



Volume 26, Number 10

STRIDERIGHT

Florida Striders Track Club



www.floridastriders.com



October 2007

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Bar Harbor Half Marathon

by Bob Boyd

Looking for a great destination race and a chance to escape the summer heat? Check out the Bar Harbor Half Marathon and start planning for next year. My bride, Vanessa, and I have fallen in love with Acadia National Park on Mt. Desert Island, on the coast of Maine. Acadia National Park quite simply has the best running trails I have ever found. John D. Rockefeller Jr., bless him, spent many years and many millions (& this was several decades ago) creating trails that the Romans would have been proud of and placed them in the most picturesque natural vistas anywhere. If you like lakes, ponds, forests, waterfalls, hills, the ocean, and the conspicuous absence of anything with a motor, with cool summer temperatures you are in the right place. Gorgeous trails they are, but flat they are not. We are not talking Pike's Peak kind of hills but they will certainly make you a stronger runner & the Hart Bridge at the River Run would not phase you one bit after regular training on the Acadia trails. The National Park Service is reluctant to allow races within their borders, but the Bar Harbor 1/2 Marathon has a 40-year history and enjoys grandfathering of its 8+ miles of carriage trails along its 13.1 mile course. (There are 57 miles of carriage trails for your pleasure when you aren't racing the half marathon.)



Bob Boyd with his friend and running guide, Shannon Horton, at the Bar Harbor Half Marathon.

Continued on page 6

SOCIALS

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.

The **November** social will be on Sunday, November 18 at 1:30 at the Ocean Grove Condominiums Club House in Ponte Vedra. Hosted by Vicki Choinski and Bernie Candy. The Club will provide soft drinks, please bring a covered dish and adult beverages. Directions to the clubhouse will be the issue of the StrideRight. ●



Prez Sez *By Dave Bokros*

Being on the injured reserve list has made me realize how much I enjoy running. The gym and the pool may have their allure (neither of which I am feeling, by the way).

But the simple act of putting on your shoes and running out the door is the simplest pleasure!

I broke my foot, so I will recover. For those of you that are always chasing that next marathon, or pushing yourself for extra miles during the week, just remember to stay healthy! Listen to your body. Know the difference between pain and discomfort. Distance running has a lot to do with tolerating discomfort. But if you are regularly experiencing pain, that is something else, entirely. See a doctor. Get regular physicals. Stay healthy. Don't put something off for fear the doctor may tell you not to run anymore, because, if you put it off long enough, that's exactly what the doctor will say!

Whoever you are, we enjoy your company at the races too much to lose you to something preventable!

See you on the road- eventually! ●

Board of Directors' Minutes 9/11/2007

The meeting was called to order by Dave Bokros at 7:08p.m. Directors present were Dave Bokros, Vicky Connell, Mike Ford, Gary Hallett, Glenn Hanna, Kellie Howard, Kim Lundy, Keith Poythress, Mike Mayse, John Metzgar, Denise Metzgar, John Steinburg, Mary Steinburg, James Vavrina, and Kay Womack.

Minutes: No changes to the August minutes.

Treasurer's Report: George Hoskins presented the Treasurer's Report. He noted there were very few entries for the month. Cash on hand as of August 31 is \$9,050.70. The report was filed as presented.

October Fun Run: Mike Ford presented a draft copy of a flyer promoting a Fun Run in October at Oakleaf Plantation. He told us that he and Kim Lundy were submitting a Grant Request to Disney to support this run which would focus on youth runners of Junior High age. Kim Lundy explained that this is considered a Service Learning Project by Disney. Most of the participants however would come from the Elementary age groups. The Junior High kids would be the ones running the event and providing all the volunteers. The Striders were listed on the flyer as sponsors along with two businesses. The Striders would provide all the racing equipment and possibly some volunteers for the event. Mike is looking for Board approval to do this and possibly provide some support with ribbons if the Grant doesn't come through as well as put the event under Strider insurance. Estimated total costs for the race are approximately \$300-\$400. There will be no entry fee for the race. Mike discussed the route and distances to be run. Kellie Howard moved to support the event, seconded by Mike Mayse. It was approved unanimously.

