



Volume 26, Number 8

Florida Striders Track Club STRIDERIGHT



www.floridastriders.com



August 2007

inside

Prez Sez	2
Minutes	2
Board/Key Members	2
Sponsors	3
Wide World of Running	4
RRCA National Run @ Work Day	4
FSTC 2007 Scholarship Winners	5
New and Renewing Members	6
Striders at the Races	7
Membership Application	8
Group Training Runs	9
August Race Calendar	10
The Back Page	11

Six young Striders medal at AAU nationals

Seven Strider youths participated in the July AAU Nationals at the Disney Wide World of Sports in Orlando.

Mary Ann Brown ran away with the 3,000-meter 1st place in the 13-year-old division. This was a meet record. While, David May captured gold and bronze in the shot put and discus.

Sam Gladding ran a personal best, by 20 seconds in the midget (12) 3,000-meter run to get 2nd place. He also ran a personal best time of 5:16 1,500-meter to finish 5th.



Jacob Gladding ran the youth (14) 1,500-meter in 4:54, which was his personal best. He finished fifth for his performance.

Gracee Damron took fifth in the 11-year-olds' pentathlon and

Continued on page 6

SOCIALS

SEPTEMBER 8

Family picnic at Camp Blanding on Saturday Sept. 8 starting at 12:00 noon. Reece Scott Picnic area on Camp Blanding.

Florida Striders will provide hamburgers, hot dogs, soda and water. Everyone should bring a side dish/dessert & adult beverages.

Contact Glenn Hanna at 777-9351, ghanna3@bellsouth.net in advance who will attend in order to set up access to the Camp at the main gate.

Tuesday, August 21st @ 7:05 PM, Jacksonville Suns at the Baseball Grounds downtown. Fifty cent Family Night (hot dog, peanuts, ice cream). Tickets are \$10.50 per person: contact Glenn Hanna at 777-9351, ghanna3@bellsouth.net or Gayla Poythress at 541-1878, poyth@bellsouth.net.

AUGUST 21

Directions: Take Blanding Blvd (State Road 21) south towards Middleburg and go about 10 miles from Orange Park (depending on where you start). Turn right on County Road 215 (just before the Kangaroo Station) and go 6.2 miles. At the end, merge right onto State Road 16 West. Go about 3 miles to the Camp Blanding front gate which will be on the left. You will need to sign up in advance with Glenn, so the gate guard will have your name on a list. Show ID at the gate (everyone in your vehicle must be on the list and have ID unless a young child). Pass the gate guard, turn left on Avenue B. Then take the first right which will end at Avenue A. Turn left and follow all the way to the end (be sure to observe the 30 mph speed limit!!). Just before the road curves left onto Duval Street, the Reece Scott picnic area will be on the right. There is plenty of parking, nice restrooms and outdoor shower. If anyone wants to bring a boat or jet ski (we need some of these!!), the ramps will be visible just after you turn onto Avenue A. You must pay a fee before you launch the boat (around \$5, so make sure you have some cash). The picnic area has a volleyball court, and room for other outdoor games on the grass, as well as a covered picnic pavilion. There is a small beach area. The water is clear and very shallow, making a beautiful swimming area, so don't forget your bathing suit! Beach chairs and floats for the water are recommended.



Prez Sez *By Dave Bokros*

The Florida striders have been running in Orange Park for almost thirty years. The Sun Tire run is very special to a lot of runners, but so is the Sunday run in San Jose with Stephanie Griffith and company. The Monday afternoon bridges run downtown at 5:00 and 5:30 with Danny Weaver and Kellie Howard. You can go to any of the runs listed on the RRCA list of runs for North Florida and you will probably find at least one long-time Strider member! I was going through security at Reagan National airport and the gentleman checking my laptop for explosives was excited because I had a Strider shirt on and we are who he ran with when he was stationed in Jacksonville! In fact, there are more

Striders in North Florida, and, indeed the country, than reside in Clay County. Nothing brings that home like the Gate River Run. We have an entire extended Family in south Florida, who, in large part, has never lived in Jacksonville, but their father was a Strider and they all have family memberships so that they can come up every year for Gate and party in the tent with the rest of the Strider family! I didn't get a chance to meet them and heard the story second hand, so if you read this send me an email or give me a call. I don't want to miss you guys next year!

I heard from someone that many outside of Orange Park feel excluded since

Continued on page 6

Board of Directors' Minutes 7/10/2007

The meeting was called to order by Dave Bokros at 7:05 p.m. Directors present were Dave Bokros, Vicky Connell, Mike Ford, Glenn Hanna, George Hoskins, Kim Lundy, Keith Poythress, Gayla Poythress, Mike Mayse, John Metzgar, Denise Metzgar, James Vavrina, and Kay Womack.

Minutes: No changes to the June minutes.

