



Volume 26, Number 3

# Florida Striders Track Club STRIDERIGHT



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



March 2007

## inside

Prez Sez	2
Board of Directors' Minutes	2
Board/Key Members	2
Sponsors	3
The Wide World of Running	4
Runner's Quiz	4
Run to the Sun Flyer	6
Group Training Runs	7
Strider Scholarships	7
Striders at the Races	8
New and Renewing Members	9
Membership Application	9
March Race Calendar	10
FYI...Running Camp	10
Pacing with Patti	11
Hershey Track & Field District Championship	11
Runner's Quiz Answers	11

## Beginning Runner Class Starts Wednesday, March 21st

The Florida Striders are going to hold a class for new runners! The class will begin at 6:30 p.m., Wednesday, March 21st and continue each Wednesday for 10 weeks (until 5/23/07). The Memorial Day 5K will be our classes' graduation race. Bob Boyd will be the coach and there will be a fine team of Group Leaders and Speakers helping us each week. The class will be held at the St. Johns Country Day School track, across the street from Lakeside Elementary on Moody Rd. in Orange Park. Track lights will be available. You will learn how to train so that you enjoy your runs, avoid injury, set goals, develop your own training plan, and, it bears repeating, ENJOY running. The cost is \$30 (\$15 for current Striders,) which includes Strider membership for a full year, a Strider T-Shirt, and a class T-shirt. Because the Striders provide a discount for family memberships, the price is only \$50 for a couple or parent-child combination. We can accommodate all fitness levels - nobody is too slow or too fast. Space is limited and you must pre-register with Bob Boyd at [BobBoydFL@comcast.net](mailto:BobBoydFL@comcast.net) or 272-1770. We want to make sure that you have good running shoes and are medically cleared by your physician to begin training



BEFORE the class starts. If you have any questions please contact Bob. We will have a good time together, learn the things that will make a real difference in your enjoyment of the sport of running, and get in better shape in the process. If you aren't having fun running you are not doing it right!

## Florida Striders River Run Hospitality Tent Saturday March 10...Starting at 6am...

Stan Scarlett, Tent Coordinator, needs your help in setting up the interior of the tent and preparing for the feast of food and beverages. Stan knows how to have a River Run party! To volunteer at the tent, please contact Stan at [stanscarlett@msn.com](mailto:stanscarlett@msn.com) or 994-2687. Come out and enjoy the festivities of the Florida Striders River Run Hospitality Tent!!! Drop off your things prior to the race, and bring a chair to relax in after the race. Bring a dish to share. Florida Striders Track Club Merchandise will be available for sale at the tent!

**NEW DATES! Run to the Sun - April 14 •  
Spartan Run - April 21**



# Prez Sez By Dave Bokros

Have you a good story to tell? I know that we have many eager members that would like to contribute. If you have a story you think is interesting that you would like to see in the StrideRight put those words on paper and get them to Trish!

Our membership is so passionate about running that I know there are many budding writers out there that could share a good story that others can relate to, or maybe just recap an interesting event. Did you travel to a race, lately, and have a great time? It doesn't have to be Boston, or New York, or even a marathon! Even those of us who regularly run long mileage appreciate those obscure runs that you stumble on while on vacation, or while away on business that you just enter on a whim. I sat in a downpour in Columbus, Ohio on July 4th 2006 to run a 5k that I had never heard of. Soaked to the skin,

the race ran through an old part of Columbus that was full of stone mansions from the mid 1800's to early 1900's. I set a personal record and also met an interesting fellow runner that spends his winters in Jacksonville!

When you are traveling, look for events in your area. If you have to travel for business, go on the internet or call the Road Runner's Club of America and find a local group run. Runners are almost always welcoming and eager to meet runners from different areas.

If you do, and you have an interesting experience or you run in a place that strikes you as memorable, even if it turns out to be something you wouldn't repeat, we would all love to hear about it!

Enjoy the cool weather, and tell us a good story!

See you on the road! ●

## Board of Directors' Minutes 2/13/2007

Dave Bokros called the meeting to order at 7:06 p.m. Directors present were Dave Bokros, John Metzgar, Denise Metzgar, Terry Sikes, David Kelly, Glenn Hanna, Kim Lundy, Jay Birmingham, Kellie Howard.

**Minutes:** No changes to the January minutes.

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

**Florida Striders 2007 Approved budget:** Dave Bokros noted that the budget that was published in the January StrideRight was titled as 2007 Proposed Budget when, in fact, it was the approved budget that was voted on by the board. The title was not changed on the Excel spreadsheet when it was saved as the approved budget at the December meeting. A motion was formed to correct the error in the minutes and not waste a full page of the StrideRight on the budget in the March newsletter. The motion was seconded and carried unanimously. The budget published in the January Strideright is the approved budget for 2007. The document was mistitled, but otherwise correct.

**Memorial Day 5k Proposed budget:** Dave Bokros presented the proposed budget for the 2007 Memorial Day 5k. Kellie Howard moved to accept the budget as it was presented, Jay Birmingham seconded the motion and the Memorial Day 5k Budget was accepted as presented.

**Sponsorship levels for Grand Prix races:** Dave Bokros presented a proposal to standardize sponsorship levels for the three Grand Prix races (River Road Resolution 5k, Run To The Sun, and Memorial Day 5k). The proposal outlined sponsorship levels with three main categories: Title Sponsor, Presenting Sponsor, and Gold Level Sponsor.

