



Volume 23, Number 2

STRIDERIGHT

Florida Striders Track Club



www.floridastriders.com



February 2004

A Marathon FromThe Other Side by Jack Hayes

There are two sides to a marathon. One is running it and the other is being a volunteer. Unfortunately, too many runners have never been on the other side of the Water Table as a volunteer. Until you have been, you aren't a real runner.

There are those of us that bitch at the people handing out the water because it just didn't go like you wanted it to when you went to grab your cup. Then there are those that are just plain rude to the volunteers. "Why," may I ask? Without those volunteers your race would be almost impossible. Try saying "Thanks for being here" the next time that you grab that all important cup of liquid.

My family, friends, and I have enjoyed working the water station at Hooters (23 mile mark on the return of the Jacksonville Marathon) for many years. This year was one of those that made us ask ourselves, "Why are we out here in this cold and pouring rain at this ungodly hour?" The answer is that we care and want to give back to those that have helped us along the way at a water station during our runs.

When we arrived at the water station at 6:00 am we

were happy to see two total strangers there to help us. The two of them told us that they had just run the Chicago Marathon. My question to them was how did they get involved as volunteers. The response was amazing. They said that when they finished their marathon they decided that they wanted to do a water station to help other runners. They contacted 1st Place sports to volunteer and, by luck, Doug assigned them to help us. This was the first time that either of them had worked a water station. Please remember their names: Apoorva Vashi, a doctor, and Stephen Ossi, a medical salesman. They are both very nice and friendly people. Those of you that ran the marathon may remember Steve. He was the one on the bridge by Hooters cheering you on just before our water station.

To my delight, the overwhelming majority of the runners in this year's Jacksonville Marathon were very cordial and expressed a sincere thanks for our being there.

As I have said before, you get a real picture of what it is like to run a marathon when you are "on the other side."

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FEBRUARY DINNER MEETING

Thursday, February 26th 6:30 PM

The Reservations are streaming in 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. Please register now to make sure you get a seat. We do NOT want to miss you.

Board of Directors' Minutes, January 13, 2004

Hardie Alexander called the meeting to order at 7:10 PM. Directors absent: F. Sutman, J. Nolan, B. Dunn, S. Bruce. Rebecca Brown and Tanys Carere also attended. The previous meeting minutes were approved as written.

Treasurer's report: The January treasurer's report was distributed and filed as written.

Race committee update:

Run to the Sun – Rebecca Brown distributed the proposed race budget along with a detailed race checklist for the board to review. Planning is on track - permission to use OPKC has been cleared, race has been registered with Road ID and with RRCA as the 8 km state championship. Coordinators are needed for various volunteer positions.

Memorial Day – Nothing new. Still looking for additional sponsorship but planning is on track.

Autumn Fitness – Hardie reported there has been discussion about making it an evening race. OPKC must be contacted first to see if this is a possibility.

Hog Jog – Nothing to report.

Old Jennings State Forest trails: Hardie received an email from a member with the suggestion of adding these trails to the list of our runs. Directions will be posted in the Strideright. JD volunteered to do some reconnaissance and check out the trail's facilities.

Website and Website contest: Mike Mayse is going to be a judge for the website contest.

Equipment: JD has the bullhorn, Lil has the first aid kit and the clock is on loan for Jessica's Run if anyone is looking for these items.

Guest speakers: Donna Hicken is speaking at February's dinner social. A motion was voted on and passed for our club to donate \$150 to the Hicken foundation. John P. received an email from a club member suggesting a speaker who specializes in biomechanics for the next quarter.

Open Forum: There was a question regarding the definition of 'quorum' – per our bylaws it is one-half of the board members or more. As the new merchandise coordinator, George H. will approach OP businesses for embroidery estimates. Dottie suggested trying to organize out of town socials when several members travel to the same race.

Fun run accounting: Bob B. suggested that we extract Fun Run line items in our budget from the race totals and account for the Fun Run separately. He suggested we

keep track of both actual numbers and forecast and will work with Steve B. on how to implement it. This way club members and potential sponsors will be able to see exactly how much the club spends on kid's running.

Super Bowl sports event: John P. is at a meeting regarding this event and will report back to us. The board will discuss this at February's meeting.

Peachtree City Running Club: The president of the club, George Martin, asked if it would be OK to bring several members of their club to the Strider tent at the River Run. The board felt it would be fine and suggested their club bring some food/beverages (beer).

