



Volume 23, Number 3

STRIDERIGHT

Florida Striders Track Club
www.floridastriders.com



March 2004

California Dreaming - The 2004 San Diego Marathon by Frank Sutman

OK, we need to get two things straight before I start this tale. First, this is not the Suzuki Rock 'n' Roll Megamarathon. Second, it isn't held in the city of San Diego, California. Back in about 1990 the original San Diego Marathon moved 35 miles up the coast to the "North County" town of Carlsbad. Carlsbad is still in San Diego County, so the name still works. The San Diego Marathon is held annually in mid-January. The Rock 'n' Roll Marathon occurs in June.

Lillian and I had two good reasons to consider a running road trip to Carlsbad. The first is that my sister Elizabeth and family have lived there for six years. It's a fun place to visit. We'd been a few times before. Second, our friends John and Kathy Heisner moved from Jacksonville to the area this past summer. John extended an invitation to run the marathon with him. Of course, in between the invitation and the event John sprained his ankle twice, leading to six weeks of inactivity. By the time the race arrived, he



was starting to get back into running form.

On January 15 we flew without incident from Jacksonville to San Diego. No wheels fell off the plane this time. After a quick shuttle bus ride our rental car was poised to enter the I-5 freeway at 3:15 PM. Plenty of time before

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MARCH SOCIALS

Just one month but two great events, Both events enjoy a tradition of good times with good food and friends. Bring a dish to share, and some folding chairs. Each event is for the benefit of our Strider members and their guests. See page 13 for a lot more information.

Sunday, March 7th, 1:00 P.M.

Annual Strider Picnic at the St. Johns Country Day School campus with great food, fun, games, and a wee bit of business.

Saturday, March 13th, 7:00 A.M.

River Run Hospitality Tent

Prez Sez

By Hardie Alexander



As the 2004 running season is getting into full swing, it is my pleasure to address our club for the final time as Club President. It is quite a busy month to end on, with just all kinds of fun club happenings.

By the time most of you read this our first social of 2004, at the Busch Brewery, with Donna Hicken, as our guest speaker, will undoubtedly be a pleasant memory. Following that will be lots of fun and games at our annual picnic on Sunday, March 7. Before you have time to catch your breath it will be time for this year's Gate River Run, where the Striders will again have a tent set up for your convenience. I am sure that date of March 13 has been on your running calendar for quite some time. Please come out and join in all the fun that these events have to offer. You will be glad you did.

In closing I would like to thank the entire Florida Striders Track Club for making my time as president a most enjoyable experience. You are the best! Thanks for the memories.

Webmaster Wanted!

The Florida Striders Website is very important in our ability to share information effectively. If you have an interest in helping, please contact Bob Boyd (272-1770 or email BobBoydFL@comcast.net) or Bill Dunn (269-3820 or email wm_dunn@comcast.net.). We could mention the lavish expense account or use of our corporate jet as enticement, but then we would be lying big time! You would make a real difference in our club and that is no lie. Call for more information.

Board of Directors' Minutes, 2/10/04

Hardie Alexander called the meeting to order at 7:10 PM. Directors absent: D. Cahill, J. Nolan, B. Dunn, S. Pentaleri. The previous meeting minutes were approved as written.

Treasurer's report: The February Treasurer's report included \$500 income from Centex. The donation was for Run to the Sun's Fun Run. Per the board's previous decision to account for children's running (i.e. proceeds from our four Fun Runs) separately this deposit should be noted as a donation for Run to the Sun Fun Run. Steve and the race directors will decide how the deposit should be accounted for.

River Run documentary: Zach Starr filmed the board meeting as part of a class project. He is filming a documentary about the River Run.

Race committee update:

Run to the Sun – Matt has had a difficult time contacting sponsors. He got a good deal on t-shirts (\$2.70 per shirt, usual price is \$3.50) and may need to temporarily borrow money from the general fund. Fliers for the race will be in the Ortega packets.

Memorial Day – Frank and Lil distributed the race budget. They added a new line item listed as 'Unconfirmed sponsorship' of \$1335 with the goal of finding sponsors to fill it in and meet the target race profit. A new expense this year is \$200 for the race to be a sponsor for the Green Cove Springs Memorial day events. Frank and Lil will host the volunteer party for the race on June 6th at 3pm. This will also be the Strider Social for June.

Autumn Fitness – John checked with OPKC regarding holding an evening race and it does not look like a possibility since the race would have to be finished and cleared out by a certain time.

Hog Jog – Nothing to report.

Website and Website contest: We are looking for a new webmaster. An advertisement will be posted in E-news and the Strideright.

Equipment: The clock is home now.

Sponsorship program: Several letters have been sent out to potential sponsors.

Letter – London runner: Hardie received an email from a London resident who saw our website and suggested some races in London if anyone will be traveling there.

Open Forum: Bob needs pictures of everyone on next year's board to post with their bios. George got bids on singlets/t-shirts from Justin's Designs. The merchandise prices will not increase. Some board members expressed interest in setting up a group order for CoolMax t-shirts and singlets. Rob G. distributed a list of proposed guidelines for updating the Strider Scholarship application for discussion. The new application will be posted on our website.

Super Bowl 2005: John P. reported that Clay County is organizing an

(Continued on page 4)

2003-2004 Board of Directors & Key Members

(Board Members marked with an *)

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Membership Director:
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SUPPORT OUR SPONSORS... THEY SUPPORT OUR SPORT



Sun TIRE

Title Sponsor
of the
SUN TIRE
RUN TO THE SUN

O'Steen Volkswagen 

2525 Philips Hwy. • Jacksonville
(904) 396-5486
Memorial Day 5K

FLORIDA POWERTRAIN & HYDRAULICS, INC.

Autumn Fitness 5K & Run to the Sun 8K

Mike Shad Nissan

269-9400
Run to the Sun



Title Sponsor - Autumn Fitness 5K

citistreetSM

A State Street and Citigroup Company

Title Sponsor Memorial Day 5K



Orange Park Kennel Club



Dennis M. Axman
CLU, ChFC, AEP, CFP
904-313-2195
Memorial Day 5K

Smoak, Davis & Nixon LLP
(904) 396-5831

Autumn Fitness 5K

—orange park—
POWER HOUSE

611 Blanding Blvd
1 Mile South of
Kingsley
272-2272

Memorial Day 5K



John Fagan, P.A.
278-6000

Autumn Fitness 5K

Florida Heart Center

We Care For Your Heart
(904) 269-1664
Hassein Ramezani, MD

Pediatric Dentistry & Orthodontics

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


Bicycle Outpost
1560-4 Business Ctr Dr
Fleming Island -
Orange Park
215-6885



Village Bread
Market



Robert Shields, Sr. is proud to help sponsor the Memorial Day 5K in honor of the 9/11 victims

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, Florida. Non-profit Organization Bulk Rate postage is paid at Orange Park, Florida.

Board Minutes of 2/10/04 (continued from page 2)

activity-based super bowl weekend in Green Cove Springs next year. One of the activities is a 5k run to be held on Saturday, February 5th. John proposed that the Striders put on the race and it would become an annual event. The board raised the concerns that timing would be a problem if there were another race on that day. Also finding sponsorship and volunteers for an additional race would be difficult. A suggestion was made to propose to the organizers of the event that the Striders would put on a 1-mile fun run instead of a 5k.

Doctor's Lake trail update: George H. noted that the trail appeared to be in good condition and there is not a need to organize another clean up right now. Board members who run on the trail reported that it was fine.

2004 Board nominating committee update: Frank distributed a list of the 17 confirmed candidates. Nominations are closed on February 15th.

Picnic/Social schedule: The picnic will be held on Sunday, March 7th ,1pm at St. John's County Day school. The social schedule through June is as follows:

February 26th - Donna Hicken at the Busch brewery

March 7th - picnic

April 3rd – Nancy Pullo's house.

May is up in the air.

June 6th – Frank and Lil's house.

Kent Smith will be the new social coordinator.

The meeting was adjourned at 8:50 PM. Next month's meeting will be Tuesday, March 9th at the library with the new board.

Respectfully submitted,
Karin Glenn

Strider Spotlight on Nancy Harms by Bob Boyd



Has someone small, pretty, and fast passed you recently? One of the perks of the Editor's job is that I get to meet and correspond with some very interesting and, at times, downright charming, Club members. This is one of those times. Nancy reminds me of the old adage about "Good things come in small packages." Clearly, fast and well-written young runners do too! The following are Nancy's responses to questions I asked of her:

Background: I was born in Jacksonville, Florida and have lived here all my life. I am nine years old, and a third grader at Beaches Episcopal School.

Interests & Hobbies: My hobbies are collecting minerals and drawing pictures. I also enjoy arts and crafts projects.

