



Volume 25, Number 11

# Florida Striders Track Club STRIDERIGHT



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



November 2006



## 28th Jenny's Pennies Anniversary Celebration

On October 15, a large group of Striders celebrated the 28th Anniversary of our Sunday morning runs from Sun Tire on Blanding Boulevard in Orange Park. Everyone had a great time! Look for more photos and an article by Jenny in the December issue of the StrideRight.



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## DECEMBER SOCIAL

Sunday, December 17 • 6 PM

Come and see the Christmas Luminaries at this annual event, which is actually a block party to celebrate the season!

**WHERE:** The home of Robert and Janet Irvin, 3811 Boone Park Ave., Jacksonville, FL 32205.

**WHAT TO BRING:** Yourself and a covered dish or dessert to share. The club will supply soft drinks but bring your own adult beverages.

**DIRECTIONS:** Take U.S. 17 north from Orange Park to Park St. (Blanding becomes Park St. at U.S. 17 near the FCCJ Kent Campus. Take Park St. approximately 1/4 mile to Pine Grove Ave. and turn right (just past a traffic light). Go 4 or 5 cross streets to Boone Park Ave. The party will be to the left on Boone Park Ave. but the street will be blocked to vehicular traffic. Find parking anywhere nearby. Their phone number is 388-5664. ●



# Prez Sez By Dave Bokros

There are a lot of new Striders out there that are really making themselves known.

I have watched as many of the folks who graduated from the beginning runner's classes from 2005 and 2006 have become serious road addicts! Many have joined the beginner's Half Marathon class and have made it to the point of finishing the Pumpkin Run ten mile this past weekend! I would not only like to thank every

Striders who has helped out with these classes, but all the Striders who go out of their way to make newcomers feel welcome. Special thanks to John Metzgar for his leadership in the Half Marathon training class! I have watched as theses class members have become more enthusiastic every day about their newfound abilities! To all, keep on doing what you do!

Cool weather is here, go out and have fun!

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

The meeting was called to order by Dave Bokros at 7 p.m. Directors absent were John DeAntonis, Gary Hallett, Sharon Pentaleri, John Powers, Terry Sikes, and Patty Stewart-Garbrecht.

**Minutes:** An amendment to the September minutes was made as follows: The sentence under "Social Update" which read "A motion was made to allot \$1000 for the event to cover the speaker and other miscellaneous costs," was corrected to read: "A motion was made and passed to allot \$1000 for the event to cover the speaker and other miscellaneous costs." Also, under "Presentation of Award," some names to add to the volunteer list at the 2005 National Convention are Bobby Green, and Jane, Tom and Michael Sullivan.

**Treasurer's Report:** The September Treasurer's report was filed as written.

**Children's Running Program Funding Requests:** A new \$500 funding request was received from Green Cove Springs Junior High Cross Country Club. The Children's Running Committee previously reviewed it and unanimously recommended approval. A motion was made and passed unanimously to approve the request.

**Social Update:** The December social will be on the 17th, which is the same day as the Jacksonville Marathon and Half Marathon. It will start at 6:00 pm., and will coincide with the lighting of the luminaries in Boone Park in Riverside. There is no current firm plan for a November social, although there are some possibilities being worked on. There is also the Strider Breakfast this coming weekend. The social with Todd Williams as the speaker has been postponed till February. There were many issues associated with proposed dates, and only about 3 weeks left to advertise. It was decided to wait till just before Track Season starts, and give it plenty of time to get everyone wide attendance. This will give opportunity to promote the River Run, and we can also advertise it at the River Road Resolution 5K in January.

**RRCA Awards:** Some volunteers need to be submitted for these awards. Dave is looking for help to write up these awards and submit them. They need to be in by October 31st. Some people have been nominated for these awards in the past such as Newsletter Editor of the Year, Director of the Year, Volunteer of the Year, etc.

**River Road Resolution 5K:** The River Road Resolution 5K budget was submitted for review. Bob Boyd is out of town, so Dave pre-

**Continued on page 11**

## 2005-2006 Board of Directors & Key Members

- (Board Members marked with an \*)  
**President/Memorial Day 5K Director:**  
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 \*Patti Stewart-Garbrecht.....(H) 541-1303  
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 email: kbendy@aol.com  
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 Mike Bowen .....(H) 850-308-1953  
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 \*Gary Hallett .....(H) 292-2793  
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SUPPORT OUR SPONSORS... THEY SUPPORT OUR SPORT



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**Mike Shado Nissan**

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Run to the Sun

Orange Park Kennel Club



The Florida Striders Track Club is incorporated as a non-profit organization under the laws of Florida and is granted federal tax exempt 501(c)3 status under the blanket exemption of the RRCA ID#74-2194707. StrideRight is published monthly at P.O. Box 413, Orange Park, FL. Non-profit Organization Bulk Rate postage is paid at Orange Park, FL.



