



Volume 23, Number 1

Florida Striders Track Club STRIDERIGHT



www.floridastriders.com



January 2004

Fun Runs & School Run/Walk Programs Make a Real Difference by Sharon Pentaleri

There has been a lot in the news lately about childhood obesity in America. The Centers for Disease Control and Prevention published an alarming study that indicates the number of obese children ages 6 to 19 has tripled in the last two decades. American children are not just getting fatter they are also getting sicker. Obesity in childhood causes serious medical conditions more often associated with adults.

Why am I telling you this? Because, while these reports are just now coming out, and new concerns are being raised about the fitness levels of our children, the Striders have been promoting running and fitness for kids for a long time. Our club works with our community schools to help start and fund elementary school running programs. In 2003, we purchased awards and medals for 4 Clay County school running programs. The children participate in a fun running program where the miles are accrued and tracked. When the children reach 26.2 miles they receive a Marathon Mile Medal from the Florida Striders. For another County School we purchased 100 T-shirts with the Florida Striders logo, the school name and the words 50 Mile Club. That's right, the Children have to complete 50 miles to get a shirt. And they do it! And they love it!

The coaches at these schools are very grateful for our medals and T-shirts, but they need money to fund their programs as well. They need money for prizes (every 5 or ten miles), Gatorade, water coolers, etc. The money that is needed for these items is not typically in the school budget. Here again the club helps out.... Many of our Clay County Schools use our Fun Runs to help fund their running programs. At the Autumn Fitness Fun Run in September we have some wonderful and generous sponsors. The Orange Park Kennel Club is the fun run's main sponsor. They provide a nice facility to hold both our 8k and Fun Run and provide \$1800 in prize money that is divided among the schools with the most participation. The generous support from Publix Charities and Dr. Myers ensures the children enjoy a fun day with motivating prizes. This year the Kennel Club awarded the winning school 400 dollars and the next 5 schools divided the remaining 1400 dollars. This is a substantial amount of money for the coaches to help fund their running programs. The Autumn Fitness Fun Run had just over 1000 participants this year. It was a great success for the club, the children, and the schools. A total of 36 schools were represented. The top six schools were as follows Lakeside, Paterson, Thunderbolt, WE Cherry, Orange Park,

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FEBRUARY DINNER MEETING

Thursday, February 26th 6:30 PM

You get January off as a "taper" month to get ready for the Dinner Meeting at the Busch Hospitality Center with Donna Hicken as our speaker. This is going to be an excellent event. Please see Page 7 for details. Register early to make sure you get a seat.

Prez Sez

By Hardie Alexander



Hi everyone. By the time most of you read this, another holiday season will have just about passed. We can all give a sigh of relief and take a deep breath. Hopefully everyone is having a wonderful holiday season and has been able to spend a lot of time with your friends and family. Let's not lose sight of the fact that that is what the holidays are all about.

Now is a great time to reflect upon your 2003 accomplishments and put plans in place to achieve your 2004 goals. If you have a plan, and work your plan, you will be amazed at how much you can accomplish. Have you written out your New Year's resolutions? Do your goals represent a good balance of family, professional, and recreational activities? Make sure your priorities are in order, and your goals are obtainable. Pie in the sky goals will only leave you frustrated.

Along the lines of reflection, I would like to take this time to congratulate everyone on a fantastic year. We accomplished our #1 goal of encouraging and improving running in our communities. Our club had four very successful races that were done with a lot of class and extremely well received by all those who participated. With the success of our races, and the generosity of our sponsors, we were able to give back to our schools to help promote the future of running and good health.

Again, we gave two scholarships to very deserving students. We continued to support the school's running programs, both financially, and more importantly, with our time. Of equal importance, there has been a lot of effort put into gaining sponsorship monies that will make 2004 an even more successful year. Without all of your help these successes would not be possible. Thanks to everyone for a fantastic 2003 and a future that keeps looking brighter and brighter.

Have a great 2004 everyone.

Board of Directors' Minutes, 12/9/03

Hardie Alexander called the meeting to order at 7:10 PM. Directors absent: D. Weaver, D. Cahill, J. Nolan, B. Dunn, R. Glenn, S. Pentaleri, S. Bruce, S.H. Choi. Also in attendance were Matt Ross and Rebecca Brown. The previous meeting minutes were approved as written.

Treasurer's report: The December treasurer's report was distributed and filed as written. Vanessa B. noted that our 1 year CD matures in January. The board decided to leave it as is, and Steve B. should verify that the rollover is automatic. Warner M. volunteered to help Steve explore any advantages of investing in a 2 year CD.

Race committee update:

Run to the Sun – Matt Ross and Rebecca Brown distributed a request to deviate from the standard award structure and expand the awards to the top 6 in each group. The top 3 would receive traditional awards and 4th through 6th would receive a small medal. In addition there will be an additional category for overall male and female over 60. The board approved the requests and gave them discretion to choose the age group awards for 1st – 3rd places. Centex Homes will be a new \$1500 sponsor for the Fun Run.

Memorial Day – John P. has secured a \$500 sponsor and is working on more. The work on the race logo/design will begin in January. Lil is also working on sponsorship.

Autumn Fitness – Nothing new to report.

Hog Jog – Steve has agreed to be race director next year. In his absence, Bob B. distributed a summary of the final financial results. The final race profit was \$1323.

Website: Bob B. would like to post

some pictures that Vanessa took when they visited Paterson Elementary to see their running program. They were very impressed by the enthusiasm of the kids.

Website contest: Ken Bendy is unable to judge the websites due to conflict of interest. Hardie will try to contact Mike Mayse to see if he is interested.

Sponsorship: Bob, Sharon, and Lil (with help from Anthony Trupiano) drafted a letter to send to potential race sponsors. They will begin sending the letter out in mid-January. If anyone has any ideas on how to get more sponsors or possible recipients of the letter, let one of them know.