2004 Board nominating committee update: Bob distributed a list of 13 confirmed board members for next year. The committee is still working on finding and/or confirming the 7 additional members needed.

Picnic-March meeting dates: The picnic will be held on Sunday, March 7th at a location to be determined. The first board meeting with the new board will be on Tuesday, March 9th.

Social schedule:

February 26th - Donna Hicken at the Busch brewery

March 7th - picnic

April is up in the air.

The meeting was adjourned at 8:45 PM. Next month's meeting will be February 10th at the library.

Respectfully submitted,
Karin Glenn

Strider Discounts!

We have enjoyed a 10% merchandise discounts from 1st Place Sports (Baymeadows, Jacksonville Beach and now Orange Park (Wells Road about a 1/2 mile off 17 near the Loop) for many years.

A new Fitness Store in Orange Park, The Starting Line, has opened on Kingsley (about 1/2 mile from U.S. 17) and is offering Strider members a 15% discount.)

Thanks to both for their support!

2003-2004 Board of Directors & Key Members

(Board Members marked with an *)

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SUPPORT OUR SPONSORS... THEY SUPPORT OUR SPORT



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Title Sponsor
of the
SUN TIRE
RUN TO THE SUN

O'Steen Volkswagen 

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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.

Strider Spotlight on Vicky Connell by Bob Boyd



You may have enjoyed some Sunday runs or races with Vicky, one of our relatively new Striders, but I think you will find a few surprises in this month's Strider Spotlight. Read on!

Background: Vicky is the daughter of a Baptist Minister and they moved around considerably, mostly in Florida and California, while she was growing up. They settled in Central Florida. She

left college with a Bachelor's degree in Music Education (a Major in Voice, but also plays piano and guitar) before doing a three year tour with the Army in Germany. She not only met her husband there, Jim, but also became an active runner while stationed in Germany, doing her first marathon there in 1984. A high school swimmer, she has had particular success as a Triathlon competitor. She then joined the Reserves while Jim stayed on Active Duty until retiring five years ago in Jacksonville. They have two beautiful daughters, Tori in the 9th grade (I have to add that Tori has finished 2nd in her age group at the River Run the last two years – very impressive!) and Marissa in the 4th. Vicky is currently a Lt. Colonel in the Army Reserve, Commander of a Logistics Support Battalion.

Running: After the tour in Germany, some California Triathlons, and probably most significant, the birth of her Tori, running was pretty much on hold other than some River Runs until 2003 when she began running and racing regularly. She completed the 2003 Jacksonville Marathon, but was disappointed with her time, where she went out too fast. (It's not too shabby when your 2nd marathon, 20 years later, is faster than your first!)

Training: Does weights and abdominals M-W-F. Runs three to four times a week with a long run on Sunday and one day of speed work. She followed Hal Higdon's Marathon training schedule. In a recent Battalion competition she placed 2nd overall in a combination of pushups, situps, jump rope, biking, sand bag carry, and the bench press. I do not mean 2nd overall women or a sex adjusted handicap system. I mean she competed directly against the men, won the jump rope and was 2nd in every other category! Her training is working well!

Why Does She Run: Vicky shared that she really likes being in shape, the extra energy she has as a result, and the reduced need for sleep. It doesn't hurt that people notice you are in shape either.

Goals: Wants to enjoy a top three finish in her age group sometime in 2004 and stay uninjured. She's been close a time or two in 2003. Vicky WILL NOT let the disappointing marathon result detract from her running. I would bet she makes that goal!

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/Time</u>	<u>Location</u>	<u>Topic</u>	<u>Speaker</u>
Feb. 2/5:30 p.m.	Skinner YMCA	Nutrition & Hydration	Kerri Napoleon, RD, LD
Feb. 7/8:30 a.m.	Winston YMCA	Injury Prevention	Dr. Nancy Felix
Feb. 14/8:30 a.m.	Winston YMCA	Nutrition & Hydration	Kerri Napoleon, RD, LD