**Publix Supermarket Charities**

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Run to the Sun 8K & Autumn Fitness 5K

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Run to the Sun 8K



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Memorial Day 5K

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Run to the Sun



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# What Should I Say?

My wife, Debbie, commented after a recent cross country race that some parents were at a loss for words when their children were competing.

“What if I say the wrong thing?”

“How do you encourage them without putting pressure on them?”

“They look so uncomfortable. I feel so sorry for them.”

All runners have heard the spectators. Some comments are funny, some are irritating. Some words encourage while others simply add stress. A comment from a stranger may mean nothing while the same words, spoken by a loved one, inspire.

Having raced for almost 50 years, I may have heard it all. Most of the time, I must admit, having someone at roadside or trackside made me race better. So this advice first—show up. Your presence alone will probably help your runner.

Before my thoughts on good words, what are some negative words that should NOT be spoken (shouted, yelled, or bellowed)? These fall into two categories—lies and discouraging words.

## Don't lie.

“You're looking good,” when your runner is dragging a cramping leg or looks like Death warmed over (as my dear old Aunt Dorothy would say), strikes the runner as silly or unob-servant.

“She's catching you!!”, heard when your closest opponent is fifty meters back with 100 meters to go, does nothing but increase anxiety as rigor mortis settles into your tired muscles.

Then there's the old chestnut, uttered by many an unknowing stranger, usually late in a long race, “Only two

## The Wide World of Running

By Jay Birmingham

miles to go!” You know that about four miles remain, and you wish ‘two miles’ were true, but such an understatement of fact is simply discouraging.

A runner not knowing a course can be devastated when, as he digs deep over the final quarter mile, hears, “one mile to go!”

## Discouraging words.

“You're not trying!”

“What are you doing? Catch that guy!”

“Dig a little deeper, you pansy!”

Who would utter sentences like this? Coaches, that's who. I've heard these kinds of things, in various forms, many times. The good news is, these coaches are rarely successful. The bad thing is, the athletes that have to deal with these egomaniacs everyday are unlikely to develop healthy attitudes about running—or themselves.

I believe that every runner gives her best in every race. Derisive comments rarely elicit a change in performance, except to cause the athlete to stop trying as hard as he can for the insensitive clod that just yelled, “You can run better than that!”

Now for words that help.

## Information.

Accurate information can help any runner. We are pushing the envelope when we race—it pays to know distances, gaps to opponents, or what's ahead on the road.

In this summer's beach run, I stationed myself about 150 meters from the finish. For over a mile, I knew the kids could see the finish banner—but it never seems to get much closer as one runs up the beach.

“You'll be done in 30 seconds,” I shouted, encouragingly. Every one of them mustered a solid finishing kick, being reassured that the end was really near.

All veterans of the Thanksgiving half-marathon are aware of the seemingly endless number of turns over the final  $\frac{3}{4}$  mile of the course. If you are walking back to encourage friends to the finish, count the number of turns left. “Only six more turns—less than a half-mile to go.” That's information that can raise someone's fatigued hopes.

## Encouragement

“Way to go, Carla! Nice job, Justin! You are running strong, Morgan!”

Nothing but positives in comments like these. Hearing one's name, along with an encouraging thought, lets runners know you see them and appreciate **Continued on page 9**

## Runner's Quiz By Jay Birmingham

Lots of runners are drawn to the mountains. Here are some peaks to challenge your knowledge.

1. What US mountain is the highest east of the Mississippi River?
2. This is tricky: What is the highest mountain east of the Rockies?
3. Though not close to the highest in Colorado, this Fourteener hosts almost 2,000 runners each August in a half and full marathon.
4. Only 80 miles by air from the lowest point in the Western Hemisphere, this peak is the highest in the lower 48 states.
5. This New England mountain has had an ascent race every June for several decades.

See page 9 for the answers



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Recently named one of the 30 hot new franchises  
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Looking for a great business opportunity in a dynamic, growing \$16 billion a year industry? Like the idea of owning your own business while pursuing your passion for health and fitness? Then, owning a Max Muscle Sports Nutrition store may be just what you are looking for.

California-based Max Muscle Sports Nutrition is the premier sports nutrition franchise company in America, offering superior products and advice and counseling about health, fitness, and nutrition. We are expanding rapidly throughout the country, and have already opened our first store in Orlando with a second scheduled to open this summer in Jacksonville.

We are looking for qualified people with a passion for health and fitness to own and operate single and multi-units. If you would like to learn more about this exciting opportunity, please go to [www.maxmusclefranchise.com](http://www.maxmusclefranchise.com) or call **Vince Bagni** at (904) 280-9430.

