

HOG JOG VOLUNTEERS WANTED

November 8, 2008

Contact

Lillian Lawless at
lalawless@verizon.net

Christmas Parade Fun Run volunteers needed!

The annual Green Cove Springs Merchant's Association will hold their annual Christmas Parade Fun Run on Saturday December 6th at 1:45 pm. The Fun Run will be free to all participants and will follow the parade route immediately before the start of the Christmas Parade. We need volunteers! To volunteer please contact Vanessa Boyd at Vanessaboydf@gmail.com to volunteer.

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Upcoming Socials!

November 9th

Ocean Grove Condominiums
Club House, Ponte Vedra

The November social will be hosted by Vicki Choinski and Bernie Candy. They will be supplying barbeque and beer. The Club will provide soft drinks, please bring a covered dish and any additional adult beverages. There is a big screen in the clubhouse to watch the Jaguars at Detroit.

Location – 1 Arbor Club Drive, Ponte Vedra Beach: Ocean Grove Condominium clubhouse.

Directions – Take JTB East to the beach, exit right towards Ponte Vedra/St. Augustine. Continue on A1A South 2.9 miles turning Right on Thousand Oaks Blvd. Ocean Grove is the first entrance on the right, clubhouse is straight ahead with plenty of parking. =

STRIDER CHRISTMAS OPEN HOUSE Sunday, December 21st

6:30 PM - Avondale Luminaries

Join us for an evening of Holiday Spirits • Champagne Punch

Bring your own adult beverage & an hors d'oeuvre to share

Robert & Janet Irvin

3811 Boone Park Avenue, Jacksonville, FL 32205, 388-5664

(Off of Pine Grove between Park St. & Hershel)



Coming Next Issue!

Jenny's Pennies
30th Anniversary
Celebration recap

Prez Sez

By Dave Bokros



The cold weather is here! As the days grow shorter it is hard to keep in mind that you waited for this weather all summer long. Take advantage of it.

The shorter days are a reminder that time is precious. You may find yourself making the excuse that there just isn't time. Think hard about your week. If there is anything you do in the evening that doesn't benefit your well being the way that running does, then give it up. If you like to unwind in front of the television, then give up one show every other day and go to bed early. Get up pre-dawn and go out in the cold and run. The air and sky will be clear and you will be glad that you ran.

Winter is a time of renewal. Flowers turn brown and go dormant, trees lose their leaves, and the insects go silent in an involuntary retreat from the coming winter. They shrink back to save their energy for the spring to reemerge new or as something else. As you run in those predawn hours in the cold and quiet you can consider yourself defiant against nature's desire to have you go dormant for the winter. Carry the torch for all the creatures that lack your free will. Use this time to renew your running spirit.

Think of someone you have not seen or spoken to in a long time and give them a call. Go for a run!

See you on the road! =

Board of Directors' Minutes 10/14/2008

The Meeting was called to order by Dave Bokros at 7:10 pm. Board members in attendance were Randy Arend, Dave Bokros, Janis Dolemba, Kellie Howard, Glenn Hanna, Kim Lundy, Mike Mayse, Keith Poythress, Mary Ann Steinberg, John Steinberg, Regina Taylor and James Vavrina.

Minutes: There were no changes to the September minutes.

Treasurer's Report: Janis Dolemba stated that our income had gone up because of money collected for the Strider dinner, but that amount will go down when payments are made for costs incurred. She asked Dave about moving money from the Race Accounts, and he said he would let her know about the Memorial Day Race, and whether all balances were complete.

Budget Committee for 2009: Dave let everyone know that the Budget Committee would be meeting soon to develop a proposed budget for the board's December meeting. On the committee are Dave Bokros, board president; Mike Mayse for equipment, Glen Hanna for Hospitality, Keith for merchandise; Randy Arend who is a CPA and can help with number crunching and Kellie Howard.

River Road Resolution (RRR) 5k Proposed Budget: Dave presented the budget sent to him by Bob Boyd for next year's RRR 5K. He noted that some of the numbers vary from previous years because of loss of some of the usual sponsors. Kellie Howard made a motion that we accept the budget as written and Mike Mayse seconded. All approved unanimously.