Treasurer's Report: George Hoskins presented the report for June. He pointed out some expenditures and expenses, to include a merchandise order of \$644. An adjustment of \$6 was made to correct a previous balance calculation. Our race account total is currently \$20,887.24. At some point the balance in the race accounts will drop down to \$500 as seed money for the next year, with all the profit transferring to the main account. George mentioned the Compass bank CD which has rolled over into an 8 month CD which matures next February. The report was filed as presented.

Youth Competition Fund Proposal: Mike Ford went over the proposal for the Youth Competition Fund. He explained how this all came about with the initial meeting of the Children's Running Committee. Nancy Barlow, the mother of one of the children who races with the Strider Youth team, came to us with an offer of donations from several local businesses to support our youth team financially as they travel for out of town races. This fund would be administered by the Striders, with approval for fund disbursements, accounting, and monthly reporting to the board. The proposal outlines all these parameters. The money will be available to all Strider student members, High School and below. Kim Lundy explained that we were asking for approval to establish the fund. The Children's Running Committee would be responsible for working out some of the details, such as reimbursement for mileage and so forth. She also explained that all requests for money would have to come through a coach. Keith

Continued on page 8

StrideRight Editor

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

2007-2008 Board of Directors & Key Members

(Board Members marked with an *)

President/Memorial Day 5K Director:

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

Vice President/Membership Director/ Newsletter Circulation Manager*:

Mike Mayse(H) 777-6108
email: FloridaStriders@comcast.net

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

Equipment Director & Webmaster:

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

Children's Run Coordinator/Photographer:

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

The Back Page Columnist:

Mike Marino.....(H) 477-8631
email: m.t.marino@att.net

Social Coordinator:

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

Directors at Large:

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

*Gayla Poythress.....(H) 541-1878
email: poyth@bellsouth.net

*Keith Poythress.....(H) 541-1878
email: poyth@bellsouth.net

*Mary Ann Steinberg
email: 4steinbergstrun@bellsouth.net

*John Steinberg
email:4steinbergstrun@bellsouth.net

*Nicole Sullivan(H) (954) 253-8099
email: colely77@yahoo.com

*James Vavrina...(C) 718-4247
email: jamesvav@hotmail.com

*Kay Womack: ...(C) 718-4210
email: kaywoma@hotmail.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(C) 759-7902
email: ghall32447@aol.com

Strider "Person" Coordinator for Races:

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

Scholarship Coordinator

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

Assistant Social Coordinators:

Gayla Poythress.....(H) 541-1878
email: poyth@bellsouth.net

Kay Womack: ...(C) 718-4210
email: kaywoma@hotmail.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

citistreetSM

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
 Krispy Kreme

Striders in the Mountains

August in Florida—oh, my. One hundred percent relative humidity; air temperatures approaching the temperature of your blood. Your socks are soaked, your shirt clings to your chest like Saran Wrap. Panting is your normal respiratory mode. Like an Inuit describing snow, you have coined eight different words to describe sweating this summer.

Let me whisk you, now, to predawn temperatures in the upper 40s; relative humidity around 20 percent; cool breezes; crisp smells of pine and cedar trees, sagebrush and sweet clover. Campers rise from comfy sleeping bags at 5:30 a.m. to watch the sun peek over the Sangre de Cristo Mountains, heralding a new day for running.

Enough!! I know I torture you who remain in the Sunshine State this summer.

But there are Striders who have escaped, for one week or two, to the Colorado Rockies, jogging among those pinon pines and junipers, at the Colorado Mesa Running Camp. Jacob Gladding is here, along with Cameron Davis. Doug Barrows. Danielle Dunn and her dad, Shawn. Mallory Bane, Lindsey Bane, and their mom, Traci. Taylor Shutt and her mother, Babs; Jackson Gardner, Alex and Austin Wester, Debbie Birmingham, and yours truly.

I know. It isn't fair. Our t-shirts (if they get damp at all), dry on the clothesline in about 10 minutes. Showers are largely unnecessary—we take them for fun, not out of necessity. No hard surfaces for running, just grass-covered and dirt roads, mountain trails, and soft paths through the brush.

Field trips: Every running camp should have some. Alex, Austin, Jacob, and Jackson looked like sand-treader camel crickets as they scampered up the 700-foot High Dune at the Great Sand Dunes National Park. Then there is the legendary Rock Creek Run, a steady pull from 8,500 feet to 11,230 feet, in the Rio Grande National Forest. Olympic marathon bronze medallist Deena Kastor credited Rock Creek with building her strength and mental toughness—so all the campers run it, too.

Scenery is a 360-degree affair. Mountain ranges are 15 miles to the east, 20 miles to the south, 70 miles to the west, and 30 miles to the north. The peaks soar to 13,000 feet and above. Wildlife abounds. An elk herd, random deer, and over two dozen wild horses provide examples of natural runners for two-legged striders. Hummingbirds and mountain bluebirds zip in and out of camp while Canada geese honk good morning and nighthawks squawk goodnight.