**How to Get There! It's just a short drive from Orange Park with 2 main routes:**

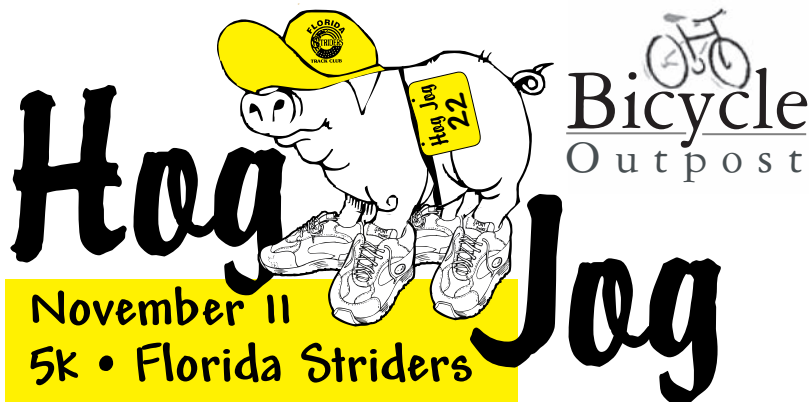
**From Blanding & I-295:**

- 1) South on Blanding to Knight Box Rd - 6.5 miles
- 2) Left on Knight Box to 220 - 1.2 miles
- 3) Right on 220 to 209 (Russell Rd) - 1.1 miles
- 4) Left on 209 to 739 (Henley) - 1.3 miles
- 5) Right on 739 to Sandridge Rd (739B) - 2.3 miles
- 6) Left on Sandridge to Ronnie VanZant Memorial Park - .6 miles

**From US 17 & I-295:**

- 1) South on US 17 to 220 - 5.5 miles
- 2) Right on 220 to 209 - 6.7 miles
- 3) Follow Steps 4-6 above

For more information contact Steve Bruce at 904-864-4994 or email [stevebruce@comcast.net](mailto:stevebruce@comcast.net)



**HEY KIDS!!! Don't forget our FREE one mile Fun Run!**  
**It Starts at 10:00 AM!**

**5K Race • Saturday • November 11, 2006 • 9:00 AM**

**1 Mile Fun Run - 10:00 AM • Awards Ceremony 10:15 AM • Lake Asbury, FL**

Cross Country course starts and finishes at Ronnie VanZant Memorial Park, 2760 Sandridge Rd

This course will not be suitable for wheelchair or other physically challenged participants.

Two lap cross country course. Spikes may be worn. Please arrive early to familiarize yourself with the course.

Walkers are welcome but there will be no separate walking awards.

**Awards & Registration:** Top 3 Male & Female; Top Masters & Grand Masters; plus Top 3 in each age group, Male & Female: **AGE GROUPS:** 10 & under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & over. No multiple awards.

**FUN RUN:** There is no charge for the Fun Run, but all runners must complete an entry form. Ribbons awarded to all finishers.

**RACE PACKET PICKUP:** Day of race only. Packet pickup & day of race registration will begin at 7:30 AM.

**COSTS:** (Includes T-Shirt and Post-race refreshments; T-Shirts are guaranteed to all pre-registered 5K entrants).

<b>Entry received by</b>	<b>Striders/Military</b>	<b>Others</b>
<b>November 2nd</b>	<b>\$10</b>	<b>\$12</b>
<b>11/03 - 11/10</b>	<b>\$13</b>	<b>\$15</b>
<b>Race Day, 11/11</b>	<b>\$20</b>	<b>\$20</b>

**Make check payable to: Hog Jog 5K**  
**Mail completed application & check to:**

**Hog Jog**  
**1228 Blue Heron Lane**  
**Jacksonville Beach, FL 32250**

(Race fees are non-refundable.)

**Prefer the convenience of On Line Membership, Renewal, or Race Registration? Visit Active.com. They charge \$3.00 for their service.**

**HOG JOG 5K ENTRY FORM**

RACE# (FSTC USE ONLY)

First Name [ ] Last Name [ ] Y N  
Ever run/walked a race?

Age [ ] Sex [ M F ] Adult Sizes [ S M L XL ] RUN [ ] FUN RUN (no charge) [ ]

Street Address (include apt. number) [ ]

City [ ] State [ ] Zip Code [ ]

Telephone Number [ ] Fee Enclosed \$ [ ]  Florida Striders Track Club Member  Military

I know that running a road race is a potentially hazardous activity. I should not enter and run 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 in this event including, but not limited to: fall, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and accepted by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry I, for myself and everyone entitled to act on my behalf, waive and release the FSTC, RRCA and all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I also agree that I may be examined and treated if necessary during the course of the race by qualified race personnel in the event medical problems of any cause arise. The race officials or the qualified personnel have the right to disqualify me and remove me from the race if, in their opinion, I may be suffering from a life threatening condition. I understand and agree to abide by the RRCA Guidelines which prohibit the use of radio headsets or other portable sound systems, wheeled conveyances (excluding wheelchairs) including skateboards, roller skates or blades, baby joggers, bicycles, etc. Animals are prohibited except for trained guide dogs used by blind runners. Rev. 8/00.

