



Volume 23, Number 10

STRIDERIGHT

Florida Striders Track Club



www.floridastriders.com



October 2004

25th Annual Autumn Fitness 5K by Bob Boyd

Which of the following do not belong in the group: A) Hurricane Francis; B) Extensive debris from high winds; C) Thousands without electricity; D) Putting on a quality race and Fun Run? Our hard working race directors, Bobby Greene and Stan Scarlett, or their large cadre of volunteers were not deterred by the challenges of the preceding week and came through beautifully. The volunteer positions were well staffed and prepared. Ken Bendy shared an eloquent

dedication to our old friend and Autumn Fitness race founder, Chuck Cornett prior to the race start. We were all pleased and touched by the presence and thanks of Chuck's son, Mark, and his family and the letter



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OCTOBER SOCIALS

You do not want to miss either of these events.

Sunday, 10/3 at 8:00 AM: The 26th Anniversary of the Sun Tire Run is an annual favorite and we all enjoy the way Jenny Allen spends "Jenny's Pennies" on our collective behalf. Don't miss the socializing, good food, and good drinks. Please see page 13 for all the details. The group training run still starts at 6:30 - no sleeping in for you!

Friday, 10/8 at 6:30 PM: At Hardie & Sherri Alexander's home, BYOB and a dish to share to 3564 Lawrence Rd, Orange Park, 264-5154 (Lawrence Rd is just over 3 miles down Doctors Lake Dr (from Kingsley) on your left. The house will be on your right near Dr's Lake.) Join us for a good time!

Prez Sez

By Bob Boyd



September has been a month to remember and not just because of the weekly hurricane near misses, power outages, and record rainfall. Despite all the weather nonsense, Stan Scarlett and Bobby Greene led a stalwart group of Strider Volunteers to host an excellent Autumn Fitness 5K and One Mile Fun Run. The particulars on both those events are elsewhere in this StrideRight but the wonderful way you all come together to support a race, each other, and introducing area children to running is downright inspirational. Thank you all for your good work.

Now let's move on to the almost pure fun category. Can you say "September Dinner Social with Todd Williams?" I knew you could. Again, more complete coverage is found elsewhere in this issue but kudos to our social coordinator, Kent Smith, our dessert Diva, Sherri Alexander, and especially our guest speaker, Todd Williams. It turns out that Todd's foot speed is not the only thing world class about him. We were mighty impressed with his speaking ability and family too.

In case the above events were not enough to gloat about, I got to attend when Patti Stewart-Garbrecht, our Fun Run Coordinator, presented a \$500 check to Carol MacDougall, to help start a Run/Walk program at brand new Swimming Pen Creek Elementary. You all sure make it easy for a President to be proud. Thank you.

**What's happening?
Send us your stories to
BobBoydFL@comcast.net
by the 15th of the
month! Call 272-1770
with any questions.**

Board of Directors' Minutes, 9/14/04

Bob Boyd called the meeting to order at 7:05 PM. Directors absent: G. Hallett, JD Smith, J. Wilson, K. Wilson, W. Millson.

Minutes/Action items: Last month's minutes were approved as written.

Race status update: Autumn Fitness – Bob reported that 375 runners were pre-registered and gave thanks to all who helped. A question was asked whether we have an idea of the registrants from 1st Place Sports. We will discuss this at the next meeting when the data is available.

Hog Jog – Tanys reported on the current status. She and Gary Hallett are assisting Steve with the race this year. They discussed the possibility of a group discount for cross country teams and are working on getting volunteers and securing sponsorship money. It was noted that the fee structure is different this year than it has been in the past.

Super Celebration Fun Run – no sponsorship has been received yet but no dollar amount has been published for the race. If no sponsorship is found then the club will not do the race.

Run to the Sun – Matt is still working on finding a co-director to help the day of the race.

Autumn Fitness Fun Run report – Patti reported that there were 642 participants and 15 schools. The top 6 schools win prize money based on total participants. Lakeside won with 252 and Patterson was 2nd with 81. The board discussed ways to distribute rules to the schools as to who should count as a participant in the race for future fun runs. The children's running committee will discuss the issue further. The suggestion was made that if future races use 1st Place Sports for registration we find a way to measure its usage..

2005 budget: A committee was formed to review next year's budget. Members of the committee are Rob, Frank, John, Bob, Warner and Tanys.

Treasurer's report: Warner will distribute it later. His power was out.

Race banner: John P. reported that the race banner on Wells Road needs to be replaced at some point. A 2-sided banner is \$360 and 1-sided is \$240. No decision has to be made now - he will put it in next year's proposed budget.

Board resignation: Jeanie Wilson resigned from the board due to schedule conflicts with her coaching job.

Race liability/waiver improvement: The latest version of the race liability/waiver wording was distributed prior to the meeting for the board to review.

Open Forum: Kent reported on the socials – the October social will be at Sherri and Hardie's on either the 8th or 15th.

The meeting was adjourned at 8:15 PM. Next month's meeting will be on Tuesday, October 12th at the Orange Park library.

Respectfully submitted,
Karin Glenn

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(Board Members marked with an *)

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Scholarship Coordinator
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Autumn Fitness 5K



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Memorial Day 5K



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

Autumn Fitness 5K (continued from Page 1)

from Betty Cornett, who was unable to attend in person. We had 375 registered 5K participants and 642 Fun Run participants. Between the delicious meals provided by Carrabbas and our usual bounty of post-race refreshments, there was no hunger or thirst to be found. We need to thank our great sponsors and contributors. The Orange Park Kennel Club not only shares their excellent facility to host this event but contributes \$1800 to the top six schools with the most Fun Run participation. Publix Charities, Myers Pediatric Dentistry & Orthodontics, Florida Powertrain & Hydraulics, General Truck Equipment & Trailer Sales, Inc., Beach Residents Against

Trash (R.A.T.), Fagan & Broussard, Injury Attorneys, the Florida Heart Center, the Clay County Sheriff's Department, and, of course, Carrabbas Italian Grill. It is the support of the sponsors, members, volunteers, and runners that enables the Florida Striders to direct over \$7000 to Children's Running and Scholarships in our community. The high caliber of the people involved allows us to enjoy ourselves in the process. Don't miss the article on the Fun Run elsewhere in this StrideRight issue and please take note of the listing of our generous volunteers listed also. Please accept my apologies if I missed anyone – you all did a great job and it showed!