Title Sponsor for a Grand Prix race would require

Continued on page 5

## 2005-2006 Board of Directors & Key Members

(Board Members marked with an \*)

**President/Memorial Day 5K Director:**

\*Dave Bokros .....(H) 545-4538  
email: DBokros@comcast.net

**Vice President: \*John Powers**

(H) 264-8026 .....(W) 354-1221x111  
email: john.powers@floridapowertrain.com

**Treasurer:**

\*George Hoskins .....(H) 264-4372  
email: ghoskins@bellsouth.net

**Secretary:**

\* Vicky Connell .....(H) 276-0193  
email: VickyJC@comcast.net

**E-News Coordinator**

\*Lillian Lawless .....(H) (302) 477-0373  
email: lalawless@verizon.net

**River Road Resolution 5K Director: Bob Boyd**

(H) 272-1770 .....(W) 272-1770  
email: BobBoydFL@comcast.net

**Membership Director/Newsletter**

**Circulation Manager:**

Mike Mayse .....(H) 777.6108  
email: FloridaStriders@comcast.net

**Equipment Director & Webmaster:**

JD Smith .....(H) 264-1673  
email: smithj53@bellsouth.net

**Photographer:**

Vanessa Boyd .....(H) 272-1770  
email: vanessaboydFL@comcast.net

**Pacing by Patti Columnist:**

\*Patti Stewart-Garbrecht.....(H) 541-1303  
email: epstewart2002@yahoo.com

**Children's Run Coordinator:**

Vanessa Boyd .....(H) 272-1770  
email: vanessaboydFL@comcast.net

**Social Coordinator:**

\*Glenn Hanna .....(H) 777-9351  
email: ghanna3@bellsouth.net

**Directors at Large:**

\*Patti Stewart-Garbrecht.....(H) 541-1303  
email: epstewart2002@yahoo.com

\*John DeAntonis .....(H) 264-3541  
email: johnnydee1@comcast.net

\*Mike Ford .....(H) 406-2989  
email: forddog92@hotmail.com

\*Terry Sikes .....(H) 384-7194  
email: terrysikes@aol.com

\*Jay Birmingham .....(H) 612-2357  
email: jaygreatheart@aol.com

\*Kim Lundy .....(H) 213-0250  
email: woodski135@aol.com

\*Kellie Howard .....(H) 732-7377  
email: kellski@comcast.net

\*John Metzgar .....(H) 215-9440  
email: weluv2run@aol.com

\*Denise Metzgar .....(H) 215-9440  
email: weluv2run@aol.com

\*David Kelly .....(H) 278-7342  
email: davidk2301@yahoo.com

\* Sharon Pentaleri . . . . .(H) 389-6271  
email: sharon@pentaleri.com

**Hog Jog Director:**

Steve Bruce .....(H) 728-7759  
email: stevebruce@comcast.net

**River Run Hospitality Tent Coordinator:**

Stan Scarlett .....(H) 994-2687  
email: stanscarlett@msn.com

**RRCA Southern Region Director:**

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

**North Florida RRCA Representative:**

Mike Bowen .....(H) 850-308-1953  
email: michael.s.bowen@gmail.com

**Run to the Sun Director:**

\*Gary Hallett .....(H) 292-2793  
email: ghall32447@aol.com

**Strider "Person" Coordinator for Races:**

Al Saffer .....(H/W) 665-6996  
email: saffat@jea.com

**Scholarship Coordinator**

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

**StrideRight Editor**

Trish Kabus .....(C) 343-5181  
email: striderightedit@aol.com

SUPPORT OUR SPONSORS... THEY SUPPORT OUR SPORT



**Mike Shado Nissan**  
269-9400  
Run to the Sun

Orange  
Park  
Kennel Club



**Publix  
Supermarket  
Charities**

FLORIDA POWERTRAIN  
& HYDRAULICS, INC.

Run to the Sun 8K &  
Autumn Fitness 5K

**CENTEX  
HOMES**

Run to the Sun 8K



**AB**  
**About Bicycles**  
Orange Park, Florida

904-272-9100  
<http://AboutbicyclesOP.Tripod.com>

**PINCH-A-PENNY  
POOL-PATIO-SPA**

**The Perfect People  
For A Perfect Pool®**

**new balance**  
**Jacksonville**  
**620-0483**

Garber Chevrolet



Green Cove Springs, Florida  
Memorial Day 5K

**citistreet**<sup>SM</sup>

A State Street and  
Citigroup Company

**Memorial Day 5K**



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.

**FAGAN & BROUSSARD**  
INJURY ATTORNEYS  
John Fagan, P.A.  
278-6000  
Autumn Fitness 5K



**MYERS**  
PEDIATRIC  
DENTISTRY  
& ORTHODONTICS  
"embracing your child's smile"  
Donnie A. Myers  
Gary R. Myers  
(904) 272-6606

**General  
Truck**  
Equipment &  
Trailer Sales,  
Inc.

**Smoak, Davis  
& Nixon LLP**  
CERTIFIED PUBLIC ACCOUNTANTS  
(904) 396-5831  
Autumn Fitness 5K

**Bartanyan  
International**  
For all your  
Active Lifestyle Nutrition  
<http://sbarnton.qhealthzone.com>

**Ronnies**  
Wings & Oyster Bar  
Green Cove Springs, Florida

**VAC-CON**  
Memorial Day 5K

**Florida Heart  
Center**  
We Care For Your Heart  
(904) 269-1664  
Hasein Ramezani, MD

Village Bread  
Market  
 BLUE RIDGE  
WATER COMPANY, INC.  
**Krispy Kreme**

# Running with the Animals

Runners from the Colorado Mesa High Altitude Running Camp had just emerged from the Great Sand Dunes. Weary and covered with sand, we were indulging in our twice-weekly showers at the Community Center in Blanca, when I was approached by director Lawrence Pacheco.

"Jay," he said earnestly, "we need your help."

Three relays of Native American runners were working their way—at a pace of 40 miles per day—from Northern Canada to a solemn gathering in South-Central Mexico in August of 1997. A van loaded with runners would drop a runner at roadside. He awaited a "teammate" who was running southward with a Sacred Staff.

