



Volume 23, Number 7

STRIDERIGHT

Florida Striders Track Club



www.floridastriders.com



July 2004

Remembering Hank On Memorial Day by Nancy Zambie



Hank Zambie

I was honored to be present at the Striders 20th annual Memorial Day 5K in Green Cove Springs. I had been advised that this year's race would be in honor of my husband, Hank Zambie.



I learned later that this was the first time in the history of the Florida Striders that a race had been dedicated in someone's name. I know that Hank would have been humbled by such a gathering and happy that so many turned out to remember him. He impacted so many lives in so many ways. I couldn't think of a more appropriate holiday for this tribute to Hank.

Memorial Day—the day we set aside to remember those military men and women who died in battle. Prior to the race, I walked to the small cemetery in Green Cove Springs which stood out with its white crosses and red, white, and blue American flags atop each cross. I walked around the cemetery and said a prayer for those whose

names appeared on the various crosses. The battle names began with the 2nd Seminole Uprising to what appeared to be the latest cross with the name Iraq. The families of these brave souls who were left behind will never be the same nor will I.

Hank recently lost his 3-year battle with colon cancer on March 18th. I've lost my best friend, our sons have lost their father, and the Zambie family has lost a son,

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JULY SOCIAL

Back by popular demand, we will gather on the deck at the Outback Crab Shack, Sunday, July 11th at 1:30 PM.

Directions: The Crab Shack & 6 Mile Marina is about 3 miles South of the Shands Bridge cutoff (US 16) on State Road 13. For more information: 904-522-0500 or crab-shack6mile@aol.com. Access by boat too!

Prez Sez

By Bob Boyd



There is lots to brag about for the Striders! The Memorial Day 5K, which was dedicated to the memory of long time Strider Hank Zambie, was a big success. Frank Sutman and Lillian Lawless directed a fine event, along with an excellent crew of coordinators, some 70 volunteers, and our generous sponsors. Frank and Lillian provide the details elsewhere in this issue. Special thanks to Nancy Zambie for her poignant cover page article. Frank and Lil also hosted a fine monthly Social/Volunteer party for us all on June 6th. Speaking of fine socials, Tanys Carere, our ever busy Membership Director, found time to host an excellent Strider Social at her home in May. Thank you Tanys.

Then there is the significant accomplishment earned by many a Florida Strider in the recently completed 2003-2004 Jacksonville Grand Prix. Our very own fleet footed John Metzgar took Overall honors in the Grand Prix, which requires both speed and endurance over the fifteen event season. Frank Frazier took fourth place in the Overall division. Rob Glenn does a better job than I with the full story in his monthly Mile Marker Musings column so please read his prose for better details. Let's just say that the Florida Striders are extremely well represented in the Overall and the Age Group Awards in the Jacksonville Grand Prix. Congratulations to each of you for your accomplishments over a long racing season.

The most impressive Strider accomplishment is not the size of their trophies but the size of their hearts. They continue to find ways to support each other, a healthy lifestyle for themselves and their community, as well as give freely of their time to help others. The Striders also manage to usually have considerable fun in the process. You just plain make me proud. Life is good.

Board of Directors' Minutes, 6/8/04

Bob Boyd called the meeting to order at 7:05 PM. Directors absent: F. Sutman, J. Wilson, K. Wilson, M. Allison, W. Millson.

Run to the Sun final accounting: Matt distributed the final accounting from the race. There were a total of 336 finishers and final race profit was \$3,699.38 (proposed profit was \$3,040). The board congratulated Matt and Rebecca on a job well done. There was more spent on the awards but it was offset by an additional \$500 in sponsorship. In answer to a question raised: yes, all sponsors receive a copy of the Strideright.

Autumn Fitness 5k race budget proposal: Bobby and Stan distributed the proposed race budget. They will get together with Sherri for sponsor contact information. It was noted that the proposed race profit for both this race and the Run to the Sun did not match the amount that is in the final 2004 club budget.

Minutes/Action items:

The previous meeting minutes were approved as published in the Strideright.

Action items:

- Bob will ask Warner to provide the board with a mid-year budget update by the August meeting. In addition, the final budget will be modified to say 'final' vs. 'proposed'.
- JD will check to see when we should pay Uncle Bob's for the storage fee.
- Bob will email the board if he receives additional information regarding hosting the 2005 RRCA convention.

Treasurer's report/signing authority status: Bob distributed the treasurer's report in Warner's absence. The final total on the report was incorrect. Rob requested that the board receive a mid-year budget update. A question was asked regarding when we need to pay Uncle Bob's and JD replied that he will look into it. Lil reported that the signing authority status is done. The treasurer's report was filed with the one correction.

RRCA convention hosting: Bob put a proposal to the board for discussion about hosting the next RRCA convention, with the help of the JTC and St. Augustine running clubs; provided the result is cost neutral to the club. Since the proposal is due this month Bob will email the board prior to the proposal when he has more information. A motion was made to allow Bob (in conjunction with the JTC and Ancient City Road Runners) to put in a proposal for Jacksonville to be the site of the 2005 RRCA convention. The motion was voted on and passed 13-1.

John Metzgar's registration/packet pickup proposal: The board discussed the possibility of having the Orange Park branch of 1st Place Sports do race registration for a future race at no cost to the club. A motion was made to allow race directors to use 1st Place Sports in Orange Park on a trial basis for registration/packet pick up (at no cost) for a future race. The motion was voted on and passed 7-5 with 2 abstentions.

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**2004-2005 Board of Directors
& Key Members**
(Board Members marked with an *)

President & Newsletter Editor: *Bob Boyd
(H) 272-1770(W) 272-1770
email: BobBoydFL@comcast.net

Vice President: *John Powers
(H) 264-8026(W) 354-5691
email: john.powers@floridapowertrain.com

Secretary: *Karin Glenn
(H) 886-4095(W) 399-5888x1418
email: tortille@aol.com

Treasurer: *Warner Millson (H) 264-4089
email: wmillson@comcast.net

Memorial Day 5K Co-Director:
*Frank Sutman(H) 292-1399
email: lawless@bellsouth.net

**Information Coordinator/
Memorial Day 5K Co-Director:**
*Lillian Lawless(H) 292-1399
email: lawless@bellsouth.net

Membership Director:
*Tanys Carere(H) 880-4414
email: tcarere@hotmail.com

Equipment Coordinator & Webmaster:
*J.D. Smith(H) 264-1673
email: smithj53@bellsouth.net

StrideRight Editor Asst & Photographer:
*Vanessa Boyd (H) 272-1770
email: bobbydFL@comcast.net

Mile Marker Musings Columnist:
*Robert Glenn(H) 886-4095
email: orrus@aol.com

Monthly Social Coordinator: *Kent Smith
(H) 284-6634 email: kent1273@aol.com

Children's Run Coordinator:
*Patti Stewart-Garbrecht (H) 541-1303
email: epstewart2002@yahoo.com

