



Volume 25, Number 3

Florida Striders Track Club STRIDERIGHT



www.floridastriders.com



March 2006

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and a few more things!

Empire State Building Run Up

By Cynthia Lyons

The hardest two miles I ever ran occurred on a Tuesday morning of Feb. 7th. It was the annual Empire State Building Run Up which involved running up 1576 steps to reach the 86th floor. 95 men and 55 women from 13 states and 11 countries participated in the invitational race. The top male finisher was from Germany and finished in 10:19. The top female was from Austria and finished in 11:23.

The women started 5 minutes ahead of the elite men. The rest of the men followed 5 minutes later. It was a tight squeeze getting through the door in the lobby to begin the climb, but once we approached the steps, a single file line was inadvertently formed. Passing was a challenge because just as I began to go around the runner ahead of me, the steps leveled out for the sharp turn to continue up another flight. The women were considerate though, and I found that if I could breathlessly manage to say "passing," they would slow up just a bit. I did the same for women passing me and for the top 3 males who caught up to me.

As one would imagine, the body gets anaerobic very quickly. Within the first few flights, I found myself gasping for air and my legs felt like they were on fire. So I did like everyone else and used the hand rails to help pull me up the steps. Upon ascending to the 86th floor, the runners burst out onto the

Continued on page 5



Florida Striders River Run Hospitality Tent

Saturday March 11, 2006...Starting at 6am...

Stan Scarlett, Tent Coordinator, needs your help in setting up the interior of the tent and preparing for the feast of food and beverages. Stan knows how to have a River Run party! To volunteer at the tent, please contact Stan at stanscarlett@msn.com or 994-2687. Come out and enjoy the festivities of the Florida Striders River Run Hospitality Tent!!! Drop off your things prior to the race, and bring a chair to relax in after the race. Bring a dish to share. Florida Striders Track Club Merchandise will be available for sale at the tent!



Prez Sez

By Bob Boyd

Ready or not, it's Gate River Run time! It is a particularly good time to be a Florida Strider as you get to not only partake of the River Run events, but you also get to enjoy the Striders' River Run Tent. Stan Scarlett and his elite crew of River Run Tent volunteers have an enviable string of successful soirees and this year will be no different. While you could have an excellent time if you never left the tent area, with all the food, friends, and liquid refreshments – the wonderful post-race treats are also guilt free if you actually run that day too.

We have some Striders who deserve particular mention this month. Warner and Lou Millson have supported our club, our community, and in particular, the children in our community for a period that spans three decades. Warner has made a real difference in Children's Running and we have been very thankful for his contributions. They are moving

down to "The Villages," a good thing for them, but we wanted to wish them the very best of times in their new home and thank them for their friendship and their long service. John Metzgar and Patti Stewart-Garbrecht have made us mighty proud as they have each won the respective title of National RRCA Master Road Runner of the Year. George Martin, a long time Strider, and currently President of the Peachtree City Runners Club, won the Kurt Steiner Children's Developmental Award for his good work with the excellent Children's programs in the Peachtree City area. Congratulations to each of you on your well earned awards.

I also want to thank Vicki Choinski and Bernie Candy for hosting the great social at their clubhouse on February 19th in Ponte Vedra. You sure do not have to look far to find Florida Striders doing good things. See you at the Gate River Run. ●

2005-2006 Board of Directors & Key Members

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Board of Directors' Minutes 2/14/2006

The meeting was called to order at 7:02 PM. Absent: Karin, Tanys, Julie, Patti, John DeAntonis, Kent Smith, Kim Hoyt

Memorial Day 5K Budget: Dave Bokros presented the 2006 Memorial Day 5K budget. We lost Orange Park Powerhouse and Robert Shields as sponsors, resulting in a \$500 projected profit variance from the club budget assumption. The board was asked to help look for new sponsors to make up the variance. The budget projected a net profit of \$4357.37. The budget was approved as written. Dave plans to host a post-race volunteer party at his home.

Minutes: Frank took minutes in Karin's absence. The January meeting minutes were approved as written.

Treasurer's Report: January income included the Hog Jog proceeds and \$1000 of race sponsorship from New Balance. January expenses included replenishing the bulk mail account for the StrideRight, sponsorship of the Fat Tuesday Race (Habitat for Humanity donation), and replenishing our merchandise stock. The treasurer's report was filed as written.

Hog Jog Race Date: A motion was made to hold the 2006 Hog Jog 5K on November 11. The Mandarin 10K will be the preceding Saturday. The motion passed.

Use of timing machines and RunScore program: A request was made by the Fleming Island 5K to purchase the club's timing **Continued on page 5**

SUPPORT OUR SPONSORS... THEY SUPPORT OUR SPORT



Orange Park Medical Center

Mike Shado Nissan

269-9400

Run to the Sun

Orange Park Kennel Club



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



Publix Supermarket Charities

FLORIDA POWERTRAIN & HYDRAULICS, INC.

Run to the Sun 8K & Autumn Fitness 5K

CENTEX HOMES

Run to the Sun 8K



TANDEM

Health Care® of Orange Park



The Perfect People For A Perfect Pool®

new balance Jacksonville 620-0483

Garber Chevrolet



Green Cove Springs, Florida
Memorial Day 5K

citistreetSM

A State Street and Citigroup Company

Memorial Day 5K

Prudential Financial
IFS-A097803

Dennis M. Axman
CLU, ChFC, AEP, CFP
904-313-2195

Memorial Day 5K

orange park
POWER HOUSE
INC.

611 Blanding Blvd
1 Mile South of Kingsley
272-2272

Memorial Day 5K



John Fagan, P.A.
278-6000
Autumn Fitness 5K



1560-4 Business Ctr Dr
Fleming Island - Orange Park
215-6885



Donnie A. Myers
Gary R. Myers
(904) 272-6606

General Truck

Equipment & Trailer Sales, Inc.

Smoak, Davis & Nixon LLP

(904) 396-5831
Autumn Fitness 5K



Ronnies

Wings & Oyster Bar
Green Cove Springs, Florida



Memorial Day 5K

Florida Heart Center

We Care For Your Heart
(904) 269-1664
Hassein Ramezani, MD



Krispy Kreme

How to Run Tough (10x/mi)

If you run for fitness alone, chat the entire time you are racing, listen to your I-pod while competing or could care less what your time is, go on to the next article.