Your Signature \_\_\_\_\_ Date \_\_\_\_\_ Parent's Signature (if under 18 years of age) \_\_\_\_\_ Date \_\_\_\_\_

**Mail Check to: Hog Jog 5K • 1228 Blue Heron Lane • Jacksonville Beach, FL 32250**

# GROUP TRAINING RUNS

DAY	TIME	DISTANCE	JACKSONVILLE AREA	CONTACT
Sunday	6:30 AM	5 to 10 Miles Various pace groups	Atlantic Beach Sea Turtle Inn	Bill or Dot Mitchell (904) 241-0331 mitd0005@mac.com
Sunday	6:30 AM	6 to 20 Miles Various pace groups	Orange Park Sun Tire Blanding Blvd.	Bob Boyd (904) 272-1770 BobBoydFL@Comcast.net
Sunday	7:00 AM	10 to 15 Miles Moderate pace	Jacksonville Jewish Community Alliance 8505 San Jose Blvd.	Wendy Patterson (904) 237-4100 wenrex@comcast.net
Sunday	10:00 AM Seasonal	3-8 Miles Trail Run	Ponte Vedra Guana State Park	Craig O'Neal (904) 568-4825 charityrunningcoach@yahoo.com
Sunday	7:00 AM	7.5 Miles Black Creek Trail	Super WalMart (NE corner) Fleming Island	Kay Womack (904) 215-8656 kaywoma@hotmail.com
Monday	5:30 PM	6 Miles Downtown Bridges	Jacksonville Charthouse Restaurant parking lot	Danny Weaver (904) 287-5496
Tuesday	6:30 PM	5+ miles	Ponte Vedra Beach Sawgrass Village	Craig O'Neal (904) 568-4825 charityrunningcoach@yahoo.com
Weds.	6:30 PM	Interval Training	Orange Park, St. Johns Country Day Track (park @ Lakeside Elem. on Moody Road)	Bob Boyd (904) 272-1770, BobBoydFL@Comcast.net
Weds.	5:30 PM	Interval Training	Jacksonville Bolles School San Marco Blvd.	Danny Weaver (904) 287-5496
Weds.	6:00 PM	6.2 Miles Easy pace	Jacksonville Boone Park Riverside	Doug Tillett (904) 388-6139 douglastillett@hotmail.com
Thursday	6:30 PM	5 Miles Varied pace	San Marco/Largo Park Corner of Naldo and Largo	Doug Tillett (904) 388-6139 douglastillett@hotmail.com
Saturday	7AM	7+ miles	Ponte Vedra Beach Sawgrass Village	Craig O'Neal (904) 568-4825 charityrunningcoach@yahoo.com

Please Print

## Application for Membership FLORIDA STRIDERS TRACK CLUB

New   
Renewal

Name: Last \_\_\_\_\_ First \_\_\_\_\_ M.I. \_\_\_\_\_

Address \_\_\_\_\_ # in Family \_\_\_\_\_

City/State/Zip \_\_\_\_\_ Spouse's Name \_\_\_\_\_

Phone: Home \_\_\_\_\_ Birthdate(s) \_\_\_\_\_

Phone: Work \_\_\_\_\_ Employer \_\_\_\_\_

E-mail \_\_\_\_\_ Occupation \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

Annual Dues:    Family \$20                      
                          Single \$15                                  
                          Junior (under 18) \$10                      
                          Senior (over 65) \$10                       

Mail Application  
with dues to:  
Florida Striders  
8559 Boysenberry Lane E.  
Jacksonville, FL 32244

I know and understand that running in and/or volunteering to work at FSTC races are potentially hazardous activities. I will not participate in club activities unless I am medically able and/or properly trained to do so. I agree to abide by any decision of a race official relative to my ability to safely complete a FSTC sponsored race. I assume all risks associated with running and volunteering to work in club races including, but not limited to, slip/trip/falls, contact with other participants, volunteers, or officials, the effects of the weather including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and understood by me. Having read this waiver and knowing these facts and in consideration of your acceptance of my application for membership I, for myself and anyone entitled to act on my behalf, waive, release, and agree to hold harmless the Road Runners Club of America, the Florida Striders Track Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities, even though these liabilities may arise out of negligence or carelessness on the part of persons named on this waiver.

# Striders at the Races

# RACE RESULTS

To get your race results published, email [epstewart2002@yahoo.com](mailto:epstewart2002@yahoo.com)