Food—ah, the food. After one hour or more of charging up and down hills at 8,800 feet above sea level, perhaps any aliment would satisfy. Could the altitude stimulate extra flavor sensors? Regardless of the cause, blueberry pancakes taste sinfully wonderful; watermelon is sweet; pasta is delizioso. Muffins, cornbread, banana bread, cookies, and brownies, pop fresh from the oven, to complement entrees like lasagna, Salisbury steak, and brown rice with red beans.

After running the dunes and cooling off in Zapata Falls,

The Wide World of Running

By Jay Birmingham

travel with us, now, to Mrs. Riveras's Kitchen (restaurant) where the top menu item is 18A. Eighteen-Ay is the Mucho Gusto Plate which translates as two enchiladas, refried beans, Spanish rice, tossed salad, beef and bean burrito, a taco, and for dessert, a fresh sopapilla with honey. Your drink comes with the meal, anything you want (try the raspberry ice tea). What a deal for \$9.95. It's all you can eat, too, so ask for seconds.

After running Rock Creek, we visit the Pizza Den, across from the Adams State College campus. There, runners indulge in true Italian dishes, all ending in I or O, plus the Den Special, a football sized calzone stuffed with sausage, tomatoes, pepperoni, bell peppers, mushrooms, and onions. Are you getting hungry? I am—I'd better go for another run!

Mark your calendar for the summer of 2008—last week of July and first week of August—Florida Striders weeks at the Colorado Mesa Running Camp. ●

Jay Birmingham has run in Colorado almost every summer since 1967.

Sign the Pledge to
Run@Work and enter
to win a FREE pair of
PUMA performance
running shoes



The Road Runners Club of America is pleased to announce that PUMA® has joined the efforts to support the 2nd Annual RRCA National Run@Work Day® scheduled on September 21, 2007. PUMA will provide a free pair of PUMA performance running shoes to four lucky individuals that sign the pledge to Run@Work on September 21st.

Simply sign the pledge at <http://www.RRCA.org/programs/runatwork> and your name is entered into the random drawing for a free pair of PUMA performance running shoes. ●

Florida Striders Scholarship Winners

Nicholas Maedel

- Graduate of Ridgeview High
- Class rank 42/374 GPA 3.56
- Captain of Cross country and Track 05/06 & 06/07
- Treasurer of the Future Business Leaders of America
- 1st place in 3200m (9:50) at the Bob Hayes Invite
- Clay County meet and Conference champion in the 1600 and 3200 meter
- 7 time Varsity letter winner (XC and track)
- Highest GPA Award for the Ridgeview High team
- 7th finish at the Southern Region Cross Country Championship
- Won age –group awards at the Tour de Pain, Run for the Pies, Gate river run
- Fellowship of Christian athletes
- Will be attending University of West Florida
- Pursuing Exercise and Sports Science Degree and hopes to become a physical therapist
- He will be running Cross Country and Track for U of W. FLA

Andrew Maedel

- Graduate of Ridgeview High
- Captain of Cross country and track
- Officer in the Future Business leaders of America
- Part of the sixth place Cross country finish at the State finals
- Elected “most dedicated” by his peers for Ridgeview Team award
- 8 time varsity Cross country and track letterman
- National Honor Society
- Fellowship of Christian Athletes
- Will be attending the University of West Florida
- Major – undecided
- He will be running both Track and Cross Country for U of W. FLA

The winners of the 2007 Florida Striders Track Club's \$1,000 College Scholarship were Nicholas Maedel, Andrew Maedel, and Katie Minchew. Congratulations! There was a total of 16 candidates.

The 2007 Scholarship Committee was made up of Sharon Pentaleri, Kelly Howard, Kim Lundy, and Mike Ford

“All of these kids were outstanding!” Mike Ford writes, “we enjoyed the experience and wish the kids great success in their future endeavors.”



Katie Minchew

- Providence School Graduate
- Class rank 3 of 81 GPA 4.58 weighted 4.0 unweighted
- Varsity Cross Country Captain 05-06
- Varsity Captain for Cross Country and track 06-07
- Fellowship of Christian Athletes
- Anchor Club
- First Baptist Church of JAX High School Choir
- National Honor Society
- Camp Promise (Special Needs Camp)
- After School Program Assistant for Grandparents' computer class
- After school program assistant for Structure of Intellect (SOI)
- Ortega River run, Winter Beach run, Race for the Cure, Gate River run, Celebration 5k
- College attending in August – Florida State University

Essay Written to the Strider Scholarship Committee

By Katie Minchew

I know you asked for an aspect of running that has affected me personally, but looking back I found that it was in a period of not running, in a period when I was hurt, that I truly learned the most. It was the end of the Summer before my Senior Cross Country season when I hurt my hip flexor. I could barely walk, much less run. I had been training all Summer and had made a lot of progress and was looking forward to the upcoming season. Instead of running, I spent the next three months doing everything I could to try to get better. I went to numerous doctors and diligently repeated various stretches, but nothing seemed to work. Though I was able to run the last month of the season, I had to spend a lot of time getting back in shape and making up for the lost time and training. I never

fully made it back to the level I was at over the Summer, but I was thankful I was able to run that season at all.