Merchandise update: Keith Poythress stated he ordered 25 Strider stickers which can be placed on Championchips. The price will be between \$3 and \$4. He also wants to order some Strider bumper stickers that say 30th Anniversary. There were several suggestions for various stickers people were interested in. There was also some discussion on ordering Strider shirts made from technical material. We could get them through First Place **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
email: DBokros@comcast.net

**Vice President/Membership Director/
Newsletter Circulation Manager*:**

Mike Mayse(H) 777-6108
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Treasurer:

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

Secretary:

* Vicky Connell(H) 276-0193
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River Road Resolution 5K Director: Bob Boyd

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Equipment Director & Webmaster:

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Vanessa Boyd(H) 272-1770
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The Back Page Columnist:

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Social Coordinator:

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*Mike Ford(H) 406-2989
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*Jay Birmingham(H) 612-2357
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*Kim Lundy(H) 213-0250
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email: weluv2run@aol.com

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email: poyth@bellsouth.net

*Keith Poythress.....(H) 541-1878
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email: coley77@yahoo.com

*James Vavrina...(C) 718-4247
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*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
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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:

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email: poyth@bellsouth.net

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

StrideRight Editor

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

SUPPORT OUR SPONSORS... THEY SUPPORT OUR SPORT



Mike Shado Nissan
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Run to the Sun 8K &
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Run to the Sun 8K



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Memorial Day 5K

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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.

FAGAN & BROUSSARD
INJURY ATTORNEYS

John Fagan, P.A.
278-6000

River Road Resolution Run 5K



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

**General
Truck**
**Equipment &
Trailer Sales,
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**Smoak, Davis
& Nixon LLP**
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River Road Resoulution
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Ronnies
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Memorial Day 5K

**Florida Heart
Center**
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(904) 269-1664
Haseein Ramezani, MD

Village Bread
Market
 Krispy Kreme

BAR HARBOR HALF MARATHON

Continued from page 1

This is not a PR kind of race but it is a very beautiful and challenging course. There are only 400 spots available for the ½ marathon due to the aforementioned National Park Service concerns. Register early and plan to stick around for a long spell after the half so you can soak up some of the fall colors and some hot popovers over at the Jordan Pond House afterwards. For those dedicated leaf peepers I need to do some full disclosure: the peak of the fall foliage is typically closer to the 1st of October and the race is in mid-September.

I have been able to run these trails five days a week since mid-June so enjoyed home-field advantage. Even better, I was blessed with two excellent guides, one running, Shannon Horton, and one on bicycle, Frank Hague, to help keep me out of trouble in the hard to see areas (I am legally blind). Temperatures in the 50's throughout the race were a major assist too. The 1st mile has some downhill in it so we were just a shade fast off the line but kept things sensible because the next 1.5 miles is largely uphill, to Duck Brook Bridge, where you leave the blacktop and get onto those gorgeous carriage trails. The first real challenge comes at about the 6-mile mark when there is almost a mile uphill segment

going around Eagle Lake. How come downhills never quite make up for the uphill? I was enjoying one of those rare race days where everything felt great and got to pass several folks during that uphill. The race volunteers did not let the light rain dissuade them from providing refreshments or cheering out there in the middle of the woods. We left Eagle Lake and the carriage trails just beyond about 10.5 miles. The next mile is a tough uphill along a two-lane road but once you arrive at the top it is a fast and fun downhill to the YMCA's soccer fields and the finish. My running guide, Shannon, had an awesome race, with a 9-minute PR, winning her age group. Don't expect races up here to be organized quite like a Jacksonville Grand Prix event. The age group awards are in 10-year increments and your ChampionChip won't be of any use. You will, however, be treated very well before, during, and after the event, including a hot shower at the Y should you so desire.

I have had faster ½ marathons, I finished in 1:38:53, but I have never enjoyed one more. In case you need any more enticement to make a trip up, there is also a very active and very friendly local running club, Eden Athletics, that has a lot of group runs on these gorgeous carriage trails. It would be my pleasure to join you for a spin around Eagle Lake should you decide to bop up. Life is good in the woods. ●