RITA 5K St. Johns Town Center September 30, 2006			MARINE CORPS HALF MARATHON Jax Veterans Memorial Wall October 7, 2006				
Justin Jacobs	15:43	3rd O/A	Justin Jacobs	1:11:54	3rd O/A	Kelli McGreevy	1:59:39
Frank Sutman		17:39	John Metzgar	1:15:06		Ken Wilson	2:00:01
		Masters Male	Kim Pawelek		1:22:58	Charlie Mann	2:00:40
Orestez Gutierrez	18:12				1st O/A Female	Gordon Simms	2:00:41
Keith Brantley	18:13	2nd A/G	Drew Kenny	1:28:42	3rd A/G	Roxanne Slater	2:00:51
Page Ramezani	18:25	1st A/G	Bill Dunn	1:29:59		Barbara Whitter	2:01:21
Kim Pawelek	18:27		Mark Woods	1:30:42		Jeanie Wilson	2:04:00
		2nd O/A Female	Bruce Holmes	1:33:26	1st A/G	Kelly Komatz	2:04:18
Bill Dunn	18:46	2nd A/G	Stephen Beard	1:34:34		Mary Algire	2:06:13
Stephen Beard	19:49	1st A/G	Gary Hallett	1:35:49		Earl Vinson	2:07:33
Robert Walker	19:50		Paul Geiger	1:35:27		George Hoskins	2:07:45
Nicholas Jongebloed	19:57		Terry Sikes	1:35:30		Kevin Terry	2:07:56
Keith Poythress	20:07		Del Conner	1:36:57		Kim Cornell	2:07:59
Brett Beisker	20:39	2nd A/G	Keith Poythress	1:38:09		Ben Holland	2:08:46
Rexx Weir	20:46	2nd A/G	Kathy Murray	1:38:18	2nd A/G	Melinda Terry	2:11:18
Wendy Patterson		20:47	Wendy Patterson	1:38:32	3rd A/G	John Gauer	2:12:05
		Masters Female	John Hirsch	1:39:30		Bobby Green	2:13:11
Randy Arend	20:57		Celita Ricks	1:39:55		Kim Anthony	2:23:28
Joe Broom	21:12	PR	Regina Taylor	1:40:10		Gordon Slater	2:26:00
John Hirsch	21:27	3rd A/G	Raymond Ramos	1:40:27		Susan Gostage	2:27:55
Everett Crum	22:04	1st A/G	Paulette Butler	1:41:09	1st A/G	Stan Scarlett	2:32:04
Thom Henkel	22:08	1st A/G	Bonnie Brooks	1:41:22	2nd A/G	Al Saffer	2:42:04
Tom Zicafoose	22:48		Regina Sooeey	1:42:16		George Mosley	2:43:04
Matt Ross	23:00	1st A/G	Frank Frazier	1:42:37	1st A/G	Sandra Shines	2:53:45
Sarah Dunsford	23:49	1st A/G	Everett Crum	1:43:38	1st A/G		
Gil Flores	23:49		Kim Hoyt	1:45:00			
Steve Waterhouse	25:17		John DeAntonis	1:45:04	3rd A/G	Kimberly Lundy	27:45
Barbara Whitter	25:20	1st A/G	Paul Smyth	1:47:43			Masters Female
Leo Sheckells	27:24	3rd A/G	Matt Ross	1:49:22	1st A/G	Gayla Poythress	29:00
John Dunsford	28:29		Stephanie Griffith	1:47:44	1st A/G	George Obi	29:46
Mark Lay	29:06		Janet LaVoie	1:48:43	2nd A/G	Freddy Fillingham	30:33
Gayla Poythress	29:10		Hernando DeSoto	1:49:25		Laurie Ricciardi	30:39
Cathy Reidy	29:20		Sharon Lucie	1:51:34	2nd A/G	Jonie Davis	31:09
Freddy Fillingham	29:38	3rd A/G	Kim Crist	1:52:40		Rexx Weir	33:17
Shirley Henkel	30:14		Glenn Batteiger	1:54:50		Jen Mitchell	38:03
Kevin Ott	30:40		April Martin	1:55:12		Irene Herbertson	43:51
Sandra Shines	31:29		Steve Bruce	1:55:39		Joe Connolly	47:19
Burness Morris	31:35		Bob Kennedy	1:56:16		Dick Miller	52:08
Al Saffer	32:43	2nd A/G	Danny Weaver	1:57:37			
Suly Lopez	33:02		Tom Zicafoose	1:57:49			
Nancy Pullo	33:08	1st A/G	Teresa Hankel	1:58:12			
Gina Waterhouse	35:44		Joe Broom	1:58:44			
			Gil Flores	1:59:04			

## MARINE CORPS 5K October 7, 2006

## USA 5K St. Augustine October 7, 2007



**DIGNITY-U-WARE 5K**  
**Fernandina Beach**  
**October 14, 2006**

Gil Flores 23:29 1st A/G

**PEACHTREE CITY CLASSIC 5K**  
**Peachtree City, GA**  
**October 21, 2006**

Marie Bendy 27:17 1st A/G  
 Ken Bendy 28:30 2nd A/G

**RACE FOR THE CURE 5K**  
**Jacksonville**  
**October 21, 2006**

Justin Jacobs 15:42  
 3rd O/A Male  
 Kim Pawelek 18:08  
 1st O/A Female  
 Keith Poythress 19:53 3rd A/G PR  
 Stephen Beard 19:57 2nd A/G  
 Raymond Ramos 20:47  
 Wendy Patterson 20:53 1st A/G