Equipment: Nothing new. Per Bob Boyd's earlier emails to the board we will not purchase a new clock at this time. Instead we will borrow an extra clock from Doug and pay \$100 to use it if necessary. Frank S. will add giving Doug a reminder call to bring the extra clock as an additional item on the race director's to do list.

P.F. Chang's Rock 'n' Roll Marathon: We have a taker for the free marathon entry. Actually not quite free since Hardie asked him to write up a story for the StrideRight.

Open Forum: Bob B. reported that Tanys Carere will be our new membership coordinator. The board approved purchasing a software package that sorts bulk mail labels (\$25 - \$50).

2004 Budget: Frank distributed the final draft of the 2004 budget. The changes from the proposed budget distributed last month were actual December numbers, increased expense for the picnic, reduction in profit from merchandise sales, added \$75 for USATF membership, changed the wording of 'Fun Run' to 'Monthly Social' and changed the

(Continued on Page 4)

2003-2004 Board of Directors & Key Members

(Board Members marked with an *)

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Secretary: *Karin Glenn (H) 886-4095
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email: BEG50@MSN.com

Newsletter Circulation Manager:
Jenny Allen (H) 269-1226
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Autumn Fitness 5K Co-Director & River Run Hospitality Tent Coordinator:
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Scholarship Coordinator
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email: msull10166@cs.com

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

SUPPORT OUR SPONSORS... THEY SUPPORT OUR SPORT



Sun TIRE

Title Sponsor
of the
SUN TIRE
RUN TO THE SUN

O'Steen Volkswagen

2525 Philips Hwy. • Jacksonville
(904) 396-5486
Memorial Day 5K

FLORIDA POWERTRAIN & HYDRAULICS, INC.

Autumn Fitness 5K & Run to the Sun 8K

Mike Shad Nissan

269-9400
Run to the Sun



Title Sponsor - Autumn Fitness 5K

citistreet SM

A State Street and Citigroup Company

Title Sponsor Memorial Day 5K



Orange Park Kennel Club



Dennis M. Axman
CLU, ChFC, AEP, CFP
904-313-2195
Memorial Day 5K

Smoak, Davis & Nixon LLP
(904) 396-5831

Autumn Fitness 5K

—orange park—
POWER HOUSE

611 Blanding Blvd
1 Mile South of
Kingsley
272-2272
Memorial Day 5K



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

Florida Heart Center

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

Pediatric Dentistry & Orthodontics

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



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



Village Bread
Market



Robert Shields, Sr. is proud to help sponsor the Memorial Day 5K in honor of the 9/11 victims

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 of Directors' Minutes (continued from Page 2)

contingency funds to \$880. Steve wants to cut off 2003 expenses so they are not reflected in January. As a follow-up to the previous meeting's discussion regarding new merchandise, Lil found that selling Coolmax t-shirts would be too expensive (cost is \$20 per shirt). The budget was approved as written.

Merchandise Coordinator: Lil reported that George Hoskins will be the new merchandise coordinator for 2004. Lil will work with George on a smooth transition through River Run 2004.

RRCA dues: Frank suggested putting off paying the dues until January so as not to reflect the expense in 2003.

2004 Board nominating committee: The nominating committee (Bob, JD, John, and Frank) need to fill 20 positions for the board next year. Of this year's 18 board members they have received 8 yes's, 4 no's and 6

undecided. A minimum of 6 new members is needed. The committee will meet and develop a list of potential new members.

Social schedule:

December 21st: Robert and Janet Irving's house
January: nothing yet

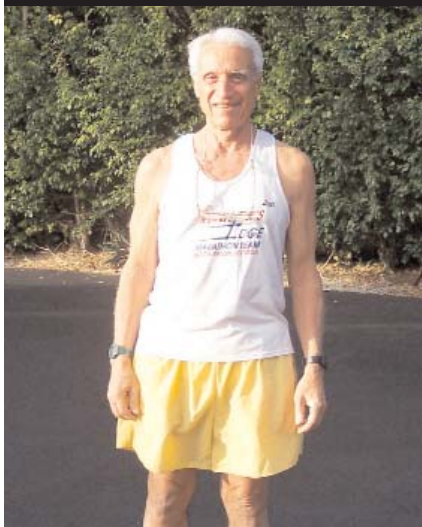
February 26th will be the quarterly dinner meeting with Donna Hicken as our speaker.

March: picnic.

The meeting was adjourned at 8:35 PM. Next month's meeting will be January 13th at the library.

Respectfully submitted,
Karin Glenn

Strider Spotlight on Augie Leone by Bob Boyd



This month's Strider Spotlight is on Augie Leone, who does plenty of shining all on his own. Here are some examples: running virtually injury free for over 5 years while doing ten marathons over the last three years (his first the day after his 70th birthday) and running 80 races in the last five years; getting stronger,

faster & leaner each year; AND placing in his age group at River Run. I want to be like Augie when I grow up! Okay, I want to be like Augie NOW.

Augie is 73 years of age and about to celebrate his 74th on 1/8/2004. He and his bride of 47 years, Josie, split their time between Boca Raton and Jacksonville where, you guessed it, they have grandchildren. A retired Mechanical Engineer who hails originally from Illinois, Augie began running regularly when he retired six years ago. He took some time off in that first year for arthroscopic knee surgery and has been going strong ever since. I should really say "going STRONGER ever since." He has dropped over 20 pounds in those years and is still hitting new PR's. When you see his training program and approach you will

understand why

Training Plan: Runs four times a week with a normal mileage base of 25 per week (increasing to 30-35 per week before marathons,) strength training five times a week, total body.

- Monday: Easy run
- Tuesday: Speed work
- Thursday: Tempo run at 15K pace
- Saturday: Long run

Some Accomplishments of note:

- 2003 River Run – Three minute PR with a 1:21:09 and placing 2nd in his age group (placed 5th the prior two years)
- 2002 Chicago Marathon in 4:29:24, which qualified him for the Boston Marathon he ran in April, 2003.
- 2002 Disney Marathon – 2nd in his age group

Training Philosophy: You need both a healthy diet and to exercise with intensity. Moderation in either one won't do it.