Nominations Open for 2007 RRCA National Awards

Since 1971, the Road Runners Club of America has been honoring dedicated individuals for their service to the running community. The RRCA is accepting nominations for the 2007 RRCA National Grassroots Running Awards. The nomination form and detailed information on the award categories including general criteria can be found at <http://www.rrca.org/services/awards/awardnom.pdf>. Nominations will be collected for all categories, and the nominations should be submitted to the National Office by 5:00 PM Eastern on November 1, 2007 (NOTE: the deadline for website nominations is January 1st). The period of performance for the individual being nominated should be September 1, 2006 through August 31, 2007. All nominations will be forwarded to the appropriate selection committee who will choose the final national award recipients. All nominations should include a completed nomination form along with accompanying material outlined below. If you have questions, please contact Jessica Sleight at membership@rrca.org. The following categories include:

- BROWNING ROSS SPIRIT OF THE RRCA AWARD
- RRCA HALL OF FAME
- RRCA SCOTT HAMILTON OUTSTANDING CLUB PRESIDENT
- RRCA ROAD RUNNER OF THE YEAR
- RRCA JERRY LITTLE EXCELLENCE IN JOURNALISM
 - Club Newsletter
 - Electronic Newsletter
 - Club Writer
- JOURNALISTIC EXCELLENCE
- ROD STEELE OUTSTANDING VOLUNTEER
- RRCA OUTSTANDING STATE REPRESENTATIVE
- RRCA KURT STEINER CHILDREN'S DEVELOPMENTAL AWARD
- RRCA NINA KUSCSIK WOMEN'S DEVELOPMENT RUNNING AWARD
- RRCA ROAD RACE OF THE YEAR
- WEBSITE AWARD ●

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>

For more information, check out <http://www.rrca.org/services/awards/awardnom.pdf>

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

From Blanding & I-295:

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

From US 17 & I-295:

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

For more information contact Steve Bruce at 904-864-4994 or email stevebruce@comcast.net



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

5K Race · Saturday · November 10, 2007 · 9:00 AM

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

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

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

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

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

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

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

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

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

<u>Entry received by</u>	<u>Striders/Military</u>	<u>Others</u>
November 3rd	\$10	\$12
11/04 - 11/9	\$13	\$15
Race Day, 11/10	\$20	\$20

Make check payable to: Hog Jog 5K
Mail completed application & check to:
 Hog Jog
 1228 Blue Heron Lane
 Jacksonville Beach, FL 32250
 (Race fees are non-refundable.)

DOOR PRIZES WILL BE AWARDED!!

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

HOG JOG 5K ENTRY FORM

RACE# (FSTC USE ONLY)

Ever run/walked a race? Y N

First Name Last Name

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

Street Address (include apt. number)

City State Zip Code

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

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/surface, 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 America (RRCA), the town of Green Cove Springs, and all sponsors, their representatives 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 recklessness 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 Releasees the right to use any and all photographs, images, or accounts of this event in any manner that it feels 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 physically disabled participants). Animals are prohibited from the race course unless for the use and assistance of handicapped or physically disabled participants. Rev. 2/05

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

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

MINUTES

Continued from page 2

Sports if we order several hundred for \$10 each.

Run To The Sun Race Director: Dave Bokros mentioned that we are looking for a Run to the Sun Race Director. Keith Poythress nominated Kay Womack, and she accepted. James Vavrina seconded the nomination. It was approved unanimously.

Run To The Sun Race Report: Gary Hallet reviewed the Financial Report. Gary noted we had 420 race entries compared to 651 last year. The race was on the same day as a county Math competition and the County Fair contributed to a smaller than usual turn out. Some of the expected race sponsorship did not come through. Final race profit was \$6467.38, a bit lower than expected but still a good profit. Mike Ford pointed out that the Math competition and Fair were on the same weekend as the race again next year. A suggestion was made to increase advertising to compensate.

Grants Committee: Dave Bokros said he is looking for some people to form a committee to write these Grants every year. MaryAnn Steinburg has a lot of experience writing grants through her work. She is willing to be on the committee and assist with research and writing. Mike Ford recommended that Bob Boyd and Kim Lundy be on the committee. Kim agreed to be on the committee and made a motion that MaryAnn be the chair. It was seconded by Kay Womack and approved unanimously. They will get in touch with Bob and make sure he is agreeable to be on the committee.

iPOD Fitness Center Link to Website: Dave Bokros said he has been getting phone calls from this company asking us to set up a link from our Website to their website. Discussion was negative in this regard. Vicky Connell moved not to provide a link or partner in any way with this company, seconded by Keith Poythress. Approved unanimously.

