



## Ocala Half Marathon – Or Who Are Those Masked Men?



Danny Weaver and Jerry Bennett

By Danny Weaver

After a scenic 2-hour drive to Ocala on 1/31, we arrived at the Ocala Hilton – the host hotel for the Ocala half marathon the next day. This hotel was very nice and they had a special race discount if you reserved early. The small expo was held in a downstairs meeting room and flowed out into the adjacent hallway.

That night our Jax. group met at Felix's restaurant for some fine dining. In attendance at dinner were Kellie Howard, our hostess with the mostest, Regina Sooeey, Steve Williams, Dave Garrett,

Susan Haag, Nicky Bialik and husband Bryan, and me and my beautiful wife Anne. Felix's is a great place for a pre-race dinner because they have a ½-portion menu, great desserts (and 2-for-1 beer and wine). Felix's has been reserving space down in the basement for our rowdy group for the last few years, which is fine with us cause we can be our raucous selves and not bother too many other folks. And if dessert wasn't enough, Kellie and her mom were nice enough to make up some special Valentine candy boxes for all of us to make us feel wel-

Continued on page 6

### Inside

Prez Sez	2
Minutes	2
Board/Key Members	2
Sponsors	3
Wide World of Running	4
Step Up! 5K and Mile Fun Run	4
This Year's Running Class	8
New & Renewing Members	8
Run to the Sun Flyer	9
Striders at the Races	10
March Race Calendar	12
Group Training Runs	13
FSTC Application	13
Back Page	14
FSTC Scholarships	15
Upcoming Socials	15

### 2009 Gate River Run Strider Hospitality Tent

Last year the wind storm almost blew us away. This year we'll have a larger Tent - 45x30. If we are blown away, this larger Tent will take us all the way to Key West! As you know we have about 2 weeks to go for the 2009 Gate River Run and we are well underway. Our 4 port-a-lets and Tent have been ordered and our massage group has indicated they'll be back this year. I'll know later how many masseuses there will be. Our Striders really enjoy having the massages. We'll have music, beverages, ice, dressing rooms, food and privacy for our members and guests. We'll have canopies for the massage people in case it's hot and sunny. The massage tables get hot from the sun and the canopies help keep them cool.

I need to line up volunteers as early as possible. I need:

- Two people (non runners) to help Marge Ruebush (264-8581) inside the Tent. Arrive at 6:15 am morning of the race. This will last until about 11:30 am when we start to clean up the area. Runners can work the early shift before the race starts or anybody can volunteer for two hour shift.

Sometimes, people will walk in and volunteer the morning of the race, but we need to schedule definite people at definite times.

- A clean up team of five people and a team leader to keep the area clean. This will begin at 8:00 am through 11:30 am, cleaning the area as needed. With final clean-

Continued on page 5

# Prez Sez

By Dave Bokros



I have met people over the years that started running by themselves and somehow maintained their training, by themselves, through their first marathon without missing a beat. In fact, I have met a few people that did this amazing feat and never knew that there were organized running and track clubs that they could meet up with for support. I find this amazing, and a little unusual.

Nothing gets a person out the door for a run like a commitment to a running partner to meet and run. One of the things that the Striders do best is to make sure that runners who contact us get connected with the right group and get the support and encouragement that they need. For all of you who take the time out to help someone get their running groove on, you represent the spirit of this club and you should give yourself a big pat on the back. We have so many members that give back that I would like to take the opportunity to say thank you. It is this spirit that attracted me to the Striders in the first place and it is that spirit that makes me proud to represent this running family.

I throw this out from time to time, but I want everyone to think of a runner that you haven't seen in a while and reach out. That phone call or email might be what brings them out of a slump or a work-life rut that has kept them from running. I will do the same. Let's give them a call so they can get back in the groove before it gets too hot! See you on the road! =

## Board of Directors' Minutes 1/9/2009

The meeting was called to order by Dave Bokros at 7:15 p.m. Directors present were Randy Arend, Dave Bokros, Vicky Connell, Janis Dolemba, Kellie Howard, Mike Mayse, John Steinberg, Mary Steinberg and Regina Taylor.

**Minutes:** No changes to the January minutes.

**Treasurer's Report:** Janis Dolemba said she had transferred the remaining balance from the Hog Jog race account into the Strider checking account, but it occurred after the 1st so it doesn't appear on the report. She said she would also transfer the money from the RRR account. There is \$10,785.22 in the account, so it will bring checking up considerably from the current cash on hand of \$496.29. A suggestion was made that she check with Bob Boyd, the race director, before completing the transfer to ensure all his bills had been paid first. Janis agreed.

**Grant Request for Callahan Elementary School:** Dave presented the Grant Request, which is the first one from outside Clay County. The Children's Running Committee recommended approval. Mike Mayse mentioned that he thought we should establish a boundary of where we want to contribute money, to include our scholarship funds. It was brought up that there is a Running Club in Amelia Island. Dave pointed out that our membership is 75% outside the county. Dave suggested we restrict the counties where we contribute to those that are part of our membership. Kellie proposed that we ask the Children's Running Committee to come up with the boundaries of which schools we support, and that we approve the current application. Mike Mayse seconded the motion. All approved.

**Gate River Run Tent:** Mike Mayse said we need volunteers to run the tent. He also handed out wrist bands for the board members to hand out to other members and their guests. Kellie complimented him on the email that went out about the tent.

Continued on page 6

## 2008-2009 Board of Directors & Key Members

(Board Members marked with an \*)

### President/Memorial Day 5K Director:

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# Making the Most of River Run

Only a few days remain before the Gate River Run. For many Striders, it is the focal point of the running year. Your serious training is over and the race is just days away. What, if anything, can be done to get the most from a winter of preparation?

1) Get in one more confidence-building training run. This could be a final long, easy run or a set of bridges. If you haven't amassed the mileage you planned in your preparation, try this confidence-booster: Run 4 miles easy, walk 3 minutes, run 3 miles easy, walk 3 minutes, then run 2 miles. Viola! You just covered more than the race distance and you are feeling fine.

Two or three laps of the Acosta-Main Street Bridge Loop is the other last-chance workout I recommend. This 1.75 mile circuit has plenty of elevation change. At this stage, emphasize the downhill portions. If you can let gravity do the work on River Run day, you reduce your chore by 15 percent.

2) Avoid following advice you hear at the Expo. Suddenly adopting a new pre-race routine or carbohydrate/caffeine supplement for the race is asking for trouble. You already know what works for you. Changes on The Day are almost never productive.

This applies to your pre-race dinner, too. Gorging yourself with pasta is only going to leave you with an extra pound (or kilogram) of unusable bulk to carry around the course. Worse, you might find yourself seeking those little blue sheds on the south side of the river instead of gliding smoothly along the route.

