



Volume 26, Number 9

Florida Striders Track Club STRIDERIGHT



www.floridastriders.com



September 2007

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Pictured: (L to R): Bekah Thompson, Tim Tyree, Chris Rohr, Matthew Tyree, Randy Morrison, Will Shockley, Angelina Mancini.



The Florida Striders Track Club provided 50 mile and 100 mile T-shirts for student athletes who completed the miles during the Orange Park High School preseason conditioning. The Striders and Orange Park High School promote youth activity and exercise year round and reward those students who work hard to stay in shape. The yellow shirts are 50 mile and the 100 mile shirts are yellow.

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.

OCTOBER 14

29th Jenny's Pennies Anniversary Celebration

See page 10

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

Fall is almost here! After last Wednesday's track workout I was hosing off at the field house at St John's Country Day School. After rinsing myself off I handed the hose to Rayman. There was a breeze and I noticed that, for the first time since May- I was cold! Shadows are getting longer and the days are getting shorter. Here's to Sunday morning runs with long sleeves and warm up pants afterward! For those of you that kept it up all summer, your reward is right around the corner! See you on the road- in about 20 weeks. ●

Board of Directors' Minutes 8/14/2007

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, Kellie Howard, Kim Lundy, Gayla Poythress, Mike Mayse, John Metzgar, Denise Metzgar, James Vavrina, and Kay Womack.

Minutes: No changes to the July minutes.

Treasurer's Report: Dave Bokros presented the Treasurer's report in the absence of George Hoskins. He explained that there wasn't any unusual activity in the account this month. There were no questions so it was filed as presented. Dave also showed the board a copy of our tax report that was filed this year. He pointed out several items of interest such as our cash position which has improved over \$9,000 this year. He also noted that the club has donated over \$9,000 in grants to local running clubs.

Memorial Day 5k Race Report: Dave Bokros presented the report. He stated that we had 538 pre-registered, 147 day of race entries. He noted monies contributed by sponsors for a total of \$2,400. The total race profit after subtracting expenses was \$5,989.37. Dave noted what an exceptional job is done by Marge Ruebush in tracking all the money sent in for race entries. A motion was made by Jay Birmingham and seconded by Mike Mayse to accept the report as presented, and it was approved unanimously.

Merchandise update: Gayla Poythress reported in Keith's absence that we have \$490 in the account. Keith is looking into ordering logos to put on racing chips for those who wish to purchase them. He's also researching Flags for our cars to celebrate the 30th Anniversary of the Striders.

Orange Park Town Meeting of August 7: Mike Ford attended the meeting since Dave was out of town that night. He spoke at the meeting on behalf of the Striders, stating that the Striders have a long standing relationship with the town of Orange Park and are illing to do whatever necessary to maintain it. The council was extremely cordial and polite and confirmed that the Striders have done a great job with our races and the way they are run and our involvement in the county. There have simply been some issues with other organizations who have held events on River Road that have not gone as well as ours and generated some complaints. The final decision of the council was to follow a previous ordinance to charge a fee for races in this area in order to cover the cost of mail-notifications to the residents when an event is scheduled.

Social Update: Glenn gave some feedback for the last social and said we had about 50 people in attendance at the Outback **Continued on page 8**

2007-2008 Board of Directors & Key Members

(Board Members marked with an *)

President/Memorial Day 5K Director:

*Dave Bokros(C) 545-4538
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Vice President/Membership Director/ Newsletter Circulation Manager*:

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SUPPORT OUR SPONSORS... THEY SUPPORT OUR SPORT



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Run to the Sun 8K



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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.



John Fagan, P.A.
278-6000

River Road Resolution Run 5K



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

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Memorial Day 5K

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Haseein Ramezani, MD

Village Bread
Market
 Krispy Kreme



2007 RRCA National Run@Work Day®

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.



