



Volume 26, Number 12

STRIDERIGHT

Florida Striders Track Club



www.floridastriders.com



December 2007

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Tentative 2008 Social Schedule

- January** - Cooking Class
- February** - Dinner meeting w/ a speaker
- March** - River Run Social(s)
- April** - Annual BOD Picnic
- May** - Memorial Day 5K Volunteer Appreciation Party
- June** - Family picnic at the Ravines State Park- Palatka
- July** - Outback Crab Shack
- August** - Picnic at Camp Blanding
- September** - Jax Suns Baseball Game
- October** - Jenny's Pennies- OP SunTire
- November** - Ponta Vedra- Ocean Grove Condos
- December** - Block Party- Boone Park

This is to give everyone an idea of what is planned in order to get feedback, suggestions, questions, and comments.

Hog Jog 2007

By Steve Bruce, Race Director

The best cross country race in the area was held November 10, 2007 at Ronnie Van Zant Memorial Park. Approximately 200 runners completed the scenic cross country run on a day that was ideal for running. In addition, over 100



participated in the one mile fun run. All in all, it was a great morning for this fun event.

Congratulations are in order for thirteen year old Mary Ann Brown for defending her title by completing the 3.1 mile course in 19:09. Do the math! This is a 6:11 per mile pace! This is one of the best performances by a female runner ever at the Hog Jog. Eric Dingler was the overall winner with a time of 17:56. Breaking 18:00 on this course is very impressive.

This year we had an excellent turnout of younger runners. Close to 50% of the finishers were younger than 19. It was great seeing the young runners and the support their parents were giving them. Mike Ford's efforts to promote the event through area coaches paid off.

Unfortunately, the event was not without controversy; Tom Zicafoose failed to complete his finishing card and Matt Ross had his finishing time challenged. Evidently, Tom thinks that putting a "Z" on the card is sufficient. After all was sorted out, Ken Bendy decided to give him his age group award anyway. After recovering from a hip injury, Matt Ross completed the course in less than 27:00. It was hard for some to believe that Matt actually could run that fast after taking so much time off. The matter was referred to the instant replay booth official for review; the replay



official ruled that there was inconclusive evidence to over-turn his finishing time.

My two year old son Juan Carlos completed the one mile fun run. I was planning to run the race with him, but when I joined him at the start line, he was holding hands with two older girls and told me he preferred running with the girls instead of his dad. He must have learned this from the older Striders.

I am looking forward to another Hog Jog next year. It is always fun to have the long-time Striders and new runners get together for this low-key event and have a good time. ●

See pages 6 & 7 for complete results

December Social Sunday, December 16 • 6 PM

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

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

Continued on page 10



Prez Sez By Dave Bokros

It's that time of year, again. Daylight hours are short and we all do a lot of running in the dark. Makes sure that you are visible! Wear reflective gear and lights. I found a cool LED light that is very small and will clip to the visor of your hat. The light that comes from it is more than sufficient for me to see most of the road in front of me so I don't stumble into a hole or trip over something and end up injured. If you are running on the road against traffic I wear a hat so that I can drop the bill down to block out the headlights of oncoming cars. This works very well, and, if you have never gotten off to the side of the road when a car was coming and it a mailbox- well let's just say you never want to do that!

Do your best to be safe. If you have to run in the dark, and most of us do, run in groups whenever possible.

See you on the road- but only if you are visible! ●

Board of Directors' Minutes 11/13/2007

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

Minutes: No changes to the September minutes.

Treasurer's Report: George Hoskins presented the Treasurer's Report. He noted that \$10,000 was transferred from the Run to the Sun account to the main account. Sunny Delight gave \$3750 which will also be used for all four races. The Oakleaf Fun Run received \$165.40 for ribbons. Scholarship money was distributed to recipients. Cash on hand is \$15,104.79. The final total of all funds available is \$64,192.19. George pointed out that the Vystar CD matures next month. He suggested that we move that money to the Compass Bank account to keep them all together. This will be voted on next month.

2008 Budget: Dave noted that on the back of the budget sheet was an up to date accounting for the year to help us get started on the 2008 budget. He stated we need to form a committee to come up with a proposed budget by December so we can vote on the final by January. Dave said we need to review these papers so we can have a discussion next month.

Lending of Equipment to Karen McCormick for Fleming Island Elementary Fund Raiser: Dave stated this is strictly a fund raiser which will charge \$5 per family for a road race. She wants to borrow our equipment for this event (clock, cones, etc.). Questions were raised as to what exactly this fund raiser would support and when it will be held. Dave stated he would get more information and bring back some answers.

Email Vote on Christmas Parade Fun Run & Anniversary Logo: Dave stated that 12 people responded affirmatively for the Fun Run, so we will support it. We need 12-15 volunteers for this. We will handle registration, the finish line and equipment. Mike Mayse has volunteered to bring the equipment. Vicky, Kim, Glenn and Denise volunteered to help run the race.

Anniversary Logo and Logo Redesign: Because of the flurry of email reference the logo redesign, the entire subject was **Continued on page 10**

2007-2008 Board of Directors & Key Members

(Board Members marked with an *)

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Running as a Spectator Sport

It dawned on me recently that the reason running is a relatively minor spectator sport—compared to football, hockey, car racing, and basketball—is the lack of officiating. That's right. I think if road racing had referees, judges, and umpires—and lots more rules—we could expect people to pay big bucks to come out, cheer for us, and then debate the fine points of our races for days afterwards.

Let me propose a scenario to demonstrate what I mean. Since most football games have around a half-dozen officials, and basketball has three, I deduce that the ideal ratio of officials to competitors is somewhere around one to four. So imagine River Run—with 7,000 runners and 1,500 officials. Seems about right to me.

All along the course would be whistle-blowing males and females, in black and white stripes, possibly with bright yellow hankies to throw at rule breakers.

The cannon launches us from the starting line near the stadium and seconds later, another cannon shockwave brings us to a halt.

“Offsides!”, booms the public address announcer. Some dolt was in the neutral zone when the race started. About ten minutes to get us all back in place, then a third cannon blast to get us running again. The crowd goes wild.

We are underway, 800 meters into the trip toward the Main Street Bridge, when we screech to a halt. John Metzgar and a couple of other frontrunners ran over a curb and out of bounds to get past a police car in the road. Not only must all running stop but the offenders are penalized 50 meters. The officials, stationed exactly 100 meters apart, get everyone aligned and with a whistle blast and a clock-starting whirl of the arm, we are running again.

Just past Baptist Hospital, Frank Frazier and Bill Dunn are pulled aside for “icing”. By throwing one computer chipped foot over the 5 km timing mat before the people they were running beside, they are flagged for a 100 meter penalty. Frank is so furious, he is further penalized for conduct unbecoming of a 65-year old and has to stand in the penalty box (a portolet with no seat) for one minute.

Up and down the course, runners are whistled to a halt for bumping, high arm carriage, tripping, slashing, jogging, and myriad other infractions. Busy officials are throwing flags, pacing off penalties, and announcing the race numbers of offenders.

