



Volume 25, Number 2

# Florida Striders Track Club STRIDERIGHT



[www.floridastriders.com](http://www.floridastriders.com)



February 2006

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## RRCA National Volunteer Award

Vanessa Boyd was presented with the Road Runner Clubs of America (RRCA) National Volunteer Award at the January Board meeting. The award is presented to those who have contributed 2000 or more hours of time to support running in their community over the years. While she has been active supporting the Florida Striders in many ways, she has contributed the most time in photographing our events over the years and providing those photos for all on our website. Thank you Vanessa!

## 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 [stan-scarlett@msn.com](mailto:stan-scarlett@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!

## FEBRUARY SOCIAL PONTE VEDRA BEACH LOCATION

February 19, 2006 at 2pm.  
Ocean Grove Condominiums Club House

The February Social will be hosted by Vicki Choinski on February 19th @ 2:00 PM in Ponte Vedra Beach. The theme is Pigskin Withdrawal (2 whole weeks no football!). There will be roast pork and plenty of Bud Light and soft drinks. Bring a covered dish to share. There is plenty of seating in the clubhouse and pool area, hopefully the weather will cooperate; if not no problem we'll be covered. There will also be a movie on in the theatre for the kids. Info at 613-5144 or [vchoinski@jacksonville.turbocare.com](mailto:vchoinski@jacksonville.turbocare.com). Please bring a dish to share.

**Location** – 1 Arbor Club Drive, Ponte Vedra Beach : Ocean Grove Condominium clubhouse.

**Directions** – Take JTB East to the beach, exit right towards Ponte Vedra/St. Augustine. Continue on A1A South 2.9 miles turning Right on Thousand Oaks Blvd. Ocean Grove is the first entrance on the right, clubhouse is straight ahead with plenty of parking.



# Prez Sez

By Bob Boyd

It's beginning to feel a lot like Gate River Run hereabouts.

There are a lot of folks parking around the stadium on Sunday mornings now for some Gate River Run course work. Everyone remembers both their best time on the course, as well as the time they really want to run. Folks are plotting their goal times, race strategies, and training plans – its all good. Speaking of good, the Florida Striders River Run Tent is clearly the place to be, for a good time, no matter what the clock says, when you trot across the finish line. Super Coordinator Stan Scarlett and his fearless (and sleepless) team of volunteers are plotting yet another great event. Plan now to bring yourself and some goodies to share to the Strider Tent on Race Day.

The Florida Striders have had a long

tradition of recognizing runners who complete their very first race at one of our four races each year. Anyone who checked the "First Race" block on their entry form found themselves presented with a very special First Race medal as they exited the finish chute. It's an important occasion to commemorate and a tribute to the club to make it happen. We thought it was such a good idea that we are expanding the program to also honor any Florida Strider who runs their first race with their very own First Race Medal – no matter where they might run that race. Best yet, the President gets to present the award. Just let me know (272-1770 or BobBoydFL@comcast.net) and I will make sure you get your well earned award with our compliments. Yes, being the President does have its perks. I hope to see you out at one of our group runs soon! Life is good. ●

## Board of Directors' Minutes 1/10/2006

The meeting was called to order at 7:00 PM. Directors absent: Gary Hallett, Tanys Carere.

**Minutes/treasurer's report:** The December treasurer's report and December minutes were filed as written.

**Hog Jog final report:** The race had 123 total finishers. No sponsorship was received from Bicycle Outpost but they did provide gift certificates. The \$250 received from New Balance helped make up for it. The race expenses were slightly less than expected so total race profit of \$1316 was only \$30 under budget. A suggestion was made that the race date for next year should be established as early as possible to get the word out sooner to local high and middle schools. A motion was made and passed to have Steve Bruce as race director next year.

**Fat Tuesday sponsorship:** A motion was made and passed to donate \$500 toward the Fat Tuesday race; proceeds will be donated to Habitat for Humanity for victims of hurricane Katrina.

**RRCA convention:** The convention is the same weekend as River Run this year so no one will be attending from the club.

**First time race medals:** A motion was made and passed that the Striders will provide first-time race medals for any club member that runs their first race. The club president will be the contact person to provide the medals when people earn them. The cost to the club was estimated at \$100 per year and the program will be advertised in e-news and the StrideRight.

Continued on page 5

## 2005-2006 Board of Directors & Key Members

(Board Members marked with an \*)

### President/

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**Merchandise Coordinator:**

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\*John DeAntonis .....(H) 264-3541

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**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.



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**FLORIDA POWERTRAIN & HYDRAULICS, INC.**

**Run to the Sun 8K & Autumn Fitness 5K**

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**Run to the Sun**

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**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 Haseein Ramezani, MD**

**Village Bread Market BLUE RIDGE BREAD COMPANY, INC. Krispy Kreme**

# Three Secrets to River Run Success

When someone purports to know “secrets” about something, you can be sure of two things: That lots of people know about it anyway and that you could have come up with it on your own. Therefore, the only value of this article is to suggest three ways you can ensure that your River Run (or some similar race) exceeds your expectations.

## Secret One: Heat train.

March in Jacksonville is often warm – too warm for all-out racing, some years. If your core temperature rises more than a few degrees, your body must divert blood from working muscles to your skin. Heat stroke can kill.