The Atlantic Team and the Pacific Team were on schedule; the Central Team was two days behind and exhausted. Replacements had not arrived and the Sacred Staff was due in Taos the next evening..

"We can help," I said. I recruited ten runners from Dana College, Nebraska, to cover the 80 miles from Ft. Garland, CO, to Taos, NM. Two teams would tackle 40 miles each—a morning team and an afternoon team.

We returned to Blanca before dawn the next morning to be readied and to bless the Sacred Staff. About twenty of us gathered in a large circle. A five-foot tall, wiry, 50-year-old Native American woman with mahogany skin, arms scarred from ritual cuts, unwrapped the Sacred Staff which had spent the night shrouded in a deerskin. The club-like staff, nearly three feet long, was adorned with feathers, bits of fur, fragments of bone, and five ribbons: Red for the sun, brown for animals, green for plants, blue for the water and white for the sky.

She intoned a prayer and requested strength for each runner who would carry the staff southward.

"Those who carry the Staff will run with the animals," she said. "You will see the earth and the flowers and the insects and realize that we are all One. Hawks will fly with you, deer and elk will appear next to you."

A half-dozen Indians, exhausted, and looking forward to a day of rest, nodded. The college kids glanced at each other and nodded, skeptical. We are runners. We will do this thing.

A braid of plant fibers was ignited in a bowl, creating a pungent smoke. We passed the bowl around the circle and wafted the smoke—designed to protect us on our journey—toward our faces and over our heads.

As the sun broke over the Sangre de Cristo Mountains the first of our runners headed toward Taos. Pinned to our shirts were the five ribbons.

We each ran one-mile or two-mile legs, rotating through our forty miles, eight miles each.. We told Lawrence we could cover the 80 miles in ten hours and reach Taos by 5 P.M.

Angie, Ryan, Ben, Max, and I made good on our pledge—by noon we were at the New Mexico border. Our relief crew arrived off the Mesa, just in time. Without pause, the Staff flowed over the ground, hand to hand. Matt, Evan, Bob, Emily, and Mandy attacked the steep hills of the second 40 miles.

## The Wide World of Running

By Jay Birmingham

With five miles to go, all ten of us began running extra distance, wanting to share the excitement and accomplishment.

Ben and Max ran the final mile together, holding the Staff high, entering Taos and stopping at a large park. Over a hundred Native Americans gathered around us as we circled to repeat the morning's ceremony. We honored the four winds, blessed the Staff, and wrapped it in deerskin for the night.

We returned to camp, ate a simple meal of beans, rice, and cornbread, and adjourned to the campfire ring. The stars, as always, were spectacular. The mood was subdued. The usual joking and singing was replaced with introspection.

Whether carrying the Staff improved our powers of observation or whether there was truly magic in the day, we all had unusual encounters with animals. Some, who had never seen a jackrabbit, saw them—ran with them. Hawks had dipped and soared, skreeing their support. Wild horses had run off the mesa and down to the highway. Elk crossed the road in front of us. Some had seen antelope and badgers. Others saw deer and rock squirrels. Prairie dogs and lark buntings chirped encouragement. Sagebrush and sweet clover filled our nostrils; sunflowers and asters brightened our path.

As we recounted our experiences of the day, we realized—some for the first time—that running is spiritual as well as athletic. Movement is purposeful as well as without purpose. Running for something besides ourselves had expanded our vision.

Coach Percy Cerruty once wrote, "No one ever failed because of a lack of Spirit. They failed because they were a poor vessel for that Spirit."

On that August day in the desert southwest, we all became better vessels.

*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. ●*

## Runner's Quiz By Jay Birmingham

1. Which is longer, 8 km or 5 miles?
2. What is wrong with calling 1600 meters a mile?
3. How much longer than 3 miles is 5000 meters?
4. What is the standard adjustment to convert a hand-held stopwatch time to its fully-automatic time equivalent?
5. How far is the Comrades Marathon in South Africa?

See page 10 for the answers

## MINUTES

Continued from page 2

financial support in the amount of \$5,000

Annually from the sponsor, in return for which the Sponsor has their company name incorporated in the race title, plus premier exposure on the Strider and race websites, and the Company name as part of the race logo. Other benefits are the usual logo on all flyers and company logo or name on a race banner that would be displayed below the race clock at the finish line.

Presenting Sponsor would require financial support in the amount of \$2500 annually from the sponsor for the race they would like to sponsor. The sponsor would then be listed on the race logo as presenting sponsor, have their company logo or name on a vertical banner alongside the finish line, and have the company logo or name prominently featured on the race flyer, web site, etc.

Gold Level Sponsor: Company logo on side 2 of the race flyer, Company logo or name on the back of race T-shirts, logo or name featured on the race web site, literature in race packets, etc.

Jay Birmingham pointed out that the word 'ad' was used in the outline of sponsorship levels in place of the word 'logo'. Dave Bokros noted the error and agreed that the word should be changed to 'logo'.

Dave pointed out that many of our sponsors have been faithful through the years and that these guidelines would not be used in an attempt to go back to our loyal sponsors in an attempt to raise the amount of financial support that these sponsors would have to contribute to continue to receive the exposure that they currently receive, and that the relationships be maintained with these current sponsors in the spirit with which these sponsors have always supported the Florida Striders Track Club and our work within the community. The guidelines are for use going forward by the sponsorship committee to approach large corporations in the attempt to gain larger sponsorship for our races in the coming years.

Kellie Howard moved to accept the sponsorship guidelines with the change of the word 'ad' to the word 'logo'. Jay Birmingham seconded the motion and it passed Unanimously.