## Wide World of Running By Jay Birmingham

3) Expect the crowds and use them to your advantage. Unless you have a seeded number, you will not have running room for much of the first 5,000 meters. Accept it. But once you are past the first third, shift to racing mode. Time your middle 5 km accurately. With hundreds of slowing runners to serve as markers, you should find yourself cruising. That middle third of River Run can be a runner's nirvana.

4) Hammer the Hart Bridge. Don't down shift and try to survive the climb. Give it everything on the ascent. Within one minute of cresting the bridge, you will feel your legs recover and your breath is back. The race ends at 8 miles. The final mile can be a gravity-assisted glide to the stadium. As you approach the finish, spruce yourself up mentally. Drop that fatigue, put on a smile, and ready yourself for a final burst. As my mentor Dr. Joe Vigil says, "Finish with a flourish!"

Have a wonderful River Run. Congratulations in advance. =

*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.*

## Step Up Florida!



Randy Lefko/Jacksonville.com

With Olympic runner Jeff Galloway as the race marshal and run-advice guru, nearly 4,000 runners descended upon Spring Park in Green Cove Springs for the third annual Step Up Florida 5km and one mile kids run. A total of 1,378 kids represented schools in the fun run.

Galloway made a quick visit to his elementary school alma mater, Charles E. Bennett Elementary School in Green Cove Springs (5th/6th grade 1956-57) on Friday before the Saturday's Step Up Florida 5km.

Mary Ann extends a THANK YOU to the AWE-SOME volunteers who made the 2009 event a record setting and fun filled Saturday. Great job everyone! =

### TOP 10 PARTICIPATING SCHOOLS :

1. \$250 Lakeside Elementary	165	6. \$125 Ridgeview Elementary	81
2. \$225 Paterson Elementary	151	7. \$100 Lake Asbury Elementary	68
3. \$200 Thunderbolt Elementary	142	8. \$100 Swim Penn Creek	61
4. \$175 Coppergate Elementary	106	9. \$100 John Stockton Elementary	57
5. \$150 Oakleaf Village Elementary	88	10. \$75 McRae Elementary	

## HOSPITALITY TENT

Continued from page 1

up starting at 11:15 am. The jobs can be runners or non runners

➤ Two people, runners or non runners, to set up the beverage area: tables, cups, ice, mix up the Gatorade/Power-Ade when low. This would begin 6:15 am and go to about 11:00 am. Most of the work would be at 6:30 am, for about 30 minutes.

➤ A non runner to be our contact person to the massage group. You would meet them at 6:30 am when they arrive, show them where to set up, and give them assistance they need (usually not much). When runners and others begin to leave the Tent area for the Start Line (7:30-8:00 am) you would make sure they come over to the Tent and eat and rest. When the runners start returning, the massage people would return to the massage area. They will begin breaking down their equipment and leave about 11:00 am. Be sure to thank them and assist where needed. I usually come by the area several times during the morning.

➤ Five people to unload the trucks and cars that bring in materials and put them where they need to be, inside and outside the Tent. This begins at 6:00 am and happens fast. Last year, we didn't get the materials sorted right, so I'm trying to do better. I need these same 5 people to help take down fences, tables etc and load into trucks and cars of people to be taken back to the warehouse and homes of those that brought them. This starts about 11:00 am to 11:30 am. These jobs can be runners or non runners.

➤ As usual, the Friday (March 13) before the race, I meet the Kirby Tent Company and Portable Sanitation (port-a-let company) about 10:00 am and show them where to set up. About 10:30 am, I have volunteers meet there to put up the orange fence barrier, and reposition the port-a-lets, sometimes. Paul Geiger is there to put up the dressing rooms. This year, the port-a-let company is letting us use a portable wash stand with soap and water, so people can clean up. This year I plan to put up an extended Tent wall for more privacy. Last year, high winds nixed that idea.

One of the most critical areas is the

entry gates we set up. Last year, we didn't have enough volunteers and we overworked the ones we did have. I need:

- Two people for 6 to 7 am
- Two people for 7 to 8 am
- One person for 8 to 9 am
- Two people for 9 to 10 am
- Two people for 10 to 11 am

If someone wanted to work a 2 hour shift, that would help a lot. We are using the wrist band system, like last year, but it will not work if our entry gate is not properly secured. The "gate keepers" are responsible for checking for our yellow wrist bands on entrants and working with those that don't have wrist bands. This is where we control where members and their guests get in or we are flooded with "party crashers". The Tent is for the benefit of our members and guests and PR for the club. Entry gate volunteers can be run-

### We'll have music, beverages, ice, dressing rooms, food and privacy for our members and guests.

ners or non runners. If you are a runner, volunteer for an early shift.

This is the way the yellow wrist band system work (just like last year). We have thousands of bands to hand out.

➤ We will have them at Orange Park on Sunday mornings, at 6 to 6:30 am, and at 8:00 am, at the Sunday am run, at Sun Tire, on Blanding Blvd next to Famous Amos Restaurant.

➤ We will get them to Board members (listed in our StrideRight Newsletter) for them to distribute. Call or email one of the board members for their assistance.

➤ We may be able to have some bands at the Gate River Run Expo at the Jacksonville Fairgrounds.

➤ We will start giving them out to members regularly. Members can get the bands for themselves and family members and other guests. They need to get these bands before they come to the Tent on race morning, and be visible on their wrists. The entry gate people will see the bands and wave you through. You can come and go with the bands visible by the entry gate people. Everyone inside the Tent area has to have a visible band on, or if not, may be asked to leave the

Tent area. These people may be "crashers". If we can determine they are members or member guests, they can get a band and stay.

➤ Mike Mayse (Membership Coordinator) will snail mail you as many as you need. Email him at [floridastriders@comcast.net](mailto:floridastriders@comcast.net). Put GRR Wristband in the email title and be sure to include your snail mail address and number of bands you would like.

➤ If a member comes to the Tent area at the entry gate without a band, he or she will be asked their name and will be checked against a member roster. If the member is on the roster, he will be given bands for him and his family. The bands should be put immediately and will be admitted to the area. If the member's name is not on the roster, he will go to the "Problem Table". As said before, once the bands are attached and visible, the

wearers can come and go by just showing their bands at the entry gates. If your membership has expired you can rejoin at this event (bring \$20).

➤ Guests without a band and invited by members, will go to the entry gate and will be asked the name of the member that invited them. That member's name will be checked against a member roster and if the name is on the list, the guest(s) will be given bands, attached immediately and allowed to go into the Tent area. Guests can come and go, with a visible band, at the entry gate.

➤ We will have a "new membership" table near the entry gate. I need volunteers to man that table for several hours beginning at 6:30 am

➤ We always have the Strider merchandise tables at the Tent area. Bring some cash to buy shirts, hats, etc. We'll have aspirin, bandages for blisters, Vaseline etc.