Paul Smyth 20:54  
 Joe Broome 21:18  
 Paulette Butler 21:22 1st A/G  
 Kathy Murray 21:49 1st A/G  
 Lewis Buzzell 21:55 2nd A/G  
 Frank Frazier 21:56 1st A/G  
 Everett Crum 21:56 1st A/G  
 Len Ferman 22:14  
 Thom Henkel 22:25 2nd A/G  
 Tom Zicafoose 22:42  
 Dave Brokos 22:49  
 Mark Foret 23:07  
 Vicky Connell 23:35 3rd A/G  
 Gil Flores 24:20  
 Elbert Shubert 25:02  
 Barbara Whitter 25:25  
 Bonita Golden 25:27  
 John Gauer 26:34  
 Kimberly Lundy 27:22  
 Jd Smith 27:22  
 Ed Kelly 27:22  
 Lesley Jones 27:24 PR  
 Kim Anthony 27:25  
 Kelli McGreevy 27:33  
 Ken Wilson 28:24

Gayla Poythress 28:31  
 Dennis Lee 28:40  
 Freddy Fillingham 29:25  
 Laurie Ricciardi 29:49  
 Cathy Reidy 30:22  
 Gordon Slater 30:24 3rd A/G  
 Shirley Henkel 31:09  
 Jim Kehr 31:29  
 Christine Kehr 31:30  
 AL Saffer 31:38 2nd A/G  
 Burness Morris 32:05  
 Gina Waterhouse 34:46  
 Stephany Holt 37:09  
 Carolyn Disher 39:15  
 Raychel Slater 39:59  
 Michelle Ramos 40:21  
 Joe Connolly 44:36 3rd A/G  
 Bill Kennedy 54:21

**Paint the Town 5K**  
**Daytona Beach**  
**October 22, 2006**

Kent Smith 28:54  
 Trish Kabus 43:54

**BIRMINGHAM**

Continued from page 4

their effort.

Those who are struggling (you see it in their faces) sometimes need more than a cheer. Try these directives which might get a runner to focus on the goal at hand rather than on their own tired body:

“See that girl in the red singlet, Mary? I think you can catch her.”

“You guys work together. You are running strong!”

“Awesome race, Lindsey! You are looking SO GOOD!”

The runner who had a pre-race goal that is now out of reach needs special care. “Finish like a champion, Billy. Hang tough all the way to the finish line.” Or, “We are so proud of you. Run strong, sweetheart. You’re almost there.”

In conclusion, speak their name. Always offer something positive. Criticism never bolsters—and frequently deflates—an already tired runner.

There is an old saying that bears repeating in a piece like this: Encourage me and I’ll never forget you. What more could a person want?

What to say before and after a race? Those are subjects for another day. Good run, friend!

*Jay Birmingham has coached children and adults for over forty years in Ohio, Colorado, Nebraska, and Florida. He is head cross country and track coach at St. Johns Country Day School. ●*

**NEW MEMBERS**

Tyree Crews  
 Melissa Stone

**RENEWING MEMBERS**

John & Diane Aimone  
 Maryellen Barber  
 Doug Barrows  
 Danny Cole  
 Billy Fehrs  
 John Heisner  
 Kelly, Peter, Chris &  
 Andrew Komatz  
 Dennis & Sylvia Lee

Sharon & Steve Lucie  
 Tim & Janice Martin  
 Larry Mattingly  
 Scott Olivolo  
 William Tomlinson  
 Norma & Ron Wasson  
 Elfrieda & Norm Wyner

**MULTI-YEAR RENEWALS**

Joan Crawford  
 Marie Allison  
 Russell & Connie Pratt  
 Bill & Lissa Dunn  
 Gloria Laws

**RUNNER’S QUIZ Answers. Questions appear on page 4.**

1. Mt. Mitchell in North Carolina.(6,684 feet)
2. Guadelupe Peak in Texas (8,749 feet)
3. Pikes Peak.(14,410 feet)
4. Mt. Whitney (14,496 feet)
5. Mt. Washington (6,288 feet)

**Please sign the StriderMan after each race! Or email**

**your times to Patti at [epstewart2002@yahoo.com](mailto:epstewart2002@yahoo.com)**

**or mail them to her at**

**1513 Maple Leaf Lane, Orange Park, FL 32003**

# November Race Calendar

Published as a service. Accuracy is not guaranteed. If you would like your race listed: Contact either Ken Bendy, RRCA Southern Director (904) 278-2926 Email kbendy@aol.com or Mike Bowen, RRCA State Rep (N. Florida) 850-452-6711 (day) 850-3081953 (eve) Email Michael.s.bowen@gmail.com, website [http://www.geocities.com/rrca\\_north\\_florida](http://www.geocities.com/rrca_north_florida).