RRCA National Run @ Work Day

The goal of the RRCA National Run@Work Day is to raise awareness about the importance of daily physical activity for adults. Running clubs, running events, company-based wellness programs, human resources departments, and individuals nationwide are encouraged to plan thirty-five minute fun runs and walks with their employers. Run@Work day events are community based events that promote and provide the opportunity for individuals to incorporate at least thirty-five minutes of exercise into their daily routine either before work, during lunch, or immediately following work. Incorporating exercise into an adult's daily routine can markedly improve one's overall physical health and can help alleviate health related medical costs associated with being overweight.

To help employers, running clubs, or individuals, plan and promote their local Run@Work Day event, the RRCA has developed a "Planning Kit" which can be found at <http://www.rrca.org/programs/runatwork>. The "Kit" contains a sample press release for announcing local events, ideas for planning and promoting the event, and information on nutrition and running that can be shared with event participants. In addition, Run@Work Day events can be posted on the RRCA Calendar for FREE at <http://www.rrca.org/calendars>. Event organizers can use the special event code, Run@Work Event, when posting their event and be sure to encourage your participants to sign the pledge of participation.

About PUMA®

Founded in Herzogenaurach, Germany in 1948, PUMA is one of the world's largest providers of athletic footwear, apparel and accessories. PUMA has a global distribution base reaching sport retailers, department stores and boutiques in over 80 countries worldwide. In 1999 the brand established a strong, growing retail organization with concept stores in many big metropolitan cities worldwide. Over the years, PUMA has stayed true to its four cornerstones: heritage, sport, technological innovation and design. The brand is focusing on bringing distinctive designs and a global outlook to each product range by blending influences of sport, lifestyle and fashion. This fusion is known as "Sportlifestyle". PUMA views sport as a philosophy on life – one that emphasizes fitness, wellness and simply living an active life. <http://www.PUMA.com> ●

The Road Runners Club of America is a non-profit organization of over 700 running clubs and 175,000 members across the United States. The RRCA chapters organize races, have training runs, provide safety guidelines, promote children's and masters fitness running programs, and have social programs. <http://www.RRCA.org>

“RRCA: Kids Run The Nation”

In 2007, we will launch the revision efforts for the RRCA Teacher’s and Coach’s Curriculum Guide and the children and parents booklet. The RRCA will highlight successful running programs designed by our members. The programs can be easily replicated in any community in the US. Running heroes will be highlighted throughout the publications to inspire and motivate the audience.

Once published, the revised curriculum will be called “RRCA: Kids Run the Nation®”. RRCA: Kids Run the Nation materials will outline proper running form, training cycles, proper nutrition, goal setting and recovery. The central focus of the materials is to develop self-motivation to run and to adopt running as a lifelong activity. The program can be utilized in the classroom setting, as an after school program, as a parent led activity or as a running club led program. With the focus of the program centered on goal setting and physical activity to improve academic performance, the lessons learned through the program can be transferred to other aspects of children’s lives. The materials will encourage teachers and/or running clubs and events to encourage children of all ages and both genders to engage in the activity of running as a way to balance between calories consumed and energy expended.

To promote the RRCA: Kids Run the Nation materials, we will work with our member clubs and events and education based associations to provide the Kids Run the Nation materials at no cost to at least 2000 primary and secondary schools in the United States that are considered under funded. The goal of this objective is to provide needed physical activity resources to teachers and students. Every member club and event in the RRCA will also receive a copy of the materials to assist them with implementing new youth running programs or supplementing existing programs.

To address the concern that resources are not being invested in prevention initiatives, we have also embarked on the development of a small grants program called the Kids Run the Nation Fund to assist running clubs, events, and schools that are interested in implementing the RRCA: Kids Run the Nation® program. This small grant program will be funded by restricted contributions from private individuals, foundations, and corporations. By December 2007 we hope to have \$65,000 to invest in the Kids Run the Nation Grant Fund. Grants will be awarded on an annual basis through an application and selection process overseen by a volunteer committee of youth running experts.

RRCA Criteria for a Grant from Kids Run the Nation

In the fall of 2007, the RRCA will announce the grant application period for Kids Run the Nation Grants. In this inaugural year, a total of \$5000 will be awarded in a combination of grants ranging from \$500-\$1000. Running clubs, events, or other organizations with the IRS 501(c)3 designation are eligible to apply. Elementary and middle schools that provide an organized after-school running programs are eligible as well.

