



Volume 23, Number 6

STRIDERIGHT

Florida Striders Track Club



www.floridastriders.com



June 2004

Striders Award Two Sun Tire Scholarships



Jessica Burgess

It is a pleasure to be able to award two \$1000 Sun Tire College Scholarships again this year. The winners, Jessica Burgess and Enoch Nadler, are both very deserving and very capable students and athletes. We look forward to watching them in the future and hearing of them from the University of Florida.

Thanks to our Scholarship Committee of Tom Sullivan, Karin Glenn, Rob Glenn, Lillian Lawless, and Frank Sutman for their efforts, Sun Tire for their long term sponsorship, and the efforts of the entire club that make this possible. Congratulations to our two winners.

Jessica Burgess. Jessica Raye Burgess has demonstrated both balance and success between her academic and extracurricular activities during her career at Ridgeview High School. She is graduating 5th in her class with a 4.83-weighted GPA, receiving the highest honor of Summa Cum Laude at graduation. Jessie is one of the 29

diploma candidates in the International Baccalaureate Program, the first IB class in all of Clay County. In addition, she has held the positions of Senior Class Treasurer, National Honor Society Historian, and Spanish National Honor Society Treasurer. Jessie's athletic achievements include six varsity letters (four for soccer and two for cross-country) and making the 2nd All-County team for soccer. She has been a starter for the soccer team since her freshman year, which recently became District and Semi-Regional Champs for the 2003-2004 season; Ridgeview's girls' cross-country team also earned the title of County Champions for the past two years. As part of her athletic endeavors, Jessie has received the "Coach's Award" for both soccer and cross-country, and served as a captain of her cross-country team her senior year. At graduation, she will receive accolades including a Principal's Award for her dedication to her class, a Scholar Athlete award, and recognition for being an Honor Thespian.



Enoch Nadler

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JUNE SOCIAL & MD5K VOLUNTEER APPRECIATION PARTY

When: Sunday, June 6th at 3:00 PM

What to do: RSVP before Friday, 6/4 to: Lillianlawless@bellsouth.net or 292-1399.

What is provided: Freshly fried whole turkey, ice cold beer, and soft drinks.

What to Bring: Yourself, a covered dish or dessert to share, lawn chairs, swimsuits, and towels for the pool or spa.

Where: The home of Frank Sutman & Lillian Lawless, 9748 Chesterfield Dr, Jax

Directions from I-295: Exit San Jose Blvd. North; 1.5 miles to Pall Mall Drive (Outback Half Marathon finish); Left at traffic light on to Pall Mall Drive; Immediate Right onto Viceroy Drive; Round the Bend to the Left; Immediate Left onto Chesterfield Drive; We are half-way down the street on the Right, Two story Cape Cod.

See you there!! Rain or shine!

Prez Sez

By Bob Boyd



Is life good or what? I am blessed with a multitude of good things to share with you in this month's column. It will not surprise you that the Florida Striders Club does good things for our community. Still, some recognition is a good thing and that is exactly what the Reinhold Foundation provided on May 20th when they honored us with a \$500 check for our service in 2003 in Clay County. Our work and contributions to Children's Running Programs, Scholarships, and sharing of health related information in our Newsletter were the key elements recognized. You should indeed feel good about your participation and contribution to our club. You are making a positive difference and it shows. My thanks and congratulations to our members, sponsors, and supporters. I will provide more details in a separate article on this achievement.

Vanessa and I were very fortunate to represent the Florida Striders at the Road Runners Club of America (RRCA) in Lake Tahoe May 13th -15th. The convention was jam packed with seminars, meetings, and awards, along with a few scenic runs, of course. Most useful, was the opportunity to share information with other Club Presidents and representatives on what they are doing, both problems and successes, and lessons learned in the process. The best news from the Convention is that the RRCA and the American Association of Running Clubs (AARC) have agreed to recombine as the RRCA, which bodes well for the continued financial health of the RRCA and the ability to have one National voice representing the running clubs across the nation. It wasn't quite a group hug after the convention but it was close. It was also good to see in person when our very own Ken Bendy, was recognized as a co-winner of the Best RRCA State Representative in the Southern Region. Ken does many good things for

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Board of Directors' Minutes, 4/13/04

Bob Boyd called the meeting to order at 7:00 PM. Directors absent: G. Hallett, G. Hoskins, M. Allison, R. Glenn.

Minutes/Action items: The previous meeting minutes were approved as written.

Action items:

Ken will review the race waiver and condense the wording for both the race application and membership renewal form.

Tanys will include a survey in the renewing member forms regarding preference for electronic or paper Strideright.

Discussion will continue regarding 1st Place Sports Orange Park store handling Strider race registration.

Treasurer's report: Warner noted he has been having difficulty dealing with Vystar. They do not allow adding/dropping names from accounts so all must be re-signed from the beginning. Another notary is needed for the Memorial Day account. He distributed the May statement and it was filed as written.