**Social Update:** Next social will be the Barracuda's hockey game Friday February 23rd at the Jacksonville Coliseum. Suggestions for future socials included outings at Ichetucknee to meet at the take out point and run to the springhead on the trails and tube down the river. Other suggestions for dinner socials included dinner out at local restaurants with banquet rooms, the Memorial Day 5k Volunteer Appreciation Party and social to be held on May 28th on the day of race at the Lighthouse at Fleming Island.

Discussion of the annual picnic followed with no firm discussion on the date and time.

**Fat Tuesday Two-Miler support:** Dave Bokros presented the sponsorship levels for the Fat Tuesday Two Miler provided by JTC Running. The Florida Striders elected to support this race in 2006 at the \$500.00 level. Kim Lundy moved that we support the race again at this level. The motion was seconded By John Metzgar and passed unanimously. Dave Bokros also displayed a copy of the poster that was produced for the race and will be for sale at the event with all proceeds

going to support Habitat for Humanity for the rebuilding of the areas affected by hurricane Katrina. It was also mentioned that JTC Running was exploring the idea of making this an annual event going forward and that as the need for money in the Katrina affected area diminishes that the proceeds be shifted to local HabiJax for use in the Jacksonville area.

**Grand Prix Race fee increase:** Dave Bokros recommended that we raise the pre-registration entry fees for the Grand Prix races by one dollar. Discussion over the various reasons for the increase ensued. Jay Birmingham noted that in the Memorial Day 5k race budget there was a projected race profit of \$4,807.37. Jay also noted that the clubs mission is not to become a money making entity but to use the money raised by the races and sponsorships to continue to benefit the community through the children's run/walk programs, child and adult running education and other ways to promote active, healthy lifestyles within our community. John Metzgar pointed out that we draw a lot of families to our events and that for a family, registering everyone in the family to run a race could become cost-prohibitive for a family which would move the Striders away from the intent to promote healthy activity for the entire family. It was also mentioned by John Metzgar that if there were any way to make the races less expensive to promote family running that we explore that option instead. Kellie Howard moved that we keep the race entry fees as they are for the coming race cycle and discuss other options for the next year and revisit after the Race season is over. The motion was seconded and passed.

### General Discussion:

John Metzgar suggested that we explore the possibility of discounts for pre-registration of families who register three or more runners.

Denise mentioned that there are many unclaimed race awards at 1st Place Sports from Strider races and wanted to know if they could be recycled or reused for other races. Dave Bokros said that most race director usually donate the surplus awards that aren't claimed to organizations such as Special Olympics which can reuse the base plaques and awards in various games and that he would contact the race directors to remind them to retrieve their surplus awards from 1st Place Sports.

Jay had no comment and excused himself for another engagement.

Kellie mentioned that, to her knowledge, all of the schools that we need to get the scholarship information currently have this information and that we are just awaiting applications.

Terry Sikes had no comment.

Glenn Hanna asked about ChampionChips and where to get them. John and Denise pointed out that they could be purchased at 1st Place Sports or on line.

Kim Lundy had no comment.

Kelly Howard moved to adjourn at approximately 8:15 pm, Kim Lundy seconded the motion and it was carried by a unanimous vote. ●

Respectfully submitted,

Dave Bokros, Florida Striders Track Club compiled with note from John Metzgar.

Mike Shad Nissan



**8K RUN TO THE SUN**

APRIL 14, 2007 • ORANGE PARK

Presented by the Florida Striders Track Club

**Saturday April 14, 2007 • 8:00AM • Orange Park, FL**

**Entry Fees:**

\$14 Until April 4th  
\$17 April 5th - 13th  
\$20 Day of Race for All

\$2.00 discount for  
Military and Florida  
Strider members

**Make checks payable and mail to:**

Run to The Sun  
3931 Baymeadows Road  
Jacksonville FL 32217



ADDITIONAL SPONSORS



Prefer the convenience of On Line Membership, Renewal, or Race Registration? Visit Active.com. They charge \$3 for their service.

**RUN TO THE SUN 8K ENTRY FORM**

RACE# (FSTC USE ONLY)

**Packet Pick-Up (Choose One)** Baymeadows 1st Place Sports 4/12 or 4/13  Orange Park 1st Place Sports 4/12 or 4/13  Jax Beach 1st Place Sports 4/12 or 4/13  Day of Race @ Orange Park Kennel Club

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

Age  Sex  M  F  S  M  L  XL  8K  Personal Champion  Chip # (can NOT be used for Day of Race registration)

Street Address (include apt. number)

City  State  Zip Code

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

BY MY SIGNATURE I ACKNOWLEDGE THAT Participating in an organized running event is a potentially hazardous activity. I will not participate unless physically and medically able. I agree to abide by all decisions of race officials relative to my ability to safely complete the race course. I assume all risks associated with participating in this event including but not limited to: slip/trip/fall, contact with other participants, weather conditions, traffic and conditions of the road/surfaces, all such risks being known and accepted. Having read this waiver and in consideration of entry into this event being accepted, I, for myself and anyone named or entitled to act on my behalf, waive and release members and volunteers of the Florida Striders Track Club (FSTC), Road Runners Club of America (RRCA), the town of Orange Park and all sponsors, their representative and successors, from all claims and/or liabilities of any kind arising out of my participation in this event, including any liability that may arise out of negligence or carelessness by persons or organizations named in this waiver. I agree and grant permission that should circumstances arise, I defer to race officials and/or qualified persons as to my need to be examined and/or treated medically during the race. I agree that race officials and/or qualified persons have the right to disqualify and remove me from the race course should I be suffering from a life threatening condition. I further grant to Race officials the right to use any and all photographs, images, or accounts of this event in any manner that it deems appropriate. I agree to abide by all RRCA Guidelines, including but not limited to: No use of headphones or any other device that limits awareness of the participant or any type of wheeled conveyance (excluding use by handicapped or physically disabled participants). Animals are prohibited from the race course unless for the use and assistance of handicapped or physically disabled participants.