Other important criteria include:

- The running program should be more than just a one time event. It should be a structured running program that ideally utilizes the RRCA youth running materials, but this is not required. The goal of the program is to have kids running regularly, at least once a week for multiple weeks, as opposed to participating in a single event. However, the program may culminate in participation at a kids’ race.
- The program may be a start-up program or a pre-existing program
- The program should not be gender specific but open for both girls and boys. The program may not discriminate on the basis of race, religion, ethnic origin, or economic status. The program may outline age groups and may place a minimum and maximum age for participation.
- The program may focus on participation or may emphasize competition or a combination of both.
- The running program has adopted policies and procedures that ensure the safety of the participants and outlines expectations of the program leaders including submitting to criminal background checks.

What the Kids Run the Nation Grants May Fund:

- Marketing materials – brochures, posters, fliers, etc informing parents about the program.
- Advertising the program in a community newspaper or website
- Hosting a program website
- Fees for permits or usage fees for a local park or running track
- Purchase hydration supplies – water, Gatorade, cups, etc.
- Participation awards (ribbons, shirts, patches, etc) for the program
- Mileage logs or other written materials for the program
- Other items that the RRCA grant selection committee sees fit to fund

What the Kids Run the Nation Grants Will Not Fund:

- Sponsoring individual runners
- Travel for competitive teams to events
- Race entry fees for competitive teams
- Social events for program staff or volunteers
- Salaries or travel costs for paid program staff
- Other items the RRCA grant selection committee determines to be ineligible for funding

Two of our RRCA members, Sharlee and David Cotter have developed a matching gift challenge for RRCA members, individuals and sponsors who make gifts to the RRCA: Kids Run the Nation Fund. Contributions to the fund are tax deductible. For each dollar donated to the Fund, the Cotter’s will make a 1:1 matching contribution up to \$5000. To date \$3400 has been donated

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KIDS RUN THE NATION

Continued from page 5

to the Fund to help us achieve our goal of raising \$5000 to benefit youth running.

Please consider making a contribution to the Fund today!

Mail your check to:

Road Runners Club of America
1501 Lee Hwy, Suite 140
Arlington, VA: 22209

Put Kids Run the Nation in the memo line of the check. You may call 703-525-3890 or email execdir@rrca.org for more information. ●

MINUTES

Continued from page 2

Crabshack.

Glenn stated we currently have about 35 tickets sold for the upcoming baseball game. He seemed to think there would still be room for additions if more people wanted to buy their own tickets and join the group.

Glenn reviewed activities for the September social at Camp Blanding, and reminded the board that we still need names of people attending for access through the gate. Vicky stated she was passing around a sign-up list for anyone who was attending. She also asked Gayla to send out an email to everyone in the club reminding them they need to email their names to her if they wish to attend. Gayla stated she would do so.

October social will be the Jennie's Pennies Annual Brunch. The date will be the 14th. Breakfast will be around 8:30. Vicky Chonsky has volunteered her condo complex clubhouse for the November social. A specific date has not been set. December will be the block party in Boone Park.

General Discussion: Dave Bokros stated we have been offered room to set up a Strider Tent at the Marine Corp Marathon. A suggestion was made to simply stake out our own area and not do all the work involved in setting up a tent. John Metzgar moved not to set up a tent, seconded by Kay Womack, approved unanimously.

Vicky Connell stated that the first meeting of the Children's

Marine Corps Half Marathon Volunteers needed

The Marine Corps Half Marathon could use some volunteers to handle registration. They need about ten volunteers and are willing to give you free entry into the 5k or Half Marathon. Please contact Chris Rodatz via email at Crodatz@Bellsouth.net. ●

Running Camp committee will be held on Thursday, August 23rd. All interested in helping with the camp are invited to attend.

Kim Lundy stated she has gathered about 4 boxes of plaques from previous races. Kim is recycling them to use as awards for the Run Walk club. In addition, she said there have been some suggestions to have a variety of items used as awards for races as an alternative to plaques. This could be things such as gym bags, beach towels, beer mugs or other items. Kim will do some research into items that we could use.