Team in focus: Bob had sent a link to the board members to review the products discussed at last month's meeting. The board felt that the sale of merchandise was not within the Striders' core values; in addition there were concerns with the ability to sell non-brand name products, the possibility that our club could appear to be endorsing the products, and our liability regarding the products themselves. John P. made a motion to approve the addition of the link to our website. The motion was voted on and did not pass.

Race committee update:

Run to the Sun – Frank reported that the race had 338 finishers, 368 in the Fun Run and the estimated profit is about \$4,000 (\$3,250 was forecast). The sponsors are expected to return next year. A motion was made and passed unanimously to have Matt and Rebecca direct the race again next year. The proposed date is April 16, 2005.

Memorial Day – The race will be dedicated in the memory of Hank Zambie. Only \$550 in sponsorship commitments has not yet been received. The pre-race registration numbers are lighter than expected.

Autumn Fitness – Bobby and Stan are looking for a race director for next year, preferably before this year's race so the new director can see how it works. No experience is necessary. The race date will be September 11, 2004.

Merchandise update: The shirts that George ordered should be in by Memorial Day.

Revised race waiver: Ken reviewed and reworded our race waiver and had distributed it to the board prior to the meeting. A suggestion was made for Bob to bring it to the RRCA conference to be reviewed. Ken reported that changes he made were to standardize the language and clarify that the Striders were not responsible for the behavior of participants in our races. The board was OK with the content but there was concern that it was too long and would be difficult to fit on the race application. Ken will try to condense it without losing the content for both the race application and membership renewal form.

Standardized race budget format: Prior to the meeting Frank had emailed a draft of the new race budget format to the board members. A motion was made to approve the new format and it passed.

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**2004-2005 Board of Directors
& Key Members**
(Board Members marked with an *)

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Hog Jog Director/Race Refreshments:
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RRCA State Representative: Ken Bendy
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Run to the Sun Co-Director:
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email: HartRoss@bellsouth.net

Strider "Person" Coordinator for Races:
Al Saffer(H/W) 665-6996
email: saffat@jea.com

Scholarship Coordinator
Tom Sullivan(H) 298-3220
email: msull10166@cs.com

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Memorial Day 5K



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MEMORIAL DAY 5K

The Florida Striders Track Club is incorporated as a non-profit organization under the laws of Florida and is granted federal tax exempt 501(c)3 status under the blanket exemption of the RRCA ID#74-2194707. Strideright is published monthly at P.O. Box 413, Orange Park, Florida. Non-profit Organization Bulk Rate postage is paid at Orange Park, Florida.

Board Minutes of 5/11/2004 (continued from page 2)

Scholarship awards: The recipients of the Strider's \$1000 scholarships were Jessica Burgess and Enoch Nadler. This will be published in the Strideright.

New member newsletter default: Concern was expressed that the policy of providing new members with electronic copies of the newsletter was discussed. Currently new members with email addresses are notified in their "Welcome to the Striders" email that they will receive their newsletter electronically in pdf format unless they prefer paper. They are also offered the option of receiving it in both formats. Tanys offered to survey renewing members to insure they were getting the format they preferred in an effort to insure members felt they were receiving full benefit for their membership.

Open action items: All were covered earlier in the meeting except the race director for the Super Celebration Fun Run. Bob volunteered as director. \$3500 in sponsorship will need to be raised for the race.

Open Forum:

Tanys has already received some multi-year renewals.

Kent is looking into possibilities for a speaker for the

September dinner social.

Frank noted that the interval markers in Forest Circle have been repainted. .

In Rob's absence, Karin brought up for discussion the fact that the location of the start of the Mile Marker Musings column had been changed to within the Newsletter and finishing on the back page rather than starting on the back page. Positive feedback has been received on the ability to read the newsletter from front to back with this configuration so it will remain.

Bob reported that 1st Place Sports in Orange Park had offered to do packet pickup for our races. In addition they offered to do the entire registration and timing process for \$500 per race. The discussion was left as an open action item for the next meeting.

The meeting was adjourned at 8:35 PM. Next month's meeting will be on Tuesday, June 8th at the OP Cancer center, 2161 Kingsley Ave.

Respectfully submitted,
Karin Glenn

Prez Sez (continued from page 2)

our club but also finds the time to do an outstanding job supporting other clubs in North Florida. Kim Tracanna, another exemplary Florida Strider, was recognized as the National Kurt Steiner Children's Developmental Award for her many years of service, awards, and support to her many children at Lakeside Elementary. Kim might hurt me if I don't share

that she attributes all the awards and success to the work of the kids. I believe her quote is "It is all about the kids."

I came away from the RRCA Convention even more enthused about running and most of all, very proud to represent your club. Thank you.

Florida Striders Win Reinhold Award!

(President's Note: The following information was taken from an email bulletin by Lillian Lawless regarding recognition of the fine work done by our members and sponsors. In addition to Lil's well worded prose, I wish to specifically thank Steve Bruce, Sharon Pentaleri, John Powers, and Lillian for their assistance with the Reinhold Grant Application. Enough from me – read on and bask a bit in the recognition of your contribution to improving your community),

The 10th Annual Reinhold Community Service Awards Breakfast was held May 20th at the Hilltop Restaurant in Orange Park. The Reinhold Awards were established to recognize individual and civic involvement which make a critical difference in the quality of life in the Clay County community.