Autumn Fitness Fun Run is a Great Time - It Also Brings \$1800 to Fund Fitness in Our Schools by Bob Boyd

There is truth in advertising because it really was a Fun Run on Saturday, September 11th. If you were there when the Fun Run started you saw a few megawatts of enthusiasm as at least 642 runners representing fifteen schools headed out for this one mile event. Perhaps more impressive, there were lots of smiles and proud looks on the faces of the 642 finishers as they came across the line, many greeted by their coaches and families.

These events do not happen without a lot of planning and preparation. Luckily we are blessed with a talented Fun Run Coordinator, Patti Stewart-Garbrecht, and a great group of volunteers who handled a bazillion tasks which included registration, getting nutritious post-race treats, handing out finisher awards, collecting finisher tags, counting the finishers from each school, preparing and distributing LOTS of Fun Run flyers, and entertaining the children before the race. We also need to recognize the excellent coaches, teachers, and parents who work hard at motivating their children to come and participate in a fun and healthy activity. For the six schools with the most participation, we are pleased to see additional money going to support physical fitness programs in their schools. Now for the names of those top six schools:

- 1) Lakeside Elementary
- 2) Paterson Elementary
- 3) Swimming Pen Creek
- 4) Pinewood Christian Academy
- 5) Orange Park Elementary
- 6) Thunderbolt Elementary

We would like to extend our special thanks to the Orange Park Kennel Club for their \$1800 donation of Fun Run Participation prize money for the schools, as well as all of our sponsors, volunteers, and members who make it possible to make a difference in the lives of our children. We frequently read about problems with epidemic obesity and the impact on our children's quality of life and lifespan as a result. It is a pleasure to be involved with a group which is actually doing something about it. A special note: Gary Myers of Myers Pediatric Dentistry & Orthodontics, is not only a great sponsor of our Autumn Fitness event but should be commended for both quick reaction and foot speed when he saw one young runner get hung up with a lost shoe at the start and jumped in to divert those runners approaching quickly from behind and make sure there was no problem. Good job Gary!



Autumn Fitness Volunteers and Supporters

Jenny Allen
Richard Allen
Ken Bendy
Marie Bendy
Brittany Bokros
Dave Bokros
Kate Bouvatte
Bob Boyd
Lisa Boyd
Mike Boyd
Vanessa Boyd
Rebecca Brown
Tanys Carere
Sung Ho Choi
John Craddock
Nikki Crawford
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Carolyn Disher
Bill Dunn
Steve Edgell
Gretchen Ehrlinger
Elena Etter
Mike Ford
Frank Frazier
Susan Gostage
Susan Green
Bobby Greene

Gary Hallett
Kristen Harvison
George Hoskins
Trish Kabus
Ed Kelly
Kim Lavelle
Lillian Lawless
Bonny Lawrence
Carol MacDougall
Patt McEvers
Dick Miller
Elke Miller
Sue Miller
Kathy Murray
Rick Powell
John Powers
John Raiford
Pat Raiford
Matt Ross
Marge Ruebush
Paul Ruebush
Lori Scarlett
Stan Scarlett
Ed Schmidt
Jeanette Schmidt
JD Smith
Kent Smith

Stan Smith
Gena Star
Patti Stewart-
Garbrecht
Jane Sullivan
Mike Sullivan
Tom Sullivan
Frank Sutman
Jan Taylor
Kim Tracanna
Danny Weaver
Jeanie Wilson
Ken Wilson
Melissa Winsett
Sherri Womack

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Richard Hayter

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**Clay County
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1st Place Sports
Doug Alred
Jane Alred
John Metzgar

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Florida Powertrain
John Powers

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**Myers Pediatric
Dentistry &
Orthodontics**
Gary Myers

**Orange Park
Kennel Club**
Howard Korman

**Navy Junior ROTC
- Fleming Island
High School**
Chief Burns & his
excellent team

Publix Charities

**Smoak, Davis, &
Nixon, LLP**

We Had a Great Time with Todd Williams! by Bob Boyd

Yes indeed we did all have a great time Thursday, September 16th up at the Anheuser-Busch Hospitality Suite. I would have attended for any one of several motivators. First off there was some time to swap lies with running buds and a wealth of tasty drinks at my favorite price - FREE! Next there was a delicious Italian buffet which allowed for generous portions. (Next time you go please say thanks to Lamar, our chef at each event at Anheuser-Busch.) The perfect accompaniment to any dinner, wonderful decadent desserts baked by our very own Sherri Alexander. A huge "Thanks" to Sherri for whipping up dessert for 73 of us in her "spare" time. Next on the hit parade, Todd Williams turns out to be not only a premier World Class runner but also a great speaker. It was an excellent presentation and he fielded a lot of questions from us and even stayed a bit longer to sign posters and answer a few more questions. I have to share a few of Todd's PR's because they still amaze me: One Mile - 4:00; 5K - 13:19; 10K - 27:31; 15K - 42:22; ½ marathon - 1:00:11; marathon - 2:11:17. Simply amazing! If you are in the market for a personal coach, you will

be interested to know that Todd is coaching in our area and there is more information available at PushThePace.com.



