



Volume 23, Number 5

STRIDERIGHT

Florida Striders Track Club



www.floridastriders.com



May 2004

Running on the River by Rebecca Brown



What a great day for a race!! The Run to the Sun 8K was held on a beautiful, cool Saturday, April 17, 2004 at the



Orange Park Kennel Club with almost 400 runners participating.

John Metzgar and Brandon Anderson flew off the starting line at roughly a five minute per mile pace. By the one-mile mark, John had gapped Brandon and remained in command for the rest of the men's race. He looked very smooth the whole way, finishing in an impressive 25:45, or 5:09 per mile pace. It was doubly impressive to have a Masters runner as the overall winner of the event. Brandon finished second in 26:13. Sean McCormack won the Masters competition, finishing in fourth

overall with a time of 27:44. John and Sean remain firmly in first and second place overall in the Jacksonville Grand Prix.

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MAY SOCIAL

When: Friday, 5/21 at 6:30 PM

Where: The home of Tany's Carere, 11058 Percheron Dr., Jax, FL

What to Bring: Yourself and a covered dish or dessert to share. The club will provide soft drinks but BYOB for adult beverages.

Directions: Take Old St. Augustine Rd. North off I-295 & turn right on Losco Rd, head East 1.5 miles, turn left on Percheron and the house is 0.2 miles on the 2nd corner on your left.

For more information: 880-4414 or email: tcarere@hotmail.com

Prez Sez

By Bob Boyd



I wanted to express our thanks to Randy and Nancy Pullo for hosting the April Social at their fine home on Jacksonville Beach. The location, food, and company were great. Vanessa and I were just sorry we could not stay longer to enjoy more of everything!

You just can't help but be impressed by good teamwork. Rebecca Brown and Matt Ross did a superb job leading a great team of Strider Volunteers in putting on an excellent Run to the Sun 8K. Of course, it doesn't hurt when all that good planning is capped off by spectacular weather on race morning either. Congratulations to all the Striders and our Sponsors in putting together a great community event. A special thanks to John Dunsford for hosting the post-race Volunteer party on his beautiful family property off River Road.

If your appetite has been whetted for great racing events you are in luck. Frank Sutman and Lillian Lawless, our intrepid Memorial Day 5K Race Directors, have a well-earned reputation for coordinating excellent events as well. If you are interested in being part of that winning team please give them a call at 292-1399. If you are new to the "Race Volunteer" thing have no fear – we will show you what to do and it really is a great way to participate.

One of the best benefits of my work with the Striders is the frequent examples I get to see of people helping each other. There is an abundance of truly wonderful people in our club who give of their time and talents very generously to help others. I am the frequent beneficiary of a guiding hand, helpful comment, and a myriad of offers of assistance. We have coaches and teachers who represent the very best of their professions, using both their own time and money because they love to help children. I see veteran runners make sure new runners know where they are going

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Board of Directors' Minutes, 4/13/04

Bob Boyd called the meeting to order at 7:00 PM. Directors absent: J. Craddock, M. Allison. Steve Bruce also attended.

Team in Focus Merchandise: Joe Blewett presented an option for the board to create a link on the Striders website where members could order merchandise. The club would receive 15% for products purchased off the site in exchange for a monthly fee for the link. The first 3 months would be free of charge. Bob B. will provide the board members with the website to view the products and we will discuss this at next month's meeting.

Minutes/Action items: The previous meeting minutes were approved as written. Action items:

We need a director for the Super Bowl fun run. Bob and John will get back to Frank on this by next month's meeting.

Next month we will discuss the issue of posting a link to sell products on our website. Bob will provide the board with the website for information prior to the meeting.

Warner and Steve will bring a draft to the next meeting of the new race budget template.

Ken and Frank will finish re-wording the liability form by April 30th and send a draft to the board to be discussed at next month's meeting.

Frank suggested adding the time and location of the next month's meeting as an agenda item.

Treasurer's report: Warner distributed the April statement and it was filed as written.

Run to the Sun Status:

Things are in good shape after Saturday's race coordinator's meeting. Volunteers are still needed. Pre-registration numbers look good. Jeanie offered to bring stopwatches since the club's stopwatches are missing.

Race committee update:

Memorial Day – Frank reported they have gained 2 new \$500 sponsors and CitiStreet for \$750. The race is in good shape financially, it just needs volunteers and sponsors. Gary will donate cups for the race.

Autumn Fitness, Hog Jog – Nothing to report.

Super Bowl Fun Run – the run needs a director. Bob and John will get back to Frank on this by next month's meeting.

Merchandise update: George brought sample shirt fabric and a signup sheet to order shirts. They are available in yellow or white. He will order the first round after Run to the Sun.

Multi-year memberships: Tanys suggested that the board consider allowing multiple year memberships. The JTC now has 1 and 3 year memberships and we could offer something similar, with or without a discount. The board felt that a discount is not necessary at this time since our membership fee is reasonable, but that it is a good idea to allow the convenience of signing up for multiple years. Tanys made a motion that the Striders allow 1, 2 or 3 year memberships without any discount which

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& Key Members**
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Hog Jog Director/Race Refreshments:
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Run to the Sun Co-Director:
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Scholarship Coordinator
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email: msull10166@cs.com

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Memorial Day 5K

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Memorial Day 5K



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& Nixon LLP**
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Kingsley
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Memorial Day 5K

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

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**Bicycle
Outpost**
1560-4 Business Ctr Dr
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Orange Park
215-6885



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 2/10/04 (continued from page 2)

was voted on and passed unanimously.

Equipment insurance: JD had inventoried the items in storage and it came to approximately \$9,000. The cost of the insurance through RRCA for 2004-2005 will be \$225 with \$1,000 deductible.

Don't let your retirement run away from you: Anthony Trupiano offered financial planning as a topic for a quarterly dinner social. The board felt the dinner social topics should be related to running but could advertise his services in the newspaper or as a race sponsor instead.

Old table disposal: JD recently purchased new tables and there are 20 old tables to be disposed of. This will be published in Enews and if no one responds he will donate them to the Salvation Army.

Social schedule:

- May 21st – Tanys Carere's house, 6:30 pm.
- June 6th – Frank and Lil's house, 3:00 pm.
- July – Crab shack.
- August – Warner Millson's house.

Open action items:

1) Standardized race budget/Children's running accounting: Warner will bring a draft of the race budget template to next month's meeting. He and Steve created the template for race directors to use for consistent accounting in all of our races.

2) Improvement of race liability waiver: Ken W. and

Frank are changing the wording on our race liability waiver and will have it finished by April 30th to be approved at next month's board meeting. They will email a draft to the board prior to the meeting.

Open Forum:

Rob noted that the JTC was considering adding longer races to their schedule; in the past there was some interest in adding a long race to our schedule but that might not be feasible now.

Kent is looking for ideas for the next quarterly dinner social.

Lil has received several scholarship applications and the committee will be going over them the next few weeks.

Frank suggested that an agenda item be added with next month's date and location.

JD is updating the sponsors on our website (deleting old and adding new) and he needs race director's input for corrections.

There is a new group run that meets at 6:30 pm on Wednesdays at St. John's Country Day School.

The meeting was adjourned at 8:10 PM. Next month's meeting will be on Tuesday, May 11th at the library. June and July meetings will be at the Orange Park Cancer Center on Kingsley.

Respectfully submitted,
Karin Glenn

Prez Sez (continued from page 2)

and have company on a run. I witness people take on Coordination roles, despite their full schedules, because they want to give something back. I see Sponsors write

checks without hesitation because they know their contribution will help make a difference. My thanks to the club for reminding me how much is right in our world. Life is good.

Running on the River (continued from Page 1)

Training partners Karin Glenn and Patti Stewart-Garbrecht had a good horse race for much of the 8K. Patti couldn't quite close the gap. Karin, fresh off of her recent win at the Macon Cherry Blossom Festival Marathon, racked up another win here in a fine time of 30:00. Patti finished second in 30:20. Brand new Strider Darien Andreu of Saint Augustine finished third overall in 31:20. It was again impressive to see Masters runners take second and third overall in the women's race.

Awards were presented to the traditional Overall

Male/Female, Masters Male/Female, and Grand Masters Male/Female and to winners in each age/sex group. Thanks to my Co-Race Director Matt Ross' innovative and exciting awards structure, the race gives out awards for Senior Grand Masters Male/Female and the top six runners in each age/sex group. Matt wants each runner to have a great racing experience and initiated this awards structure to touch more runners in the community.