Two heat-training runs per week are enough to make a profound difference. Wear an extra long-sleeved shirt and resist the temptation to peel it off. If you have a hooded sweat-shirt, keep the hood up. You will suffer a bit while you train but, in the words of Olympian Ron Daws, “pay now, fly later”.

Acclimation to heat involves improvement in sweating rate, changes in the nature of the sweat lost (fewer minerals), and simple heat tolerance.

## Secret Two: Go the distance.

If River Run is a go-for-broke endurance slog for you, read no further. If you actually race the 15K, do your body a big favor. Show up March 11 with the knowledge that you have run even farther in training.

Previous columns have extolled the virtues of aerobic running. Dose your body with a minimum of three runs in excess of ten miles—at any pace. Physiological and psychological benefits are yours if you will slow down and go long. When others slow to a crawl as they move into the final 5K, you will have the reserves to push the final third of the race.

## Secret Three: Race 8 miles.

When you pass the 7-mile mark on Atlantic Boulevard, begin your kick. Really. The race ends at the top of the Hart Bridge. You can, if you have followed the other secrets, give it everything you have left to the crest of the bridge. Your fit-

## The Wide World of Running

By Jay Birmingham

ness will enable you to recover within two minutes of reaching the summit and you can freewheel your way to the stadium with increasing speed.

Most runners do some hill training for River Run, emphasizing the UP. When you practice your hills or bridges this year, emphasize the DOWN. You can really learn good downhill technique and let gravity do all the work. The “secret” is to bring your feet through really low, as if you were on skates. Slithering downhill this way eliminates pounding and increases relaxation. You will pass some people so fast on the downside of the bridge, it will startle them.

Good luck to you as you challenge yourself in the area’s largest event. I look forward to your feedback, jaygreatheart@aol.com. ●

## Runner’s Quiz By Jay Birmingham

1. Who was the first River Runner to set a U.S. Record on the course?
2. Who won the first River Run?
3. Approximately how many calories will you burn during a 15K run?
4. What is the best source of dietary calcium?
5. How much energy can a person derive from taking vitamins?

See page 11 for answers

## 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](http://www.floridastriders.com). Click on the FSTC Scholarship link. For further information please contact Tom Sullivan at 298-3220 or [msull10166@cs.com](mailto:msull10166@cs.com). Deadline for submitting the completed scholarship application is March 31, 2006. ●



## BOARD OF DIRECTORS MINUTES

Continued from page 2

**Clay County meet sponsorship:** A request was made to provide awards for the Clay County track meet. Warner proposed that the club spend up to \$400 and purchase ribbons for 1st through 5th place plus honorable mention that are not year-specific. The ribbons would be purchased by the club and would have the Strider logo. A motion was made and passed to purchase the ribbons.

**Girls on the Run funding request:** A funding request for \$750 was received from Girls on the Run for t-shirts for their program. They received \$500 from us last year. Board members noted various concerns about donating again; such as the size of the budget of their program (\$90000) compared to the number of girls it serves, and lack of participation in our races. A motion was made to donate \$750 to the program and the motion failed.

**Run to the Sun budget:** Bob distributed the budget for the 2006 Run to the Sun. Sponsorship and awards were reduced this year. The \$250 New Balance sponsorship needs to be added. It was noted that the police donation was decreased to match other Strider races. The RRCA donation was also decreased since the race is no longer the RRCA state championship. A motion was made and passed to accept the budget with the \$250 sponsorship included.

**Social update:** February social will be on the 19th at Vicki Choinski's. The March social will be the River Run tent and April 23rd is the annual picnic at Secret Cove.

**Open Forum:** The 2005 RRCA national volunteer award for outstanding contributions to the running community was presented to Vanessa for all the work she has for the Striders.

The next meeting will be Tuesday, February 14th at the Orange Park Library. ●

The meeting was adjourned at 8:08 PM.  
Respectfully submitted,  
Karin Glenn

# First Race Medal

The Florida Striders have provided those who completed their first race at one of the four Strider races each year with a First Race Medal, commemorating their accomplishment. The Striders are expanding that program, to honor any Florida Strider member that runs their first race – no matter where the race took place. Kyle Runnfeldt (above right, with his coach, Mike Ford), age 8, ran his first 5K at the Vystar Gator Bowl 5K on December 31st, 2005 and received his Florida Strider First Race Medal from his Paterson Elementary Run/Walk Club Coach, Mike Ford. Congratulations Kyle! We have seen a lot of racers emerge from the excellent Run/Walk Clubs at our area Elementary Schools and are very proud of the great job they are doing in our community. We also wish to thank John and Jan Powers for their generous and ongoing contribution of First Race Medals to the Florida Striders. You don't have to look far to find Florida Striders doing good things and making a difference in their community. Contact the Florida Strider President, Bob Boyd, at 272-1770 or [BobBoydFL@comcast.net](mailto:BobBoydFL@comcast.net) to get your medal. ●



**JANUARY SOCIAL UPDATE** On January 13th, 16 Florida Striders enjoyed watching the Jacksonville Barracudas beat the Huntsville Havocs. What a great idea for a new social experience!

## RRCA RUNNING CORNER

What is the RRCA? The Road Runners Club of America (RRCA) is the national association of not-for-profit running clubs dedicated to promoting long distance running as a competitive sport and as healthful exercise. Visit the RRCA website for more detailed information at [www.rrca.org](http://www.rrca.org). Visit Ken Bendy's website below for more details, and the most comprehensive local and regional running calendar and news around!