Mike Ford stated he is still working on a race for kids for the fall. He also said there will not be Official Cross Country teams at the Junior High level. There will still be teams with volunteer coaches, but there won't be as much participation this year.

Mike Mayse mentioned that he sends out a list each month of expiring memberships, and wanted to encourage board members to review this list and help with reminding these people that their membership has expired. He also said that we have access to 200 email accounts on the internet connected with our website. He offered these accounts to board members so they could conduct Strider business without clogging up our personal accounts.

Kim Lundy made a motion to adjourn, seconded by James Vavrina. The meeting was adjourned at 8:00 p.m.

Respectfully submitted,

Vicky Connell ●

NEW MEMBERS

David Goedtke
Chris Green & Cristin Kelly-Green

RENEWING MEMBERS

Steve, Maria, Isabel, Juan
Bruce/Padin
Melissa Deakin

Larry Flowers
Bruce Holmes
August Leone
Maria McNary
David & Marilyn Ohnsman
James & Cathy Reidy
Ed, Michelle, Jesse, Schuyler
Velasco

MULTI-YEAR RENEWALS

Steve & Gina Waterhouse
Christina Tellus ●

Striders at the Races

RACE RESULTS

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

TOUR De PAIN August 3 & 4, 2007

| | 4 MI | 5K | 1 MI. | TOTAL | |
|-------------------------|-------|-------|-------|---------|----------------|
| Justin Jacobs | 22:19 | 15:58 | 4:48 | 43:05 | 1st A/G |
| John Metzgar | 22:24 | 16:25 | 4:52 | 43:50 | Masters Male |
| John Steinberg | 23:10 | 16:51 | 4:56 | 44:57 | 1st A/G |
| Orestez Gutierrez | 25:23 | 18:33 | 5:13 | 49:09 | |
| Bill Dunn | 25:59 | 19:19 | 5:34 | 50:52 | |
| John Funk | 26:28 | 19:16 | 5:27 | 51:11 | |
| Terry Sikes | 26:36 | 19:19 | 5:31 | 51:36 | 2nd A/G |
| Patty Stewart-Garbrecht | 26:57 | 19:49 | 5:51 | 52:37 | Masters Female |
| Keith Poythress | 27:03 | 20:09 | 5:37 | 53:19 | |
| Stephen Beard | 27:30 | 20:01 | 5:44 | 53:15 | 3rd A/G |
| Randy Arend | 27:41 | 20:15 | 5:58 | 53:44 | |
| Rexx Wier | 28:53 | 21:22 | 6:22 | 56:37 | |
| George White | 29:05 | 21:28 | 6:07 | 56:50 | 1st A/G |
| Raymond Ramos | 29:14 | 21:41 | 6:09 | 57:14 | |
| Frank Frazier | 30:04 | 22:49 | 6:49 | 59:42 | 1st A/G |
| Lewis Buzzell | 30:15 | 21:27 | 6:04 | 57:46 | 3rd A/G |
| Regina Taylor | 30:38 | 22:07 | 6:22 | 59:07 | 3rd A/G |
| Regina Sooeey | 30:42 | 22:10 | 6:27 | 59:19 | 3rd A/G tie |
| Robert Crampton | 30:27 | 22:48 | 6:06 | 59:21 | |
| Kathy Murray | 31:14 | 22:12 | 6:14 | 59:50 | 2nd A/G |
| John Hirsch | 31:08 | 22:52 | 6:41 | 1:00:41 | |
| Paul Smith | 31:19 | 22:49 | 6:52 | 1:01:00 | 2nd A/G |
| George Hoskins | 31:37 | 22:58 | 6:44 | 1:01:29 | 3rd A/G |
| Tracey Pfuntrner | 32:51 | 23:37 | 6:47 | 1:03:15 | |
| Alan Koch | 33:27 | 24:15 | 7:00 | 1:04:42 | |
| Joe Spradling | 33:42 | 24:41 | 6:43 | 1:05:06 | |
| Dave Bokros | 34:26 | 25:00 | 6:42 | 1:06:08 | |
| Thomas Bass | 34:27 | 25:23 | 6:55 | 1:06:45 | |
| Cynthia Marez | 34:11 | 25:47 | 6:50 | 1:06:48 | |
| Gill Flores | 34:21 | 25:28 | 7:11 | 1:07:00 | |
| Maria Littlejohn | 35:11 | 25:25 | 7:19 | 1:07:57 | |
| Bonita Golden | 35:48 | 25:48 | 6:56 | 1:08:32 | |
| KC Bryner | 35:20 | 26:18 | 7:20 | 1:08:58 | |
| Kevin Terry | 35:34 | 26:31 | 7:20 | 1:09:25 | |
| Kimberly Lindy | 35:51 | 26:25 | 7:38 | 1:09:54 | |
| Chuck Bryner | 36:02 | 25:50 | 7:14 | 1:09:07 | |
| Susan Maveety | 36:16 | 26:17 | 7:42 | 1:10:15 | |
| Melinda Terry | 36:19 | 26:49 | 7:33 | 1:10:41 | |
| Sue Whitworth | 37:27 | 25:50 | 7:47 | 1:11:04 | |
| Roxanne Slater | 38:06 | 27:23 | 7:59 | 1:11:28 | |
| John Gauer | 37:29 | 28:52 | 7:57 | 1:14:18 | |
| Gayla Poythress | 39:04 | 27:58 | 7:50 | 1:14:52 | |
| Kim Anthony | 42:44 | 32:26 | 8:25 | 1:23:35 | |
| Tina Koch | 42:51 | 32:05 | 9:19 | 1:24:15 | |
| John Aimone | 43:12 | 31:54 | 9:12 | 1:24:18 | |