Sharon Pentaleri and Lillian Lawless attended the breakfast as representatives of the Florida Striders Track Club. This year, a total of \$60,000 was shared by 51 winning applications in 10 separate areas of community service. The Florida Striders were the recipient of a Reinhold Community Service Award in the area of Health & Human Services for \$500. The Striders hard work in promoting running and fitness in local schools, and offering two \$1,000 college scholarships per year has been recognized in Clay County.

Thanks to all our volunteers who have donated their time to make our club so successful by promoting healthier lifestyles through running and fitness. Thanks for all your hard work,

Scholarship Winners (continued from Page 1)

Jessica will be attending the University of Florida in the fall of 2004 while pursuing studies in the field of pre-veterinary medicine.

Enoch Nadler. Enoch Sudheer Nadler was born on July 7, 1985 in Fort White, Florida. He is the son of Steven and Christine Earl. Enoch has two brothers, Noah and Sam, and a sister, Daisy. He enjoys surfing, wakeboarding, biking, and swimming as hobbies. "Will be attending the University of Florida in the Fall and studying in a science or math related field... Will be running cross country and track for the Gators." He lists placing 5th in 2003 and 3rd in 2004 in the cross country state finals as his most memorable moments. Enoch admires his parents because they have supported him in everything and never let him give up.

Run To The Sun Revisited by Matt Ross



Dick Erickson, Sun Tire

I want to thank all the volunteers who gave their time and effort to making the Run To The Sun 2004 a success. I also want to thank all of you who ran the race and made it a financial success and, of course, I want to thank the people who donated money to the race by filling

out an application even though they don't race.

In order to have a successful race, all of the previous kudos standing, we must have the financial support of our sponsors. Now that's a race director talking! As a runner, I just want to pay my race fee, get a t-shirt, a number, and have an accurate race course started by a cannon that fires accurately (whoops Run To The Sun 2003). As a race director I want that also. Bottom line though, it's the valued sponsors that ensure the race will happen.

The sponsorship dollars allow us to spend money for fliers, t-shirts, awards, port-a-lets, police protection etc. before we even send out the race applications and get your money. They also help us be financially successful in the event that bad weather keeps the wimpy runners at home.

The Run To The Sun 8K has three highly visible and valued sponsors, Sun Tire, Mike Shad Nissan of Orange Park and Florida PowerTrain & Hydraulics; plus a host of generous product sponsors.

Who are they you ask? Has anybody read the back of their race t-shirts lately? If you did you would see that The Village Bread Market has supplied us with delicious loaves of bread and bagels for years. Promo Depot has been responsible for our t-shirts and quality awards. We have been downing gallons of water thanks to Blue Ridge Water Company. A great deal of thanks goes to Jacksonville Greyhound Racing at the Kennel Club. What a great venue to have a race. This year we were very lucky to have Orange Park Travel come on board with a 'Trip for Two' to the Bahamas. Not a bad prize for the lucky winner. And last, but hardly least, we were endowed by Centex Homes with \$1500 to distribute to the schools that

had the most students participate in the Mile Fun Run. That's a fabulous prize.

Okay, that's the end of the commercial. Actually it isn't. The reason I went thru this exercise is to make you all aware of what it takes to get a race going. But it's not just a one way street. Each sponsor wants to get a bang for his buck; it's not total charity. So think about Sun Tire when you need tires for your vehicle. They have been keeping my vehicles rolling smoothly for the past twenty years. Mike Shad has given excellent prices to Florida Striders — ask Steve Bruce, about the fantastic deal Jim Jackson gave him. He is the proud owner of a new Nissan Maxima. Florida PowerTrain works strictly on manual transmissions; so if your off-road vehicle develops problems, see John Powers.

I met with Dick Erickson to present him with his sponsor award. He wanted to know if we still used the Sun Tire Store on Blanding to start and finish our Sunday runs. He was pleased that we did. He wondered if we still picked up pennies on the road and had a party at his Sun Tire Store. I assured him we still do, and gave him a hearty invitation to our next anniversary party. Dick feels the Striders are a loyal group and I assured him we are.

We are a non-profit club, and we use the financial gains from each race to aid schools in their programs, give athletic scholarships to deserving students, and respond to teacher and school requests for extra curricular dollars. That's who we all are, and we can't make it happen without those sponsors. Again, I want to thank all who helped put on a fabulous Run To The Sun 8K. My heart-felt thanks!



Jim Jackson,
Mike Shad Nissan



Lisa Boyd, Centex Homes

Boston Marathon 2004 -Very Hot! by Tanys Carere



Well, I did it! Monday, April 19th at 12:10pm I started the Boston Marathon and finished 3:46:33 (hrs/mins/secs) later for an average 8:39 (mins/secs) pace per mile. Based on clock time I was the 4,836 person to cross the finish line (top 27%) and the 845th woman to

cross (top 13%). Now for those who don't know, the best running temperature in my opinion for a marathon is around 50 degrees (that's farenheit for all you Canadians - and speaking of Canadians were there ever a lot of Canadians running the marathon). Well the temperature in Hopkinton at the start of the race was 83 degrees and we finished in Boston at 85 degrees and 40% humidity with a 15 mph tail wind!! Marathons should definitely not be run in this type of weather. As one of my friends, Danny, said, "it felt like running in an oven!" The big tease was that the high in Boston the day before and the day after the marathon was only in the 60's!