The Current Edition of the Newsletter is available online at North Florida RRCA Rep. ●

## 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. ●



# FAT TUESDAY 2-MILER

**“Get the Gulf Coast Back on its Feet!”**  
**Join the fun on “FAT TUESDAY” TUESDAY, FEB. 28**  
6:30 pm – 8:30 pm • Jacksonville Landing  
Hosted by Jacksonville Track Club



Celebrate Fat Tuesday in Jacksonville and help our neighbors in the Gulf Coast devastated by Hurricanes Katrina and Rita. This is a non-competitive 2-mile run and walk, and proceeds will benefit the Gulf Coast **Habitat for Humanity**.

**BRING A TEAM, COME STRAIGHT FROM WORK OR BRING THE FAMILY • FUN FOR ALL!!**

**Commemorative event t-shirt • New Orleans-style jazz band**  
**Fat Tuesday-style refreshments • Beads! • Mardi Gras costumes welcome!!**

### REGISTRATION & RACE PACKET PICK-UP

You can register and pick up your packet with your t-shirt and race number at one of the three 1<sup>st</sup> Place Sports locations: 3931 Baymeadows Road in Jacksonville, 550-7 Wells Road in Orange Park and 424 S. 3<sup>rd</sup> St. in Jacksonville Beach, from 10 am to 6 pm on Friday, Feb. 24, Saturday, Feb. 25 and Monday, Feb 27. Packets may also be picked up at the Jacksonville Landing on race day, beginning at 5:00 pm.

**\*\*SAME DAY REGISTRATION ALSO AVAILABLE!\*\***

**BE SURE TO INDICATE ON THE ENTRY FORM WHERE YOU PLAN TO PICK UP YOUR RACE PACKET.**

### START AND FINISH

The event will start in the front of the Jacksonville Landing on Water St. at 6:30 pm. The runners and walkers will head east and do a loop on Bay Street and finish back at The Landing.

### PARKING

Parking is available at the Jacksonville Landing and surrounding area

### ENTRY FEES

\$15 until Feb. 21 (Must be postmarked by Feb. 21) • \$20 after Feb. 21

### RACE INFORMATION

Send entry form and payment to:  
Jacksonville Track Club • 2336 Urban Road • Jacksonville, FL 32210  
More information: [www.jacksonvilletrackclub.com](http://www.jacksonvilletrackclub.com) or call 387-0528



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## FAT TUESDAY 2-MILER ENTRY FORM

Name \_\_\_\_\_ Age (on race day) \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Enclosed is \$ \_\_\_\_\_ T-shirt size; S M L XL

Please indicate where you plan to pick up your race packet: \_\_\_ Baymeadows Rd. \_\_\_ Jax Beach \_\_\_ Orange Park \_\_\_ Day of race only

Do you want us to send you a membership description and an application to the Jacksonville Track Club?  Yes  No

In case of unforeseen circumstances, the race may be postponed or cancelled at the race director's discretion. No entry fees will be refunded.

**WAIVER (please read carefully):** in consideration of the acceptance of this entry. I hereby, for myself, my heirs, executors, administrators, and assigns, and anyone entitled to act in my behalf, release and discharge the JACKSONVILLE TRACK CLUB, JACKSONVILLE LANDING, CITY OF JACKSONVILLE, plus sponsors, their representatives and successors, promoters, managers, directors, officials, agents, employees and volunteers of the road race named in the above entry form from any and all claims of injury or liabilities of any kind, illness or damages suffered by me, as a result of my participation in, or traveling to or from this event. I know that running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by the decision of a race official relative to my ability to safely compete in the run.

I assume all risk associated with running in this event, including, but not limited to, falls, contact with other participants, the effects of weather (including high heat or humidity), conditions of the course, all such risk being known and appreciated by me. I realize that this is a strenuous event which requires proper physical conditioning. I hereby certify that I am in such physical condition and good health. I also give permission for the free use of my name and picture in any written account, broadcast or telecast of this event for any legitimate purpose.

\_\_\_\_\_  
SIGNATURE (SIGNATURE OF PARENT OR GUARDIAN, IF UNDER 18)

\_\_\_\_\_  
DATE

# Striders at the Races

## RACE RESULTS

To get your race results published, email [StriderResults@aol.com](mailto:StriderResults@aol.com)