Why do you run? I run because it is pretty fun and I would like to be famous.

What is your training plan? I run about three times a week, between 1.2 and 2.5 miles. If I have a race on Saturday, I run two times during the week to practice.

Which races and times are you most proud of? My two Gate River Run 15K records: Seven year old record 1:51.43. Eight year old record: 85.55. My fastest 5K was at Matanzas this year: 24:51. I won the Jacksonville Grand Prix 13 and under age division 2002-2003.

What running goals do you have? I would like to improve my Gate River Run 15K time this year to around 81 minutes. I would also like to beat my 5K time.

There is no doubt in my mind that Nancy will achieve her goals. She is already a good competitor, and her running future looks very bright indeed. Keep up the great running Nancy. We will all be cheering for you.

California Dreaming (continued from page 1)



rush hour, right? Not! This was the first of several occasions where we made remarks like "I'll never complain about the traffic in Jacksonville again". Eventually we arrived in Carlsbad and had a pleasant reunion with Elizabeth, Jack, and Garrett. Both Jack and Garrett were suffering from the Carlsbad crud, a rather severe form of the common cold.

The next day, Friday, was beautiful with clear skies and temperatures in the 60's. After a leisurely start, we enjoyed lunch at Las Olas on the beach, and then headed down the coast highway to Torrey Pines State

Preserve. Torrey Pines is a series of hills, badlands, and cliffs overlooking the Pacific. It is one of the two places on earth where the *Pinus Torreyana* tree still survives. We had an awesome hike, and then sat in some more traffic on the way back to Carlsbad. John Heisner was returning from Phoenix on Friday evening. We met for dinner at the Karl Strauss Brewing Company. Everyone had a fine time!

Before we knew it, Saturday morning arrived. There was an assortment of children's running events associated with the marathon weekend. Garrett was under the weather due to his cold. Mom opted to have him stay home. The race expo and start/finish line were about 20 minutes north of Elizabeth's home, at the Camino Real shopping mall. We got there in time to meet the Heisners and watch Sarah and Rachel in their one and half-mile fun runs. Great participation! The expo was large and well attended. Next, we rendezvoused with Sharon Pentaleri. She had come all the way from Jacksonville to lead a 4-hour pace group. Sharon had to work the expo in the afternoon. We hoped that we would get to spend more time with her on Sunday.

Lil and I offered to make a pasta dinner for everyone on Saturday evening. Everyone consisted of Elizabeth, Jack, Garrett, all the Heisners, my cousin Judith, and her husband Greg from Ventura County. Roger the neighbor stopped by too. Roger is a long time race coordinator for the marathon. He was kind enough to give me a SD Marathon jacket. Too cool! We all stuffed ourselves. Garrett had much fun playing with the girls.

On Sunday I left the house well before dawn. The race start was a bit odd. There were about 1600 people in the marathon and roughly 4200 in the accompanying half marathon. There was a marathon walker start at 5:30, a marathon slow runner start at 6:30, and the half marathon

start at 7 AM. All these occurred prior to the competitive marathon start at 7:30. Well, after all the early starts, the place seemed practically empty. Finally, the 500 or so runners left for the competitive marathon got the gun, and we were off. The temperature was in the mid-50's and the sun was coming up strong.

I settled into a pace that I hoped would allow me to break three hours. Scott from Lincoln, Nebraska had the same goal. We ran together for the first 15 miles of the race. The course headed west towards the ocean before turning south. It was definitely rolling, but the hills could have been much worse. The organizers took great pains to lay out the flattest marathon course possible in a very hilly area. Well-staffed water stations were placed every mile. Plentiful portapots were also dispersed along the road. There were at least ten bands along the course. Most of them sounded really good! The entire course was 100% closed to traffic. That's a tough trick to pull off with the population density in southern California.

We turned south on the Coast Highway. The ocean was beautiful. I quickly became aware that half of the starters in the 7 AM half marathon were walkers. We started passing walkers. Hundreds of walkers. Thousands of walkers. At about the 6-mile mark the marathon course diverged from the half and turned inland. Finally I got away from the walkers. I was averaging about a 6:45 mile pace and feeling good. A four plus mile out and back brought us by the Legoland Theme Park. There was a good uphill for about a mile in this portion. On the way back down I saw John and Sharon for the first time, along with about 20 others in her pace group. I was now starting to pass early start marathoners.

The course turned east onto the Palomar Airport Road for a five-mile out and back. It passed through a rural canyon with pleasant desert scenery. This section contained a 1-½ mile uphill, which was the longest hill on the course. Lil, Elizabeth, and Garrett met me at the 12 and 15-mile marks to cheer me on. I went through the half at 1:29, feeling pretty good about my prospects of breaking 3 hours. On the way back down, I saw John and Sharon for a second time. John had broken away from the pace group, and was now several minutes ahead of the pack.

Around mile 15 I got



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California Dreaming (continued from page 5)

ahead of my new buddy Scott. Between miles 16 and 17 the course rejoined the Coast Highway and continued south. There were a couple of good, rolling hills on this section of course. It was fun to see the race leaders heading back north. The coastal scenery was stunning. My support crew was at the southern turnaround. This was at about the 18.5-mile mark. They thought I was starting to look worse for wear. The hills were starting to get to me. I was on pace until the 20-mile mark. I waved to John on his way out one last time. He didn't think I looked that good either.

Then I got tired and slowed down. It wasn't traumatic. I just realized that I didn't have any more 6:45 miles left in me. By mile 23 I was walking the water stations. OK, I didn't have any 7:45 miles left in me either. My buddy Scott passed me, not looking much better than I did. We were still passing walkers and slow runners. I've never passed so many people in my life. The water station crews were terrific and extremely supportive. The race had about 2000 volunteers. This whole town turned out to support the event. Luckily, the last mile was downhill. I loped into the finish line in 3:06:41, in 35th place overall and 6th in my age group. Later, I was surprised to figure out that only five people had passed me during my crash and burn sequence, and that I had passed three myself. Let's chalk it up to a

challenging course. It was tough to keep track of where one was in the race, with all the people from earlier starts out on the road.

My cheering crew found me at the finish. The men's winning time was 2:30. The women's winner had finished in 2:47. We found a good place to watch and waited for John. He came cruising in at 3:39:07. Sarah and Rachel had made some awesome signs to show their admiration of dad's running skill. We saw a 91-year old woman finish the half marathon. Sharon finished in 3:59:48, within 12 seconds of her goal pace. She carried a large 4:00 sign with her for the entire race. Arms of steel! Everyone thought the race was extremely well organized, had excellent volunteer support, and was very friendly.

After a shower and nap, we headed over to the Heisners to watch football and eat. Sharon stopped by before catching a red-eye home. We finally got a chance to visit. Needless to say, it was an early evening for most. The next morning Lil and I said goodbye to everyone and headed back to Florida. We packed a lot into a long weekend. You can find out more about the race at www.sdmrathon.com, just in case you want to consider a fun road trip to the left coast next year!

New Florida Striders Merchandise Coordinator! Meet George Hoskins by Lillian Lawless



The Florida Striders Track Club has a new Merchandise Coordinator, George Hoskins. I have been handling the merchandise for the past four years and have recently passed the merchandise torch on to George. George has been a Strider for several years and is a

member of the Striders Board of Directors.

For those of you who do not know George, let me introduce him to you. George grew up in East Tennessee before going to college in Kentucky where he started his running career on the cross-country team. He has been running ever since as a form of relaxation, fitness, competitiveness, and for the social aspects of running. George supports the Striders commitment to

top-quality races, and our efforts to further running as a family activity in the local community.

When George is not dealing in club related activities, he is a professional Social Worker at NAS Jacksonville Naval Hospital. George has been a Social Worker for over twenty-two years. George is presently the Director of the Social Work Department at NAS. He is also involved with the Jacksonville Camera Club and he is an amateur outdoor photographer. George also coordinates the Doctors Lake Trail Maintenance in Orange Park.

George's goals for the merchandise is to do it as well as it has been done in recent years, and to encourage even more Striders to attend races in Strider gold and red. So if you do not have any Strider gold or are in need of some new Strider merchandise, please see George at the Striders River Run Tent or any of the four annual Strider races. You can contact George at 264-4372 or ghoskins@bellsouth.net to purchase Strider Merchandise.

Run to the Sun 8K

Florida Striders Track Club

APRIL 17, 2004



Orange Park, Florida

Saturday, April 17, 2004 - 8:00 AM

This is the 2004 RRCA Florida 8K State Championship Race. It starts and finishes at the Orange Park Kennel Club. USATF Certified Course (FL-02015DL) and stays off of U.S. 17

Age Group Awards through 6th Place!