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

Make Check Payable to: Run to the Sun 8K and mail to: 3931 Baymeadows Road, Jacksonville FL, 32217 or drop off at any 1st Place Sports location.

**8K Awards** – Top three Men & Women Overall, Top Men & Women Masters, Top Men & Women Grand Masters plus Top Three in each age group Age Group Awards – 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) Overall and age group winners will receive points in the 2006-2007 Jacksonville Grand Prix.

**8K Race Start** – The race begins on Wells Road, just off US 17, adjacent to the Kennel Club. Over 700 runners will participate – please line up according to your ability.

**8K Finish** – Once you have finished the race, make sure you leave your ChampionChip with one of our Finish Line volunteers.

**Fun Run Start** - The one mile run begins in the grassy area on the East side of the Kennel Club. Runners will be sent in waves to ensure a smooth beginning.

**Fun Run Finish** – The Fun Run finishes on the same Finish Line as the 8K. Many runners come through in a short period of time – please collect your ribbon and proceed out of the chute area as quickly as possible to prevent runners from backing up.

**Packet Pickup** – available at any 1st Place Sports (indicate pickup preference on entry form).

- Thursday, April 12th 10:00am - 6:00pm
- Friday, April 13th 10:00am - 6:00pm
- Day of Race pick up available beginning at 6:30am

**Fun Run** – This is a free event and a great opportunity for your school to raise money. All finishers will receive a ribbon and over \$1500 will be awarded to schools based on participation. All participants must complete an entry form prior to the race. **PLEASE ARRIVE AT THE RACE NO LATER THAN 8:45 AM TO ALLOW TIME TO REGISTER AND GET TO THE START LINE BEFORE THE RACE STARTS**

For More Information Contact Gary Hallett at 213-7758, garyhallett@runtothesun2007.com or check out our website at www.floridastriders.com

# 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.	Dave Bokros at DBokros@comcast.net or 904-545-4538
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 <b>NEW! Use main gate on Doctor's Lake Drive and park in the parking lot near the athletic field</b>	Dave Bokros at DBokros@comcast.net or 904-545-4538
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

## 2007 Florida Striders Track Club Annual \$1,000 College Scholarships Available

### Eligibility Requirements:

- Must be a resident of Northeast Florida for the past two years.
- Must be a graduating high school senior.
- Must be a runner or active in track and field events.
- Please be advised that NCAA regulations may prohibit you from accepting this scholarship if you attend college/university on an athletic scholarship.

ENTRY DEADLINE: Applications must be received by March 31, 2007

A complete application should include:

- 1 - This form completed (4 pages, including items I through X)
- 2 - Essay about your running (item IX)
- 3 - Two (2) recommendations
- 4 - High school transcript (if desired, not required) ●

Please return the complete application to (prior to March 31, 2007):

Florida Striders Track Club  
Scholarship Applications  
P. O. Box 413  
Orange Park, FL 32067-0413

Sorry, no e-mailed applications accepted.

# Striders at the Races

## RACE RESULTS

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

### MATANZAS 5000

St. Augustine

January 27, 2007

Justin Jacobs	15:48	3rd A/G
John Metzgar	16:07	2nd A/G
Len Ferman	17:03	3rd A/G
Orestes Gutierrez	18:00	3rd A/G
David Bonnette	18:03	
Page Ramezani	18:33	1st A/G
Bruce Holmes	19:11	2nd A/G
Mary Ann Brown	19:27	1st A/G PR
Stephen Beard	19:32	3rd A/G
Dave Ohnsman	19:32	2nd A/G
Bernie Candy	19:46	3rd A/G
David Ferman	20:01	
Robert Walker	20:02	
Luke Steinberg	20:07	
Robert Smith	20:08	
Keith Poythress	20:19	
Raymond Ramos	20:32	
Sam Gladding	20:55	
Frank Frazier	20:57	3rd A/G
Steve O'Brein	21:00	
David Stenberg	21:21	
Thom Henkel	21:37	
Elfrieda Wyner	21:45	1st A/G
Kathy Murray	21:50	
Mary Ann Steinberg	21:52	3rd A/G
Regina Taylor	21:53	
Paul Smith	22:08	1st A/G
Lewis Buzzell	22:22	
Bill Gladding	22:23	
Tom Zicafoose	22:25	
Dave Bokros	22:30	
Craig Harms	22:56	
Danny Weaver	23:21	
Simon Jacobson	23:21	
Paul Berna	23:26	
Matt Ross	23:27	
Kelli Howard	23:35	
Susan Harms	23:48	
George Hoskins	23:51	
Melissa Gostage	24:22	
Barbara Whitter	24:50	
Kent Smith	24:57	
Ben Holland	25:06	
Nancy Harms	25:09	
Glenn Hanna	25:13	
Jeanie Wilson	25:29	