Race preparation began in late 2003 as Co-Race Directors Matt Ross and I began preliminary work for this month's event. It is difficult to line up coordinators for var-

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Running on the River (continued from Page 4)

ious positions for an event which is five months away. Its hard to get commitments from sponsors until the new fiscal year has begun. I generally don't even try to line up volunteers until 2 months before the race.

As the Striders have experienced in previous years, the support from the Orange Park Police Department, especially Chief Boivin and Lt. Cornett was outstanding and greatly appreciated. I invited members of the OP Police Department to participate and run in the race and prepared a training schedule which I sent to the officers in January. Alas, race dates sometimes overtake all of our good intentions to start a running/training program. The officers took a rain check on the invitation and we hope to have them participate with us and run the Autumn Fitness 5K in September of this year.

The Clay County Sheriff Reserve was equally gracious and supportive providing traffic control and a lead police vehicle for the race. Many thanks to Lt. Cowan and his men for the help and support again this year. The Striders hope to have a continuing and productive relationship with this unit for years to come.

I obtained initial contact and permission to use the OP Kennel Club facilities in late December. When follow-up contact and detail finalization began in late March/early April, I learned that the facilities manager that I had been dealing with was no longer an employee of the kennel club and that his vacant position had not been filled. Construction on the grounds and an expanded racing schedule made it imperative to finalize details with a Kennel Club employee. Daily calls were made to the Kennel Club for almost two weeks and a new contact person was identified who worked with me to complete preparations.

An aggressive race flyer distribution schedule

brought the number of pre-registered runners to almost 300. This is always a Catch-22 situation for race directors. Many Striders may not realize that Matt and I, as Race Directors, had committed to a specific dollar figure for race profit. A desire to maximize profits leads us to hope for heavy day of race registration, but factors beyond our control, such as weather can sabotage these hopes. Being conservative, I prefer to get more pre-registered runners and not have to rely on day of race registrants to achieve our dollar commitment. Luckily, this year, we had good pre-registration numbers and also experienced a beautiful morning which provided us with day of race registration numbers totaling about 100. While our race accounting figures are not yet finalized, it appears that the goal for this race has been reached. This enables the Striders to continue our support of youth running and fitness programs, scholarships, and community programs.

As always, the best part of being a Race Director is the opportunity to work with my fellow Striders. Many thanks to the Board of Directors for their support, suggestions, and help with this year's race. I went to several Board Meetings to request help and discuss ideas and came away with generous offers of assistance and reassurance that the race preparations were on the right track. It has truly been a joy and delight to work with such fine people and to be able to count on fellow Striders to make our events a success. I first offered to be a race director years ago because I wanted to give something back to the Florida Striders. What I have received in friendship and support from my fellow Striders is far more than I could ever give to the club as a Race Director. Thanks to all of you for making this a wonderful experience.



Run to the Sun 8K Volunteers

- | | | | |
|-------------------|----------------------|--------------------|--------------------|
| • Jenny Allen | • Patricia Czarnecki | • Christine Kehler | • Marge Ruebush |
| • Richard Allen | • Allyson Deihl | • Paul Kelly | • Paul Ruebush |
| • Steve Beard | • Aaron Distler | • Lillian Lawless | • Konner Sawicki |
| • Ken Bendy | • John Dunsford | • Kaila Lovell | • Stan Scarlett |
| • Marie Bendy | • J.D. Garbrecht | • Aqueel Majied | • Kim Simms |
| • Jane Benzine | • Ray Garcia | • Jane Manion | • JD Smith |
| • Bob Boyd | • Green Cove | • Elke Miller | • Stan Smith |
| • Vanessa Boyd | Springs Jr. High | • Scott Mills | • Kim Sumrall |
| • Kevin Brown | Students & Parents | • Kathy Murray | • Frank Sutman |
| • Rebecca Brown | • Bobby Greene | • Bill Owen | • Michael Szabo |
| • Viola Brown | • Gary Hallett | • Orange Park | • Chris Tellier |
| • Lou Carter | • Glen Hanna | Police Department | • Alexander Victor |
| • Austin Choinski | • Sharon Healy | • Amanda Peloquin | • Danny Weaver |
| • Chris Comber | • Shirley Henkel | • Amanda | • Gwendolyn Wier |
| • Judy Conway | • Thom Henkel | Pembleton | • Jeanie Wilson |
| • Brit Cornwall | • George Hoskins | • Sharon Pentaleri | • Ken Wilson |
| • Clay County | • Debbie Johnson | • Alex Perry | • Sherry Womack |
| Sheriff Reserve | • Katie Jones | • Rick Powell | |
| • Melissa Crafton | • Joshua Kegley | • Matt Ross | |

Fun Run School Winners - Thanks Centex!

After the 8K runners finished, things got even more exciting when several hundred children and their supporters left the starting line of the One Mile Fun Run and made their way through the finish line. It was fun for all involved but also represented funding for the five Elementary schools with the most participation. The top five were: 1) Lakeside - \$500, Paterson - \$400, SB

Jennings - \$300, Thunderbolt - \$200, and Pinewood Christian Academy - \$100. Congratulations to all!

Thanks to the generosity of Centex Homes in providing \$1500 in prize money and the many coaches, parents, supporters, volunteers and participants. Together we do make a difference in the health and happiness of our future.



A Run With My Son by Len Ferman

The Sun Tire Run to the Sun is one of my favorite running events of the year. Covering the unusual 8k distance, which is just 50 yards shy of five miles, I find the race a welcome alternative to the ubiquitous 5k. I am also not enamored with the great "cattle drive" runs (e.g. Boston - as I love to hear Frank Sutman describe it), so the Run to the Sun's cozy number of runners (about 400) is much to my liking, and allows it to be run through the beautiful residential River Road. I find the gentle undulations and views of the river inspiring during the run. So inspiring that in 2001 I won my only Grand Prix race on the course at age 37, coming from behind on the last half mile to edge Dr. Dan McDyer. This year however, I decided to make the Run to the Sun, a run with my son.

David Ferman, my ten year old son, was in first place in the annual Grand Prix standings in the ten and under age group with three races to go in the season as we lined up for the start of this Grand Prix event. David had a 175 point lead in the standings, so if he could finish the day with over a 200 point lead, he could mathematically clinch the ten and under age group for the year. Needless to say, David was pretty excited about this opportunity. I felt that this was one race where I might have more fun running with him than running on my own. So I decided to run at David's pace, enjoy the run with him, and give him whatever coaching advice he would listen to. At the starting line, we knew that David had some tough competition today. William Thomas, who had beaten David at

Matanzas, and Ben Egan who ran a spectacular sub 40 minute Ortega were there. For David to clinch his Grand Prix age group he would have to finish two places ahead of Josh Stanley, who was in second place in the Grand Prix standings. Last year David had run 44 minutes in his first ever race longer than 5k. This year he would have to run much faster than that in order to achieve his goal.

At the start David went out steady and settled into a good pace. I thought he was going a little fast, but he said he felt fine. The pace was brisk as we came through the mile in 7:25, the fastest David had ever started out in a road race. But David showed no signs of letting up, especially when I informed him that Ben Egan was about 50 yards in front of us in 1st place for the age group. Throughout the 2nd mile David focused on Ben and caught him at two miles in 15 flat. This was David's two mile PR, but he still was going strong. Back down River Road on mile three, David slowed a little bit, but managed to take a 100 yard lead as he passed 3 miles in 22:56. On mile four, David extended his lead, and on the last mile he started feeling stronger as he realized he was going to be able to hold on and win the age group. His final time of 38:43 was nearly 6 minutes faster than he had run the year before. And to cap it off, David set personal records for two, three, and four miles along the way. Best of all David had unofficially clinched the Grand Prix age group title. It truly turned out to be a very special Run to the Sun with my son.