Social Update: Glenn Hannah stated that the next social will be the Jenny's Pennies Annual Brunch on the 14th of October. Breakfast will be around 8:30. Vicki Choinski will be hosting the November social at her condo in Ponte Vedra, at her complex clubhouse. It will be on Sunday the 18th at 1:30 p.m. December social is the block party in Boone Park. Glenn said he received a message from Bonnie Brooks talking about

getting a block of tickets for a Jaguar's game which would be an additional social for those who are interested. Glenn said he is already working on the social schedule for next year so that we can have it planned in advance and come up with a few new ideas.

General Discussion: Vicky Connell noted that the Children's Running Camp Committee meeting was postponed till September 20th at 8 p.m.

George Hoskins said he has talked with Compass Bank and they have stated we could get a Credit Card machine to be used at our events if we desire it. Dave suggested we add this to our next agenda for discussion once we get some more information.

Mike Ford said the Clay County Health Fair for School Board employees and their families is coming up at Fleming Island High. We had a table last year. Dave Bokros said he helped with this table last year and there wasn't that much interest. Mike clarified that the fair Dave helped with last year was the County Commission Fair which is a different one. Mike himself had been at the School Board fair. Other board members agreed that that the CCSB fair would be worthwhile and we could promote upcoming races. The Fair takes place Monday, October 22nd, from 8 a.m. to 1 p.m. Vendors receive lunch. There is a minimal cost for the table. Dave stated he'll put it on the agenda for next month.

Kim Lundy asked Vicky about the possibility of grants to support the Children's Running Camp next summer. She stated she already had an email from Ken Bendy that referenced this possibility. Vicky stated she would forward the email to Kim and Mary Ann.

Mary Ann mentioned that plans are underway again for "Step Up, Florida". Step Up, Florida is an annual statewide initiative that happens during the month of February to promote physical activity and healthy lifestyles to all Floridians. Several sponsors have already committed to helping to include the YMCA. The Strider sponsored 5K race and 1 mile fun run will take place on Saturday, February 17th.

Kay Womack made a motion to adjourn, seconded by Mike Mayse. The meeting was adjourned at 8:21 p.m. ●

Respectfully submitted,
Vicky Connell

NEW MEMBERS

John Wisker

RENEWING MEMBERS

John & Diane Aimone
Caranne Boden
Bill & Christy Castelli
Joe Connolly
Billy Fehrs
Ginger Frazer-French
Dena & Rick Gaucher
Bobby Greene

Jim & Christine Kehr
William Kennedy
John Kotsubka
Dennis Lane
Maria Littlejohn
Larry Mattingly
Stephen McClung
George Obi
Daniel Ovshak
Bill Phillips
Page Ramezani
Guillermo Ramos-Piazza
Susan Shelton

Gordon & Roxanne Slater
James Vavrina & Kay Womack

MULTI-YEAR RENEWALS

Dennis & Sylvia Lee
Norman Thomas
Denise Williams
Michael, Rachel & Keegan Ford
Kim & Chris Tracanna-Breault
Rex & Carole Ann Reed
John Slough
Laurie Ricciardi ●



1st Annual OakLeaf Neighborhood Autumn Fitness



SATURDAY, OCTOBER 13, 2007
9:00 AM

REGISTRATION AND START WILL BE LOCATED NEAR THE EAGLE
LANDING NEIGHBORHOOD ENTRANCE AND THE OAKLEAF
PLANTATION RECREATION COMPLEX.

Hosted by The OakLeaf School Cross Country Team & Physical Education Department
For additional information, please contact Coach Ford 213-5574
For directions visit www.clay.k12.fl.us/ols

RACE SPONSORS



OFFICIAL ENTRY FORM

Name: _____ School: _____ Age: _____ Gender: _____

Address: _____ City: _____ State: _____ Zip: _____

Telephone Number: _____ Email Address: _____

By my signature, I acknowledge that: Participation 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/surface, 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), OakLeaf Plantation or Eagle Landing Community, Clay County School Board and all sponsors, their representatives 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 of our negligence or carelessness by person or organizations names in this waiver. I agree and grant permission that should circumstances arise, I defer to race officials and/or qualified person as to my need to be examines 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 release the right to use any and all photographs, images, or accounts of this event in any manner that it feels 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.