**Merchandise & Doctors Lake Drive Trail
Mntc. Coordinator:**
*George Hoskins(H) 264-4372
email: ghoskins@bellsouth.net

Directors at Large:
*John Craddock(H) 399-4073
email: jacraddock@comcast.net
*Gary Hallett(H) 292-2793
email: ghall32447@aol.com
*Julie Runnfeldt(H) 264-8649
email: jrunnfeldt@aol.com
*Jeanie Wilson(H)288-0634
email: kjwilsonesq@netscape.net
*Ken Wilson(H) 288-0634
email: kjwilsonesq@netscape.net

Autumn Fitness 5K Co-Director:
Bobby Greene(H) 262-1663
email: BEG50@MSN.com

Newsletter Circulation Manager:
Jenny Allen(H) 269-1226
email: RichJenRun@comcast.net

Hog Jog Director/Race Refreshments:
Steve Bruce (H) 728-6830
email: stevebruce@comcast.net

**Autumn Fitness 5K Co-Director &
River Run Hospitality Tent Coordinator:**
Stan Scarlett(H) 994-2687
email: stanscarlett@msn.com

RRCA State Representative: Ken Bendy
(H) 278-2926 email: kbendy@aol.com

Run to the Sun Co-Director:
Rebecca Brown(W) 954-7875
email: rebeccalynnbrown@comcast.net

Run to the Sun Co-Director:
Matt Ross(H) 268-8392
email: HartRoss@bellsouth.net

Strider "Person" Coordinator for Races:
Al Saffer(H/W) 665-6996
email: saffat@jea.com

Scholarship Coordinator
Tom Sullivan(H) 298-3220
email: msull10166@cs.com

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Autumn Fitness 5K

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Memorial Day 5K



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Autumn Fitness 5K

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John Fagan, P.A.
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Autumn Fitness 5K

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1560-4 Business Ctr Dr
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Village Bread
Market



Robert Shields, Sr.



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, Florida. Non-profit Organization Bulk Rate postage is paid at Orange Park, Florida.

Board Minutes of 5/11/2004 (continued from page 2)

Race committee report: Lil reported that the Memorial Day 5k was a success and she has received positive feedback on how the race went. There were 467 total finishers and 157 day of race registrations. The final invoices have not been received yet. The final accounting will be distributed at next month's meeting. The board congratulated her (and Frank) for another race well done.

Renewing member newsletter format survey: Tanys distributed a summary of the survey results. Of the people who made changes on how they receive the newsletter, 2 changed from paper only to both paper and email, and 1 changed from email to paper. Rob suggested that members with multiple year memberships be listed on the 'new and renewing members' section of the Strideright.

Open Forum:

Marie Allison resigned as a board member due to work schedule conflicts.

Kent reported that the next social is July 11th at the Outback Crab Shack and Warner will host the August social. Kent is still looking into possibilities for speakers at the next quarterly dinner. Two possibilities are Todd Williams and Jay Birmingham.

George brought some extra t-shirts for sale.

The meeting was adjourned at 8:43 PM. Next month's meeting will be on Tuesday, July 13th at the OP Cancer center, 2161 Kingsley Ave.

Respectfully submitted,
Karin Glenn

Remembering Hank (continued from Page 1)

sibling, uncle. How does one cope with such a tremendous personal loss? For me, I depend on memories. They weren't all good memories—just like life—there were highs and lows. Fortunately, there were many more highs and so I try to remember those.

Hank had a wonderful laugh, an infectious smile, a heart of gold. He loved flying, restoring Corvettes and riding his Harley-Davidson. He loved running with his Strider friends on Sunday mornings and, when he could no longer run; he would join them and walk or just meet them for breakfast. When he no longer had the stamina to walk or run, he supported the Striders by volunteering his help at various races.

Hank never gave up hope as he battled his cancer and I thought that if anyone could beat this hideous disease, he would. He always maintained a positive attitude and his determination to beat his cancer never wavered. He participated in two clinical trials once the standard treatments no longer worked, hoping his participation would help find a cure. He contacted his

friends and encouraged them to have a colonoscopy and celebrated with those friends when they called to say that everything went okay. He wanted to save everyone from having to go through the same ordeal.

He was such a positive example for all of us and will be missed by everyone. He cherished each and every day and would want us to remember him running on Doctor's Lake Drive, hoisting a beer at a Strider gathering, driving his '57 Vette, or zooming around on his Harley. So, on this Memorial Day and those to come, I plan to remember all those who fought so bravely—whether the field of battle was in a cockpit, on foreign soil, or from a hospital bed. To me, each and every one was a hero and will always have a special place in my heart.

Thank you, Lillian and Frank, for your time and dedication in organizing this event as well as those who volunteered their time and talent in making this Memorial Day 5K a very special memory for the Zambie family. God bless you!



The 20th Annual Memorial Day 5K by Frank Sutman and Lillian Lawless



Our 20th annual Memorial Day race was held in Green Cove Springs on May 31, 2004. The race started as the ShipShape 5000 in 1985, with Frank Frazier as race director. A lot has changed in the past 19 years! This

year, we dedicated the race to longtime Strider and race volunteer Hank Zambie. It was fitting to dedicate this race to Hank on Memorial Day, as he was a naval aviator and avid race volunteer. We hope you will enjoy reading the accompanying article by Hank's widow, Nancy. This should allow those of you who didn't know Hank to get a glimpse of a fine man. We want to thank Nancy and her family for their support and participation in our race this year. It was a very special race for all of us!

We were thrilled to have 528 registrants and 467 finishers in the 5K. Participation was significantly greater than last year's event even though the weather was quite warm. We also had 57 children receive finisher medals in the free One-Mile Fun Run. It was great to see so many smiling faces as they crossed the finish line and received their finishers' award. The race would not have happened without the hard work of 70 volunteers. Yes, it takes many people to put on a great event! We sincerely appreciate all their efforts. A special thank you to Matt Ross for cooking all those yummy turkeys for the volunteer appreciation party!

Last, but certainly not least, we want to recognize

and thank our financial sponsors. Our races and club would likely not exist without the financial support of companies like these. Please remember and provide business to them when you can! CitiStreet is back with us for a second year. They provide outsourced human resource services to other companies. We were pleased to have a number of CitiStreet employees participating in the race. Thanks to Bill Dunn for making CitiStreet sponsorship a continuing reality! Dennis Axman – Prudential Financial Services has been a longtime supporter of the Striders. We appreciate Denny's ongoing commitment to the running community. Orange Park Powerhouse has also supported the race for a number of years. Think of them next time you need new John Deere lawn and garden equipment or repairs. Remember—nothing runs like a John Deere!