However, if you would really like to find another gear, compete more aggressively, and improve your times in races, these thoughts are for you.

Realize, right off, that racing is super-normal effort. Few runners achieve PRs in training. It takes competition to bring out our very best efforts. Indeed, just paying an entry fee is enough to elevate the focus and performance of many of us.

Preparing to race is the real key, of course. Racing successfully without training is akin to expecting a delicious pie when you left out some of the ingredients. So putting in the miles (at least an average of 1/3 the race distance per day) is a prerequisite.

But all the training miles in the world do not ensure racing success. What I now propose is simple, challenging, and will make you a better competitor. I call it my Ten Times per Mile training stratagem, or 10x/mi.

After an easy warmup, at least a mile, you initiate the 10x/mi. Ten times during each training mile, you find a way to apply a little more of your personality to the run. This is no time for chatting, cruising, or day-dreaming. This is a time to get into the habit of pushing yourself, physically and mentally.

The Wide World of Running

By Jay Birmingham

Instead of running up a sidewalk ramp, you chose to jump the curb. Instead of taking a smooth path, you choose a rougher one. If a little hill has challenged your progress during a run, descend it and climb it again. Similarly, if a sharp breeze is pushing you along, turn on your heels and lay down a one-minute surge into its teeth. On any run, challenge yourself in as many ways possible. You needn't count to ten each mile, just stay on the lookout for some way to demand a little more from your running.

In a matter of just a few weeks, such forays become automatic. You learn to push a little when you previously would have eased up. You become a mental giant, un-intimidated, undaunted, and downright tough.

Run the 10X/mi only twice a week. More than that will prove unnecessary. If you learn to inject the 10X/mi for a month of workouts, you will enter the next race with a new appreciation for your abilities. You will deal with all adversity with a positive attitude. It takes competition to bring out our best efforts. And practicing to be better – twice a week can lead you to racing success that might have eluded you. ●

2006 Florida Striders Annual College Scholarships Available



The Florida Striders Track Club is proud to offer two \$1,000 college scholarships to students in the Northeast Florida area who will graduate from High School this spring. To qualify, students must be a resident of Clay, Duval or St. Johns Counties for the past two years, must be a runner or active in track and field events, and must be planning on attending a college or university to pursue a degree. A downloadable copy of the scholarship application is now available at www.floridastriders.com. Click on the FSTC Scholarship link. For further information please contact Tom Sullivan at 298-3220 or msull10166@cs.com. Deadline for submitting the completed scholarship application is March 31, 2006. ●

FEBRUARY SOCIAL



Vicki Choinski and Bernie Candy hosted the February social in Ponte Vedra. It was a huge success, with an estimated 50 Striders enjoying good food and good conversation!



BOARD OF DIRECTORS MINUTES

Continued from page 2

machines. These haven't been used since approximately 2002, when we started utilizing chip timing for the road races. After discussion, the board approved a free loan of the equipment and software to the Fleming Island 5K directors, with a strongly worded caution that the Run Score software is archaic and difficult to operate unless one uses it on a regular basis. The March 4 race will use this capability as a backup for 2006 and consider it as a primary timing source for 2007. Kim Cornell has agreed to train the race directors in the use of the software and equipment.

Hershey Games: There will likely be a Hershey Games Track and Field meet for elementary and middle school children in Clay County this spring. The meet might be held April 29, possibly at either Orange Park or Middleburg high schools. A motion was made to grant up to \$300 in support of the event. Discussion focused on what the money would be used for, and the fact that a funding request has not been made by the meet organizer. The motion was amended that the funding would be limited to reimbursements for promotion and award expenses. The amended motion passed.

New Runner Class: Bob and Vanessa are organizing a second new runner class. This class will start March 22 at the SJCDs track. The same 10-week format from the first class will be used, with the Memorial Day 5K as the graduation race. The first class was roughly cost neutral to the club, i.e. – the \$15 per runner fee approximately covered all expenses. The same fee schedule will be used for the new class.

Open Forum: Dave Bokros will represent the club as a speaker at the Clay County Sheriff's Health and Fitness luncheon on February 15.

This is Warner Millson's last meeting. Warner and Lou are moving to Ocala. Bob presented Warner with a certificate thanking him for all he has done for the club and for children's running. Warner's resignation from the board is effective immediately.

All should plan on coming to the February social at Vicki Choinski's, in Ponte Vedra, this Sunday.

The next meeting will be March 14, 7 PM, at the Orange Park library. ●

The meeting was adjourned at 7:45 PM.

'Respectfully submitted,
Frank Sutman

EMPIRE STATE BUILDING RUN UP

Continued from page 1

observation deck to cross the finish line, taking in a spectacular view of New York City. I finished toward the middle of the pack (24th female) in a time of 17:20.

The post race party took place on the 80th floor among a surprisingly large crowd of media personnel. ESPN briefly interviewed me and others for their show called Timeless. The top five finishers' among female and male received awards and much deserved media coverage. They compete on a professional level and travel the world to participate in other similar events. Taiwan and Kuala Lumpur sponsor two of the biggest tower runs besides the Empire State in New York. I managed to run up the tallest building in New York City, but attempting the tallest building in the world is a huge step. I'll keep you posted. ●

Strider, Greg Richards says good bye

Greg Richards was moved to Norfolk, Va., to be a business writer for The Virginian-Pilot. He will definitely miss the running community in Jax. He notes that there are some great races in Norfolk, mainly the Shamrock Sportsfest (with a marathon, half-marathon and 8k) on March 18 and 19 (<http://www.shamrockmarathon.com/>) and the Rock and Roll Half-Marathon on Sept. 3 (<http://www.rnrhalf.com>). It would be great to see some Jacksonville faces at those races! The Striders will certainly miss him! ●

RUNNERS

Interested in a Clay County Trail Ultramarathon & Marathon

Please let me know if you or any one you know may be interested in the following proposed event.

Jennings Forest North Fork Black Creek Trail

Marathon/50K/50M possibly in the humidity and heat of summer (June, July or August '06?). Repeat of 5 mile challenging, sandy, muddy with sections usually under water, on mostly flat single jeep lane hiking trail with 1M last loop for Marathon and 50K. No required entry fee other than Florida State Forest \$1.00 parking fee, no tee shirt, awards, limited aid (mostly self supporting), no littering, whining or complaining. Certified course -are you kidding? Optional donation of or for aid station food, e-tabs and fluids at the start & finish area.