Green Cove Springs (GCS) Christmas Parade Fun Run: Dave presented a request from GCS for us to support the annual Fun Run as we have in the past. Dave said we do registration at the start and hand out candy at the end. Glenn Hannah requested we purchase additional candy since we ran out last year. Karen McCormick will be organizing volunteers for the event. Mary Ann Steinberg asked if we need to purchase the

Continued on page 7

2008-2009 Board of Directors & Key Members

(Board Members marked with an *)

President/Memorial Day 5K Director:

*Dave Bokros(C) 545-4538
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Social Coordinator/Quarterly Meeting Speaker Coordinator:

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Run to the Sun 8K &
River Road Resolution Run 5K



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Run to the Sun 8K



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River Road Resolution Run 5K

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Gary R. Myers
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Memorial Day 5K

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Hassein Ramezani, MD



Krispy Kreme

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.

(Don't) Take It to the Limit

The rock group, The Eagles, wrote and sang *Take It to the Limit* about 30 years ago. It was my theme song for many hard races and difficult training runs and occasionally the tune and lyrics revisit my mind.

Pushing to one's limits is a recurring philosophy in our sport. T-shirts at track meets and cross country races this fall are proof.

"A race you can walk away from is one in which you didn't do your best," says one.

Another proclaims, "Get Out of Your Comfort Zone."

And another cotton bulletin board: "Pain is weakness leaving the body," a military boot camp theme.

Fifty years ago, Coach Percy Cerutti talked of breaking through the pain barrier by training to exhaustion. But even old Perce tempered his philosophy with a warning:

"Too literal an interpretation of this advice can be disastrous."

Before and after gatherings of runners, at races and workouts, the majority of talk is of aches and injuries, illnesses and layoffs. Dr. Joe Vigil, exercise physiologist and coach, proclaimed that a runner's life is punctuated by injury. The best one can hope for is "long periods of maintenance punctuated by short periods of development."

Many past champions bemoan their habit of continual hammering, in training, especially, as the reason for truncated running careers. Olympic champions Zatopek and Kutts, Ted Corbitt, Alberto Salazar, and a couple dozen local fellows have all stated that their competitive running careers were cut short by failing to use more self-control in their training.

Two notable exceptions come immediately to mind, Pat Porter and Haile Gebrselassie.

Porter was recently featured in its "Where are they now?" section. He is arguably the best male cross country runner in American history. Porter won three collegiate cross country titles, then reeled off eight straight TAC (now the USATF) titles in as many years.

This is amazing on many levels. Porter was able, through careful peaking and staying in top health, to be at his best on a specific day for eight straight years. And to win the national championship in cross country means that you face the best runners from every event from 800 meters to the marathon, under wintery conditions, on hills and through mud, and beat every one of them.

I met Porter in the twilight of his career as a national class athlete. He was still living and training in high-altitude Alamosa, Colorado. A two-time Olympian at 10,000 meters, Porter, simply put, took care of himself. If he had the sniffles, he'd go for a jog instead of a hard run. On the dirt road to start the 10-mile climb up 11,000-foot high Rock Creek, he always pulled a bandana over his nose to keep out the dust.

In those four years, 1990 to 1993, Porter placed second, tenth, second, and fourth at the National Championships, not

Wide World of Running By Jay Birmingham

exactly a sudden departure from being the best. Pat Porter was at the top for a decade and a half because he did not take it to the limit except when it counted.

Twice Olympic Champion at 10,000 meters, Ethiopian great Haile Gebrselassie has set records since the early 1990s. Gebrselassie ran his first marathon at 15, a casual three hours, 15 minutes, because his brother encouraged him to try it. At the Berlin Marathon in 2007, he shattered the world record with a 2:04:26. Just a few weeks back, Haile proved that was no fluke with an amazing 2:03:59 for 26 miles, 385 yards.

Gebrselassie is not just a long distance man. While Porter was finishing his cross country career, the Ethiopian was setting world records at two miles (indoors), 5,000 meters, and 10 km, some multiple times. Now, a dozen years later, he is still one of the world's best (fifth in the Olympic 10,000) at the short distances and the best ever at the marathon.

But Gebrselassie chose not to run the marathon at the Beijing Olympics, citing concern for his long-term racing career because of pollution. Would he have been Olympic Champion? He already has two golds, and he just broke the world record again. 'Nuff said. He knows what is best for him.

So I have decided to extend my running career by backing off a little bit. My goal is to stay healthier, and enjoy every day that I can run. If I race, I'll push it. If I feel a little puny, I plan to take a day off.

I have a young friend in Nebraska, Jason Brindle, who told me last winter that he has a new rule.

"I don't go outside to run if the temperature is less than my age." Since he is about 30, that keeps him off the wintery Nebraska roads most of December through February. That rule sounded good to me, too, until I realized that I (at over 60) would have to skip running from October through March here in Florida. Maybe that's too conservative.