The crowd screams its appreciation or heckles, depending on who is being caught.

I run past a light on River Road—a group of Mandarin firemen, running in a pack of eight, have taken exception with a group of women in pink—Ladies of the Night. There is much pushing and jawboning. Six assertive officials yellow card four of the combatants and red card one fireman and one Lady.

Aid stations are offering beer and bratwurst sandwiches, along with Perrier and gel packs. Flags fly when several run-

The Wide World of Running

By Jay Birmingham

ners spew the bubbly stuff, expecting Gatorade. Gel pack wrappers are dropped, and vigilant officials dole out the penalty—loss of 50 meters and 30 seconds added to the clock.

The Hart Bridge looms. The lead, which has changed hands nearly 100 times in the first seven miles, is now held by Elfrieda Weiner, who has so far run a clean race. Since a young runner nearly 400 meters back has pulled over to tie a loose shoelace, the Caution Flag has gone out and now the entire field bunches closer together. Front runners must slow to 10:00 minute pace until Jeremy Looselace gets back on the course.

There is speculation that Patti Stewart-Garbrecht swerved in front of a wheelchair racer, so video replays are reviewed before anyone in her group can proceed.

Dave Bokros and Vanessa Boyd, running with Bob Boyd, are flagged for delay of race for chatting on the bridge ramp. The official marks off a 50 meter penalty, taking them back to the base of the bridge.

The leader is now Deena Kastor, but moments after reaching the front, she is whistled to a stop for overstriding on the descent. She is walked back up to the crest of the bridge and penalized 30 seconds.

Denise Metzgar and Mike Ford briefly assume the lead until both are flagged: Denise is penalized for smiling, and Mike must serve two minutes in the Penalty Box for encouraging a middle schooler,

Just as Gayla Poythress takes the lead, she must stop. Glenn Hanna has called time out, demanding a video review of the Ford penalty.

Vicky Connell, has patiently paced herself and is within sight of the finish balloons. Abruptly, she is yanked from the course by an official for offsides—she crossed the center stripe on the roadway.

George Hoskins sprints into the lead, slipping past a discouraged John Steinberg, who has been flagged for taunting John Metzgar. Kay Womack and Nicole Sullivan bear down on George and double-team him, each grabbing his flapping singlet as they pass.

I am within 30 meters of the finish and kick my shoe forward, hoping to break the plane of the timing mat. Alas, it is Wide Left.

Everett Crum reaches out for the finish line just as Trish Kabus lunges past him. It is many minutes before the officials come out of the video review booth. The race is declared a tie.

Seven thousand runners are herded back to the other side of the Fairgrounds for a 5,000 meter overtime period.

Jay Birmingham has been a contributor to the StrideRight for several years. ●

Anniversary Celebration 2007

By Jenny Allen

The 29th Annual Anniversary Run Celebration from Sun Tire, held on Sunday, October 14, was a big success but it is with sadness that I write this article. Our friend and fellow Strider, John Nalley, suffered a heart attack in October. Every year he has given me a bag of money and this year was no exception. As I write this John is in Brooks Rehabilitation and in need of our thoughts and prayers.

This was the first year that the Anniversary Run was included as one of the Strider's monthly socials. We had a good turnout of about seventy people. The money found throughout the year paid for such things as champagne, Bloody Marys, fruit salad, bagels, and other drinks. Everyone brought breakfast foods or snacks giving us plenty of tempting things to eat.

Thank you to all of you who helped me this year. Marge Ruebush spent many hours cutting fruit for the fruit bowl, shopping, and making Bloody Marys. She kept things moving smoothly with the help of Elke Miller and Lori Scarlett. Patt McEvers furnished the orange juice and Dick Miller shopped for good deals on fruit at the farmers market. When I asked Jeff Nelson to help with the transportation of tables and chairs

again this year he graciously accepted. Sadly, his mom passed away unexpectedly and Mike Mayse stepped up to do the job of loading and unloading tables. Our president, Dave Bokros, was our emcee for the morning and my husband, Richard, helped in ways to many to mention.

You guys found \$210.80 making this one of our best years ever. We have Frank Frazier partly to thank. He found a twenty dollar bill last year at the Anniversary Run and went on to find eight more dollars in December. Bobby Greene and John Tenbroeck both found two dollars each and Kim Anthony found three. One dollar bills were found by Tom Sullivan, John Powers (2), Patt McEvers, John Nalley, Robert Shields and Elke Miller. Our Tar Heel Strider, Robert Shields, sent four checks for a total of \$17.45. Bags of money came in from Tom Sullivan (\$6.89--- before leaving to move to Connecticut), John Nalley (\$10.26), Jeff Nelson (\$7.63), and Mike Mayse (\$30.00 rolled and counted). Paul Geiger was tempted to pick up a five dollar bill while running the River Run but he was too tired or running too good to lose valuable time, both of which we can relate.

Next year will be our 30th anniversary so we will look forward to you being with us to make it really special. Until then, happy, healthy running and keep those pennies rolling in. ●

Logo Design Contest

In conjunction with the Striders 30th anniversary next year, we will be holding a contest to design a new logo for the Striders. Our logo has served the club for nearly 30 years and "Strider Yellow" is a familiar sight at road races throughout the First Coast area. It is now time to build on that legacy and create a new design that adds a more contemporary look to the club and related marketing/merchandising materials while maintaining the rich heritage of the Florida Striders Track Club. Contest details are as follows:

Design Overview: All Design ideas are welcome, including those that strive to update the current logo, those whose intent is to incorporate current elements in an unrestrictive manner and finally, those that offer up a totally new perspective. Our selection decision will be based on the image that we feel best represents our club, it's membership and our great history.

Participants: This contest is open to all Strider members

Contest Prize(s): \$300 Cash and Free Race Registration to all Strider races for the next 12 months

Deadline: Monday, December 31, 2007

Selection Date: Winner and design will be announced on Friday, January 11, 2008

Format: jpeg format only (filename.jpg)

Contact Info: All submissions and related questions should be sent via email to: striderlogocontest@gmail.com ●



Frank Sutman, Jen Davis from Princeton, NJ. and "Bruce" Sung Ho Choi at the JFK 50.2-mile Ultramarathon in Boonsboro, MD on November 17.



Robert Crampton at Tower of Terror 13K in MGM Studios, Orlando on October 27.