OLYMPIC HOPEFULS

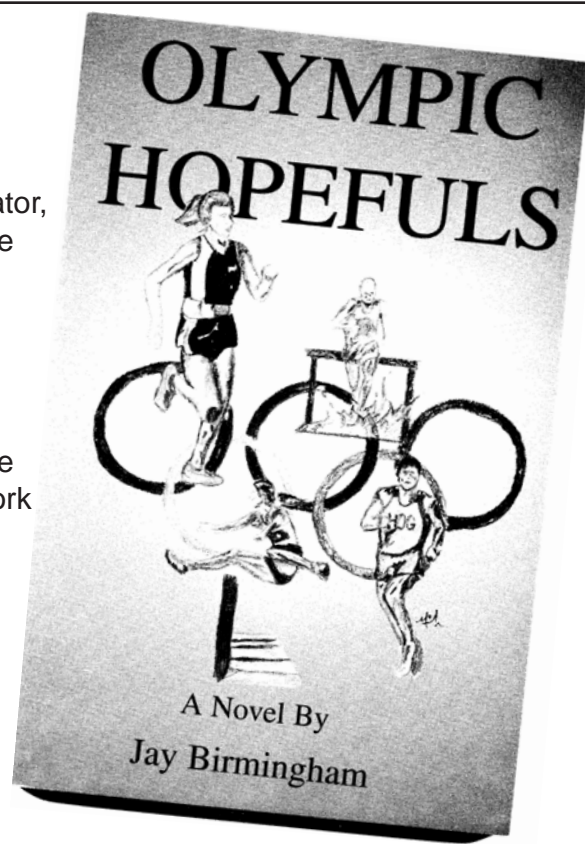
A running novel by Jay Birmingham

Jay Birmingham, a lifetime runner, coach, and educator, has written a true runner's novel, just released March 1. The story describes the lifestyle, aspirations, and tribulations of Sarah Herrington, Jeremy Stanfield, the Wapiti twins, and a dozen other characters. All have the same goal: To earn a place on the U.S. Olympic Team.

Birmingham lived in Jacksonville from 1973 through 1988, helped found the Jacksonville Track Club, certified the first River Run course, and ran from Los Angeles to New York City in 1980. He ran his first marathon in 1966 and hasn't stopped. He has written several non-fiction books, among them *The Longest Hill*, *Running on Strength*, and *Studies in Human Endurance*.

Order your copy of [Olympic Hopefuls](#) via email from jaygreatheart@aol.com

\$15 plus \$2 postage. 203 pages, softbound.



Hills Are My Friends - the Cherry Blossom Marathon

by Karin Glenn



On Saturday, March 27th my sister Jenny and I traveled to Macon, GA for the 3rd annual Cherry Blossom Marathon. I had been training for the past few months for this event and Jenny came for moral support and navigation. The day before the race we did some reconnaissance - we drove to the start, picked up my race packet, and found a Dunkin' Donuts that was open 24 hours. We were psyched! One major worry - how to get coffee before 6am - was taken care of. I was a little daunted to see so many hills in the area, but a good friend of mine (who currently resides in San Diego) had run the marathon mentioned that there were hills but not to worry since they were 'rolling'.

The morning of the race started nice and cool. We made it to the race start at Wesleyan College early with coffee in hand. I was ready to go. At 7am the runners gathered at the starting line and without much fanfare we were off. The first mile started just fine, cherry blossoms lined the streets and I felt great. However, the hills came quickly. After the 2nd mile I kissed my sub-6:45 pace goodbye and dug my heels in for the long haul. The cherry blossoms lining the road the first few miles were perhaps an attempt to distract the runners from the unbelievably steep hills at the beginning. Most of the course was on country roads, not blocked off for the marathon so there were a few times I felt like we were back running at Orange Park with someone yelling "Car back!" when a car came up behind us. For the first 9 miles I followed a small group that included the woman who was currently in the lead, and caught up to them around mile 10. I greeted the group with a cheery "Nice day to run a marathon!" just to get a little psychological advantage over the woman. Miles 10-14 were great, there was a guy

in our group calling out each mile split and trying to figure out our exact pace after each split: "Let's see, we hit 10 miles at 1:08...that's 68 minutes - .8 times 60 is 48... that makes an average of 6:48 pace...that makes us at the half at approximately... 3.1 times 6.8... carry the 1...add 8...ok 1:29:05..." and so on.

After 14, I was feeling great so I picked it up and left the group. Just as my quads were starting to get alarmingly tired I ran down a rather steep hill... only to turn around a cone and run right back up. I think I actually mumbled "you've GOT to be kidding me" out loud, to no one in particular. That was probably my lowest point of the race. Each mile brought more hills. Not steep, definitely rolling, but still they took their toll. I kept repeating to myself "Hills are my friends". I think I read that in Runner's world. Not sure how much it helped. Fortunately the last 5 miles or so were relatively flat - I knew if I could just keep my poor legs moving I could win as long as I didn't get passed from behind. Mile 21 had a little excitement when two ferocious-looking dogs charged the guy in front of me. Around mile 22 a spectator told me I was 4th. I thought, no, I'm first! Apparently she meant 4th overall, not just for women. The highlight of the race for me was the final mile with a two-motorcycle police escort for the last stretch - then there was Jenny cheering me on, and I crossed the mat at 3:01:14. I was a little disappointed to not have broken 3 hours, but the \$1,000 prize money helped me get over it.

If you are looking for a flat, fast course with spectators lining the street, you might want to skip this one. However, if you want to run a scenic, low-key marathon with great volunteers, a pretty good shot at getting an age-group award, a finisher medal with a pink ribbon, and did I mention nice volunteers?, then Macon might be the one for you. Just come out and run bridges (Mondays, 5:30, Chart House parking lot) a few times first!

Retiring Board Members by Bob Boyd

The new Board of Directors was elected in March but we want to recognize the generous contributions of our departing Board members. **Hardie Alexander** served in a variety of posts from President to Treasurer while handling Race Directing responsibilities for Run to the Sun and a heap of help for Autumn Fitness in his "spare" time. We forgot to tell him it was a lifetime assignment. **Steve Bruce** not only took on race directing duties for the Hog Jog but also served us very well as our Club Treasurer. Luckily we still have him as the Hog Jog Race Director. **Dottie Cahill** served for several years as our Social Coordinator. She was quite generous with both time and funding of both our social endeavors and keeping our medical supplies in good condition and stocked. **Sung Ho (Bruce) Choi** was our Equipment

Director. If you know Bruce you will not be surprised to learn he brought a lot of energy to his duties with the Board as well. **Bill Dunn** served as our Webmaster and also proved very effective at sending sponsorship money in the Club's direction. **Jim Nolan** served for two years and provided us with excellent input, both on legal matters (it does help having good lawyers on your team) and all matters that came before us. **Sharon Pentaleri** was an excellent Children's Running Coordinator and very generous with her time and personal funds. **Danny Weaver** not only served as a Hog Jog Race Director but was always available for help with any event and provided excellent input. We sincerely appreciate the contributions of all of our departing Board Members and owe them a debt of gratitude. They will be missed!

Running the Austin Half Marathon by Patti Stewart-Garbrecht

Have you ever considered running a winter marathon? Most of us consider fall to be marathon season. Well I would like to take a few minutes of your time to tell you about my experience in Austin, TX last February. I would highly recommend the Motorola Marathon if you are looking for a winter race.

I had trained long and hard preparing for the Motorola Marathon in Austin, TX. I had heard all sorts of wonderful things about the race. I picked the race for its reputation as a fast course. My marathon times had been a bit disappointing and I was looking for the perfect race that would boost my confidence.

I should mention that I ended up running the half marathon instead of the whole marathon due to a last minute injury that kept me off my feet and in the pool the final three weeks of training. It was disappointing to go and not run the race I had prepared for, but I have to say it was a wonderful experience anyway.

Austin is located in the south-central portion of the state of Texas. It is a great town with lots to do. Oh, and did I mention that Lance Armstrong lives in Austin? No, I didn't actually get to see him, but I had a fun time looking!

I arrived in Austin on Friday evening. I would highly recommend staying at the Embassy Suites Arboretum. It is located about one hundred meters from the start. It is nice to be able to go up to your room instead of waiting in line for a port-a-potty. The hotel was very nice and offered a free breakfast buffet every morning (it's all about the food, you know). I was even able to take advantage of this on race day since my half marathon started at 7am and breakfast is served until 11am. The price was reasonable and it is also the ideal place to stay if you are sharing a room with someone else since they are suites with a private bedroom.