But next time I start humming *Take It to the Limit*, my plan is to reminisce about those days past when I could run myself blind, then just slow down a little more and enjoy the passage of air through my lungs. =

Jay Birmingham coaches at St. Johns Country Day School. He has coached 24 individual state champions, 30 collegiate All-Americans, and was the 1996 NAIA National Men's Cross Country Coach of the Year.

Don't forget to sign the Strider man!

MINUTES

Continued from page 2

jingle bells and hats and Dave explained that we are given to us by the city. Mike Mayse made a motion to support this event, seconded by Kellie Howard; it was approved unanimously.

Children's Run/Walk funding requests: Vicky Connell presented four requests for funding and gave the Children's Running Committee recommendations. Janis Dolemba made a motion to approve the requested amount of \$500 for Oakleaf Village Elementary School and Kellie Howard seconded. It was approved. Janis Dolemba moved that we approve the requests from Shadowlawn Elementary for \$450 and from Middleberg for \$100; Mike Mayse seconded and it was approved. After some discussion by the board, Glenn Hannah made a motion that we disapprove the request from Yulee Middle School (\$150 for running shirts/shoes and \$350 for 5K entry fees); Keith Poythress seconded, and it was passed. Mary Ann recommended we forward the request to the Jacksonville Track Club who has indicated in the past that they might support requests such as this, and that they have more funding available. It was agreed that this was a good idea.

Strider Support for the Breast Cancer Marathon: Dave let the board know that the Donna Hicken foundation

has asked us to support them with volunteers for the race. They have not asked for money. Dave explained that they have a mechanism on their website for volunteers to sign up. He has requested water stop 25 again. Kellie and James made a motion to support it, and it was passed unanimously. The marathon/half marathon is scheduled for Feb 14th.

Social Update: Glenn Hannah let the board know that the November social will be in Ponte Vedra at the Ocean Grove Condominiums clubhouse, on November 9th. Glenn said he doesn't have a date yet for the Christmas social but it's usually the same weekend as the Jax Bank Marathon.

General Discussion: Randy Arend stated that the committee which put on the Strider 30th Anniversary dinner did a great job, and the dinner was very enjoyable. Kellie Howard thanked everyone who put on the Jenny's Pennies Brunch, saying it was nice also. Volunteers included Jenny and Richard Allen, Marage and Paul Ruebush, Dick and Elke Miller, and Pat McEvers & Charles Desrosier.

Mary Ann Steinberg gave an update for the Step Up Florida 5K. The Orange Park Medical Center gave \$1500 dollars which will be split between the schools who participate. Jeff Galloway is going to be the official announcer for the event. Mary Ann hopes to have a DJ and other special activities. She has not received

the Sacony grant yet, but has another possible sponsor. The Date for the event is Saturday, Feb 7th. Mary Ann also stated that the SHAC will meet on Monday, Oct 20th.

Mike Mayse said he's putting together a proposal to change the way we do membership notifications, which will save postage as well as trees. This will become an email system with notices for renewal. He also wants to get another 100 traffic cones so he can set up the fun run and 5K at the same time at our races.

Mike Mayse made a motion to adjourn, seconded by Janis Dolemba. The meeting was adjourned at 8:15 p.m.

Respectfully submitted,
Vicky Connell =

New life for old shoes!

The Florida Striders have begun to collect old running shoes for reuse! The shoes that are wearable will be donated locally for those that need them and those that are beyond the garden shoe phase will be shipped to Nike for the Nike Reuse-a-Shoe program. The program recycles the material in your shoes for use in rubberized track surfaces and other athletic court surfaces in schools around the world! There will be a box for shoe donation at all Florida striders races starting with the Hog Jog.

New, Renewing and Expiring Memberships

NEW MEMBERS

Kristin Smith 10/31/09

RENEWING MEMBERS

John & Diane Aimone 9/30/09
Maryellen Barber 10/31/09
Doug Barrows 10/31/11
Dennis & Sylvia Lee 9/30/11
Curtis & Jennifer Stubbs 10/31/10

Earl, Connie & Kayla Vinson

10/31/09

Norma & Ron Wasson 10/31/09
Winney, Tom, Katie
& Scott Yaun 10/31/09

MULTI-YEAR RENEWALS

Kwan McCall 11/30/10
Bill & Lissa Dunn 11/30/10

EXPIRING MEMBERSHIPS

MCaranne Boden 9/30/08
Bill & Christy Castelli 9/30/08
Michael, Rachel
& Keegan Ford 9/30/08
Dennis Lane 9/30/08
Melissa Stone 9/30/08
Norman Thomas 9/30/08 =

In our continuing efforts to improve communications we are adding another feature to our monthly report. We have added the membership expiration date. This will allow you to double check my work and ensure I get it right. If your name does not appear in this column or you think something is in error with your renewal date please emailme at floridastriders.com or call Mike Mayse (904) 777-6108.