Running Plans: Run two marathons a year, one in Florida and Chicago. Run Boston the years he turns 75 and 80.

Why does he run? Augie shared that seeing his peers' health can be scary and keeps him going. He feels like he has found the Fountain of Youth. "I consider it my job to stay fit." When you get to talk with him, it is clear that Augie enjoys his "job."

Keep up the great work Augie and thank you for the motivation. I found myself hitting the track and the weight room with more intensity after just interviewing Augie!

Jacksonville Marathon Strider Water Stop by Lillian Lawless

The 21st Annual Jacksonville Bank Marathon was held on Sunday December 14, 2003 at 7am. The day started out dark and dismal as it poured rain prior to the start of the race. However, 19 hearty Florida Striders Track Club Volunteers showed up to work the Water Aid Station on Mandarin Road in front of the Walter Jones Historical Park. This water stop was at the 8.5 mile mark outbound

and the 17.5 mile mark on the marathon return. Setting up the water stop in the dark and rainy weather did not dampen our spirits! If you see the following individuals out and about, please take a moment to thank them for their generous time and support of the local running community.

Carolyn Disher
Ginger Frazer-French
Kelly Howard
Lillian Lawless
Jane Manion

Maddie Manion
Oliver Manion
Dana Perpall
Jenna Perpall
Wayne Perpall

Pat Raiford
Tom Ryan
JD Smith
Gena Star
Frank Sutman

Jan Taylor
Danny Weaver
Dan Widener
Denise Williams



Pictures courtesy of J.D. Smith

New Membership Director for a New Year: Tanys Carere by Bob Boyd



It seems only fair that the retiring Membership Director gets to introduce the new one. First, I wanted to thank the many Striders I have had the pleasure of running with, speaking with, emailing, and writing over the last 3 and a half years.

You've been very kind to me and I wanted to take good care of you by finding an excellent replacement, Tanys

Carere. Tanys hails from Medicine Hat, about ½ an hour North of Montana in Alberta, Canada. She earned her Business Degree in Lethbridge, then spent a year in Calgary before joining us here in Jacksonville in 1999. She has gone on to earn her MBA at Jacksonville University and picked up her CPA in her "spare" time. I'm jesting about the "spare" time as she seems to be

one mighty busy woman between working at Water Street Capital, running, tennis, biking, swimming, weight lifting, scuba, golf, and surfing. Whew! She has two marathons under her belt and will add Boston to that list in April of this year. Did I mention she was fast? She nailed a 3:31 at the Chicago Marathon in 2002 and finished in 1:08 in last year's River Run. No wonder she is a regular among the age group award winners. As you can see, you are not just getting a replacement for me; you have the new, improved model! I am expecting a surge in new memberships.

Please steer any address changes and/or email address changes to Tanys going forward. Her contact information follows:

Tanys Carere
11058 Percheron Drive
Jacksonville, FL 32257
Phone: (904) 880-4414

Gate River Run Training Classes

Shands Jacksonville and the YMCA have teamed up to offer training classes (at no charge) to help people get ready for the Gate River Run. These classes were offered in the 4th Quarter of 2003 but in different locations. How often do you really get a second chance? The information provided is excellent for your general training, from 5K to Marathon. I suspect even the most veteran of runners would pick up useful information. The Skinner YMCA is located at **5100 Belfort Road, Jacksonville on the Southside, 332-0665**, and the Winston YMCA is located at **170 Landrum Lane, Ponte Vedra Beach, 543-9622**.

<u>Date</u>	<u>Location</u>	<u>Topic</u>	<u>Speaker</u>
Jan. 5	Skinner YMCA	Physiology of Running	Ken Brannon
Jan. 10	Winston YMCA	Physiology of Running	Ken Brannon
Jan. 12	Skinner YMCA	Program Set-up	Jerry Lawson
Jan. 17	Winston YMCA	Program Set-up	Jerry Lawson
Jan. 26	Skinner YMCA	Injury Prevention	Dr. Mike Fitzpatrick
Feb. 2	Skinner YMCA	Nutrition & Hydration	Kerri Napoleon, RD, LD
Feb. 7	Winston YMCA	Injury Prevention	Dr. Nancy Felix
Feb. 14	Winston YMCA	Nutrition & Hydration	Kerri Napoleon, RD, LD

February Dinner Social... Thursday February 26, 2004...Guest Speaker: Donna Hicken, First Coast News Anchor

Donna Hicken is a Jacksonville native and has been a broadcast journalist here since 1988. She has been a competitive runner for many years. Donna most recently ran the 2003 Chicago Marathon. This was a tremendous achievement since she is recovering from her second bout with breast cancer. Come out and hear Donna's remarkable story of chemo and courage, and how running played an important role in her treatment and recovery.

Menu: Barbeque Buffet with the trimmings, dessert, and complimentary beer and soft drinks. Social half-hour begins at 6:00 p.m. with dinner being served by 7:00 p.m.

Cost: \$10 per Strider, or \$12 for non-members.

RSVP: Make your check payable to "Florida Striders," note the names of any guests you will have, and please mail it to:

Strider Dinner
2600 Sandlewood Ct.
Orange Park, FL 32065

RSVP early to ensure we have a place for you. We expect this event to fill quickly!

Questions: Please contact Bob Boyd at (904) 272-1770

Where: The Anheuser-Busch Brewery Hospitality Room...111 Busch Drive, just East of I-95 on the North side of Busch Blvd (Take I-95 North from the intersection of I-95 & I-10 North on I-95 to Busch Blvd, exit 125, East to the Busch Brewery on the North side (left side as you're headed East.)



Where are the Trails? By Frank Sutman

Do you enjoy running off road? Having dirt under your feet instead of asphalt and concrete? Hearing the wind through the pine trees and the birds singing instead of breathing in automobile exhaust? Here is a great opportunity for you!