Sun TIRE

Mike Shad
Nissan
269-9400

FLORIDA POWERTRAIN & HYDRAULICS, INC.

FREE 1 mile Fun Run at 9:30 AM.
\$1500 for the top 5 schools with the most finishers!

CENTEX HOMES



8K AWARDS: Top 3 Male & Female; Top Masters, Grand Masters; & **Super Grand Master (over 60) plus Top 6 in each age group.** Male & Female: **AGE GROUPS:** 10 & under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & over. (No multiple awards)

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

FUN RUN: 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 6:30 AM.

COST: Please see the following table:

Race Entry received:	Strider or Military	Not a Strider
by April 7th	*\$12	*\$14
4/8 thru 4/16	*\$15	*\$17
Race Day	**\$20	**\$20

*There is an additional \$2 discount if you have your own ChampionChip except for day of race Registration (see entry form to enter your personal chip number.)

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

Registration includes: Post-race refreshments & race results, which can be viewed at www.coolrunning.com. Run to the Sun T-Shirts are guaranteed to all pre-registered 8K entrants.

Make check payable to: Run to the Sun 8K

Mail completed application & check to:

Run to the Sun 8K
2941 Cherokee Ave. #3
Jacksonville, FL 32210

Race fees are non-refundable.

More Information: Contact Rebecca Brown at 904-954-7875, or Matt Ross at 904-268-8392, email: HartRoss@bellsouth.net. Also see www.floridastriders.com

RRCA Guidelines prohibit the use of radio headsets or other portable sound systems, wheeled conveyances (excluding racing wheelchairs) but including skateboards, roller skates or blades, baby joggers, bicycles, etc. Animals are prohibited except for trained guide dogs used by blind runners.

RUN TO THE SUN 8K & ONE MILE FUN RUN ENTRY FORM

RACE# (FSTC USE ONLY)

Y N

Ever run/walked a race?

First Name

Age

Last Name

Sex M F

Adult Sizes (T-Shirts for 8K only) S M L XL

RUN FUN RUN (no charge) Personal Champion

Chip # (can NOT be used for Day of Race registration)

Street Address (include apt. number)

City

Telephone Number

State

Zip Code

Fee Enclosed \$

Florida Striders Track Club Member Military

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: fall, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and accepted by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry I, for myself and everyone entitled to act on my behalf, waive and release the FSTC, RRCA and the town of Orange Park and all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I also agree that I may be examined and treated if necessary during the course of the race by qualified race personnel in the event medical problems of any cause arise. The race officials or the qualified personnel have the right to disqualify me and remove me from the race if, in their opinion, I may be suffering from a life threatening condition. I understand and agree to abide by the RRCA Guidelines which prohibit the use of radio headsets or other portable sound systems, wheeled conveyances (excluding wheelchairs) including skateboards, roller skates or blades, baby joggers, bicycles, etc. Animals are prohibited except for trained guide dogs used by blind runners. Rev. 6/00.

Your Signature _____

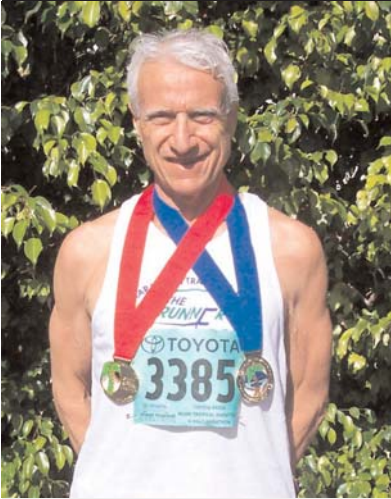
Date _____

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

Date _____

Make Check Payable to: Run to the Sun 8K • 2941 Cherokee Ave #3 • Jacksonville, FL 32210

Miami Tropical Marathon 2004 by Augie Leone



I really looked forward to the Miami Marathon as a different strategy was planned to possibly solve how badly I had felt in past marathons. I attended the Expo on Friday afternoon at the Hyatt Hotel. Driving access was easy, with very little city driving once you were off the highway. The Hyatt parking garage is shared with a bank with the exit from

the garage being in the bank. You did need to be careful to exit properly for the hotel.

Picking up my packet, chip, and chip testing was quick. In all Expo's, it's necessary to walk thru the entire Expo to get your shirt. At first it appeared that the Expo was small but it was in two areas and certainly covered all the basic companies. I saw a bargain on a long sleeve running shirt and was sorry I didn't buy it. Plenty of hand outs of energy bars and Cliff Bar had their usual tasting table.

Sunday at 3 AM my breakfast was a banana, orange, water, and coffee. In my new strategy this would be my only water until the 6 mile water stop. I've done ten marathons but feel like I have had one marathon experience repeated ten times. The new strategy was to eliminate gels and sports drink to resolve uneasy stomach and reduce lactic acid levels felt in those last miles. My plan was for water only with a salt/potassium capsule at 6 miles and each 4 miles after. All training runs were done this way. Also I wanted to avoid my most common mistake, going out too fast. My goal time was 4:45 to qualify for Boston in 2005 in the 75 age group. The plan to control my pace was to run by my heart monitor. Based on my training runs, my pulse would get to 120 in the first half and 130 in the second half.

I drove to the Bayside parking garage, arriving about 4:45 AM for a 6:00 start time. It don't get any better than this. Parking was literally across the street from the start line and one block from the finish line. Starting corrals were based on your number, which they checked as you entered.

The rain was timed perfectly for the duration of the run. It started at 5 minutes before the gun and ended at about 11AM. The temperature was 70 degrees but with the rain it felt like 60 degrees. Because of the rain, several empty bandstands were noted, but music was playing. People were standing out in the rain cheering us on.

It only took me about 2 ½ minutes to cross the start line. The first 10 miles are across the causeway to South Beach, along the beach area and across another causeway. You could see the outline of some cruise ships and it's a beautiful area but it was too dark to appreciate it all.

Water stops were plentiful with both sports drink and water. At about the 18 mile mark gels and bars were available. Plus, people in the neighborhoods were handing out bananas and orange wedges. I accepted those but declined offers for beer. This was a very nice tree lined area.

Race timing is another issue. The first chip mat check point was at the 10K, however, this timing information was not provided in the computer data. Other chip mats were at the half, at 20 miles, and an unknown point. The half and 20 mile information was given. There was a chip mat about 20 yards in front of the finish banner plus mats under the banner. Your name was called off before the banner so the front one was for recognition. As I crossed under the banner my time was clearly 4:46:46 as is verified by pictures on the internet. However, the computer printout gave me a gun time of 4:44:50. During the run the mile split times seemed erratic. Using the times provided to calculate my pace between half, 20 miles and the finish definitely made no sense. The half marathon clock looked very reasonable in retrospect but the 20 mile clock reported a much faster average pace than was realistic. I feel something wasn't right in this area.

As to my personal race plan, only 2 miles out I was worried I was going too slow. When I checked my pulse, it was 125. I could not believe it. It must have been marathon excitement. I passed two water stops. At the third water stop I took my first drink and capsule. At mile 10, I had my second water stop and a potty stop. My half was at 2:17. It really thinned out when the half marathoners finished. My pulse was holding at 125. I took my third water stop shortly after the half way point. The orange sections and banana I ate around 17 did not bother my stomach. Then I was anxious for water. Finally 18 miles, where I first took a potty stop then grabbed two cups of water. I saw the 20 mile clock. I thought I needed to pick up the pace but my pulse was at 135. The miles seemed like they were getting longer and my legs were sore, but still not feeling like logs. Mile 22 at last, I got my water. Now I was really talking to myself. "Why was I doing this?" I wanted to walk. I kept repeating to myself, "If you walk, it's over." I took inventory: pulse 135, okay; legs sore but no pain, okay; just plain tired, yes; but that was no excuse to walk. Now I did not pass up any water stops, it's an excuse to walk. I repeated my mental inventory many times. At my last water stop I feel like it's sloshing in my stomach. At mile 25, my pulse was 142. No prob-

(Continued on page 9)

Miami Tropical Marathon 2004 (continued from page 8)

lem now. Finally mile 26 and I tried to finish strong but there was not much left. I just made it, coming in over goal on gun time but under on net time.

There was plenty of help as you crossed the finish line. They quickly asked if you were okay, handed you an opened bottle of water, removed your chip, and hung the medallion on you. No aluminum capes. The beer wagon was the next thing in line before the food.

To me, the food was disappointing. Maybe it's because the majority ran the half, only about 1,780 finished the full marathon and by the time I got there it was picked over. The only fruit was bananas. I only saw plain

bagels that we had to pick out of a bag and finally found a package of small cupcakes.