I would not recommend this as a first time ultra or marathon due to potential extreme weather and difficulty of course. ●

Please e-mail if interested, have suggestions or questions.
Gary Lewis
gary.lewis1@comcast.net



Beginning Runner Class Starts Wednesday, March 22nd!



The Florida Striders are going to hold a class for new runners! The class will begin at 6:30 p.m., Wednesday, Mar. 22nd and continue each Wednesday for 10 weeks (until 5/24/06). Bob Boyd will be the coach. The class will be held at the St. Johns Country Day School track, across the street from Lakeside Elementary on Moody Rd. in Orange Park. Track lights will be used. You will learn how to train so that you enjoy your runs, avoid injury, set goals, develop your own training plan, and, it bears repeating, ENJOY running. The cost is \$30 (\$15 for current Striders,) which includes Strider membership for a full year, a Strider T-Shirt, and a class T-shirt. Space is limited and you must pre-register with Bob Boyd at BobBoydFL@comcast.net or 272-1770. We want to make sure that you have good running shoes and are medically cleared by your physician to begin training BEFORE the class starts. If you have any questions, even if it is just about where to get those very important running shoes that are right for you, please contact Bob. We will have a good time together, learn the things that will make a real difference in your enjoyment of the sport of running, and get in better shape in the process. If you aren't having fun running you are not doing it right!

We will meet every Wednesday at the St. Johns Country Day School Track for 10 weeks starting Mar. 22, 2006 and ending May 24, 2006, from 6:30 to 7:45 p.m. If you follow the training plan that is provided, you will be able to complete the 5k distance by the end of the course. We can accommodate all fitness levels - nobody is too slow or too fast.

Each session will start with a warm-up, and light stretching. We will cover helpful training information or have a guest speaker for about 10 to 15 minutes and then our workout, a cool down and stretches. It is important to warm up before stretching. If you come late, please warm-up with a fast paced walk (two laps) before you start stretching or running and then just jump in with the group.

The goal of this group is: (1) have fun (2) improve fitness and (3) complete a 5k. In order to do this it is important that you run a minimum of 3 days a week and for best results, 4 days a week. The closer you follow the training plan handout the easier it will be for you to complete the 5k. There is also a training log included with the handout you will receive.

What to bring to running class: water bottle, sports drink (optional), towel, sports watch (optional) with stop watch feature for keeping track of running time.

What to wear: comfortable running attire. Synthetic fabrics are recommended over cotton. Fast drying cool materials such as coolmax are recommended.

Running shoes: if you do not have running shoes, I recommend going to a specialty store and getting some advice. We recommend 1st Place Sports or the New Balance Store Jacksonville Store at 10095 Beach Blvd. Wear your old shoes to the store and tell them that you are in this running class. You will get a 10% discount and, more importantly, a good fit that meets your needs.

APRIL SOCIAL & ANNUAL PICNIC

The Florida Striders Track Club Annual Picnic & Board of Directors Election

The Striders Annual Picnic & Board of Directors Elections is just around the corner. Mark your calendars now for Sunday April 23, 2006 at 1pm. Come on over to the Southside of Jax at Secret Cove, near Danny and Jenny Suber's house close to St.Lukes Hospital. Directions to the Picnic will be in the April edition of the StrideRight.

Hamburgers, hot dogs, and garden burgers with all the trimmings will be provided by the club, along with beverages. Please bring a dish to share and some comfy chairs to sit on. For more info or to volunteer at the picnic, please contact Kent Smith at (904) 284-6634 or kent1273@comcast.net. ●



The Florida Striders New Runner class at Matanzas 5000 on January 28th

A Note from Coach Bob

I shared with Todd Neville, President of the Ancient City Road Runners that our New Runner class was going to make the Matanzas 5K their graduation race. I also asked if they had a First Race Medal program similar to the Florida Striders. Long story short, they started a First Race medal program and provided a beautiful medal to each of our class members who ran their first race at Matanzas. Fifteen of our class ran their very first race there and we had closer to thirty attendees from the class at Matanzas. Congratulations on a very special achievement to each of them and our thanks to the Ancient City Road Runners for a great experience. ●



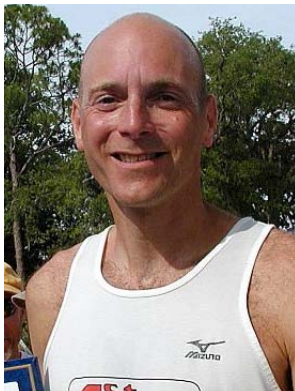
Class Party

On 2/4 our New Runner class members, coaches, group leaders, and speakers celebrated their 10 week class graduation with good food, good music, and the presentation of their special class T-shirt at St. Johns Country Day School. We were blessed with a wonderful group of new runners whose enthusiasm was contagious. Over 10 weeks they learned a lot from our great speakers. They learned to both enjoy running while getting into better condition. Coaches, group leaders, speakers, and class members all had a good time together. A special thanks to Jim Connell group leader Vicky Connell's husband, who provided his professional DJ services as a gift to our class. The music went very nicely with the wonderful dishes prepared by the attendees and the barbecue from Sonny's. Each class participant received a T-shirt with everyone's names on the back and the Latin text on the front that translates to "Some Day We Will Remember This Fondly." I already do. ●



Masters Runners of the Year

John Metzgar is the Male Master Runner of the Year. John is outstanding in both his running speed and his contribution to the running community. In 2005 John was not only the fastest Masters runner in many races but the fastest athlete overall. John not only earned the USATF American 20K track record but he beat the previous mark by over 3 minutes. The Florida USATF 5K record met a similar fate when he broke it by over 30 seconds. John has volunteered many hours of time helping train his local running club fellow runners. Robert Boyd, John's RRCA local club president says "Whether we are talking about his amazing speed or his willingness to help others enjoy running, John Metzgar is a champion and has earned the Masters Runner of the Year Award."



- Mandarin 10K 33:33
- Jacksonville Marine Corps 1/2 Marathon 1:17:24
- Hog Jog Cross Country 5K 16:19



Patti Stewart-Garbrecht is the Women's Master Road Runner of the Year. Patti has been recognized with several awards in 2005 including the USATF Florida Female Masters Runner of the Year and the Jacksonville Track Club's Female Master Runner of the Year. Patti currently holds Florida's 5000m track record for women 40-44 age group (18:14) and the North Carolina record 12K and 20K for women 40-44 age group.