Through this injury I learned many things. I learned that you never really know how much you enjoy something until you can't do it anymore. I had taken running for granted and used to complain about a hard workout or a long run, but while I was hurt all those complaints came back to haunt me as I was left wishing I could even run at all. Now that I can run again I have a greater appreciation for the sport. I run not because I have to but because I like to. I'm also more careful in my stretching and training habits. I've realized how easy it is to get hurt but also how easy it is to avoid getting hurt. Though working through an injury is always hard, I'm thankful for the increased appreciation and commitment I have for running because of it.



AAU NATIONALS

Continued from page 1

seventh in the open high jump.

Ronald Jackson won second place in the triathlon (shot put, high jump and 400-meter dash.) He got third in the 10-year-old shot put division and eighth place in the 200.

Bryce Motes recorded his best 200-meter time at the national event.

The Strider youths competed against teams from around the United States, Bermuda, Jamaica and the Bahamas

Coach James Mays says he had eight kids attend the Sunshine State Games earlier in the year; mostly the same as the AAU Club Nationals. Nine total kids participated in at least one of these races. Some kids who train with them only do the Hershey meet.

The top four qualified for the AAU National Junior Olympics in Knoxville, TN, from July 28 to Aug. 3. ●

PREZ SEZ

Continued from page 2

there haven't been many socials outside of Orange Park. To that I would like to say that, short of race appreciation parties, we haven't had as many socials in the past year as the Striders traditionally put on. Let's chalk that up to a difficult year of new board members learning the ropes. There is a lot of business to take care of on behalf of the club and they gave it their undivided attention. We do, however, have a fantastic social committee that wants to get word out to our membership that we would love to put on some socials in other areas. We have had a hockey game downtown, and the Gate we usually count as one of the socials. Glenn Hanna has been outspoken in mentioning in every Strideright that he would like to hear from members for some more good ideas for Strider Get-togethers. If you have an idea, please call Glenn, Kay, or Gayla and let them know! We are always looking for a someone that would like to open their home for a good old-fash-

ioned Strider Social, but clubhouses are great, and restaurants and other venues are great as well! It was also pointed out to me that we used to actually run at the socials! Not a bad idea! Why wait for a race to have that post run beverage!

We have a Suns game on Tuesday, August 22. It's family night. Peanuts and drinks are 50 cents. Come on out, and by all means, let's get everyone we can to come out and mingle! The game is not til 7:05 pm, so I personally am committing to a run downtown at 5:30. I will leave it up to a member to pick the meeting place and route! Call or email me! Bring some dry clothes and a Metzgar shower. If you don't know what that is, email John and Denise at weluv2run@aol.com or email me and I will send you a photo of my personal Metzgar shower. Call Gayla Poythress in advance for tickets to the game (see Board of Directors contact info). Please call your favorite board member if you would like to see a specific activity or have other ideas for Striders to come together and have a good time!

See you on the road! ●

NEW MEMBERS

William Jones Jr.
Angela & Paul Masci
Christina McKenney
Jamee Leann Weir

RENEWING MEMBERS

Joe Brannan
Bonnie Brooks
Alexander & Micheala Combs
Michael & Amy Mandt
Mike Marino
Steven O'Brien

Wally & Pamela Perez
Curtis & Jennifer Stubbs

MULTI-YEAR RENEWALS

Mark Woods ●

Striders at the Races

RACE RESULTS

To get your race results published, email m.t.marino@att.net

JACKSONVILLE TRIATHLON

SERIES #2

June 23, 2007

Justin Jacobs	48:16	1st Overall
Maurya Sova	1:01:16	1st Masters Woman
Michael Mandt	1:02:51	
Diane Jacobs	1:11:01	3rd A/G
Joe Sova	1:12:53	

CELEBRATION 5K

Jacksonville

July 4, 2007

Justin Jacobs	15:50	1st O/A
John Steinberg	17:02	
		Masters Male
Bill Dunn	18:25	3rd A/G
Bill Phillips	18:58	1st A/G
John Funk	19:01	
Bruce Holmes	19:43	1st A/G
Seth Myers	19:48	
Keith Poythress	19:54	
Stephen Beard	19:57	2nd A/G
Randy Arend	19:58	
Del Conner	20:54	
Michael Mandt	20:55	
Lewis Buzzell	21:09	2nd A/G
George White	21:10	1st A/G
Thom Henkel	21:24	2nd A/G
Frank Frazier	21:24	3rd A/G
Rexx Weir	21:21	
Wendy Patterson	21:30	1st A/G
Raymond Ramos	21:59	
Robert Crampton	21:57	
Rebecca Wild	22:05	1st A/G
Regina Taylor	22:17	2nd A/G
Kim Hoyt	22:34	
Mike Haga	22:55	
George Hoskins	22:59	
Randy Pullo	23:00	
Paul Smith	23:07	2nd A/G
Hernando DeSoto	23:26	
Katherine Midgett	23:28	
Tracy Pfuntnr	23:36	
Danny Weaver	23:38	
Alexandria Midgett	23:55	1st A/G
Simon Jacobsobson	24:18	
Tom Zicafoose	24:45	
Angie Adamson	25:23	