➤ Please bring your chairs, coolers, food, personal canopies etc.

When replying to me with email, please use "Strider Tent" as subject!!!!!!  
[stanscarlett@msn.com](mailto:stanscarlett@msn.com). =

## OCALA HALF MARATHON

Continued from page 1

come. Oh, and I almost forgot to mention that we had a very lovely framed 5 X 7 picture on our table depicting Jerry Bennett and me struggling to catch a smiling Kellie at the top of a hill at the 5-mile mark in last year's race. What fond memories that brought back...

The next morning was Sunday – race day! Several of us assembled @ 6:30 in the lobby to catch a ride with Steve to the start so our spouses could sleep in. (That's another nice thing about Ocala – no need to arrive at oh-dark-thirty to find a parking space.) Nicky showed up in the lobby looking very pale; she said she was sick and unfortunately unable to run. She gave me her timing chip to return, and I thought briefly of wearing it on my other ankle so "we'd finish together," but I thought better of it when I realized she might win an age-group award, which wouldn't be fair for someone.

We arrived at the race start around 6:45 and easily found a parking space in the nearby parking lot. We went over to the starting line to cheer Susan Haag off at 7:00. She was the only one of us lily-livered, so-called runners who was brave enough to attempt the whole marathon. At dinner she said she's probably come in around 5 hours.

The half-marathon start was scheduled to start at 7:15. Other than a few suspected mis-placed mile markers, the only glitch we noticed was that the race director assembled all the runners and started all (most-all anyway) of us off at 7:10. Unfortunately, Regina and Steve were still warming up in the nearby parking lots. Well, we soon saw Regina and Steve pass us by mumbling their displeasures at being left behind.

The weather at race time was in the low 30's. It was dry and there was little wind. Almost perfect running weather for me (and my seldom-used tights). As we got into the first few miles we saw the sun come up over the large oak trees. There was considerable frost on the pastures in the many horse farms. The cold weather made many of the thoroughbred horses frisky – they were galloping around chasing each other. We even saw 2 large



from l to r: Regina Sooe, Kellie Howard, Steve Williams, Bruce Howard, Dave Garrett, Danny Weaver, Jerry Bennett

goats trying to keep up with a horse, and later on we saw some llamas grazing on the grass.

As we approached the hill at mile five, again Kellie took off and put a little distance between herself and Jerry and me. Knowing she had another clandestine photographer up ahead, this time I was ready. I reached in my shorts and pulled out 2 Halloween masks – one each for Jerry and me. If she got that picture again, at least we'd be unrecognizable. Unfortunately Kellie got too far ahead, and her mother was only able to get Kellie's elbow, and 2 masked men in the picture.

After that bit of excitement, Jerry decided he was tired of toying with us, and he sped off so fast that I am considering checking Barry Bond's BALCO organization to see if they have a Bennett on their client list. Maybe it was just the training he had been doing at the hilly Ravines Gardens in Palatka.

The rest of the race went smoothly. We passed and chatted with a woman from Pennsylvania, and another one from Massachusetts. The miles clicked off and we enjoyed the rolling hills of Ocala's horse country. There were water/gatorade/food stations almost every mile. Energy bars, goo, Shot Blocks were plentiful. The last mile is reminiscent of the last mile at the Out-back half in Jax. - where is that last turn-

in anyway???

Our group's finish times were:

### 5K

**Bruce Howard** – 1AG – 27:43 min (not bad for running on rebuilt hip)

### Half-marathon

**Regina Sooe** - 1AG – 1:42:08 - may have been 3rd overall had not the race started early

**Steve Williams** - 1AG – 1:47:00 - those Shamu tights were a-blazin'

**Jerry Bennett** - 2AG – 1:50:41 suspected BALCO customer...

**Danny Weaver** - 3AG – 1:56:38

**Kellie Howard** - 2AG -1:56:56 nipping at my heels

**Dave Garrett** - 2:04:40 - if this had been a triathlon, he'd have been first Marathon

**Susan Haag** - 3AG – 4:43:23 well under her predicted 5 hour time

### Injured Reserve -

**Nicky Bialik**- 40-winks back in that warm bed recovering; but wait 'til next year!

If you are in the mood for a good, nearby race with a scenic but challengingly hilly course, come join us next year as we will again travel to SLOcala (as Kellie calls it).

I can't promise you a fast time, but I can promise you'll have a good time and will be better trained for the next River Run. =



# Saying good bye to longtime Strider member, Warner Millson

Longtime Strider member, supporter and board member, Warner Millson passed on earlier this month. A fellow Strider wrote, "there was a great Florida Strider turnout for the service. That in itself made us proud to be Striders." Warner's association with the club dates back to the eighties, and he touched so many of us. He will be missed.

The following obituary appeared in the Florida Times-Union:

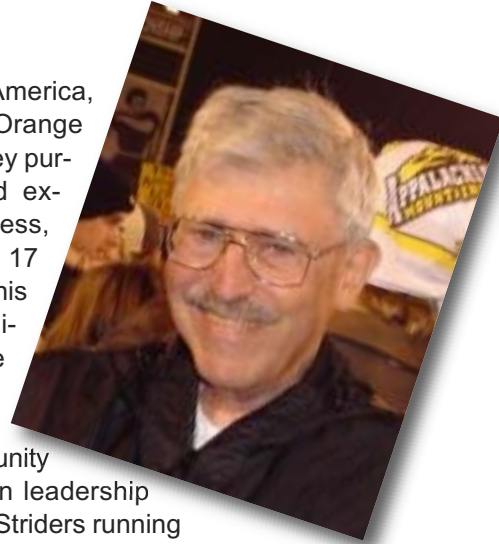
## Warner L. Millson (1937-2009)

Warner L. Millson, 71, went home to our Lord on February 4, 2009, after complications associated with his six year battle against cancer. He was surrounded by his loving family and wonderful caretakers at UF & Shands Gainesville. Born on May 4, 1937, in Seattle, Washington, to the late Cyril A. Millson and Norma Lee Cochran Millson and remembered by his twin sisters Emlynn Woods and Lynn Young, Warner was the beloved husband of Mary Louise (Lou) James Millson for almost 50 years.

Warner grew up mostly on Army bases through out the western U.S. and overseas, graduating from Yokohama High School (Japan). He received his BS from American University ('61) and MBA from Harvard ('63). Choosing

family over corporate America, the family moved to Orange Park, FL ('75) where they purchased, operated, and expanded a retail business, "Arts & Crafts," for 17 years. He rounded out his career at several organizations, doing what he did best in the areas of accounting and corporate finance. His community involvement focused on leadership roles within the Florida Striders running club and their 'Children's Running' events, volunteering as a small business advisor, serving in Rotary, and teaching. Most of his retirement was spent traveling the globe with his best friend and love of his life, Lou.