Patti's contributes to her running community by serving on the board of her local running club and volunteering her time coaching with Girls on the Run. Patti's 2005 running season was cut short due to her providing emergency care in the aftermath of Hurricane Katrina with her Navy unit as nurse/midwife.

Some of Patti's outstanding results in 2005.

- Matanzas 5K 18:43
- Gate River Run 15K 58:56
- Boston Marathon 3:06:26
- Memorial Day 5K 18:55 ●

Some of John's outstanding times in 2005 as follow:

- Matanzas 5K 15:59
- Super Bowl 5K 15:49
- Autumn Fitness 5K RRCA Florida State Championship 16:03
- Winter Beach 10 Mile 56:49
- Gate River Run 15K 49:47
- St. Patty's 10K 31:59

Miami Marathon

John Nalley reflects on his experience at th Miami Marathon.(Editor's Note: He says it has been so long ago, he doesn't remember it at all.)

The weather was in the 70s at the start of both runs. Gloria, from Jacksonville and I ran the K the day before as a warm-up. The Marathon and the Half started early, so we ran in the dark for the first hour. They had bands playing along the course. They ran the

Half and Marathon by the Start/Finish line and then the Marathon went back out to Coconut Grove and circle back again to the finish. Jacksonville had about 6 people that I knew from the Donna Hicken/Jeff Galloway group

Our hostess put my wife and I up in her house in FLL. She and her daughter and a friend also ran the 5K on Saturday. The took up to the start on Sunday and cheered us on from several points along the course. The City let everyone ride the tram all day for free.

We got a very nice spinning palm for a medal.

Our hostess has invited us down in early December for a bike club ride from Homestead to Key West over two days, with a stop just beyond the marathon. I encouraged her to train for her first 10K, which she completed shortly after the marathon.

Now I am hosting her and her daughter and son-in-law for the River Run. It will be her first 15K. They are all excited to meet the Striders before the race, after all the good things they have heard. This doesn't include Tom Sullivan, just joking!!

Hope to see you all at the beer tent! ●

2006 Board of Directors

The Florida Striders are seeking a few good men and women to join the 2006 Board of Directors. Candidates should be club members, able to regularly attend monthly board meetings, and want to help determine the future of running in our community.

Please contact either Frank Sutman, Bob Boyd,

Dave Bokros, Julie Runnfeldt, Patti Stewart-Garbrecht or Tanys Carere (see page 2 for phone numbers and email addresses) before March 15 if you are interested in becoming a board member. The next board has a one-year term that will run from May, 2006 to April, 2007. ●

Clay County Sheriff's Health & Wellness Luncheon

Recently I had the good fortune to represent the Striders at the Clay County Sheriff's Health and Wellness luncheon. Sheriff Beseler and the department started this program which includes a hundred or so volunteers that are looking to get active, lose weight, and improve their overall fitness level. As of February 15th when I joined them for lunch they had lost, as a group, well over 300 pounds! The Sheriff has installed workout facilities in all of the main facilities and a sign up sheet to see if they are being utilized and he seemed to be more than satisfied with the level of usage.

My brief presentation included a brief history of the Florida Striders, a general description of the Children's Running program, and an invitation to come out for the traditional Sunday run at Sun Tire and any other training run that they could find on our web-site. The one thing I did my best to convey is what a terrific group of people the Striders really are! I emphasized the fact that we all started somewhere, and in the two years before I joined the Striders I struggled with the 3-mile mark and the next thing I know I ran the Jacksonville Bank Marathon! It was also important to me that they know that anyone of any ability is welcome and there is someone that they can identify with that would be happy to help them out. I also talked about the recent Beginning Runner class that Bob and Vanessa Boyd organized and let them know that there will be another beginning runner class starting March 22 at St John's Country Day School track. I did my best to remove the intimidation factor, because we all know- 'runners are freaks!' I did see a fair amount of membership flyers and beginning runner class flyers leave the room.

I also made sure that, on behalf of all of us, they knew that they were appreciated for all that they do and for the fine support they always give us for the races. In all it was a great experience for me, and I think it was beneficial for them, as well.

See you on the road!

-Dave Bokros



Tidbits of Interest

FLEMING ISLAND 5K

Layne Ray is a Strider's member and the Director of the Fleming Island 5K Run. She wants to remind all the Strider's of this annual family event that is scheduled for Saturday, March 4. This is the fifth year for the Fleming Island 5K Run. Proceeds go to benefit our Preschool, St. Margaret's Children's House, located on Fleming Island. The Run itself takes place at 8:00 a.m., and the One Mile Fun Run is at 9:00 a.m. and the Pre-K Dash takes place at 9:20 a.m. Day of event registration will be at Orion Fitness (2245 Plantation Center Drive), located in Village Square of Fleming Island Plantation. Registration Forms may be obtained at the following Fleming Island locations: BB & T Bank, Chic-fil-A, Fleming Island Plantation Amenities Center, Orion Fitness, St. Margaret's Episcopal Church & Children's House, and in the Jacksonville Running Guide. T-shirts to all pre-registered runners (all events), awards, food, and prize giveaways. You can contact her at 284-1808 for more information.

RUNNERS & THE JACKSONVILLE JAGUARS

Running Jags Fans- Season Tickets Available! Imagine the perfect Sunday run as the sun rises, refueling you body while tailgating and ending the day with a Jags victory! As a fellow runner and member of the new Jaguars Champions Club I'm here to assist with season ticket purchases. Be there when we host the Patriots, Jets, Giants, Cowboys, Steelers, Colts, Texans and Titans. Contact Bonnie Brooks today! Call 868-5479 or e-mail bontorun@clearwire.net . Runners not only run together but they also tailgate together!

RUN TO THE SUN 8K 4/15/06 RACE VOLUNTEERS NEEDED

The Run To The Sun 8K is fast approaching, and the Race is in need of many volunteers. Help is needed with day of race registration, ChampionChip handout, start and finish lines, refreshments, water stops, equipment, mile marker timers, and general worker bees. To volunteer or for further information about the race, please contact Gary Hallett at 292-3793 or ghall32447@aol.com .Volunteering is fun! Come out and support your club and the running community!

Please send any Tidbits of Interest, you would like to share with us to StideRightEdit@aol.com.