GRANDFATHER MOUNTAIN MARATHON Boone, NC July 14, 2007

Roxanne Slater 4:39.05

FIRST COAST 5 km TRAIL RUN Atlantic Beach July 28, 2007

Bill Dunn 22:43 1st A/G
John Funk 23:50 1st A/G
Bill Pennington 26:19 1st A/G
Michael Myers 27:50
Kimberly Lundy 35:22 1st A/G

BIX 7 Davenport, Iowa July 28, 2007

Gordon Simms 1:02:20

KNOXVILLE NATIONALS INAUGURAL 1/3 MARATHON Knoxville, Iowa August 4, 2007

Gordon Simms 1:19:41

SPRINT TRIATHLON #3 Jacksonville Beach August 11, 2007

Justin Jacobs 48:56 1st O/A
Maurya Sova 1:00:30
Masters Female
Michael Mandt 1:01:28
Kim Cornell 1:09:54 3rd A/G
Sharon Lucie 1:17:37 1st A/G
Janis Dolembro 1:14:04 2nd fat tire

MAGGIE VALLEY MOONLIGHT RACE 8K Maggie Valley, NC August 18, 2007

Roxanne Slater 45:23
Marie Bendy 45:57 2nd A/G
John Gauer 46:50
Gordon Slater 52:28



RESULTS

Continued from previous page

| | | | | | |
|-------------------|-------|-------|-------|---------|---------|
| Freddy Fillingham | 44:15 | 31:18 | 8:48 | 1:24:21 | |
| Kathy Reidy | 41:27 | 34:40 | 8:35 | 1:24:42 | |
| Gordon Slater | 43:32 | 32:14 | 9:20 | 1:25:06 | |
| Judith Gould | 44:14 | 32:26 | 9:13 | 1:25:53 | |
| Al Saffer | 44:13 | 33:03 | 9:07 | 1:26:23 | 2nd A/G |
| Jonie Davis | 44:57 | 35:24 | 9:34 | 1:29:55 | |
| Stan Champion | 45:30 | 34:57 | 8:25 | 1:28:52 | |
| Kelly Howard | 45:13 | 34:12 | 9:57 | 1:29:22 | |
| Sandra Shines | 46:16 | 32:40 | 9:25 | 1:28:21 | |
| Susan Thibodeaux | 47:50 | 32:29 | 9:02 | 1:29:31 | |
| Jennifer O'Brien | 47:58 | 34:40 | 9:48 | 1:32:26 | |
| Elda Bell | 48:39 | 37:12 | 10:50 | 1:36:41 | 1st A/G |
| Denise Stuart | 50:52 | 37:48 | 9:53 | 1:38:33 | |
| Michelle Ramos | 52:28 | 38:08 | 11:12 | 1:41:39 | |
| Jacqueline Hardin | 55:20 | 38:39 | 11:26 | 1:45:25 | |
| Diane Aimone | 56:13 | 42:16 | 13:06 | 1:51:35 | 1st A/G |
| Nicole Galvan | 56:06 | 42:09 | 14:09 | 1:53:24 | |