Here's a little (or maybe not so little) recap of my marathon experience. Arrived in Boston on Saturday and hit the Marathon Expo. We ate or drank so many samples of everything they were offering - energy bars, chips, pre and post-race drinks, gu, rice, gatorade...I could have bounced off the walls! I bought the Official Boston Marathon jacket (the reason I was doing this whole thing was for the jacket!) and was lucky to find the last small in existence! With the jacket in hand I had to run well now because who wants a memory of a bad experience!! Saturday night and Sunday consisted of mostly eating and a little sight-seeing in Boston but we didn't want to walk too much and in Boston that's hard not to do! So we sat and ate a lot! We figured we had a good excuse! After all the great food we consumed and water we were drinking we should have been well prepared for the race.

Monday, woke up at 6am to leave the hotel, catch a shuttle bus to the train, take the train downtown to catch a bus out to Hopkinton and arrive at Athlete's Village (aka a school yard surrounded with port-a-potties, water, gatorade and powerbar stations) just after 8am. We sat or layed around on the grass or stood for at least an hour in port-a-potty lines until 11:30am when we started to line up in our corrals. I was already sweating just standing in the corral waiting for the start. We were approximately 11,000 people away from the starting line and finally we began to move. I ran with my training partner, Lisa, and our first mile was an 8:20. We looked at each other and decided we wouldn't be going any faster than this the rest of the race and we didn't. In the fifth mile the heat got to

Lisa and her asthma started to affect her. Just after that I had a light-headed moment and wondered if I was going to finish the race. Partly this was due to the heat and partly because I should have ate more at 10:30 or 11am when I had a Marathon Snickers bar as a mid-morning snack. Noon races are hard to judge what and when to eat when you haven't done one in the middle of the day before. Due to all the elements I resolved that I wasn't going to have my best time. So my choices of finishing 5 minutes beyond my best and risking not making the finish line or finishing 15 minutes beyond it and surviving and enjoying the race (so to speak), I would settle in for a pace to do the latter if I could.

After mile 5 you hit more of a residential area and so many people had their hoses on and were spraying people as they ran by if they wanted. Well, I was happy to add extra miles to the race and zig-zag across the road to hit as many hoses as possible. The water dried in minutes but rejuvenated me each time. At one point I ran past a fire station with 2 huge hoses on and I sacrificed the shoes to come out drenched from head to toe! It felt great and my shoes dried quickly afterwards. Around the seven mile mark Lisa began to slow once again and that was the last I saw her till after the race - yes she made it in 4:10 (hrs/mins). Also what helped to get me to the end were the continuous spectators cheering along the way and handing out mostly orange slices to the participants. I finally decided to try a piece of orange and when that settled ok in my stomach I also took offerings of 2 pieces of red licorice and a red freezie. Oh, and grabbed some ice too. These spectators sure came prepared!! All that and 3 gu's later (for those non-runners gu is a little pack of a jam-like substance highly concentrated with carbs to give you quick energy when you eat it).

Comical to watch was the three men in front of me as we ran past Wellesley Women's College. Girls were lined up single file hanging over the barrier from one end of the campus to the other and literally screaming at the tops of their lungs. It was loud! The men's pace got faster and their chests stuck out further. They slapped hands with the girls and giggled and smiled huge grins. My only question at the end of it all was, "where is the Men's College to rejuvenate all the women on the course"!!

Besides the heat the hardest element was the DOWN-hills. Heartbreak Hill at mile 20 was nothing! I would have taken more uphill to avoid another long, steep downhill. I could feel my quads by mile 10 and my feet were already pretty sore by mile 11. At the end I was hoping that my feet would pull through and not give out on me. Next time I'll wear shoes with extra, extra thick padding and not worry about the extra weight. Someone said to me that as Boston still had snow only a couple of weeks ago the ground was still frozen and extra hard (who knew the ground could be harder than hard!).

Anyways, by the end I was passing many people

(Continued on page 7)

Boston Marathon (Continued from Page 6)

walking and almost felt compelled to join them in a leisurely stroll to the finish but then I remembered all of those people tracking me and I really just wanted to be finished to eat and sit down. Besides the crowds were getting larger and louder and loved to yell at the walkers about how they were almost done so get moving. Three more miles when you've run 23 miles doesn't seem like you're almost done as tired as your body is feeling. Just before the finish line I heard my name shouted out really loudly and turned to see my friend, Nick, who used to live here in Jax, shouting and waving. The spectators really have a good time drinking and yelling from the sidelines! A few minutes later I was thru the finish line, picking up my medal, water, food and race bag and sitting on a curb listening to everyone's stories while waiting to find my friends.