Results

November 10, 2007

Ronnie Van Zant Memorial Park

5	106	12	Kristen Barelare	29:37	9:33
6	107	11	Catlin Veal	29:43	9:35
7	113	11	Kaylee Weber	30:59	10:00
8	117	12	Abigail Sears	31:56	10:18
9	120	12	Reem Alkhatib	32:13	10:24
10	125	13	Keri Burgos	32:37	10:31
11	130	11	Joelle Freeman	34:01	10:58
12	162	14	Camille Modesto	42:39	13:45
13	163	13	Yesmin Spaulding	42:41	13:46
14	167	12	Eryn Ruel	43:36	14:04

Overall Male

Place	Age	Name	Time	Pace
1	1	22	Eric Dingler	17:56 5:47
2	2	16	Trent Blair	18:06 5:50
3	3	20	Alex Moody	18:31 5:59

Overall Female

1	6	13	Mary Ann Brown	19:09 6:11
2	11	12	Julia Schorner	21:21 6:53
3	31	13	Alexandra Midgett	23:01 7:25

Master Male

4	40	Drew Kenny	18:57 6:07
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Master Female

45	41	Tracy Pfunter	24:32 7:55
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Grandmaster Male

15	60	George White	21:39 6:59
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Grandmaster Female

86	51	Debbie Adams	27:47 8:58
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10 and Under Female

1	143	9	Ashlyn Everington	36:16 11:42
2	153	8	Samatha Werve	39:40 12:48
3	156	9	Christina Mayberry	40:08 12:57
4	157	10	Kali Ward	40:18 13:00
5	161	8	Brianne McCulbough	42:11 13:36
6	166	7	Cameron Labelle	43:00 13:52
7	169	5	Peyton Labelle	44:45 14:26
8	172	8	Jade Meyers	46:41 15:04
9	174	9	Carly Clark	46:50 15:06
10	177	10	Erin Bernhardt	48:35 15:40

10 and Under Male

1	17	9	Bradley Foster	21:51 7:03
2	50	10	Brandom McCullough	25:11 8:07
3	56	10	Shane Bayden	25:23 8:11
4	96	8	Austin Burk	28:40 9:15
5	108	6	Benjamin Werve	29:45 9:36
6	110	9	Daniel Crouch	29:47 9:36
7	134	9	Casey Jakubowski	34:41 11:11
8	155	9	Connor Boyd	40:00 12:54
9	164	7	Joshua Gessner	42:50 13:49
10	165	9	Ben Gessner	42:50 13:49
11	180	9	Jon Valliere	53:32 17:16

11 - 15 Female

2	32	12	Jessica Deegan	23:26 7:34
3	85	13	Bailey Hulshult	27:44 8:57
4	92	11	Abby Hulsult	28:20 9:08

11 - 15 Male

2	8	14	Cody Helms	20:44 6:41
3	13	11	Steven Barlow	21:29 6:56
4	20	13	Lucas Crouch	22:07 7:08
5	22	14	Austin Bobo	22:18 7:12
6	23	14	Robert Lee	22:21 7:13
7	25	13	Matthew Borello	22:25 7:14
8	26	14	Trey Mayberry	22:28 7:15
9	27	11	Chase Gruber	22:30 7:15
10	30	13	Brady Hollenbacher	22:52 7:23
11	39	14	Blake Barelare	23:54 7:43
12	40	13	Jaryd Tamares	23:56 7:43
13	42	13	Brian Santiago	24:11 7:48
14	66	13	Hassan Alkhatib	26:09 8:26
15	78	11	Eric Tallbacka	27:04 8:44
16	79	13	Armando Bonheur	27:05 8:44
17	82	14	Kris Barnhill	27:15 8:47
18	83	11	JJ Jaknbowski	27:32 8:53
19	89	13	Courtney Landfair	28:00 9:02
20	91	14	Ashton Fritz	28:10 9:05
21	95	13	Marcu Lee	28:36 9:14
22	98	14	Craig Brodsky	28:55 9:20
23	99	13	Matthew Tison	29:00 9:21
24	101	14	Brandon Nino	29:09 9:24
25	118	11	Justin Sparks	32:02 10:20
26	119	11	Tyler Imrich	32:02 10:20
27	121	14	Jake Bernhardt	32:14 10:24
28	122	13	Parker Wisnieski	32:17 10:25
29	123	13	Trent Turknott	32:18 10:25
30	124	14	Thomas Taylor	32:20 10:26
31	139	13	CJ Lampasone	35:52 11:34
32	140	12	Christopher Wright	35:54 11:35
33	145	14	Johnny Ancona	36:39 11:49
34	148	12	Macklin Kirksey	38:12 12:19
35	175	11	J. T. Davie	48:26 15:37
36	115	11	Tyler Greenhaw	31:29 10:09

15 - 19 Female

1	72	15	Angie Epifano	26:30 8:33
2	73	17	Jessica James	26:35 8:35
3	105	15	Taryn Lee	29:30 9:31
4	150	15	Jennifer Westermann	38:52 12:32
5	170	15	Molly Hankla	45:19 14:37

15 - 19 Male

1	12	15	Phillip Bowers	21:24 6:54
2	14	17	Daniel Lee	21:35 6:58
3	18	15	Nick Tison	22:02 7:06
4	51	17	Bryan Green	25:12 8:08
5	69	16	Scott Arend	26:12 8:27
6	74	17	Logan Zagora	26:40 8:36
7	137	19	Alicia Nierenstein	35:18 11:23

8	138	17	Wgleed Alkhatib	35:42	11:31
9	149	16	Josh Helms	38:13	12:20

25 -29 Female

1	57	29	Amanda Phillips	25:25	8:12
2	75	27	Uyen Phan	26:57	8:42
3	81	26	Jordana Frenck	27:10	8:46
4	112	27	Paige Roberts	30:34	9:52

25 - 29 Male

1	38	25	David Walrath	23:54	7:43
2	65	28	Michael Brower	26:00	8:23

30 - 34 Female

1	60	31	Tara Kenney	25:39	8:17
2	102	32	Carrie Imrich	29:12	9:25
3	114	34	Laurie Burke	31:23	10:07
4	128	33	Dawn Bergeron	32:52	10:36
5	129	34	Jennifer Otero	32:53	10:36
6	141	33	Alinka Foldesi-Freeman	36:02	11:37
7	146	31	Carmen Ehret	36:42	11:50
8	173	31	Shannen Crampton	46:46	15:05

30 -34 Male

1	16	31	Robert Crampton	21:45	7:01
2	41	34	Doug Deters	24:10	7:48
3	46	33	Doug Norsey	24:55	8:02
4	47	31	James Vavrina	25:00	8:04
5	49	30	David Fleischmann	25:05	8:05
6	63	31	Eric Frenck	25:55	8:22
7	67	30	Chuck Deray	26:11	8:27

35 - 39 Female

1	36	39	Lauri Barnhill	23:39	7:38
2	55	38	Abby Butler	25:23	8:11
3	62	36	Jennifer Crane	25:51	8:20
4	93	35	Leslie Manner	28:28	9:11
5	131	36	Kay Womack	34:18	11:04
6	142	35	Christina McKenney	36:03	11:38
7	152	38	Eileen Werve	39:31	12:45
8	159	38	Michelle Schnitzler	41:50	13:30
9	160	36	Teresa Sanderson	41:50	13:30
10	168	38	Imee Ilog	44:10	14:15