Maria Littlejohn	25:31	
Wayne Wolfenbarger	26:42	
Bradley Shepard	26:53	
Maria McNary	27:05	1st A/G
Kent Smith	27:31	
Gayla Poythress	28:07	
Cathy Reidy	29:46	
Patty Czarnecki	29:48	
Freddy Fillingham	30:50	
Rachael Myers	31:23	
Nancy Pullo	31:45	2nd A/G
John Aimone	31:58	1st A/G
Gordon Slater	32:01	
Kim Anthony	32:11	
Bo Holub	32:19	2nd A/G
Linda Wolfenbarger	32:24	
Shirley Henkel	32:48	
Al Saffer	33:38	1st A/G
Sandra Shines	34:34	
Stan Champion	34:41	
Amy Haun	36:02	
Kelly Howard	35:26	
Cody Wolfenbarger	37:03	
Nicole Galvin	40:15	
Dot Mitchell	40:29	
Michelle Ramos	40:49	
Diane Aimone	41:15	1st A/G
Trish Kabus	41:30	
Bill Mitchell	44:37	
George Coombs	49:51	2nd A/G

OUR COUNTRY DAY 5K

Keystone Heights

July 4, 2007

Order of finish-no times recorded

Gordon Simms
Gerry Tyburski
Margaret Tyburski
Ken Bendy
Charles Desrosier
Patt McEvers
Marie Bendy

"NEW" BRIDGE OF LIONS 5K

St. Augustine

July 21, 2007

Simon Jacobson	22:28	
Paul Smith	23:27	1st A/G
Maria Littlejohn	25:34	

Kimberly Lundy	27:14	2nd A/G
Leslie Jones	31:33	
AL Saffer	32:39	3rd A/G
Stephen McClung	39:29	
Trish Kabus	44:22	
Kent Smith	45:19	
Diana Kabus	54:31	

VESTCOR BRIDGES RUN 5K

Jacksonville

July 21, 2007

Justin Jacobs	16:22	2nd O/A
Mary Ann Brown	19:39	
		1st A/G
Wes Wolfenbarger	19:53	3rd A/G
Randy Arend	20:31	3rd A/G
Stephen Beard	20:32	1st A/G
Mallory Bane	20:56	
		2nd A/G
Rexx Weir	21:43	3rd A/G
George White	21:43	1st A/G
Kayla Vinson	21:51	2nd A/G
Steven Barlow	22:14	1st A/G
Lewis Buzzell	22:19	1st A/G
Frank Frazier	22:20	1st A/G
Thom Henkel	22:33	2nd A/G
Kathy Murray	22:36	2nd A/G
Randy Pullo	23:02	1st A/G
Robert Crampton	23:09	
Regina Taylor	23:11	1st A/G
Paul Smith	24:08	2nd A/G
James Vavrina	24:39	
Gordon Simms	24:39	
Dave Bokros	24:45	
Marie Littlejohn	26:22	
Bonita Golden	26:26	3rd A/G
Earl Vinson	26:37	
Sandra Maveety	27:31	
Kimberly Lundy	27:56	
John Gauer	28:05	
Michael Barlow	28:44	
Gary Ledman	30:14	
Jim Kehr	31:19	
Kim Anthony	31:36	
Freddy Fillingham	31:50	
Nancy Pullo	32:53	1st A/G
Al Saffer	33:14	1st A/G
Sandra Shines	34:15	
Traci Bane	34:30	

RESULTS

Continued from previous page

Shirley Henkel	34:34	
Evan Gould	34:35	
Judith Gould	34:35	
Christine Kehr	34:51	
Charles Desrosier	37:24	2nd A/G
Patt McEvers	37:25	2nd A/G
Kay Womack	27:37	
Nicole Galvin	44:01	
Erica Smith	44:01	
Joe Connolly	45:16	1st A/G
Shannen Crampton	50:19	●

MINUTES

Continued from page 2

Poythress asked if these funds would be used for local races. Response was that this would be specified in the rules, and local races would not be included. Mike Ford reviewed several more issues that might come up with the fund. Mike Mayse pointed out that maintaining this fund could become labor intensive, particularly obtaining donations. Dave stated that the proposal includes a paragraph about disbanding the fund in the future if it seems prudent and the funds are no longer coming in. John Metzgar suggested an annual meeting of the parents involved if necessary to replenish the fund. Kay Womack asked that the fund raising not include sponsors already committed to the Striders. Mike Ford stated that this was definitely a concern that would be addressed with anyone approaching businesses; i.e., to uphold Strider policies where fund raising is concerned. A motion was made by Mike Mayse to accept this proposal with some of the issues raised to be addressed, seconded by Keith Poythress. It was approved unanimously by all except John Metzgar, who abstained from voting.