Melissa Stone	27:02	
Kimberly Lundy	27:06	
Jerry Hiatt	27:07	
Michela Tavolieri	27:10	
Giovanna Orara	27:1	
Angela Tavolieri	27:19	
Kim Anthony	27:26	
	Clydesdale Winner	
Jacob Gladding	27:41	
Stan Scarlett	28:07	
Bobby Green	28:08	
Jack Hayes	28:14	
Lesley Jones	28:16	
Freddy Fillingham	28:26	
John Aimone	29:44	2nd A/G
Susan Gostage	29:47	
Gordon Slater	30:00	
Ken Bendy	30:04	
Al Saffer	30:29	
Jennifer O'Brien	30:48	
Bo Holob	30:45	2nd A/G
Mark Lay	31:12	
Shelly Hakes	31:31	
Norm Wyner	31:32	
Shirley Henkel	31:38	
Cathy Reidy	31:42	
Donna Hiatt	32:02	2nd A/G
Kelly Minor	32:03	
Bill Zipperer	32:05	
Robin Zipperer	32:24	
Sandra Shines	32:28	
Ginger Frazier-French	32:32	3rd A/G
Mary Gladding	32:40	
Burness Morris	33:23	
Jack Stanley	33:38	
Patt McEvers	34:02	
Trish Kabus	37:36	
Steve McClung	39:37	
Diane Aimone	39:46	1st A/G
Michelle Ramos	42:14	
Joe Blewett	44:24	
Bill Mitchell	45:18	
Joe Connolly	46:15	

John Steinberg	56:17	
	2nd Overall Male	
John Metzgar	1:03:16	
	Masters Male	
David Bonnette	1:07:11	2nd A/G
Patti Stewart-Garbrecht	1:07:12	
	2nd Open Female	
Bruce Holmes	1:08:41	1st A/G
Steven Beard	1:10:12	1st A/G
Bernie Candy	1:11:11	2nd A/G
Patrick Gaughan	1:11:56	3rd A/G
Keith Poythress	1:13:39	
Del Conner	1:13:48	
Frank Frazier	1:14:20	1st A/G
Raymond Ramos	1:14:34	
Regina Sooeey	1:16:21	1st A/G
Kathy Murray	1:17:34	2nd A/G
Mary Ann Steinberg	1:19:18	1st A/G
Regina Taylor	1:19:50	3rd A/G
Thom Henkel	1:20:12	3rd A/G
Everett Crum	1:20:24	1st A/G
Terry Sikes	1:20:49	
Steve Bruce	1:20:51	
Celita Ricks	1:19:50	
Tom Zicafoose	1:23:20	
Stephanie Griffith	1:23:54	1st A/G
Danny Weaver	1:24:06	
Paul Smith	1:24:23	3rd A/G
Bob Kennedy	1:26:07	
David Steinberg	1:27:39	2nd A/G
Gil Flores	1:27:46	
John Hirsch	1:28:13	
Dave Bokros	1:28:29	
John Bowsman	1:30:02	
Randy Pullo	1:30:28	
Kent Smith	1:30:44	
Jonathon Lineberry	1:35:41	
Jd Smith	1:38:14	
Gordon Slater	1:49:14	Last A/G
Kevin Ott	1:52:32	
John Aimone	1:53:17	1st A/G
Denise Dailey	1:54:04	
Al Saffer	1:56:37	3rd A/G
Nancy Pullo	1:59:20	2nd A/G
Shirley Henkel	2:01:14	
Sandra Shines	2:02:53	

### WINTER BEACH RUN 10 MILE

Jacksonville Beach

February 4, 2007

Justin Jacobs	55:15	
	1st Overall Male	

### WINTER BEACH 5 MILE

Orestes Gutierrez	30:43	2nd A/G
-------------------	-------	---------



Sung Ho Choi	32:20		Barbara Whitter	27:44	3rd A/G	Gil Flores	52:19	
Luke Steinberg	35:34	1st A/G	Al Saffer	31:40	1st A/G	Norm Wyner	1:04:47	1st A/G
Holly Turner	37:02					Nancy Pullo	1:06:43	
Paul Berna	41:00		<b>GASPARILLA DISTANCE CLASSIC 15K</b>			Sandra Shines	1:10:34	
Craig Harms	42:08		<b>RRCA STATE CHAMPIONSHIP</b>					
Nance Harms	42:09	2nd A/G	<b>Tampa</b>			<b>PIRATES ON THE RUN 5 km</b>		
Raymond Watkins	43:23		<b>February 17 2007</b>			Craig Harms	23:15	1st A/G
Ben Holland	43:59		Patty Stewart Garbrecht	1:00:03	1st A/G	Susan Harms	24:34	1st A/G
Kimberly Lundy	45:04		Patrick Gaughan	1:04:10	4th A/G	Nancy Harms	25:41	1st A/G
John Gauer	46:21		Kathy Murray	1:10:35		Kathy Conner	43:28	
Gary Ledman	46:41		Lewis Buzzell	1:13:14				
Tamara Bowers	46:43		Jerry Hiatt	1:31:29		<b>5 POINTS OF LIFE HALF MARATHON</b>		
Doug Barrows	49:27		Ken Bendy	1:44:17		<b>Gainesville</b>		
Lesley Jones	49:43		Bob Tatum	1:46:00		<b>February 18, 2007</b>		
Kim Anthony	49:45					Justin Jacobs	1:11:04	3rd O/A
Jonie Davis	51:00		<b>GASPARILLA DISTANCE CLASSIC 5K</b>			Danny Weaver	1:49:22	3rd A/G
Vicki Choiniski	52:06		<b>February 17, 2007</b>					
Kristy Matherne	54:22		Donna Hiatt	32:00	3rd A/G	<b>University of San Francisco's</b>		
Trish Kabus	1:05:21					<b>Tom Caruso Run/Walk 5k</b>		
Diane Aimone	1:07:57	1st A/G	<b>PIRATES ON THE RUN 10 km</b>			<b>San Francisco, CA</b>		
Joe Connolly	1:14:52	1st A/G	<b>Fernandina Beach</b>			<b>February 18, 2007</b>		
George Obi	1:16:00	2nd A/G	<b>February 17, 2007</b>			Trish Kabus	38:12	
			Randy Arend	41:44	1st A/G			
			Del Conner	41:47	1st A/G			
			Franf Frazier	43:24	1st A/G			
			Elfrieda Wyner	45:05	1st A/G			
			Randy Pullo	50:50				