### VYSTAR GATORBOWL 5K December 31, 2005 Jacksonville Landing

|                         |       |                |
|-------------------------|-------|----------------|
| Justin Jacobs           | 16:45 | 1st A/G        |
| John Metzgar            | 17:21 |                |
|                         |       | Masters Winner |
| Frank Sutman            | 18:20 | 2nd A/G        |
| Page Ramezani           | 18:42 | 1st A/G        |
| Bill Dunn               | 18:47 |                |
| Mark Woods              | 19:59 |                |
| Greg Richards           | 20:04 |                |
| Bruce Holmes            | 20:07 | 2nd A/G        |
| Bernie Candy            | 20:14 |                |
| Patti-Stewart-Garbrecht | 20:15 |                |
|                         |       | 3rd O/A Woman  |
| Brad Littleton          | 20:45 |                |
| Denise Metzgar          | 20:45 | 1st A/G        |
| Robert Walker           | 20:58 |                |
| Cynthia Lyons           | 21:29 | 2nd A/G        |
| Regina Taylor           | 21:40 | 2nd A/G        |
| Steve O'Brien           | 22:05 |                |
| Kayla Vinson            | 22:07 | 2nd A/G        |
| Frank Frazier           | 22:16 | 1st A/G        |
| Mary Ann Brown          | 22:22 | 3rd A/G        |
| Bonnie Brooks           | 22:28 | 2nd A/G        |
| Gary Gills              | 22:56 |                |
| Raymond Ramos           | 22:57 |                |
| Kathy Murray            | 23:02 |                |
| Elfrieda Wyner          | 23:17 | 1st A/G        |
| Hernando Desoto         | 23:32 |                |
| George Hosking          | 23:35 | 3rd A/G        |
| Craig Harms             | 23:35 |                |
| Danny Weaver            | 23:37 |                |
| Sharon Lucie            | 23:59 | 1st A/G        |
| Matt Ross               | 24:16 | 3rd A/G        |
| Diane Jacobs            | 24:17 | 2nd A/G        |
| Lewis Buzzell           | 24:25 |                |
| Nancy Harms             | 24:42 |                |
| Susan Harms             | 25:11 |                |
| Melinda Terry           | 25:38 |                |
| Barbara Whitter         | 25:57 |                |
| Dave Brokos             | 25:57 |                |
| Vicki Ross              | 26:04 |                |
| Kevin Terry             | 26:15 |                |
| Bradley Shepard         | 26:23 |                |
| John Gauer              | 26:36 |                |
| Claudia French          | 27:13 |                |

|                      |       |         |
|----------------------|-------|---------|
| John Aimone          | 28:21 | 2nd A/G |
| Kent Smith           | 29:12 |         |
| Roxanne Slater       | 29:18 |         |
| Freddy Fillingham    | 29:38 |         |
| Gordon Slater        | 30:06 |         |
| Tom Sullivan         | 30:26 |         |
| Al Saffer            | 31:42 | 2nd A/G |
| Doug Barrows         | 32:01 |         |
| Sandra Shines        | 33:34 |         |
| Kyle Runnfeldt       | 34:03 |         |
| Chris Komatz         | 34:06 |         |
| Ginger Frazer-French | 36:03 | 2nd A/G |
| Michelle Ramos       | 36:46 |         |
| Kay Womack           | 38:27 |         |
| Melissa Gibson       | 38:40 |         |
| George Obi           | 40:03 |         |
| Diane Aimone         | 41:33 | 1st A/G |
| Lillian Lawless      | 43:00 |         |
| Joe Connolly         | 43:15 |         |
| Trish Kabus          | 43:31 |         |
| Linda Brown          | 45:17 | 3rd A/G |
| Catlin Veal          | 48:41 |         |

### ROMANS ROAD 5K Chimney Lakes- Argyle January 21, 2006

|                 |       |                |
|-----------------|-------|----------------|
| Bill Dunn       | 17:51 |                |
|                 |       | Masters Male   |
| Steve Beard     | 19:38 | 1st A/G        |
| Patrick Gaughan | 20:02 | 2nd A/G        |
| Kayla Vinson    | 21:01 |                |
|                 |       | 1st O/A Female |
| Keith Poythress | 21:15 | 2nd A/G        |
| Raymond Raymos  | 21:35 | 3rd A/G        |
| Kathy Murray    | 21:40 |                |
|                 |       | Masters Female |
| Celita Ricks    | 21:42 | 1st A/G        |
| Brian Murray    | 21:59 |                |
| Lewis Buzzell   | 22:24 | 3rd A/G        |
| Thom Henkel     | 23:08 | 1st A/G        |
| Dennis Lee      | 23:16 | 3rd A/G        |
| John Bowsman    | 24:03 |                |
| Eric Conder     | 24:10 |                |
| Earl Vinson     | 24:25 |                |
| Barbara Whitter | 24:26 | 1st A/G        |
| Ben Holland     | 25:30 | 1st A/G        |
| John Gauer      | 25:32 | 3rd A/G        |

|                   |       |            |
|-------------------|-------|------------|
| Glenn Hanna       | 26:06 |            |
| Maria McNairy     | 27:09 | 1st A/G    |
| Kent Smith        | 27:13 |            |
| Dana Coleman      | 27:20 | 2nd A/G    |
| Freddy Fillingham | 27:36 |            |
| Gordon Slater     | 28:55 | 2nd A/G    |
| Shirley Henkel    | 32:13 | 3rd A/G    |
| Sandra Shines     | 33:16 |            |
| Al Saffer         | 33:26 | 1st A/G    |
| Michelle Ramos    | 33:31 |            |
| Trish Kabus       | 39:19 |            |
| Linda Brown       | 42:25 | PR 1st A/G |

## Step Up Florida

On Friday, Feb. 10th, the Florida Health Department is promoting fitness activities in Florida through the "Step Up Florida" program, which includes the symbolic passing of a relay flag from county to county and various health activities along the route. In Clay County, there will be a kick off ceremony in Green Cove Springs at 10:00 a.m. at Spring Park. Bicycles will transport the relay flag up US 17 to the Black Creek Trailhead. After a brief stop, they will move North up US 17 to the Orange Park Town Hall Park at the corner of US 17 & Kingsley. At about 11 a.m., from the Orange Park Town Hall there will be a 5K Fun Run with police escort across 17 down to the corner of River Road & Wells Rd before returning along the same route to the Orange Park Town Center Park at about 12:45. Snacks, water, and registration forms will be available at tables located at Spring Park, the Black Creek Trailhead, Orange Park Town Center Park (17 & Kingsley), and River Road & Wells Rd. People can join in at any of these spots. Participation gifts will be available. There is no cost to participate. ●