35 - 39 Male

1	5	36	Andrew Marchand	19:02	6:08
2	7	38	Scott Olivolo	20:12	6:31
3	77	39	Eric Bush	27:02	8:43
4	80	36	Gene Imrich	27:07	8:45
5	109	37	Steven Werve	29:46	9:36
6	116	38	Jim Henderson	31:42	10:14

40 - 44 Female

1	70	42	Kacee Bryner	26:21	8:30
2	88	40	Gayla Poythress	27:59	9:02
3	90	41	Tamara Bowers	28:05	9:04
4	144	41	Bernita Bush	36:19	11:43
5	154	40	Becci Powell	39:50	12:51
6	158	43	Michelle Ramos	40:38	13:06

40 - 44 Male

1	9	44	Keith Poythress	20:53	6:44
2	71	41	Michael Lee	26:26	8:32

3	94	42	Vincent Cameron	28:36	9:14
4	126	43	Kevin Powell	32:45	10:34
5	135	42	Tom Jakubowski	34:42	11:12
6	179	42	Gary Doyule	48:50	15:45

45 - 49 Female

1	97	46	Susan Stark	28:49	9:18
2	104	47	Kim Anthony	29:22	9:28
3	111	45	Carole Gardner	30:02	9:41
4	171	49	Caron Westermann	45:20	14:37
5	176	48	Belinda Bernhardt	48:35	15:40
6	178	48	Shirle Colston	48:50	15:45

45 - 45 Male

1	10	47	Randy Arend	21:03	6:47
2	21	45	Raymond Ramos	22:14	7:10
3	34	47	Frank McBride	23:29	7:35
4	53	45	Robert Lee	25:19	8:10
5	54	46	Jerry Hulshult	25:19	8:10
6	58	48	William James	25:26	8:12
7	100	46	Alex Fletcher	29:01	9:22
8	136	45	Carl Duke	35:01	11:18
9	37	46	Carmelo Sustache	23:48	7:41

50 - 54 Female

1	87	50	Kimberly Lundy	27:48	8:58
2	132	54	Kay Manly	34:20	11:05

50 -54 Male

1	28	50	Robert Barnhill	22:35	7:17
2	33	54	Tom Zicafoose	23:28	7:34
3	43	51	Paul Berna	24:11	7:48
4	48	51	Steve Bruce	25:04	8:05
5	61	51	Chuck Bryner	25:45	8:18
6	68	50	Tallbacka Eric	26:11	8:27

55 - 59 Female

1	103	57	Carol Palmer	29:17	9:27
2	147	57	Doti Cahill	36:55	11:55

55 - 59 Male

1	19	56	Lewis Buzzell	22:07	7:08
2	44	58	Steve Jennnings	24:20	7:51
3	64	57	Glenn Hanna	25:58	8:23

60 - 64 Male

1	52	60	Danny Weaver	25:19	8:10
2	84	60	Joe Butler	27:40	8:55

65 - 69 Male

1	24	65	Frank Frazier	22:24	7:14
2	29	68	Clyde Copeland	22:39	7:18
3	76	67	Matt Ross	26:58	8:42
4	127	66	Freddy Fillingham	32:46	10:34

Male 71 - 74

1	35	72	Everett Crum	23:30	7:35
2	133	73	Al Saffer	34:40	11:11

Male 75 - 70

1	151	75	Harry Milliron	39:12	12:39
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River Road Resolution 5K



January 12, 2008



Saturday, January 12 2008 - 8 AM

No Excuses - Just Do It & register for the River Road Resolution 5K! Put your New Year resolutions into action. This Jacksonville Grand Prix Race starts and finishes at the Orange Park Kennel Club, is a USATF Certified Course (FL-02016DL), and is run along the beautiful St. Johns River on River Road. Start the New Year right!

5K AWARDS: 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)

Walkers are invited to join us, however there will be no Walking Awards category in this race.

FUN RUN: One mile Fun Run starts at **9:00 AM**. There is no charge for the Fun Run, but all runners must complete an entry form. Awards to all Fun Run finishers.

RACE PACKET PICKUP: Thurs., 1/10, or Fri., 1/11, at the 1st Place Sports location noted on your entry form (10 a.m. - 6 p.m.) in either:

Orange Park: 550-7 Wells Rd, 264-3767,
Jax: 3931 Baymeadows Rd, 731-3676, or
Jax Beach: 424 South 3rd St., 270-2221.

Race Day at the Orange Park Kennel Club. Day of race registration will begin at 6:30 AM. T-Shirts are guaranteed to all pre-registered 5K entrants.

COST: Please see the following table:

*There is an additional \$2 discount if you

Race Entry received:	Strider or Military	Not a Strider
by January 2	*\$12	**\$14
1/3 thru 1/11	*\$15	**\$17
Race Day	**\$20	**\$20

• have your own ChampionChip except for day
• of race Registration (see entry form to enter
• your personal chip number.)

• **There are no discounts available for Day of
• Race Registration and personal
• ChampionChips cannot be used. All Day of
• Race entries are \$20.

• **Make check payable to:** River Road
• Resolution 5K

• **Mail completed application & check to:**
• River Road Resolution 5K
• 3931 Baymeadows Rd
• Jacksonville, FL 32217

• Race fees are non-refundable.

• **More Information:** Contact Bob Boyd at
• 272-1770, BobBoydFL@gmail.com or
• www.floridastriders.com.

• You may also register on-line at
• www.Active.com.

FUN RUN!

There is a FREE one mile Fun Run at 9:00 AM with awards for all finishers and \$1800 in participation money for elementary schools!



The Florida Striders Track Club is a family oriented club that stages three Grand Prix races each year and a Social each month. Profits from our events are funneled back into community projects to promote fitness and health. Our Newsletter, the Strideright, includes articles from our members, fitness tips, pictures of our members in action, race results, and items of general interest. See our website, www.floridastriders.com, or contact our Membership Director, Mike Mayse, 777-6108, or email mjmayse@comcast.net for more information. Complete the membership application below and come have fun with us.

Florida Striders Membership Application

New

Renewal

Please Print

Name: Last _____ First _____ M.I. _____

Address _____ # in Family _____ Your Occupation: _____

City/State/Zip _____ Spouse's Name _____ Your Employer: _____

Phone: Home _____ Birthdate(s) _____

Phone: Work _____

E-mail _____

Signature _____

Date _____

Annual Dues:

- Family \$20 (2 years \$40, 3 years \$60)
- Single \$15 (2 years \$30, 3 years \$45)
- Junior (under 18) \$10 (2 yrs \$20, 3 yrs \$30)
- Senior (over 65) \$10 (2 yrs \$20, 3 yrs \$30)

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

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road or the traffic on the course, all such risks being known and appreciated 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 and release the Road Runners Club of America, The Florida Striders Track Club, and all sponsors, their representatives and successors from all claims and liabilities of any kind arising out of my participation in these club activities, even though that liabilities may arise out of negligence or carelessness on the part of the persons named in this waiver. Rev. 12/01

ADDITIONAL SPONSORS

Pediatric Dentistry & Orthodontics
Donnie A. Myers, D.D.S.
Gary R. Myers, D.M.D.
(904) 505-2010

GENERAL TRUCK
EQUIPMENT & TRAILER SALES INC

FLORIDA POWERTRAIN & HYDRAULICS, INC.