I visited the expo on Saturday. The expo was quite a distance from the starting line and my hotel, but it was easy to find. The expo wasn't too big, but had lots of interesting booths and lots of Mizuno gear. The expo was well organized and I was able to pick up my packet and switch to the half marathon without any trouble at all. The volunteers were all very friendly. But after all it is Texas.

On Saturday there was a dusting of snow on the ground. It was cold and windy. They were forecasting better weather for race day, but I was a little nervous. Coming from Florida, I was used to running in fair weather. I wasn't too concerned about the temperature, but I was concerned about the effects of cold with precipitation and wind.

The race started at 7am, but being on East Coast time, it felt like 8am. It was ideal! Everyone else was sleepy and I was up and ready to roll. The weather was ideal as predicted, 40 F and dry. It was a little cold at the start, waiting to start moving. But once we started running it felt awesome. Pretty soon the sun came out and it was a lovely day.

The course was great. I had only heard great things about the course and they all proved to be true. The terrain was rolling hills. After training on flat terrain, the whole mention of hills was a little frightening. But the rolling hills at Austin are gentle and gradual. There are lots of supportive spectators and the course is conducive to friends and family moving about without difficulty. There are opportunities to see runners at many different places along the course.

The marathoners and half marathoners start together and stay together until the half finishes. I found this to be a little confusing. You really don't have any idea which runners are in "your" race. I tried not to think about the other runners and just run my pace and my race.

The disappointment of getting injured and not being able to run the marathon was quickly replaced with the excitement of crossing the finish line of the half marathon in 1:23:01. While it wasn't a lifetime PR, it was an "over the hill" PR and most certainly faster than I had run in a long time. And it was good for the award for second place masters female. I was pleased as punch! Later in the day, my friends and I hung out in Austin and ate Tex-Mex and browsed all of the unique shops downtown.

Then it was off to the airport to come home. I kept thinking about how great it was to run there and was already making unofficial plans to come back next year. I give Austin and the Motorola Marathon and Half Marathon two thumbs up!

Here are the details:

Date: 2/13/2005

Finishers in 2004: 3165 in the half, 4917 in the marathon.

Website: www.motorolamarathon.com



Two New Group Runs in Orange Park - see Page 19!

Run to the Sun 8K, April 17, 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>
Open Men					Men 25-29				
1	1	John Metzgar, 41	25:45	5:09	106	6	Michael Kelly, 24	39:12	7:50
2	2	Brandon Anderson, 18	26:13	5:15	142	7	Andrew Anderson, 23	43:26	8:41
3	3	Shawn Williams, 28	27:30	5:30	148	8	Andrew Chapman, 20	44:19	8:52
Open Women					Men 30-34				
1	1	Karin Glenn, 34	30:00	6:00	11	1	Gregory Richards, 27	29:27	5:53
2	2	Patti Stewart-Garbrecht, 42	30:20	6:04	23	2	Leonardo Leal, 25	31:13	6:14
3	3	Darien Andreu, 44	31:20	6:16	58	3	Michael Brower, 25	35:24	7:05
Masters Men					Men 35-39				
4	1	Sean McCormack, 42	27:44	5:33	104	4	Dustin Demorest, 29	39:08	7:50
Masters Women					Men 40-44				
4	1	Paulette Butler, 53	33:55	6:47	115	5	Greg Black, 27	39:51	7:58
Grand Masters Men					Men 45-49				
17	1	Page Ramezani, 54	30:23	6:05	118	6	Ben Wright, 28	40:08	8:01
Grand Masters Women					Men 50-54				
12	1	Elfrieda Wyner, 61	36:18	7:15	16	1	James Cardozo, 33	30:14	6:03
Senior Masters Men					Men 55-59				
47	1	Joe Demeranville, 60	34:24	6:53	41	2	Mark McCulloch, 33	33:50	6:46
Senior Masters Women					Men 60-64				
63	1	Susan Wallace, 62	46:44	9:21	60	3	Kevin Larrabee, 33	35:58	7:11
Men 10 & Under					Men 65-69				
95	1	David Ferman, 10	38:43	7:45	63	4	Robert Dews, 34	36:18	7:16
131	2	William Thomas, 10	41:27	8:17	66	5	Greg Powell, 33	36:25	7:17
135	3	Jamey Sparkman, 10	41:45	8:21	81	6	Jeffrey Hicks, 32	37:17	7:27
136	4	Ben Egan, 9	42:04	8:25	85	7	Dan Samas, 34	37:34	7:31
184	5	Ryun Wheat, 8	50:58	10:12	111	8	Dylan Moquin, 30	39:41	7:56
194	6	Jonathan Thomas, 8	53:28	10:42	122	9	Eric Allen, 34	40:20	8:04
207	7	Cody Aldrich, 8	1:03:49	12:46	123	10	Mike Harrison, 32	40:23	8:04
Men 11 - 14					Men 65-69				
40	1	Tommy Fossa, 14	33:48	6:46	127	11	Ben Garrett, 34	41:09	8:14
52	2	Hunter Hayes, 11	34:44	6:57	133	12	Sean McGill, 31	41:36	8:19
56	3	Christopher Haun, 14	35:19	7:04	151	13	Chris Warrick, 32	44:36	8:55
125	4	Joshua Marroletti, 13	40:41	8:08	177	14	Rusty Perry, 34	48:49	9:46
129	5	Cody Shaw, 11	41:21	8:16	203	15	Sherwin Salla, 31	59:26	11:53
152	6	Charles Little, 13	44:38	8:55	Men 70-74				
157	7	Nicholas Tison, 12	45:14	9:03	9	1	Michael Early, 39	29:14	5:51
170	8	Josh Stanley, 11	47:29	9:30	15	2	Jeffery Johnson, 38	30:13	6:02
172	9	Teague Kleinbeck, 14	47:49	9:34	19	3	Michael Thomas, 37	30:31	6:06
178	10	Tyler Perry, 12	48:49	9:46	27	4	Kevin Quarderer, 37	32:01	6:24
187	11	Devin Sallette, 11	51:39	10:20	33	5	Michael Bowick, 39	32:35	6:31
190	12	Cameron Santoro, 13	52:24	10:29	35	6	Camillo Ramirez, 38	32:43	6:32
Men 15 - 19					Men 75-79				
5	1	Jonathan Deuerling, 18	28:26	5:41	38	7	Paul Mingo, 39	33:38	6:44
64	2	David Stanley, 17	36:20	7:16	39	8	Nicholas Jongebloed, 39	33:39	6:44
Men 20-24					Men 80-84				
6	1	Justin Vanderzee, 23	28:34	5:43	48	9	Jon Ellison, 39	34:25	6:53
28	2	Timothy Curtis, 23	32:12	6:26	51	10	Eric Norris, 36	34:41	6:56
69	3	Kevin Dunphy, 24	36:38	7:19	59	11	Steve Imus, 36	35:29	7:06
75	4	Leonardo Regalado, 24	36:53	7:22	70	12	Rodney Cooper, 39	36:40	7:20
94	5	Paul Sowers, 22	38:28	7:41	74	13	Thomas Weppel, 39	36:51	7:22
					Men 85-89				
					Men 90-94				
					Men 95-99				
					Men 100+				