Fit 4 Fall 5k Trail Run at Sweetwater Park Roswell, Georgia August 19, 2007

| | |
|----------------|-------|
| Christine Kehr | 36:53 |
| Jim Kehr | 36:53 |

Don't forget to
sign the Strider
man, conveniently
located at all your
local races!



Runners for a Reason! Join the Girls on the Run & Velocity Multisport Marathon Training Team!

Girls on the Run and Velocity Multisport are building teams of "runners who care" across Northeast Florida who want to run a marathon or half-marathon and make a difference in the lives of young girls throughout our community. These teams are open to all individuals, ages 18 or older, of all running and walking abilities.

The "Runners for a Reason" Club

Teams of runners will be formed throughout Northeast Florida. Each team will train together and will be led by a local Team Captain. This could be a team from a local school, YMCA, company, neighborhood, club or organization. Each team will come up with their own unique team name and will select their own day/time for weekly group runs. All group runs will take place in their local area (i.e., a team in Ponte Vedra will always meet in the Ponte Vedra area), so sign up for the team that is most convenient for you!

Prizes will be given to the Team Captains with the most runners, most funds raised and most team spirit. Prizes will also be given to individual runners who raise the most money or meet certain fundraising goals!

ALL teams will come together approximately once a month for a local 5K/10K race and teams will also meet up at the GOTR/Velocity Multisport tent before the marathon to warm up, cheer each other on and start the race together!

All runners will receive:

Very cool team performance shirt • Velocity Multisport Coaching expertise and training schedule created especially for Team GOTR, including day-by-day running schedules to help you meet your goal, workouts for powerful abs, arms and legs, tools to track your progress, printable plans, nutrition and race day tips, and motivation to keep you going, from some of the premier athletes in our Jacksonville community! • Weekly group runs in your local area • Fundraising kit and personal online fundraising page • Opportunities for some great prizes

The Race!

This team will be completing the Breast Cancer Marathon or Half-Marathon in Jacksonville Beach which will be held on Sunday, February 17, 2008. For more details, visit www.BreastCancerMarathon.com. Please note, each runner is responsible for their own race registration. Registration is now open, so for discounted entry fees and a guaranteed spot, please register early.

Teams

Start a team of your own or join one of our general teams in Fernandina Beach, San Marco, Mandarin, Beaches & Orange Park. Also: teams from specific schools, companies, YMCA's or organizations are welcome!

Schedule

September 20: Team kick-off party • October-February: Training Begins • February 17, 2008: Marathon/Half-Marathon

Fundraising Commitment

Initial registration: \$25 per person. • Fundraising goal: each runner will make a pledge to raise a minimum of \$300.

Check out our partner, Velocity Multisport, at www.vmscoaching.com.

Please Print

Application for Membership FLORIDA STRIDERS TRACK CLUB

 New
 Renewal

Name: Last _____ First _____ M.I. _____

Address _____ # in Family _____

City/State/Zip _____ Spouse's Name _____

Phone: Home _____ Birthdate(s) _____

Phone: Work _____ Employer _____

E-mail _____ Occupation _____

Signature _____

Date _____

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

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

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

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 | 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 | 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 |
| Saturday | 6:30 AM | 10 to 15 Miles Moderate pace | Julington Creek Starbucks | Wendy Patterson (904) 237-4100 wenrex@comcast.net |



29th Jenny's Pennies Anniversary Celebration October 14

There is a long tradition of collecting any money found during the runs and giving it to Jenny Allen, who uses it to provide the goodies for our Sunday Morning Anniversary Celebration. Come help us spend Jenny's pennies! We'll provide champagne, orange juice and coffee. You can bring fruit, bagels, coffeecake, donuts, etc. to share. Join us for a group picture and help celebrate The 29th Anniversary of our Sunday morning runs from Sun Tire on Blanding Boulevard in Orange Park. The party will start after the Sunday morning run. Jenny does a wonderful job and it is always a very enjoyable time.