# Tidbits of Interest

## COME RUN THE GATE RIVER RUN COURSE

It is time to start running the River Run course. Everyone is welcome to come run the course at Alltel Stadium. We will start running at 7:00 a.m. at the start on Duval Street. Please pass the word on to all of your running buddies. A group of runners will probably be running the course on Sunday's until the River Run. For further information please contact Kathy Murray at 220-9830, 953-8073, or [murray.Kathleen@mayo.edu](mailto:murray.Kathleen@mayo.edu). For course map, [www.gate-riverrun.com/map/htm](http://www.gate-riverrun.com/map/htm)

## GIRLS ON THE RUN SPRING PROGRAM

Registration for the Spring session at Girls on the Run is now open. For details on the locations and registration, please visit their web site at [www.GOTRneflorida.org](http://www.GOTRneflorida.org) and click on "SIGN-UPS". Please note that team sizes are limited and last season we had waiting lists for many sites, so register early to guarantee a spot on the team of your choice. Please help spread the word and forward this email to all of your friends with an 8-12 year old daughter!

Girls On The Run is now accepting applications for more coaches. If you, or someone you know, might be interested in getting involved and working with a team of girls, please contact us at [GOTRneflorida@aol.com](mailto:GOTRneflorida@aol.com).

## MEMBERSHIP, E-MAIL UPDATES, AND ADDRESS CHANGES

To up-date your e-mail address or other club information, please contact Tanys Carere, at [tcarere@hotmail.com](mailto:tcarere@hotmail.com) or 504-6639. We *stride* to keep our members up-to-date! You can renew your Striders Membership at the same time as you register online for any of the Florida Strider races at [www.active.com](http://www.active.com) for just a nominal fee. It's Fast, Easy, and a Secure site!

## FLORIDA STRIDERS WEBSITE UP-DATES

For up-to-date information on the Florida Striders Track Club, running news and events, visit the club website at [www.floridastriders.com](http://www.floridastriders.com). If you would like to share running related information, stories, and digital photographs with others, send your message to JD Smith, Florida Striders Webmaster, at [smithj53@bellsouth.net](mailto:smithj53@bellsouth.net) or 264-1673. ●

*We are in need of your Tidbits of Interest, you would like to share with us. Does matter how big or small, we want to hear about it. Please send the to [StrideRightEdit@aol.com](mailto:StrideRightEdit@aol.com).*

| <b>Florida Striders Track Club 2006 Approved Budget</b> |                        |                        |                        |
|---|------------------------|------------------------|------------------------|
|   | <b>2005<br/>Budget</b> | <b>2005<br/>Actual</b> | <b>2006<br/>Budget</b> |
| <b>Income</b>   |                        |                        |                        |
| Run to Sun  | \$5,900.00             | \$6,347.41             | \$6,650.00             |
| Memorial Day 5K   | \$4,800.00             | \$4,616.80             | \$4,950.00             |
| Autumn Fitness  | \$5,800.00             | \$8,353.76             | \$8,750.00             |
| Hog Jog   | \$1,250.00             | \$2,162.84             | \$1,448.00             |
| <b>Race Proceeds</b>                                    | <b>\$17,750.00</b>     | <b>\$21,480.81</b>     | <b>\$21,798.00</b>     |
| Dividends & Interest                                    | \$550.00               | \$1,109.81             | \$1,400.00             |
| Memberships   | \$7,000.00             | \$7,709.00             | \$6,000.00             |
| Merchandise-Income only                                 | \$1,500.00             | \$1,124.35             | \$1,100.00             |
| Dinner Socials-Income only                              | \$1,500.00             | \$1,290.00             | \$1,500.00             |
| Donations & Adult Running Program (1)                   | \$0.00                 | \$660.00               | \$0.00                 |
| Advertising   | \$150.00               | \$0.00                 | \$0.00                 |
| Super Celebration Fun Run                               | \$3,500.00             | \$3,741.49             | \$0.00                 |
| Reinhold Award  | \$500.00               | \$500.00               | \$500.00               |
| <b>Other Income</b>                                     | <b>\$14,700.00</b>     | <b>\$16,134.65</b>     | <b>\$10,500.00</b>     |
| <b>Total Income</b>                                     | <b>\$32,450.00</b>     | <b>\$37,615.46</b>     | <b>\$32,298.00</b>     |
| <b>Expense</b>  |                        |                        |                        |
| <b>Administrative</b>                                   |                        |                        |                        |
| Mailing Costs - General                                 | \$200.00               | \$62.01                | \$150.00               |
| Newsletter Printing, Mailing, and Layout                | \$7,250.00             | \$7,461.26             | \$7,850.00             |
| Membership Mailings & General Office Supplies           | \$600.00               | \$228.95               | \$450.00               |
| Affiliation Costs and Insurance                         | \$2,360.00             | \$2,239.07             | \$2,600.00             |
| New Equipment/Maintenance/Insurance                     | \$650.00               | \$609.67               | \$700.00               |
| Storage Rental Fees                                     | \$900.00               | \$960.00               | \$960.00               |
| Website Fees  | \$220.00               | \$250.95               | \$220.00               |
| Volunteer/Member Awards & Misc.                         | \$300.00               | \$105.35               | \$200.00               |
| Merchandise Expense                                     | \$1,700.00             | \$1,541.65             | \$1,700.00             |
| <b>Total Administrative Expense</b>                     | <b>\$14,180.00</b>     | <b>\$13,458.91</b>     | <b>\$14,830.00</b>     |
| <b>Club Activity</b>                                    |                        |                        |                        |
| River Run Tent & Club Picnic/Elections                  | \$1,250.00             | \$945.06               | \$1,000.00             |
| Dinner Socials - spent                                  | \$1,600.00             | \$1,611.79             | \$1,800.00             |
| Monthly Socials   | \$200.00               | \$106.55               | \$100.00               |
| RRCA Convention   | \$1,300.00             | \$1,246.69             | \$1,500.00             |
| Banners & Signs   | \$360.00               | \$0.00                 | \$350.00               |
| <b>Total Club Activity Expense</b>                      | <b>\$4,710.00</b>      | <b>\$3,910.09</b>      | <b>\$4,750.00</b>      |
| <b>Community Activity</b>                               |                        |                        |                        |
| Adult Running Programs                                  | \$1,000.00             | \$197.00               | \$1,000.00             |
| Children's Running Programs                             | \$4,950.00             | \$3,680.65             | \$5,000.00             |
| Children's Pass Through Sponsorships                    | \$6,800.00             | \$7,191.49             | \$3,300.00             |
| Scholarships  | \$2,000.00             | \$1,500.00             | \$2,500.00             |
| <b>Total Community Activity Expense</b>                 | <b>\$14,750.00</b>     | <b>\$12,569.14</b>     | <b>\$11,800.00</b>     |
| <b>Contingency Funds</b>                                | <b>\$0.00</b>          |                        | <b>\$918.00</b>        |
| <b>Total Expense</b>                                    | <b>\$33,640.00</b>     | <b>\$29,938.14</b>     | <b>\$31,380.00</b>     |
| <b>Difference (Profit/Loss)</b>                         | <b>-\$1,190.00</b>     | <b>\$7,677.32</b>      | <b>\$0.00</b>          |