Smoak, Davis & Nixon LLP

Publix Charities

FAGAN & BROUSSARD
John Fagan, P.A.

BLUE RIDGE
Water Company, Inc.

Florida Heart Center
We Care For Your Heart

active.com

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

RIVER ROAD RESOLUTION 5K ENTRY FORM

RACE# (FSTC USE ONLY) _____

Packet Pick-Up (Choose One)

- Baymeadows 1st Place Sports 1/10 or 1/11
- Orange Park 1st Place Sports 1/10 or 1/11
- Jax Beach 1st Place Sports 1/10 or 1/11
- Day of Race @ Orange Park Kennel Club

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

Age _____ Sex **M** **F** Adult Sizes **S** **M** **L** **XL** 5K **FUN RUN** (no charge - just bring entry form with you on Sat., 1/12, race day) Personal Champion Chip # (can NOT be used for Day of Race registration) _____

Street Address (include apt. number) _____

City _____ State _____ Zip Code _____

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

BY MY SIGNATURE I ACKNOWLEDGE THAT: Participating in an organized running event is a potentially hazardous activity. I will not participate unless physically and medically able. I agree to abide by all decisions of race officials relative to my ability to safely complete the race course. I assume all risks associated with participating in this event including but not limited to: Slip/trip/fall, contact with other participants, weather conditions, traffic and conditions of the road/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), the town of Orange Park 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 carelessness by persons or organizations named in this waiver. I agree and grant permission that should circumstances arise, I defer to race officials and/or qualified persons as to my need to be examined and/or treated medically during the race. I agree that race officials and/or qualified persons have the right to disqualify and remove me from the race course should I be suffering from a life threatening condition. I further grant to Releases 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.

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

Make Check Payable to: River Road Resolution 5K • 3931 Baymeadows Rd • Jacksonville, FL 32217 or drop off at any 1st Place Sports location.

MINUTES

Continued from page 2

tabled till the meeting. Dave opened the floor for discussion. Gary Hallet did a short presentation which made the point of how things have changed since our club began. He showed some other logos that he looked up on the internet and shared info about other company logos which have changed over the years. Gary proposed we have a contest to come up with a new design in time for the 2008 Run to the Sun. This logo would take us into the next 30 years. The discussion went around the table with some for keeping the old logo, some for a totally new logo, and others for keeping the updated anniversary logo and then coming up with a contest for a new one. A motion was made by George Hoskins to produce the 30 years logo for the River Road Resolution 5k t-shirts, seconded by Kelly Howard. The vote for approval was unanimous. Kay Womack recommended that the anniversary logo remain till the Gate River Run, seconded by Denise Metzgar. The vote for approval was unanimous. Vicky Connell then made a motion for the redesign of the Logo with Gary Hallett as head of the committee. The committee would be responsible for coming up with design parameters and rules of the contest. Gary recommended we offer a \$300 prize and a year's worth of Strider race registrations and a 31 December deadline. The motion was amended as stated. Kay Womack seconded, and it was passed unanimously.

Scholarship for 2008: Dave asked if Kim and Kelly to return to the committee. Vicky recommended that the committee present the scholarships in person at the schools where they are received.

River Road Resolution (RRR) 5K Budget: Bob Boyd forwarded the budget for the RRR. The net profit forecast for the race is \$7350. He estimates 515 entries. George Hoskins made a motion that we accept the race budget, seconded by Keith Poythress. It was passed unanimously. Kim Lundy noted that on the First Place Sports website, the race is not noted as a Grand Prix race even though it is.

Social Update: Glenn noted that the November social is the 18th which is this coming Sunday. The December social is the block party after the Jacksonville Marathon at the home

of Robert and Janet Irvin in Avondale. Glen has a tentative schedule for the rest of the year that he intends to submit to the Strideright for next month.

General Discussion:

Vicky Connell noted that the Children's Running Camp Committee meeting will be November 28th after the Wednesday night track run at Buffalo Wild Wings around 7:30 or 8:00.

Denise would like to do a collage of pictures from the past 10 years to replace the one that currently goes to many Strider events. She would like to spend about \$70 to do this. John Metzgar moved that we give her these funds. Dave suggested Denise put the information in the Strideright. Kellie seconded, passed unanimously.

John said he would write an article to encourage more people to come to the track on Wednesday nights.

Mary Steinburg has a grant for about 400 bicycle helmets for the Step Up event, but thinks she will have some left over and wonders if we would like to use them for our races. Dave suggested she get with the individual race directors to discuss. He also suggested she set up a table to advertise the event at our races.

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

Respectfully submitted,
Vicky Connell

SOCIAL

Continued from page 1

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

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

NEW MEMBERS

Nancy Fraser
Patrick Gallagher
Adam Maveety
Eric Schneider

RENEWING MEMBERS

Marie Allison
Jay Birmingham

Chuck & Kacee Bryner
Joan Crawford
Bill & Lissa Dunn
Craig, Susan & Nancy Harms
Tim & Janice Martin
Kwan McCall
Dana, Katherine, Alexandra &
Jacob Midgett
Amy Randall
Earl, Connie & Kayla Vinson

Norma & Ron Wasson
Winney, Tom, Katie & Scott Yaun
Tyree Crews
Jonie Davis

MULTI-YEAR RENEWALS

Joe Blewett
Kathy King & Anthony Truitt
Tom Sullivan
Kim Anthony ●

December 2007 Race Calendar

Published as a service. Accuracy is not guaranteed. If you would like your race listed: Contact either Ken Bandy, 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
December 8	Reindeer Run 5/10K 5K Walk and Kid's Run	8:30 a.m	Atlantic Recreation Center 2601 Atlantic Ave. Fernandina Beach	(904) 491-0369 Amelia Island Runners Runners
December 8	Palencia Jingle Bell Run 5K	4:00 p.m	Palencia Village Ctr. 625 Placencia Club Dr. St Augustine	(904) 731-1900 First Place Sports
December 15	3rd Annual Stonewood Grill Holiday Classic 5K	8:00 a.m	Stonewood Grill & Tavern 100 South Atlantic Ave. Ormond Beach	(386) 672-8276 Daytona Beach Track CLub
December 15	Jingle Bell Run 5K	3:30 p.m.	Jacksonville Landing	(904) 378-9083/885-4008 Arthritis Foundation
December 16	Jacksonville Bank Marathon/Half Marathon	7:00 a.m	Bolles School 7400 San Jose Blvd Jax	(904) 731-1900 First Place Sports
December 30	31st Annual Last Gasp 5 Mile Cross Country	2:00 p.m	Jacksonville University	(904) 725-9308 JTC Running
December 31	Konica Minolta Gator Bowl 5K	2:00 p.m	Jacksonville Landing	(904) 731-1900 First Place Sports
January 12	River Road Resolution Run 5K FUN RUN	8:00 a.m.	Orange Park Kennel Club	(904) 272-1770 BobBoydFL@gmail.com 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