_____ Please sign here. (Parent/Guardian must sign if participant is under 18 years of age)

_____ Date Signed

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

Striders at the Races

RACE RESULTS

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

TURTLE TROT 10K

Fernandina Beach

September 1, 2007

Orestez Gutierrez 40:29 1st A/G
Randy Arend 43:27 1st A/G
George White 45:10

Senior Grandmasters Male

Rosa Haslip 45:38

Masters Female

Keith Poythress 45:53
Raymond Ramos 46:38 3rd A/G
Everett Crum 52:31 1st A/G
Gil Flores 53:27 1st A/G
Gayla Poythress 1:03:03
Sandra Shines 1:17:48
Michelle Ramos 1:27:17

TURTLE TROT 5K

Gary Haslip 20:29 1st A/G
Kim Lundy 26:08

Grandmasters Female

Gerry Tyburski 26:33
Barbara Whitter 27:09
Scott Arend 30:04
Margaret Tyburski 31:16
Al Saffer 33:23 1st A/G
Jonie Davis 34:03

LABOR DAY 5K

Ponte Vedra Beach

September 3, 2007

Lewis Buzzell 22:52 1st A/G

CARRABBA'S SUMMER BEACH

RUN 5 MILE

Jax Beach

September 15, 2007

Justin Jacobs 27:50 O/A Male
John Metzgar 28:05

2nd O/A Male

John Steinberg 28:35
3rd O/A Male

Orestez Gutierrez 31:20 3rd A/G
Terry Sikes 34:00 1st A/G

David Bonnette 34:24 3rd A/G
John Funk 34:42
Bruce Holmes 35:12 1st A/G

David Ohnsman 35:52 1st A/G
Patrick Gaughan 36:20 2nd A/G

David Clarkson 36:32
Steve O'Brien 37:12

Denise Metzgar 37:21 1st A/G
Rexx Weir 37:35

Frank Frazier 37:55 1st A/G
Raymond Ramos 37:58

Keith Poythress 38:13
George White 38:43 2nd A/G

Kathy Murray 38:57 3rd A/G
Regina Taylor 39:24

Dell Conner 39:37
Robert Crampton 40:31

Randy Pullo 42:04
Paul Berna 42:46

James Giles 43:05
Joe Spradling 43:43

Tom Zicafoose 43:53
Everett Crum 44:17 1st A/G

Gil Flores 44:40
Tom Bass 44:56

Gordon Simms 45:31
Kimberly Lundy 45:45

George Hoskins 46:17
Doug Barrows 48:25

Ben Holland 48:26
Sue Whitworth 48:59

Gayla Poythress 52:13
John Gauer 52:28

Davis Hallums 53:16
Gary Ledman 53:40

Kim Anthony 54:14
Rich Gilmore 54:52

Leo Sheckells 55:33
Leslie Jones 56:25

Al Saffer 58:11 2nd A/G
Bob Kennedy 58:17

Freddy Fillingham 58:19
Nancy Pullo 59:17 2nd A/G

Judith Gould 59:34
Mark Lay 1:00:55

Bernie Gross 1:01:14
Ed Hardee 1:02:23

Evan Gould 1:04:19

John Aimone 1:08:18 1st A/G
Sung Ho Choi 1:10:07

Michelle Ramos 1:13:34
Diane Aimone 1:13:39 1st A/G

Joe Connolly 1:15:55 2nd A/G
Shannen Crampton 1:17:55

Trish Kabus 1:18:38
Dot Mitchell 1:19:19 2nd A/G

ASHEVILLE CITIZEN TIMES HALF

MARATHON

Asheville NC,

September 15, 2007

Roxanne Slater 2:06:45

ASHEVILLE CITIZEN TIMES 5K

Gordon Slater 31:28 2nd A/G

CHILDREN'S WAY 5K

Jacksonville

September 22, 2007

Justin Jacobs 16:03
1st Overall Male

John Metzgar 16:22
Masters Male

John Wisker 17:37 1st A/G
Drew Kenny 18:36 3rd A/G

Terry Sikes 18:51
Grandmasters Male

Bill Phillips 18:53 1st A/G
Stephen Beard 19:59 2nd A/G

Bruce Holmes 20:01 1st A/G
Bernie Candy 20:14 2nd A/G

Keith Poythress 20:42
Michael Mandt 20:47

George White 21:22 1st A/G
Frank Frazier 21:33 1st A/G

Robert Crampton 21:34
Raymond Ramos 21:39

Del Conner 21:41
Regina Taylor 21:47 2nd A/G

Lewis Buzzell 22:08
Kathy Murray 22:22 2nd A/G

Rebecca Wild 22:23 1st A/G

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October 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
October 6	Marine Corps Half Marathon & 5K	7:00 a.m.	Memorial Wall Jax Municipal Stadium Jax	(904) 731-1900 First Place Sports
October 6	White Cane Awareness 5K	8:00 a.m.	City Hall Ormond Beach	(386) 258-3441 AltaVista Sports
October 13	Rima Ridge Run for the Animals 5K	8:00 a.m.	Tiger Bay State Forest 1202 Indian Lake Road Daytona Beach	(386) 423-4124 Greyhound Pets of America
October 20	Race for the Cure 5 km	8:00 a.m.	Metropolitan Park Jax	(904) 731-1900 First Place Sports