After dinner we considered going to the after party but instead, as it was already 9 p.m., we propped up our feet in our hotel beds and watched TV before passing out. Oh actually before that we had the shuttle driver take us over to a grocery store to pick up some Guacamole Doritos that I had been craving for days!!

In the end, I only walked funny for 2 days afterwards and then hit the chiropractor and got some ultra sound therapy to the quads and had a massage to feel almost back to normal. My quads were definitely torn up

from the down-hills and surprisingly my feet didn't hurt a bit the next day.

Here's some 2004 Boston Marathon stats:

Total runners at start: 17,950

Total runners to finish: 16,743 (93.3%)

Total men at start: 11,297

Total men to finish: 10,504 (93%)

Total women at start: 6,653

Total women to finish: 6,239 (93.8% - we edged out the men!!!)

Temperature: 85 degrees - 5th hottest Boston Marathon in 108 years.

Record Temperature - 1976, 96 degrees!!

of People Taken to Hospital - 140 (2 cardiac arrests but revived successfully)

Thanx to everyone who emailed or called to wish me luck or to congratulate me on finishing!! I really appreciate all the support. As for now, Lisa is out to redeem herself at a half Ironman next month and I'm in retirement - at least for a little while!

Strider Spotlight on Darien Andreu



Background, Family,

Education: Grew up in a sports-minded family in Orange Park, FL; oldest of four; father, Mike, was a Florida Strider and ran several Marine Corp Marathons, training many miles on River Road and Kingsley Ave.

Enrolled at Florida State University in 1978 and, amidst the booming popularity of running, joined the cross-country and track teams. In 1982, graduated with a B.A. in

English, also received All-American Honors for Indoors Track 5,000 Meters and Cross-Country.

Pursued an M.A. and Ph.D. in English at Florida State University, completing the doctoral work in August 2003 while serving on the faculty at Flagler College in St. Augustine, FL.

In 1990, married Robin King, Flagler College professor of philosophy, who, while teaching for seven years at Boston University, had a running streak of six miles a day for six years

Running Accomplishments: Personal Bests on

Certified Courses: 5K 16:28
10K 34:15
15K 52:59

Running Career Highlight: Thanks to the nomination of then-RRCA President Harold Tinsley, in 1983, participated with a group of American runners in a three-week trip to Taiwan sponsored by Puma shoes. Ran 10 races in 13 days, circumnavigating the island from Taipei to Koahsiung and back, with a side trip to Kinmen, two miles off the coast of Mainland China.

Life Highlights: Robin's continued remission after his brain tumor diagnosis in 1994, thanks to the superb care of physicians at Shands Hospital in Gainesville and the Mayo Clinic at Jacksonville.

Hobbie & Interests: yard work (although it doesn't show!), lovebirds, and southern literature

Training: Now returning to running after a 20 year hiatus, I'm trying to fit within a week's schedule a tempo run, intervals, and a long run. Weekly mileage totals vary between 25 and 50. In the fall of 2003, I tagged along with the Flagler College Cross-Country Team. Recently, I've participated (tagged along) in the Wednesday evening intervals sessions at Bolles. Super, upbeat, generous group.

Goals and Plans: To give back to the running community the pleasure, support, and confidence that everyone has provided me along the way.

STRIDERS AT THE RACES



RACE RESULTS

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

BOSTON MARATHON

April 19, 2004
Boston, MA

Tanys Carere 3:46:33

PERFORMANCE BEACHFEST 5K

Jax Beach Seawalk
April 24, 2004

Bernie Candy 19:59 1st O/A
Steve Bruce 23:28 Masters
Vicki Choinski 27:46 2nd A/G
Tom Sullivan 30:58 2nd A/G
Al Saffer 34:33 1st A/G

COUNTRY MUSIC HALF

MARATHON

Nashville, TN
April 24, 2004

Sharon Lucie 1:47:33 3rd A/G
JD Beck 1:56:59
Steve Lucie 1:57:00

BEACH RUN 2004

St. Augustine
April 24, 2004

Patrick McKeefery 20:06 1st A/G
Jim Kehr 24:58
Kent Smith 25:15 1st A/G
Margaret Tyburski 29:29
Elena Etter 29:29 2nd A/G
Trish Kabus 32:53 3rd A/G

SHRIMP FESTIVAL 5K

Fernandina Beach
May 1, 2004

Thom Henkel 21:49 2nd A/G
Jim Klein 24:11
Tom Brannon 24:37 1st A/G
Gordon Simms 25:23
David Stanley 25:30
JD Beck 25:55
Fred Stephanek 26:45
Shirley Henkel 29:54

Margaret Tyburski 30:52
Nadine Thomas 31:22
Al Saffer 33:18
Stephanie Holt 34:00
Susan Stanley 35:24
Bill Kennedy 39:25 2nd A/G

DARE TO GO BARE 5K

Lutz
May 2, 2004

Trish Kabus 40:37

RACE TO PREVENT HOMELESSNESS 5K

Bishop John Snyder HS Jacksonville
May 8, 2004

Patrick McKeefery 20:12 1st A/G
Harold Dubon 25:03 2nd A/G
JD Beck 25:41 1st A/G
Barbara Whitter 30:38