I waited it out until noon for the awards. Picked up 2 beers and watched the awards. First they went through the half marathon and, finally, the marathon. It was worth it. Toward the end, it was really thinned out and the announcer finally weakened and said, "If anybody left out there thinks they have an award just come up and give me your name." I happily got my time and 2nd place award in the 70 – 74 age group and headed home. My 11th marathon is history.

Board of Directors Nominees for 2004/2005

Marie Allison: Marie has been a Strider for several years and is very eager to serve on the Board and become more involved with the club. She has been running for about 7 years. Marie has run several half marathons but never the full 26.2. Her goal in 2004 is to run the Jax Marathon in December. Marie also cycles and teaches spinning classes at Baileys Gym occasionally. She is a Jacksonville native and has lived in Orange Park since 1975. Marie is the Assistant Director of Market Development for a Professional Liability Insurance Company. She is married with two teenage children.



Bob Boyd: Bob has been on the Board for three years now and also serves as the StrideRight Newsletter Editor. He was the Membership Director for three years, transitioning that position to Tanys Carere in the beginning of this year. Never think his work with the Striders happens without a lot of help from his bride of twenty one years, Vanessa. Bob has been running with the Striders since about 1990 and feels very fortunate to have been able to enjoy running for some thirty years now. He strongly hopes he can help others enjoy running too and make it a life long pursuit. Bob is particularly trying to promote more Children's Run/Walk programs in the Elementary Schools to help children begin healthy and fun habits. He is also actively pursuing additional sponsors so we can expand those programs. Bob retired several years ago from BellSouth but has lost all that "spare" time between the Striders, Grandchildren, and other interests.



Vanessa Boyd: Vanessa has served on the Board for three years now and does a lot to help with the Editor functions. She has also become the Strider photographer at

most of our events and provides most of the pictures found on our web site and in the Newsletter. While officially retired, Vanessa still enjoys helping at the Orange Park Hospital one or two days a week as a Physical Therapist. Her real passion is writing music and those grandchildren of theirs. She's been a Strider since about 1990.



Tanys Carere: Tanys has been a Florida Strider member for two years now and began serving as our Membership Director at the beginning of this year. She moved to Jacksonville from Canada five years ago to escape the cold and is currently employed as an Accountant by a private investment company. In her spare time if she's not out running, lately you can find her at the gym lifting weights, on the courts playing tennis, at the beach surfing or doing hot yoga, attending a Bible Study group or trying to sneak in some attention to her two cats (to mention only a few extra-curricular activities). Currently she is training for the Boston Marathon in April but enjoys the social aspect of running with friends the most. Speaking of the social aspect, she volunteers to hold Strider socials or meetings anytime in her new spacious home! The only requirement is for everyone to bring some snacks!!



John Craddock: John has been a Florida Strider since 2002. He is 34 years old and moved from San Diego, Ca to Jacksonville in February 2002. It was in January of 2000 that John really started running as he began his training for the San Diego Rock and Roll marathon. After experiencing the elation of completing a marathon, he was hooked on running and has maintained his running base. Since San Diego offered the best year-round weather conditions for

(Continued on page 10)

Board of Directors Nominees for 2004/2005 Term

(John Craddock - continued from previous page)

outdoor athletes, John was easily persuaded to get into triathlons and he completed his first Olympic Distance Triathlon in 2001. After that experience there has been no turning back. John currently enjoys training for triathlons with running as his favorite of the three sports.

John is in the US Navy stationed at Mayport. His father was also in the Navy and until the age of 9, John grew up here in Jacksonville. In 1979, his family moved to the Republic of Panama where John eventually graduated from High School and returned from the states to go to college. He feels extremely fortunate to be here in Jacksonville as his parents, his sister and her husband and his two nieces all live here in Jacksonville.

John is very excited to be considered for membership on the Strider Board. The Striders are one of the biggest running groups in the area and are very active in the Jacksonville running community. Their contributions to our local community really help to promote a healthy lifestyle through their organized runs, weekly running groups, dinners, and regular social gatherings helping to promote a balanced lifestyle.

Karin Glenn: Karin has been a board member for two years and would like to serve again this year. She is currently the club secretary. She has been a tester/designer for Sungard Corbel for the past four years working on defined benefit pension plan administration software. Running-wise she is currently trying to find the optimal training level - somewhere between running fast and running her legs to the ground. For the upcoming year she would like to see the club continue it's focus on children's running, put on 4 quality races, and continue with the quarterly dinner and monthly socials. She has enjoyed being on the board and is looking forward to serving another year.



Robert Glenn: Robert has been a director for two years and would like to serve again this year. He is currently the Mile Marker Musings columnist. Rob is a pilot with the U.S. Navy Reserves part time and looking to start flying full time for a major airline soon. He thinks the club is on the right track by sticking to basics, i.e. putting on a few quality races each year and supporting children's running.



Gary Hallett: Gary is excited about the opportunity to serve as a Board member and looks forward to giving back to the running community through this great organization. He moved to Jacksonville in 1996 after living previously in

Chicago, Birmingham and Toronto, Ontario. A native of Eastern Canada, he is a Montreal Canadiens hockey fan, known to travel great distances during the season to catch the Habs in action. Gary began running in January 2000, his goal to complete the Gate. Nearly 4000 miles and 3 marathons later he is hooked on the sport and currently in training for the inaugural Bluenose Marathon in Halifax, Nova Scotia. Despite the feeling of completing 26.2 miles he says, "Finishing the Outback Classic this past November with my 16 year old son is my proudest moment in running". His sons Ryan and Christopher live in Orange Park. Gary has been a member of the Striders since March 2000. He works at Southeast Atlantic Beverage.



George Hoskins: George joined the Striders in 2000. He was previously a member in the early 1980's. He has coordinated the Doctor's Lake Trail clean-up effort and has volunteered at Strider races. In 2004 he will take over management of Strider merchandise. George enjoys the club's Sunday morning training runs, races, and programs. As a board member he will support our commitment to top-quality races and all Strider efforts to further running as a family activity in the local community. George works as a civilian social worker at the Naval Hospital in Jacksonville. George and Mary have lived in Orange Park for over twenty years and have two adult sons.



Lillian Lawless: Lillian has been a director since 2000 and would like to serve for an additional year. She is currently Race Director for the Memorial Day 5K, publisher of the popular Strider e-News, and is very involved in the current effort to recruit new club sponsors in order to further enhance our programs. Lil puts a tremendous effort into making our events fun for both participants and volunteers. She just turned over club merchandise responsibilities to George Hoskins, after a 4-year stint. Lillian's other interests include two Australian Shepherds, walking, gardening, home improvement projects, and travel. She's also been known to co-host a wild mimosa stand near the finish of the Thanksgiving Outback Half Marathon.



Frank Sutman: Frank Sutman has been a

(Continued on page 11)

Board of Directors Nominees for 2004/2005 Term

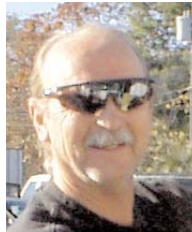
(Frank Sutman - continued from previous page)

director since 2001 and would like to serve for an additional term. He co-directs the Memorial Day 5K with Lillian, and is Race Advisor for the other three Strider annual races. Previously, he was club secretary and had co-directed the Hog Jog for two years. Frank ran his first road race in 1975 and his first marathon in 1976. It stuck. Frank wants to make sure that our club races remain high quality events, and is always trying to help develop future club leaders. His day job involves creating new and more efficient papermaking technology. As a result, he truly enjoys receiving a printed copy of *The StrideRight* in the mailbox every month.

J. D. Smith: J.D. started running in the Navy to stay in shape. His first race was a Strider's Autumn Fitness Run. He volunteered for the Board in 2001, took a year off for a vacation in Diego Garcia and was invited back upon his return. J.D. enjoys giving back to the running community by being a member of the Board and volunteering at races. It gives him a great appreciation of volunteers when attending non-Strider races. He is working back up to marathon distance.



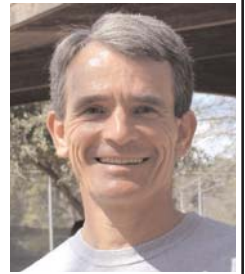
Kent Smith: Kent had not run since high school (1960) and college (1962) when he started running while in the Navy, stationed with the Marines in California. Kent returned to Jacksonville in 1987 and has been running ever since. He served on the Strider Board for three years in the 90's. Kent is close to retirement again and hopes to be elected to the Board to help the Florida Striders and its members reach their running goals.



Warner Millson: Warner has been a member of the Strider Board of Directors over three different time spans. First he served in the early and mid 80's when he was both the merchandise "rag-man" and Fun Run Director. The 2nd stint was approximately in the late 90's - "my Medicare aged brain doesn't exactly remember when." Warner also served on the 2003/2004 Board and would like to help an additional year. Running wise, his knees lasted for about 20,000 miles and 22 marathons. Lately, he has been reduced to walking a few miles at a time. "I would like to see the Striders continue to look for new ways to help the athletically active community and possibly to help put the run back into the monthly "fun run" socials."