October 21	Palmer College Paint the Towne 5 km	8:00 a.m.	Historic Downtown, Daytona Beach	(386) 255-1279
October 28	Pumpkin Run 10 mi & 5 km	8:00 a.m.	Evergreen Jax	(904) 731-1900 First Place Sports
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 12	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 good running folks! I hope the past month has found you well, especially given your mileage has likely begun to increase. Yep, fall is approaching and everyone has that marathon or other significant distance race circled on the calendar in the winter. What a great time to be a runner – the excitement of that pending event, doing long runs with friends, and relaxing after your long runs to some football. And while on football, how 'bout the Jags recovering from their pitiful opening day effort to find two consecutive wins (even if they were ugly). Yep, it's a good time, and it has even included some races, so on to the results.

Starting off the month on, when else, September 1st, was the **Turtle Trot in Fernandina Beach**. There were two races actually, a 10K and a 5K, and Striders were chalking up wins at both. Leading the way in the 10K was **Orestez Gutierrez** in a time of 40:29, which earned him 1st place in his age group. Leading all Strider females, as well as all Masters division females, was **Rosa Haslip** in a time of 45:38. **George White** won the Senior Grand Masters division, while **Randy Arend, Everett Crum** and **Gil Flores** turned in age group winning efforts (and Everett claimed his time for this distance was his PW, or personal worst). **Raymond Ramos** also took home a prize, placing third in his age group. In the 5K, **Gary Haslip** and **Al Saffer** won their age groups while **Kim Lundy** won the Grandmasters female division. On the same long weekend we had one Strider, **Lewis Buzzell**, compete in the Labor Day 5K in Ponte Vedra Beach. Lewis represented Strider running very well, winning his age group.

Next was Florida oldest race, the **Carrabba's Summer Beach Run**, which was run for the 43rd time on September 15th. This was the second of the Grand Prix

events, and Striders were racking up those Grand Prix points. Leading all 600 plus runners through the sand were **Justin Jacobs** (27:50), **John Metzgar** (28:05), and **John Steinberg** (28:35), who were the top three overall. Strider age group champions included **Terry Sikes, Bruce Holmes, David Ohnsman, Denise Metzgar** (fastest female Strider, 37:21), **Frank Frazier, Everett Crum, John Aimone**, and **Diane Aimone**. Sifting through the sand to 2nd place in their age groups were **Patrick Gaughan, George White, Al Saffer, Nancy Pullo, Joe Connolly**, and **Dot Mitchell**. And enjoying the sound of the waves hitting the beach while claiming 3rd place in their age groups were **Kathy Murray** and **Orestez Gutierrez**.

The very next weekend found Striders sweeping away the completion at another Grand Prix event, the **Children's Way 5K** on September 22nd. Leading all runners again was **Justin Jacobs**, recording another overall win in a time of 16:03. Combining for a sweep of each the Masters and Grand Masters male divisions were **John Metzgar** and **Terry Sikes**, respectively. Staying with the Strider sweeping theme in the age groups, combining to sweep the 55-59 age group were, in order of finish, **Bruce Holmes, Bernie Candy** and **Lewis Buzzell**. Sweeping the 65-69 age group were **Frank Frazier, Paul Smith**, and **Ben Holland**; and doing the same in the 70-74 age group were **Everett Crum, Al Saffer**, and **Charles Desrosier**. Other Strider age group winners were **John Wisker, Bill Phillips, George White, Rebecca Wild, Kimberly Lundy**,

Continued on following page

Thank You, Lillian!