Social Update: Glenn Hanna asked Gayla Poythress to update us on the social for August 21st. She said she has three email commitments for tickets to the Sun's Game, and several verbal commitments for a total of 9. A minimum of 25 is needed to buy a block of tickets with the discounted pricing.

Several board members stated they'd like to attend. Gayla stated she will go ahead and buy the tickets. Tickets are \$10.50 each. The July social is on the 22nd at the Outback Crabshack. Glenn stated he let the Crabshack know to expect from 25 to 40 people. Glenn let us know the September social will be at Camp Blanding on Lake Kingsley. He stated we need to start getting names for attendees so Vicky Connell can turn them in to Camp Blanding. Vicki Choinsky offered her condo for a future social. October social will be "Jenny's Pennies".

General Discussion: Dave Bokros asked for volunteers for the Marathon Training Kick-off on Saturday, July 28th at the Yates Family YMCA. This is for the Donna Hicken National Marathon to Fight Breast Cancer to be held next February. He also mentioned a public hearing with the Orange Park Town Council on July 17th to discuss imposing a charge for events on River Road. The City requires we put up signs the Wednesday before the race till the race is completed. Previously we were charged \$100 to notify all residents, but the money was returned and the notices never mailed. Dave stated he will attend the meeting to represent the Striders and let them know what we are all about. He said anyone is welcome to join him. Mike Mayse mentioned that we used to hand out flyers to all the residents on River Road to ensure they got the notice. Dave said we should wait to see how the feeling is at the meeting and then decide if we need to take further action.

Vicky Connell stated that the Children's running committee had suggested that the Strider's sponsor a "running camp" next summer. Vicky has volunteered to be the camp director. She asked for those interested in helping with time and ideas to let her know.

Mike Ford mentioned that the Health fair that we supported last year in September has been cancelled for this year. He mentioned that it would be good to replace it with something else to motivate the kids in this area since there is not an Autumn Fitness race anymore. He will work on ideas.

Mike Mayse said he spoke with Marge Ruebush who has many boxes of trophies and shirts that are leftover from previous races. He said it is available for anyone who has a need for it. He also said he is interested in seeing us do more for our members. He mentioned that the President gets a free

Please Print		Application for Membership		New <input type="radio"/>	
		FLORIDA STRIDERS TRACK CLUB		Renewal <input type="radio"/>	
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 _____	Annual Dues:		Family \$20	<input type="radio"/>	
Date _____			Single \$15	<input type="radio"/>	
			Junior (under 18) \$10	<input type="radio"/>	
			Senior (over 65) \$10	<input type="radio"/>	
			Mail Application with dues to: Florida Striders 8559 Boysenberry Lane E. Jacksonville, FL 32244		
<small>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.</small>					

membership for life. He said that we have some volunteers that have done more for the club than some presidents. He had an idea to give lifetime achievement awards to these individuals as thanks, and present them a lifetime membership. He showed us a certificate for a "Thousand Mile Club" from a previous organization, and said he'd like to form a committee to come up with ideas to award our membership.

John Metzgar mentioned that the JTC sends some kids to a running camp every year based on financial need. He thought this was somewhat similar to what we're trying to accomplish for the Strider Youth team. John explained the reason he abstained from the vote was that he's worried that we're pushing these kids too hard, too soon. He hopes

the Children's running committee will consider this in their deliberations.

Denise Metzgar volunteered to help Vicky with the running camp. She also asked about the Saturday run at Fleming Island, wondering if it was still held. James Vavrina said the run is held Saturday at 7:00 a.m., starting at the Super WalMart on Highway 220.

Glenn made a motion to adjourn, seconded by Dave Bokros. The meeting was adjourned at 8:36 p.m.

Respectfully submitted,
Vicky Connell

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 NEW! Use main gate on Doctor's Lake Drive and park in the parking lot near the athletic field	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

August 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.