Run to the Sun 8K, April 17, 2004 Race Results

O'all Place	Class Place	Finisher, Age	Time	Pace	O'all Place	Class Place	Finisher, Age	Time	Pace
25	2	Chris Burns, 43	31:30	6:18	21	2	Larry Sassa, 50	30:59	6:12
36	3	Michael Reininger, 43	32:54	6:35	30	3	Scott Seibler, 50	32:21	6:28
45	4	Randy Arend, 43	34:07	6:49	32	4	Paul Geiger, 52	32:25	6:29
68	5	Antonio Ribeiro, 40	36:30	7:18	43	5	Danny Suber, 53	34:00	6:48
72	6	John Williams, 40	36:45	7:21	44	6	Ray Garcia, 53	34:06	6:49
88	7	Joe Glick, 41	37:41	7:32	54	7	Ed Hardee, 52	35:09	7:02
96	8	Len Ferman, 40	38:44	7:45	57	8	Douglas Tillett, 50	35:24	7:05
101	9	John Kearney, 41	39:01	7:48	65	9	Tom Zicafoose, 50	36:22	7:16
102	10	Gary Gillis, 40	39:04	7:49	78	10	Jim Klein, 52	37:09	7:26
107	11	Raymond Ramos, 41	39:15	7:51	82	11	Lewis Buzzell, 52	37:30	7:30
110	12	Michael Kraft, 42	39:39	7:56	90	12	Peter Carnochan, 53	38:06	7:37
120	13	David Krupnick, 41	40:17	8:03	108	13	John Cynkar, 51	39:30	7:54
124	14	James Wade, 40	40:38	8:08	114	14	Larry Lusk, 52	39:48	7:57
128	15	Timothy Wimberly, 40	41:18	8:15	132	15	Hardie Alexander, 51	41:34	8:19
139	16	James Gray, 40	43:02	8:36	141	16	Craig Harms, 53	43:20	8:40
145	17	Wayne Holder, 43	43:41	8:44	158	17	JD Smith, 51	45:31	9:06
147	18	Jon Braasch, 43	44:03	8:49	159	18	Jim Kehr, 50	45:38	9:08
153	19	Thomas Rowley, 44	44:49	8:58	160	19	Bob Buehn, 52	45:44	9:09
165	20	Michael Chlada, 44	46:49	9:22	162	20	Jim Bailey, 52	46:16	9:15
169	21	Karl Kleinbeck, 40	47:12	9:26	171	21	Ron Turner, 53	47:40	9:32
182	22	Timothy Silcox, 43	50:00	10:00	181	22	Ray Johnson, 53	49:23	9:53
186	23	Keith Lundberg, 42	51:28	10:17					
Men 45-49					Men 55-59				
7	1	Bill Phillips, 49	28:47	5:45	22	1	Bernie Candy, 56	31:12	6:14
8	2	Alan Sheppard, 45	28:56	5:47	62	2	George Hoskins, 59	36:06	7:13
12	3	Anthony Truitt, 45	29:32	5:54	67	3	John De Antonis, 59	36:27	7:17
13	4	Jim Shields, 45	29:52	5:58	79	4	Fred Gaudios, 56	37:15	7:27
14	5	Merlin Ohmer, 48	30:02	6:00	80	5	Kenneth Murphy, 55	37:15	7:27
20	6	Bill Dunn, 45	30:39	6:08	87	6	Danny Weaver, 56	37:39	7:32
24	7	William Hall, 45	31:19	6:16	91	7	Sandy Rosenberg, 56	38:18	7:40
26	8	Dan Gamsky, 46	31:47	6:21	93	8	John Powers, 59	38:27	7:41
29	9	Bob Boyd, 47	32:20	6:28	97	9	David Kelley, 57	38:48	7:45
31	10	Victor Corrales, 46	32:22	6:28	109	10	Michael Fitzsimmons, 55	39:34	7:55
34	11	Stephen Beard, 48	32:42	6:32	119	11	Joe Butler, 56	40:16	8:03
37	12	Thomas Gross, 47	33:23	6:41	121	12	John Bowsman, 58	40:19	8:04
42	13	Rexx Wier, 49	33:52	6:46	140	13	Jim Nilon, 55	43:12	8:38
46	14	Steve Calta, 47	34:24	6:53	146	14	Ed Kelly, 58	43:54	8:47
53	15	Alberto Gonzalez, 48	34:52	6:58	163	15	Larry Roberts, 56	46:26	9:17
61	16	Mark Seibler, 47	36:06	7:13	167	16	Dale King, 56	47:00	9:24
71	17	Hernando De Soto, 48	36:44	7:21	173	17	Hortencio Enguerra, 57	47:56	9:35
73	18	Steve McMahon, 47	36:49	7:22	18	200	Joseph Sylvia, 56	56:41	11:20
76	19	Bill Kinney, 48	36:55	7:23	206	19	Linden Fenton, 58	1:03:18	12:40
84	20	Mark Sawicki, 47	37:34	7:31	Men 60-64				
82	21	David Breier, 45	38:22	7:40	49	1	Frank Frazier, 61	34:26	6:53
98	22	David McCranie, 48	38:49	7:46	50	2	Thom Henkel, 60	34:36	6:55
105	23	Steve Edgell, 46	39:10	7:50	55	3	Tom Graham, 60	35:15	7:03
110	24	Jim Jackson, 48	39:42	7:56	77	4	Harry Edwards, 62	37:04	7:25
116	25	Charlie Bender, 45	39:53	7:58	89	5	John Gauer, 60	37:52	7:34
126	26	Danny Kane, 45	40:47	8:09	117	6	Kent Smith, 61	40:03	8:00
137	27	Ronald Schwartz, 49	42:26	8:29	130	7	JD Beck, 64	41:24	8:17
149	28	Donald Chapman, 49	44:19	8:52	134	8	Bobby Greene, 64	41:37	8:19
150	29	Layne Wallace, 49	44:25	8:53	176	9	Tom Sullivan, 64	48:39	9:44
156	30	Kevin Ott, 45	45:09	9:02	179	10	John Tenbroeck, 63	48:54	9:47
161	31	Edwin Hicks, 48	45:57	9:11	191	11	Jerry White, 63	52:38	10:31
183	32	Tommy Bryan, 49	50:06	10:01	193	12	Burness Morris, 61	53:21	10:40
192	33	James Lally, 49	52:58	10:36	195	13	Tom Coleman, 62	54:35	10:55
205	34	Jim Tison, 49	1:01:46	12:21	196	14	George Mosely, 64	55:06	11:01
					208	16	Rick Norwood, 62	1:10:14	14:03
Men 50-54									
18	1	Michael Maixner, 54	30:30	6:06					

Run to the Sun 8K, April 17, 2004 Race Results

O'all Place	Class Place	Finisher, Age	Time	Pace	O'all Place	Class Place	Finisher, Age	Time	Pace
Men 65-69					Men 70-74				
86	1	Everett Crum, 69	37:39	7:32	65	11	Maria Littlejohn, 32	46:55	9:23
198	2	Charles Desrosier, 67	55:33	11:06	67	12	Florece Hartsell, 31	46:56	9:23
201	3	Al Saffer, 69	57:33	11:31	71	13	Rosiliand Burch, 33	47:55	9:35
Men 75-79					Men 80-84				
155	1	John Aimone, 74	45:07	9:01	89	14	Maryann Bolin, 31	52:32	10:30
180	2	Norm Wyner, 70	49:08	9:50	92	15	Laurie Incles, 33	52:59	10:36
185	3	Norman Thomas, 72	51:22	10:16	94	16	Amy Bern, 32	53:34	10:43
168	1	Bob Carr, 75	47:04	9:25	95	17	Teri Grantham, 31	53:40	10:44
199	2	George Smith, 78	56:38	11:20	98	18	Michelle McCulloch, 34	54:04	10:49
202	3	George Coombs, 78	59:01	11:48	103	19	Renee Jacobs, 31	55:35	11:07
Women 10 & Under					Women 35-39				
48	1	Nancy Harms, 9	43:19	8:40	105	20	Sondra Garrett, 34	57:05	11:25
Women 11-14					Women 40-44				
125	1	Katie Stanley, 11	1:15:08	15:02	106	21	Monique Klinedinst, 34	57:06	11:25
Women 15-19					Women 45-49				
17	1	Sarah Wilkening, 18	37:29	7:30	128	22	Andrea Atran, 30	1:26:39	17:20
41	2	Riannon Blaisdell-Black, 17	41:00	8:20	15	1	Nancy Williams, 37	36:56	7:23
Women 20-24					Women 50-54				
5	1	Mary Lowell, 24	34:29	6:54	19	2	Ann Walter, 39	37:35	7:31
35	2	Brigid Barrett, 21	40:52	8:10	21	3	Lori Blaisdell, 38	38:02	7:36
40	3	Tifini Bair, 24	41:36	8:19	25	4	Sandra Foskey, 37	39:26	7:53
69	4	Sarah Harrett, 22	47:17	9:27	27	5	Diane Perkins, 38	39:45	7:57
76	5	Mary Crotty, 20	48:31	9:42	45	6	Kim Cornell, 39	42:20	8:28
78	6	Robin Boniface, 24	49:10	9:50	51	7	Debbi Allen, 36	44:27	8:53
90	7	Elizabeth Brannen, 22	52:46	10:33	53	8	Laurie Breier, 39	44:43	8:57
112	8	Christina Flake, 23	59:10	11:50	56	9	Lisa Keller, 39	46:04	9:13
Women 25-29					Women 55-59				
23	1	Gretchen Ehlinger, 28	38:29	7:42	59	10	Patty Miller, 36	46:11	9:14
33	2	Natalie Lapsley, 28	40:41	8:08	66	11	Dena Cartee, 36	46:55	9:23
58	3	Erin Scheu, 26	46:04	9:13	68	12	Jerri Lundberg, 39	47:09	9:26
64	4	Stani Benesova, 29	46:52	9:22	70	13	Jonie Davis, 38	47:48	9:33
74	5	Stephanie Sweat, 25	48:08	9:37	75	14	Paula Wilkinson, 36	48:21	9:40
104	6	Shani Nesmith, 26	55:51	11:10	81	15	Dionne Blodgett, 35	50:15	10:03
109	7	Meagan Penatello, 27	58:34	11:43	82	16	Laura Lane, 39	50:22	10:04
113	8	Hazel Cajusay, 26	59:26	11:53	91	17	Trish Kabus, 38	52:58	10:35
129	9	Holly Walker, 28	1:26:39	17:20	115	18	Sheryl Trevino, 37	1:02:13	12:27
Women 30-34					Women 60-64				
13	1	Stacey Smith, 32	36:22	7:16	118	19	Kathleen Morar, 35	1:04:44	12:57
14	2	Amanda Napolitano, 31	36:27	7:17	126	20	Susan Stanley, 39	1:15:22	15:04
28	3	Dana Summey, 34	40:01	8:00	Women 65-69				
29	4	Jeanne Marie Dennison, 33	40:01	8:00	65	11	Maria Littlejohn, 32	46:55	9:23
30	5	Stacey Kamienski, 34	40:11	8:02	67	12	Florece Hartsell, 31	46:56	9:23
32	6	Vanessa Lain, 30	40:24	8:05	71	13	Rosiliand Burch, 33	47:55	9:35
34	7	Tara Ballard, 34	40:43	8:08	89	14	Maryann Bolin, 31	52:32	10:30
38	8	Roberta Tomlinson, 30	41:12	8:14	92	15	Laurie Incles, 33	52:59	10:36
39	9	Rhonda Anderson, 34	41:24	8:17	94	16	Amy Bern, 32	53:34	10:43
43	10	June Buchanan, 32	41:59	8:24	95	17	Teri Grantham, 31	53:40	10:44