Striders 2004 Budget

	2003	*2003	2003	2004	(\$)	%
	Budget	Actual	Variance	Budget\$	2004 vs	2004 vs
					2003 Act's	2003 Act's
Income						
Run to Sun	2,700	3,278	578	3,250	-28	-0.87%
Memorial Day 5K	3,900	5,305	1,405	4,000	-1,305	-24.61%
Autumn Fitness Proceeds	3,300	4,739	1,439	4,750	11	0.24%
Hog Jog/CCC	1,600	1,324	-276	1,200	-124	-9.34%
Race Proceeds	11,500	14,646	3,146	13,200	-1,446	-9.87%
Social	0	997	997	1,500	503	50.45%
Dividends	25	19	-6	20	1	4.28%
Memberships	5,875	6,019	144	6,500	481	7.99%
Merchandise	1,000	921	-79	600	-321	-34.86%
Advertising	160	150	-10	150	0	0.00%
Interest Income	725	403	-322	450	47	11.66%
Other Income	7,785	8,509	724	9,220	711	8.35%
Total Income	19,285	23,156	3,871	22,420	-736	-3.18%
Expense						
Administrative						
Mailing Costs	1,500	732	-768	1,225	493	67.43%
Newsletter Printing and Layout	7,400	6,245	-1,155	6,603	358	5.74%
Supplies	100	321	221	610	289	90.30%
Affiliation Costs and Insurance	1,914	1,948	34	2,027	79	4.07%
New Equipment/Maintenance	500	906	406	1,000	94	10.36%
Storage Rental Fees	900	1,288	388	1,000	-288	-22.38%
Website Fees	300	219	-81	300	81	37.02%
Merchandise	900	802	-98	975	173	21.51%
Total Administrative Expense	13,514	12,461	-1,053	13,740	1,280	10.27%
Club Activity						
Special Events	1,600	1,268	-332	1,250	-18	-1.43%
Dinner Socials	0	1,232	1,232	1,600	368	29.89%
Monthly Socials	50	0	-50	200	200	NA
RRCA Convention	0	0	0	950	950	NA
Club Signs	450	475	25	200	-275	-57.89%
Total Club Activity Expense	2,100	2,975	875	4,200	1,225	41.18%
Community Activity						
School Programs/Promotions	1,500	1,228	-272	1,600	372	30.25%
Running Fitness Publications	171		-171			
Scholarships	2,000	1,500	-500	2,000	500	33.33%
Total Community Activity Expense	3,671	2,728	-943	3,600	872	31.95%
Contingency Funds				880		
Total Expense	19,285	18,164	-1,121	22,420	3,376	23.43%
Difference (Profit/Loss)	0	4,991	4,991	0	-4,992	-100.01%

*Actuals are based on information available as of the 12/9/03 Director's Meeting.