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

DATE	EVENT	TIME	LOCATION	CONTACT
August 3 & 4	Tour de Pain 3 races in 24 hours 4 Mi. 5K 1 Mile	7:30 p.m. 7:30 a.m. 4:30 p.m.	SeaWalk, Jax Beach 1st Place Sports Hemming Plaza, Jax	(904) 731-1900 First Place Sports
August 4	Unity Day 5K	8:00 a.m.	Central Park Atlantic Ave. Fernandina Beach	(904) 415-3679/491-0369 Amelia Island Runners
August 25	Quincy Masters Palatka 5K	2:00 p.m.	S. 5th St. & St. Johns Ave Palatka	386-957-9106 Edison@cycletimeproductions.com CycleTime Production
September 1	Turtle Trot 5/10k	8:30 a.m.	Fort Clinch State Park 2601 Atlantic Ave. Fernandian Beach	(904) 491-0369 Amelia Island Runners
September 15	Carrabba's Summer Beach Run 5 Mi.	6:00 p.m.	SeaWalk Jax Beach	(904) 731-1917 JTC Running
November	Hog Jog 5K FUN RUN	9:00 a.m.	Van Zant Park, Lake Asbury	(904) 728-7759 stevebruce@comcast.net Florida Striders Track Club
January 2008	River Road Resolution Run 5K FUN RUN	8:00 a.m.	Orange Park Kennel Club	(904) 272-1770 BobBoydFL@comcast.net Florida Striders Track Club
February 17	National Marathon to Fight Breast Cancer "26.2 With Donna"	8:00 a.m.	Near Mayo Clinic Jacksonville	(904) 731-1900 Donna Hicken Foundation

The Back Page

BY MIKE MARINO

Hello all and I hope you've enjoyed July. Just think, we're one month closer to cooler weather, longer distances, and another Grand Prix season, which seems real important to a lot of Striders (more on that later). Its been another busy month, so on to the results.

Leading off the month with a bang was the **Celebration 5K** on, when else, the 4th of July. Rocketing to the front of the pack on his way to an overall win was **Justin Jacobs** in a time of 15:50. **John Steinberg** blew up the over 40 crowd on his way to winning the Masters division in 17:02. Our 60-64 year old male Striders really sparkled, not only sweeping 1st, 2nd, and 3rd in the age group, but also taking 4th, 5th, and 6th for good measure. The fine gentlemen bringing home this amazing feat were (in order of finish) **George White, Thom Henkel, Frank Frazier** (yes Thom, beat Frank), **George Hoskins, Danny Weaver, and Kent Smith**. Celebrating the holiday with age group wins were **Bill Phillips, Bruce Holmes, Wendy Patterson** (fastest female Strider in 21:30), **Rebecca Wild, Alexandria Midgett, Maria McNary, John Aimone, Diane Aimone and Al Saffer**. Finishing second in their respective age groups were **Stephen Beard, Lewis Buzzell, Regina Taylor, Paul Smith, Nancy Pullo, Bo Holub and George Coombs**. And finally, **Bill Dunn** took 3rd in his age group while also being the third fastest Strider.

Two races were held on July 21st, the "**New**" **Bridge of Lions 5K** and the **Vestcor Bridges Run 5K**. The Lions 5K had a handful of Striders, who were led by **Simon Jacobson** in 22:38, and **Maria Littlejohn** was our fastest female Strider in 25:34. Bringing home age group prizes were **Paul Smith** (1st), **Kimberly Lundy** (2nd) and **Al Saffer** (3rd).

At the **Vestcor**, 23 Striders took home prizes while some younger Striders made their presence known. Leading the way again was **Justin Jacobs**, who placed 2nd overall in a time of 16:22. Perhaps equally as impressive was our fastest female Strider, **Mary Ann Brown** (age 12), who was our second fastest Strider in 19:39; and she won her age group to boot. Other age group champions included **Stephen Beard, George White, Steven Barlow** (age 10), **Lewis Buzzell, Randy Pullo, Frank Frazier, Regina Taylor, Nancy Pullo, Joe Connolly, and Al Saffer** (note that Al did the Lions and Vestcor). Racing to second place age group finishes were **Mallory Bane** (age 12), **Kayla Vinson** (age 14), **Thom Henkel, Kathy Murray, Paul Smith, Bonita Golden, Charles Desrosier and Patt McEvers**. And 3rd place age group finishes were **Randy Arend, Wes Wolfendbarger, and Rexx Weir**.

Three triathlons to report on since our last issue. First were the **Jacksonville Triathlon Series #1 and #2** at Little Talbot Island State Park on June 23rd and July 7th. Finding his stroke in the water, his cadence on the bike, and then relying on his already great running to win each event was **Justin Jacobs** in times of 48:16 and 50:26. Our fastest



female was **Maurya Sova**, who won the Women's Master's division at each race with times of 1:01:16 and 1:02:11. Doing her

first two triathlons was **Janis Dolemba**, and she made each of them even more memorable by winning the Fat Tire division in each race. **Diane Jacobs** rounded the winning ways with a 3rd place age group finish at the first race. **The Beaches Fine Arts Series Triathlons #3** was held on July 14th. The Strider charge was led in both courageous and amusing fashion by **Regina Soeey**, who had to come out of her shoes to run because of a popped blister. Yes, she ran barefoot while carrying her shoes. She heard a lot of snickers and wise cracks like, "those belong on your feet" while on her way to a 4th place age group finish, which combined with her two previous wins was good enough to give her the overall series win for her age group.