Striders at the Races

RACE RESULTS

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

TOWER OF TERROR 13K MGM Studios, Orlando October 27

Robert Crampton 1:01:10

EVERGREEN CEMETERY 10 MILE Jacksonville October 28, 2007

John Steinberg	55:09	2nd O/A
John Metzgar	55:47	3rd O/A
Justin Jacobs	57:55	2nd A/G
David Bonnette	1:07:33	2nd A/G
Dave Shaffer	1:07:55	2nd A/G
Terry Sikes	1:07:59	2nd A/G
Bruce Holmes	1:10:31	1st A/G
Stephen Beard	1:10:36	3rd A/G
Steve O'Brien	1:10:49	
Anthony Truitt	1:10:44	1st A/G
Rosa Haslip	1:11:04	Masters Female
Randy Arend	1:11:50	3rd A/G
John Funk	1:12:23	
Keith Poythress	1:13:07	
Paul Geiger	1:15:09	2nd A/G
George White	1:15:10	2nd A/G
Bill Pennington	1:15:18	
Michael Mandt	1:16:15	
Del Conner	1:16:34	
Stephanie Griffith	1:16:56	1st A/G
Frank Frazier	1:17:06	1st A/G
Regina Taylor	1:17:25	3rd A/G
Elfrieda Wyner	1:19:01	1st A/G
Lewis Buzzell	1:21:59	
Leonard Pfuntner	1:22:21	
Everett Crum	1:22:56	
Danny Weaver	1:23:40	3rd A/G
Kwan Supapan McCall	1:23:57	1st A/G
John Hirsch	1:24:52	
Paul Smith	1:24:54	3rd A/G
George Hoskins	1:26:14	
Steve Bruce	1:27:42	
James Vavrina	1:30:30	
Maria Littlejohn	1:31:04	
Jay Birmingham	1:32:55	
Roxanne Slater	1:33:58	
Angela Adamson	1:34:31	
Kellie Howard	1:34:41	
Chelle Mahaney	1:37:10	

Matt Ross	1:39:07
Ben Holland	1:41:10
Denise Dailey	1:43:08
David Kelley	1:43:10
Gayla Poythress	1:43:18
Joe Sova	1:46:04
Rebecca Brown	1:46:22
Kim Anthony	1:50:07
Jeanie Wilson	1:51:11
John Aimone	2:00:06
Al Saffer	2:03:48
Evan Gould	2:08:42
Judith Gould	2:08:43

EVERGREEN CEMETERY 5K Jacksonville October 28, 2007

Simon Jacobson	22:24	2nd A/G
Wendy Patterson	23:41	1st A/G
Anna Wallace	25:12	
Glen Hanna	25:26	3rd A/G
Gene Imrich	28:28	
Scott Arend	28:42	
Mary Hutto	28:43	
Carrie Imrich	28:50	
Leo Sheckells	29:32	3rd A/G
Tyler Imrich	31:20	
Gordon Slater	32:22	
Sandra Shines	32:34	
Alan Koch	33:18	
Jonie Davis	33:16	
Tina Koch	33:22	3rd A/G
Heather Trubey	35:10	
Terry Bell	35:22	
Elda Bell	35:26	2nd A/G
Diane Aimone	41:05	1st A/G
Jacqueline Hardin	42:52	
Joe Connolly	43:13	2nd A/G
Nicole Galvan	43:36	

MARINE CORPS MARATHON Washington, DC October 28, 2007

Carol Fitzsimmons	4:16:04
Michael Fitzsimmons	4:30:57
Sandra Maveety	4:37:44
Kimberly Lundy	4:37:45
Keith Timmons	4:51:58

Kathy Haga	5:08:14
Mike Haga	5:08:15

NATIVE SUN MANDARIN 10K Jacksonville November 3, 2007

John Metzgar	33:50	
		Masters Male
Justin Jacobs	32:37	3rd A/G
John Wisker	36:46	1st A/G
Rage Ramezani	39:00	1st A/G
Terry Sikes	39:18	1st A/G
Sung Ho Choi	39:58	
John Funk	40:16	
Bruce Holmes	40:38	2nd A/G
David Ohnsman	40:57	1st /G
Bill Dunn	41:27	
Keith Poythress	41:32	
Anthony Truitt	41:27	
Stephen Beard	41:45	
Randy Arend	41:58	
Rosa Haslip	42:16	1st A/G
Michael Mandt	43:24	
George White	43:28	2nd A/g
Robert Crampton	43:38	
Bill Pennington	43:53	
Patrick Gaughan	43:59	3rd A/G
Paul Geiger	44:03	
Lewis Buzzell	44:03	
Frank Frazier	44:09	st A/G
Raymond Ramos	44:21	
Jeb Stewart	44:38	
Regina Taylor	45:02	
Mike Haga	45:55	
Stephanie Griffith	46:14	1st A/G
Simon Jacobsen	46:27	
Paul Smith	47:26	2nd A/G
Maurya Sova	47:40	
Everett Crum	47:52	1st A/G
Tom Zicafoose	48:27	
Paul Berna	49:06	
George Hoskins	50:18	
Angela Adamson	50:40	
Maria Littlejohn	51:16	
Jack Hayes**	52:47	3rd A/G
Alexander Combs	53:46	
Ben Holland	54:11	
Kimberly Lundy	54:41	
Roxanne Slater	55:15	

Gayla Poythress	56:18	
Joe Spradling	57:08	
Rebecca Brown	1:00:19	
Sandra Shines	1:04:10	
Evan Gould	1:07:32	
Judith Gould	1:07:49	
John Aimone	1:08:29	2nd A/G
Jonie Davis	1:09:00	
Al Saffer	1:10:40	3rd A/G
Mark Lay	1:11:12	
Freddy Fillingham	1:13:25	
Gordon Slater	1:14:23	
Michelle Ramos	1:19:10	
Diane Aimone	1:20:58	1st A/G
Joe Connolly	1:29:46	

NEW YORK CITY MARATHON
November 4, 2007

Cynthia Lyons	3:34:51	
Kathy Murray	3:47:51	
Melissa Gostage	4:30:54	
Susan Gostage	5:09:30	
Pat Noonan	5:17:44	
John TenBroeck	7:10:54	
Tom Tresca	7:11:38	

**45TH ANNUAL JFK 50.2-MILE
ULTRAMARATHON**
Boonsboro, MD
November 17

Frank Sutman	7:52 (69th overall)	
Bruce Sung Ho Choi	7:58 (79th overall)	

