09	1st ag
Bryan Rohlin	20:10	3rd ag
George White	21:38	1st ag
Tracy Dawson	21:53	1st ag
Allan Smith	22:01	1st ag
Ann Krause	22:09	1st ag
Robert Barnhill	23:44	3rd ag
Dave Balz	25:06	
Sue Whitworth	25:28	1st ag
Janis Dolemba	27:00	
Candace White	27:53	
John Gauer	30:22	3rd ag

Christine Scrimme	31:37	
Al Saffer	31:39	2nd ag
Bill Krause	32:53	
Gordon Slater	33:40	1st ag
Freddy Fillingham	35:04	
Rita Lamach	36:47	
Charles Goodyear	38:27	2nd ag
Dee Robertson-Lee	46:27	
Lynda Carroll	47:04	
Joe Connolly	47:27	3rd ag
Barbara Gilbert	49:12	

Marty's Run 5K

May 14, 2010

Jacksonville, FL

Owen Shott	16:05	1st overall
John Metzgar	16:27	1st ag
Andrew Marchand	17:27	1st ag
Bryan Rohlin	19:48	3rd ag
Regina Taylor	19:51	1st ag
Scott Hershey	20:22	1st ag
George Thompson	20:31	2nd ag
George White	21:19	1st ag
Allan Smith	21:27	2nd ag
Ann Krause	21:57	1st ag
Stephanie Griffith	22:43	1st ag
Jeremy Buyok	23:01	
Paul Williams	24:14	

Maria Littlejohn	25:12	2nd ag
Sue Whitworth	25:30	2nd ag
Chelle Mahaney	27:47	
Bernie Powers	28:10	3rd ag
Patrick Gallagher	28:50	1st ag
John Gauer	29:48	2nd ag
Bill Krause	31:33	
Al Saffer	31:41	2nd ag
Gordon Slater	33:10	3rd ag
Vanessa Aaronson	33:35	
Freddy Fillingham	34:18	
Charles Goodyear	35:08	
Rita Lamach	36:43	
Barbara Scott	37:18	2nd ag
Cary Wyche	41:45	
Jamie Wyche	42:06	
Dee Robertson-Lee	46:19	
Joe Connolly	47:55	
Lynda Carroll	48:58	

Vilano Beach 5K

May 14, 2010

St Augsutine, FL

Glenn Landers	28:46	
Margaret Tyburski	30:27	
Kent Smith	33:23.0	
Trish Kabus	46:00	=

A special thanks goes out to Mel Abando for all his help the last several months with compiling the race results. He is doing a great job of filing the big shoes of Ken Bendy!

New, Renewing and Expiring Memberships

NEW MEMBERS

Andrea Brandt	4/30/11
Frank & Leigh Ann Bronson	5/31/11
Hank & KimDebra Clark	5/31/11
Bryan Marlar	5/31/11
Christy Miller	5/31/11
Norma Minnick	5/31/11
Kingsley Nelson & Darnel	5/31/11
Renee & Charles Ray	5/31/11
Carlos Rodriguez	5/31/11
Doug & June Tillett	5/31/11
Charles Young	5/31/11

RENEWING MEMBERS

David & Sheri Albritton	5/31/11
David & Joni Arnold	5/31/11

Kevin & Shellie Atchison	4/30/11
Suzanne Baker	4/30/11
Stephen Beard	5/31/13
Christopher & Jennifer Branton	5/31/10
Larry Branz	4/30/11
Frank & Sharyl Brewer	4/30/11
Carole Cash	5/31/11
John & Michelle Dunsford	4/30/13
Harry Edwards	5/31/11
Lori Featheringill	4/30/11
Claudia/John French/Slough	4/30/12
Gregg & Kristin Friend	4/30/11
Robert & Karin Glenn	5/31/16
Monica Goddard	4/30/11
Charles Goodyear	5/31/13

Tom & Shirley Henkel	4/30/11
Charlie Hunsberger	4/30/11
Theresa & Leanne Kamajian	4/30/12
April & Craig Martin	4/30/11
Karen & Steve McCormick	4/30/11
Lisa Meadows	5/31/11
Bill & Dot Mitchell	4/30/11
Alex, Kim, Katie, & Zach Morrison	4/30/11
George Mosely	9/30/11
Bob & Judy Moyer	4/30/11
Cheryl & Tim Pfannenstien	4/30/11
Pat Raiford	4/30/11
Alison Ronzon	4/30/11
Paul & Marge Ruebush	4/30/11