We had three new sponsors this year. Ronnie's Wings and Oysters is a great restaurant, which is located right next to our starting line in Green Cove Springs. Stop in and visit Ronnie Munsey for some fine food and drink next time you feel like taking a little road trip. Vac-Con supplies those big industrial-vacuuming trucks you see around town. Cool Zone supplies the type of misting fans you see on the sidelines at Jaguars games. The club is indebted to John Powers for developing sponsorship opportunities with these three new sponsors. Finally, our old friend Robert Shields continues to support the race with a generous donation every year. Thank you all! Please plan on coming back to Green Cove Springs on May 30, 2005!



Memorial Day 5K Volunteers & Race Supporters

Darien Andreu
Judy Bartlett
Wayne Bartlett
Kate Bouvatte
Bob Boyd
Roberta Boyd
Vanessa Boyd
Steve Bruce
Jan Buzzell
Logan Buzzell
Lou Carter
Christine Chmielewski
Rebecca Collins
Chris Comber
Patty Czarnecki
Frank Frazier
Janice Fugate
JD Garbrecht
Karin Glenn
Susan Gostage
Bradley Hardie
Tracie Hardie
Tess Hart-Ross
Jack Hayes
Shirley Henkel
Thom Henkel
John Hirsch
George Hoskins
Trish Kabus
Deb Kennedy
Michelle Krueger
Lillian Lawless
Peg Lawson
Courtney Little
Mike Marino
Dave McAnany
Mike Milek
Sue Miller
Lou Millson
Warner Millson

Kathy Murray
Jeff Nelson
Maria Padin
Rick Powell
John Powers
Nancy Pullo
Pat Raiford
Matt Ross
Julie Runnfeldt
Ed Schmidt
Jeanette Schmidt
JD Smith
Kent Smith
Stan Smith
Paul Smyth
Regina Sooev
Patti Stewart-Garbrecht
Frank Sutman
John TenBroeck
Rick Townsend
Roselyn Townsend
Anthony Trupiano
Brianna Trupiano
Sally Trupiano
Fletcher Turner
Holly Turner
Anne Weaver
Danny Weaver
Sherry Womack
Nancy Zambie

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Ronnie Munsey

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Chief Gail Russell

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Place Sports**
Doug Alred
Jane Alred
Anthony Garrett

**Clay County Line - The Florida
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Stephen Kindland

DecoPlaques
Stewart Daniel



Memorial Day 5K, May 31, 2004 Race Results

O'all Place	Class Place	Finisher, Age	Time	Pace	O'all Place	Class Place	Finisher, Age	Time	Pace
Open Men					Men 20 - 24				
1	1	Zepherinus Joseph, 28	15:35	5:00	56	10	Mark Beebe, 15	21:13	6:49
2	2	John Metzgar, 41	15:38	5:01	58	11	Andy Bradfield, 17	21:26	6:53
3	3	Michael French, 26	15:54	5:06	63	12	Matthew Acheson, 15	21:50	7:01
Open Women					Men 25 - 29				
1	1	Karin Glenn, 34	17:51	5:44	66	13	Chris Haun, 15	21:58	7:03
2	2	Michelle Krueger, 28	18:32	5:57	5	1	James Henry, 21	16:53	5:25
3	3	Keyyy Fillnow, 21	18:37	5:59	6	2	Justin Jacobs, 21	16:54	5:26
Masters					Men 30 - 34				
8	1	Len Ferman, 40	17:09	5:30	7	3	Justin Vanderzee, 23	17:01	5:28
5	1	April Morse, 40	21:08	6:47	25	4	Timothy Curtis, 23	19:13	6:10
Grand Masters					Men 35 - 39				
24	1	Bernie Candy, 56	19:02	6:07	31	5	Steven Dodge, 23	19:34	6:17
20	1	Mary Woodruff, 53	22:53	7:21	39	6	Jason Ortiz, 22	19:57	6:24
Green Cove Resident					Men 10 & Under				
25	4	Timothy Curtis, 23	19:13	6:10	48	7	David Bloomfield, 22	20:41	6:39
30	4	Kim Crist, 47	24:19	7:49	67	8	Eduard Lapushchik, 23	21:58	7:03
Men 11 - 14					Men 15 - 19				
50	1	Brandon Hough, 14	20:46	6:40	98	9	Reid Adams, 24	23:39	7:36
57	2	Tommy Fossa, 14	21:23	6:52	167	10	James White, 24	26:57	8:39
65	3	Scott Collins, 14	21:54	7:02	181	11	Andrew Chapman, 20	27:49	8:56
83	4	Alex Wester, 14	22:55	7:22	199	12	Matthew Butler, 23	28:45	9:14
128	5	Austin Wester, 13	24:48	7:58	223	13	Mike Wynn, 23	30:48	9:54
134	6	Paul Tolson, 11	25:10	8:05	Men 20 - 24				
135	7	Luke Thompson, 12	25:12	8:06	4	1	Shawn Williams, 28	16:48	5:24
137	8	Zachary Laughlin, 13	25:25	8:10	21	2	Leonardo Leal, 25	18:35	5:58
138	9	Brian Frey, 14	25:27	8:11	78	3	Michael Brower, 25	22:36	7:16
163	10	David Lindell, 11	26:47	8:36	122	4	Michael Myers, 27	24:42	7:56
203	11	Andy Daugherty, 13	28:57	9:18	143	5	Christopher Smith, 28	25:36	8:13
229	12	Josh Stanley, 11	31:00	9:58	183	6	Ben Guttliess, 26	27:55	8:58
243	13	Hunter Van Wagenen, 14	32:38	10:29	248	7	Calvin Dell, 27	33:14	10:41
264	14	Devin Sallette, 11	35:35	11:26	Men 30 - 34				
Men 15 - 19					Men 35 - 39				
9	1	Johnathan Esteban, 15	17:24	5:35	34	1	Craig Herzog, 30	19:41	6:19
11	2	Anthony Morales, 15	17:41	5:41	52	2	Karl Gutekunst, 30	21:00	6:45
12	3	Christopher Holland, 18	17:41	5:41	90	3	Lonnie Willoughby, 34	23:19	7:29
16	4	Philip Darby, 17	17:57	5:46	102	4	Ben Garrett, 34	23:51	7:40
18	5	Marvin Moore, 17	18:03	5:48	125	5	Brad Wester, 31	24:45	7:57
19	6	John Hume, 17	18:22	5:54	157	6	Jeffrey Hicks, 32	26:21	8:28
28	7	Derrick Lakndar, 18	19:28	6:15	165	7	Marcus Abbey, 31	26:54	8:38
29	8	Christopher Hough, 17	19:31	6:16	191	8	William Roberts, 30	28:20	9:06
40	9	Stewart Collins, 17	19:59	6:25	196	9	Scott Fortune, 30	28:37	9:12
					Men 20 - 24				
					Men 25 - 29				
					Men 30 - 34				
					Men 35 - 39				