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 8, 2008 • 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):

Entry received by	Striders/Military	Others
October 30th	\$10	\$12
10/31 - 11/7	\$13	\$15
Race Day, 11/08	\$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)

Y N
Ever run/walked a race?

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

Race Results

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

CHILDREN'S WAY 5K

(Race was 3.05 miles due to flooding)

Jacksonville

September 27, 2008

Justin Jacobs	15:05	2nd O/A
John Wisker	17:05	

Masters Male

John Metzgar	17:25	st A/G
Bill Phillips	17:49	1st A/G
Terry Sikes	18:11	2nd A/G

John Funk	18:11	
Robert Crampton	18:53	

Bruce Holmes	18:57	1st A/G
Robert Walker	19:11	3rd A/G

Randy Arend	19:11	2nd A/G
Stephen Beard	19:28	

Bernie Candy	19:35	2nd A/G
Paul Smyth	19:44	3rd A/G

Regina Taylor	19:55	2nd A/G
Lonnie Willoughby	20:18	

Brian Murray	21:00	
Lewis Buzzell	21:07	3rd A/G

Ann Krause	21:16	2nd A/G
Rebekah Wild	21:17	2nd A/G

George White	20:07	3rd A/G
Raymond Ramos	21:13	

John Hirsch	21:13	
Laurie Pinover	21:26	1st A/G

Alek Abate	21:31	1st A/G
Frank Frazer	21:36	1st A/G

Roberta Tomlinson	22:46	
Todd Hockett	22:57	

Bob Kennedy	23:05	
Kathy Murray	23:16	

Tracy Pfuntner	23:18	3rd A/G
Vicky Connell	23:58	

Sue Whitworth	24:59	
Simon Jacobson	24:59	

Paul Smith	25:04	3rd A/G
Chelle Mahaney	25:18	

Tyler Imrich	25:46	
Carrie Imrich	26:01	

Gene Imrich	26:10	
Bernie Powers	26:11	

Camille LaRocca	26:23	
Claudia French	26:52	2nd A/G

Dena Gaucher	26:54	
Everett Crum	28:13	1st A/G

Al Saffer	29:51	2nd A/G
John Aimone	30:26	2nd A/G

Freddy Fillingham	30:31	
Claire Gilbert	30:52	

Gordon Slater	31:23	
Evan Gould	32:48	

Judith Gould	33:16	
Bill Krause	35:51	

Diane Aimone	40:29	1st A/G
Shannen Crampton	40:37	

Joe Connolly	43:52	1st A/G
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NOBLE CANYON 50K, Pine Valley California

September 27, 2008

John Heisner	5:39:33	8th O/A
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TUNNEL TO TOWERS 5K

New York City

September 28, 2008

Maria Littlejohn	28:48.	
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MARINE CORPS HALF MARATHON