Barbara Scott 5/31/11
 Scott Seibler 4/30/11
 Stan Simpkins 4/30/11
 Dale & Jessica Smith/Wood 5/31/11
 Staci Suits 4/30/13
 Jack Sykes 4/30/11
 Herbert Taskett 4/30/11
 Pat Wagoner 4/30/11
 Sue & Darrell Whitworth 4/30/11
 Tom & Amy Wiley 4/30/11
 Peter Winkler 5/31/11
 Tom & Kary Zicafoose 4/30/11

MULTI-YEAR RENEWALS

John Gauer 5/31/11
 Freddy Fillingham 5/31/11
 David & Sheri Albritton 5/31/11
 Virginia & Gordon Butler 5/31/11
 Robert Shields 5/31/11
 Allan Smith 5/31/12
 Sijifredo & Clarissa Ramos 5/31/11
 Dale & Jessica Smith/Wood 5/31/11
 Frank & Lillian Sutman/Lawless 5/31/12
 Tom Bass 5/30/11
 Terry Oglesby 5/31/11
 Danny & Jenny Suber 5/31/11
 Barbara Whitter 5/31/12
 Dylan Barbetti 5/31/12
 Bradley Shepherd 5/31/11

EXPIRING MEMBERSHIPS

Vanessa Aaronson 4/30/10
 Trina Adams 4/30/10
 Kara Albach 4/30/10
 Lara Anthony 4/30/10
 John Banks 4/30/10
 Christine Beauregard 4/30/10
 Vedad Begic 4/30/10
 Amy Bishop 4/30/10
 Kay Brammell 4/30/10
 Wesley Bratton 4/30/10
 Steve & Bonnie Brennan 4/30/10
 Marcus Brooks 4/30/10
 Ann & Elizabeth Brown 4/30/10
 Darin & Erin Brown 4/30/10
 Natalie Bryan 4/30/10
 Amy Bucci 4/30/10
 Jenifer Cage 4/30/10
 Heather Campbell 4/30/10
 KC Channell 4/30/10

Carla Charonneau 4/30/10
 Kelly Chewning 4/30/10
 Alex Chieu 4/30/10
 Jessica Chowdhory 4/30/10
 Michele Coarsey 4/30/10
 Del & Kathy Conner 4/30/10
 Beate Connette 4/30/10
 Robert & Tabitha Cornett 4/30/10
 Chris Curole 4/30/10
 Sam Davidson 4/30/10
 Niasha Dennis 4/30/10
 Mark Dickson 4/30/10
 Carlene Elliott 4/30/10
 Denise & Bobby Erwin 4/30/10
 Kimm Farwell 4/30/10
 Pam Fields 4/30/10
 William Fletcher 4/30/10
 Laura Fogarty 4/30/10
 Corleese Garroway 4/30/10
 Gary Godfrey 4/30/10
 Laura Gordon 4/30/10
 Charlyne Graham 4/30/10
 Josey Gray 4/30/10
 Mike & Cathy Haga 4/30/10
 Lisa Marie Hazlett 4/30/10
 Tina Heltemes 4/30/10
 Amber Hendry 4/30/10
 Wanda Hill 4/30/10
 Lynn Hines 4/30/10
 Kathy & Ashley Hopkins 4/30/10
 Richard Horton 4/30/10
 Justin Jacobs 4/30/10
 Jeff Johns 4/30/10
 Kala Johnson 4/30/10
 Michael Johnson 4/30/10
 Dion & Dione Jones 4/30/10
 Lisa Kern 4/30/10
 David Kile 4/30/10
 Steven & Michelle King 4/30/10
 Samantha King 4/30/10
 Heather LaBelle 4/30/10
 Catherine Laffrey 4/30/10
 Michelle Larson 4/30/10
 Mary Ann Lewis 4/30/10
 Kelly McDaniel 4/30/10
 Mike & Gina McGinn 4/30/10
 Emory Mclaughlin 4/30/10
 Candy McMillan 4/30/10
 Khadijah Means 4/30/10
 Lori Meyer 4/30/10
 Marvin, Cindy & Spencer Mollnow 4/30/10
 Amanda Morrison 4/30/10
 Candy Morrison 4/30/10