He will be forever remembered as a devoted father and role model to his three boys Lee, Scott and Jay, daughters-in-laws Cheri, Kristin, and Whitney, and ten grandchildren Christina, Joseph, Becca, Sam, Jesse, Rose, Caleb, Abby, Grace and Emma. He also leaves behind countless friends, who remember his passion for running (22 marathons completed) and was an avid spectator of all sports, particularly those involving his sons or grandchildren. For those running buddies that preceded him to heaven, the run now continues. =



## A Message from Lou Millson

Dear Friends,

Thank you so much for the beautiful floral spray in Warner's memory. The flowers were some of my very favorites and they were a much appreciated remembrance from the club he loved so much. Warner's running, and in particular, his involvement with the Striders, was one of his favorite things in life. The children's running program in particular, was very close to his heart. Thank you for remembering him in such a beautiful way. And thank you to all of you who were able and took the time to come to his memorial service. It was wonderful to see so many old friends.

Sincerely,

Lou Millson and Family

## MINUTES

Continued from page 2

**Step Up, Florida:** Mary Ann Steinberg said they had a very good turn out at the race. They ran out of race numbers because there were so many people. They even ran out of entry forms! There were lots of free give-aways, and at least 1800 entries. The Fun Run had at least 2000 entries as well. Jeannie Blaylock and First Coast News covered the Step Up Jeff Galloway program at Charles E. Bennett Elementary which he attended on Friday, Feb.6th. Jeff Galloway talked

to lots of people and autographed his books for people who brought them. There were good comments about the course also.

**General:** Vicky stated that the flyers for her triathlon class were completed and ready for distribution. She asked for help getting them out. She also mentioned that she had already had one person sign up, even though the class is 6 weeks away. John Steinberg offered to take flyers to the Fleming Island YMCA and Mike Mayse said he would take some to the Navy Base Fitness Center.

Dave mentioned that Jeff Galloway will be at the Donna Hicken Marathon Expo which will be held at the Hyatt on the North Bank of the St Johns River.

Dave also mentioned the Breathe Easy Clay County Elementary Track meet which will be held March 21st. Mike Ford is coordinating this race and has sponsorship from the Health Dept and Tobacco Free Florida.

There was a motion for adjournment and the meeting was adjourned at 7:45.

Respectfully submitted,

Vicky Connell =

# This Year's Running Class Starts April 1st

The Florida Striders are going to hold a class for runners! The class will begin at 6:30 p.m., Wednesday, April 1st and continue each Wednesday for 8 weeks (until 5/20/09). Bob Boyd will be the coach. The class will be held at the St. Johns Country Day School track, on Doctors Lake Dr. in Orange Park, about 2.5 miles from Kingsley. Track lights will be used. You will learn how to train so that you enjoy your runs, avoid injury, set goals, develop your own training plan, and, it bears repeating, ENJOY running. The cost is \$30 (\$15 for current Striders,) which includes Strider membership for a full year, a Strider T-Shirt, and a class T-shirt. Please ask about the discount for couples or families. Space is limited and you must pre-register with Bob Boyd at Bob-BoydFL@gmail.com or 272-1770. We want to make sure that you have good running shoes and are medically cleared by your physician to begin training BEFORE the class starts. If you have any questions, even if it is just about where to get those very important running shoes that are right for you, please contact Bob. We will have a good time together, learn

the things that will make a real difference in your enjoyment of the sport of running, and get in better shape in the process. If you aren't having fun running you are not doing it right! We will meet every Wednesday at the St. Johns Country Day School Track for 8 weeks starting April 1, 2009 and ending May 20, 2009, from 6:30 to about 7:45 p.m. If you follow the training plan that is provided, you will be able to complete the 5k distance by the end of the course. Our class will run the Memorial Day 5K on 5/25/09 as our graduation race. We can accommodate all fitness levels - nobody is too slow or too fast. For those who are already running 25 miles a week or more and are feeling the need for more speed, we will have a group focused on your needs as well, led by John Metzgar.

Each session will start with a warm-up. We will cover helpful training information or have a guest speaker for about 10 to 15 minutes and then our workout, a cool down and stretches. It is important to warm up before stretching. If you come late, please warm-up with a fast paced walk (two laps) before you start running

and then just jump in with the group.

**The goal of this group is:** (1) have fun (2) improve fitness and (3) complete a 5K. In order to do this it is important that you run a minimum of 3 days a week and for best results, 4 days a week. You must commit to carve out the training time in your busy life! You are worth it. The closer you follow the training plan the easier it will be for you to complete the 5K. There is also a training log included with the handout you will receive.

**What to bring to running class:** water bottle, sports drink (optional), towel, sports watch (optional) with stop watch feature for keeping track of running time.

**What to wear:** comfortable running attire. Synthetic fabrics are recommended over cotton. Fast drying cool materials such as Coolmax are recommended.

**Running shoes:** if you do not have running shoes, I recommend going to a specialty store and getting some advice. We recommend 1st Place Sports. Wear your old shoes to the store and tell them that you are in this running class. You will get a 10% discount and, more importantly, a good fit that meets your needs. =

**Space is limited so contact Bob Boyd at 272-1770 or bobboydf@gmail.com**

## New, Renewing and Expiring Memberships

### NEW MEMBERS

Mark Barnes	2/28/10
Carlye Cutcliffe	2/28/10
Kevin Johnson	2/28/10

### RENEWING MEMBERS

Kim Cornell	2/28/10
John De Antonis	1/31/10
Lesley Jones	2/28/10
Sandy Kelley	1/31/10
Joe & Maurya Sova	1/31/10
Jamee Leann Weir	2/28/10
Jane Manion	2/28/10

### MULTI-YEAR RENEWALS

Susan & John Gostage	2/28/10
Evan Gould	2/28/11
Mike & Cathy Haga	2/28/10
Glenn Hanna	2/28/10
Kellie Howard	2/28/10
Kay Manly	2/28/10
Joseph McCoy	2/28/11

### EXPIRING MEMBERSHIPS

JDavid Albritton	1/31/09
Edward Bermudez	1/31/09
David Clarkson	1/31/09
Vanessa Del Orbe	1/31/09

Meg Frey	1/31/09
Patrick Gaughan	1/31/09
Jason Gross	1/31/09
Ed Kelly	1/31/09
Jennifer Milam	1/31/09
Janine Moore	1/31/09
John Nalley	1/31/09
Robin Nutter	1/31/09
Laurie Pinover	1/31/09
Misty Plunkett	1/31/09
Bill Sallette	1/31/09
Dave Shaffer	1/31/09
Mary Ann & John Steinberg	1/31/09
Tom Tresca	1/31/09 =

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 callMikeMayse (904) 777-6108.