Memorial Day 5K, May 31, 2004 Race Results

<u>O'all Place</u>	<u>Class Place</u>	<u>Finisher, Age</u>	<u>Time</u>	<u>Pace</u>	<u>O'all Place</u>	<u>Class Place</u>	<u>Finisher, Age</u>	<u>Time</u>	<u>Pace</u>
237	35	Rick Townsend, 54	31:55	10:15	Men 70 - 74				
245	36	William Bryant, 50	32:55	10:35	148	1	August Leone, 74	25:45	8:16
247	37	Ted Campbell, 54	33:08	10:39	179	2	John Aimone, 74	27:40	8:53
250	38	Tom Wynn, 51	33:36	10:48	192	3	Fred Pareira, 70	28:29	9:09
256	39	Lathun Brigman, 54	33:53	10:53	211	4	Robert Meister, 72	29:39	9:32
258	40	Robert Cone, 54	34:05	10:57	212	5	Bo Holub, 72	29:42	9:32
272	41	Greg Fillnow, 52	39:18	12:38	240	6	Harry Milliron, 72	32:14	10:21
276	42	Conrad, 51	43:07	13:51	253	7	Bill Zipperer, 70	33:45	10:51
					254	8	Norman Thomas, 72	33:51	10:53
Men 55 - 59					Men 75 - 79				
70	1	George Hoskins, 59	22:01	7:04	194	1	Jim Blount, 75	28:33	9:10
81	2	Al Ganter, 56	22:48	7:19	217	2	Bob Carr, 75	30:17	9:44
84	3	Richard Anderson, 58	22:57	7:22	230	3	Joe Conrad, 77	31:10	10:01
91	4	Danny Weaver, 56	23:21	7:30	269	4	George Coombes, 78	37:37	12:05
129	5	Joe Butler, 56	24:55	8:00	279	5	Moreland Perkins, 77	47:35	15:18
144	6	Bernard Gross, 57	25:36	8:13	Men 80 & Up				
153	7	Fred Klemm, 58	26:05	8:23	268	1	Chuck Ellis, 81	36:33	11:45
169	8	Darrell Whitworth, 57	27:03	8:41	274	2	John Carson, 82	40:17	12:57
170	9	Ed Kelly, 58	27:05	8:42	281	3	Edward Davis, 83	52:42	16:56
216	10	Harold Johnson, 56	30:00	9:38	Women 10 & Under				
219	11	Daniel D Richardson, 56	30:19	9:44	52	1	Nancy Harms, 9	25:48	8:17
252	12	Norajean Fillnow, 56	33:44	10:50	109	2	Anne Tolson, 7	31:12	10:01
261	13	Eben Barnett, 59	34:49	11:11	123	3	Hayley Thompson, 10	32:05	10:18
273	14	Linden Fenton, 58	39:29	12:41	149	4	Sarah Lindell, 7	36:08	11:37
					150	5	Jill Foster, 7	36:09	11:37
Men 60 - 64					Women 11 - 14				
43	1	David Ohnsman, 60	20:05	6:27	11	1	Laura Sreel, 14	21:41	6:58
59	2	Frank Frazier, 61	21:27	6:53	14	2	Allison Williams, 14	21:51	7:01
69	3	Tom Graham, 60	21:59	7:04	25	3	Gwen Vandenoort, 12	23:57	7:42
76	4	Thom Henkel, 60	22:36	7:16	39	4	Amelia Williams, 11	24:47	7:58
80	5	John Deantonis, 60	22:44	7:18	50	5	Rebecca Ucciardo, 13	25:46	8:17
100	6	Matt Ross, 64	23:42	7:37	65	6	Kate Bouvatte, 13	27:15	8:45
105	7	Paul Smith, 62	23:55	7:41	74	7	Erin O'Nora, 12	27:53	8:57
110	8	John Gauer, 60	24:07	7:45	135	8	Jaimie Blake, 13	33:27	10:45
123	9	JD Beck, 64	24:42	7:56	165	9	Katie Stanley, 11	41:47	13:26
140	10	Kent Smith, 61	25:33	8:12	Women 15 - 19				
145	11	Bobby Greene, 64	25:41	8:15	4	1	Sarah Wilkening, 18	21:04	6:46
158	12	Jack Hayes, 63	26:24	8:29	41	2	Katie Maveety, 19	25:00	8:02
164	13	Michael Van Horn, 63	26:48	8:37	84	3	Lisabeth Quinn, 17	28:55	9:17
186	14	Jimmy Hurst, 61	28:05	9:01	103	4	Jenni Snyder, 16	30:36	9:50
202	15	Gordon Slater, 64	28:55	9:17	114	5	Kathleen Maxwell, 15	31:22	10:05
208	16	Tom Sullivan, 64	29:29	9:28	115	6	Kristi Kemp, 16	31:22	10:05
222	17	John Tenbroeck, 63	30:30	9:48	127	7	Haley Van Wagenen, 19	32:38	10:29
231	18	Ron Elinoff, 61	31:14	10:02	163	8	Claudia Diaz-Diurych, 18	40:04	12:52
233	19	Ed McDonough, 62	31:16	10:03	Women 20 - 24				
235	20	Freddy Fillingham, 62	31:33	10:08	7	1	Meghan Fillmow, 21	21:21	6:51
242	21	George Mosley, 64	32:23	10:24	58	2	Julie French, 24	26:29	8:30
246	22	Robert Tanner, 61	33:04	10:37	88	3	Mary Crotty, 20	29:28	9:28
255	23	Burness Morris, 61	33:53	10:53	111	4	Helen Quinn, 20	31:18	10:03
259	24	Bill Weaver, 61	34:22	11:03	112	5	Ashlee Brower, 20	31:18	10:03
278	25	William Bowers, 63	47:10	15:09	122	6	Eliza Rodriguez, 24	32:03	10:18
					128	7	Hilary Henry, 24	32:39	10:29
Men 65 - 69					129	8	Nicole Cardosi, 22	32:56	10:35
77	1	Everett Crum, 69	22:36	7:16	142	9	Lisa Barnett, 21	34:49	11:11
89	2	Don Magyari, 68	23:17	7:29	144	10	Shannon Adams, 21	35:20	11:21
225	3	Philip Trast, 66	30:51	9:55					
232	4	Stewart The-Geiger-Boy, 67	31:14	10:02					
234	5	Robert Shields, 69,	31:29	10:07					
260	6	Al Saffer, 69	34:34	11:06					
267	7	Charles Desrosier, 67	36:16	11:39					
271	8	Blaise Castellini, 69	38:16	12:18					