(1) \$150 donations, \$510 adult running program



# 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. ●

### USA Track & Field (USATF)

What is USATF? USA Track & Field (USATF) is the National Governing Body in the United States for track & field, cross-country, long distance running, and race walking. It manages national and association championships, national teams, race sanctions, and course certification. Visit the USATF website at [www.florida.usatf.org](http://www.florida.usatf.org) for national information. For questions or local information please contact John TenBroeck at [ConsultJTB@aol.com](mailto:ConsultJTB@aol.com). ●

## GROUP TRAINING RUNS

| DAY      | TIME                            | DISTANCE                             | JACKSONVILLE AREA   | CONTACT  |
|----------|---------------------------------|--------------------------------------|---|--|
| Sunday   | 6:30 AM                         | 5 to 10 Miles<br>Various pace groups | Atlantic Beach<br>Sea Turtle Inn  | Bill or Dot Mitchell<br>(904) 241-0331<br>mitd0005@mac.com   |
| Sunday   | 6:30 AM                         | 6 to 20 Miles<br>Various pace groups | Orange Park Sun Tire<br>Blanding Blvd.  | Bob Boyd (904) 272-1770<br>BobBoydFL@Comcast.net             |
| Sunday   | 7:00 AM                         | 10 to 15 Miles<br>Moderate pace      | Jacksonville<br>Jewish Community Alliance<br>8505 San Jose Blvd.                        | Wendy Patterson<br>(904) 237-4100<br>wenrex@comcast.net      |
| Sunday   | 10:00 AM<br>Late Sept-<br>March | 3-8 Miles<br>Trail Run               | Ponte Vedra<br>Guana State Park   | Craig O'Neal (904) 568-4825<br>charityrunningcoach@yahoo.com |
| Monday   | 5:30 PM                         | 6 Miles<br>Downtown Bridges          | Jacksonville<br>Charthouse Restaurant<br>parking lot                                    | Karin or Rob Glenn (904) 886-4095                            |
| Tuesday  | 6:30 PM                         | 5+ miles                             | Ponte Vedra Beach<br>Sawgrass Village   | Craig O'Neal (904) 568-4825<br>charityrunningcoach@yahoo.com |
| Weds.    | 6:30 PM                         | Interval Training                    | Orange Park, St. Johns<br>Country Day Track<br>(park @ Lakeside Elem.<br>on Moody Road) | Bob Boyd (904) 272-1770,<br>BobBoydFL@Comcast.net            |
| Weds.    | 5:30 PM                         | Interval Training                    | Jacksonville<br>Bolles School<br>San Marco Blvd.  | Bob Carr (904)743-3325                                       |
| Weds.    | 6:00 PM                         | 6.2 Miles<br>Easy pace               | Jacksonville<br>Boone Park Riverside  | Doug Tillett (904) 388-6139<br>douglastillett@hotmail.com    |
| Thursday | 6:30 PM                         | 5 Miles<br>Varied pace               | San Marco/Largo Park<br>Corner of Naldo and<br>Largo                                    | Doug Tillett (904) 388-6139<br>douglastillett@hotmail.com    |
| Saturday | 7AM                             | 7+ miles                             | Ponte Vedra Beach<br>Sawgrass Village   | Craig O'Neal (904) 568-4825<br>charityrunningcoach@yahoo.com |