Autumn Fitness 5K, September 11, 2004 Race Results

O'all Place	Class Place	Finisher, Age	Time	Pace	O'all Place	Class Place	Finisher, Age	Time	Pace
Open Men					Men 20 - 24				
1	1	Owen Shott, 24	16:03	5:10	18	1	Michael Kelly, 24	18:39	6:00
2	2	John Metzgar, 42	16:09	5:12	24	2	Jason Binette, 23	18:59	6:06
					45	3	Steven Dodge, 24	20:55	6:44
					49	4	Robert Walker, 23	21:22	6:52
					58	5	Jason Bianchi, 22	21:56	7:03
					65	6	Steven Litner, 23	22:30	7:14
					144	7	Jamais Atkinson, 23	28:09	9:04
Open Women					Men 25 - 29				
1	1	Lisa Vaill, 41	17:57	5:46	5	1	Shawn Williams, 28	16:58	5:28
2	2	Patti Stewart-Garbrecht, 42	18:30	5:57	9	2	Cory Geisse, 27	17:34	5:39
3	3	Denise Metzgar, 38	19:44	6:21	20	3	Bradford Risner, 25	18:41	6:01
Masters Men					52	4	Brian Stewart, 26	21:25	6:53
6	1	Sean McCormick, 43	17:01	5:29	70	5	Michael Brower, 25	22:43	7:19
Masters Women					84	6	Thomas Horner, 25	23:41	7:37
5	1	Kathleen Kaye, 46	20:40	6:39	113	7	Joe Geiger, 28	25:08	8:05
Grand Masters Men					114	8	David Halstead, 27	25:09	8:05
15	1	Page Ramezani, 55	18:25	5:55	122	9	Jorge Gomez, 29	25:39	8:15
Grand Masters Women					137	10	Matthew Glass, 26	27:31	8:51
16	1	Sharon Lucie, 53	22:45	7:19	157	11	Ryan Kenkel, 27	29:07	9:22
Men 10 & Under					185	12	Nick Christopolis, 29	36:10	11:38
56	1	Andrew Smith, 9	21:46	7:00	Men 30 - 34				
97	2	David Ferman, 10	24:31	7:53	4	1	Rick Patterson, 34	16:53	5:26
126	3	Sam Gladding, 8	26:02	8:22	7	2	Gary Myers, 31	17:08	5:31
168	4	Greg Gibson, 10	30:58	9:58	16	3	David Mullen, 31	18:33	5:58
169	5	Harrison Fitcher, 10	31:04	10:00	23	4	Mills Rameur, 32	18:57	6:06
192	6	Zachary Allen, 9	40:20	12:59	31	5	Craig Herzog, 30	19:37	6:19
194	7	Matthew Tison, 10	50:07	16:08	37	6	Mark McCulloch, 34	20:10	6:29
Men 11 - 14					46	7	Andrew Marchand, 33	20:57	6:45
33	1	Trent Blair, 13	19:53	6:24	61	8	Chris Downs, 33	22:22	7:12
50	2	Hunter Hayes, 12	21:23	6:53	76	9	Charles Bundy, 34	22:59	7:24
67	3	Jeremy Ferman, 13	22:31	7:15	79	10	Jason Grover, 34	23:24	7:32
99	4	Kris Smith, 14	24:36	7:55	87	11	Chris Lunsford, 33	23:50	7:40
106	5	Nick Robin, 12	24:50	7:59	93	12	Nick Asseita, 33	24:14	7:48
143	6	Tyler Trevino, 11	28:04	9:02	104	13	Tony Leon, 34	24:47	7:58
164	7	Ryan Coulter, 12	30:33	9:50	107	14	Chad Latour, 31	24:57	8:02
165	8	Austin Swaney, 13	30:46	9:54	117	15	George Schneider, 32	25:21	8:09
193	9	John Kearney Jr, 13	41:39	13:24	121	16	Arthur Perez, 31	25:39	8:15
Men 15 - 19					127	17	Steven McGehee, 30	26:23	8:29
13	1	Johnathan Esteban, 15	18:19	5:54	129	18	Michael Nadeau, 31	26:30	8:31
32	2	Matt Acheson, 15	19:38	6:19	130	19	Ben Garrett, 34	26:31	8:32
42	3	Bradley Nettles, 19	20:49	6:42	131	20	Richardo Trevino, 32	26:54	8:39
59	4	Andy Morgan, 19	22:03	7:06	135	21	Paul Schaefer, 31	27:19	8:47
174	5	Sean Phillips, 19	32:37	10:30	161	22	David Bisson, 32	29:44	9:34
189	6	Joe Connolly, 19	38:32	12:24	172	23	Manish Gautam, 32	31:52	10:15
					176	24	David Blair, 32	32:44	10:32
					177	25	Dennis Ballais, 30	32:57	10:36
					188	26	Jeremy Bailey, 33	38:07	12:16
					Men 35 - 39				
					11	1	Craig Alderman, 38	17:52	5:45
					21	2	Paul Wilson, 35	18:45	6:02
					22	3	Dean Krueger, 38	18:50	6:03
					25	4	Jb Long, 35	18:59	6:06
					28	5	Jack Sisk, 35	19:11	6:10
					30	6	Peyton Godwin, 39	19:35	6:18
					38	7	Nicholas Jongebloed, 39	20:19	6:32
					41	8	Mike Coulter, 38	20:36	6:38
					43	9	Jeffrey Dickie, 38	20:52	6:43