Phyllis Murray 4/30/10
 Richard & Claudia Nelson 4/30/10
 Bud Neswiacheny 4/30/10
 Kathleen Ngo 4/30/10
 Christopher Padilla 4/30/10
 Kevin Panichello 4/30/10
 Sharon Pentaleri 4/30/10
 Amanda Phillips 4/30/10
 Nick Pinion 4/30/10
 Lorie Plato 4/30/10
 Peter Pozo 4/30/10
 Cory Prevatt 4/30/10
 Rob & Stephanie Price 4/30/10
 Dave & Melissa Pruette 4/30/10
 Nalani & Nino Quintello 4/30/10
 Cassie Rowe 4/30/10
 Jennifer Ruel 4/30/10
 Christine Sands 4/30/10
 Melissa Saunders 4/30/10
 Christine Scrimme 4/30/10
 Janet Seffens 4/30/10
 Tiffany Sharpe 4/30/10
 Kevin Shemwell 4/30/10
 Terry Shuya 4/30/10
 Alexa Sierra 4/30/10
 Don Skidmore 4/30/10
 Christina Slack 4/30/10
 Laurie Sprecher 4/30/10
 Penny & Alexandra Stafford-Bowyer 4/30/10
 Nicole Stanley 4/30/10
 Holly Stewart 4/30/10
 Matthew Tans 4/30/10
 Christine Theilaker 4/30/10
 Amy Thomas 4/30/10
 Tina Marie Tillis 4/30/10
 Hannah Tillman 4/30/10
 Cheryl Townsend 4/30/10
 Daphne Turner 4/30/10
 Michael Ward 4/30/10
 Robert Webster 4/30/10
 Allen, Nicole, & Maddie Weiss 4/30/10
 David & Doreen Wilham 4/30/10
 Marilyn Williams 4/30/10
 Dawn Wolfe 4/30/10
 Scott Wolfram 4/30/10
 Heather Wood 4/30/10
 Jennifer Zani 4/30/10
 David & Janice Zimmerman 4/30/10 =

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

June 2010 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
June 12	Run for the Pies Nike Championship 5K Open 5K	7:30 p.m. 8:00 p.m.	Jacksonville Landing Jax	(904) 731-1900 1st Place Sports
June 19	USGBC N. F. Chapter Green Run 5K	8:00 a.m.	UNF Campus Jax	(904)-731-1900 1st Place Sports
June 19	Pops Day 5K	8:00 a.m.	First Coast HS 590 Duval Station Rd. Jax	(904) 318-8104 Milestone Race Authority
June 19	Beaches Challenge 5K	8:30 a.m.	1 Ocean Blvd. (E. end Atlantic Blvd.) Atlantic Beach	(904) 318-8104 Performance Multisports
June 25	All Comers Track Meet #3	6:00 p.m.	Bolles School San Jose Blvd. Jax	(904) 384-TRAK (8725) JTC Running
June 26	Heart & Sole 5K	7:00 p.m.	Atlantic Blvd. & San Marco Jax	(904) 731-1900 1st Place Sports
July 3	Big Bang 5K	8:00 a.m.	Solana Rd (East of A1A) Ponte Vedra Beach	(904) 318-8104 Milestone Race Authority
July 4	Celebration 5K	7:30 a.m.	3931 Baymeadows Road Jax	(904) 731-1900 1st Place Sports
Nov 6	Hog Jog 5K	9:00 a.m.	Van Zant Park, Lake Asbury	Florida Striders Track Club
Jan 15, 2011	River Road Resolution 5k	8:30 a.m.	Orange Park Kennel Club	Florida Striders Track Club
April 16, 2011	Run to The Sun 8k	8:00 a.m.	Orange Park Kennel Club	Florida Striders Track Club

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

The Back Page



BY GAIL PYLIOW

Hello everyone, hope ya'll had a great month and Happy Father's Day to all you dads! I see from the race results that there have been a lot of races since our last issue, and many more races to come - lots of opportunities for Striders to get out there to run and enjoy the camaraderie of other runners. Now, here we go with the latest set of races, and please remember to use the new system to report your race and times through our website www.floridastriders.com to ensure you are named in our newsletter.