# February 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/rrcahtml/rrcacal.htm>

| DATE            | EVENT   | TIME             | LOCATION   | CONTACT  |
|-----------------|---|------------------|--|--|
| Feb 12          | Prosperity Bank<br>Winter Beach Run<br>5 & 10 miles   | 2:00 p.m.        | Comfort Inn<br>1515 N. 1st St.<br>Jacksonville Beach                   | (904) 731-1900<br>Jacksonville Track Club  |
| Feb 18          | JTC Wife Carry Race   | 3:15 p.m.        | Lifeguard Station,<br>Neptune Beach                                    | (904) 387-0528<br>Jacksonville Track Club  |
| Feb 18          | Ginger Fannin Couples<br>Relay 5K   | 4:00 p.m.        | Lifeguard Station,<br>Neptune Beach                                    | (904) 387-0528<br>Jacksonville Track Club  |
| Feb 18          | Pirates on the Run 10K  | 8:30 a.m.        | City Hall, 224 Ash St.<br>Fernandina Beach                             | (904) 491-0369<br>Amelia Island Runners  |
| Feb 25          | Shell Ortega River Run<br>5 Mile  | 9:00 a.m.        | St. Marks Episcopal<br>Day School<br>Jacksonville                      | (904) 731-1900<br>St. Mark's Episcopal<br>School   |
| Feb 27          | Step Up Florida!<br>3 Mile Health Run/Walk<br>Noncompetitive event                          | 2:00 PM          | Mission Nombre de Dios<br>St. Augustine                                | (904) 825-5055 ext. 1123<br>Rafe_Hewett@doh.state.fl.us<br>St. Johns County Health Dept            |
| Feb 28          | Fat Tuesday Two Miler<br>Noncompetitive Run/Walk to benefit<br>Gulf Coast Hurricane Victims | 6:30 p.m.        | Jacksonville Landing   | (904) 387-0528<br>Jacksonville Track Club  |
| <b>April 15</b> | <b>Run to the Sun 8K</b><br><b>FREE ONE MILE</b><br><b>FUN RUN</b>                          | <b>8:00 a.m.</b> | <b>Orange Park Kennel Club</b><br><b>Orange Park</b>                   | <b>(904) 268-8392</b><br><b>mattrossrfts06@bellsouth.net</b><br><b>Florida Striders Track Club</b> |
| <b>May 29</b>   | <b>Memorial Day 5K</b><br><b>FREE ONE MILE</b><br><b>FUN RUN</b>                            | <b>8:00 a.m.</b> | <b>Green Cove Springs</b>  | <b>(904) 545-4638</b><br><b>dbokros@comcast.net</b><br><b>Florida Striders Track Club</b>          |
| <b>Sept 9</b>   | <b>Autumn Fitness 5K</b><br><b>FREE ONE MILE</b><br><b>FUN RUN</b>                          | <b>8:00 a.m.</b> | <b>Green Cove Springs</b>  | <b>(904) 272-1770</b><br><b>bobbydfll@comcast.net</b><br><b>Florida Striders Track Club</b>        |
| <b>Nov 2006</b> | <b>Hog Jog 5K</b><br><b>FREE ONE MILE</b><br><b>FUN RUN</b>                                 | <b>9:00 a.m.</b> | <b>Ronnie Van Zant Park</b><br><b>Lake Asbury</b><br><b>Middleburg</b> | <b>(904) 728-7759</b><br><b>stevebruce@comcast.net</b><br><b>Florida Striders Track Club</b>       |

# MILE MARKER MUSINGS By Robert Glenn



Greetings from the New Year, although it is already the old year for most of you by now; got that check date thing figured out yet? Me neither. First, we'll start with a correction to last month's column. I went off on a tangent about the Last Gasp and the name. Subsequently, I received a kindly email from a JTC member explaining the reason for the name. The Last Gasp 5 km is so named because it is the last JTC race of the year. Sounds reasonable to me. So maybe we'll need to rename the Autumn Fitness 5K the First Step or some such, since it may end up being the first Strider race of the year? Hmm, maybe I'll quit while I'm behind.

First up, sort of, is the **Jingle Bell Run 5K** that was held on base on the 21st of December. We didn't get any

real results from this race so you won't find them in the race results section. I think the races on base have dropped off the radar screens of most runners with the post 9-11 security procedures in place these days. We did have at least two Striders run the race and they done good (Mrs. Coffey please forgive that egregious use of slang, she was my English teacher in high school for those of you that are wondering, and she taught me good, I just choose to ignore her wisdom sometimes.) **John Metzgar** was first overall with a time that was "slow for him, 17 something" according to the little birdy that reported the results. Oh, what most of us wouldn't give for a "slow" 17 something. The other Strider on which I have the goods is **Keith Poythress** who posted a 20:53 and took 3rd place in the open division. I'm sure we had more Striders that ran the race and won age groups, **(Continued on next page)**

## NEW MEMBERS

Brett Beisker  
David Bonnette  
Carole Cash  
Amy, Joe, Micayla, Jordyn & Josh Costa  
Gretchen, David, Sarah & Jordan Jackson  
Lisa, Mike, Ashlynn, Carly, Jade & Sara Myers

## RENEWING MEMBERS

Jonie Davis  
Leslie Hague  
David Hallums  
Robert & Janet Irvin  
Jeanette & Clint Johnson  
Michael Mayse  
Janine Moore  
John Nalley  
Alan & Ann Phillips  
Bob Tatum

## MULTI-YEAR RENEWALS

Bill Weaver  
Lewis Buzzell, III  
Kellie Howard  
Joe & Maurya Sova  
Benjamin Holland  
Everett Crum  
Frances Kennedy  
Gary Lewis  
Babs & Dave Shutt

Carol Palmer  
Nicholas Jongebloed

We want to hear your running adventures!  
Please send them to [StrideRightEdit@aol.com](mailto:StrideRightEdit@aol.com)  
by the 15th of the month!