Autumn Fitness 5K, September 11, 2004 Race Results

O'all Place	Class Place	Finisher, Age	Time	Pace	O'all Place	Class Place	Finisher, Age	Time	Pace
55	10	Derek Thorsrud, 36	21:41	6:59	81	9	David Onkst, 49	23:30	7:34
68	11	Joe Young, 36	22:35	7:16	95	10	David McRanie, 48	24:17	7:49
75	12	Steve Imus, 36	22:58	7:23	101	11	Harrison Sells, 45	24:41	7:57
96	13	Earl Vinson, 39	24:26	7:52	105	12	Homer Babcock, 45	24:49	7:59
110	14	Larry Branz, 35	25:01	8:03	109	13	Richardo Hayter, 48	25:00	8:03
116	15	Greg Wilkinson, 36	25:14	8:07	124	14	Greg Lohman, 49	25:47	8:18
139	16	Warren Smith, 35	27:32	8:52	125	15	Mark McDonnell, 49	25:55	8:20
150	17	Michael Robin, 38	28:45	9:15	136	16	Kevin Terry, 47	27:27	8:50
186	18	Jeff Conley, 39	36:52	11:52	142	17	William Fletcher, 47	27:56	8:59
191	19	Eric Allen, 35	40:20	12:59	145	18	Rex Wells, 47	28:13	9:05
					148	19	Michael Chlada, 45	28:24	9:08
					160	20	Layne Wallace, 49	29:37	9:32
					163	21	Scott Cline, 46	30:19	9:45
					170	22	Roy Wood, 49	31:12	10:03
					175	23	Alan Phillips, 48	32:37	10:30
					190	24	John Bildstein, 45	39:15	12:38



Men 40 - 44

8	1	Len Ferman, 41	17:11	5:32
10	2	Steve Pettitt, 43	17:46	5:43
36	3	Mike Marchigiano, 40	20:05	6:28
39	4	John Dunsford, 44	20:21	6:33
47	5	Mark Grubb, 40	21:17	6:51
54	6	Brett Purdy, 41	21:36	6:57
62	7	Gary Gills, 41	22:24	7:12
66	8	John Williams, 41	22:30	7:14
69	9	Tom Simone, 44	22:37	7:17
73	10	Hank Gibson, 42	22:47	7:20
85	11	Mark Cook, 44	23:46	7:39
88	12	Kent Wilson, 42	23:55	7:42
98	13	Michael Dugan, 42	24:31	7:53
100	14	Gaines Coker, 42	24:38	7:56
102	15	Gordon Simms, 44	24:43	7:57
108	16	James Kissinger, 44	24:57	8:02
111	17	John Kearney, 41	25:03	8:04
118	18	Steven Damit, 42	25:26	8:11
123	19	Michael Kraft, 42	25:46	8:17
151	20	David Carroll, 42	28:46	9:15
154	21	Robert Sites III, 40	28:53	9:18
155	22	Denard Peterson, 42	28:55	9:18
166	23	John Daniels, 40	30:49	9:55
167	24	Eddie Coppinge, 44	30:55	9:57
182	25	Ed Kirby, 42	35:06	11:18

Men 45 - 49

12	1	Bill Phillips, 49	18:05	5:49
14	2	Anthony Truitt, 45	18:20	5:54
17	3	Jim Shields, 46	18:36	5:59
26	4	Bill Dunn, 46	19:00	6:07
40	5	Stephen Beard, 49	20:28	6:35
64	6	Brian McCue, 46	22:28	7:14
77	7	Paul Berna, 48	23:09	7:27
80	8	Davis Bennett, 48	23:28	7:33

Men 50 - 54

29	1	Larry Sassa, 50	19:13	6:11
34	2	Joe Costas, 52	19:58	6:26
35	3	Patrick McKeefery, 51	20:01	6:26
44	4	Rex Wier, 50	20:52	6:43
51	5	Del Conner, 51	21:24	6:53
53	6	Bob Kennedy, 53	21:26	6:54
57	7	John Hirsch, 53	21:48	7:01
63	8	Glenn Gergen, 51	22:25	7:13
78	9	Lewis Buzzell, 52	23:13	7:28
86	10	Tom Zicafoose, 51	23:49	7:40
91	11	Stephen Cooper, 52	24:05	7:45
103	12	Peter Carnochan, 54	24:46	7:58
119	13	Hardie Alexander, 51	25:28	8:12
133	14	Patrick Brennan, 54	27:11	8:45
140	15	James Renniger, 54	27:35	8:52
153	16	Ron Turner, 53	28:52	9:17
162	17	Bob Buehn, 53	29:54	9:37
173	18	Thomas Ryan, 50	32:16	10:23
179	19	Jim Kehr, 50	33:03	10:38

Men 55 - 59

19	1	Bruce Holmes, 57	18:40	6:00
27	2	Bernie Candy, 56	19:06	6:09
82	3	Danny Weaver, 57	23:38	7:36
83	4	David Kelley, 57	23:39	7:37
112	5	Joe Butler, 57	25:07	8:05
115	6	Vincent Seiferd, 59	25:10	8:06
120	7	James Lawson, 58	25:31	8:13
141	8	Ed Kelly, 58	27:54	8:59
147	9	Rollins King, 56	28:22	9:08
152	10	Larry Roberts, 57	28:47	9:16
158	11	Don Westerfeld, 56	29:27	9:28

Men 60 - 64

48	1	Frank Frazier, 62	21:20	6:52
60	2	Harvey Warnock, 62	22:19	7:11
71	3	John Deantonis, 60	22:43	7:19
72	4	Thom Henkel, 61	22:46	7:20
74	5	Matt Ross, 64	22:49	7:21
89	6	Harry Edwards, 62	24:00	7:43
90	7	George Hoskins, 60	24:03	7:44
92	8	John Gauer, 60	24:07	7:45
128	9	Benjamin Holland, 64	26:26	8:30