Run to the Sun 8K, April 17, 2004 Race Results

O'all Place	Class Place	Finisher, Age	Time	Pace	O'all Place	Class Place	Finisher, Age	Time	Pace
61	10	Shirley Henkel, 49	46:23	9:17	124	9	Carol Edwards, 51	1:12:05	14:25
62	11	Natalie Bryan, 46	46:43	9:20	127	10	Mary Altman, 51	1:19:52	15:58
84	12	Carolyn Disher, 45	50:59	10:12	Women 55-59				
85	13	Laurie Ricciardi, 45	51:14	10:15	24	1	Theresa Coomes, 58	39:10	7:50
86	14	Mary Conely, 49	51:51	10:22	47	2	Maria McNary, 57	43:00	8:36
88	15	Sandra Shines, 47	52:12	10:26	80	3	Susan Gostage, 58	50:07	10:01
93	16	Diane Fraley, 48	53:25	10:41	83	4	Kathy Klein, 58	50:42	10:08
101	17	Barbara Whitter, 46	55:06	11:01	99	5	Alice Henderson, 57	54:20	10:52
102	18	Holly Chapman, 48	55:20	11:04	100	6	Mina Milam, 55	55:04	11:01
107	19	Sherri Kinney, 47	57:12	11:26	Women 60-65				
110	20	Debbie Adams, 47	58:43	11:45	87	1	Virginia Frazer French, 62	52:02	10:24
111	21	Renee Makauskas, 48	58:43	11:45	96	2	Dolores Raffaely, 63	53:47	10:45
122	22	Bette Korkos, 46	1:06:47	13:21	121	3	Dorothy Rashba, 60	1:06:47	13:21
Women 50-54					Women 70-74				
36	1	Claudia French, 50	40:55	8:11	108	1	Norma Wasson, 70	58:11	11:38
42	2	Carol Fitzsimmons, 54	41:45	8:21	116	2	Willa Owen, 72	1:03:14	12:39
44	3	Donna Rettini, 52	42:03	8:24	120	3	Diane Aimone, 74	1:06:09	13:14
46	4	Maureen Barrett, 53	42:38	8:32	Women 75-79				
49	5	Carol Palmer, 53	43:22	8:40	123	1	Gloria Laws, 79	1:08:45	13:45
72	6	Sara Winchester, 50	47:58	9:35					
73	7	Holly Hosch, 52	48:04	9:37					
119	8	Linda Gibson, 50	1:05:50	13:10					

If You Have These Traits Then You Are Probably A

Slim, good looking, fun to be around, generous, a good problem solver, makes things better for those around you, intelligent, fun loving – if any or all of these traits describe you then you are no doubt a race volunteer or will be soon. The Memorial Day 5K on 5/31 has several volunteer positions available,

many of which would allow you to run the race as well as help. Did I mention the free T-Shirt and special Volunteer Party? No prior experience is needed. Please call Lillian Lawless or Frank Sutman for details at 292-1399. We appreciate your help.

Welcome Back Renewing Members!

- Kim Ball
- J.D. & Betty Beck
- Frances Belonge
- Mary Bolin
- Joshua & Elizabeth Brannen
- Rebecca Brooks
- Rebecca Brown
- Gary Burdett
- Robert Cone
- Del & Kathy Conner
- Patricia Czarnnecki
- Allyson Deihl
- Carolyn Disher-Ryan
- Leslie Doucette
- Freddy Fillingham
- John Gilman, Jr.
- Melissa & James Gostage
- Gary Hallett
- Jerri & Ernie Hamm
- Teresa Hankel
- Jack Hayes
- Tom & Shirley Henkel
- Irene Herbertson
- Billy & Vickie Jones
- Theresa Kamajian
- Paul Kelley
- Bill & Sherri Kinney
- Fred & Cynthia Klemm
- Charles Lusk
- Jane Manion
- Michael & Linda Marcet
- Susan Maurer
- John & Denise Metzgar
- Bill & Dot Mitchell
- Marvin, Cindy & Spencer Mollnow
- Ray & Kathy Moore
- Bob & Judy Moyer
- Cheryl & Tim Pfannenstien
- Pat Raiford
- Paul & Marge Ruebush
- Randolph & Patricia Sandy
- The Sawicki Family
- Mary Louise Shannon
- Rick Sheets
- Robert Shields
- George Smith
- Lupita Trujillo-Thieman
- Holly, Laura & Fletcher Turner
- Danny & Anne Weaver
- Annie White
- Rexxmann Wier

STRIDERS AT THE RACES



RACE RESULTS

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

BUD LIGHT LIGHTHOUSE 5K

St. Augustine
March 20, 2004

Thom Henkel	21:20	1st A/G
Doug Tillett	23:06	
Kent Smith	24:20	2nd A/G
Jim Kehr	25:14	
Shirley Henkel	29:19	
Margaret Tyburski	29:49	
Brenda Schwelling	33:33	
Trish Kabus	33:24	
Al Saffer	35:03	
Gordon Slater	39:35	
John Carson	40:17	1st A/G (81)

ST. PADDY'S DAY 10K

Evergreen Cemetery
Jacksonville
March 21, 2004

John Metzgar	33:10	Masters Male
Bill Phillips	37:17	2nd A/G
Anthony Truitt	38:05	3rd A/G
Bill Dunn	39:45	
Bernie Candy	40:16	1st A/G
Mark Woods	41:05	
Paul Geiger	41:25	1st A/G
Paul Smith	42:27	3rd A/G
Danny Suber	42:49	3rd A/G
Dell Conner	43:11	
Frank Frazier	44:07	1st A/G
Alberto Gonzales	44:44	PR
Kathy Murray	45:40	3rd A/G
Hernando DeSoto	46:17	3rd A/G PR
George Hoskins	46:35	2nd A/G
Paulette Butler	46:45	1st A/G
Wendy Patterson	46:45	2nd A/G
Sharon Lucie	47:20	2nd A/G
Harry Edwards	48:20	3rd A/G
Danny Weaver	48:22	3rd A/G
David Rigdon	48:34	
Kellie Howard	48:54	PR
Susan Harms	49:31	
Everett Crum	49:50	1st A/G
John Gauer	49:51	
Claudia French	50:09	
Kent Smith	52:01	