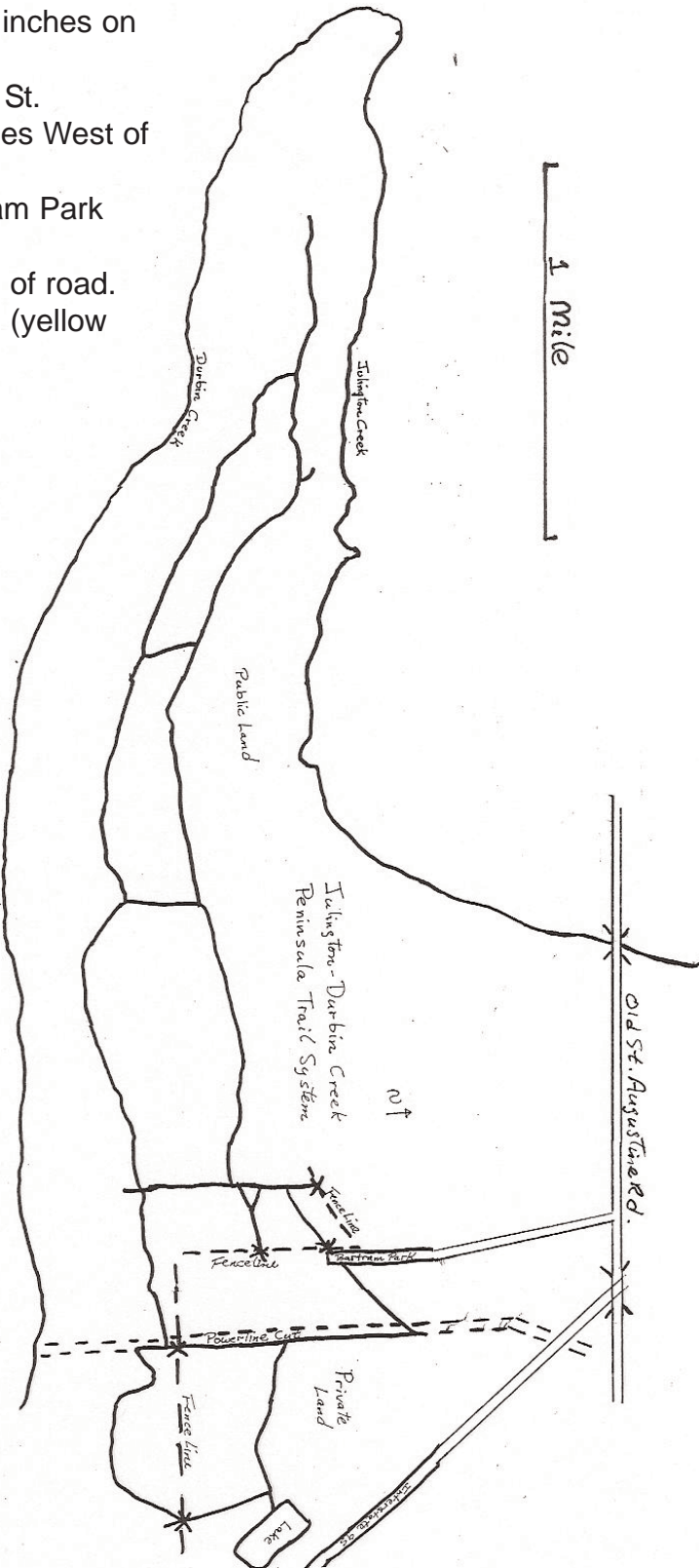
A few years ago, the City of Jacksonville purchased the Julington-Durbin Creek Peninsula to save it from development. The area contains over 10 miles of woodland trails, which are primary double-track dirt roads, suitable for running, hiking, or mountain biking. Motor vehicle access is supposed to be prohibited. The land is a mix of open pine forest, oak hammock, and marsh. All of the trails are dry in good weather. There are plenty of wildlife and very few people. Most of the trails have excellent footing with few roots or other trip hazards.

A new road was recently built that now provides access to the area. In Mandarin, take Old St. Augustine

Road south and east until just before the I-95 overpass. You will see the new 4-lane entrance road into Bartram Park on your right, heading east. Turn right or south and follow the new road 0.8 miles until it ends. There is parking on the right side of the road. The yellow gate just beyond the parking area is your access point. The public lands are generally to the west of the fence line at the gate. A map showing the area follows on Page 8. The same trail map is available, and can be further enlarged, on our web site, www.floridastriders.com in pdf format (requires Adobe Acrobat). Just follow the link on our home page that says: "Training Run Maps" and you will see the download link for Durbin Creek. Plan on bringing plenty of drinking water. Water is currently unavailable at the trailhead or in the woods. I hope you enjoy this wonderful public resource.

Julington - Durbin Creek Peninsula Trail System

- Scale: 1 mile = 1 7/8 inches on this reduced map.
- To Parking: Take Old St. Augustine Rd. to 0.25 miles West of I-95.
- Turn South into Bartram Park Development.
- Drive 0.8 miles to end of road.
- Parking and Trailhead (yellow gate) On Right Side



Fun Run & School Run/Walk Programs (cont'd from page 1)

and Grace Episcopal.

We are looking forward to our next Fun Run, Run to the Sun, in April. For 2004, our goal is to surpass 1000 participants. We are well on our way to reaching this goal, with the generous support of our new sponsor, Centex Homes. Centex has agreed to provide \$1500 in prize money for the schools with the most participation. This prize money is important to our community schools and our children.

School Run/Walk programs can make a huge difference in our children's health and perspective on being physically active. There is so much more we can do to help

support and spread these programs, both with the Fun Runs and through the Striders' financial support throughout the year. All of our sponsors are making a very positive difference in children's health through their support of our club. Their names are listed on page 3 of each monthly StrideRight and should be considered an "Honor Role" all its own. If you would like to help sponsor this effort please contact me, Sharon Pentaleri at 389-6271, Bob Boyd, 272-1770, or Lillian Lawless, 292-1399.



Pictures above are from the Paterson Elementary Run/Walk Program and were taken by Vanessa Boyd. Great job Coach MacDougall & Team!