September 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 |
|-------------------------|---|------------------|--|--|
| 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 |
| September 22 | Children's Way 5 km Ronald McDonald House | 8 a.m. | San Marco | (904) 731-1917 |
| November 10 | Hog Jog 5K Cross Country FUN RUN | 8:00 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



Late afternoon heat advisories, very little rain, and where's the breeze that's supposed to come off ocean or river? Man its been hot. I just got done at the track and I'm soaked. Everyone else was soaked too, and milling around drinking the ice cold Gatorade that Bob brought for everyone to not only enjoy, but use to recover. Its been a hot one, but Striders are still out there, snubbing the heat to make sure all necessary mileage is completed. Fortunately, race directors in the area must have decided August was too hot for racing, as there were only two local running events and a triathlon this past month. But race we must, and many Striders trekked north in search of races. And with that there are plenty of results to get to.

The month started off with a Strider Trail Buff special at the **First Coast 5K Trail Run** in Atlantic Beach on July 28th. Leading the five Striders there while almost certainly hollering "Running with the Buffaloes!" at some point during the race was **Bill Dunn** in a time of 22:43, which was good enough to place 4th overall and win his age group. Also turning in age group wins were **John Funk, Bill Pennington**, and our lone female Strider at the race, **Kimberly Lundy**. **Michael Myers** put forth a fine effort over the treacherous terrain as well, finishing fourth in his age group.

The other local running event conducted in the August

heat, which seems to fit the theme of the race, was the **Tour de Pain** on August 3rd and 4th.

Three races in 24 hours, the first one a four-miler on the beach on Friday night, followed by a 5K the next morning and then a one-mile romp that same evening. Rough. Makes me think of Kevin Bacon in Animal House receiving the ritual paddling as an Alpha Omega pledge while squealing, "thank you sir may I have another." And perhaps to make it even more interesting, First Place Sports made it the first event for the 2007-2008 Grand Prix. Amazingly, 722 folks finished all three races, and by our count, 62 were Striders, with many doing it in winning form. We claimed both the male and female Masters Division titles, compliments of 2006-2007 Grand Prix Champion **John Metzgar** in a cumulative time of 43:50 (nice start to the new season John) and our fastest female Strider, **Patti Stewart-Garbrecht** in a time of 52:37. Running through the pain of the three races to age group wins were **Justin Jacobs** (43:05), **John Steinberg, George White, Frank Frazier, Elda Bell**, and **Diane Aimone**. Finishing 2nd in their age groups were **Terry Sikes, Kathy Murray, Paul Smith** and **Al Saffer**. Also earning a prize in addition to their finishing medal with 3rd place age group finishes were **Stephen Beard, Lewis Buzzell, Regina Taylor, George**

Continued on following page

We Get Mail

Good morning,

I just wanted to thank you for the wonderful and kind words Bob had for McRae Elementary in the news article earlier in the summer. I do not live in this area and did not see the article until I returned to school this week. Someone had cut it out and place it in my box so that I would see it when I returned.

As you know, we are so very proud of our kids and our school.

I also wanted to let you know that our teachers are already planning time for walking/jogging and running in their day. They will of course continue with our club activities, but our ESE department and our first, fifth and sixth grade teachers are planning a special time everyday to get the kids running and walking. Those are the ones who have come to me to get a list of how many miles each child can carry over from last year. Some of our classes are going out first thing each morning for 10-15 minutes around the "track" (better known to you and I as a bus loop) to get the kids revved up to start the les-

sons of the day. I am thrilled and excited about that.