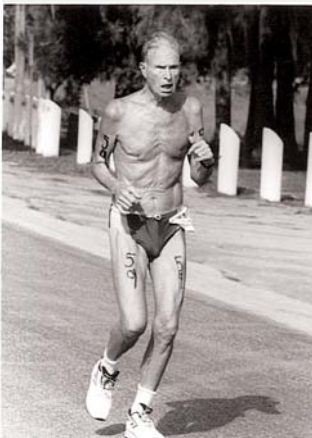
Memorial Day 5K, May 31, 2004 Race Results

O'all Place	Class Place	Finisher. Age	Time	Pace	O'all Place	Class Place	Finisher. Age	Time	Pace
156	11	Michaelle Batten, 20	37:43	12:07	154	26	Patricia Esteban, 36	36:52	11:51
					168	27	Susan Stanley, 39	42:40	13:43
					172	28	Tamara McAbee, 39	44:12	14:12
					182	29	Margaret Hollis, 37	47:16	15:11
Women 25 - 29					Women 40 - 44				
10	1	Wendy Yanlus, 25	21:31	6:55	13	1	Laurie Pinover, 41	21:49	7:00
12	2	Lori Brownell, 29	21:46	6:59	16	2	Bonnie Brooks, 43	22:01	7:04
57	3	Alise Ferranti, 28	26:26	8:29	17	3	Kathy Murray, 41	22:12	7:08
75	4	Tanys Carere, 29	27:56	8:58	24	4	Susan Harms, 44	23:51	7:40
78	5	Stephanie Sobo, 25	28:16	9:05	45	5	Kathy Byal, 41	25:29	8:11
118	6	Christine Allman, 25	31:30	10:07	66	6	Melanie Lohr, 42	27:20	8:47
155	7	Yakieya Sisney, 25	37:29	12:03	82	7	Heather Kaufman, 41	28:39	9:12
158	8	Natalie Bussey, 25	37:50	12:09	83	8	April Fossa, 43	28:50	9:16
166	9	Lily Aguilar, 29	41:52	13:27	85	9	Vicki Choinski, 40	28:55	9:17
176	10	Lisa Mancino, 26	45:19	14:34	91	10	Amy Davis, 40	29:48	9:34
Women 30 - 34					93	11	Bess Ebbinghouse, 44	29:58	9:38
6	1	Lisa Sullivan, 30	21:15	6:49	95	12	Esther Daulton, 41	30:13	9:42
9	2	Stacey Smith, 32	21:27	6:53	106	13	Laura Lane, 40	30:45	9:53
23	3	Rebekah Leigh, 33	23:40	7:36	107	14	Margaret Tyburski, 42	30:46	9:53
26	4	Diana Bartlett, 30	23:58	7:42	110	15	Ellen Tolson, 40	31:12	10:01
34	5	Caranne Boden, 31	24:28	7:52	113	16	Carol Horton, 41	31:21	10:04
36	6	Amy Miller, 32	24:30	7:52	119	17	Julie Tahiliani, 41	31:43	10:11
37	7	Renee Harrell, 34	24:32	7:53	120	18	Christy King, 43	31:51	10:14
40	8	Robert Tomlinson, 30	24:48	7:58	125	19	Jennie Ritter, 44	32:23	10:24
48	9	Dana Summey, 34	25:44	8:16	139	20	Sandra Maveety, 44	34:37	11:07
51	10	Kimberly Pierce, 32	25:47	8:17	140	21	Ana Ray, 41	34:39	11:08
61	11	Cindy Frazer, 32	26:48	8:37	147	22	Brenda Schwelling, 43	35:31	11:25
63	12	Allison Long, 34	27:07	8:43	152	23	Linda Wolfenberger, 40	36:23	11:41
68	13	Debbie Sleaf, 34	27:30	8:50	157	24	Amy Corrales, 40	37:46	12:08
71	14	Renay Daigle, 34	27:36	8:52	162	25	Carol Klauer, 44	40:02	12:52
89	15	Janalyn Peppel, 32	29:34	9:30	Women 45 - 49				
117	16	Patrice Peterson, 30	31:28	10:07	15	1	Melody Sallette, 46	21:54	7:02
126	17	Wendi Warrell, 33	32:24	10:25	18	2	Erika Sauer, 48	22:14	7:08
151	18	Lisa Everington, 32	36:15	11:39	19	3	Robin Smith, 46	22:52	7:21
164	19	Lisa Eubanks, 33	40:26	13:00	30	4	Kim Crist, 47	24:19	7:49
Women 35 - 39					32	5	Diane Foster, 49	24:21	7:49
8	1	Cynthia Lyons, 37	21:22	6:52	42	6	Leslie Doucette, 47	25:03	8:03
22	2	Carrie Williams, 37	23:21	7:30	46	7	Vicki Watson, 46	25:30	8:11
27	3	Lacey Skinner, 38	24:00	7:43	47	8	Melinda Terry, 45	25:41	8:15
28	4	Monica Alford, 35	24:06	7:44	55	9	Vicky Connell, 45	26:19	8:27
33	5	Diane Perkins, 38	24:23	7:50	56	10	Sue Whitworth, 49	26:26	8:29
43	6	Traci Hardie, 39	25:14	8:06	64	11	Judith Hession, 46	27:07	8:43
59	7	Kylie Riggs, 36	26:37	8:33	70	12	Gayle Adams, 48	27:35	8:52
62	8	April McHugh, 37	26:56	8:39	79	13	Debbie Adams, 47	28:21	9:06
69	9	Michelle Henson, 37	27:34	8:51	81	14	Lorri Howard, 48	28:36	9:11
72	10	Jennifer Shetler, 35	27:41	8:54	94	15	Barbara Whitter, 46	30:10	9:42
76	11	Paula Wilkinson, 36	27:57	8:59	99	16	Sandra Shines, 47	30:27	9:47
77	12	Kristin Sturges, 37	28:00	9:00	100	17	Rebecca Brown, 47	30:28	9:47
86	13	Sue Haila, 35	29:24	9:27	121	18	Laurie Ricciardi, 45	32:00	10:17
92	14	Kelly Smith, 38	29:55	9:37	130	19	Cindy Cardosi, 46	32:57	10:35
96	15	Debora Finegan, 39	30:17	9:44	133	20	Holly Chapman, 48	33:19	10:42
97	16	Lynne Williamson, 37	30:18	9:44	180	21	Mary Brownell, 47	47:01	15:07
98	17	Tamara Whitaker, 38	30:24	9:46	Women 50 - 54				
108	18	Dianne Strachan, 37	30:55	9:56	21	1	Sharon Lucie, 53	23:10	7:26
134	19	Delores Wise, 38	33:24	10:44	29	2	Nancy Toth, 50	24:15	7:47
137	20	Cindy Salemi, 39	33:50	10:52	35	3	Claudia French, 50	24:30	7:52
138	21	Laurie Jacola, 39	34:20	11:02	38	4	Christy Calderon, 50	24:44	7:57
143	22	Michelle Hudson, 35	35:20	11:21	44	5	Betsy Kuhl, 50	25:14	8:06
145	23	Christine Ogden, 35	35:22	11:22					
146	24	Trish Kabus, 38	35:29	11:24					
148	25	Michelle Ramos, 39	35:58	11:33					