Presented by

# Mike Shad Nissan of Orange Park



**April 18, 2009 • Orange Park, FL**

Course begins and ends at  
the Orange Park Kennel Club

8K 8:00 AM

1 Mile Fun Run 9:30 AM

Awards Ceremony 10:00 AM



Entry Received By	Striders/Military	Other
4/8/09	\$12	\$15
4/9/09 to 4/17/09	\$14	\$17
Day of Race	\$20	\$20

*Sorry, no refunds!*

Make checks payable to:  
Run to the Sun 8K  
Mail to:  
Run to the Sun 8K  
3931 Baymeadows Road,  
Jacksonville, FL 32217

USATF Certified Course  
#FL-02016DL

### AWARDS

Awards will be given to Top 3 overall male and female, Top Master's male and female, Top Grandmaster's male and female. Awards will also be given to the first three finishers in each age group as follows: 10 and under, 11-13, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, & 75 and over. The awards ceremony will be held at the Orange Park Kennel Club at 9:30 AM.

### RACE PACKET PICKUP

Packets will be available at your selected 1st Place Sports location (be sure to select location on your registration form) on Thursday, April 16 and Friday, April 17. Packets will also be available at the starting line beginning at 6:30 AM on the day of the race.

**You can also register online at active.com**  
There is a \$3 charge for online registration.

384-0053  810-5009

**BLUE RIDGE**  
Water Company, Inc.



**RoadID**  
Be seen wearing it.



## Race Results

To get your race results published, email [m.t.marino@clearwire.net](mailto:m.t.marino@clearwire.net)

### FIRST LIGHT MARATHON

Mobile, AL

January 11, 2009

Sung Ho Choi 3:05:18

### 5th Annual Daytona

Daytona Beach

January 24, 2009

Teresa Hankel 24:22 1st A/G

### MATANZAS 5K

St. Augustine

January 24, 2009

Owen Shott 15:54 3rd O/A

John Metzgar 16:47

Masters Male

John Wisker 17:15 2nd A/G

David Bonnette 17:54 3rd A/G

Bill Phillips 18:17 1st A/G

John Funk 18:31

Terry Sikes 18:42 2nd A/G

Randy Arend 19:21 4th A/G

Robert Crampton 20:00

Regina Taylor 20:02 2nd A/G

Bernie Candy 20:08 1st A/G

Stephen Beard 20:10

Victor Corrales 21:09

Nancy Harms 21:12 1st A/G

George White 21:15 2nd A/G

Steve O'Brien 21:28

Denise Metzgar 21:06 3rd A/G

Ann Krause 21:51 1st A/G

Randy Abate 21:52

Paul Smith 22:13 2nd A/G

Elfrieda Wyner 22:10 1st A/G

Frank Frazier 22:16 3rd A/G

Thom Henkel 22:32

Lewis Buzzell 22:35 3rd A/G

Paul Berna 22:36

Kathy Murray 22:43

Mauyra Sova 22:38

Tracey Pfuntner 23:13

Gail Pylipow 23:35 3rd A/G

Mary Ann Brown 23:55

Sharon Lucie 24:05 1st A/G

Susan Harms 24:14

Simon Jacobson 24:25

Craig Harms 24:41

Vicky Connell 25:00

Sue Whitworth 25:03

Lonnie Willoughby 25:05

Glenn Hanna 25:21

Marie Littlejohn 25:35

Gene Imrich 25:37

Gil Flores 25:37

Jeanie Wilson 25:42

Claudia French 26:26

Steve Lucie 27:09

Chelle Mahaney 27:39

Pat Gallagher 28:14 1st A/G

James Vavrina 28:20

Bernie Powers 28:35

Margaret Tyburski 29:34

Jim Kehr 29:52

Susan Gostage 30:08 3rd A/G

Doug Barrows 30:23

Claire Gilbert 30:50

Jerry Hiatt 31:04 3rd A/G

Al Saffer 31:16 3rd A/G

Donna Hiatt 31:25

Kay Womack 31:37

Leo Sheckells 32:04

Nancy Pullo 32:11

John Aimone 32:38 3rd A/G

Freddy Fillingham 32:46

Bo Holub 33:06

Bill Zipperer 34:28

Bill Krause 34:56

Robin Zipperer 36:16

Jack Stanley 38:54

Joe Blewett 38:54

George Mosley 43:08

Joe Connolly 35:37

Jakob Wyche 39:06

Diane Aimone 40:56 1st A/G

Cary Wyche 42:34

Jamie Wyche 42:35

Mel Abando 42:57

Shannen Crampton 53:23

### OCALA MARATHON

Ocala

January 31, 2009

Susan Haag 4:43:23

### OCALA HALF MARATHON

Steve Williams 1:47:00 1st A/G

Jerry Bennett 1:50:41 3rd A/G

Danny Weaver 1:56:38 3rd A/G

Kellie Howard 1:56:56 2nd A/G

Regina Sooley 1:42:08 2nd A/G

Dave Garrett 2:04:40

### OCALA 5K

Bruce Howard 27:43

### PALMER ACADEMY 5K

Ponte Vedra

January 31, 2009

Bernie Candy 20:36 1st A/G

Joe Connolly 42:52 1st A/G

### SUPER SUNDAY 5K

Jacksonville

February 1, 2009

Robert Crampton 19:55 2nd A/G

Stephen Beard 19:57 1st A/G

Gail Pylipow 24:07 1st A/G

Bradley Shepherd 25:27

Evan Gould 31:08

Cole Mandt 31:29

Mark Lay 32:36

Judith Gould 32:28

Jamie Wyche 41:50

Holly Wyche 45:52

Joe Connolly 45:47 1st A/G

Shannen Crampton 50:43

### Tallahassee Marathon,

Tallahassee FL

February 1, 2009

Jack Howdeshell 3:44:21 5th A/G.