STRIDERS AT THE RACES



RACE RESULTS

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

CASH 5K

November 22, 2003

Anthony Truitt	17:14	Mstrs Male
Brian Smith	20:13	
Del Conner	20:25	2nd A/G
Gary Gills	21:54	
Harold Dubon	24:03	
Robert Turner	24:20	2nd A/G
Ralph Billings	25:53	3rd A/G
Freddy Fillingham	29:33	
Mary Ann Bolin	30:54	
Al Saffer	32:06	1st A/G
Elizabeth Bolin	34:07	

PAUL DEBRUYN MEMORIAL 30K

Ormond Beach
November 22, 2003

Frank Sutman	2:09:10	5th A/G
Paul Geiger	2:18:32	5th A/G
Terry Sikes	2:25:48	5th A/G
Rexx Wier	2:25:51	
Paul Berna	2:34:06	
Kimberly Patterson	2:38:33	4th A/G
Matt Ross	2:40:36	1st A/G
Dana Coleman	2:53:01	
Steve Bruce	2:54:38	
Patrick Rascoe	2:58:29	
Vicky Connell	2:59:04	
Ken Wilson	3:05:27	
Sue Whitworth	3:09:31	
Jim Kehr	3:18:36	
Roxanne Slater	3:18:55	
Gloria McNeil	3:33:18	
Kent Smith	3:37:54	5th A/G
Barbara Whitter	3:47:51	
Trish Kabus	4:16:59	

PAUL DEBRUYN MEMORIAL 15K

Patrick Gaughan	1:04:16	2nd A/G
Douglas Tillet	1:07:22	
Frank Frazier	1:08:14	2nd A/G
Bonnie Brooks	1:08:17	Mstrs Fem
Thom Henkel	1:10:39	3rd A/G
Kathy Murray	1:11:25	2ND A/G
John Gauer	1:15:02	
Teresa Hankel	1:15:11	

Bill Castelli	1:16:50	
Gerry Tyburski	1:17:18	
Danny Weaver	1:17:29	
Leslie Doucette	1:22:38	
Jeanie Wilson	1:24:15	
Tom Sullivan	1:28:51	
Gordon Slater	1:34:15	
Shirley Henkel	1:35:21	
Christine Kehr	1:42:12	
Margaret Tyburski	1:47:26	

OUTBACK DISTANCE CLASSIC

HALF MARATHON

Outback Plaza, Jax
November 27, 2003

John Metzgar	1:14:39	Masters
Bill Phillips	1:20:11	1st A/G
Greg Richards	1:23:59	
Anthony Truitt	1:24:07	
Patti Stewart-Garbrecht	1:25:01	1st A/G
Page Ramezani	1:26:14	1st A/G
Sung Ho Choi	1:28:56	
Paul Geiger	1:31:06	2nd A/G
David Geraci	1:32:55	
Bill Dunn	1:33:11	
Steve O'Brien	1:33:23	
Paulette Butler	1:34:48	1st A/G
Robert Irvin	1:35:08	2nd A/G
Frank Frazier	1:35:58	2nd A/G
Thom Henkel	1:38:25	3rd A/G
Mark Woods	1:39:34	
Holly Turner	1:30:13	3rd A/G
Bonnie Brooks	1:40:31	
Stephanie Griffith	1:41:37	
Paul Smyth	1:41:38	
Kathy Murray	1:42:26	
Elfrieda Wyner	1:43:19	1st A/G
Nicola Whittle	1:43:36	
Nick Jongbloed	1:43:42	
Paul Berna	1:44:10	
Tanys Carere	1:44:14	
Danny Cole	1:44:37	
Kim Crist	1:45:13	
John DeAntonis	1:46:07	
Sharon Lucie	1:46:10	3rd A/G
Harry Edwards	1:46:26	
Patrick McKeefery	1:47:47	

Gary Hallett	1:48:38	
Rick Sheets	1:48:57	
Hernando DeSoto	1:48:59	
Claudia French	1:49:23	
JD Beck	1:49:27	
Gary Reynolds	1:49:31	
John Powers	1:49:37	
David Kelley	1:49:38	
Gerry Tyburski	1:51:03	
George Hoskins	1:51:09	
John Gauer	1:51:20	
Steve Bruce	1:52:00	
Danny Weaver	1:53:12	
Dana Coleman	1:54:52	
Kirby Hunsucker	1:55:07	
Leslie Doucette	1:57:26	
Steve Lucie	1:56:22	
Jack Hayes	1:56:59	
Dan Ovshak	1:58:13	
Chuck Bryner	1:58:26	
Tom Zicafoose	1:59:01	
Judith Daniel	1:59:14	2nd A/G
David Stanley	1:59:25	
Kevin Terry	2:01:58	
Kwan Supapan McCall	2:02:51	
Kent Smith	2:03:24	
Bernie Gross	2:03:25	
Mark Sawicki	2:05:08	
Robert Grimmig	2:06:35	
Terry Algire	2:09:33	
Tom Sullivan	2:09:42	
Roxanne Slater	2:10:07	
Kim Cornell	2:10:23	
Susan Miller	2:10:41	
Elena Etter	2:12:27	
Bo Holub	2:12:35	
Ed Kelly	2:13:00	
Carol Palmer	2:13:07	
Susan Gostage	2:13:28	
David Hastings	2:13:45	
Bobby Greene	2:14:07	
Allison Deihl	2:15:02	
Jonie Davis	2:15:28	
Zully Lopez	2:18:08	
Shirley Henkel	2:19:16	
Susan Shelton	2:19:17	
Barbara Whitter	2:20:16	
Bob Tatum	2:20:43	

STRIDERS AT THE RACES



RACE RESULTS

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

Amy Davis 2:23:39
Charles Desrosier 2:24:10
Trish Kabus 2:36:41
Mary Anne Bolin 2:39:46
Al Saffer 2:40:05
Elizabeth Bolin 2:49:39
Susan Stanley 2:56:16
George Coombes 3:03:10