Denise Dailey	52:01	
Steve Lucie	52:02	
David Kelley	52:04	
Michael Fitzsimmons		
	52:10	
JD Beck	52:12	
Carol Fitzsimmons	53:23	
Kwan Supapan McCall		
	54:01	1st A/G
Kevin Terry	55:06	
Nancy Harms	55:55	1st A/G
Craig Harms	55:56	
John Aimone	57:30	
Gordon Slater	57:38	
Alan Phillips	59:49	
Roxanne Slater	1:00:03	
Elena Etter	1:00:28	
Josh Stanley	1:01:43	
Laurie Riccardi	1:06:15	
Trish Kabus	1:13:00	
Norma Wasson	1:15:03	1st A/G
Al Saffer	1:15:19	
Diane Aimone	1:24:50	2nd A/G

ST. PADDY'S DAY 5K

Patrick McKeefery	20:06	1st O/A
David Ferman	24:02	3rd A/G
Len Ferman	24:04	3rd A/G
Vicki Choinski	28:02	2nd A/G
Maryanne Bolin	30:30	3rd A/G
Nadine Thomas	31:28	1st A/G

SPARTAN 5K

St. Johns Country Day School
Orange Park
March 27, 2004

John Metzgar	16:04	Masters Male
Bernie Candy	19:21	1st A/G
Dave Shutt	19:42	1st A/G
Denise Metzgar	19:46	1st A/G
Randy Arend	20:24	
Konner Sawicki	20:37	PR
Frank Frazier	20:49	1st A/G
Hunter Shutt	21:49	
Alex Wester	21:52	
Kathy Murray	21:58	1st A/G

Austin Wester 22:15



Lewis Buzzell	22:43	
John Gauer	23:42	2nd A/G
Taylor Shutt	24:24	2nd A/G (10 years old)
	24:38	3rd A/G
JD Beck	25:24	
Harold Dubon	25:24	
Gary Burdett	26:09	
Paul Kelley	26:47	
Robert Grimmig	27:43	
Babs Shutt	27:48	
Tom Sullivan	27:58	
Margaret Tyburski	29:40	
Patty Czarnecki	29:50	
Dottie Cahill	30:06	3rd A/G
Freddy Fillingham	30:52	
Delores Raffaely	34:02	2nd A/G
Sally Sawicki	34:16	
Austin Choinski	35:55	
Vicki Choinski	35:55	
Dick Miller	41:22	
Rebecca Grimmig	42:47	
Christine Grimmig	48:49	
Diane Grimmig	49:09	

(Continued on Page 16)

STRIDERS AT THE RACES



RACE RESULTS

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

OKEFENOKEE SWAMP RUN 10K

Waycross, GA
March 27, 2004

Patrick McKeefery 42:41
Grandmasters Male
Thom Henkel 44:46 1st A/G
Elena Etter 1:00:27 2nd A/G
Shirley Henkel 1:03:44
Al Saffer 1:11:12 5th A/G

GUANA RIVER 50K ULTRA

Guana River State Park
March 28, 2004

Del Conner 6:04:26 3rd O/A

Mixed Team Results

Bill Dunn & Darien Adreau
3:54:14
Paul Geiger & Kathy Murray
4:33:34
Trish Kabus & Kent Smith
7:07:32

Men's Team Results

Doug Tillett & Terry Sikes
4:36:35
Steve Bruce & Fred Gaudios
4:50:59

NAVY RUN 10K

NAS Jacksonville
April 3, 2004

John Metzgar 32:24 Overall
Male
Denise Metzgar 40:40 Overall
Female
Bob Boyd 40:44
Paul Geiger 40:52 2nd A/G
Danny Suber 42:07 3rd A/G
Ray Garcia 42:42
Frank Frazier 43:43 1st A/G
Doug Tillett 44:23

Kathy Murray 44:44 3rd Overall
Female

George Hoskins 47:09 1st A/G
Danny Weaver 48:24 3rd A/G
Kent Smith 49:00 2nd A/G
Everett Crum 49:16 1st A/G
Richard Horton 49:22
John Bowsman 49:27
David Kelley 49:40
Denise Dailey 50:56 2nd A/G
Dana Coleman 52:07 2nd A/G

Kwan Supapan McCall

52:17 1st A/G
Bobby Green 52:25 3rd A/G
Bernie Gross 52:26
Matt Ross 52:31
Ray Moore 52:39

Santa Marie Spellman

54:52
Maria McNary 55:21 2nd A/G
JD Smith 55:23
Carol Lemos 56:13 3rd A/G
Shirley Algire 56:32
Tom Sullivan 57:40
Elena Etter 57:46 1st A/G
Charles Desrosier 1:04:00 2nd A/G
Freddy Fillingham 1:04:52
Trish Kabus 1:07:41
Maryann Bolin 1:09:11
Delores Raffaely 1:10:01 1st A/G
George Smith 1:10:14 2nd A/G
Irene Herbertson 1:12:26 1st A/G
Patty Czarnecki 1:13:39
Brenda Schwelling 1:13:42
Elda Bell 1:14:06 2nd A/G
George Coombes 1:16:18 3rd A/G

CATFISH FESTIVAL 5K

Crescent City
April 3, 2004

JD Beck 24:17 3rd A/G
Amy Davis 27:45

BLUES FEST 5K

Jax Beach
April 3, 2003

Not all times available due to timing
malfunction, those shown were pro-

vided by Al Saffer & the Striderman

Patti Smith Masters Female
Bernie Candy 19:50 2nd O/A,
Masters Male
Vicki Choinski 29:02 1st A/G
Steve Bruce 2nd A/G
Al Saffer 37:10 1st A/G

RITA CASH 5K

April 10, 2004

John Metzgar 15:39 2nd Male
O/A
Anthony Truitt 17:49 1st A/G
Patrick McKeefery 19:17 3rd A/G
Denise Metzgar 19:48 2nd Female
O/A

David Stanley 21:13 1st A/G
Kathy Murray 21:37 Masters
Female
Tom Zicafoose 22:07
Lewis Buzzell 21:15

John Gauer 23:08 1st A/G
Kent Smith 23:24 1st A/G
Jim Klein 24:11
JD Beck 25:00 3rd A/G
Gordon Slater 28:17
Elena Etter 28:43 2nd A/G
Tom Sullivan 28:55
Freddy Fillingham 29:22
Dionne Blodgett 30:42
Kathy Klein 31:38 2nd A/G
Trish Kabus 31:37
Burness Morris 31:59
Al Saffer 33:38 1st A/G
Katie Stanley 36:55
Susan Stanley 37:06
Linda Brown 43:13 2nd A/G
Brenda Schwelling 48:11

EASTER BEACH RUN 4 MILE

Daytona Beach
April 10, 2004

Thom Henkel 28:14 1st A/G
Shirley Henkel 38:48
John TenBroeck 39:53

MILE MARKER MUSINGS By Robert Glenn

Summer has started here in Jacksonville, not the 95 degrees and loads of humidity but neither is it 65 degrees and partly cloudy. Time to get tough for those summer 5Ks. I think my opening comment about being in Dallas last month may have confused some people, sorry if that was the case. I'm still here in Jacksonville with Karin, I was just over in Texas doing some airline training for 6 weeks and that was why I missed the Gate River Run after having a 4 race streak going. Ouch. Lots of results and lots of fast Striders this month so we'll get on with it.

The **Bud Light Lighthouse 5K** (next year they should find some guy called Bud and call it Bud's Bud Light Lighthouse to get a double double in there) took place down in St. Augustine on the 20th of March. Top male Strider was **Thom Henkel** running a 21:20 and getting first in his age group. Top female Strider was **Shirley Henkel** with a 29:19. **John Carson**, 81 years young, won his age group with a 40:17.

The Evergreen Cemetery was once again the site for the **St. Paddy's Day 10K** on the 21st of March. **John Metzgar** was the fastest Strider and male masters winner with a 33:10. **Kathy Murray** was our fleetest female Strider posting a 45:40. The other Striders that took first in their respective age groups include **Bernie Candy, Paul Geiger, Frank Frazier, Paulette Butler, Everett Crum, Kwan Supapan McCall, Nancy Harms, and Norma Wasson**. Nice running everyone!