### CLIMB JACKSONVILLE

February 7, 2009

Raymond Ramos 6:31 1st A/G

Stephanie Griffith 8:03 1st A/G

Kathy Murray 8:33

Patty Czarniecki 10:26  
 Staci Suits 10:36

**SWOOP THE LOOP 5K  
 UNF  
 February 7, 2009**

Stephen Beard 21:08  
 Masters Male  
 Anthony Truitt 21:11 1st A/G  
 Robert Barnhill 22:58 2nd A/G  
 John Dunsford 23:07 3rd A/G  
 Pamela Miller 23:28 1st A/G  
 Lewis Buzzell 23:29 1st A/G  
 Lauri Barnhill 23:59 1st A/G  
 Rebekah Wild 24:27 2nd A/G  
 Leigh Jacobs 29:53 1st A/G  
 Claire Gilbert 33:08 1st A/G  
 Al Saffer 33:58 1st A/G  
 Freddy Fillingham 34:09 1st A/G  
 Joe McCoy 37:59  
 Joe Connolly 42:54 1st A/G

**5th ANNUAL ORLANDO XTREME 10K,  
 Fort Christmas  
 February 7, 2009**

Maria Littlejohn 52:14 1st A/G

**Step-Up Florida 5k  
 Green Cove Springs  
 February 7, 2009**

Eric Bush, 22:49  
 Emilee Bush: 48:50

**WINTER BEACH RUN 10 MILE  
 Jax Beach  
 February 8, 2009**

John Metzgar 1:00:53  
 Masters Male  
 John Wisker 1:03:46 1st A/G  
 Bill Phillips 1:04:50 1st A/G  
 David Bonnette 1:04:31 2nd A/G  
 John Funk 1:05:59 3rd A/G  
 Terry Sikes 1:07:37 2nd A/G  
 Randy Arend 1:10:37 2nd A/G  
 Robert Crampton 1:11:52  
 Stephen Beard 1:12:55  
 Bruce Holmes 1:13:20 1st A/G  
 Robert Walker 1:13:42  
 George White 1:14:22 2nd A/G  
 Regina Taylor 1:15:06  
 2nd Masters Female  
 Raymond Ramos 1:15:07  
 Sung Ho Choi 1:15:15

Steve O'Brien 1:15:45  
 Denise Metzgar 1:17:38  
 3rd Masters Female  
 Patrick Gaughan 1:17:45 2nd A/G  
 Holly Turner 1:18:32 1st A/G  
 Paul Geiger 1:19:41 3rd A/G  
 Frank Frazier 1:19:46 1st A/G  
 Paul Berna 1:21:20  
 Lonnie Willoughby 1:21:30  
 Kathy Murray 1:21:37 1st A/G  
 Lewis Buzzell 1:22:14  
 Paul Smith 1:22:52  
 Kim Crist 1:25:54 3rd A/G  
 Thom Henkel 1:26:12 3rd A/G  
 Cynthia Maerz 1:26:20  
 Thom Zicafoose 1:29:40  
 Kellie Howard 1:30:01  
 Randy Pullo 1:30:07  
 David Kelley 1:30:32  
 Sue Whitworth 1:30:56  
 Gil Flores 1:36:51  
 Sandra Maveety 1:37:45  
 Bradley Shepard 1:37:55  
 Kevin Terry 1:38:10  
 Denise Dailey 1:39:24  
 Melinda Terry 1:42:02  
 Claudia French 1:42:05  
 Pat Gallagher 1:46:44 1st A/G  
 Claire Gilbert 1:59:31  
 Mark Lay 2:00:15  
 Nancy Pullo 2:00:45 2nd A/G

**WINTER BEACH 5 MILE**

Rex Weir 36:36 3rd A/G  
 Bill Pennington 37:08  
 Nancy Harms 7:25 1st A/G  
 Brian Murray 38:20 3rd A/G  
 Rebekah Wild 39:01  
 Danny Weaver 41:04 1st A/G  
 Craig Harm 41:18  
 Mike Haga 41:40  
 Dave Bokros 43:34  
 Michael Fitzsimmons 43:44  
 Gayla Poythress 43:53 3rd A/G  
 Glenn Hanna 45:18  
 Gary Ledman 47:15  
 Leigh Jacobs 49:16  
 Steve Crist 53:09  
 Ed Hardee 53:14  
 Leo Sheckells 59:56  
 Bill Krause 1:02:35  
 Everett Crum 1:02:52 3rd A/G  
 Lynn Bonnette 1:04:07  
 Michelle Ramos 1:05:03  
 George Mosley 1:10:21  
 Shannen Crampton 1:29:54

**26.2 WITH DONNA  
 NATIONAL MARATHON TO FIGHT  
 BREAST CANCER  
 Jacksonville  
 February 15, 2009**

Justin Jacobs 2:40:08  
 Sung Ho Choi 3:18:23  
 Robert Crampton 3:33:04  
 Tracy Dawson 3:50:45  
 Raymond Ramos 3:52:56  
 Kathy Murray 3:56:48  
 Michael Mandt 3:56:52  
 Bonnie Brooks 4:09:32  
 Eric Bush 4:40:58  
 Susan Haag 4:48:54  
 Leslie Magruder 4:56:07  
 Cathy Haga 5:10:30  
 Mike Haga 5:10:30  
 Kay Womack 5:52:25  
 Rebecca Brown 6:17:40  
 James Vavrina 6:30:59  
 Trish Kabus 6:52:58

**HALF MARATHON**

Mark Woods 1:23:34  
 Paul Berna 1:45:20  
 Wendy Patterson 1:45:28  
 Ann Krause 1:47:45  
 Stephanie Griffith 1:48:35  
 Laurie Pinover 1:49:18  
 Cynthia Maerz 1:50:53  
 Tracy Pfuntner 1:55:22  
 Michael Fitzsimmons 2:03:11  
 Carol Fitzsimmons 2:03:12  
 Kimberly Lundy 2:11:13  
 Harry Edwards 2:12:30  
 Susan Gostage 2:26:41  
 Kent Smith 2:29:14  
 Claire Gilbert 2:31:41  
 Christine Kehr 2:36:51  
 Jim Kehr 2:36:52  
 Bonita Golden 2:43:52  
 Bill Krause 2:48:03  
 Kim Anthony 3:00:22  
 Bernita Bush 3:01:34  
 Mel Abando 3:23:38  
 Jolyn Abando 3:23:38  
 Shannen Crampton 4:19:36 =

**Don't forget to  
 sign the Striderman  
 at all the races!**



# March 2009 Race Calendar

Published as a service. Accuracy is not guaranteed. If you would like your race listed: Contact either Ken Bendy, RRCA Southern Director (904) 278-2926 Email kbendy@aol.com or Mike Bowen, RRCA State Rep (N. Florida) 850-452-6711 (day) 850-3081953 (eve) Email Michael.s.bowen@gmail.com.

for a NF list, with web links, see <http://www.ameliastrandrunners.com/kbendy/rrcocal.htm>