Josh Stanley 28:21
Al Saffer 28:52 2nd A/G
Barbara Whitter 30:30
Mary Anne Bolin 31:19
Nadine Thomas 31:54
Brenda Schwelling 32:18
Marie Bendy 34:09 3rd A/G
Patt McEvers 34:09 3rd A/G
Charles Desrosier 34:10 3rd A/G
Jerry Nalley 34:59
John Nalley 34:59

Cynthia Lyons 1:42:39 2nd A/G
Nick Jongebloed 1:43:48
Gary Hallett 1:45:22
David Stanley 1:46:08
Elfrieda Wyner 1:46:23 1st A/G
Hernando DeSoto 1:46:47
Maurya Sova 1:47:38
Thom Henkel 1:49:09 2nd A/G
George Hoskins 1:51:03 2nd A/G
Craig Harms 1:51:08
Dan Ovshak 1:53:12
JD Beck 1:53:34 3rd A/G

OUTBACK DISTANCE CLASSIC 6K

Len Ferman 19:19 1st A/G
Konner Sawicki 25:54
Kim Ball 27:04 2nd A/G
Susan Harms 27:17 3rd A/G
John Powers Jr 27:42 3rd A/G
Nancy Harms 29:17
Craig Harms 29:18
Kyle Sawicki 30:05
Rebecca Brown 33:05
Annalee McPhilomy 33:54
Freddy Fillingham 33:55
Josh Stanley 34:55
Ginger French 36:44 2nd A/G
Burness Morris 36:47
Alan Phillips 37:38
Nadine Thomas 38:34
Christopher Hallett 42:34
Randy Sandy 45:39

JACKSONVILLE BANK MARATHON

December 14, 2003

John Metzgar 2:44:40 Masters
Sung Ho Choi 3:10:55
Robert Irvin 3:27:05
Paul Geiger 3:28:02
Sue Miller 3:28:36
Terry Sikes 3:32:15
Kathy Murray 3:37:24
David Geraci 3:38:33
Del Conner 3:44:03
Kim Crist 3:51:17 3rd A/G
Lisa Sullivan 3:56:47
Frank Frazier 3:58:10
Rexx Weir 3:58:44
Dana Coleman 4:10:43
Vicky Connell 4:16:44
John DeAntonis 4:22:14
David Hastings 4:33:31
Bo Holub 4:49:00
Brenda Schwelling 5:53:23
Trish Kabus 6:08:34

Susan Harms 1:53:43
Sue Whitworth 1:56:01
Melinda Terry 1:57:15
John Powers 1:57:31
Barbara Ebers 1:59:23 2nd A/G
Ken Wilson 2:00:17
Richard Horton 2:00:34
Denise Dailey 2:00:54
Ken Bendy 2:03:10
Robert Glenn 2:03:20
Kevin Terry 2:03:28
Jeannie Wilson 2:04:32
Kent Smith 2:04:56
Ron Bartkovsky 2:06:00
Brian Murray 2:07:53
Ed Kelly 2:09:06
Tom Sullivan 2:10:02
Bob Tatum 2:13:08
Zully Lopez 2:15:38
Roxanne Slater 2:18:09
Joe Sova 2:20:22
Charles Desrosier 2:20:40 2nd A/G
Jim Kehr 2:21:03
John Aimone 2:24:02 1st A/G
Shirley Henkel 2:25:06
Ralph Billings 2:25:36
Christine Kehr 2:42:50
Al Phillips 2:42:56

FESTIVAL OF LIGHTS 5K

Baptist Eye Institute
December 6, 2003

Dr. Radical 17:07 1st A/G
Anthony Truitt 17:40 1st A/G
Bernie Candy 19:00 1st A/G
David Stanley 20:59
Konner Sawicki 21:25 3rd A/G
Terry Sikes 21:35
Harold Dubon 23:46
Gary Gills 23:47
Tim Martin 24:15
Ralph Billings 24:17 2nd A/G
Ken Bendy 24:27 3rd A/G
JD Beck 24:41
Scott Arend 26:02
Randy Arend 26:03

JACKSONVILLE BANK HALF MARATHON

Len Ferman 1:16:34 1st A/G
Greg Richards 1:22:19 3rd A/G
Frank Sutman 1:25:34 3rd A/G
Karin Glenn 1:27:51 1st A/G
Patrick Gaughan 1:30:10 2nd A/G
Patrick McKeefery 1:35:35 3rd A/G
Bonnie Brooks 1:39:19 2nd A/G
Stephanie Griffith 1:39:34 2nd A/G
Tanys Carere 1:41:07

MISCELLANEOUS

Atlanta Half Marathon

11/27/03

P.J. Patterson 1:29:45
Kimberly Patterson 1:42:48

STRIDERS AT THE RACES



RACE RESULTS

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

SPACE COAST HALF MARATHON

Melbourne
11/30/03

John Bowsman 1:53:34 4th A/G

JINGLE BELL 5K

Gainesville
12/06/03

Nancy Harms 25:15 1st A/G
Craig Harms 25:17
Barbara Whitter 30:36

REINDEER RUN 1. SOMETHING

MILES
St. Augustine
12/06/03

Kent Smith 11:48 2nd A/G
Elena Etter 14:07 1st A/G
Trish Kabus 14:47 3rd A/G

ED ROOT 10K

New Smyrna Beach
12/06/03

John Carson 1:24:54 2nd A/G

TALLAHASSEE ULTRA DISTANCE

CLASSIC 50 MILE
12/13/03

Gary Lewis 11:32:04 14th O/A

Boca 10K

12/13/03

Augie Leone 52.26 1st A/G

NAS Jax Jingle Bell 5K

12/18/03

George Hoskins 23:25
Chuck Bryner 23:30
Ken Bendy 24:14

We Get Letters!