The Evolution of Footnotes

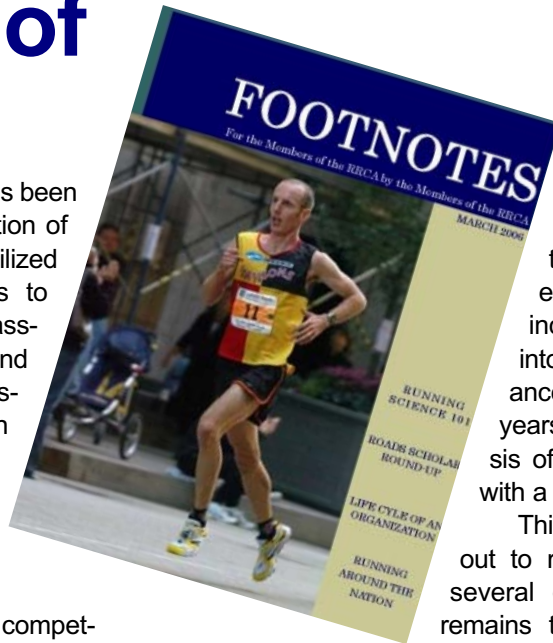
Columbia, MD – Since its inception, the RRCA has been on the cutting edge of the development and promotion of grassroots running. Since 1960, the RRCA has utilized available technologies from mimeographed copies to glossy magazines to communicate and promote grassroots running to our membership. Between 1973 and 1992, the organization was producing a quarterly newspaper ranging in size from ten to twenty-four pages. In 1993, the newspaper converted from black and white to color. Between 1996-2002, Footnotes was again converted from a newspaper into a twenty-eight page black and white magazine which was mailed to over 100,000 households.

In 2000, to keep pace with market trends and the competitive advertising business, *Footnotes* underwent yet another conversion from a black and white magazine to a full color magazine ranging in size from thirty-two to fifty-four pages. By 2002, over 140,000 copies of Footnotes were being published and circulated.

In 2002, faced with an ever competitive publishing market, a slowing economy, and significant organizational challenges, the decision was made to halt the print publication of *Footnotes*.

Between 2003 and 2005, the RRCA has communicated with members through the RRCA website, the National Convention, and the smaller newsletter, Inside Track, which is mailed to club and event presidents.

On January 21, 2006, the Board of Directors of the RRCA resolved to capitalize on available technologies and approved the development of Footnotes as an on-line publication. To that end, the RRCA is pleased to announce the re-establishment of *Footnotes* on our website in March 2006. In addition, interested members will be able to order a hard-copy of the



publication for a nominal fee. This direction is the result of a one-year exploratory process that included an extensive look into the financial performance of *Footnotes* over the years and a business analysis of producing a magazine with a large circulation.

This approach to reaching out to runners will accomplish several goals. The publication remains the cornerstone of the RRCA communication strategy to

our 750 running clubs and events and 175,000 individual members, it is financially feasible, and it will reach a broader audience including RRCA members as well the general running community. The number of individual visits to our website per month rivals our household mailing list meaning our members are utilizing the RRCA website to gather information about running and the organization. RRCA dues will continue to support the production of the on-line publication, and in the coming months, members will have the option to have the publication emailed directly to their in-box.

Keep your eyes on the RRCA website for the first on-line issue of Footnotes in March 2006.

The Road Runners Club of America is a non-profit organization of over 700 running clubs and 175,000 members across the United States. The RRCA chapters organize races, have training runs, provide safety guidelines, promote children's and masters fitness running programs, and have social programs. <http://www.RRCA.org>



The Buffalo Run Half-Marathon

ANOTHER ADVENTURE!

I left the hotel at 4:30 AM in Long Beach, California and headed to catch the 6:15 AM "fast" boat to Catalina Island. The brochure stated it was a very challenging course and it didn't disappoint me. It started at sea level and went to 1634 feet, which was at 9 miles and then came down! To make a long story short, I finished in time to take the 2:00 PM boat back to Long Beach, catch a 9:55 PM flight back to Jacksonville, drive to St. Augustine, get warm clothes, and head back Jax Beach to run the Winter Beach Run. But I lost ambition and only ran the 5-Mile race. Next adventure is the LA Marathon on March 19th! Stay tuned!



Winter Beach Run

Striders at the Races **RACE RESULTS**

To get your race results published, email epstewart2002@yahoo.com

MATANZAS 5K January 28, 2006 St. Augustine

Justin Jacobs	15:56	2nd A/G
John Metzgar	16:04	1st A/G
Frank Sutman	17:48	4th A/G
Bill Phillips	17:48	1st A/G
Bill Dunn	17:53	
Page Ramezani	18:24	1st A/G*
Jeremy Ferman	19:00	4th A/G
Bruce Holmes	19:00	2nd A/G*
Gregory Richards	19:00	
David Bonnette	19:17	
Bernie Candy	19:34	3rd A/G*
Karin Glenn	19:37	1st A/G
Robert Walker	19:45	PR
Steven Beard	19:46	4th A/G
Denise Metzgar	20:40	2nd A/G
Rodney Smith	20:53	
Regina Taylor	20:58	2nd A/G
Keith Poythress	21:11	
Frank Frazier	21:15	1st A/G
David Ferman	21:16	
Kayla Vincent	21:21	3rd A/G
Steve O'Brien	21:26	
Raymond Ramos	21:31	
Keith Holland	21:44	
Bonnie Brooks	21:45	2nd A/G
George Hoskins	22:15	2nd A/G
Kathy Murray	21:59	
Elfrieda Wyner	22:24	1st A/G
Matt Ross	22:35	2nd A/G
Bill Gladding	22:35	
Thom Henkel	22:55	
Danny Weaver	23:23	
Craig Harms	23:24	
Nancy Harms	23:27	
Kellie Howard	23:30	
Dave Brokos	23:48	
Susan Harms	24:08	
Vicki Ross	24:22	1st Race
Lewis Buzzell	24:23	
Earl Vinson	25:08	
Jeanie Wilson	25:13	
John Gauer	25:34	
Ben Holland	25:58	
Glenn Hanna	26:01	