DATE	EVENT	TIME	LOCATION	CONTACT
March 7	Nocatee Trail Blazers 5K	8:00 a.m.	Nocatee Town Center Ponte Vedra	(904) 731-1900 First Place Sports
March 7	Azalea Festival 5K	8:00 a.m..	Ravine Gardens State Pk 1600 Twigg St. Palatka	(386) 937-3330 Kevin.Stevens@Putnam-FL.com Putnam County Parks & Rec. Dept.
March 14	Florida Times-Union 5K for Charity	7:45 a.m.	Municipal Stadium Jax	(904) 731-1900 JTC Running
March 14	Gate River Run 15K	8:30 a.m.	Municipal Stadium Jax	(904) 731-1900 JTC Running
March 14	Adidas Jr. River Run 1 Mi.	11:00 a.m.	Municipal Stadium Jax	(904) 731-1900 JTC Running
March 21	Julington Creek Plantation Family Day 5K	9:00 a.m.	350 Plantation Club Pkwy. Julington Creek St. Johns	(904) 731-1900 1st Place Sports
March 21	Michelob Ultra Lighthouse 5K	4:30 p.m.	Lighthouse Park St Augustine	(904) 824-3939 Junior League of St. Augustine
March 22	St. Patty's 5 & 10K	8:00 a.m.	Evergreen Cemetery 4535 Main St. Jax	(904) 731-1900 First Place Sports
March 28	Guana 50K Trail Run & Two Person Relay	7:30 a.m.	505 Guana River Road Ponte Vedra Beach	(904) 269-3820 JTC Running
March 28	Walk a Mile in Their Shoes 5K Run Walk	9:00 a.m.	Catherine and Monroe Sts. Jax	(904) 394-1646 Stellar Foundation
March 29	The Friendliest 5K on the First Coast	8:15 a.m.	St. John's County Pier St. Augustine Beach	(904) 742-7956 SPort Event Productions
<b>April 18</b>	<b>Run to the Sun 8K</b>	<b>8:00 a.m.</b>	<b>Kennel Club Orange Park</b>	<b>(904) 215-8656 Florida Striders Track Club</b>

# 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 <b>NEW</b> 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

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 \_\_\_\_\_ Annual Dues: Family \$20

Date \_\_\_\_\_ 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.

# The Back Page

BY MIKE MARINO



Hello and a good month to all! Did everyone have a nice Valentines Day? Or at least enjoy thinking about how much better off you are without the worthless slob or brat you kicked to the curb? Either way, I hope you were still running. As for running, there are several races to report, including big races, so on to the results.

No better way to start off the results than with a Grand Prix race, and a very fast one at that, the **Matanzas 5K**. Several Striders stepped to the line for this one, and we were led by **Owen Shott**, who blazed out a 15:54 while placing 3rd overall. **John Metzgar** raced to an overall award as well, winning the Master's Division with a time of 16:47. Eight Striders proved to be better than anyone in their respective age groups, which included **Bill Phillips, Bernie Candy, Nancy Harms, Ann Krause, Elfrieda Wyner, Sharon Lucie, Pat Gallagher** and **Diane Aimone**. Grabbing 2nd place age group awards in the highly competitive field were **John Wisker, Terry Sikes, George White, Paul Smith**, and our fastest female Strider, **Regina Taylor** (20:02). Running to 3rd place age group awards were **David Bonnette, Denise Metagar, Frank Frazier, Lewis Buzzell, Gail Pylipow, Susan Gostage, Jerry Hiatt, Al Saffer**, and **John Aimone**. Now I'm told awards went six deep in this race, probably due to how competitive it has become. So, in line with the awards, the following Striders placed 4th, 5th or 6th in their age groups: 4th – **Randy Arend, Thom Henkel** and **Bo Holub**; 5th – **Mary Ann Brown, Claudia French** and **Donna Hiatt**; 6th – **Joe Blewett, Nancy Pullo, Sue Whitworth, Kathy Murray**, and **Stephen Beard**. Also of note (to me anyway, and its my column), **Jakob and Cary Wyche**, both age 7, made it to the finish line. Great effort in what was a very competitive race folks.

The next weekend saw a couple of smaller races, the first being the **Palmer Academy 5K** in Ponte Vedra on January 31st. Two Striders took part, and

each won their age group, with **Bernie Candy** posting a 20:36 and **Joe Connolly** doing his first race of the weekend (and 900 and something race of his career – keep going for the 1000 Joe). On February 1st, just over a dozen Striders felt getting in a race before all the football festivities was a good idea, and thus did the **Super Sunday 5K**. Leading all Striders was **Robert Crampton** with a time of 19:55, which was good for a Cardinal like 2nd place age group finish. **Gail Pylipow** led all female Striders with a 24:07 and an age group win. Also “steeling” age group wins were **Stephen Beard** and **Joe Connolly**. And on the kid front, 8-year-old **Cole Mandt** found the finish line.

The next weekend was very busy with four events, including somewhat of a different type of race with the **Climb Jacksonville** on February 7th. This race involved running up 42 stories in the Bank of America Tower. The event was pure time, with runners leaving every 20 seconds so there wouldn't be a free-for-all on the stairs. **Raymond Ramos** and **Stephanie Griffith** went up the stairs fast enough to be age group champions, posting times of 6:31 and 8:03, respectively. And while I'm not sure, I think they took the elevator down.

Also on February 7th was the **Swoop the Loop 5K** at the University of North Florida. Fourteen Striders were reported to have run the race, and thirteen won awards, including ten first place ones. **Stephen Beard** was our fastest Strider, running a 21:08 on his way to a Master's Division win. Striders winning their age groups included our fastest female Strider, **Pamela Miller** (23:28) along with **Anthony Truitt, Lewis Buzzell, Lauri Barnhill, Leigh Jacobs, Claire Gilbert, Al Saffer, Freddy Fillingham** and **Joe Connolly**. **Rebekah Wild** and **Robert Barnhill** ran to 2nd place age group finishes, and **John Dunsford** took 3rd in his age group.

The third event, also on February 7th, was the **Step-Up Florida 5K** in

Green Cove Springs. **Eric Bush** reported in for his daughter **Emilee** and himself. Eric took care of the 5K course in 22:49, while little Emilee kept going for 48:50 until making it to the line.

Finishing up the big weekend of local races was the **Winter Beaches Run** on February 8th. Ten or five miles along the shoreline in the sand, with the 10 miler being a Grand Prix event. Starting off with the 5 miler, **Rexx Weir** led all Striders with a 36:36, which was good for 3rd in his age group, and **Nancy Harms** was our fastest female Strider, winning her age group in 37:25. **Danny Weaver** also won his age group, and **Brian Murray, Gayla Poythress** and **Everett Crum** took home 3rd place age group awards. In the 10 miler, **Owen Shott** was our fastest Strider, turning in a 57:48 and 2nd overall finish. **John Metzgar** was in championship form, winning the Master's Division in 1:00:53. Also earning overall Master's Division awards were **Regina Taylor** (fastest female Strider, 1:15:06) and **Denise Metzgar**, who were 2nd and 3rd in the Women's Masters, respectively. Tromping through the sand to age group wins were **John Wisker, Bill Phillips, Bruce Holmes, Holly Turner, Frank Frazier, Kathy Murray** and **Pat Gallagher**. Gritty efforts resulting in 2nd place age group finishes were turned in by **David Bonnette, Terry Sikes, Randy Arend, George White, Patrick Gaughan**, and **Nancy Pullo**. And enjoying a day at the beach while earning 3rd place age group prizes were **Kim Crist, John Funk, Thom Henkel**, and **Paul Geiger**. Nice effort folks.