John Powers: John has been running for over 30 years. Started in college but has never run competitively. Reasons for running are to stay healthy and in reasonably good shape. Wife, Jan, and family have lived in Orange Park for over 20 years and has been a member of the Striders for over 12 years. He got involved with the club at the request of Ken Bendy with whom he was running on Sunday mornings. His first job was as a race volunteer, then race coordinator, and finally as a Race Director. John has served on the board for six years and as President for two years. "Running, and the Striders, have been very good to me. I want to give something back to the sport and to the club."



Julie Runnfeldt. Julie has been running since 1997 and did her first marathon, Chicago, in 2000. She joined the Striders in 2001 and would like to further support the club's efforts to promote running as a Director at Large. She competes in triathlons as well as running races, particularly when she has a rare Saturday off. Julie is a Veterinarian at the All Animal Clinic in Orange Park. She and her husband, Hal, have been in the Orange Park area since 1993. They have a six year old son, Kyle. They also enjoy sail-boat racing.



Patti Stewart-Garbrecht: Patti is a 42 year old wife, mother, nurse-midwife and runner. She would like to tell you just a few things about herself. Patti is originally from St. Louis, MO. She left St. Louis in 1993 when she was commissioned into the US Navy and went off to graduate school at Georgetown University to become a Certified Nurse Midwife. Patti had previously been a labor and delivery nurse for five years at an inner city hospital in St. Louis. After graduate school Patti went to her first duty station, Naval Hospital Camp Lejeune. It was at Camp Lejeune that she discovered running. Patti started out with modest goals to lose a few pounds and to perform better at the twice yearly physical readiness test. On 4th of July in 1995 she ran her first race and was "bitten" by the running bug. By 1998 Patti had set all of her current PR's. While she considers herself a competitive runner, she is a spiritual runner first and foremost. Patti loves to run, she loves the sport of running, and she makes daily attempts to encourage others to adopt the running lifestyle.



She thinks she would be a good addition to the Striders Board because she truly believes that it is the local

Board of Directors Nominees for 2004/2005 Term

(Patti Stewart-Garbrecht - continued from prior page)

running club that makes running and racing a sport for all to enjoy. The running club encourages people of all shapes and sizes and from all walks of life to run for health, run for happiness, and to be a part of the Big Running Family.

Jeanie Wilson: Jeanie is from Anderson, Indiana and a graduate of Indiana State University in 1987. She moved to Clearwater, Florida where she met Ken and married on Christmas Eve 1989. They moved to Jacksonville in 1997 and Jeanie began teaching 8th grade Physical Education at Green Cove Springs Junior High. She also coaches volleyball and Track & Field. Jeanie competed in Sprint Triathlons before catching the Marathon bug. She has five Marathons under her belt including Disney, Jacksonville (3), and 2003 Marine Corp. Her favorite running route is any Sunday morning run with Miller McCormick's group out of San Jose C.C. Jeanie's favorite race is the Paul DeBuryn 30K in Ormond Beach.

Ken Wilson: Ken is originally from Rochester, New York and graduated from Paul Smiths College and Plattsburgh State up in the Adirondacks with a degree in Forestry and English Literature. He met Jeanie in Clearwater and married on Christmas Eve 1989. Before moving to Jacksonville, Ken competed in Triathlons for 10 years with the Clermont Series as a favorite. After relocating to Jacksonville to attend Law School, he went back to concentrating on running and completed 4 Marathons including Disney, Jacksonville (2), and 2003 Marine Corp. His favorite race is the Paul DeBuryn 30k in Ormond Beach. Ken is currently an Attorney for Fagan and Broussard in Orange Park.

Running Shoe Loyalty: Buyer Beware by James Raia (visit www.jamesraia.com)

Like favorite courses or training partners, runners often remain loyal to shoe brands. But the running shoe industry has changed so drastically in recent years, it's wise to consider new brands and styles to help avoid injuries.

"There has been a major shift in brand loyalty," said J.D. Denton, a Northern California retailer and journalist who has been writing shoe reviews for more than a decade. "Part of it is that there are a lot of newer runners and runners coming back to the sport after years away. They're more open to trying new brands and not as locked into old habits."

Another major reason to consider a new brand is the frequency of style changes. When once manufacturers kept styles in circulation for many years, it's rare to find styles today that remain on store shelves or available via mail orders or in the internet for more than one year.

"If you find a shoe you like, it might not be available the next time you look for the same pair," said Denton, owner of the Davis location of the national Fleet Feet chain. "There's also a lot of fashion involved in the shoe industry these days. A lot of running shoes are being purchased by people who don't run."

Two of the most popular shoe brand names - Nike

and Asics- provide two good examples of how the industry is changing. Nike once sold more than 50 percent of all running shoes, but its market share has substantially dropped.

According to Denton, Nike running shoes sales are leaning toward the fashion end of the industry, with styles sometimes changing within a one-year time frame. Asics, however, maintains many of its most popular shoe characteristics in new styles.

"Every time a company introduces a new style, it's going to alienate some long-time wearers and it's going to win over a few new customers," said Denton. "But in the case of Asics it's one of the companies that has had success keeping its styles consistent over the years. But if it changes one characteristic, the shoe might no longer be the proper shoe for you."

Additionally, experienced runners should consider that their feet change in width and in other ways as they age. As such, one brand of shoe that may have fit perfectly for years, may no longer be the proper shoe.

Perhaps another factor in the changes in the running shoe industry is an increased public awareness in the importance of proper footwear.

As stated in a recent issue of Running & FitNews,

(Continued on page 16)

Fun for the Whole Family at the Strider Annual Picnic - Sunday, March 7th!

Mark your calendars now for Sunday March 7, 2004 at 1:00 PM and come to the St. Johns Country Day School off Doctors Lake Drive (about 2.5 miles from Kingsley) in Orange Park. This event is complimentary for all Florida Striders and their guests and is always a good time. Here's the plan:

1:00 PM: Arrive, park, drop off your covered dish, set up your favorite folding furniture (there will be lots of picnic tables there) and get ready for a good time.

1:15 PM: Hash Run! This year's activities include the return of the famous adult HASH RUN...an adventure run featuring a hare (the leader), flour (to mark the course,) twists and turns, and the unexpected. Come prepared for a running escapade! Other adult activities will include basketball and volleyball.

1:30 PM until ...: Good Food! Hamburgers, hot dogs, and garden burgers with all the trimmings will be pro-

vided by the club, along with beverages. The most delicious part of these picnics are the covered dishes brought by the many excellent cooks and bakers in the club. Please bring a dish to share and some comfy chairs to sit on. We will begin eating at 1:30.

2:15 PM: Election of the Board of Directors: We have a slate of nominees for the new Strider Board of Directors (please see the biographies provided beginning on page 6) which require your approval following lunch. The election should start about 2:15. We keep the business portion brief.

2:30 PM: Fun for the Kids! Planned activities include a Fun Run and organized games

For more information or to volunteer at the picnic, please contact Lillian Lawless, Vanessa Boyd, Dottie Cahill, Tanys Carere or Karin Glenn. Their numbers and emails are listed on Page 3 under "Board of Directors & Key Members."



Don't Miss the Fun at Our Strider River Run Tent - Saturday, March 13th!

Whether this is your first River Run or you've never missed one, you will enjoy the experience much more thanks to the Strider's Tent. Our fearless coordinator, Stan Scarlett, and his cadre of volunteers, provide the following for Striders and their guests:

- Private Port-A-Let's
- Dressing area
- Covered tent to stow your stuff
- Pre-race group stretch
- Sodas and water (Please bring your own "Adult" Beverages)
- A great place to tell post race stories, lies, & such while enjoying great food

What You Need: Please bring along a dish to share for after the race and some folding furniture and you are set.

Location: We'll be located in the Fairgrounds, however, the final spot for our tent is a bit uncertain as of this writing. We will probably be very close to last year's location, near the corner of Duval and Franklin Street. You'll spot the Strider Banner on the tent. We will try to get out an update on the final location via our e-news email list.

Time: Volunteers will be there at 6:00 to set up. Runners who are not part of Stan's Tent Volunteers should arrive no earlier than 6:30, and no later than 7:30 (nobody needs the stress of being stuck in traffic on race morning.) When in doubt, leave home early. Race starts at 8:30.

Like to help?: Give Stan a call at 994-2687.