Memorial Day 5K, May 31, 2004 Race Results

O'all Place	Class Place	Finisher, Age	Time	Pace	O'all Place	Class Place	Finisher, Age	Time	Pace
49	6	Donna Rettini, 52	25:44	8:16	179	12	Helen Hill, 55	46:35	14:58
53	7	Carol Palmer, 53	26:00	8:21	Women 60 - 64				
73	8	Sue Odum, 53	27:52	8:57	90	1	Susan Wallace, 62	29:36	9:31
80	9	Shirley Henkel, 50	28:32	9:10	136	2	Robin Zipperer, 60	33:45	10:51
87	10	Holly Hosch, 54	29:25	9:27	161	3	Jerrine Hamm, 60	39:44	12:46
101	11	Chin-Chih Ward, 52	30:29	9:48	169	4	Mary Jordan, 61	42:40	13:43
124	12	Glenda Horton, 53	32:17	10:22	173	5	Gwen Castellini, 64	44:21	14:15
132	13	Jody Lane, 51	33:13	10:40	181	6	Virginia Butler, 61	47:12	15:10
160	14	Ann Avery, 50	39:15	12:37	Women 65 - 69				
175	15	Pat Wenthe, 51	45:05	14:29	170	1	Kathy Pareira, 68	43:38	14:01
178	16	Danna Hoffman, 50	46:35	14:58	171	2	Judy Magyari, 65	43:44	14:03
183	17	Pamela Murray, 53	51:41	16:37	177	3	Margaret Eaton, 69	45:31	14:38
186	18	Patricia Correa, 50	56:46	18:15	Women 70 - 74				
Women 55 - 59					153	1	Norma Wasson, 70	36:50	11:50
31	1	Theresa Coomes, 58	24:19	7:49	167	2	Diane Aimone, 74	41:59	13:29
54	2	Kwan Supapan McCall, 55	26:07	8:23	184	3	Charlene Davis, 70	52:53	17:00
60	3	Maria McNary, 57	26:41	8:34	Women 75 - 79				
67	4	Marilyn Roberts, 57	27:27	8:49	159	1	Irene Herbertson, 79	38:03	12:14
102	5	Kathy Klein, 58	30:32	9:49	185	2	Betty Mitchell, 76	53:12	17:06
104	6	Winney Yaun, 58	30:39	9:51					
105	7	Karen Allman, 58	30:42	9:52					
116	8	Susan Gostage, 58	31:22	10:05					
131	9	Corliss Tanner, 59	33:11	10:40					
141	10	Dana Moser, 59	34:46	11:10					
174	11	Gail Mosley, 57	44:28	14:17					

Strider Spotlight on John Carson by Bob Boyd



I am constantly reminded of what a fine group of people belong to our club. My most recent example is this month's Strider Spotlight, John Carson, who turned 82 in April. John attended Temple University in Philadelphia on a swimming scholarship (running wasn't even a consideration until he was forty years old!) He left Temple to serve in World War II, participating in both the African and Italian

campaigns as a sergeant in the Army Infantry. He returned home on Christmas day 1945 and married Laura, one month later. John said Laura is still attending and supporting all his races after 58 years together. They have a daughter in Virginia and a son in Panama City. John finished his degree after the war and made teaching his career, retiring to Florida in 1985.

How did this swimmer turn into a runner you ask? It seems that all that post war prosperity, and Laura's cooking, resulted in a lot of John to love. Specifically, John got up to 233 pounds! He began a walking program and walked himself down to his current slim and trim 147

pounds. A friend suggested he try a 5 mile running race. He trained himself to run up to 10 miles so he would be sure to finish the five miler. It is not hard to spot over-achievers is it? At the tender age of 59 John was doing his first marathon near Allentown, Pennsylvania, complete with rain and snow. He now has finished fifteen marathons, nine of which were Marine Corps marathons in D.C., and a total of some 260 races. Some friends got him started in triathlons and he has now completed 27 of those events.

You will not be surprised to learn he does well at all the above. He has won or placed in his age group at the Gate River Run on several occasions. He won a National half marathon competition in Clermont, and earned a tenth in the Nation ranking in the triathlon in 1996.

John's weekly training consists of running usually six days a week, with distances ranging from four to eight miles depending upon how he feels. He does intervals two to four times a week, usually consisting of two miles of 200M intervals with 100M recoveries. There is a reason he brings home a lot of trophies!

John enjoys doing volunteer work with his local Hospice in Palatka. Laura is very active in their church's Food Closet. Palatka is fortunate to have them in their community and we are proud to count them as Striders.

STRIDERS AT THE RACES



RACE RESULTS

To get your race results published,
email StriderResults@aol.com

FLOYD FOUR

Palatka
May 28, 2004

John Metzgar	21:08	3rd O/A
Del Conner	27:55	
John Hirsch	28:46	
Everett Crum	29:37	1st A/G
Tom Zicafoose	30:23	
John Gauer	31:41	
Kent Smith	33:59	
JD Beck	33:42	
Jim Kehr	36:08	
Gordon Slater	38:44	
Bo Holub	40:15	
Margaret Tyburski	42:15	
Trish Kabus	48:08	

AVIA CHAMPIONSHIP 5K

Jax Landing
June 5, 2004

John Metzgar	15:57	4th O/A
Len Ferman	16:42	15th
Karin Glenn	18:09	
Patti Stewart-Garbrecht	18:42	

RUN FOR THE PIES 5K

Jax Landing
June 5, 2004

Frank Sutman	17:15	2nd A/G
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Bill Phillips	17:25	3rd A/G
Anthony Truitt	17:25	
Greg Richards	17:43	1st A/G
Mark Woods	17:51	
Bill Dunn	18:15	
Bernie Candy	18:31	1st A/G
So Ho Choi	18:48	PR
Victor Corrales	18:56	
Nick Jongebloed	19:03	
Paul Geiger	19:07	2nd A/G PR
Patrick McKeefery	19:22	3rd A/G
Del Conner	19:59	
Rexx Weir	20:07	
Randy Arend	20:11	
Frank Frazier	20:41	2nd A/G
Cynthia Lyons	20:42	1st A/G
Manual Ortiz	20:59	
David Ferman	21:06	2nd A/G
Kathy Murray	21:23	2nd A/G
Paul Berna	21:28	
George Hoskins	21:37	
Sharon Lucie	21:52	2nd A/G
Matt Ross	22:08	3rd A/G
Gary Gills	22:12	
Everett Crum	22:18	1st A/G
Harry Edwards	22:22	
George Hoskins	22:37	
Austin Wester	22:40	
Steve Edgell	22:55	PR
Alex Wester	23:14	
Tom Zicafoose	23:26	
Scott Arend	24:07	