Jacksonville

October 4, 2008

Justin Jacobs	1:10:36	2nd O/A
John Wisker	1:25:03	2nd A/G

John Funk	1:27:48	
Terry Sikes	1:28:09	1st A/G

Sung Ho Choi	1:28:18	
Keith Poythress	1:32:58	PR

Bruce Holmes	1:33:51	2nd A/G
Lonnie Willoughby	1:34:24	

Stephen Beard	1:34:42	
Randy Arend	1:35:20	

Bernie Candy	1:36:30	3rd A/G
Robert Crampton	1:38:07	PR

George White	1:38:07	
Regina Taylor	1:39:26	2nd A/G

Rosa Haslip	1:40:17	3rd A/G
Wendy Patterson	1:41:04	

Raymond Ramos	1:43:37	
Jack Howdeshell	1:43:45	

Randy Abate	1:45:24	
Frank Frazier	1:47:05	1st A/G

Bonnie Brooks	1:47:27	
Paul Smith	1:48:41	

Rex Weir	1:48:47	
Stephanie	1:49:55	3rd A/G

Cynthia Maerz	1:50:49	
Rebekah Wild	1:52:06	

Kathy Murray	1:54:17	
Michael Fitzsimmons	1:53:52	

Robert Irvin	1:55:09	
Danny Weaver	1:55:43	

Hernando DeSoto	1:55:50	
Kim Crist	1:57:39	

Sue Whitworth	1:58:37	
Teresa Hankel	1:59:45	

Carol Fitzsimmons	2:01:39	
Mark Lay	2:04:40	

Eric Bush	2:05:07	
Bob Kennedy	2:05:28	

Chelle Mahaney	2:06:25	
Linda Wolfenbarger	2:07:31	

Maria McNary	2:07:30	2nd A/G
Randy Pullo	2:07:35	

James Vavrina	2:07:46	PR
Kevin Terry	2:08:14	

Dan Ovshak	2:10:31	
Melinda Terry	2:11:42	

Bernie Powers	2:13:10	
Simon Jacobson	2:13:44	PR

Tom Zicafoose	2:15:57	
Ed Kelly	2:17:10	

Rebecca Brown	2:19:21	
Kent Smith	2:20:17	

David Albritton	2:20:48	
	1st Half Marathon	

Gil Flores	2:25:20	
Nancy Pullo	2:29:12	1st A/G

Susan Gostage	2:29:33	3rd A/G
Pat Noonan	2:30:49	

Kay Womack	2:36:33	PR
Gordon Slater	2:33:54	

John Hirsch	2:41:40	
Kay Manley	2:46:12	

Joe McCoy	3:01:40	
Cathy Bush	3:24:08	

Shannen Crampton	3:27:33	PR
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FREEDOM 5K

Jacksonville

October 4, 2008

Gary Haslip	21:19	
	Masters Male	

Ian Jones	21:37	
Ann Krause	22:19	1st O/A

Alek Abate	22:35	
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Continued on next page

RESULTS

Continued from page 7

Tracey Pfuntner	24:18	
		Masters Female
Gail Pylipow	25:23	1st A/G
Gayla Poythress	25:39	1st A/G
Gene Imrich	26:24	
Carrie Imrich	27:03	3rd A/G
Tyler Imrich	27:25	
Glen Hanna	27:26	2nd A/G
Kimberly Lundy	28:18	3rd A/G
Leslie Jones	30:33	
Vickie Choinski	31:55	
		Finally caught Freddie!
Freddy Fillingham	32:17	1st A/G
Stephanie Lundy	32:22	
Jonie Davis	32:54	
Robert Meister	34:30	2nd A/G
Bill Krause	36:59	
Michelle Ramos	41:00	
Irene Herbertson	45:45	1st A/G
Joe Connolly	46:13	
Emilee Bush	51:15	(6 yrs)
Bernita Bush	51:15	

RITA TOWN CENTER 5K
Jacksonville
October 11, 2008

John Funk	18:50	3rd A/G
Stephen Beard	20:03	1st A/G
Robert Crampton	20:10	
Patrick McKeefery	20:49	1st A/G
George White	21:01	1st A/G
Tracy Dawson	21:21	2nd A/G
Rebekah Wild	22:14	1st A/G
Tracey Pfuntner	23:45	3rd A/G
Kathy Murray	23:57	3rd A/G
Sue Whitworth	24:43	2nd A/G
Drew Hanna	25:54	3rd A/G
Ed Kelly	28:53	
Freddy Fillingham	30:43	3rd A/G

Al Saffer	30:50	1st A/G
Cole Mandt	32:11	
Mark Lay	32:37	
Gordon Slater	33:03	
Ginger Frazer-French	35:42	1st A/G
Joe Connolly	41:55	1st A/G
Shannen Crampton	44:48	
Emilee Bush	45:02	
Eric Bush	45:02	

FESTIVAL OF LEAVES 5K
Front Royal, VA
October 11, 2008

Jack Howdeshell	21:58	2nd A/G
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BETHEL HALF MARATHON
Bethel, NC
October 11, 2008

Marie Bendy	2:14:51	2nd A/G
		(included a 10 min potty stop!)