Anyway, I just wanted to get back in touch from the summer and to let you know how appreciative we are at McRae for all that you have done. Bob, Vanessa and the striders organization have been instrumental in motivating our students, and increasing the awareness of the extreme benefit of running and jogging for our kids. Many of the teachers who had not been highly involved in the past are eager to participate with their classes this year after seeing the impact the awards and the celebration of success you shared with us at the end of last year. We would also love to have you join us for some of our many activities this year prior to the big celebration at the close of school. McRae LOVES a celebration, in case you did not notice,and we have many throughout the year to honor smaller steps toward success.....so maybe you will be able to join in the fun at some of those occasions. I will keep you informed and you have an open invitation to McRae at any time.

Again, thank you for your support and all that you do for Clay County children.

Sincerely,
MJ. ●

Hoskins, and **Regina Sooye**. Congrats to all award winners and finishers, as this was a grueling event with a highly competitive field.

Also locally and with a splash of swim and bike added was the **Jacksonville Sprint Triathlon #3** at Little Talbot Island State Park on August 11th. **Justin Jacobs** was the overall winner again (he won the first two races as well) in a time of 48:56 and was crowned the overall series champion. **Maurya Sova** continued to dominate female Masters Division, earning her third straight win with a time of 1:00:30. **Sharon Lucie** won her age group, **Kim Cornell** took 3rd in her age group, and **Janis Dolemba** placed 2nd in the fat tire division.

Striders, They're Everywhere!

Vacationing Striders found a few interesting distances, including another 8K, which must have been inspired by our Run to the Sun. Starting off on July 14th in Boone, North Carolina, **Roxanne Slater** completed the **Grandfather Mountain Marathon** in a time of 4:39:05. Staying in North Carolina, Roxanne was joined by **Marie Bendy**, **John Gauer**, and **Gordon Slater** on August 18th for the **Maggie Valley Moonlight Race 8K**. Roxanne led the way with a 42:23, and Marie placed 2nd in her age group. Representing Striders in two hilly yet fun races in Iowa on consecutive weekends was **Gordon Simms**. The first race was the **Bix-7** on July 28th in Davenport, Iowa (a 7-mile race), where Gordon posted a 1:02:20. The following weekend on August 4th in Knoxville, Iowa (yes, Iowa, not Tennessee) Gordon tried the **Knoxville Nationals Inaugural 1/3 Marathon**. Let's see, the math equation

would be $26.2 \times \frac{1}{3}$ and round it off to the nearest hundredth; the calculator says its 8.73 miles. Gordon covered the course in 1:19:41. And in Roswell, Georgia (yeah, Georgia, not New Mexico), **Jim and Christine Kehr** completed the **Fit 4 Fall 5k Trail Run** at Sweetwater Park on August 19th, both covering the trail in 36:53.

Tidbits

As a follow-up to last month's tidbit, John Heisner's daughter **Sarah** put forth a very good effort at the **USA Track & Field National Championships**. As a 12 year old and competing in the Youth division (12-14 years old), the competition was stiff. Sarah posted impressive times though, with a 5:05 in the 1500m and a 2:26 in the 800m. In addition, she did earn her way to the awards podium in a relay with a 4th place finish in the 4x800m. Well done Sarah.

With the adding of the Tour de Pain, the Jacksonville Grand Prix is now 16 events, and technically 18 races. And if you check the schedule, some races are on back-to-back weekends (including the two this month) and there are just two weeks between other events, with one of these instances having the River Run in between. Get ready for some racing folks, especially if you're going to hit all of those races.

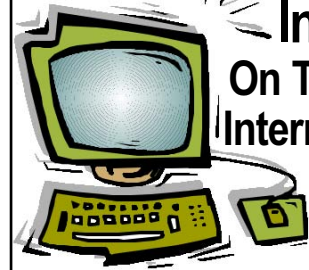
Award

We'll take a month off for the award. I did receive one nomination, but I couldn't get all the details for it. And besides, Bruce Sung Ho Choi's WOW Award effort is deserving of a nice smug feeling for another month, so continue to enjoy it Bruce.

That's all for now. Until 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>