11/4/2003

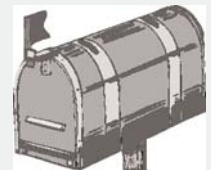
Dear Florida Striders Track Club,

My son Dustin has been away at college for right about 2 and a half months now and I try to talk to him every chance I get. I miss him very much! He's my only son, and him and I are like best friends. I think no one can ever prepare you for the emotional sadness that parents go through when they send a child away to college. But yet, I'm so very proud of him. I wanted to give the Striders Track Club an update on how he's doing over at FSU. He's living on campus in Kellum Hall. My son is doing very well with all his classes and studies, according to him he's been making all A's and B's so far. He truly enjoys living on campus in the dorms; he's met so many new friends from all over the country. He also enjoys utilizing all the facilities and the activities FSU

has to offer. Oh yes he also loves them "FSU Football Games (Go Noles)". Dustin has been also doing quite a bit of running since he moved over to Tallahassee. He really enjoys all those hills that Tallahassee is known for. He's planning on being home for Thanksgiving and participating in the Jax 1/2 Marathon race that morning. I would like to thank the Striders Track Club for helping my son fulfill his dreams through your scholarship you awarded him back in May of this year (2003). He is truly thankful for your generosity and is determined to represent your scholarship as a worthy recipient.

Thank you,

David Herrera (Dustin's Dad)



Like to save a Tree? Save some expense? Do color pictures & graphics appeal to you? Please try the email version of the StrideRight Newsletter (a pdf file). Just drop Tany's a note at tcarere@hotmail.com

MILE MARKER MUSINGS By Robert Glenn

I trust everyone's holiday season was up to expectations. I would say Christmas and New Year's, but then I'd have to start in on all the various possible holidays so as not to leave anyone out (winter solstice shout out to all our wiccans!) so I'll just leave it at the vanilla, practically meaningless, holiday season lest the PC police pull me from my keyboard. Lots of good racing here in what passes for winter in Jacksonville, 45F today, brrr (anyone North of the Mason/Dixon line feel free to laugh out loud at our pitiful cold tolerance, and we'll return the favor by reminding you that we own no snow blowers, snow shovels, or rock salt.)

First up, the **Cash 5K** run on November 22nd. Our top male Strider was **Anthony Truitt**, finishing with a 17:14 and good for the top male masters. Fastest female Strider was **Mary Ann Bolin** who clocked a 30:54. **Al Saffer** captured first in his age group. Other finishers can be found in the "Striders at the Races" section of this self-same publication.

We had a goodly number of Striders make the trip down to Ormond Beach for the **Paul Debruyn Memorial 15 & 30K**, which was run on the 22nd of November. **Frank Sutman** was our fastest Strider in the 30K completing the course in 2:09:10 while new Strider **Kimberly Patterson** was our top female with a 2:38:33. Welcome aboard and keep up the good running. **Matt Ross** was our only age group winner in the 30K. Nice running in a tough field Matt. In the 15K race, **Patrick Gaughan** was our top Strider, clocking a 1:04:16, which also earned him 2nd in his age group. Top female Strider was **Bonnie Brooks**, who was also the masters female winner with a

1:08:17.

In what has become a Jacksonville Thanksgiving tradition, a whole boatload (albeit a very big boat, maybe one of those cruise ships we'll have tied up down at Dames Point for the Super Bowl to augment our 'hotel bed deficient' town) showed up for the half marathon, including some 87 Striders, with another 18 running the 6K. Overall, we had 105 Striders race the **Outback Classic 13.1 mile and 6K**. Good showing guys. **John Metzgar** took top Strider honors in the 13.1 with a 1:14:39, which also earned him the male masters trophy. Fastest female Strider was **Patti Stewart-Garbrecht**, who took 1st in her age group with a 1:25:01. Other Striders showing that Strider gold color and winning their age group included **Bill Phillips**, **Paulette Butler**, and **Elfrieda Wyner**. In the 6K, **Len Ferman** was the fastest male Strider with a 19:19 and a 1st in his age group. **Kim Ball** was 2nd in her age group with a 27:04 and was the fastest female Strider.

December 6th saw the **Festival of Lights 5K** take place here in Jacksonville. **Dr. Radical** captured top male Strider and 1st in his age group with a 17:07. The top female Strider was **Barbara Whitter** with a 30:30. **Anthony Truitt** and **Bernie Candy** also won their age groups. Nice running Striders.

And finally, the event that says Jacksonville is a serious running city, yes, our marathon. The **Jacksonville Marathon and Half** started and finished at Bolles again this year. The start had some rain showers

(Continued on Page 16)



Welcome New Members!

- Rob & Laura Caldwell
- Carol & Michael Fitzsimmons
- Dave Geraci
- Mary & Bill Gladding
- Linda & Rick Haberlin
- Jeremy Hawks
- Glenn Landers
- Jan Taylor
- Lonnie Willoughby

Welcome Back Renewing Members!

- Terry Algire
- Diana & Sean Bartlett
- Dotti Cahill & Tom Marsland
- Sung Ho & Natalya Choi
- John Coleman, DPM
- Kim Crist
- John De Antonis
- Hernando DeSoto
- Charles Desrosier
- Robert Jamieson
- Matthew Jung
- Cynthia Lyons
- Tony Nading
- Randall & Nancy Pullo
- Scott Seibler
- Bob Tatum
- Roy & Julia Wood