Autumn Fitness 5K, September 11, 2004 Race Results

O'all Place	Class Place	Finisher, Age	Time	Pace
132	10	Thomas Butler, 61	27:01	8:42
146	11	Paul Kelley, 60	28:18	9:06
149	12	Tom Sullivan, 64	28:31	9:11
180	13	Robert Moyer, 64	33:04	10:38

Men 65 - 69

94	1	Everett Crum, 69	24:15	7:48
156	2	Gordon Slater, 65	29:04	9:21

Men 70 - 74

134	1	Pat Gallagher, 73	27:13	8:45
138	2	John Aimone, 74	27:32	8:52
178	3	Al Saffer, 70	33:01	10:37
181	4	Norman Thomas, 72	33:12	10:41
184	5	Harry Milliron, 72	35:37	11:28

Men 75 - 79

159	1	Joe Conrad, 77	29:29	9:29
171	2	Bob Carr, 75	31:50	10:15
183	3	George Smith, 78	35:15	11:21
187	4	George Coombs, 78	37:28	12:03

Women 10 & Under

35	1	Danielle Dunn, 9	25:05	8:04
80	2	Alexandra Midgett, 10	31:41	10:12

Women 11 - 14

17	1	Kaitlin Yaracs, 13	22:54	7:22
76	2	Katherine Midgett, 12	30:53	9:56
84	3	Jennifer Dugan, 11	32:10	10:21
99	4	Sarah Dunsford, 11	34:43	11:10
115	5	Amanda Dugan, 13	39:31	12:43
119	6	Christine Damit, 14	40:18	12:58
120	7	Cora Bildstein, 14	42:33	13:42

Women 15 - 19

10	1	Carrie Rowe, 17	21:58	7:04
25	2	Lauren Gergen, 15	23:54	7:42
49	3	Lisabeth Quinn, 18	26:49	8:38
64	4	Natalie Bear, 17	29:43	9:34
71	5	Jennifer Foskey, 15	30:21	9:46
79	6	Sarah Sercombe, 15	31:39	10:11
118	7	Sarah Damit, 15	40:18	12:58

Women 20 - 24

4	1	Shannon Banks, 23	20:40	6:39
38	2	Stephanie Simoni, 23	25:13	8:07
42	3	Lauren Robinson, 24	25:54	8:20
86	4	Helen Quinn, 21	32:21	10:25
87	5	Amy Petz, 23	32:23	10:25
97	6	Elizabeth Brannen, 22	33:39	10:50
107	7	Wendy Balderson, 23	36:29	11:44
113	8	Nicole Lunsford, 21	38:29	12:23

Women 25 - 29

29	1	McCall Morgan, 25	24:24	7:51
30	2	Tabitha Townsend, 26	24:29	7:53
43	3	Kim Singleton, 29	26:01	8:22
52	4	Angela Johnson, 28	27:33	8:52
63	5	Laurel White, 26	29:37	9:32
74	6	Jennifer Adams, 26	30:36	9:51

O'all Place	Class Place	Finisher, Age	Time	Pace
78	7	Kristy Walden, 26	31:15	10:03
92	8	Sarah Nebgen, 26	33:02	10:38
102	9	Rebecca Rebarich, 26	35:38	11:28

Women 30 - 34

11	1	Sarah Sheppard, 32	22:04	7:06
44	2	Amy Young, 32	26:10	8:25
46	3	Noemi Felts, 34	26:14	8:27
51	4	Rachel Pike, 32	26:55	8:40
53	5	Denise Bandy, 34	27:41	8:54
55	6	Melody Blair, 30	28:00	9:00
57	7	Maria Littlejohn, 32	28:54	9:18
59	8	Patty Leon, 31	29:06	9:22



72	9	Mary Ann Bolin, 31	30:24	9:47
73	10	Tonia Menard, 33	30:24	9:47
77	11	Katrina Williamson, 31	31:04	10:00
82	12	Michelle McCulloch, 34	31:56	10:17
85	13	Allison Hastie, 34	32:17	10:23
91	14	Luann Ballais, 34	32:56	10:36
98	15	Tina Schneider, 33	34:29	11:06
101	16	Juli Williams, 34	35:14	11:20
104	17	Amy Bern, 32	35:53	11:33
105	18	Debra Casalle, 30	36:10	11:38
108	19	Sondra Garrett, 34	36:45	11:49

Women 35 - 39

12	1	Susan Fish, 38	22:15	7:10
14	2	Nancy Williams, 37	22:26	7:13
18	3	Kellie Howard, 37	23:09	7:27
20	4	Kimberly Hoyt, 38	23:16	7:29
32	5	Ronda Robin, 36	24:39	7:56
36	6	Sandra Foskey, 38	25:08	8:05
40	7	Debbie Sleaf, 35	25:41	8:16
47	8	Jeanie Wilson, 39	26:43	8:36
54	9	Teresa Mendoza, 35	27:49	8:57
56	10	Pamela Joyce, 35	28:29	9:10
58	11	Patty Miller, 37	29:01	9:20
65	12	Emily Kirby, 36	29:55	9:37
68	13	Dena Carter, 36	29:57	9:38
69	14	Paula Wilkinson, 36	29:59	9:39
75	15	Jonie Davis, 39	30:52	9:56
88	16	Dianne Strachan, 38	32:25	10:26
90	17	Angie Swaney, 39	32:53	10:35
94	18	Josie Simmons, 39	33:07	10:39
95	19	Chris Ogden, 36	33:14	10:42