Bob Kennedy	26:23	
Leo Sheckells	26:40	
Ed Kelly	26:53	
Janet LaVoie	27:05	
Kent Smith	27:12	
Maria McNairy	27:15	1st A/G
Ken Bendy	27:29	
Donna Hiatt	27:55	
Jerry Hiatt	27:55	
Freddy Fillingham	28:07	
Bobby Green	29:23	
Gordon Slater	29:28	
Stan Scarlett	29:38	
Tom Sullivan	30:25	
Norm Wyner	30:37	4th A/G
Gayla Poythress	31:15	
Bill Zipperer	31:23	
Kathy Reidy	31:24	
Laurie Ricciardi	31:29	
Susan Gostage	31:29	
Kim Anthony	31:34	
Shirley Henkel	32:09	
All Saffer	32:54	
Cathy Hall	32:55	
HM Hoffman	32:56	
Joe Blewett	33:07	
Brett Ray	33:12	1st Race
Sandra Shines	33:21	
Dena Gaucher	33:31	
Rich Gaucher	33:31	
Norman Thomas	35:08	
Shelly Hakes	35:25	1st Race
Michelle Ramos	35:58	
Amy Howard	36:16	
Kay Womack	36:43	
Jack Stanley	37:00	
Lisa Myers	37:12	
Kathleen Conner	37:34	1st Race
Carole Cash	37:39	
Lillian Lawless	38:53	PR
George Obi	38:57	2nd A/G
Charles Desrosier	39:58	
Joe Connolly	40:12	3rd A/G
Trish Kabus	41:05	
Bill Mitchell	45:25	
Kim Brown	48:06	1st Race
Dick Miller	52:43	

OCALA MARATHON February 5, 2006

Sung Ho Choi	3:23:20	
Kim Crist	3:49:04	
		Masters Female
Celita Ricks	3:53:43	1st A/G

OCALA HALF MARATHON

Mark Woods	1:33:48	
		3rd Overall Masters Male
Elfrieda Wyner	1:42:11	1st A/G
Kathy Murray	1:43:12	1st A/G
Hernando DeSoto	1:43:57	
Keith Holland	1:44:22	
Regina Sooeey	1:45:36	4th A/G
Shana Dempsey	1:49:11	5th A/G
Danny Weaver	1:52:49	
Kellie Howard	1:52:49	4th A/G
Kevin Terry	1:55:51	
Melinda Terry	1:58:18	
Leslie Hague	1:58:42	
Kim Cornell	2:09:11	
Marie Bendy	2:11:20	3rd A/G
Susan Maurer	2:13:08	
Ken Bendy	2:13:17	4th A/G
Charles Desrosier	3:29:20*	

*Got lost on the course added over a mile rescued by the police!

Notes on Ocala Marathon: 42 degrees at start. Beautiful day about 52 degrees average during the race. Beautiful course through the horse country. Lots of hills. Miles 11-13 really tough. Lots of good food, cold beer, sodas, massages. Well done race!

HOLY SPIRIT 5 km Jacksonville February 11, 2006

Freddy Fillingham	29:04	1st A/G
		(nobody else in it!)

Continued on following page

THE BUFFALO RUN 1/2 MARATHON
Catalina Island, CA
February 11, 2006

Trish Kabus 3:45:53

WINTER BEACH RUN 10 MILE
Jax Beach
February 12, 2006

John Metzgar 56:11
 2nd Overall Male
 Justin Jacobs 56:12
 3rd Overall Male
 Frank Sutman 1:03:25
 1st Masters Male
 Bill Dunn 1:04:24
 2nd Masters Male
 Page Ramezani 1:04:48
 3rd Master Male
 Sung Ho Choi 1:08:00 2nd A/G
 Bruce Holmes 1:08:49 1st A/G
 Karin Glenn 1:10:10
 3rd Overall Female
 Mark Woods 1:10:38
 Steven Beard 1:10:54 1st A/G
 Robert Walker 1:11:08 1st A/G
 Denise Metzgar 1:13:20 1st A/G
 Rodney Smith 1:13:55
 Terry Sikes 1:14:29 2nd A/G
 Cynthia Lyons 1:15:04 2nd A/G
 Regina Taylor 1:15:09
 1st Masters Female
 Del Conner 1:15:34
 Bonnie Brooks 1:15:58
 3rd Masters Female
 Frank Frazier 1:16:05 1st A/G
 Bob Kennedy 1:17:30
 Regina Sooy 1:17:59 1st A/G

Kathy Murray 1:18:09
 Keith Poythress 1:18:46
 Raymond Ramos 1:18:50
 Doug Tillett 1:19:47
 Celita Ricks 1:20:10
 Jim Klein 1:22:00
 Keith Holland 1:23:18
 Danny Weaver 1:24:20
 Denise Dailey 1:26:20 2nd A/G
 Randy Pullo 1:26:56
 Dave Brokos 1:30:51
 Bradley Shepard 1:33:07
 Kevin Terry 1:33:28
 Melinda Terry 1:33:30
 Sandy Rosenberg 1:34:00
 Jd Smith 1:34:11
 George Hoskins 1:35:15
 Kwan Supapan McCall 1:35:12 3rd A/G
 Everett Crum 1:37:28 1st A/G
 Kent Smith 1:44:39
 Gordon Slater 1:48:59 2nd A/G
 Gary Gills 1:51:33
 Al Saffer 2:02:15 3rd A/G
 Norman Thomas 2:29:26

WINTER BEACH 5 MILE

Patrick Gaughan 24:56 1st A/G
 Rex Weir 35:30 2nd A/G
 Dennis Lee 38:57 2nd A/G
 Hunter Shutt 36:50 2nd A/G
 Harry Edwards 42:48 1st A/G
 Ben Holland 42:55 2nd A/G
 Taylor Shutt 43:10 1st A/G
 Layne Ray 43:28
 John Gauer 43:54
 Paul Berna 44:06
 Roberta Tomlinson 45:39
 Gary Ledman 46:02

Leo Sheckells 47:18 3rd A/G
 Jim Kelley 49:04
 Kimberly Lundy 50:06
 Freddy Fillingham 53:58
 Bernie Gross 51:36
 Tom Sullivan 52:25
 Doug Barrows 53:33
 Gayla Poythress 53:57
 Nancy Pullo 57:28 2nd A/G
 Sandra Shines 1:01:35
 Michelle Ramos 1:03:31
 George Obi 1:09:08 1st A/G
 Joe Connolly 1:17:21 2nd A/G
 Trish Kabus 1:19:39