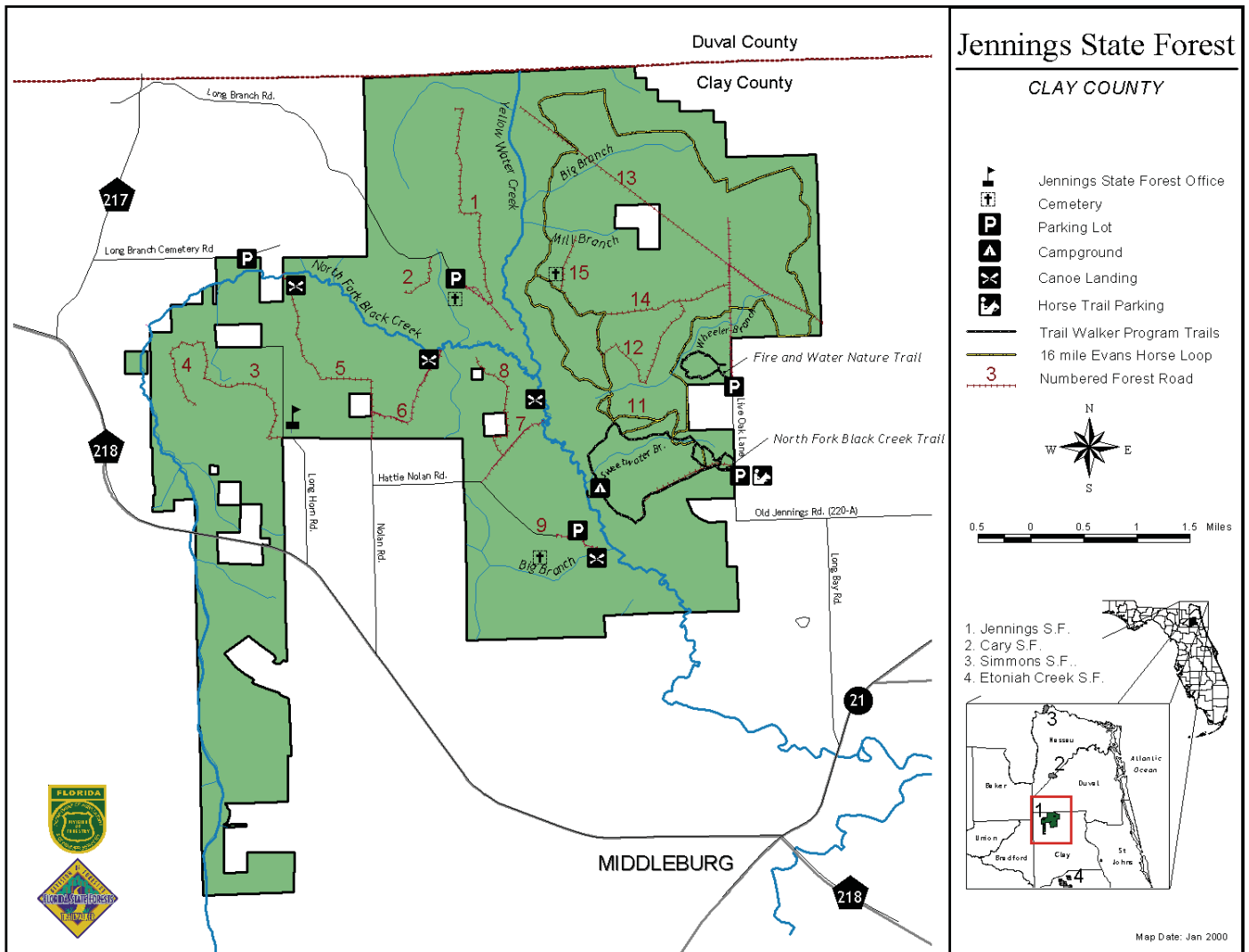
Note: The Striders' expenditures for the Fun Runs is not broken out separately as only the Net Income for each Strider Race is shown. Money paid directly to the Schools by our generous Sponsor(s) is also not reflected.

We Get A Lead On A New Trail Run

The trail description below is new to many of us, but clearly not to Randy Lefko of Middleburg, who was kind enough to send us the following: "... I'm a long time runner in the area, and was looking at the website training run sites and wondering why your club doesn't have the Old Jennings State Forest Trails on there. If one drives down Old Jennings Rd from Blanding about 8 miles to Live Oak Rd (a dirt road to the right), go about 1.5 miles to a State Park parking area. There are four very nice and sand covered trails going from one, five, eight, and sixteen

miles. They are all well marked and manicured trails with very little traffic, save for an occasion horse or fox. ..." I had a chance to talk with Randy and there is potable water out yonder at the parking area. The nearest bathroom for this new park is a nearby Chevron station. Sounds like a great running alternative! Thanks for the tip Randy.

JD Smith, our Equipment Manager, was kind enough to find the map shown below to help any of our readers with a yen for trail running. Thanks JD!



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. By popular demand (and mostly because she is generous enough to spoil us once again) Sherri Alexander will be making a fine assortment of her wonderful desserts. The buffet will be great but DO save room for the best part of the meal, Sherri's desserts. 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.)

Fun for the Whole Family at the Strider Annual Picnic - Sunday, March 7th!

Mark your calendars now for Sunday March 7, 2004 at 1:00 PM and come to the St. Johns Country Day School off Doctors Lake Drive (about 2.5 miles from Kingsley) in Orange Park. This event is complimentary for all Florida Striders and their guests and is always a good time. Here's the plan:

1:00 PM: Arrive, park, drop off your covered dish, set up your favorite folding furniture (there will be lots of picnic tables there) and get ready for a good time.

1:15 PM: Hash Run! This year's activities include the return of the famous adult HASH RUN...an adventure run featuring a hare (the leader), flour (to mark the course,) twists and turns, and the unexpected. Race to start at 1:15pm. Come prepared for a running escapade! Other adult activities will include basketball and volleyball.

1:30 PM until ...: Good Food! Hamburgers, hot dogs, and garden burgers with all the trimmings will be provided by the club, along with beverages. The most deli-

cious part of these picnics are the covered dishes brought by the many excellent cooks and bakers in the club. Please bring a dish to share and some comfy chairs to sit on. We will begin eating at 1:30.