Autumn Fitness 5K, September 11, 2004 Race Results

O'all Place	Class Place	Finisher, Age	Time	Pace	O'all Place	Class Place	Finisher, Age	Time	Pace
109	20	Sheryl Trevino, 37	36:52	11:52	Women 50 - 54				
110	21	Trish Kabus, 39	36:57	11:54	26	1	Jan Taylor, 53	24:09	7:46
116	22	Wendy Fenwick, 36	39:37	12:45	39	2	Nancy Toth, 50	25:23	8:10
Women 40 - 44					45	3	Donna Rettini, 52	26:10	8:25
6	1	Laurie Pinover, 41	21:44	6:59	67	4	Shirley Henkel, 50	29:57	9:38
7	2	Debra Rokosz, 41	21:50	7:01	93	5	Christine Kehr, 51	33:03	10:38
8	3	Allison Ronzon, 40	21:55	7:03	106	6	Deborah Pierce, 51	36:28	11:44
13	4	Kathy Murray, 42	22:24	7:12	112	7	Sunee Damit, 51	38:07	12:16
15	5	Millie Tanner, 43	22:35	7:16	121	8	Anita Bildstein, 53	43:12	13:54
21	6	Teresa Vaill, 41	23:28	7:33	124	9	Jennie Bailey, 54	49:12	15:50
22	7	Marcy Hurd, 41	23:39	7:36	Women 55 - 59				
37	8	Mary Anne Sinex, 44	25:11	8:06	24	1	Sue Bee Branley, 57	23:52	7:41
83	9	Mary Gladding, 42	32:03	10:19	27	2	Kwan Mc Call, 55	24:16	7:48
Women 45 - 49					34	3	Theresa Coomes, 58	25:00	8:03
9	1	Susan Briers, 49	21:56	7:03	48	4	Maria McNary, 58	26:45	8:36
19	2	Cyndi Cox, 48	23:16	7:29	123	5	Mary Ellen Barber, 55	45:08	14:32
23	3	Kim Crist, 47	23:46	7:39	Women 60 - 64				
28	4	Rajean Echegaray, 45	24:20	7:50	62	1	Susan Wallace, 63	29:37	9:32
31	5	Nancy Martin, 48	24:34	7:54	89	2	Dolores Raffaely, 64	32:41	10:31
33	6	Barbara Siglin, 46	24:47	7:59	103	3	Arlene Olson, 61	35:45	11:30
41	7	Robin Hayter, 49	25:52	8:19	Women 65 - 69				
50	8	Melinda Terry, 45	26:52	8:39	114	1	Dot Mitchell, 67	38:46	12:28
60	9	Linda Cordes, 45	29:06	9:22	Women 70 - 74				
61	10	Kimberly Lundy, 47	29:20	9:26	111	1	Norma Wasson, 71	37:28	12:03
66	11	Sandra Shines, 48	29:56	9:38	117	2	Diane Aimone, 74	40:18	12:58
70	12	Kathy Smith, 47	30:09	9:42	Women 75 - 79				
81	13	Cheryl Pfannenstein, 46	31:42	10:12	122	1	Gloria Laws, 79	43:41	14:03
96	14	Debbie Johnson, 48	33:27	10:46					
100	15	Sherri Kinney, 47	34:43	11:10					

Swimming Pen Creek Elementary Run/Walk Program Receives \$500 Start-Up Award From Florida Striders



There are all kinds of equity. There is equity in your home, we buy shares in the equity markets, and then there is the equity we carry with us that we earn day by day, reputational equity. Carol MacDougall, Physical Education Teacher at brand new Swimming Pen Creek Elementary has LOTS of reputational equity with us due to a six year history of excellence with the Paterson Run/Walk program. The Striders provided financial help

when she began working at Paterson Elementary six years ago. That was an excellent investment from our perspective as she helped literally thousands of young ones connect exercise and fun. She did inspirational things with all the children there with the Run/Walk program. If you have never seen a couple hundred children excited about logging laps after school it is worth a trip over there to see it! The awards for the 50 mile, 100 mile ... 400 mile T-Shirts and the presentation of the Marathon Medals the Striders provide are particularly fun to see. The Striders, and no doubt Swimming Pen Creek Elementary, feel lucky to have Carol working on a new Run/Walk program there. We look forward to seeing that program thrive. (For you Paterson parents, it looks like you are still in good shape with the introduction of PE Coach Mike Ford, who is continuing the Run/Walk program.) The picture above shows, left to right, their Principal, Lenore Paulk, Patti Stewart-Garbrecht, Children's Running Coordinator for the Striders, Carol MacDougall, and me, Bob Boyd.

STRIDERS AT THE RACES



RACE RESULTS

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

SUMMER BEACH RUN 5 MILE

Jacksonville Beach
August 24, 2004

Frank Sutman	30:16 1st A/G	Tom Zicafoose	40:27	Roxanne Slater	49:58
Karin Glenn	30:27 1st O/A	Steve Edgell	40:28	Jonie Davis	52:04
	Female	John Powers	40:30	Stan Scarlett	53:20
Bill Phillips	30:29 1st A/G	Kim Crist	40:52	Delores Raffaelly	59:42
Bruce Holmes	32:22 2nd A/G	Sandy Rosenberg	41:47	Al Saffer	1:00:30 3rd A/G
Bernie Candy	32:32 3rd A/G	John Gauer	41:48	Shirley Henkel	1:00:34
Patty Stewart	32:26 Masters	Dave Bokros	41:51	Zully Lopez	1:00:34
	Female	Patti Smith	42:12	Christine Kehr	1:00:38
Bill Dunn	33:29	Chuck Bryner	42:24 A/G	Trish Kabus	1:00:40
Patrick McKeefery	34:02 2nd A/G	Kwan Supapan McCall	42:29 2nd A/G	Bill Mitchell	1:02:41
Sung Ho Choi	34:12	Augie Leone	43:00 1st A/G	Brenda Schwalling	1:05:55
Victor Corrales	34:20	Jeremy Ferman	43:04 3rd A/G	George Coombes	1:07:54
Herb Taskett	35:05	JD Beck	43:56	Dot Mitchell	1:11:52 1st A/G
Terry Sikes	35:09	Rob Glenn	44:54	Diane Aimone	1:12:15 2nd A/G
Rex Weir	35:22	Kent Smith	45:13	Linda Brown	1:12:40
Frank Frazier	36:29 2nd A/G	Bobby Green	45:17 1st A/G	George Obi	1:13:14
Patrick Gaughan	37:01	Vicki Choinski	46:31		
Stephanie Griffith	37:29 3rd Masters	Bernie Gross	46:47		
	Female	JD Smith	46:52		
Kathy Murray	38:05 3rd	Susan Harms	46:53		
Gary Gills	38:06	Craig Harms	46:57		
John DeAntonis	38:33	Nancy Harms	46:58 3rd A/G		
Rodney Smith	38:36	Jim Kehr	46:59		
Matt Ross	39:00	John Aimone	47:20 2nd A/G		
Paul Berna	39:51	David Ferman	47:26		
Steve Bruce	40:18	Len Ferman	47:27		
Thom Henkel	40:22	Barbara Whitter	48:53		
		Tom Sullivan	49:09		
		Leo Sheckells	49:11		
		Claudia French	49:20		