And finally, the **2006-2007 Jacksonville Grand Prix**. Fifteen races covering various distances, from 5K to a marathon. What a test of a runner's speed, endurance, and determination to keep showing up. To put it simply, Striders dominated the Grand Prix, placing 13 folks among the top 15 finishers, including the top four. **John Metzgar** was the overall champion, taking home a cool grand in the process. Also claiming overall prizes were **Justin Jacobs** (2nd), **John Steinberg** (3rd) and **Frank Frazier** (4th). Strider women were led by **Kathy Murray**, who was 6th overall and the 2nd female in the Grand Prix. Age Group Grand Prix Champions included **Stephen Beard** (7th overall), **Bruce Holmes** (9th overall), **Mary Anne Steinberg** (10th overall and 3rd female overall), **Nancy Harms** (age 12), **Elfrieda Wyner, Diane Aimone, Luke Steinberg** (age 13), **Benjamin Holland, Al Saffer, John Aimone, Jan Taylor, and last but not least, Patti Stewart-Garbrecht**, who combined with **Rosa Haslip and Regina Taylor** to sweep the top three in the women's 40-44 age group. Running well in several races to finish second in their age groups were **Everett Crum, Bonnie Brooks, Ginger Frazier-French, David Bonnette, George White, and David Ohnsman**. And placing 3rd in their age groups were **Paul Smith, Nancy Pullo and Matt Ross**. Other Striders at the top or towards the top of their age groups but not having the required 500 points to place were **Mallory Bane** (age 12), **Janis Dolemba, Kellie Howard, Sharon Lucie, David Steinberg, Joe Connolly, and Bob Carr**.

Striders – they're...at home, no trips reported by anyone this month.

Tidbit

Our California based Strider, **John Heisner**, experienced what had to be a happy and sad moment all in one. It happened during a 5K race where John's teenage daughter **Sarah** was the 12th overall finisher and the overall

Continued on following page

female winner. John was able to witness Sarah's accomplishment first hand, though couldn't see Sarah's face when she crossed the finish line for the win, as he was a few paces behind her in 13th place. Yep, John got beat by his kid. What a moment for any parent, the exhilaration of your child surpassing you, and at the same time the sad realization that you've probably lost a step. In John's defense, Sarah recently qualified for the National Track & Field Championship in four events, which included all the distance events (800m, 1500m & 3000m). Also, with Sarah beating her dear old dad, it also means most of us have to concede that John's kid can beat us too, so you're not alone John. And for you Sarah, on behalf of all the Strider men, shame on you for beating up your old man; and on behalf of all the Strider women – you go girl! And from all of us, best of luck at the National Championships; do your daddy proud again.

Award

I'm calling this month's award the **WOW Award**, because when you read this, you're going to say WOW! And the winner of the WOW Award is....**"Bruce" Sung Ho Choi**. As we all know, Bruce will run multiple marathons a year or even during a month. True to form, Bruce recently found a very unique trail marathon at Wickham Park in Melbourne, Florida. The trail is 3.75 miles long and runners complete the trail seven times to make the marathon distance. The trail consisted of dirt, sand, several turns, and its share of natural debris. There was no real organization to the race; there was no race support, not even an entry fee. It was basically just something challenging to do for the 38 runners who showed up. How did Bruce do you ask? Well, he didn't finish, but that's

not important. On the third loop, about 10 miles into the race, Bruce was in 2nd place and running with a woman from Cocoa who was just doing three loops for a training run. With just about a mile left in her training run, the woman ran ahead and attempted to jump over a log, only go down hard while hearing a loud crack. The woman's ankle swelled up immediately and it was apparent she had a broken it. Remember, there's no support, and they're out on trail. Here comes the WOW part, Bruce carried the woman on his back for over a mile to her car. And once to her car, they realized it was her right leg that was broken, which would make driving pretty painful. The woman was going to drive home using her left leg, but Bruce would have not of that. So yes, he drove her home, and then carried her to her door. Like I said, WOW! Interestingly enough, when I asked Bruce about it, he told me how brave the woman was because she was going to drive herself home and because she didn't cry. So add Bruce's humble nature when retelling this story.

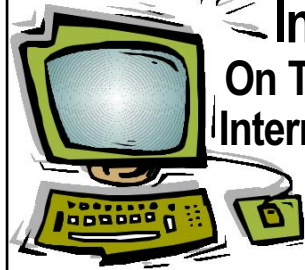
Well done Bruce, what you did was amazing, both in kindness and in physical exertion in carrying someone over a mile. So appropriately, you have won this month's award, which means you are now entitled to....a nice smug feeling. And because you are probably far too humble to take full advantage of your entitlement to smugness, I'm asking all Striders to ensure you get your due on this. Every Strider who sees you has to say "WOW" when greeting you, ask you questions about this event, and then carry on about what a nice guy you are.

Keep up the great effort folk and keep e-mailing those results to m.t.marino@att.net. Til next time, train well and be safe. ●

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 m.t.marino@att.net or Mike's snail mail 9858 Moorings Dr., Jacksonville, FL 32257

Local Running Info On The Internet



www.floridastriders.com

You can contact us via e-mail at: 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>