2:15 PM: Election of the Board of Directors: We have a full slate of nominees for the new Strider Board of Directors (please see the biographies provided beginning on page 6) which require your approval following lunch. The election should start about 2:15. We keep the business portion brief.

2:30 PM: Fun for the Kids! Planned activities include a Fun Run and organized games

For more information or to volunteer at the picnic, please contact Lillian Lawless, Vanessa Boyd, Dottie Cahill, Tanys Carere or Karin Glenn. Their numbers and emails are listed on Page 3 under "Board of Directors & Key Members."



STRIDERS AT THE RACES



RACE RESULTS

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

LAST GASP 5 MILE CROSS COUNTRY RRCA FLORIDA STATE CHAMPIONSHIP Jacksonville University December 28, 2003

Frank Sutman	34:03 Masters
Bill Dunn	34:43 2nd A/G
Patrick Gaughan	36:28 1st A/G
Rodney Smith	37:24 2nd A/G
Steve O'Brien	38:24
Douglas Tillett	39:56
Frank Frazier	40:05 3rd A/G
Paul Berna	41:08
Thom Henkel	42:28
Kathy Murray	43:03 5th Fem
Randy Pullo	43:44
Dan Ovshak	45:55
Patti Smith	46:00 1st A/G
Bernie Gross	46:10 3rd A/G
Harold Dubon	47:26
Gerry Tyburski	48:14
Gary Ledman	50:35
Gordon Slater	52:02
Kent Smith	52:43
Tom Sullivan	53:19
Claudia French	56:12 1st A/G
Roxanne Slater	52:01
Shirley Henkel	56:32
Margaret Tyburski	58:31
Trish Kabus	1:09:37

Note: FSTC "Old Men" (Frazier, Sutman, Gaughan, Dunn & O'Brien) took 2nd place in the team competition.

VYSTAR GATOR BOWL 5K Jax Landing December 31 2003

John Metzgar	16:22 Masters
Len Ferman	16:46 1st A/G
Dr. Radical	17:18 1st A/G
Bill Phillips	17:54 2nd A/G
Page Ramezani	19:03 1st A/G
Bernie Candy	19:06 1st A/G
Mark Woods	19:29

Bill Dunn	19:39
Patrick McKeefery	20:49
Frank Frazier	21:16 1st A/G
Kimberly Patterson	22:01 1st A/G
Sharon Lucie	22:38 1st A/G
Thom Henkel	22:40 3rd A/G
Kathy Murray	22:48 3rd A/G
Hernando DeSoto	23:12
Danny Weaver	23:13
Austin Wester	23:29
Harry Edwards	23:33
Alex Wester	23:37
Konner Sawicki	23:46
Claudia French	23:58 2nd A/G
Dana Coleman	24:20
Kent Smith	24:30
Susan Harms	24:31
Harold Dubon	24:42
John Gauer	24:47
Steve Lucie	24:58
David Ferman	25:03
Kwan Supapan McCall	25:19 1st A/G
Craig Harms	25:23
Nancy Harms	25:24 3rd A/G
Rick Sheets	25:41
Carolyn Disher	27:52 3rd A/G
Roberta Thomlinson	27:55
Vicki Choinski	27:58
John Aimone	28:16 2nd A/G
Gordon Slater	28:51
Shirley Henkel	30:05
Barbara Whitter	30:42
Annalee McPhilomy	31:51
Ginger French	32:21 2nd A/G
Tom Sullivan	32:24
Al Saffer	33:31
Trish Kabus	35:15
Brenda Schwelling	35:17
Norma Wasson	36:21 1st A/G
Joe Connolly	38:27

WALT DISNEY WORLD MARATHON Lake Buena Vista January 11, 2004

Sharon Lucie	3:44:47 4th A/G
Sue Whitworth	4:05:58
Steve Lucie	4:16:58

Ron Bartkovsky	4:28:28
Dana Coleman	4:36:04
Jonie Davis	4:57:25
Mark Sawicki	5:24:18

WALT DISNEY WORLD HALF MARATHON

Janet Lavoie	1:58:57
John Bowsman	1:58:58
Robert Grimmig	2:08:50
Jim Lalley	2:09:26
Elena Etter	2:11:13
Alan Phillips	2:29:42
Kelly Komatz	2:34:05
Mary Ann Bolin	2:36:28
Randy Pullo	2:41:48
Elizabeth Bolin	3:01:07
Barbara Whitter	3:10:49
Nancy Pullo	3:41:14