The associated 5K had **Patrick McKeefery** as our fastest male Strider with a 26:06 while **Vicki Choinski** was our fastest female Strider with a 28:02. **Nadine Thomas** also scored a top age group finish.

On the 27th of March, the **Spartan 5K** was run at St. Johns Country Day School. Our fastest Strider was **John Metzgar** who was also masters male champion with a time of 16:04. The quickest female Strider was **Denise Metzgar** with a 19:46 which was also good for 1st in her age group. Other Striders who took 1st place in their age group include **Bernie Candy, Dave Shutt, Frank Frazier, and Kathy Murray**.

The **Okefenokee Swamp Run 10K** took place in Waycross, Georgia on the 27th of March. **Patrick McKeefery** was our fastest Strider and earned the Grandmasters Male award with a 42:41. Our fastest female Strider was **Elena Etter** with a 1:00:27 which placed here 2nd in her age group. **Thom Henkel** was first in his age group with a 44:46.

The **Guana River 50K Ultra** went down on the 28th of March in the Guana River State Park. **Del Conner** did the entire thing in 6:04:26 to take 3rd place overall. The top mixed team consisted of **Bill Dunn & Darien Adreau** while **Doug Tillett & Terry Sikes** were 2nd place for the men's teams.

The **Navy Run 10K** was on the 3rd of April on NAS Jacksonville. **John & Denise Metzgar** were the overall male and female winners as well as the fastest Striders. They ran 32:24 and 40:40, respectively. **Kathy Murray** placed 3rd overall for women with a 44:44. Other Striders winning their age groups included **Frank Frazier, George Hoskins, Everett Crum, Kwan Supapan McCall, Elena Etter, Delores Raffaely, and Irene**

(Continued on Page 20)



Welcome New Members!

- Darien Andreu
- Glenn & Ann Batteiger
- Alexis Brinkley
- Nancy Buchanan
- Bob Buehn
- Robert Cox
- John Dunesford
- Steve Edgell
- Diane Foster
- Martha Ira
- Joseph LaSala
- Mark Lay
- Carol Lemos
- Jeff Marks
- Brandon McGilberry
- Candace Miller
- Bill Napier
- Raymond Ramos Jr
- Alison Ronzon
- Sandy Rosenberg
- Ana Serletic
- Wendi Warrell

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
May 1 Cancelled	Sunbeam 5K **CANCELLED**	8:00 a.m.	Community Hospice, 4266 Sunbeam Rd, Jax	(904) 596-6359, dlewis@communityhospice.com
May 1	Shrimp Festival 5K	8:00 a.m.	Main Beach, North Fletcher, Fernandina Beach	(904) 261-1080
May 1	Stouffer's 5K	9:00 a.m.	Beachers Lodge, St. Augustine	
May 2	Dare To Go Bare 5K	8:30 a.m.	Lake Como Resort, Lutz	(813) 949-1810 Lake Como Nudist Resort
May 8	Race To Prevent Homelessness 5K	8:00 a.m.	Bishop Snyder H.S, 103rd St, Jacksonville	(904) 387-0528
May 8	Zuchinni 2 Mile Run	8:00 a.m.	Windsor	(352) 377-2738 Hatchet@aol.com Windsor Fire
May 8	Masters Track Meet	4:00 p.m.	Bolles School, San Jose Blvd., Jax	((904) 384-TRAK Jacksonville Track Club
May 15	Race for Love 5/10K	8:00 a.m.	Holiday Inn, St. Augustine Beach	(904) 808-8544, development@bettygriffinhouse.org
May 15	Ravines Run 5 Mile Cross Country	7:00 p.m.	Ravines Country Club, Middleburg	(904) 743-3161 Jacksonville Track Club
May 22	3rd Annual High Springs 5K Spirit Run	6:00 p.m.	Civic Center High Springs	(386) 454-1416 ext. 228 Florida Track Club
May 31	Memorial Day 5K	8:00 a.m.	Spring Park, Green Cove Springs	(904)292-1399 lawless@bellsouth.net Florida Striders Track Club
Jun. 4	Mile Festival	7:00 p.m.	Bolles School, San Jose Blvd., Jacksonville	(904) 384-TRAK ConsultJTB@aol.com
Jun. 5	Yulee Railroad Days 10K	8:00 a.m.	Boulware Springs Park, (Hawthorne trail head), 3500 SE 15t St., Gainesville	(352) 378-8725 Florida Track Club
Jun. 5	Winn Dixie/Mrs. Smith Run for the Pies	8:00 p.m.	Jacksonville Landing	(904) 739-1917 1st Place Sports
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

Run to the Sun 8K pictures are great in the Newsletter but there are literally hundreds more, and in full color, on our Website at: www.FloridaStriders.com.

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

We can't find our Stopwatches! We have a small case which holds four Stopwatches which has been missing in action since the Hog Jog. If you have any clues please call JD Smith at 264-1673.

Prefer the convenience of On Line Membership, Renewal, or Race Registration? Visit Active.com. They charge \$2 for their service.

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 (continued from page 17)

Herbertson. Congratulations everyone.

The **Blues Fest 5K** took place down at Jax Beach on the 3rd of April. Our top Striders were **Bernie Candy** and **Patti Smith**, both masters winners. **Vicki Choinski** and **Al Saffer** took first place in their age groups. Not all of the people listed in our results have times because of a race timing glitch. The people with times self-reported them on the StriderMan.

The **Rita Cash 5K** was on the 10th of April. **John Metzgar** was our top Strider with a 15:39 which was good for 2nd overall. **Denise Metzgar** was the top female Strider posting a 19:48 which was also good for 2nd overall. **Kathy Murray** was the female masters winner. Striders winning their age groups included **Anthony Truitt**, **David Stanley**, **John Gauer**, **Kent Smith**, and **Al Saffer**.

Last up is our race, the **Run to the Sun 8K** which we ran in a van down by the river. Actually, it started and finished at the Orange Park Kennel Club, on the 17th of April. The overall male winner and fastest Strider was **John Metzgar** with a 25:45. **Karin Glenn** was the fastest female Strider and overall female winner with a 30:00. **Patti Stewart-Garbrecht** was 2nd overall while **Darien Andreu** was 3rd. **Paulette Butler** won the Masters Female Division and **Page Ramezani** won the Grand Masters Male Division. **Elfrieda Wyner** won the Senior Masters Female Division. A whole herd of Striders won their age groups, including **Nancy Harms**, **David Ferman**, **Katie Stanley**, **Gregory Richards**, **Gretchen Ehlinger**, **Frank Sutman**, **Bill Phillips**, **Claudia French**, **Bernie Candy**, **Maria McNary**, **Frank Frazier**, **Everett Crum**, **Norma Wasson**, **John Aimone**, **Gloria Laws** and **Chuck**

Ellis. Nice running everyone.

On the Road - John Heisner reports that California is hilly as well as sunny. He ran the El Cajon 20K on the 3rd of April and placed 2nd with a 1:26:29. Apparently the hills were equivalent to 3 Hart Bridges, yuck. I couldn't run one 5K in 20:07 over a Hart Bridge, much less four of them. Nice running.

Patrick McKeefery was the male master's winner at the Volusia Mall 5K on the 3rd of April. He ran an 18:52 while doing loops around the mall, sounds like the old Celebrate 5K that did laps around the Avenues with the motorcycle photographer cutting people off around the corners. Keep you on your toes though.

J.D. Beck took 3rd place in the Catfish Festival 5K in Crescent City, also on the 3rd of April. He ran a 24:17 and plans on a repeat visit next year. **Amy Davis** ran a 27:45 in the selfsame Catfish Festival 5K.

We had 3 Striders travel down to Daytona Beach to run the Easter Beach Run 4 Mile. **Thom Henkel** took first in his age group with a 28:14. **Shirley Henkel** clocked a 38:48 while **John TenBroeck** ran a 39:53.

Soap Box – The lightning season is upon us here in Florida, be smart when you run and if the lightning/thunder separation is less than 30 seconds, well then, the storm is too close and you ought to be counting the flash to bang time from inside a sturdy building or in your car.

To get your results in the StrideRight, sign up on StriderMan after the race (preferred) or email your results to me at StriderResults@aol.com before the 20th of the month.

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:
halex1953@aol.com

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>