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

DATE	EVENT	TIME	LOCATION	CONTACT
November 4	Native Sun Mandarin Run 10K	8:00 a.m.	Mandarin Park Jax	(904) 731-1900 1st Place Sports
<b>November 11</b>	<b>Hog Jog 5K FREE ONE MILE FUN RUN</b>	<b>9:00 a.m.</b>	<b>Ronnie Van Zant Park Lake Asbury Middleburg</b>	<b>(904) 728-7759 stevebruce@comcast.net Florida Striders Track Club</b>
November 11	34th Annual Gary Youmans Ford Paul deBruyn 15/30K	7:30 a.m.	Lighthouse Point Park Ponce Inlet	(386) 788-2069 Daytona Beach Track Club
November 18	Thanksgiving Turkey Trot 5K	8:30 a.m.	2000 Vail Dr (Palencia) US 1-Opposite World Golf Village Rd. St. Augustine	(904) 421-0298 ginger.french@ jacksonville.com N.E FL Builders Association
November 18	Stop The Violence 5K	10:00 a.m.	Seawalk Pavilion Jax Beach	(904) 731-1900 1st Place Sports
November 23	Outback Distance Classic Half Marathon & 6K	8:00 a.m.	Outback Mandarin Plaza San Jose Blvd. Jax	(904) 731-1900 1st Place Sports
November 25	Jefferson H. Ridgdill "Run To The Sun" Memorial 5K	8:00 a.m.	Riverside Park New Smyrna Beach	(904) 742-5299 Benefit of Association of Retarded Citizens
<b>January 13</b>	<b>River Road Resolution 5K FUN RUN</b>	<b>8:00 a.m.</b>	<b>Kennel Club Orange Park</b>	<b>(904) 272-1770 bobboydf@comcast.net Florida Striders Track Club</b>
<b>April 21</b>	<b>Run to the Sun 8K FUN RUN</b>	<b>8:00 a.m.</b>	<b>Kennel Club Orange Park</b>	<b>(904) 213-7758 ghall32447@aol.com Florida Striders Track Club</b>

# Pacing with Patti



BY PATTI STEWART-GARBRECHT

It is officially fall. The marathon season is heating up and some of Jacksonville's best races are up coming. This is such an exciting time of year for runners. I have a very nice story for you about one of our Strider members, **Bruce (Sung Ho Choi)**. For those of us who know Bruce we know that his training for marathons is anything but traditional. In fact we all think he does too many marathons, doesn't run enough easy miles and does other odd things like long runs on a treadmill. His friends and training partners tease and taunt him about how his training will never allow him to reach his full potential or his goals. Bruce has had a goal of breaking the three hour barrier in the marathon for as long as he has been running them. He has come very close on a couple of occasions but was never able to quite get there. Well, on a cold and windy day in Chicago, Bruce made all his skeptics eat their words as he ran a perfectly executed race to cross the finish line in 2:59:47. Kudos to Bruce! I have always known he had the talent to do it, but didn't think it would happen until he took a more "traditional" approach. The moral of the story is that everyone is different and what most of us would consider odd may work for some people. Now off to the races...

First off is the **Rita 5K** on September 30 at the St. John's Town Center. **Justin Jacobs** was our first male Strider in a time of 15:43 which was a third place overall finish. **Frank Sutman** back in Jacksonville for the weekend was our 2nd male Strider and also our Male Masters winner in a time of 17:39. Our first female Strider was **Kim Pawelek** in a time of 18:27 followed by

**Wendy Patterson** in 20:47. Wendy was also the Female Masters winner. Age group winners include **Page Ramezani** in 18:25, **Stephen Beard** in 19:49, **Everett Crum** in 22:04, **Thom Henkel** in 22:08, **Sarah Dunsford** in 23:49, **Barbara Whitter** in 25:20, **Nancy Pullo** in 33:08. I would also like to mention that **Joe Broom** had a PR running 21:12. Great job Joe.

Up next was the **Marine Corps Half Marathon** on October 7. Unlike previous years, the weather was a little better and the runners were provided with overcast skies. **Justin Jacobs** was our first male Strider in a very fast time of 1:11:54 which was good enough for 3rd place overall. Justin was followed by **John Metzgar** in a time of 1:15. **Kim Pawelek**, first female Strider as well as overall race winner ran 1:22:58. Pretty fast time for a girl out on a training run. Age group winners include **Bruce Holmes** in 1:33:26, **Paulette Butler** in 1:41:09, **Frank Frazier** in 1:42:37, **Everett Crum** in a time of 1:43:38, **Stephanie Griffith** in 1:47:44. Congratulations to all of our Striders who ran the race.

In the **Marine Corps 5K** **Kimberly Lundy** was our first Strider and also Female Masters winner in a time of 27:45. Age group winners include **Freddy Fillingham**, **Irene Herbertson** and **Joe Connolly**.

On the road, **Bernie** (Continued on next page)

## MINUTES

Continued from page 2

sented the info for him. It was pointed out that this will not be a Grand Prix race this year since the Autumn Fitness 5K already filled that task, but will be one next year. Several board members commented that it was a good, sound plan.