BETHEL 5K

Ken Bendy	30:12	3rd A/G
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SUSAN G. KOMEN
RACE FOR THE CURE 5K
Metropolitan Park
Jacksonville
October 18, 2008

John Wisker	17:04	Masters Male
Mark Woods	17:57	1st A/G
Robert Crampton	20:04	
Wendy Patterson	20:54	1st A/G
Stephen Beard	21:21	2nd A/G
Ann Krause	21:21	1st A/G
Frank Frazier	21:31	1st A/G
Lewis Buzzell	21:35	
Stephanie Griffith	22:14	2nd A/G
Paul Smith	22:33	2nd A/G
Tracey Pfuntner	22:43	
Thom Henkel	22:35	3rd A/G
Gail Pylipow	23:00	3rd A/G

Kathy Murray	23:27	
Simon Jacobson	23:38	1st A/G
Michael Fitzsimmons	24:18	3rd A/G
Chelle Mahaney	25:20	
Gil Flores	25:58	
Linda Wolfenbarger	26:46	
Glen Hanna	26:57	
Kent Smith	27:54	
Jim Klein	28:05	
Jennifer Milam	28:12	
Simone Nyenberg	28:13	
Kimberly Lundy	28:48	
Jim Kehr	28:54	
Al Saffer	29:34	1st A/G
Mark Lay	29:44	
Dena Gaucher	30:15	
Kathy Haga	30:18	
Freddy Fillingham	30:28	
Stephanie Lundy	30:44	
Jonie Davis	31:46	
Bernie Powers	32:28	
Vicki Choinski	32:41	
Kay Manley	33:43	
Gordon Slater	34:07	
Judith Gould	34:25	
Bobby Green	35:08	
Bill Krause	36:28	
Trish Kabus	43:04	
Emilee Bush	43:15	
Joe Connolly	44:55	
		3rd A/G 905th Race

PEACHTREE CITY CLASSIC 15K
RRCA SOUTHERN
REGION CHAMPIONSHIP
Peachtree City, GA
October 18, 2008

Marie Bendy	1:28:50	1st A/G
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PEACHTREE CITY CLASSIC 5K

Ken Bendy	29:49	2nd A/G
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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.

November 2008 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.

for a NF list, with web links, see <http://www.ameliainlandrunners.com/kbandy/rrcacal.htm>

DATE	EVENT	TIME	LOCATION	CONTACT
November 8	Hog Jog 3 Mi.	9:00 a.m.	Ronnie VanZant Park Lake Asbury	(904) 728-7759 stevebruce@comcast.net Florida Striders Track Club
November 8	2nd Annual Compassion 5K	8:00 a.m.	Shores Blvd & US 1 S. St. Augustine	(904) 806-2730 St. Augustine Sertoma
November 9	35th Annual Florida Hospital Paul deBruyn 15/30K	6:00 a.m.	Norwoods Seafood Restaurant Peninsula and 3rd Ave. New Smyrna Beach	(386) 788-2069 Daytona Beach Track Club
November 15	29th Annual Native Sun Mandarin Run 10K	8:00 a.m.	Mandarin Park Jax	(904) 731-1900 First Place Sports
November 22	Jingle Bell Run for Arthritis 5K	9:45 a.m.	East of Bandshell 800 Ora St. Daytona Beach	(813) 968-7000 or 800-850-9455 Arthritis Foundation
November 27	Outback Steakhouse Distance Classic Half Marathon & 6K	8:00 a.m.	9773 San Jose Boulevard Jax	(904) 731-1900 First Place Sports
December 7	Festival of Lights 5K	6:00 p.m.	Baptist Eye Institute Jax	(904) 731-1900 First Place Sports
December 13	Reindeer 5/10K	8:00 a.m.	Fort Clinch State Park 2601 Atlantic Ave. Fernandina Beach	(904) 277-8365 Amelia Island Runners
January 17	River Road Resolution Run 5K	8:00 a.m.	Kennel Club Orange Park	(904) 272-1770 Florida Striders Track Club
February 15	National Marathon to Fight Breast Cancer "26.2 With Donna"	7:30 a.m.	Near Mayo Clinic Jacksonville	Donna Hicken Foundation

The Back Page

BY MIKE MARINO



Nothing quite like local races every weekend and the first race of a longer distance to let you know fall is here. And out of town races too. Striders were out in force to welcome the cooler weather, and performing at our usually high standards.