STRIDERS AT THE RACES



RACE RESULTS

To get your race results published,
email StriderResults@aol.com

SHANDS SUPERBOWL 5K

Alltel Stadium
January 24, 2004

John Craddock	19:58	1st A/G
Kathy Murray	21:51	1st A/G
Matt Ross	22:04	2nd A/G
Bonnie Brooks	22:11	2nd A/G
Brian Murray	22:17	3rd A/G
Randy Arend	22:17	3rd A/G
Tom Zicafoose	22:20	
John Gauer	24:07	3rd A/G
Chuck Bryner	24:33	
Ed Kelly	26:12	
Gordon Slater	27:19	
Tom Sullivan	28:41	
Barbara Whitter	34:34	
Dennis Lane	32:41	3rd A/G
Al Saffer	32:50	1st A/G (by default))
Brenda Schwelling	35:04	
Joe Connolly	36:33	
Linda Brown	43:46	2nd A/G

BANK OF AMERICA

GASPARILLA DISTANCE CLASSIC 15K

Tampa
January 24, 2004

Len Ferman	52:48	Masters
Hernando DeSoto	1:11:48	
Susan Harms	1:15:21	
JD Beck	1:21:18	
David Hastings	1:25:33	
Bob Tatum	1:26:13	
Zully Lopez	1:31:59	
Kent Smith	1:37:58	
Trish Kabus	1:50:30	

GASPARILLA DISTANCE CLASSIC 5K

JD Beck	27:52
Lewis Buzzell	24:23
Trish Kabus	48:16
Kent Smith	48:18

HOPS MARATHON

Tampa
January 25, 2004

Kent Smith	5:15:15
Trish Kabus	6:23:18

HOPS HALF MARATHON

JD Beck	2:04:40
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MATANZAS 5K

St. Augustine
January 31, 2004

John Metzgar	15:53	Masters
Len Ferman	16:35	1st A/G
Karin Glenn	18:05	2nd A/G PR
Bill Dunn	18:18	3rd A/G
Page Ramezani	18:24	1st A/G
Bernie Candy	19:15	2nd A/G
John Craddock	19:20	
Nicholas Jongebloed	19:25	
Karl Gutekunst	19:28	
Denise Metzgar	19:48	1st A/G
Brian Smith	20:02	
Bruce Holmes	20:04	3rd A/G
Randy Arend	20:11	
Steve O'Brien	20:23	
Cynthia Lyons	20:44	2nd A/G
Frank Frazier	20:48	2nd A/G
Wendy Patterson	21:00	4th A/G
Paulette Butler	21:12	1st A/G
Kim Ball	21:20	4th A/G
Thom Henkel	21:21	3rd A/G
Kathy Murray	21:26	5th A/G
Konner Sawicki	21:39	
Lisa Sullivan	21:40	4th A/G
Robert Glenn	21:41	
Kimberly Patterson	21:41	5th A/G
Matt Ross	21:42	5th A/G
Mora Sova	21:46	
George Hoskins	22:04	
Bonnie Brooks	22:07	
Tom Zicafoose	22:09	
Sharon Lucie	22:18	2nd A/G
Paul Berna	22:24	
Susan Harms	23:19	

Kent Smith	23:33	
Steve Lucie	23:46	
John Gauer	23:55	
Ben Holland	24:18	
Claudia French	24:22	
Leslie Doucette	24:37	
Bobby Green	24:40	
Ken Bendy	24:51	
Nancy Harms	24:51	2nd A/G
Craig Harms	24:52	
Vicky Connell	25:18	
Roy Wood	25:34	
David Ferman	25:43	3rd A/G
Jim Kehr	26:08	
JD Beck	26:05	
John Aimone	26:56	1st A/G
Gordon Slater	27:28	
Tom Sullivan	27:51	
Zully Lopez	28:20	
Shirley Henkel	28:37	
Bob Moyer	28:50	
Freddy Fillingham	29:16	
Barbara Whitter	30:07	
Charles Desrosier	30:25	
Jack Stanley	31:25	
Joe Blewett	31:25	
Margaret Tyburski	31:28	
Burness Morris	31:30	
Hal Higdon	31:44	
Dennis Lane	31:56	4th A/G
Laurie Riccardi	32:09	
Trish Kabus	32:23	
Al Saffer	32:59	
Nadine Thomas	34:00	
George Coombes	35:53	5th A/G
Norma Wasson	36:13	1st A/G
Dick Miller	37:31	
Sally Sawicki	37:44	
Marie Bendy	35:52	
Patt McEvers	35:53	
Brenda Schwelling	38:04	
Rose Higdon	38:43	
Diane Aimone	40:14	1st A/G
Francis Belonge	46:31	3rd A/G

(Continued on Page 15)

STRIDERS AT THE RACES



RACE RESULTS

To get your race results published,
email StriderResults@aol.com

OCALA MARATHON

Ocala
February 1, 2004

Sung Ho Choi 3:05:16 1st A/G

OCALA HALF MARATHON

Patrick McKeefery 1:38:16 3rd A/G
Tanys Carere 1:41:04 3rd A/G
Hernando DeSoto 1:44:43
Stephanie Griffith 1:44:43 3rd A/G
Elfrieda Wyner 1:46:06 1st A/G
Danny Weaver 1:49:13
Melinda Terry 1:59:50
Kent Smith 2:03:39 3rd A/G
Kevin Terry 2:03:55
Trish Kabus 2:48:53

MIAMI TROPICAL MARATHON

Miami
February 1, 2004

Augie Leone 4:42:27 2nd A/G
Robert Grimmig 4:46:05

FLATLANDERS CHALLENGE 10K

Brooksville
February 7, 2004

Gary Ledman 56:43

GIRL SCOUT COOKIE RUN 5K

St. Augustine
February 7, 2004

Bill Phillips 17:52 Masters
Anthony Truitt 18:44 1st A/G
Bernie Candy 19:21 1st A/G
Paul Berna 22:10 1st A/G
Kent Smith 25:03 2nd A/G
Vicki Choinski 27:44 2nd A/G
Tom Sullivan 28:33
Bo Holub 29:33 1st A/G
Freddy Fillingham 29:56
Barbara Whitter 30:00
Nadine Thomas 31:32

WINTER BEACH RUN 10 MILE

Jax Beach
February 8, 2004

John Metzgar 58:51
Frank Sutman 1:03:14 2nd A/G
Karin Glenn 1:03:57 1st Fem
Bill Dunn 1:08:30
Bernie Candy 1:09:22 1st A/G
Patrick Gaughan 1:09:50 1st A/G
Denise Metzgar 1:09:55 1st A/G
Steve O'Brien 1:11:47
Paul Geiger 1:12:25 2nd A/G
Danny Suber 1:14:27
Frank Frazier 1:14:28 1st A/G
Terry Sikes 1:14:37
Patrick McKeefery 1:14:47
Wendy Patterson 1:16:29
Del Conner 1:17:24
Paulette Butler 1:17:26 1st A/G
Steve Bruce 1:17:42
Matt Ross 1:17:42 3rd A/G
Kathy Murray 1:17:48 2nd A/G
Gary Hallett 1:18:48
Stephanie Griffith 1:19:46 2nd A/G
Thom Henkel 1:20:26
Paul Berna 1:21:14
Dan Ovshak 1:23:21
Danny Weaver 1:23:48 3rd A/G
Robert Glenn 1:23:49
Claudia French 1:26:33
John Gauer 1:27:27
Kellie Howard 1:29:05
Bernie Gross 1:29:10
Kent Smith 1:29:30
Melinda Terry 1:29:30
Ken Bendy 1:29:44
JD Beck 1:29:45
Everett Crum 1:29:46 1st A/G
David Kelly 1:30:49
Randy Pullo 1:30:55
Augie Leone 1:31:00 1st A/G
Kwan Supapan McCall 1:31:04 1st A/G
Kevin Terry 1:31:08
George Hoskins 1:31:39
John Bowsman 1:31:58
Janet Lavoie 1:32:03
Ben Holland 1:35:06

Kitty Spilman 1:35:25
Gordon Slater 1:36:27
Ed Kelly 1:36:43
Roxanne Slater 1:37:32
Vicki Choinski 1:40:08
John Aimone 1:40:14
Allyson Deihl 1:43:34
Carol Palmer 1:43:38
Chuck Bryner 1:48:28 Started
16:08 late...Waaahhh
Trish Kabus 2:02:02
Al Saffer 2:11:00