Our last local race was the **26.2 with Donna - The National Marathon to Fight Breast Cancer**. Not only was this a big race, but women made up about 70% of the runners. Over 1200 runners finished the marathon, with over 700 of the marathoners being women. The half marathon drew even bigger numbers, with over 3000 finishers and over 2200 being women. The large numbers made



awards scarce, but a handful of Striders were able to make it to the awards stand. In the marathon, **Justin Jacobs** ran a highly impressive 2:40:08 on his way to a 3rd place age group finish. Our only other place winner in the marathon was **“Bruce” Sung Ho Choi**, who placed 3rd in his age group with a 3:18:23. Leading the Strider women was **Tracy Dawson**, who posted a 3:50:45. In the half marathon, **Mark Woods** won the Master’s Division (for the 2nd year in a row) with a 1:23:34. Further, Mark was the ninth finisher overall – very impressive Mark. Our fastest female Strider was **Wendy Patterson**, who ran a 1:45:28, and **Ann Krause** ran to a 3rd place age group finish. Congrats to all those who finished the races for this very worthy cause and special thanks to all Striders

who volunteered at the race.

#### **Striders – They’re Everywhere!**

Quite a few Striders out and about this past month, and our travels start in Mobile, Alabama. This is where our “do any marathon at any time” Strider, **“Bruce” Sung Ho Choi**, was to do the **First Light Marathon** on January 11th. Bruce ran an impressive 3:05:18, which was good enough for 7th overall and 2nd in his age group. Way to go Bruce.

We had yet another Daytona Beach road trip (I think there were three last month) on January 24th, this time with **Teresa Hankel** making the short jaunt down I-95. Teresa ran in the **5th Annual Daytona 5K** and won her age group with a 24:22. Well done Teresa.

On January 31st, a host of Striders

and friends made what is becoming an annual trip to do the **Ocala Marathon, Half Marathon and 5K**. Anyone doing this race describes how beautiful the scenery is along the course, which includes pastures and ranches and rolling hills, and then they describe just how challenging the rolling hills are. Our lone Strider taking on the challenge of the marathon was **Susan Haag**, who covered all the Ocala hills in 4:43:23 on her way to finishing 3rd in her age group. In the half marathon, **Regina Soeey** led the Strider charge with a 1:42:08 despite giving up a minute due to being at her car when the starter’s gun sounded. Regina’s effort was good for 2nd in her age group and 4th overall (only the winner got an overall award in the half). Four other Striders (or friends) also earned

# **The Florida Striders Track Club \$1,000 College Scholarship Application**

**ENTRY DEADLINE: Applications must be received by March 11, 2009**

Please email any questions Kellie Howard, [kellski@comcast.net](mailto:kellski@comcast.net)

#### **Eligibility Requirements:**

- \* Must be a resident of Northeast Florida for the past two years.
- \* Must be a graduating high school senior.
- \* Must be a runner or active in track and field events.
- \* Please be advised that NCAA regulations may prohibit you from accepting this scholarship if you attend college/university on an athletic scholarship.

#### **A completed application should include:**

- \* This form completed (4 pages, including items I through X)
  - \* Essay about your running (item IX)
  - \* Personal recommendation
- \* High school transcript (if desired, not required)

To download the application, go to <http://www.floridastriders.com/scholarship.html>

Florida Striders Track Club, Scholarship Applications, P. O. Box 413, Orange Park, FL 32067-0413

## **UPCOMING SOCIALS**

April - Annual Picnic - Sunday, April 19 or 26 - Details to come

May - Social and Volunteer party for the Memorial Day 5K - Details to come

age group awards in the half, which included **Steve Williams** winning his age group, Kellie Howard placing 2nd in her age group, and **Jerry Bennett** and **Danny Weaver** taking 3rd in their age groups. Also along for the trip to do the half was **Dave Garrett**. In the 5K, **Bruce Howard** fought the hills on his way to a time of 27:43 and an age group win.

The next weekend saw another Strider take on another hilly marathon course. On February 1st **Jack Howdeshell** took on the hills of Tallahassee, Florida at the, what else, the **Tallahassee Marathon**. It was Jack's first marathon, and he did quite well, running a 3:44:21 and placing 5th in his age group. Great job Jack.

**Maria Littlejohn** rounded out our travels with a trip to Christmas, Florida for the **5th Annual Orlando Xtreme Half Marathon, 10K and 5K**. The race is held at the Orlando Wetlands Park, with the course primarily being a 6-mile loop along dirt roads going around the multiple lakes at the park. I've run at this park several times, and it is a beautiful place. Plenty of alligators too, so don't get too close to the water. Maria found the course to her liking, both for the scenery and her ability to run it, as she won her age group in the 10K with a time of 52:14. And for your efforts on the dirt Maria, I have decided to make you an honorary Strider Trail Buff.

### Tidbits and stuff I missed

Halfway through the Grand Prix season and Striders are at the top of the

pack. Currently in the lead is **Bill Phillips**, though he is only 12 points ahead of fellow Strider **Terry Sykes**. **John Wisker** is currently in 4th place, and four time champion **John Metzgar** is lurking in 6th place should anyone above him miss a race. Good luck in the remainder of the Grand Prix races guys.

### Award

If you ever get the chance, take the time to watch or perhaps even run with someone finishing a marathon in a time of 5 hours or more. Take a look at them about a mile or two before the finish, when they are still fighting to make every step and before they know the elation of approaching the finish. These folks are inspiring to me, as they just won't quit. Somehow, some way, they make it to the finish line. Thus, in honor of these folks, this month's award is the "Just Kept Going Over 5 Hours to Finish a Marathon Award" and it goes to the following courageous finishers of the **26.2 with Donna: Cathy and Mike Haga** (5:10:30), **Kay Womack** (5:52:25), **Rebecca Brown** (6:17:40), **James Vavrina** (6:30:59) and **Trish Kabus** (6:52:58). Congrats folks for your courageous path to the finish line. And now, of course, you get to enjoy that ever so wonderful, ever so coveted entitlement of .....a Nice Smug Feeling

That's all for this month folks. Hope everyone is ready for the River Run next month, whether you're running it or just going to enjoy the festivities. 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](mailto:m.t.marino@clearwire.net) or Mike's snail mail 4159 Marianna Road Jacksonville FL 32217

## Local Running Info



[www.floridastriders.com](http://www.floridastriders.com)

You can contact us via e-mail at: [Dbokros@comcast.net](mailto: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/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>



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