TURTLE TROT 5K

Fernandina Beach
September 11, 2004

Sharon Bridges	31:18 1st A/G
Brenda Schwalling	38:00
Danielle DeMeza	38:10 2nd A/G

TURTLE TROT 10K

JD Beck	54:42 1st A/G
Susan DeMeza	56:43 2nd A/G

Welcome New Members!

Anthony Balciunas
David Blair
Gehrett Bollinger
Thomas Butler
Dena Cartee
Janice Del Toro
Monique Fuentes

Jason Grover
Thomas Horner
Keith Jernigan
Pam Joyce
Ed Kirby
Maria Littlejohn
David Mullen

George Schneider, Jr.
Vincent Seiferd, Jr.
Sandra Shines
Denise Stuart
Steve Waterhouse

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
Oct. 2	1st Annual Marine Corps Half Marathon & 5K	8:00 a.m.	Memorial Wall Alltel Stadium, Jax	(904) 739-1900
Oct. 9	Dignity U Wear 5K	8:00 a.m.	City Hall, Ash Street, Fernandina	(904) 387-0528
Oct. 10	Senior Games 5K Run/Walk Age 50 & over	8:00 a.m.	Cypress Village, 4600 Middleton Park Circle East, Jax	(904) 639-8027
Oct. 14	Corporate Run 5K	6:30 p.m.	Jacksonville Landing	(904) 739-1917
Oct. 16	Fleet Feet 5K	7:30 a.m.	City Hall Fernandina Beach	(904) 387-0528
Oct. 16	Tom Walker Memorial Micanopy Half Marathon RRCA State Championship	8:00 a.m.	Fire Station Micanopy	(352) 271-3246
Oct. 16	Shore to Shore 5K	8:00 a.m.	Univ. of St. Augustine for Health	Socrbub@aol.com
Oct. 16	Causeway Classic 8K	8:00 a.m.	Golden Isles Marina Village 200 Marina Dr. St. Simons Island, GA	(912) 638-2396
Oct. 23	Race for the Cure 5K	8:00 a.m.	Metropolitan Park, Jax	(904) 739-1917
Oct. 31	Evergreen Cemetery 10 Mile & 5K	7:00 a.m.	Evergreen Cemetery 4535 Main Street, Jax	(904) 739-1917
Nov. 6	Hog Jog 5K	9:00 a.m.	Ronnie VanZant Park Sandridge Road Lake Asbury (Middleburg)	(904) 728 7759. 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
Sep 2005	Autumn Fitness 5K	8:00 a.m.	Orange Park Kennel Club, US 17 & Wells Rd, Orange Park	(904) 272-1770 BobBoydFL@comcast.net Florida Striders Track Club

26th Sunday Morning Run Anniversary Celebration - October 3, 2004 - Sun Tire, Blanding Blvd.

There is a long tradition of collecting any money found during the runs and giving it to Jenny Allen, who uses it to provide the goodies for our Sunday Morning Anniversary Celebration. Come help us spend Jenny's Pennies! We'll provide Champagne, Orange juice and coffee. You can bring

fruit, bagels, coffeecake, donuts, etc. to share. Join us for a group picture and help celebrate - 26th Anniversary of our Sunday morning runs from Sun Tire on Blanding Boulevard in Orange Park. The party will start about 8:00 A.M. Jenny does a wonderful job and it is always a very enjoyable time.

Autumn Fitness & Dinner Meeting pictures are great in the Newsletter but there are literally hundreds more, and in full color, at www.FloridaStriders.com.

GROUP TRAINING RUNS

DAY	TIME	DISTANCE	JACKSONVILLE AREA	CONTACT
Saturday	6:30 AM	5 to 10 Mi. Various pace groups	Jax Beach, S. Parking Lot, Sawgrass Village Shopping	Jakson Badenhoop (904) 285-1552 Director@PerformanceMultiSports.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
Tue/Thur	6:20 PM	Varied distances	Jacksonville Beach, South Parking Lot of Sawgrass Village Shopping Center	Jakson Badenhoop (904) 285-1552 Director@PerformanceMultiSports.com. Call/email to confirm last minute changes

High Quality Strider Logo Shirts

Striders can order a high quality shirt (Polartec PowerDry) with our Club logo. We will not have open stock of these shirts. Available styles and estimated costs (final price may vary with number ordered):

1. Singlet, male/female styles, \$20
2. Sleeveless Tee Shirt, adult unisex, \$23
3. Short sleeve Tee Shirt, adult unisex, \$23

4. Long sleeve Tee Shirt, adult unisex, \$25
Color: yellow or white, with Strider Red & Blue Logo
Ordering: Please contact George Hoskins and provide your choice of style, size, and color preference at ghoskins@bellsouth.net or phone 264-4372.
To view more details of the fabric and styles, visit soark.com.