ROMANS ROAD 5K Argyle School Jax January 17, 2004

Bill Dunn	18:45 1st A/G
Patrick Gaughan	19:26 1st A/G
Patrick McKeefery	19:23 2nd A/G
Denise Metzgar	19:45 1st A/G
Lewis Buzzell	21:16 PR
Thom Henkel	21:28 1st A/G
Kathy Murray	21:33 1st A/G
Paul Berna	21:52
Dave Bokros	23:09
Kent Smith	23:29 3rd A/G
John Gauer	23:38
Ben Holland	24:33
Brian Murray	23:40
JD Beck	25:33
Roy Wood	25:49
Gary Ledman	26:12
Roberta Thomlinson	26:40 1st A/G
Dennis Lee	26:56
Gordon Slater	27:35
Shirley Henkel	28:03
Thom Sullivan	28:32
Freddy Fillingham	28:43

(Continued on Page 9)

MILE MARKER MUSINGS By Robert Glenn

Hope your 2004's are off to a good start. Keep a weather eye open for the date and time of our annual Strider picnic in March. We'll be doing the new Board of Directors election, eating some good food, and probably imbibing some adult beverages. On to the races.

The **Last Gasp 5 Mile Cross Country RRCA Florida State Championship** was held at Jacksonville University on the 28th of December. **Frank Sutman** was

our top male Strider and the Masters Male champion with a 34:03. **Kathy Murray** was our fastest female Strider and 5th overall female with a 43:03. **Patrick Gaughan, Patti Smith, and Claudia French** also placed first in their respective age groups. Nice running. Some lamentations were heard post race

(Continued on Page 12)



STRIDERS AT THE RACES

RACE RESULTS

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



ROMANS ROAD 5K

Argyle School
Jax

January 17, 2004

(continued from previous page)

Patty Czarnecki	29:08
Elena Etter	30:06 1st A/G
Barbara Whitter	30:12
Walley Lastinger	30:39
Trish Kabus	31:18
Al Saffer	33:04 2nd A/G

Brenda Schwelling 35:18**

George Coombes 35:58 3rd A/G

** Also just ran the

Inaugural Arizona Rock-N-Roll Marathon in 5:55:48 on Sunday, Jan.12th

SAN DIEGO MARATHON

San Diego, California
January 18, 2004

Frank Sutman	3:06:41
John Heisner	3:39:07
Sharon Pentaleri	3:59:48*

*Sharon was leading the 4:00 hour pace group

Welcome New Members!

- Angela Lynn Chesser
- Angie Broyles Enyedi
- Christopher Comber
- Ray Garcia
- Hal Higdon
- Kellie Howard
- Jerry Nealey

Welcome Back Renewing Members!

- Maria & Darrell Allison
- Lewis Buzzell, III
- Everett Crum
- Susan & John Gostage
- David Hallums
- Robert & Janet Irvin
- Nicholas Jongebloed
- Jeanette & Clint Johnson
- Mary Ruth Johnson
- Frances Kennedy
- Ken & Sarah Knight
- Zully Lopez
- Rev. Charles Marker
- John Nalley
- Patricia & Pete Noonan
- Alan & Ann Phillips
- James & Phyllis Renninger
- Babs & Dave Shutt
- Gordon Simms
- Joe & Maurya Sova
- Melissa Stone
- William Tomlinson
- Bill Weaver
- Sue & Darrell Whitworth
- Priscilla Wild-Aalberg