Claudia French	24:13	
Kent Smith	24:27	
Jim Klein	24:18	
Craig Harms	24:28	
Nancy Harms	24:29	2nd A/G
Vicky Connell	24:46	
Rick Sheets	24:51	
Sue Whitworth	25:05	
Patrick Brennan	26:36	
Vicki Choinski	26:57	
John Aimone	26:58	1st A/G
Leo Sheckells	27:23	
Gordon Slater	27:53	
Tom Sullivan	28:10	
Barbara Whitter	28:24	
David Albritton	28:28	
Josh Stanley	29:50	
Freddi Fillingham	30:22	
Nadine Thomas	30:34	
Kathy Klein	30:36	3rd A/G
Trish Kabus	30:46	
Al Saffer	31:56	3rd A/G
Burness Morris	32:44	
Lupita Trujillo	32:48	
Brenda Schwelling	33:30	
Joe Connolly	36:30	1st A/G
Norma Wasson	36:32	1st A/G
George Coombes	36:52	2nd A/G
Susan Stanley	37:29	
Katy Stanley	37:30	
Diane Aimone	39:03	2nd A/G
George Obi	40:22	3rd A/G

What's Up?

With the Striders, there is no lack of planning and running races. Frank Frazier has a group headed to the London Marathon in April 2005. John Heisner has sent in his Chicago Marathon application. Ken Wilson is tackling Grandfather Mountain later this month. Whew!

We would love to hear about your plans and the always interesting summary of your adventure when you get back. Don't be shy now. Just put fingers to keyboard, and send me your race review, highlights, and a picture to: BobBoydFL@comcast.net

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
Jul. 4	Celebration 5K	7:30 a.m.	1st Place Sports, Baymeadows Road, Jax	(904) 739-1917 1st Place Sports
Jul. 4	26th Annual Melon Run 3 Mile	8:00 a.m.	Westside Park, NW 34th St and NW 8th Ave, Gainesville	(352) 378-8725 Florida Track Club
Jul. 17	20th Annual Bridge of Lions 5K	7:00 p.m.	St. Augustine	(904) 819-8711 spolystjohns@yahoo.com
Jul. 24	Summer Track Classic	5:00 p.m.	Bolles School, San Jose Blvd., Jax	(904) 388-7860 Jacksonville Track Club
Jul. 24	Summer In The City 5K	7:30 p.m.	Hemming Plaza, Laura & Monroe Sts., Jax	(904) 739-1917 1st Place Sports
Aug. 1	Family Fun Run	6:30 p.m.	Sea Turtle, Atlantic Beach	(904) 387-0528 ConsultJTB@aol.com
Aug. 6-7	Tour de Pain 3 Races in 24 Hours	7:30 p.m. 7:30 a.m. 7:30 p.m.	Beach 4Mi. - Seawalk, Jax Bch Mile Sizzler - 1st Place Sports Jax Landing 5K	(904) 739-1917 1st Place Sports
Aug. 21	Carrabba's Summer Beach Run 5 Mi.	7:00 p.m.	SeaWalk Pavilion Jax Beach	(904) 739-1917 Jacksonville Track Club
Sep. 11	Autumn Fitness 5K	8:00 a.m.	Orange Park Kennel Club, US 17 & Wells Rd, Orange Park	(904) 268-6272 stanscarlett@msn.com Florida Striders Track Club
Nov. 6	Hog Jog 5K	9:00 a.m.	Ronnie VanZant Park Sandridge Road Lake Asbury (Middleburg)	(904) 728-6830 Stevebruce@comcast.net Florida Striders Track Club
April 16	Run to the Sun 8K	8:00 a.m.	Orange Park Kennel Club, US 17 & Wells Rd, Orange Park	(904) 268-8392 HartRoss@bellsouth.net Florida Striders Track Club
May 30	Memorial Day 5K	8:00 a.m.	Spring Park, Green Cove Springs	(904)292-1399 lawless@bellsouth.net Florida Striders Track Club

Memorial Day 5K pictures are great in the Newsletter but there are literally hundreds more, and in full color, on our Website at: www.FloridaStriders.com.

Welcome Back Renewing Members!

- David Albritton
- Doug & Jane Alred
- Eric & Bernita Bush
- Amy Davis
- Micki & David Gibson
- John Hirsch
- B. Jon Jaeger
- David Kelley
- Bob Kennedy
- Annalee McPhilomy
- Patrick Rascoe
- Brian Smith
- Alex, Austin & Angela Wester
- Barbara Whitter

GROUP TRAINING RUNS

DAY	TIME	DISTANCE	JACKSONVILLE AREA	CONTACT
Sunday	6:30 AM	5 to 10 Mi. Various pace groups	Atlantic Beach Sea Turtle Inn	Jakson Badenhoop (904) 285-1552 jaksonba@ilnk.com
Sunday	6:30 AM	6 to 20 Mi. Various pace groups	Orange Park Sun Tire Blanding Blvd.	Bob Boyd (904) 272-1770 BobBoydFL@Comcast.net
Sunday	10:00 AM	3-8 Mi. Trail Run	Ponte Vedra Guana State Park	Craig O'Neal (904) 285-9097 autofinance-man@yahoo.com
Monday	5:30 PM	6 Mi. Downtown Bridges	Jacksonville Charthouse Rest. parking lot	Karin or Rob Glenn (904) 886-4095
Tuesday NEW!	6:30 PM	5.5 MI. River Road Area, Various paces	Orange Park, 1st Place Sports, 550-7 Wells Rd	John Metzgar (904) 264-3767 work or (904) 215-9440
Weds. NEW!	6:30 PM	Interval Training	Orange Park, St. Johns Country Day Track-park @ Lakeside Elem. on Moody	John Metzgar(904) 264-3767 work or 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	6.5 Mi. Easy pace	Jacksonville Boone Park Riverside	Bernie Gross (904) 272-5995 berniegross@juno.com
Thursday	6:00 PM	5 Mi.	Gracor Fitness Ctr. 1950 San Marco	Brett Chepenik (904) 398-6442
Thursday	6:20 PM	Varied distances	Jacksonville Beach SeaWalk Pavilion	Jakson Badenhoop (904) 285-1552 jaksonba@ilnk.com Call/email to confirm last minute changes

Welcome New Members!