WINTER BEACH RUN 5 MILE

Ray Garcia 34:05 1st A/G
Karl Gutekunst 34:19 3rd A/G
Rexx Wier 35:08 1st A/G
David Stanley 35:52 3rd A/G
Brian Smith 35:44 4th A/G
Rodney Smith 35:54 3rd A/G
Lisa Sullivan 36:34 1st A/G
Craig Harms 37:53
Bonnie Brooks 38:27 3rd A/G
Harry Edwards 42:21 2nd A/G
Bobby Green 43:31
Jonie Davis 47:07
Tom Sullivan 47:22
Shirley Henkel 50:45
Paul Kelley 51:07
Leo Sheckells 51:08
Mary Ann Bolin 51:29
Charles Desrosier 52:01 1st A/G
Freddy Fillingham 52:31
Denise Williams 54:04
Bill Mitchell 54:16
Hal Higdon 54:21 1st A/G
Barbara Whitter 56:31
Beth Bolin 59:47
Susan Stanley 1:04:03
Brenda Schwelling 1:04:04
Dot Mitchell 1:18:49 1st A/G

(Continued on Page 16)

STRIDERS AT THE RACES



RACE RESULTS

To get your race results published,
email StriderResults@aol.com

HOLY SPIRIT FAMILY 5K Jacksonville February 14, 2004		Douglas Tillett Combined 23:55 47:02 9th O/A	Slough Combined 34:09 59:11 26th O/A
Anthony Truitt Patti Smith Roberta Thomlinson Barbara Whitter	18:24 2nd O/A 23:42 1st A/G 24:22 1st A/G 29:52 2nd A/G	Jeannie Wilson Ken Wilson Combined Rosalind Hoffman Steve O'Brien Combined Shirley Henkel Thom Henkel Combined Barbara Whitter Bobby Green Combined Claudia French	25:35 25:10 50:45 14th O/A 29:29 21:39 51:08 17th O/A 30:31 23:29 54:00 19th O/A 31:57 23:52 55:40 21st O/A 25:02
GINGER FANNIN KING COUPLES 5K RELAY Jax Beach February 14, 2004			Trish Kabus Kent Smith Combined SIDNEY LANIER BRIDGE RUN 5K Brunswick, GA February 14, 2004
Kathy Murray	23:07		26:51 1:00:54 27th O/A 29:27 29:42 2nd A/G 42:52 1st A/G

Running Shoe Loyalty ... (Continued from Page 12)

"As runners we know our first line of defense against over-use injuries is a good-quality, low-mileage running shoe."

The lead article in the monthly newsletter of the American Running Association (ARA) in Bethesda, Md., continues, "But it is not only our job to buy the right pair but also to replace them regularly and to check shoes for defects."

The article, written by Bruce Wilk, director of Orthopedic Rehabilitation Specialists in Miami, Fla., reiterates the basic but often overlooked function of running shoes.

"The main purpose behind a running shoe is to hold your foot stable and to provide shock absorption," writes Wilk. "Defective running shoes that don't hold your feet in a neutral position may accentuate preexisting bio-mechanical problems."

Finally, because of increased sales and changing styles, runners need to be more aware of the possibility of shoe defects.

One simple test is to place a new pair of shoes on a flat surface and hold the top of the shoe while rocking in it (in) and out. Shoe should remain even and not roll.

The ARA recommends checking shoes throughout their entire "life," which should be 300-500 miles.

"Taking the time to inspect your shoes is a good habit that may help your risk of injury," comments ARA advisor Douglas Tumen, a podiatrist in Kingston, N.Y. "Although most shoe manufacturers do their best to uphold the highest levels of quality control, it is up to the runners to be the final inspector." ...

Like to save some expense? Do color pictures & graphics appeal to you? Please try the email version of the StrideRight Newsletter (a pdf file). Just drop Tanys a note at tcarere@hotmail.com or call 880-4414.

MILE MARKER MUSINGS By Robert Glenn

There was lots of racing going on during the deepest, darkest depths of our Floridian winter. I know our brethren to the north don't think that 40 Fahrenheit is cold but they haven't had their blood thinned by years of easy living.

First up is the **Shands Superbowl 5K**, run at Alltel on the 24th of January. Our fastest male Strider was **John Craddock** with a 19:58 and first in his age group. Fastest female Strider was **Kathy Murray**, who clocked a 21:51 and also won her age group. Lots of Striders placed in their age groups but our only other age group winner was StriderMan custodian and caretaker, **Al Saffer**. Nice running all.

The **Gasparilla Distance Classic 15K** ran in Tampa on the same day. Our very own **Len Ferman** was the masters male champion and fastest male Strider with a 52:48. Fastest woman Strider was **Susan Harms** with a 1:15:21. The associated 5K had **JD Beck** as our fastest male Strider, with a 27:52, and **Trish Kabus** as our fastest woman Strider with a 48:16.

The **Hops Marathon and Half-Marathon** was run the very next day in Tampa. **Kent Smith** ran a 5:15:15 while **Trish Kabus** finished in 6:23:18. **JD Beck** ran the half in 2:04:40. In case you guys are keeping score, that means that Kent and Trish ran a 15K and a 5K on Saturday and then a full marathon on Sunday. JD ran the same 15K and 5K, then the half-marathon. Ouch people, that is some serious running on a weekend.

The **Matanzas 5K** was run on the last day of January and had a whole boatload of Striders make the trip down to St. Augustine for this Grand Prix race. One wrinkle to the pre-race festivities was that the city decided to open up their toll collector booth (just one mind you)

about 45 minutes before the start, making for a huge traffic jam trying to park. I think they finally saw the light and let people in without paying to speed things up, but you'd think they'd be a little flexible and either have two attendants or just let us park for free seeing as we'll only be there an hour or two anyway. And yes, I'm cheap (frugal, thrifty) and want my 5 dollars back. Back to the racing. **John Metzgar** was our fastest male Strider and the male masters champ with a 15:53. **Karin Glenn** was our fastest female Strider and got 2nd in her age group with an 18:05. Other Striders taking first in their respective age groups included **Len Ferman, Denise Metzgar, Paulette Butler** (sporting a 1st Place Sports singlet), **John Aimone, Norma Wasson, and Diane Wasson**.

The **Ocala Marathon and Half-Marathon** went down in Ocala (yep) on the 1st of February. **Sung Ho Choi** was the only Strider to run the marathon and earned 1st in his age group with a 3:05:16. Nice running. **Patrick McKeefery** was our fleetest male Strider in the half with a 1:38:16 while **Tanys Carrere** was the quickest female Strider with a 1:41:04. **Stephanie Griffith** was our only Strider to win an age group, nice running.

On the 7th of February, the **Girl Scout Cookie Run 5K** was run in St. Augustine. Wonder if they got stuck for parking too? Also, does that name bring to mind images of girl scout cookie gingerbread men running down the road yelling "don't eat me, don't eat me." Okay, maybe not. **Bill Phillips** was our fastest male Strider with a 17:52 which earned him top male masters. **Vicki Choinski** was our fastest female Strider with a 27:44

(Continued on page 20)



Welcome New Members!

- William Birtley
- John Daniels
- James Gray
- Ann Jacola
- Rusty Perry

Welcome Back Renewing Members!

- Melissa Alwood
- Terry & Elda Bell
- George Coombes
- Elena Etter
- Barbara Gilbert
- Luis Gonzalez
- Joanne & Buddy Harris
- Benjamin Holland
- Jeffrey & Millie Holt/Swanger
- Bo Holub
- Gary Lewis
- Kay Manly
- George Martin
- Robert Meister
- Burness Morris
- Carol Palmer
- Dr. Radical
- Brenda Schwelling
- Kitty Spilman
- Stephen Whittle
- Joseph & Amy Young

Race Calendar

Published as a service. Accuracy is not guaranteed. If you would like your race listed: Contact Ken Bendy, RRCA State Rep. (N. Florida) (904) 278-2926 or E-mail kbendy@aol.com.