RACE FOR LOVE 10K

St. Augustine Beach,
May 15, 2004

Bernie Candy 43:18 1st A/G
JD Beck 57:19 1st A/G
Vicki Choinski 1:02:56
Bo Holub 1:09:09 2nd a/g
Margaret Tyburski 1:11:49
Trish Kabus 1:17:54

RAVINES RUN 5 MILE CROSS COUNTRY

Middleburg
May 15, 2004

John Metzgar 30:28 4th O/A
Karin Glenn 33:26 1st O/A
Frank Sutman 33:34 1st A/G
Bill Dunn 34:42 2nd A/G
Darien Andreu 35:12 4th O/A
Mark Woods 36:22 2nd A/G
Sung Ho Choi 36:53 3rd A/G
Patrick Gaughan 38:07
Nick Jongebloed 38:19
Rexx Weir 38:24

Rodney Smith 38:32 1st A/G
Doug Alred 39:36
Frank Frazier 40:17 1st A/G
Randy Arend 40:19
Kathy Murray 40:43
Tom Zicafoose 40:47
Gary Hallett 41:01
Stephanie Griffith 41:24 1st A/G
Everett Crum 41:44 1st A/G
Steve Bruce 41:53
David Stanley 42:41
John Gauer 42:45 2nd A/G
Roberta Tomlinson 43:23
David Kelley 44:02 2nd A/G
Robert Glenn 45:28
Chuck Bryner 46:13
Claudia French 48:37 2nd A/G
Kevin Terry 48:45
Bobby Green 49:12
Kacee Bryner 49:27
Melinda Terry 49:40
Kwan Supapan McCall

51:59 1st A/G
Gordon Slater 53:11
John Aimone 55:03 1st A/G
Doug Barrows 55:55
Roxanne Slater 57:27
Josh Stanley 1:03:06
Ginger Frazer-French
1:03:19 2nd A/G
Mary Ann Bolin 1:05:10
Brenda Schwelling 1:06:04
Susan Stanley 1:06:24
Dianne Aimone 1:21:58 1st A/G

Become a USATF Official

For a brief period the Florida Association of USATF is waiving the \$15 fee for first-time applicants to become a certified official. For more information, e-mail the Florida Officials Committee Chairman, larsenrod@aol.com.

If you then decide that taking the open-book test to get your certification is a good thing, contact John TenBroeck - USATF-FL Assn. VP (North) at (904) 387-0528 or e-mail him at ConsultJTB@aol.com to get the fee waived. This offer is only good for Jacksonville Track Club, Florida Track Club, and Florida Striders members. You can get further information about certification for at www.usatf.org

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
Jun. 4	Mile Festival	7:00 p.m.	Bolles School, San Jose Blvd., Jacksonville	(904) 384-TRAK ConsultJTB@aol.com
Jun. 5	Yulee Railroad Days 10K	8:00 a.m.	Boulevard Springs Park, (Hawthorne trail head), 3500 SE 15t St., Gainesville	(352) 378-8725 Florida Tracak Club
Jun. 5	Winn Dixie/Mrs. Smith Run for the Pies	8:00 p.m.	Jacksonville Landing	(904) 739-1917 1st Place Sports
Jun. 25	All Comers Track Meet	7:00 p.m.	Bolles School, San Jose Blvd., Jax	(904) 384-TRAK Jacksonville Track Club
Jun. 27	Florida Hospital Firecracker 5/10K	7:00 a.m.	Main St. Pier Daytona Beach	(386) 248-DBTC Daytona Beach TC
Jul. 4	Celebration 5K	7:30 a.m.	1st Place Sports, Baymeadows Road, Jax	(904) 739-1917 1st Place Sports
Jul. 4	26th Annual Melon Run 3 Mile	8:00 a.m.	Westside Park, NW 34th St and NW 8th Ave, Gainesville	(352) 378-8725 Florida Track Club
Jul. 17	20th Annual Bridge of Lions 5K	7:00 p.m.	St. Augustine	(904) 819-8711 spolystjohns@yahoo.com
Jul. 24	Summer Track Classic	5:00 p.m.	Bolles School, San Jose Blvd., Jax	(904) 388-7860 Jacksonville Track Club
Jul. 24	Summer In The City 5K	7:30 p.m.	Hemming Plaza, Laura & Monroe Sts., Jax	(904) 739-1917 1st Place Sports
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
April 16	Run to the Sun 8K	8:00 a.m.	Orange Park Kennel Club, US 17 & Wells Rd, Orange Park	(904) 268-8392 HartRoss@bellsouth.net Florida Striders Track Club
May 30	Memorial Day 5K	8:00 a.m.	Spring Park, Green Cove Springs	(904)292-1399 lawless@bellsouth.net Florida Striders Track Club

Welcome Back Renewing Members!