OUTBACK DISTANCE CLASSIC 15K
Outback Plaza - San Jose Blvd.
November 22, 2007

John Steinberg	1:12:10	
	Masters Male	
John Metzgar	1:14:31	1st A/G
John Wisker	1:24:08	1st A/G
David Bonnette	1:28:38	
Mark Woods	1:28:39	
David Ohnsman	1:28:54	1st A/G
Terry Sikes	1:29:21	
Bruce Holmes	1:30:13	2nd A/G
Randy Arend	1:34:36	
Anthony Truitt	1:38:09	
Stephen Beard	1:34:01	
Bernie Candy	1:35:23	3rd A/G
Keith Poythress	1:35:32	
Patrick Gaughan	1:36:32	
George White	1:38:41	3rd A/G
Robert Crampton	1:38:54	
Paul Geiger	1:39:47	

Frank Frazier	1:40:10	2nd A/G
Michael Mandt	1:40:37	
Regina Sooe	1:40:37	
Randy Haslip	1:40:58	
Rosa Haslip	1:40:58	3rd A/G
Kathy Murray	1:41:21	
Steve O'Brien	1:41:30	
Wendy Patterson	1:41:44	
Regina Taylor	1:41:43	
Elfrieda Wyner	1:43:22	1st A/G
David Clarkson	1:43:30	
Danny Cole	1:43:46	
Chris Hallett	1:44:59	
Gary Hallett	1:45:00	
Bonnie Brooks	1:45:03	
Len Pfuntner	1:45:56	
Raymond Ramos	1:46:00	
Gary Turner	1:46:54	
Stephanie Griffith	1:47:06	
Tracy Dawson	1:46:04	
Mike Haga	1:49:30	
Everett Crum	1:49:46	1st A/G
Hernando DeSoto	1:50:01	
Paul Smith	1:50:09	3rd A/G
Steve Bruce	1:50:30	
Paul Berna	1:50:53	
Kim Crist	1:51:23	
Kwan Supapan-McCall	1:52:19	2nd A/G
Danny Weaver	1:53:07	
Philip Bowers	1:53:53	
Ken Wilson	1:54:25	
George Hoskins	1:55:27	
Teresa Hankel	1:56:30	
Robert Tomlinson	1:57:46	
Jeanie Wilson	1:58:06	
David Kelley	1:59:10	
Tracy Pfuntner	1:59:39	
Elbert Shubert	2:00:37	
Angela Adamson	2:00:39	
Charles Mann	2:00:45	
Katie Maveety	2:00:56	
Sandra Maveety	2:00:56	
Jack Hayes	2:01:31	
Leslie Hague	2:02:20	
Maria Littlejohn	2:04:07	
Bonita Golden	2:04:25	
Cynthia Maerz	2:05:08	
Kevin Terry	2:05:57	
Marie Bendy	2:06:20	2nd A/G
Tamara Bowers	2:09:05	
Alexander Combs	2:09:22	
Cathy Haga	2:16:06	
Heather Burk	2:16:16	
Callee Davenport	2:16:20	
Susan Gostage	2:16:53	
Denise Dailey	2:17:43	
Linda Wolfenbarger	2:18:24	

Pat Noonan	2:19:42	
Joe Sova	2:20:34	
Ed Kelly	2:21:38	
Kristie Matherne	2:21:56	
Kellie Howard	2:24:56	
Vicki Choinski	2:27:08	
Nancy Pullo	2:32:26	
Ed Hardee	2:33:15	
Tom Zicafoose	2:33:39	
Staci Suits	2:36:26	
Mark Lay	2:39:00	
Sandra Shines	2:45:11	
Evan Gould	2:45:12	
Judy Gould	2:45:12	

OUTBACK DISTANCE CLASSIC 6K

Denise Metzgar	25:10	
	Masters Female	
Craig Harms	27:26	
Nancy Harms	27:40	
Glen Hanna	28:39	
Gene Imrich	30:57	
Gayla Poythress	31:04	
Carrie Imrich	32:30	
Sandy Rosenberg	34:00	
Jeff Nelson	34:10	
Freddy Fillingham	36:04	
Bo Holub	36:50	1st A/G
Gordon Slater	37:14	
John Aimone	40:35	1st A/G
Ken Bendy	40:51	
Patt McEvers	41:41	3rd A/G
Ginger Frazer-French	41:45	
Robin Zipperer	45:47	
Bill Zipperer	45:53	3rd A/G
Diane Aimone	47:44	1st A/G
George Obi	49:30	
Joe Connolly	50:00	
Charles Desrosier	50:56	
Bill Mitchell	52:38	

**23RD ANNUAL THANKSGIVING
10 MILER & 5K**
Deland, FL
November 22, 2007

Kent Smith	1:42:12	2nd A/G
Trish Kabus	2:24:32	

**SHUT UP AND RUN 5K CROSS
COUNTRY**
St. Augustine, FL
November 22, 2007

Jim Kehr	31:48	
Christine Kehr	36:29	

The Back Page

BY MIKE MARINO



Hello and Happy Holidays to everyone. What fun the holidays bring for runners. Training is ramping up or tapering down for the longer events, or maybe you have already done a long event and have another (or even more) planned. And big events too, including a few here in Jacksonville. Or perhaps you've planned your vacation around a special event far away. And perfect weather for running. Ah the life. Plenty of races too, so on to the results.

The month got started at an annual Halloween celebration, runner's style, at the **Evergreen Pumpkin Run** on

October 28th. Ten miles twisting and turning through a cemetery, along with a 5K race to go with it. In the 10 miler, **John Steinberg** and **John Metzgar** ran like they were being chased by ghosts, placing 2nd & 3rd overall with times of 55:09 and 55:47, respectively. Leading all female Striders and winning the Masters Division was **Rosa Haslip** in a scary fast time of 1:11:04. **Bruce Holmes, Stephanie Griffith, Frank**

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

Frazier, Elfrieda Wyner, Anthony Truitt, and Kwan Supapan-McCall buried the competition in their age groups, taking home 1st place prizes for their efforts. Running as if they had just done a Halloween prank and placing 2nd in their age groups were **Justin Jacobs, David Bonnette, Dave Shaffer, Terry Sikes, Paul Geiger and George White**. And posting third place age group finishes were **Randy Arend, Stephen Beard, Regina Taylor, Danny Weaver, and Paul Smith**. In the 5K, **Simon Jacobson** led the Strider charge with a time of 22:24, which earned him a 2nd place age group prize. **Wendy Patterson** (fastest female Strider in 23:41) and **Diane Aimone** won their age groups; **Joe Connolly and Elda Bell** each got 2nd in their age groups; and **Glen Hanna, Tina Koch and Leo Sheckells** recorded 3rd place age group finishes.

The next weekend saw another annual Jacksonville running event, the **Native Sun Mandarin 10K**. **John Metzgar** was the fastest Strider, running a 33:50 and winning the Masters Division. **Rosa Haslip** was again our fastest female Strider, winning her age group in a time of 42:16. Striders took home all prizes in the men's 55-59 and 65-69 age groups, with (in order of finish) **Page Ramezani, Bruce Holmes and Patrick Gaughan** pulling off the sweep in the 55-59 age group and **Frank Frazier, Paul Smith and Jack Hayes** (aka – "The Long Lean Running Machine!") combining to do the same in the 65-69 age group. Other age group champions were **John Wisker, David Ohnsman, Rosa Haslip, Diane Aimone, Terry Sikes, Everett Crum and Stephanie Griffith**. Placing second in their age groups were **John Aimone and George White**; and placing third were **Justin Jacobs and Al Saffer**.