- Judy, Dayn, & Jarrod Boitet
 - Virginia Butler
 - James Campbell
 - Victor Corrales
- James Fossa
 - Ben Garrett
 - Lorri Howard
 - Linda & Ed Jackson
 - James Kissinger
- Scott Northcut
 - Jason Ortiz
 - Marilyn Roberts
 - Michael Van Horn

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 _____

E-mail _____

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 that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road or the traffic on the course, all such risks being known and appreciated 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 and release the Road Runners Club of America, The Florida Striders Track Club, and all sponsors, their representatives and successors from all claims and liabilities of any kind arising out of my participation in these club activities, even though that liabilities may arise out of negligence or carelessness on the part of the persons named in this waiver. Rev. 12/01

MILE MARKER MUSINGS By Robert Glenn

Striders, countrymen, lend me your eyes, for, lo and behold, the results from late May and June are about to be yelled from the mountain tops and shouted in the valleys. Yes, another musings is upon us. Only three races this go round but don't despair, the Jacksonville Grand Prix also finished up with the Pies run and we'll get to that also. But first, I've heard some rumblings that I ought to include more people in the column. You know, maybe everyone who gets an age group award or every PR or each person who finishes the race. Actually, I think that is a pretty good idea. How about we'll just publish the name of every Strider who runs and instead of calling it "Mile Marker Musings" and putting it on the back of the StrideRight, we'll call it "Race Results" and put it in the middle. Oh wait, we already do. I've gotta draw the line somewhere and for now it is firmly drawn at fastest male and female Strider, overall (including top 3 or 5 if the race goes that way, masters, and grandmasters), and all the age group winners. It is open for discussion, this is our newsletter after all; but absent a mob insurrection, the current rule stays.

First up, the **Floyd Four Miler** held in Palatka on the 28th of May. Our fastest Strider was **John Metzgar** with a 21:08, which was good for 3rd overall. Our fleetest female Strider was **Margaret Tyburski** who clocked a 42:15. Our only other Strider to rule the age group roost was **Everett Crum** who took first in his age group.

Next up, our very own **Memorial Day 5K** held down in beautiful Green Cove Springs on the 31st of May. Our fastest Strider was **John Metzgar** with a 15:38, which earned him 2nd overall. **Karin Glenn** was our quickest

female Strider and also the overall woman's winner with a 17:51. **Len Ferman** captured the male masters division while **Bernie Candy** was the male grand masters winner. Striders who won their age groups included **George Hoskins, Everett Crum, Augie Leone, Chuck Ellis, Nancy Harms, Lisa Sullivan, Cynthia Lyons, Sharon Lucie, Norma Wasson, and Irene Herbertson.**

Nice showing for such a big race. Way to go everybody.

Finally, the last race of the Jacksonville Grand Prix season was the **Run for the Pies 5K** held on the downtown 5K course. We had 4 Striders compete in the **Avia Championship 5K**, which takes some speed to get into much less to do well. **John Metzgar** finished 4th overall with a 15:57 while **Len Ferman** was 15th with a 16:42. **Karin Glenn** clocked an 18:09 while **Patty Stewart-Garbrecht** ran an 18:42. Nice running on that 5 lap up and down the block course, good for spectators, not as ideal for the competitor's times (or so a little birdy told me.)

The open race for Run for the Pies had a goodly number of PR's again. I think that happened at the Tour de Pain 5K 2 years ago also, hmm. Anyway, congratulations to all who ran well. **Frank Sutman** was our fastest male Strider with a 17:15 while **Cynthia Lyons** was our fastest female Strider with a 20:42. We had a bunch of other Striders take age group awards, all listed conveniently for you in the Race Results section of this self-same periodical you are holding, but if you want to know

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Lakeside Elementary Team Takes Top Award at Fun Run!



Warner Millson, Strider Treasurer, presents Lakeside Elementary Principal, Julie Badger, with their \$500 1st Place check for the most participation at the Run to the Sun One Mile Fun Run. Kim Tracanna and several members of her winning team are present. Good job team! A total of \$1500 was awarded to the top five elementary school athletic programs with the most participation in the Fun Run thanks to the sponsorship of Centex Homes.

Mile Marker Musings (continued from page 15)

who won their age groups, look no further: **Greg Richards, Bernie Candy, Everett Crum, John Aimone, Joe Connolly, and Norma Wasson.** Congratulations to all on a race well run.

As mentioned previously, the Pies run also serves as the capper for the annual Jax Grand Prix. As usual, Striders have dominated the tops of the standings. For those of you less than thoroughly familiar with the grand prix, here are the basics. There are 14 races that run from August to June and 5K to marathon in length. The basic idea is that the results are age and sex normed to determine the best runner in Jacksonville (using a percentage of the world record in each event for your age/sex, or something close.) So, the idea is that men and women, old and young, have an equal shot at being the Grand Prix Champion. The age group awards are a little more normal with just 100 points for first and less down to 10th for each race and then add them all up. One of the things the Grand Prix puts a premium on is staying healthy and making all 14 races, since it is tough to give up 60 or 80 points by missing a race and still stay in the hunt. So, all of these overall winners aren't just fast, they are able to stay fast and injury free - no mean feat. Now, on to the winners.

John Metzgar is this years Grand Prix Champion, nice running John. **Frank Frazier** is 4th overall; **Stephen Beard**, 7th; **Kathy Murray**, 8th; **Bill Dunn**, 9th; **Scott Seibler**, 10th. That makes for 5 of the top 10 are Striders, giddy up. And yes, there are a bunch more Striders who made the top 40 or so overall, which is quite an achievement, you know who you are. Nice running. Striders who won their age group for the year include **Nancy Harms, Karin**

Glenn, Alison Ronzon, Kathy Murray, Sharon Lucie, Norma Wasson, Irene Herbertson, David Ferman, Len Ferman, Bill Phillips, Page Ramezani, Bernie Candy, Thom Henkel, Everett Crum, John Aimone, and George Coombes. Nice work everyone.

Striders on the Road -

Our California Strider, **John Heisner**, ran the San Diego Marathon in 3:08 on the 6th of June, nice running dude. **Robert Cox** ran the Suzuki Rock & Roll Marathon in 4:11. **J.D. Beck** ran a half marathon up around the campus of Notre Dame in a 1:56:26. Sounded like an inspiration race. **Patrick McKeefery** ran a Meals on Wheels beach run down south in 20:41 which was good for first in his age group. Three Striders ran the in the Biltmore Estate 15K Classic near Asheville, NC last month. **Ken Wilson** ran a 1:19, **Jeanie Wilson** ran a 1:27, and **Jonie Davis** finished in 1:36:05. **Gary Lewis** competed in an interesting event up in Peachtree, GA. He called it a Darkside 8 hour run. He finished 32.5 miles running and walking during the 8 hours, good for 11th overall. It was run on a standard quarter mile track, and yes, I was wondering so I pulled out the old HP 15C and it is 130 laps. Ouch. Better get some right turns in soon to balance out those leg muscles.

As always, the best way to get your results in MMM is to sign up on the Striderman at local races where most times Al Saffer puts him somewhere near the start/finish wearing his Strider Yellow shirt. For times when you don't see Striderman or run an out of town race, 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

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

You can contact us via e-mail at:

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>