Lillian Lawless, long time Florida Striders member, has retired from publishing the monthly Striders e-News letter after 7.5 years.

RESULTS

Continued from page 9

George Hoskins	23:35	Barbara Whitter	27:02	Sandy Kelley	35:27
Everett Crum	23:57	Kelly Howard	27:08	Charles Desrosier	41:07 3rd A/G
Simon Jacobson	23:58	Augie Leone	27:10 1st A/G	Mark Lay	33:52
Paul Smith	24:33 2nd A/G	Marie Bendy	27:19 1st A/G	Dena Gaucher	36:35
James Giles	24:38	Melinda Terry	27:48	Blake Gaucher	36:35
Maria Littlejohn	25:01	Gayla Poythress	28:31	Paige Gaucher	36:35
Kimberly Lundy	25:37 1st A/G	Simone Meyenberg-Shield	28:35	Elda Bell	36:46 3rd A/G
Bonita Golden	26:38 3rd A/G	Gary Gills	28:46	Gordon Slater	39:00
Ben Holland**	27:00 3rd A/G	Tracy Pfuntner	28:51	Patt McEvers	42:22
		Evan Gould	23:45	Ken Bendy	42:23
		Freddy Fillingham	31:41	Joe Connolly	43:53 °°1st A/G
		Sandra Shines	32:37		
		Al Saffer	32:45 2nd A/G		

Augie Leone, Marie Bendy, and Joe Connolly. Pacing to 2nd place age group finishes were **Stephen Beard, Kathy Murray,** and our fastest female Strider, **Regina Taylor** (21:47). And rounding out the winning ways by placing 3rd in their age groups were **Drew Kenny, Bonita Golden,** and **Elda Bell.**

Striders, They're Everywhere!

It seems North Carolina is becoming a pretty popular spot for Striders. This past month found **Roxanne and Gordon Slater** in Asheville, North Carolina for the **Asheville Citizen Times Half Marathon and 5K.** Roxanne completed the half in 2:06:45 while Gordon did the 5K in 31:28, which earned him 2nd in his age group.

Tidbits

Just some background on how this column works. While some or perhaps most of you may think this a single demented slob's effort (namely mine), it actually involves several very kind folks. First, **Al Saffer,** who carries the Strider Man (you know, that wiry mannequin wearing a Strider shirt) to all the events for you to record your results and any comments about your effort or the race. Al then sends the information from the Strider Man to **Ken Bendy.** Ken compiles the Strider Man results and checks website results to find those Striders who may have somehow missed the Strider Man at the race. This is a big effort, because quite a few folks get caught up in post-race activities and don't record their results at the Strider Man. This was very true at the Beach Run, for which only eight folks signed the Strider Man. Special thanks to these two fellows for their efforts,

and please try to make it easier for them by recording your results at the Strider Man. I get results sent directly to me as well, especially for the out of town races, and incorporate these into the results from Ken. Next, you may have noticed my picture changes each month; this is courtesy of **Tanys Cabra** (formerly Carere), as she has a stash of photos of me and has decided it would be fun to put a different one up each month. And of course, Tanys would love any pictures any of you may have or perhaps take of me so she can post them here (and no worries, I'm a good sport, though I hope no one finds those ones of me from my college days in the late 80's – I was young, I needed the money). And lastly, Trish makes the print all pretty and makes any final edits when she puts the entire StrideRight together. It's really quite an effort, and I'm having a lot of fun doing it.

Award

I'll actually do one for running this month, as it simply can't be denied. As you must have noticed in this and past month's columns, Justin Jacobs has just been on a tear recently. Two overall wins in Grand Prix events this month, combined with three triathlon wins this past summer and countless other overall wins or otherwise impressive showings. Well done Justin and everyone hopes you can keep it up. And with the award Justin, you are now entitled to that ever so coveted....nice smug feeling.

That's all for this month folks. Please remember to sign the Strider Man at races and send your results to me as well, along with any recommendations for Tidbits and nominations for awards. And until next month, 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>