**RUNNER'S QUIZ Answers. Questions appear on page 4.** 1. Kim Merritt was the first River Runner to break the US record. When TAC officials came to re-measure the course, there was much trepidation. The course was found to be long by 25 meters. 2. Bill Rodgers won the first River Run. 3. Regardless of your pace, you will burn between 800 and 900 calories as you cover the 15K distance. 4. The best sources of calcium in the diet are milk products. Mineral calcium is absorbed poorly by comparison. Vitamin D aids in calcium absorption. 5. There are no calories (food energy) in any vitamins. Their value is as co-factors in various enzymes.

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.

## Mile Marker Musings (continued from page 15)

but as powerful as my word processor is, it is not omniscient and neither am I. So, if you expected to see your results in this space but do not, one suggestion, skip down towards the end of the column, you know the part, it goes something like this "As always, the best way to get your results in the StrideRight are to sign up on the muster sheet which Striderman keeps custody of near the finish line of most races, failing that, email me at Striderresults@aol.com."

Next up on the agenda was the **Vystar Gatorbowl 5K** which was run at the Jacksonville Landing on the 31st of December. Our fastest Strider was **Justin Jacobs** with a 16:45, which was good for first in his age group and put him in front of his 20 year older nemesis (or should I say, friendly competitor who enjoys a good sub 17 minute 5K with his quick Strider friends) who normally has the position of honor as our fastest Strider, one **John Metzgar**. Our fastest female Strider was **Patti Stewart-Garbrecht** with a 20:15 which earned her 3rd overall for women. **John Metzgar** was the male masters winner with a 17:21. Striders that won their age groups included **Page Ramezani, Denise Metzgar, Frank Frazier, Elfrieda Wyner, Sharon Lucie, and Diane Aimone**. We once again managed to sweep one of the more lofty age groups with **Page Ramezani, Bruce Holmes, and Bernie Candy** sweeping the men's 55-59 age group. Nice work guys.

Finally, we had the **Romans Road 5K** which was run in the Chimney Lakes – Argyle region of Jacksonville on the 21st of January (thanks to Ken Bendy and Al Saffer for their timely results, once again). Our fastest Strider was **Bill Dunn** with a 17:51 which earned him the masters male title. It

also marked his achievement of breaking 18 minutes which he initially thought would take him about 6 months from his return to serious running while it actually took 4 years and some 8452 miles. Not that anyone keeps track of their mileage or anything. Congratulations on a job well done, most of us will never break 18 minutes, 6 months or 4 years. It is quite an achievement. Our fastest female Strider was **Kayla Vinson** who clocked a 21:01 to win the overall woman's race. Oh yea, Kayla is 12. Nice running. I see college running scholarship money, if she's so inclined 6 years from now. And then her parents can go buy a new car with her college money like my parents did with mine. Well, if I'd been fast enough to get a running scholarship and if my parents had actually saved any money to send me to college. I tried the line junior year about how I could use the money that had saved and I didn't use, to finance a car. They said, what college money? Although, they had gotten a new car around that time, things that make you go, hmm. **Kathy Murray** did us proud as the masters female champ with a 21:40. Striders who won their age group included **Steve Beard, Celita Ricks, Thom Henkel, Barbara Whitter, Ben Holland, Maria McNary, and Al Saffer**.

### On the Road –

**John Heisner**, one of our southern California Striders, ran a 1:30:17 for the **Carlsbad Half Marathon** in his first 13.1 since turning 40. Nice work.

As always, the best way to get your results in the StrideRight are to sign up on the muster sheet which Striderman keeps custody of near the finish line of most races, failing that, email me at Striderresults@aol.com. ●

Please get your race times in as soon as possible if you want them published. You can send your times, trash & trivia to:

e-mail (preferred):

[StriderResults@aol.com](mailto:StriderResults@aol.com)

or snail mail to:

4329 Carriage Crossing Dr.  
Jacksonville, FL 32258

or give me a call at  
(904) 886-4095

## Local Running Info On The Internet



[www.floridastriders.com](http://www.floridastriders.com)

You can contact us via e-mail at:  
[BobBoydFL@comcast.net](mailto:BobBoydFL@comcast.net)

Florida RRCA Championship Races and various running related web site links can be found on the North Florida RRCA Rep's home page at

<http://members.aol.com/rrcahtml/rrcarep.htm>

You can get entry forms & results for all 1st Place Sports events on the Internet at  
<http://www.1stplacesports.com>

Also get the latest running news from the RRCA's national office, including a nationwide race schedule as well as important info from clubs across the country at

<http://www.rrca.org>