PIRATES ON THE RUN 10km
Fernandina Beach
February 18, 2006

Bill Phillips 36:41
 Masters Male
 Randy Arend 44:14 3rd A/G
 Elfrieda Wyner 45:01
 Masters Female
 Keith Holland 45:16 3rd A/G
 Davis Stanley 51:55
 Norm Wyner 1:07:18 3rd A/G

GINGER FANNIN COUPLES RELAY
Neptune Beach
February 18, 2006

Patti & Rodney Smith 48:09
 Masters Winners
 Terri Algire & Terry Sikes 49:54
 Roz Hoffman & Steve O'Brien 50:26
 Jeanie & Ken Wilson 50:35
 June & Doug Tillett 56:48

Please Print

Application for Membership
FLORIDA STRIDERS TRACK CLUB

New
 Renewal

Name: Last _____ First _____ M.I. _____
 Address _____ # in Family _____
 City/State/Zip _____ Spouse's Name _____
 Phone: Home _____ Birthdate(s) _____
 Phone: Work _____ Employer _____
 E-mail _____ Occupation _____
 Signature _____
 Date _____

Annual Dues: Family \$20
 Single \$15
 Junior (under 18) \$10
 Senior (over 65) \$10

Mail Application
 with dues to:
 Florida Striders
 11058 Percheron Drive
 Jacksonville, FL 32257

I know and understand that running in and/or volunteering to work at FSTC races are potentially hazardous activities. I will not participate in club activities unless I am medically able and/or properly trained to do so. I agree to abide by any decision of a race official relative to my ability to safely complete a FSTC sponsored race. I assume all risks associated with running and volunteering to work in club races including, but not limited to, slip/trip/falls, contact with other participants, volunteers, or officials, the effects of the weather including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and understood by me. Having read this waiver and knowing these facts and in consideration of your acceptance of my application for membership I, for myself and anyone entitled to act on my behalf, waive, release, and agree to hold harmless the Road Runners Club of America, the Florida Striders Track Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities, even though these liabilities may arise out of negligence or carelessness on the part of persons named on this waiver.

SCRUB JAY 5K
Sarasota, FL
February 18, 2006

Kent Smith 27:54

**We want to hear
your RIVER RUN
stories!**

**Please send them to
StrideRightEdit@aol.com
by the 15th of the
month!**

NEW MEMBERS

Danielle Curtis
Donna & Jerry Hiatt
Miles & Judy Hyman
Christopher & Adriana
Mannion
Michelle McCollum
Giovanna Orara
Shawn Young

**RENEWING
MEMBERS**

Steve Anderson
Terry & Elda Bell
Kate Clouse &
Jerry Bennett

Elena Etter
Patrick Gaughan
L. Alberto Gonzalez
James, Annette, Chrystal &
Keegan Gray
Glenn Hanna
Joanne & Buddy Harris
Hal Higdon
Harry Klug
Ken & Sarah Knight
Kay Manly
Dotti Cahill & Tom
Marsland
George Martin
Robert Meister
Burness Morris

Randolph & Patricia Sandy
Gordon & Kim Simms
Robert Smith
Margie Vest
Robert & Barbara
Walker/Gilbert
Sue & Darrell Whitworth
Joseph & Amy Young

**MULTI-YEAR
RENEWALS**

Elbert & Linda Shubert
Bo Holub

GROUP TRAINING RUNS

DAY	TIME	DISTANCE	JACKSONVILLE AREA	CONTACT
Sunday	6:30 AM	5 to 10 Miles Various pace groups	Atlantic Beach Sea Turtle Inn	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.	Bob Boyd (904) 272-1770 BobBoydFL@Comcast.net
Sunday	7:00 AM	10 to 15 Miles Moderate pace	Jacksonville Jewish Community Alliance 8505 San Jose Blvd.	Wendy Patterson (904) 237-4100 wenrex@comcast.net
Sunday	10:00 AM Late Sept- March	3-8 Miles Trail Run	Ponte Vedra Guana State Park	Craig O'Neal (904) 568-4825 charityrunningcoach@yahoo.com
Monday	5:30 PM	6 Miles Downtown Bridges	Jacksonville Charthouse Restaurant parking lot	Karin or Rob Glenn (904) 886-4095
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 (park @ Lakeside Elem. on Moody Road)	Bob Boyd (904) 272-1770, BobBoydFL@Comcast.net
Weds.	5:30 PM	Interval Training	Jacksonville Bolles School San Marco Blvd.	Bob Carr (904)743-3325
Weds.	6:00 PM	6.2 Miles Easy pace	Jacksonville Boone Park Riverside	Doug Tillett (904) 388-6139 douglastillett@hotmail.com
Thursday	6:30 PM	5 Miles Varied pace	San Marco/Largo Park Corner of Naldo and Largo	Doug Tillett (904) 388-6139 douglastillett@hotmail.com
Saturday	7AM	7+ miles	Ponte Vedra Beach Sawgrass Village	Craig O'Neal (904) 568-4825 charityrunningcoach@yahoo.com

March Race Calendar

Published as a service. Accuracy is not guaranteed. If you would like your race listed:
 Contact Ken Bendy, RRCA State Rep. (N. Florida) (904) 278-2926 or E-mail
 kbendy@aol.com.