To begin, we start with one of the more popular Striders sponsored races, **RUN TO THE SUN 8K on April 17th**. Profits received by this and other Strider's Track Club events are funneled back into community projects to promote fitness and health. The course is so pleasant and fun to run because it goes along the St. Johns River. In the Open Men category **John Metzgar** placed 1st with a time of 27:16 and **Justin Jacobs** placed 3rd with a time of 28:36. **Britta Fortson** took home 2nd in the Open Women's category with a time of 33:16 while **John Wisker** ran a time of 28:46 and was the Masters-Men winner. **Bill Dunn** ran a time of 31:51 as the Grand Masters-Men winner and **Ann Krause** ran a time of 36:52 as the Grand Masters-Women winner. There were thirteen 1st place age group winners, and they are: **Andrew Marchand, Frank Frazier, Patrick Gaughan, Elfrieda Wyner, Jennifer MacDonald, Pat Gallagher, John Aimone, Diane Aimone, Denise Metzgar, Cody Helmes, David Bonnette, Regina Taylor** and **Stephanie Griffith**. Twelve dedicated Striders placed 2nd in their age groups and they are: **George White, John Hirsch, Thom Henkel, Sue Whitworth, Bob Meister, Susan Wallace, Gordon Slater, Joe Connolly, Steve McCormack, Giselle Carson, Alison Ronzon** and **Barbara Scott**. Eight Striders captured 3rd place age group winners and they are: **George Hoskins, Charles Goodyear, Robert Walker, Lewis Buzzell, Randall Pullo, Claire Gilbert, Bruce Howard** and **Nancy Pullo**. Nice showing at this race Striders!

The next evening, April 18th, was the

JACKSONVILLE SYMPHONY RIVER CLASSIC 4 MILE run which, according to comments posted on the striderman sheet, was over and back on the Acosta Bridge, Oi Vay! The brave striders tackling this course earning 1st place were **Claire Gilbert, Charles Goodyear** and **Michael Johnson**. The 2nd placers were **George Hoskins, Kim Cornell, Martin Wikinson, George Mosely, Joe Connolly** and **Amanda Phillips**. The **CHILDREN'S MILE RUN** which was timed saw **Ethan Smith** place 3rd in his age group. How were your legs Sunday morning? Sore?

On Thursday evening April 22nd, the very well attended **FNEC Corporate 5K Run**, with several corporate teams in attendance in addition to individual runners, saw our own Strider **Owen Shott** take 2nd place over all! Incredible run!!!! It is great to see so many corporations/companies participate in this event.

Two days later, on April 24th, there were two races held, one in Neptune Beach and one in Orange Park. **RUN WITH THE LIONS, BEACHES CHAPEL 5K**, a run benefitting the Beaches Chapel School, took place in Neptune Beach and **Mercedes Smith** took 1st place in her age group and **Allan Smith** took 3rd place in his age group. Taking place at the same time but in Orange Park was the **15th ANNUAL SPARTAN 5K** to benefit the St. Johns Country Day School. **Bill Dunn** took home the Masters-Men Award and **Regina Taylor** the Masters-Women Award. The other dedicated Striders who placed 1st in their age groups were **Randy Arend, Frank Frazier Britta Fortson, Ann Krause** and **Barbara Scott**. Placing 2nd were **Bryan Rohlin, Glenn Hanna, Al Saffer** and **Kim Crist**. The 3rd place winners were **William Powers** and **Charles Goodyear**.

THE HUMAN RACE, which took place on May 9, 2010, was previously known as THE RITA 5K, was renamed and now has lots and lots of fundraising sponsors. There are usually two Human Races a year, one in May and the other in October, each at different locations. So, if

you were not able to participate in this race, perhaps you can run in October's race. To continue forward, **Regina Taylor** took home the Masters-Women award, while **George White** and **Ann Krause** were Grand Masters Men and Women, respectively. Taking home the coveted 1st place winners plaque were **Allan Smith, Robert Walker, Gordon Slater, Tracy Dawson** and **Sue Whitworth**. And 2nd place goes to...**Patrick Rohlin, Charles Goodyear** and **Al Saffer**. Following along in 3rd place were **Bryan Rohlin, Robert Barnhill, John Gauer** and **Joe Connolly**.