for a NF list, with web links, see <http://members.aol.com/rrcahtml/rrcacal.htm>

DATE	EVENT	TIME	LOCATION	CONTACT
*Feb 28	Ortega River Run 5 Mile	8:30 a.m. *corrected time	St. Marks School, Ortega Blvd, Jax	904) 739-1917
Mar 6	Fleming Island 5K	8:00 a.m.	Thunderbolt Elem. School, Fleming Island Plantation Orange Park	(904) 284-1808
Mar. 13	Gate River Run 15K	8:30 a.m.	Alltel Stadium, Jax	(904) 739-1917
Mar. 20	Performance Spring Beach 5K	12:00 Noon	Red Cross Life Saving Station Jax Beach	(904) 285-1552
Mar. 20	Bud Light Lighthouse 5K	4:30 p.m.	Lighthouse, Anastasia Island, St. Augustine	(904) 824-3939
Mar. 21	St. Patty's Day 10K/5K	8:00 a.m.	Evergreen Cemetery N. Main Street, Jax	(904) 739-1917 First Place Sports
Mar. 27	Spartan Run 5K	8:00 a.m.	St. Johns Country Day School 3100 Drs. Lake Dr., Orange Park	(904) 269-6214
Mar. 27	West Niler 3 Miler	8:00 a.m.	Brain Institute at Shands Gainesville	(352) 374-8491 afelty@yahoo.com
Apr. 3	Navy Run 10K	7:30 a.m.	NAS Jacksonville Civilians must be accompanied by Military or DOD ID Card Holders. Vehicles must have DOD Decal for base entry	(904) 542-3518 dmillhol@nasjax.navy.mil 1st Place Sports
Apr. 3	Performance Springin' the Blues 5K	10:30 a.m.	Red Cross Life Saving Station Jax Beach	(904) 285-1552
Apr. 10	Easter Beach Run 4 Mi.	3:30 p.m.	Daytona Beach	(386) 248-DBTC
Apr. 17	Run to the Sun 8K RRCA State Championship	8:00 a.m.	Orange Park Kennel Club, US 17S & Wells Rd, Orange Park	(904) 268-8392 HartRoss@bellsouth.net Florida Striders Track Club
Apr. 24	Performance BeachFest 5K	10:00 a.m.	Red Cross Life Saving Station Jax Beach	(904) 285-1552
May 31	Memorial Day 5K	8:00 a.m.	Spring Park, Green Cove Springs	(904)292-1399 lawless@bellsouth.net Florida Striders Track Club
Sep. 11	Autumn Fitness 5K	8:00 a.m.	Orange Park Kennel Club, US 17 & Wells Rd, Orange Park	(904) 268-6272 stanscarlett@msn.com Florida Striders Track Club
Nov. 6	Hog Jog 5K	9:00 a.m.	Ronnie VanZant Park Sandridge Road Lake Asbury (Middleburg)	(904) 728-6830 Stevebruce@comcast.net Florida Striders Track Club

Want to Really Enjoy A Race?

Sure, running races is great and I recommend it highly. However, if you want to really enjoy a race you have got to try volunteering or come back for more if you are a veteran. Some of the perks are: 1) You feel really good afterwards; 2) You

see how those gazelle like creatures look as they finish (they really do have front sides); and 3) It is fun and rewarding. The Run to the Sun race director could use your help. Please call Rebecca Brown at 954-7875 (work) or 388-4245 (evenings.)

GROUP TRAINING RUNS

DAY	TIME	DISTANCE	JACKSONVILLE AREA	CONTACT
Sunday	6:30 AM	5 to 10 Mi. Various pace groups	Atlantic Beach Sea Turtle Inn	Jakson Badenhoop (904) 285-1552 jaksonba@ilnk.com
Sunday	6:30 AM	6 to 20 Mi. Various pace groups	Orange Park Sun Tire Blanding Blvd.	Hardie Alexander (904) 264-5154 halex1953@aol.com
Sunday	10:00 AM	3-8 Mi. Trail Run	Ponte Vedra Guana State Park	Craig O'Neal (904) 285-9097 autofinanceman@yahoo.com
Monday	6:30 PM	3 to 7.5 Mi. Easy pace	Jacksonville Gazebo Mall	Bernie Gross (904) 272-5995 berniegross@juno.com
Monday	5:30 PM	6 Mi. Downtown Bridges	Jacksonville Charthouse Rest. parking lot	Karin or Rob Glenn (904) 886-4095
Weds.	5:30 PM	Interval Training	Jacksonville Bolles School San Jose Blvd.	Bob Carr (904)743-3325
Weds.	6:00 PM	6.5 Mi. Easy pace	Jacksonville Boone Park Riverside	Bernie Gross (904) 272-5995 berniegross@juno.com
Weds.	6:20 PM	Varied Distances/paces	Ponte Vedra Beach Saw Grass Village next to Flamers	Jakson Badenhoop (904) 285-1552 jaksonba@ilnk.com Call/email to confirm last minute changes
Weds.	6:30 PM	5-8 Mi. (Prediction Run/JTC social 3rd Wed.)	Ponte Vedra Beach Saw Grass Village, Aqua Grill	Contact Dave Gottschalk Email: davegott@comcast.net
Thursday	6:00 PM	5 Mi.	Gracor Fitness Ctr. 1950 San Marco	Brett Chepenik (904) 398-6442
Thursday	6:20 PM	Varied distances	Jacksonville Beach SeaWalk Pavilion	Jakson Badenhoop (904) 285-1552 jaksonba@ilnk.com Call/email to confirm last minute changes
Sunday	6:00 AM	10 to 20 Mi. Varied pace	Green Cove Springs Lamont & St. Johns Ave.	Jack Hayes (904)284-2105. Call to Confirm runanride@hotmail.com

Prefer the convenience of On Line Membership, Renewal, or Race Registration? Visit Active.com. They charge \$2 for their service.

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 _____

E-mail _____

Signature _____

Date _____

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

Mail Application
with dues to:
Florida Striders
11058 Percheron Drive
Jacksonville, FL 32257

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

Mile Marker Musings (continued from page 17)

which was good for 2nd in her age group. Other Striders taking top honors in their age groups included **Anthony Truitt**, **Bernie Candy**, and **Paul Berna**.

Next race on the schedule for this StrideRight is the **Winter Beaches Runs**. I know, it is the Winter Beach Run now, but I prefer the old name of Beaches and I've got the word processor and I ain't afraid to use it. No, I will not go quietly into that dark night he said as they carried him away. For those of you who were there, you know the weather was perfect. Cold, windy, even blustery, just how a winter beaches run should be; although that last 2.5 miles against the wind was not high on my list of things to do every Sunday afternoon. For the marquee 10 mile race, **John Metzgar** was the fastest Strider with a 58:51. My faster half, **Karin Glenn**, was our top woman Strider with a 1:03:57 which was good for 1st overall female. Other Striders who won their age groups included **Bernie Candy**, **Patrick Gaughan**, **Denise Metzgar**, **Frank Frazier**, **Paulette Butler**, **Everett Crum**, **Augie Leone**, and **Kwan Supapan McCall**.

For the 5 Mile race, our fastest male Strider was Ray Garcia with a 34:05 which earned him 1st in his age group while our fastest woman Strider was **Lisa Sullivan** with a 36:34 which was good for 1st in her age group. Other Striders topping out their age groups included **Charles Desrosier**, **Hal Higdon** (barefoot), and **Dot Mitchell**.

The **Holy Spirit Family 5K** was run here in Jacksonville on the 14th of February. **Anthony Truitt** was our top Strider with an 18:24 and 2nd overall. **Patti Smith** was our first female Strider finishing in 23:42 and 1st in her age group. **Roberta**

Thomlinson was also first in her age group.

Finally, the **Ginger Fannin King Couples 5K Relay** rounds out the month. They ran it on the beach on Valentine's Day. The top 'couple' was **Kathy Murray & Doug Tillet** who combined for a 47:02 and 9th overall, nice running.

Striders on the Road –

Augie Leone ran the Miami Marathon on the 1st of February and got 2nd in his age group while **Robert Grimmig** posted a 4:46:05.

Gary Ledman ran a 56:43 in the Flatlanders Challenge 10K on the 7th of February.

We had 3 Striders travel up to Brunswick, GA for the Sidney Lanier Bridge Run 5K which bills itself as the toughest 5K in the southeast. Apparently, the bridge is BIG. **Jim Kehr** ran a 29:27, **JD Beck** ran a 29:42 for 2nd in his age group, and **Irene Herbertson** got first in her age group with a 42:52.

Thanks again to Ken Bendy and Al Saffer for all the work they do to compile these results and get them in the StrideRight. Also, thanks to Bob Boyd our fearless editor who puts up with the snits of the 'talent.' I'm being facetious about the talent part but the snits are real enough. I get to do the fun part of writing the blurbs while those 3 do the hard part of gathering the information and getting it into print each month.

To get your results in the StrideRight, sign up on StriderMan after the race (preferred) or email your results to me at StriderResults@aol.com before the 20th of the month.

Please get your race times in as soon as possible if you want them published. You can send your times, trash & trivia to:

e-mail (preferred):

StriderResults@aol.com

or snail mail to:

4329 Carriage Crossing Dr.

Jacksonville, FL 32258

or give me a call at

(904) 886-4095

Local Running Info On The Internet



www.floridastriders.com

You can contact us via e-mail at:
halex1953@aol.com

Florida RRCA Championship Races and various running related web site links can be found on the North Florida RRCA

Rep's home page at

<http://members.aol.com/rrcahtml/rrcarep.htm>

You can get entry forms & results for all 1st Place Sports events on the Internet at
<http://www.1stplacesports.com>

Also get the latest running news from the RRCA's national office, including a nationwide race schedule as well as important info from clubs across the country at
<http://www.rrca.org>