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

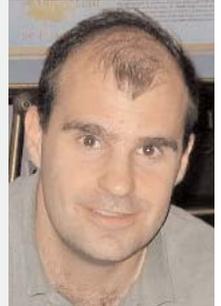
I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume 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 from the good side of a hurricane, Ivan that is, the good side being 5400 miles east of landfall and outside the rain and wind bands. Hope everyone got through the recent unpleasantness without too much trial and tribulation to bear. We have two big races and a smaller one to report on this month, so we'll get at it.

The Jacksonville Grand Prix opened in style with the **Carrabba's Summer Beaches 5 Mile Run**, held on the beach on the 24th of August. Being in town for this one I can provide personal testimony that the sand was firm and wide, the temperature moderate, and the breeze just right. Almost makes me want to come back for the 10 miler in January, but then I start to think back on that Christmas I spent in Cambodia, being fired on by my allies, no wait, that was someone else's memory; I still do

remember the rain and wind both ways though. Beaches runs are like that, great or less than ideal. This time out, our fastest Strider was **Frank Sutman** posting a 30:16 which earned him 1st in his age group. Our quickest female Strider was **Karin Glenn** with a 30:27, which was good for first overall. **Patti Stewart-Garbrecht** won the female masters competition while **Stephanie Griffith** was third. Other Striders who ruled their age group roost included **Bill Phillips, Augie Leone, Bobby Green, and Dot Mitchell**. We also had two Strider teams do well in the team competitions. **Frank Sutman, Bill Phillips, and Gregory Richards** placed 2nd in the men's team competition. (Continued on Page 16)



Welcome Back Renewing Members!

- James & Willa Burns/Owen
- Bill Castelli
- Danny Cole
- Joe Connolly
- John Craddock
- Susan & Paul DeMeza
- John Dunsford
- Billy Fehrs
- Ginger Frazer-French
- Gary Gills
- Bobby Greene
- Margaret Haddle
- Steve Imus
- Jim & Christine Kehr
- Ed Kelly
- William Kennedy
- Gary Ledman
- Marcie & Stephen McClung
- Susan Miller
- Jeffrey & Pam Nelson
- George Obi
- Daniel Ovshak
- Page Ramezani
- Rex & Carole Ann Reed
- Gary Reynolds
- Laurie Ricciardi
- Gregory Richards
- Susan Shelton
- Gordon & Roxanne Slater
- Paul Smyth
- Lisa & Karl Sullivan/Gutekunst
- Norman Thomas
- Kim & Christopher Tracanna-Breault
- Robert & Dora Turner
- Denise Williams
- Winney, Tom, Katie & Scott Yaun

Hog Jog Volunteer Opportunities? You Betcha!

The Hog Jog is a fun race. It will be more fun with you participating in making it a success. If you would like to help we have a spot just for you and would appreciate the assistance. Please call Gary Hallett at 292-2793 or email him at GHall32447@aol.com.

Mile Marker Musings (continued from page 15)

tition while **Karin Glenn, Patti Stewart-Garbrecht**, and **Kellie Howard** placed second in the women's team competition.

We had a few Striders run in the Amelia Island Runner's **Turtle Trot 10K & 5K** on the 11th of September. **J.D. Beck** was our fastest Strider in the 10K with a 54:42 which was good for first in his age group. Our fastest female Strider in the 10K was **Susan DeMeza** with a 56:43. **Sharon Bridges** was our fastest Strider in the 5K with a 31:18. An aside about our new running club neighbors to the north (Amelia Island Runners), I saw their club T-shirts for the first time at the Summer Beaches Run. At first I thought they were Strider shirts, until I developed a discerning eye to separate the wheat from the chaff, as they used to say back growing up on the farm. And I thought that ours were day glow yellow, although you know what they say about imitation. Admittedly though, theirs were a little more orange than ours, but I must say, our color was decided upon back in the 70's, that decade known for good fashion sense and tact in all things, but what is their excuse? Also, we have the Strider t-shirts in a modern fabric now (Cool-Max type) which ends my excuse for never wearing a Strider shirt at races. So, if you are a reverse-Luddite like me and refused to wear a cotton tee for a whole 5K, well, now you don't have that excuse to fall back on, so get your modern Strider shirts while they last; although, the color is still a radioactive yellow, no relief there.

Also on the 11th of September we had a Strider race in Orange Park at the dog track, our annual **Autumn Fitness 5K**. Thanks to all those Striders that were able to volunteer at or run in the race. Our fastest Strider was **John Metzgar** who ran

a 16:09, which was good for 2nd place overall. Our fastest woman Strider was **Patti Stewart-Garbrecht** with an 18:30, which was good for 2nd overall for her. **Denise Metzgar** placed third overall with a 19:44. **Page Ramezani** and **Sharon Lucie** won their respective Grand Masters divisions. Striders who won their age groups included **Kaitlin Yaracs, Jan Taylor, Dot Mitchell, Norma Wasson, Gloria Laws, Len Ferman, Bill Phillips, Bruce Holmes, Frank Frazier**, and **Everett Crum**. Nice running Striders.

Striders on the Road –

Gary Lewis did an ultra on a high school cross country course in Atlanta called the Hot to Trot 8 Hour Race. Finished with a 31.64 miles in the 8 hour time which was good for 20th overall. Nice work.

John Heisner, our sunny southern California Strider, ran a half marathon in 1:29 recently. The race was billed as "America's Finest City Half Marathon." Funny, but I think he ran it in California and not here in Jacksonville, maybe we ought to let some of our trial lawyers loose on them.

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.

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



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You can contact us via e-mail at:

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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>