Starting off the local races was the **Children's Way 5K** on September 27th. The course was reportedly shortened by .05 of a mile due to flooding, so those of you wishing to claim a PR, so sorry. **Justin Jacobs** was again toward the front of the pack, needing only a few seconds more than a morning coffee break to cover the course, posting a time of 15:05 while placing 2nd overall (lets hope his boss doesn't dock

him for those five seconds). **John Wisker** wasn't far behind, winning the master's division with a 17:05. In the age groups, Striders swept away the competition in three different age groups, with (in order of finish) **John Metzgar, Randy Arend** and **Paul Smyth** sweeping the men's 45-49 category; **Bruce Holmes, Bernie Candy** and **George White** pulling off the sweep of the 60-64 men's; and **Everett Crum** and **Al Saffer** taking home the 70-74 men's awards. Also recording age

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Group Training Runs

DAY	TIME	DISTANCE	JACKSONVILLE AREA	CONTACT
Sunday	6:30 AM	5 to 10 Miles Various pace groups	Atlantic Beach Ragtime Restaurant First Street & Atlantic Blvd	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 kaywomack@gmail.com
Monday	5:30 PM	6 Miles Downtown Bridges	Jacksonville NEW River City Brewing Company 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 Jose 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

group wins were **Bill Phillips, Laurie Pinover, Alek Abate, Frank Frazier, Diane Aimone**, and 900+ racing legend **Joe Connolly**. Runner-up age group efforts were turned in by **Terry Sikes, Ann Krause, Rebekah Wild, Claudia French, John Aimone**, and our fastest female Strider, **Regina Taylor** (19:55). And also getting their name called out to go in front of everyone to get a 3rd place age group award were **Robert Walker, Lewis Buzzell, Tracy Pfuntner** and **Paul Smith**.

The following week on October 4th saw a two race event with the **Marine Corps Half Marathon and Freedom 5K**. Almost 90 Striders turned out for the two races. In the half marathon, **Justin Jacobs** ran to a 2nd place overall finish for the second week in a row with an impressive time of 1:10:36. **Regina Taylor** led all female Striders, also for the second week in a row, running a 1:39:26 on her way to a 2nd place age group prize. Three Striders were among the few and proud who bested all comers in their respective age groups, and thus we hail **Terry Sikes, Frank Frazier** and **Nancy Pullo** for their championship efforts. Running to 2nd place age group finishes were **John Wisker, Bruce Holmes, Paul Smith** (with a PR), and **Maria McNary**. **Bernie Candy** led the 3rd place age group Striders, and was joined by **Rosa Haslip, Stephanie Griffith** and **Susan Gostage**. Also of note, several Striders ran PRs, which included: **Keith Poythress, Robert Crampton, James Vavrina, Kay Womack, Shannen Crampton** and **David Albritton** (okay, it was his first half marathon, but that still makes it his PR). In the 5K, **Ann Krause** led the Strider charge by winning the women's race in 22:19. Striders were the best in each master's division, with **Gary Haslip** winning the men's and **Tracey Pfuntner** winning the women's. Four Striders were at the top of their age groups, which included **Freddy Fillingham, Irene Herbertson, Gail Pylipow**, and **Gayla Poythress**. Placing second in their age groups were **Glenn Hanna** and **Robert Meister**; placing third were **Kimberly Lundy** and **Carrie Imrich**. Also noted on the Strider Man was that **Vickie Choinski** finally caught Freddy, and 6-year-old **Emilee Bush** finished the race.

The **Rita Town Center 5K** was the next weekend on October 11th. **John Funk** led all Striders with an 18:50, which was good for 3rd in his age group. Age group winners included **Stephen Beard, Patrick McKeefery, George White, Rebekah Wild, Al Saffer, Ginger Frazier-French** and **Joe Connolly**. Our 2nd place age group finishers were **Tracy Dawson** (fastest female Strider, 21:21) and **Sue Whitworth**. **Tracy Pfuntner, Kathy Murray, Drew Hanna** and **Freddy Fillingham** earned 3rd place age group prizes.

Wrapping up the local stuff was the **Susan G. Komen Race for the Cure 5K**. A great turnout for a great cause and a great effort by the Striders at the race.

John Wisker led the way, winning the Master's division with a 17:04. Two age group sweeps to report, with **Ann Krause, Stephanie Griffith**, and **Gail Pylipow** sweeping the 50-54 women's and **Frank Frazier, Paul Smith** and **Thom Henkel** sweeping the 60-64 men's. And if you're keeping score between those two age groups, the women beat the men by four seconds. Our other age group champs were **Mark Woods, Wendy Patterson** (fastest female Strider, 20:54), **Simon Jacobson** and **Al Saffer**. **Stephen Beard** ran to a 2nd place age group finish, and 3rd place age group efforts were run by **Michael Fitzsimmons** and **Joe Connolly**.

Striders – They're Everywhere!