**HOLY SPIRIT 5 km**  
Jacksonville  
February 10, 2007

Gil Flores 25:01 1st A/G

**Please sign the  
StriderMan after each race!  
Or email your times to Patti at  
epstewart2002@yahoo.com  
or mail them to her at 1513 Maple  
Leaf Lane, Orange Park, FL 32003**

Sue & Darrell Whitworth

**MULTI-YEAR  
RENEWALS**

Robert Smith  
Melinda & Kevin Terry

**NEW MEMBERS**

Nancy Ayscue  
Traci Bane  
Edward Bermudez  
Ken Brinsko  
Meg Frey  
Kimberly Pierce  
Chris Rodatz  
Jeb Stewart

**RENEWING  
MEMBERS**

Terry & Elda Bell  
Rita Chilton  
Lois Corbett  
Darcy Daniel  
Elena Etter  
Patrick Gaughan  
Susan & John Gostage  
Joanne & Buddy Harris

Hal Higdon  
Kellie Howard  
Trish Kabus  
Gary Ledman  
George Martin  
Robert Meister  
Burness Morris  
Elbert & Linda Shubert  
Robert & Barbara  
Walker/Gilbert  
Bill Weaver

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.

# March 2007 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
March 3	Retro River Run 5K <b>Registration Closed- 2204 limit reached</b>	5:00 p.m.	Jacksonville Landing Jax	(904) 731-1900 1st Place Sports
March 10	Gate River Run 5K/15K	8:00/8:30 a.m.	Jacksonville Municipal (formerly Alltel) Stadium Jax	(904) 731-1900 Jacksonville Track Club
March 17	Michlobe Ultra Lighthouse 5K	4:30 p.m.	Lighthouse Park St. Augustine	(904) 824-3939 St. Augustine Lighthouse Museum
March 24	Guana River 50 km Trail Run & 2 person Relay <i>USATF Florida Association Ultra Running Championship</i>	7:00 a.m.	Guana Reserve Ponte Vedra	(904) 269-3820 GuanaTrail50KRD@comcast.net Jacksonville Track Club
March 24	30th Annual Okefenokee Swamp Run 10K	9:00 a.m.	Laura S. Walker State Park Waycross, GA	(912) 285-7748 kmcquaig@wayxable.com Okefenokee TC
March 30	JTC All Comers Track Meet #1	7:00 p.m.	Bolles School 7400 San Jose Blvd. Jax	(904) 388-7860/384-8725 Jacksonville Track Club
March 31	Bob Cook Memorial 5K Run Against Skin Cancer	8:30 a.m.	Sea Turtle Inn Atlantic Beach	(904) 731-1900 or (203) 878-8648 Skin Cancer Foundation
<b>April 14 NEW DATE</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>
<b>May 28</b>	<b>Memorial Day 5K FUN RUN</b>	<b>8:00 a.m.</b>	<b>Spring Park Green Cove Springs</b>	<b>(904) 545-4538 Dbokros@comcast.net Florida Striders Track Club</b>

**FYI...**if anyone is interested in any of the running camps at ZAP Fitness in Blowing Rock, NC, their website is [www.zapfitness.com](http://www.zapfitness.com). I was up there a couple of weeks ago vacationing and I visited the running center. It's a great place in a beautiful area with camps for all levels of running. I was impressed and I would recommend their center for anyone who is interested. -Mike Ryan

# Pacing with Patti

BY PATTI STEWART-GARBRECHT



Well it seems that the spring racing season is in full swing already with plenty of race results to report. We are all gearing up for the Gate River Run and hopefully I am finding everyone healthy, happy and ready to have a great race on March 11th.

We'll start with **Matanzas 5000** on 1/27/07, one of the largest and fastest 5K's in the state. It comes as no surprise that **Justin Jacobs** was our fastest male Strider in a time of 15:48. Justin's time was good enough for 3rd in his age group which shows just how competitive the men's field was. Justin was followed by **John Steinberg** in 15:59 winning the Male Masters title and **John Metzgar** in 16:40. Our fastest female Strider was **Mary Ann Brown** AKA "Tiny Dynamo" running 19:27 while winning her age group. Other age group winners include **Page Ramezani**, **Elfrieda Wyner** and **Paul Smith**. **Mary Ann Brown** and **David Bonnette** both reported PR's

Next up is the **Winter Beaches 10 mile** run on February 4th at Jacksonville Beach. I have always shied away from running this race, since I think 10 miles is way too far to run in the sand and wind. But to my surprise, it was a perfect day with temps in the high 50's and the sand and

the wind just weren't that bad after all. Winning the 10 mile race outright was our very own Strider **Justin Jacobs** in a time of 55:15. **John Steinberg** was about a minute back in 56:17 for second place. **John Metzgar**, nursing an injury, won the Masters Male title in a time of 1:03:16. In the women's race, I managed to run 1:07:11 in the wind and sand with my very loyal running partner to win 2nd overall. **Regina Soeey**, **Kathy Murray** and **Mary Ann Steinberg** weren't too far behind. Age group winners in the 10 mile race include **Bruce Holmes**, **Steven Beard**, **Frank Frazier**, **Regina Soeey**, **Mary Ann Steinberg**, **Everett Crum**, **Stephanie Griffith** and **John Aimone**.

In the **5 mile** (only half the fun) **Winter Beach Run** companion race, **Orestes Gutierrez** was our top male Strider in a time of 30:43 followed by "**Bruce**" **Sung Ho Choi** in 32:20. Our fastest female Strider was **Holly Turner** in a time of 37:02. **Luke Steinberg**, **Diane Aimone** and **Joe Connolly** all won their respective age groups.