- Matthew Acheson
- Richard & Jenny Allen
- Dionne Blodgett
- John & Sandra Bowsman
- Virgil Brenner
- Ray Brewer
- Jason & Amy Caldwell
- Bernie Candy
- John Carson
- Tommy & Cathy Dobbs
- Harry Edwards
- Robert & Ginny Frary
- Claudia French
- John Gauer
- Robert & Karin Glenn
- Bernie Gross
- Jim Kelley
- Stacie, Dennis, & Ali
Lamoureux
- Dan & Dee Robertson - Lee
- Patrick McKeefery
- Warner Millson
- Christopher Olson
- Chris Parliment
- Michael Putala
- Al & Judy Saffer
- Ben Shupp
- Terry Sikes
- Danny & Jenny Suber
- Frank Sutman & Lillian
Lawless
- Philip Trast
- Lynn Walton
- Thomas Warren
- Sharilyn Womack
- Kaitlin Yaracs
- Tom & Kary Zicafoose

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.	Bob Boyd (904) 272-1770 BobBoydFL@Comcast.net
Sunday	10:00 AM	3-8 Mi. Trail Run	Ponte Vedra Guana State Park	Craig O'Neal (904) 285-9097 autofinance-man@yahoo.com
Monday	5:30 PM	6 Mi. Downtown Bridges	Jacksonville Charthouse Rest. parking lot	Karin or Rob Glenn (904) 886-4095
Tuesday NEW!	6:30 PM	5.5 Mi. River Road Area, Various paces	Orange Park, 1st Place Sports, 550-7 Wells Rd	John Metzgar (904) 264-3767 work or (904) 215-9440
Weds. NEW!	6:30 PM	Interval Training	Orange Park, St. Johns Country Day Track-park @ Lakeside Elem. on Moody	John Metzgar(904) 264-3767 work or Bob Boyd (904) 272-1770, BobBoydFL@Comcast.net
Weds.	5:30 PM	Interval Training	Jacksonville Bolles School San Marco 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
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

Bon Voyage Dr. Radical! by Frank Sutman

Frank Reynolds, aka Doctor Radical, has left Jacksonville for the mountains. Frank, JoEllen, Holly, Marshall, and Dalton packed up and headed to Denver, Colorado on May 26. Dr. Radical has been a fixture of the Jacksonville running scene since his return to town in 1994. He's consistently been at the front of the race pack as a top local Masters runner for most of that time. After some contemplation, Frank decided that he

liked military life more than civilian medicine. He's rejoined the Navy as a regular duty officer. He will be responsible for managing the medical portion of the military's intake centers for the western US. Those of us who know Frank will miss his engaging storytelling, excellent wit, and horrible puns. The Reynolds have not sold their house, so we hope to see them back here again some day. Good luck to the Doctor Radical family!

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 By Robert Glenn

Greetings and Salutations from San Francisco, where it is 60 degrees and breezy, not quite like late May in Jacksonville. Not too many big Jacksonville races to report on but Striders made up for it, traveling to races out and about. The Striders are the proud recipient of a Reinhold Community Service Award for good works in Clay County. Lillian Lawless and Sharon Pentaleri accepted the \$500 grant at a recent awards ceremony. Bravo Zulu to the club and especially everyone involved in our children's running programs that make such a big difference. Enough self-congratulation for one column, on to the results.

The Jacksonville Beach Seawalk was the site of the **Performance Beachfest 5K** on April 24th. **Bernie Candy** took top Strider honors with a 19:59 and first overall male. Our fastest female Strider was **Vicki Choinski**, finishing with a 27:46 which earned her 2nd in her age group. **Steve Bruce** was the Masters Male Champion while **Al Saffer**, our Striderman caretaker, won his age group. Looks to have been some bad beach conditions or a long course based on the times. I don't think there were any PRs in the bunch.

The **Beach Run 2004** was held in St. Augustine on the 24th of April. **Patrick McKeefery** was our fastest Strider posting a 20:06 for 1st in his age group. **Margaret Tyburski** was our fleetest female Strider, running a 29:29. Our only other Strider to win his age group was **Kent Smith**.

Lots of Striders made the trip to Fernandina Beach to run the **Shrimp Festival 5K** on the first day of May. Our top male and female finishers were **Thom and Shirley Henkel**, pulling off a husband and wife coup the likes of which is usually only seen in Striderland when the Metzgars take down all comers. Thom posted a 21:49, which earned him 2nd in his age group, while Shirley ran a 29:54. Nice running. Other Striders that reigned supreme in their age groups included **Tom Brannon** (a Strider from 10 years ago that now lives in New York, glad to see you down in Florida), **Kwan Supapan McCall**, **John Aimone**, and **Dianne Aimone**. Nice running everyone.

We had some Striders head over to Bishop John Snyder High School to run the **Race to Prevent**

Homelessness 5K. **Patrick McKeefery** was our top Strider with a time of 20:12 which was also good for first in his age group. **Barbara Whitter** was our fastest female Strider with a 30:38. **J.D. Beck** won his age group with a 25:41. J.D. reported that it was a cross country course that was tough but the campus was beautiful and he plans to run it again next year.



On the 15th of May, we had some Striders compete in the **Race for Love 10K** in St. Augustine. **Bernie Candy** was our top male Strider with a 43:18 which was also good for first in his age group. Our top female Strider was **Vicki Choinski** with a 62:56. **J.D. Beck** also won his age group with a 57:19.