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
Jan. 11	Walt Disney World Marathon	6:00 a.m.	.Lake Buena Vista	(407) 896-1160
Jan. 17	Romans Road 5K	8:00 a.m.	Chimney Lakes Rec. Ctr. 8410 Cheswick Oak Ave. (Corner of Cheswick Oak Ave. & Argyle Blvd.) Jax	(904) 777-6130
Jan. 17	5K Run for Education	8:00 a.m.	Country Club of Ocala 6823 SE 12 Circle, Ocala	(352) 620-7651 mccall_e@popmail.firn.e
Jan 24	Super Bowl 5K	10:00 a.m.	Alltel Stadium, Jacksonville	739-1917, 1st Place Sports
Jan 24	Gasparilla Distance Classic 15K/5K	7:30/9:30 a.m.	Convention Center Tampa	(813) 229-7866 GCDARun@aol.com
Jan 25	Hops Marathon & Half Marathon	6:00 a.m.	Convention Center Tampa	(813) 229-7866 GCDARun@aol.com
Jan 31	Matanzas 5K	9:00 a.m.	St. Augustine	(904) 797-7575
Feb 1	Ocala Marathon & Half Marathon	7:00 a.m.	Paddock Mall Ocala	(352) 622-5911
Feb 1	Tybee Island Marathon/Half Marathon & 5K	8:00 a.m.	Tybee Island Savannah, GA	(912) 921-4786 ronboyetter@bellsouth.net
Feb 8	Winter Beach Run 5/10 Mi.	3:00 p.m.	Comfort Inn Jacksonville Beach	(904) 739-1917
Feb 14	Ginger Fannin King Couples Relay 5K	2:00 p.m.	Neptune Beach (Jacksonville)	(904) 387-0528 ConsultJTB@aol.com
Feb 15	30th Annual Tallahassee Marathon & Half Marathon	8:00 a.m.	FSU Mike Long Track Tallahassee	Gulf Winds Track Club
Feb 21	Pirates on the Run 10 km	8:30 a.m.	Fernandina Beach	(904) 277-0050 ConsultJTB@aol.com
Feb. 22 New Date	Florida Gulf Beaches Marathon & 10K	7:00 a.m.	Coachman Park Clearwater	(727) 347-4440
Apr. 17	Run to the Sun 8K	8:00 a.m.	Orange Park Kennel Club, US 17S & Wells Rd, Orange Park	(904) 268-8392 HartRoss@bellsouth.net Florida Striders 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
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

Looking for a Few Good Men & Women

The Florida Striders are seeking a few good men and women to join the 2004 Board of Directors. Candidates should be club members, able to regularly attend monthly board meetings, and want to help determine the future of running in our community.

Please contact either Frank Sutman, Bob Boyd,

John Powers, or JD Smith before February 15 if you are interested in becoming a board member. The next board has a one-year term that will run from March, 2004 to March, 2005.

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.	Hardie Alexander (904) 264-5154 halex1953@aol.com
Sunday	10:00 AM	3-8 Mi. Trail Run	Ponte Vedra Guana State Park	Craig O'Neal (904) 285-9097 autofinanceman@yahoo.com
Monday	6:30 PM	3 to 7.5 Mi. Easy pace	Jacksonville Gazebo Mall	Bernie Gross (904) 272-5995 berniegross@juno.com
Monday	5:30 PM	6 Mi. Downtown Bridges	Jacksonville Charthouse Rest. parking lot	Karin or Rob Glenn (904) 886-4095
Weds.	5:30 PM	Interval Training	Jacksonville Bolles School San Jose 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
Weds.	6:20 PM	Varied Distances/paces	Ponte Vedra Beach Saw Grass Village next to Flamers	Jakson Badenhoop (904) 285-1552 jaksonba@ilnk.com Call/email to confirm last minute changes
Weds.	6:30 PM	5-8 Mi. (Prediction Run/JTC social 3rd Wed.)	Ponte Vedra Beach Saw Grass Village, Aqua Grill	Contact Dave Gottschalk Email: davegott@comcast.net
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
Sunday	6:00 AM	10 to 20 Mi. Varied pace	Green Cove Springs Lamont & St. Johns Ave.	Jack Hayes (904)284-2105. Call to Confirm runanride@hotmail.com

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 13)

that kept away the faint of heart but, overall, the weather was about as good as we've seen in recent years with the temperature around 60F. The masters male winner was our very own **John Metzgar** with a 2:44:40, making him the fastest Strider also. Top female Strider was **Sue 'Sunseeker' Miller** with a 3:28:36. **Kim Crist** placed third in her age group with a 3:51:17. Other finishers can be found on the results page. **Len Ferman** was our fastest male Strider in the half with a 1:16:34 which also was good for first in his age group. My better & faster half, **Karin Glenn**, was our fastest female Strider with a 1:27:51 which was good for 1st in her age group. **Elfrieda Wyner** and **John Aimone** also took 1st in their age groups. We had 19 Striders go the distance for 26.2 and 50 finished the half. Nice running.

Striders on the Road –

P.J. and Kimberly Patterson ran the Atlanta half marathon on the 27th of November, clocking 1:29:45 and 1:42:48 respectively.

John Bowsman did the Space Coast Half Marathon on the 30th of November and finished in 1:53:34, which earned him a 4th in his age group.

We had three Striders travel to Gainesville for the Jingle Bell 5K in those environs. **Nancy Harms** got first in her age group with a 25:15. **Craig Harms** finished with a 25:17 while **Barbara Whitter** clocked a 30:36. Barbara also ran the Festival of Lights 5K that night, putting in a fastest female Strider performance. Nice running.

Three Striders also traveled down to St. Augustine for the Reindeer Run 1 point Something Miles race (maybe we should loan our Ancient City Road Runner brethren a mileage wheel?). **Kent Smith** ran a 11:48 good for 2nd in his age group. **Elena Etter** finished in 14:07 for a 1st in age group award. **Trish Kabus** ran a 14:47 for 3rd.

John Carson, 81 years old, ran the Ed Root 10K in Smyrna Beach on the 6th of December and finished 2nd in his age group with a 1:24:54. Nice running.

We had one Strider run the Tallahassee Ultra Distance Classic 50 Mile race on the 13th of December. **Gary Lewis** finished in 11:32:04, good for 14th overall. And most of us thought the Jacksonville Marathon was the long race that day. Great job!

Augie Leone is back on the fast track after some post Boston slows. He got first in his age group at the Boca 10K with a 52:26, nice work.

Finally, the NAS Jax Jingle Bell Run 5K was run the 18th. I include it in the "on the road" section since only people with base access can run, making it more difficult to get to than some of the truly out of town races. **George Hoskins** ran a 23:25, **Chuck Bryner** a 23:30, and **Ken Bendy** a 24:14. Nice running guys.

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/rcahtml/rcrep.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>