**Budget Committee for 2007:** Dave asked for volunteers for the budget committee for next year. No one volunteered at this time. It is normally presented at the November Board meeting and approved in December for the subsequent year.

**Kid's Day Report:** Mike Ford reported on the race. There were close to 400 people there for the races. There were over 3000 attending the National Kid's Health Day. There were a few snafus which happened that morning, but they were all worked out and overall it was very positive. One thing that was pointed out is that Dr. Otto could use some more help with the logistics. It was also noted that the run should be planned much earlier as it was very hot that day to have races starting at 10:30 a.m. and 11:30 a.m. Dr. Otto has also covered all Strider costs so there were no costs to the Striders for the event.

## General Discussion:

Marilyn Haddock called Glenn Hanna about the 1 mile Fun Run prior to the "Christmas on Walnut Street" parade in Green Cove Springs. She wanted to know if we were going to assist this year. The Strider's coordinated this race last year. Jingle Bells are presented to each finisher at the end of the race. Dave agreed to contact her and discuss.

Kim Lundy stated that Dave Bokros was coming to Middleburg Elementary School on Wednesday, October 11th at 2:45 p.m. to present the Strider Check and then go on a run with her club. She invited anyone interested to join them tomorrow. Shakes Ice Cream is supporting the event as well. Kim also mentioned that she and several club members are supporting the Girls on the Run "Girls Run Wild" event this Sunday. Another kids event coming up is the Junior River Run training which starts in January and ends in a 1 mile fun run on the same day as the River Run.

The meeting was adjourned at 8:00 p.m. ●

Respectfully submitted,  
Vicky Connell

# Pacing with Patti

CONTINUED FROM PAGE 11

**Candy** and **Bo Holub** both won their respective age groups at the **USA 5K** in St. Augustine on October 7. **Gil Flores** ran the **Dignity-U-Wear 5K** in Fernandina Beach on October 14 winning his age group in a time of 23:29. On October 21 in Peachtree City, Georgia **Ken and Marie Bendy** ran the **Peachtree City Classic**. Marie won her age group in 27:17 and Ken was 2nd in his age group in a time of 28:30. **Frank Sutman** ran the **Jonas Cattell 10 mile** run in Haddonfield, NJ in a time of 1:00:54 which was good enough for third place overall. **Jim and Christine Kehr** ran the **Endless Summer 10K** cross country race in St. Augustine. Jim ran 1:08:40 and Christine ran 1:17:32. **Ron Rappaport** ran the **Chicago Half Marathon** in a time of 2:37. And last but not least, **Leone August "Augie"** ran the **Columbus Marathon** in a time of 4:39:56 qualifying him for the Boston Marathon in April in his age group of 75-70. I am proud of anyone still running marathons and qualifying for Boston at that age.

The training tip of the month is recovery. Keeping in the theme of fall and marathon training. I should mention a word about recovery. Recovery can be the easy runs or off day following a hard workout or a hard week or recovery can be the time you take off after a hard race effort like a marathon. I have to admit that I am not very good at recovery. I don't mind an easy day or two after a killer track workout, but I am have a hard time taking time off after a marathon to recover. Again, everyone is different and some of us recover more quickly than others. Most would agree that the older we get the more recovery we need. I am not going to give you any sci-

entific formula for recovery. I am going to encourage you to use common sense. For hard workouts, 1-2 days of easy running is in order. Listen to your body. If you are tired or sore, you probably need more recovery. After a marathon, some people take a week or two off entirely from running. Not running makes me crazy, so I don't generally adhere to that regimen. I would encourage you to not run as long as your body still hurts after a marathon or other long race. Once the pain is gone, easy running preferably on a soft surface is fine. One important point to remember is that you need to be careful with volume and mileage when you are recovering. Too many miles no matter how slow defeat the purpose of recovery. Start by running 30 minutes and adding 10 minutes per day until you are running an hour. Or better yet, run every other day and cross train some. I love to cycle, but honestly the only time I do it is when I am injured or recovering from a marathon. So recover, enjoy life and enjoy the added time with friends and family because before you know it you are fully recovered and back to training for the next big race. Happy Fall and Happy Trails. Until next month.... ●

**EDITOR'S NOTE:** Patti Stewart-Garbrecht and family will be leaving us soon for the nation's capital. We will all miss them and especially Pacing with Patti. If you or someone you know is interested in writing for the StrideRight to keep your fellow Striders informed of Local running events and the Striders that run them, please contact Dave Bokros at 904-545-4538 or the Stride Right editor, Trish Kabus at [StrideRightEdit@aol.com](mailto:StrideRightEdit@aol.com).

Please get your race times in as soon as possible if you want them published. You can send your times, trash & trivia by e-mail (preferred) to [epstewart2002@yahoo.com](mailto:epstewart2002@yahoo.com) or stay tuned for Patti's snail mail 1513 Maple Leaf Lane Orange Park, FL 32003



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

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

Florida RRCA Championship Races and various running related web site links can be found on the RRCA Southern Director'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>