Last race on the agenda is the ever popular **Ravines Run 5 Mile Cross Country Race** held on the 15th of May in Middleburg. The race was unseasonably nice this year, with the temperature clocking in around 75 or 80 F versus the usual 95F, equatorial jungle hot that I've experience in years past. Running on the golf course is fun although some of those flag placements around the green and tee boxes left a little to be desired; thus the high percentage of individual course planners I witnessed who decided that the course probably should have been marked closer to the greens and level ground than those pesky flags off in the dirt and debris. **John Metzgar** was our fastest Strider with a 30:28 which earned him 4th overall while **Karin Glenn** was the fastest female Strider with a 33:26, which earned her first overall for women. **Darien Andreu** placed 4th overall with a 35:12. Other Striders winning their age groups included **Rodney Smith**, **Frank Frazier**, **Stephanie Griffith**, **Everett Crum**, **Kwan Supapan McCall**, **John Aimone**, and **Dianne Aimone**. Many thanks to the Sea Cadets who helped the JTC with the course set up, monitoring, and most importantly, the burger and hot dog cooking at the pool for the post race festivities.

Striders on the Road – Patrick McKeefery was out in San Diego recently and ran a 5K in Carlsbad posting a 19:15 which was good for first in the 50+ age group. No John Heisner sighting but maybe John was getting in

(Continued on Page 12)

Welcome New Members!

- Sylvia Barton
- Stephen Beard
- Charlie Bender
- Patrick Brennan
- Scott Fortune
- Christopher Haun
- Kim Hoyt
- Tamara McAbee
- Manuel Ortiz
- Rick Powell
- Gina Spleen

Mile Marker Musings (continued from page 11)

some secret training for his next trip to Jacksonville rather than crushing the California locals in a 5K.

Our new membership coordinator, **Tanys Carere**, made the trip up to Boston for the Patriot's Day celebration, and oh yeah, running the Boston Marathon. She ran a 3:46:33.

We had 3 Striders up in Tennessee for the Country Music Half-Marathon in Nashville on the 24th of April. **Sharon Lucie** ran a 1:47:33, which was good for 3rd in her age group. **J.D. Beck** ran a 1:56:59 while **Steve Lucie** ran a 1:57:00. J.D. reported standing in the rain for 2 hours prior to the start while Sharon reported a half hour delay for the start due to some severe weather (thunderstorms I'm guessing) which passed on by but left 100% humidity and a temperature in the upper 60's. Sounds like sleeping in might have been a good option that morning. Not to mention the course which was supposedly easier than in the past but still pretty durned hilly for the first few miles for flat lander types. (durned is a good word in Tennessee according to the official, Guide to Talkin' to Dem Dare Folks that Live up in De Hollers) So, anyone thinking about running in Nashville, see you down at the bridges Monday nights at 5:30 p.m. Maybe they'll even open up the Main Street Bridge some time this year so we can go back to loops versus the out and backs on the Acosta.

We had one Strider at the annual Dare to go Bare 5K in Lutz, FL. **Trish Kabus** ran a 40:37.

Will Tomlinson ran in the Buccaneers Draft Day 5K in Tampa and finished with a 24:36 on the 24th of April and posted a similar time (no results posted for

an official time hack) at the May Day 5K, also in Tampa.

Gary Lewis ran the Jetty-2-Jetty Ultramarathon on the 2nd of May, which started at the Mayport Jetty and finished at the St. Augustine Inlet Jetty. This is regarded as the world's longest beaches run (my Achilles tendons ache just typing that). Gary reports that he finished in 9:20:36 which was good for last overall, 8th overall, and 2nd in his age group. Yes, only a small number finished, making it that much more impressive. He said the weather was seasonably warm and humid. To quote, Gary "would highly recommend this run for Striders wanting a challenging warm weather ultramarathon."

As always, the best way to get your results in MMM is to sign up on the Striderman at local races where, most times, Al Saffer puts him somewhere near the start/finish wearing his Strider Yellow shirt. For times when you don't see Striderman or run an out of town race, email me at Striderresults@aol.com. Be forewarned though, I don't usually acknowledge every email or even check that account but once a month; it is simply a repository for future column tidbits that I check each month just prior to writing the column. If you really need to get someone on the Strider board for something, try our emails listed on the website. And for those of you who are wondering, gee, I never sign the Striderman list or email my times yet they still magically appear each month; make sure you thank Ken Bendy the next time you see him. His untiring efforts searching the web each month uncovers a big portion of race results section, even if he is on the road somewhere. Ah, the magic of the internet. Quick, let's tax it.

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:

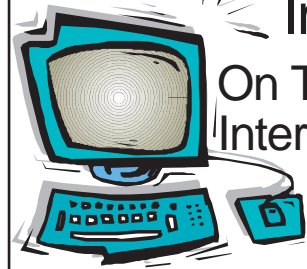
4329 Carriage Crossing Dr.

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:

BobBoydFL@comcast.net

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>