A whole bunch of Striders were racing away from Jacksonville, starting off with **John Heisner** at the **Noble Canyon 50K** in Pine Valley, California. It was John's first ultra-marathon, though you wouldn't have known it based on his time of 5:39:33 and finish of tied for 8th overall out of 125 runners. Yeah, tied for 8th; I guess 50K wasn't enough to settle the score between John and the fellow finishing with him. Race conditions were hot and the terrain rough and rocky, as if the 50K weren't enough. And perhaps John did more distance, as he missed a turn late in the race – got to pay attention John. He fell down twice too, but kept going. Great job John.

Maria Littlejohn made a trip to New York City, and while there did the **Tunnel to Towers 5K**. The race is a charity event in honor of Stephen Siller, a fallen fire fighter from 9/11. Siller had the day off on 9/11 and was on his way to play golf when he heard the towers had been hit. He turned his car around so he could join his squad, but traffic was stopped at the Brooklyn Battery Tunnel, so he got out of his car and ran with all his gear to the towers try to join his squad. The race retraces his steps on that day. Fire fighters and police turned out in force for the event, and Maria recommends it for anyone looking for an excuse to go to NYC. Maria's time was 28:48.

On October 11th in Front Royal, Virginia, **Jack Howdeshell** ran in the **Festival of Leaves 5K**. Jack described the conditions as 46 degrees and foggy, and the course as what folks in Virginia refer to as "rolling hills," which translates into "Oh My God" steep hills when speaking Floridian. Nonetheless, Jack placed 2nd in his age group in a time of 21:58.

A group of Striders went down to Disney World to run the **Race for the Taste 10K** on the October 12th. The race starts with a ceremonial toast and fireworks at the Wide World of Sports Complex, goes through an action set in MGM Studios, past some resorts and into Epcot for the finish. At the finish line, runners and their friends and family get to sample international cuisine from the Food & Wine Festival at a post-race picnic. This

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The Back Page

of course beckons the question, were the people there to race or just running as fast as they could to get to the picnic? Leading the Strider effort was **Keith Poythress**, who was 1st in the military division to get to the food with a 42:13, and he was later joined at the picnic by **Kay Womack, Robert Walker, James Vavrina and Gayla Poythress**.

And finally, **Marie and Ken Bendy** took in two events on consecutive weekends during their recent travels. They first ran in the **Bethel Half Marathon and 5K** in Bethel, North Carolina on October 11th. Marie ran the half and Ken the 5K, with Marie placing 2nd in her age group despite a 10 minute potty stop along the way and Ken placing 3rd in his age group. The next weekend, on October 18th, the two were at the **Peachtree City Classic 15K** in (you guessed it) Peachtree City, Georgia. There was the accompanying Peachtree City Classic 5K as well. The 15K was the RRCA Southern Region Championship, and Marie was in championship form, winning her age group in a time of 1:28:50. Ken took in the 5K and placed 2nd in his age group. Well done Bendy's.

Tidbits and stuff I missed

Congrats to newlyweds **Regina Soeey** and **Darin Bickle**. The two were married on October 19th at an outdoor ceremony with a view of the St. Johns River. It was definitely a beautiful day in every regard. Best wishes to you both.

Now, on to something important –

a huge event is coming up. Yes, it's time to start getting ready to trudge through the mud at the **Last Gasp Cross Country Race** on December 28th. As you may recall, the **Strider Trail Buffs** finally broke through and won the team title in 2007 after six years of coming in second. We must defend our title! I will serve as the team's anchor (meaning I'll be the slowest runner on it) or coach based on turnout. E-mail me to let me know if you can make the race and want to be on the squad. Previous buffs are entitled to claim "squatters rights", and if we get a lot, we'll enter two teams.

For things I missed, check out the Award section.

Award

Last month you read about **Dave Shaffer**, who is deployed in Iraq. As you may recall, Dave won a half marathon in 100 degree heat on a course with armored vehicles and within an earshot of military planes taking off and landing. Yes, he should have gotten his award last month given his effort in the race coupled with his service to our country. And while your award is a month late Dave, you still get to enjoy that Back Page prize ofa nice smug feeling....so long as you can do it within Naval protocol.

Great effort this past month folks. Remember to record your times on the Strider man at the local races and send in those results from out of town races. Until next time, train well and be safe. =

Please get your race times in as soon as possible if you want them published. You can send your times, trash, & trivia by e-mail (preferred) to m.t.marino@clearwire.net or Mike's snail mail 9858 Moorings Dr., Jacksonville, FL 32257

Local Running Info



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/rccahtml/rccarep.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>



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