The last race to report on in this issue is **MARTY'S RUN 5K** to help benefit Memories of Love, a non-profit organization created as a legacy to Marty Gottlieb, who died at the very young age of 32 leaving behind a wife and two young children. The foundation provides, with the help of community partners, the gift of a 5 night/6 day respite trip to Orlando for critically ill adults and their immediate families to create happy memories for their family. What a wonderful organization! The first person to cross the finish line was **Owen Shott** with a time of 16:05. Master's Men was won by **John Metzgar** and Master's Women by **Regina Taylor**. Grabbing 1st place in their age groups were **Andrew Marchand, Mark Grubb, Scott Hershey, George White, Patrick Gallagher, Ann Krause** and **Stephanie Griffith**. Stealing 2nd place in their respective age groups were **George Thompson, Allan Smith, John Gauer, Al Saffer, Maria Littlejohn, She Whitworth** and **Barbara Scott**. Sliding in with 3rd place winnings in their age groups were **Patrick Rohlin, Bryan Rohlin, Bernie Powers** and **Gordon Slater**.

STRIDERS - They're Everywhere!

Hey, if you're out of town and there's a race, why not?

Bernie Powers was in Sandersville, Georgia on May 8th and decided to run two races, one right after the other! He ran in the **THIRD ANNUAL BRENTWOOD**

Continued on next page

SCAMPER & SCOOT 5K and 10K. The 5K race was at 7:30 am in which he placed 2nd, and the 10K was at 8:00 am and he place 1st. He said "Luckily, the guy that beat me in the 5K didn't run the 10K". Awesome job, running two races back to back and placing in both!!!!

My hat is off to those Striders who qualified and participated in the annual **BOSTON MARATHON!!!** **Jon Voorheis** ran the course in 3:06:12, indicating this was for him a PR and BQ, also stating he couldn't have done it without the support of his friends Dan, Lisa, Frank and Dave from the OP Striders. He says THANKS and hopes to be back in sunny Florida running again soon. **Dan Adams** had a time of 3:08:58 and **Lisa Adams'** time was 3:25:29, both indicating this was a PR for them as well as re-qualifying on the course! **Mark Grubb's** time was 3:14:54 and he indicated it was an amazing and unforgettable race. **Kristin Smith** finished with a time of 3:32:48 while **Tracy Dawson** had a time of 4:05:41. **Kristi Chop** came over the finish line with a 4:11:00 time. Congrats to all the Boston marathoners!

John Funk took time to run in the **Eugene Marathon** in Eugene Oregon on Sunday, May 2nd. John says this was his first marathon! His goal was to break 3 hours but he started hurting around 20 miles. He was happy with his split times for the half (1:27) and 20 miles (2:15) but he just couldn't hang on. He had great weather, a scenic course and a great finish on the Hayward Field track at the Uni-

versity of Oregon. Running this marathon was a great first marathon experience, and he says he couldn't have done it without the great running community in Jacksonville. Never once, he says, did he have to endure the dreaded 20 mile runs on his own. His finishing time was 3:05:00. This is an amazing time for a first time marathon.

Tidbits and Stuff I Missed

I'm sure that this being my second column that I've missed some stuff, but hopefully the next one will be better. I'm kinda getting the hang of it.

For those striders who participated in the 100x10K Relay for the Guinness Book of World Records, the "partay" is scheduled for Sunday, June 27th at the Fire Fighters Hall on Stockton Street. It will be begin at 2pm and go until about 5 pm.

PLEASE, PLEASE PLEASE, don't forget to sign your times at the races on the clipboard by the striderman, OR just e-mail your race and results to us. For the out of town races, please e-mail your results and the name of the race and where it was held to me directly at gpylipow@bellsouth.net.

Award

For my monthly award I give it to all Striders who regularly participate in the various races in and around Jacksonville and excite others to run, compete and enjoy this fabulous activity called running! =

SEND US YOUR RACE RESULTS!

If you miss signing the Strider person, please fill out our new race result form located at floridastriders.com. 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:
kellski@comcast.net

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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