for a NF list, with web links, see <http://members.aol.com/rccahtml/rccacal.htm>

DATE	EVENT	TIME	LOCATION	CONTACT
March 4	Iron Horse 100/50K	6:00 a.m.	Baldwin Trail Trailhead on Imeson Ave. Jacksonville	(904) 655-6511 crodatz@bellsouth.net Chris Rodatz
March 4	Fleming Island 5K	8:00 a.m.	Village Square Fleming Island Plantation (across from Fleming Island High School) Orange Park	(904) 284-1808 margaretschildren@yahoo.com St. Margaret's Childrens' House
Mar. 4	YMCA Healthy Heart 10/5K	7:00 a.m. 8:00 a.m..	YMCA 4701 City Center Parkway Port Orange	(386) 736-0002 Alta Vista Sport
March 11	Gate River Run 5K/15K	8:00 a.m 8:30 a.m	Jacksonville Fairgrounds	(904) 739-1917 Jacksonville Track Club
March 18	Michelob Ultra Lighthouse 5K	4:30 p.m.	Lighthouse Park St. Augustine	(904) 824-3929 Jr. Service League
March 19	St Patty's Day 5/10K	8:00 a.m.	Evergreen Cemetery 4535 Main St., Jax	(904) 739-1917 1st Place Sports
March 24	All Comers Track Meet	7:00 p.m.	Bolles School Jax	904) 388-7860 or 384-8725 Jacksonville Track Club
March 25	Guana River 50K	8:00 a.m.	Guana River Reserve Ponte Vedra Beach	(904) 269-3820 Jacksonville Track Club
April 15	Run to the Sun 8K FREE ONE MILE FUN RUN	8:00 a.m.	Orange Park Kennel Club Orange Park	(904) 268-8392 mattrossrtrts06@bellsouth.net Florida Striders Track Club
May 29	Memorial Day 5K FREE ONE MILE FUN RUN	8:00 a.m.	Green Cove Springs	(904) 545-4638 dbokros@comcast.net Florida Striders Track Club
Sept 9	Autumn Fitness 5K FREE ONE MILE FUN RUN	8:00 a.m.	Green Cove Springs	(904) 272-1770 bobbydfll@comcast.net Florida Striders Track Club
Nov 2006	Hog Jog 5K FREE ONE MILE FUN RUN	9:00 a.m.	Ronnie Van Zant Park Lake Asbury Middleburg	(904) 728-7759 stevebruce@comcast.net Florida Striders Track Club

MILE MARKER MUSINGS By Robert Glenn



Greetings for one last time, yep, this is my last outing as your MMM columnist. Starting next month, **Patti Stewart-Garbrecht** will be taking over the scribe duties. So, if you have any results for the StrideRight next month that you didn't get onto StriderMan, please email them to her at **epstewart2002@yahoo.com** vice the old 'striderresults' email. I'll continue to forward stuff to her for a couple of months (for the hard to train or inattentive) to make the transition smooth but soon the 'striderresults' email will be no more. Please now, no tears for 'striderresults'; all good email addresses eventually come to an end. An inspired email address it may have been, but immortal it is not. Say a silent 'amen' if you must, but no tears. Enough with the maudlin musing and onto the running goodness, lots of races and fast performances to cover this month so tie your running shoes tight, and off we go.

The **Matanzas 5K** was held in St. Augustine on the 28th of January. We had 91 Striders run the race, way to get out there and represent people. Our fastest Strider was **Justin Jacobs** with a 15:56, which earned him 2nd in his age group. Wow, rough age group. **Karin Glenn** was our fastest female Strider with a 19:37, which earned her 1st in her age group. As an aside, that was 2 months and 5 days after she gave birth to our son, Robert. Yep, 2 months to a sub 20, sounds like a book. Don't try this at home folks. Striders that won their age group included **John Metzgar, Bill Phillips, Page Ramezani, Frank Frazier, Elfrieda Wyner, and Maria McNary**. We also swept the men's 55-59 age group with Page Ramezani, Bruce Holmes, and Bernie Candy all turning in sub 20 5Ks to accomplish that feat. Finally, congratulations to our Striders that completed their first road race, including but not necessarily limited to **Vicki Ross, Brett Ray, Shelly Hakes, Kathleen Conner, and Kim Brown**.

The **Ocala Marathon & Half Marathon** were held in Ocala (surprise) on the 5th of February. **Sung Ho** "They call me Bruce" **Choi** was our fastest Strider with a 3:23:20 in the marathon. **Kim Crist** was our fastest woman Strider and the Masters Female winner with a 3:49:04. **Celita Ricks** won her age group with a 3:53:43. In the half, **Mark Woods** was our fastest Strider with a 1:33:48 which earned him 3rd overall for masters men. **Elfrieda Wyner** was our fastest female Strider with a 1:42:11 which was good for 1st in her age group. **Kathy Murray** also ruled her age group with a 1:43:12.

We had one Strider race the **Holy Spirit 5K** in Jacksonville on the 11th of February. **Freddy Fillingham** was both the fastest Strider and age group winner with a 29:04.

The **Winter Beaches 10 Miler** (for you sticklers out there, you know who I'm talking about, yes I know it is technically the 'Winter Beach Run' but as addressed in this very space in previous years, it offends my ear, and I'm a traditionalist at heart and the one holding the keyboard, so I'm going old school and calling it the name that it was called when first I arrived in Jacksonville, Io, those many years ago) was held on the 12th of February on the Jacksonville beaches (oops, I did it again [call it the beaches that is, not drive with my infant on my lap]). **John Metzgar** was our fastest Strider with a 56:11 which earned him 2nd place overall for men. **Karin Glenn** was the fastest female Strider with a 1:10:10 which was good for 3rd overall for women. **Justin Jacobs** was the 3rd place overall male with a 56:12, one second behind John. **Frank Sutman, Bill Dunn, and Page Ramezani** completed a Strider sweep of the Masters Male competition with 63:25, 64:24, and 64:48 respectively. **Regina Taylor** and **Bonnie Brooks** took 1st and 3rd in the female masters competition with 1:15:09 and 1:15:58. Striders that won their age group included **Bruce Holmes, Steven Beard, Denise Metzgar, Frank Frazier, Regina Sooley, and Everett Crum**. In the **Winter Beaches 5 Miler**, **Patrick Gaughan** was our fastest Strider with a 24:56 while **Roberta Tomlinson** was our fastest female Strider with a 45:39. **Taylor Shutt** and **George Obi** also won their age groups.

The **Pirates on the Run 10K** was held in Fernandina Beach on the 18th of February. **Bill Phillips** was our fastest Strider with a 36:41 which earned him the masters male title. **Elfrieda Wyner** was our fastest female Strider and won the masters female with a 45:01.

The **Ginger Fannin Couples Relay** was held on the 18th of February in Neptune Beach. The fastest Strider couple also doubled as the masters winners, **Patti & Rodney Smith**. And they are actually a couple, which is nice. The rules say that any man and woman can be a couple and I've heard tell in the past that some people just team up with a fast person to win; the shame, the shame; are we speed skaters here. Is there no sense of propriety? Wait, our fastest couple didn't do that, so I'm committing the classic blunder, preaching to the choir. Belay my last, ye matey's.

On the Road –

Augie Leone ran the **Halloween Half Marathon** in Coral Springs on the 22nd of January in 2:15:07, winning his age group of 75 plus, although he did mention that he was the only intrepid runner in the age group.. Apparently it really was supposed to be in October but hurricane Wilma forced a rescheduling. A (Continued on next page)