Wrapping up the local races was the **Outback Distance Classic Half Marathon and 6K** on Thanksgiving Day. What a great idea, run a half marathon before eating two helpings of turkey and potatoes along with three desserts. Runners are definitely a peculiar breed. In the half marathon, **John Steinberg** was our fastest Strider, posting a 1:12:10 en route to a Masters Division win, and **Regina Soeey** was our fastest female Strider with a time of 1:40:37. Outpacing all the turkeys in their age groups were **John Metzgar, John Wisker, David Ohnsman, Elfrieda Wyner and Everett Crum**. Recording 2nd place age group finishes were **Bruce Holmes, Frank Frazier, Kwan Supapan-McCall, and Marie Bendy**. And going home with 3rd place age group prizes to show their families during Thanksgiving dinner were **Bernie Candy, George White, Rosa Haslip and Paul Smith**. In the 6K, **Denise Metzgar** led all Striders with a 25:10, which was fast enough to win the Masters Division. Striders posted another age group sweep, this time in the 70+ division, with **Bo Holub, John Aimone and Bill Zipperer** teaming up for

the feat (and they were followed by three more Striders in 4th, 5th and 6th). Also winning her age group was **Diane Aimone** and running to a 3rd place age group finish was **Patt McEvers**.

Striders – They're Everywhere!!

Starting off in Orlando at Disney's MGM Studios, this appears to have been a very cool event. **Robert Crampton** ran in the inaugural **Tower of Terror 13K** on October 27th. It was held at night, beginning at 9:50 p.m., and participants were able to enjoy all the rides in the park afterward. It included running down dimly lit streets in the park, going down dirt roads around the Wide World of Sports complex, Disney cast members doing all types of silly things along the way, and a very cool medal in the likeness of the Tower of Terror for all finishers. Robert posted a time of 1:01:10, which put him at 86th overall out of the 2500+ finishers and 4th in the Military division. He was also the first Sailor to cross the finish line.

Washington D.C. was the big trip of choice for nine Striders, as they did the **Marine Corps Marathon or 10K**. **Carol Fitzsimmons** led the Strider contingent in the marathon with a time of 4:16:04. Also finishing the marathon were **Michael Fitzsimmons, Sandra Maveety, Kimberly Lundy, Keith Timmons, Kathy Haga and Mike Haga**. **Randy and Nancy Pullo** participated in the 10K, with Randy placing 3rd in his age group (in a field of 63) with a time of 51:14. Great effort folks.

Seven lucky Striders made the trip to the big apple for the **New York City Marathon** on November 4, 2007. Leading all Striders was **Cynthia Lyons** with a time of 3:34:51. Also making the trip and finishing the race were **Kathy Murray, Melissa Gostage, Susan Gostage, Pat Noonan, John TenBroeck and Tom Tresca**.

Down the road on Thanksgiving Day in St. Augustine a couple of Striders took on what appears to be a Strider Trail Buff special (more on the Buffs in the tidbits). **Jim and Christine Kehr** ran the **Shut Up and Run 5K Cross Country Race**, which took them over hiking trails and like terrain. How did all the Buffs miss this? No matter though, Jim and Christine represented us well.

Staying with the trail theme, but going a considerably further distance, **Frank Sutman and Bruce Sung Ho Choi** completed The **45th Annual JFK 50.2 mile Ultra-Marathon** in Boonsboro, Maryland. There were reportedly 1070 finishers, which would again make it the biggest Ultra-Marathon in United States history. Frank finished 69th overall in 7 hours 52 minutes, which was 26 minutes better than his time from a year ago. Bruce finished 79th overall in 7:58. Both Frank and Bruce said it was a great event, and Bruce admitted that he felt like someone was going to have to carry him to the finish, but

Continued on following page

he made it on his own.

And going an even further cumulative distance with the inclusion of swimming and biking, **Regina Sooeey** traveled to Panama City Beach and proved again that she is made of iron. Regina completed (for the third time) the 2.4 mile swim, 112 mile bike, and 26.2 mile run that make up the **Ford Ironman Florida**. And as if the distances were not challenging enough, she did it with a slight cold. She finished in just over 13 hours. Well done Regina.

Tidbits

Congratulations to **Robert and Karin Glenn**, the proud parents of their second child, Kristin Alice Glenn. Now the question is, how long before little sister can outrun her older brother (now 2 years old), much like her mommy can outrun her dad?

And now a **Strider Trail Buff** alert. The Last Gasp Cross Country race is scheduled for December 30th at 2:00 p.m. at Jacksonville University. It's a fun race, complete with mud and water to run through and socks for awards. What's the significance here you ask, well, I'm gonna tell you. Dating back to 2001, for the last six times this race has been run; a group of Strider men have entered the team completion. The team name varied from 2001 to 2003, but it has been the Strider Trail Buffs since 2004, and I have served as the anchor of the squad (meaning I'm the last to finish) since 2004. Nonetheless, all of these teams have finished 2nd in the team competition. Whether there were six teams in the race, or just two, Strider men have finished in 2nd place FOR THE PAST SIX YEARS! ENOUGH!! I want our big horses; scratch that, our fast horses, out there. Of

course, I'm saying this in jest, but I'd kind of like to win this for once. Shoot me an e-mail if you want to partake in an attempt to bust this six-year losing streak, though I would have to note that Bill Dunn, Frank Sutman, John Heisner, Bruce Sung Ho Choi and I get to claim "squatters rights" if we want to be on the team, as we were the original Strider Trail Buff team in 2004 (though I'll give up my slot to a faster guy). Hope to see you there.

Award

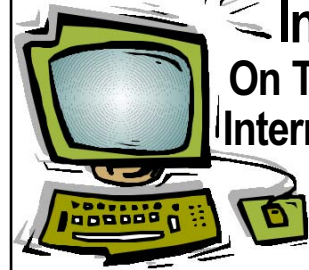
Hmmm, again, no nominations, though I was pleased with the amount of results e-mailed to me this month. The 50 miler and ironman are hard to ignore, but Bruce and Regina have already won awards, which leaves Frank Sutman. But I'm not going to give it to Frank, just to bust his chops (he's a good sport, he can take it). Nope this month's award goes to someone who I think can show everyone how to carry the "nice smug feeling" that comes with the award. And with that being the criteria, this month's award goes to the man who refers to himself as the "The Long Lean Running Machine!" – who is none other than **Jack Hayes**. Congratulations Jack on the award, and the associated nice smug feeling to which you are now entitled for the next 30 days.

That's all for this month folks. Remember to sign the Strider man at all of our local events. Best of luck with those upcoming special events, whether they be marathons, half marathons, or the Last Gasp Cross Country race. And most of all, best wishes for a safe and happy holiday season. 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@clearwire.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>