On February 10th a hand full of Striders ran the **Holy Spirit 5K** in Jacksonville. **Continued on following page**

Just for Children Ages 9 – 14, Saturday May 5th 2007

## Hershey Track & Field District Championship at the Orange Park High School Track

Do your children enjoy fun competition? We have a great event for you so mark your calendars now! The Hershey Track & Field Championship involves six different events for children aged 9 to 14 years old (birth certificates are required at registration, which begins at 8:30 a.m.) on Saturday May 5th at the Orange Park High School Track. Anyone in Northeast Florida can compete who has not been in another local Hershey Meet this year. There is no charge for the children to compete. The top two finishers in each event qualify for the state championship on June 23rd in Gainesville, Florida. State winners are entered in a regional pool and become eligible for selection to a Regional Team, which will travel free to Hershey, Pennsylvania, to compete in the North American Final later this summer. Participants can compete in three events (two run-

ning and one field or two field and one running). Events include the 50-meter dash (9-10), 100-meter dash (all ages), 200-meter dash (all ages), 400-meter dash (9-10, 11-12), 800-meter run (11-12, 13-14), 1600-meter run (13-14), 4x100 meter relay (all ages), standing long jump (all ages), and softball throw (all ages). We will have more information on the Florida Strider website, [www.FloridaStriders.com](http://www.FloridaStriders.com), soon which will have the application, how to pre-register, and more information on the state meet as soon as they are available in March. This event is sponsored by the Florida Striders. Please call James May, a Strider himself with four children, for more information at 779-6105. If you would like to help with this great event, please contact Kim Hoyt at 904-505-4774 or [KimHoyt@comcast.net](mailto:KimHoyt@comcast.net) ●.

**RUNNER'S QUIZ Answers. Questions appear on page 4.** 1. Five miles is 8,045 meters long. 2. A mile is 9 meters farther than 1600 meters. 3. 5000 meters is 5,468 yards, 188 yards more than three miles, and 12 yards longer than 3.1 miles. 4. Hand-held stopwatch times are notoriously "fast" due to reaction time and errors in usage. A hand time of 11.21 is rounded to 11.3 and then 0.24 seconds is added to approximate a time recorded by a fully-automatic system (FAT). 5. The route varies from year to year but ranges between 54 to 56 miles. The 2007 race is slated for 89 kilometers (55.3 miles). Thirteen thousand people run this annual ultramarathon.(\*)

(\*)—The term "Ultramarathon" was coined by U.S. Olympic marathoner Ted Corbitt, father of Jacksonville's Gary Corbitt, in the 1950s.

**Gil Flores** won his age group in 25:01, **Barbara Whitter** ran 27:44 and **Al Saffer** won his age group in 31:40.

On the road, several Striders made the trip to Tampa to run the **Gasparilla Distance Classic 15K and 5K** on February 17th. **Patrick Gaughan** was our fastest male Strider in a time of 1:04:10. **Lewis Buzzell** finished in 1:13:14, **Jerry Hyatt** finished in 1:31:29, **Ken Bendy** ran 1:44:17 and **Bob Tatum** ran 1:46. **Kim Pawelek** ran 57:40 for first female Strider and 6th overall. **Patti Stewart-Garbrecht** followed in 1:00:03 and **Kathy Murray** ran 1:10:35. In the 5K race **Claudia Eliopulos (French)** celebrated 20 years of racing by running her first race 20 years later. She finished in 27:03 and finished in the top 10% to take home a very stylish pirate mug. **Donna Hiatt** finished in 32:00.

On that same day in Fernandina Beach another "Pirate" themed race was taking place. In the **Pirates on the Run 10K** **Randy Arend** was our fastest male Strider in 41:44 followed by **Del Conner** in 41:47 and **Frank Frazier** in 43:24. These young men also all won their respective age groups. **Elfrieda Wyner** was our fastest female Strider, also winning her age group in 45:05. She was followed by **Nancy Pullo** and **Sandra Shines**. **Norm Wyner** won his age group in 1:04:47. In the **5K**, the **Harms family** all won their respective age groups. **Craig** ran 23:15, **Susan** ran 24:34 and **Nancy** ran 25:41. **Kathy Conner** also finished in 43:28.

**Justin Jacobs** and **Danny Weaver** made the trip to Gainesville to run the **5 Points of Life Half Marathon** on February 18th. Justin was third overall in 1:11:04. Danny was third in his age group in 1:49:22.

This month's training tip is geared toward recovery from hard workouts. It is the ICE BATH. I know what you are thinking....."this women is out of her mind". Well that may or may not be true, but ice baths are really a great way to help your legs recover. Ice baths can be helpful after any run, but they are particularly helpful after long runs and hard track workouts. Most of us just don't have time to sit in a bath tub full of ice everyday. The ice bath is really easy.

You just fill up your bath tub with about six inches of water and add a bag of ice. I usually buy the small bag during the winter and the large bag in the summer since the water coming from your tap is warmer in the summer months. During the winter months you can also stand in your backyard pool if you have one and it's not heated. For me that only works on sunny, relatively warm days. It is best to sit in the cold water for 15 minutes. You can start with 10 minutes and try to work up to 15. Once you get over the initial shock (about 2 minutes) it's not that bad. It is helpful to take a hot shower first. Then put on a sweatshirt and get a hot beverage. I know it sounds like torture. But when you run long or hard your leg muscles experience small tears. With any sort of damage or injury there is also inflammation. You might not be able to see the inflammation, but it is there. By immersing your legs in cold water you are inhibiting the inflammatory process thereby speeding recovery. You can tell how much better your legs feel when you run the next day. I MAY be crazy, but give it a try and see what you think. Good luck to everyone preparing for the Gate River Run. Happy Trails. See you next month. ●

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>