Race Calendar

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

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

DATE	EVENT	TIME	LOCATION	CONTACT
Feb 7	Girl Scout Cookie Run 5K	8:00 a.m.	Shore Dr., St Augustine South	(904) 823-8570
Feb 8	Winter Beach Run 5/10 Mi.	3:00 p.m.	Comfort Inn Jacksonville Beach	(904) 739-1917
Feb 14	Holy Spirit 5K	8:00 a.m.	Holy Spirit Church, 11665 Ft Caroline Road, Jax	(904) 387-0528 ConsultJTB@aol.com
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	Florida Gulf Beaches Marathon & 10K	7:00 a.m.	Coachman Park Clearwater	(727) 347-4440
Feb 28	Blue Angel Marathon/Half Marathon	7:00 a.m.	NAS Pensacola	850) 452-3806 ext 315
Feb 28	Great Gainesville Road Race 5K	9:00 a.m.	Union Street Theater 1st St. & 2nd Ave. Gainesville	(352) 376-1811 (352) 271-3246
Feb 28	Rotary Run 5K & Health Fair	9:00 a.m.	Palatka Mall, 400 N. Hwy 19, Palatka	386) 325-4563
Feb 28	Ortega River Run 5 Mile	9:00 a.m.	St. Marks School, Ortega Blvd, Jax	904) 739-1917
Mar 6	Fleming Island 5K	8:00 a.m.	Thunderbolt Elem. School, Fleming Island Plantation Orange Park	(904) 284-1808
Mar. 13	Gate River Run 15K	8:30 a.m.	Alltel Stadium, Jax	(904) 739-1917
Mar. 20	Performance Spring Beach 5K	12:00 Noon	Red Cross Life Saving Station Jax Beach	(904) 285-1552
Mar. 20	Bud Light Lighthouse 5K	4:30 p.m.	Lighthouse, Anastasia Island, St. Augustine	(904) 824-3939
Mar. 27	Spartan Run 5K	8:00 a.m.	St. Johns Country Day School 3100 Drs. Lake Dr., Orange Park	(904) 269-6214
Apr. 17	Run to the Sun 8K RRCA State Championship	8:00 a.m.	Orange Park Kennel Club, US 17S & Wells Rd, Orange Park	(904) 268-8392 HartRoss@bellsouth.net
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

Interested in Joining the Strider Board?

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)

about that dying breed of race, the over the hill and dale cross country race. The largest age group was men over 60, not the best sign of a healthy and growing discipline. Not having been at the race myself, I don't presume to preach from the mount. The Striders are doing our part putting on the Hog Jog in November each year but attendance isn't the same as it is for the road races. Maybe our flat Florida terrain doesn't lend itself to fun cross country races or people don't like their expensive running shoes to get dirty. I don't have the answers but it is sad to see something as rewarding and fun as cross country dying the death of neglect.

Next up on the agenda is the **Vystar Gator Bowl 5K** held at the Jacksonville Landing on the last day of 2003. **John Metzgar** set the pace for the Striders and the masters male division with a 16:22. **Kimberly Patterson** was our top female Strider and won her age group with a 22:01. Our other Striders who won their age groups included **Len Ferman, Dr. Radical, Page Ramezani, Bernie Candy, Sharon Lucie, Kwan Supapan McCall,** and **Norma Wasson.**

Finally, the **Walt Disney Marathon** and associated half marathon happened down in Lake Buena Vista on the 11th of January. **Sharon Lucie** was our fastest Strider with a 3:44:47, which also earned here 4th in her age group, nice job in a big marathon like that. **Steve Lucie** was our fastest male Strider with a 4:16:58. Our other finishers are listed on the results page. The half marathon saw **Janet Lavoie** finish as the first Strider across the line, with a 1:58:57, while **John Bowsman** was our fastest male Strider, only a second

behind, at 1:58:58.

The **Romans Road 5K**, held in Argyle on January 18th, had a good group of Striders in attendance bringing home lots of awards. **Bill Dunn** led the Strider men, with an 18:45 and 1st place in his age group. **Denise Metzgar** was our first Strider woman, winning 1st in her age group with a 19:45. Congratulations also to **Patrick Gaughan, Thom Henkel, Kathy Murray, Roberta Tomlinson,** and **Elenea Etter** for their 1st place finishes within their age groups. Go Striders!

Striders on the Road – Two out of town races to report this month. **Jim and Christine Kehr** ran in the **New Year's "Bay" 4 mile run** in Tampa. Jim posted a 35:25 while Christine ran a 43:36. Good post race food and nice t-shirts. It was called the Bay race because it was run over an access road that connects Tampa to Clearwater, the Courtney Campbell Causeway. It sounds interesting. This might not be a great place to race if you are one of those who take 'bathroom breaks' at any convenient tree. Although, if you do that, maybe a lack of 'cover' might not be a deterrent to your bodily needs anyway.

We had three Striders run the **San Diego Marathon** on January 18th. **Frank Sutman** was our fastest at 3:06:41. **John Heisner**, recently off the injured/reserve list, finished in 3:39:07. **Sharon Pentaleri**, led her 4 hour pace group in at 3:59:48.

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>