



Volume 24, Number 6

STRIDERIGHT

Florida Striders Track Club



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June 2005

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Memorial Day 5K

May 30
8:00 a.m.

Spring Park, Green Cove Springs
(904) 292-1399 for race & volunteer information



Is He Sporting a Cap?

Frank Sutman, Lillian Lawless, Matt and Tess Ross, Augie and Josie Leone, Anne, my kids and I travelled to London for vacation and for the guys to run in the 25th edition of the April 17th London marathon.

By Danny Weaver

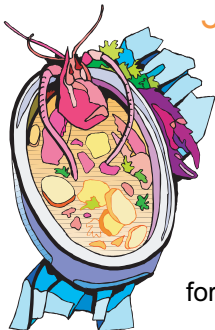


The Expo was pretty far out of the city, accessible by a very well-run subway and train system. It was the largest expo I had ever been to, which includes N.Y. and Chicago. There were multiple booths pitching running apparel, running aids, running food, and a multitude of charities, from child abuse to prostate cancer. The goody bag was huge. It included items such as a bag of natural sugar, a bag of gummy bears, a bag of fruit-filled candy, snake skin body peel, foot powder, shampoo, pasta & spaghetti sauce and even a bath towel with the London marathon logo sewn on.

Friday night before the Sunday race, our Marathon Tour hosts held a reception at one of the "discount" hotels (HA! There is no such thing in London, because it takes about \$1.90 US to buy 1 British pound). Elbowing past Tony Blair, and Charles and Camilla, Frank ran into a popular Jacksonville TV weatherman and wife, female anchor, who were there to run also. Frank invited them to our Saturday night pasta loading dinner, and we were hopeful they would join us, but we didn't hook up. At the reception Lil was most impressed with the wine glass holder which attached to your plate so you could mingle with your plate and wine in one hand and still have one hand free for more hors d'oeuvres picking.

Our own Saturday night pasta-loading dinner was arranged by Frank at The Spaghetti House Restaurant. The food was great but the **Continued on page 10**

JUNE STRIDERS SOCIAL/RUN TO THE SUN VOLUNTEER PARTY! JUNE 12 • 2 PM



I want to personally thank all of you for your support of the 2005 Run To The Sun 8K. Tess and I will be having a party, for the volunteers, at our home on June 12, 2005, that will commence at 2:00 PM. I am cooking up a Low Country Boil, so come hungry. We will supply beer and soft drinks. If you desire to bring anything, make it a dessert or a salad. We have decided to combine the Striders June Social as part of the festivities. So come one, come all.

There will be a special prize raffle/drawing for the RTTS volunteers. Bring your bathing suits for a splash party.

If you plan to attend, please RSVP to 268-8392.

Thanks, **Matt Ross**, Race Director

COMING NEXT ISSUE! Florida Striders Win Reinhold Community Service Award

Prez Sez



By Bob Boyd

Congratulations Florida Striders on earning a second **Reinhold Community Service**

Award in a row! \$500 was presented for our club's work in 2004 promoting children's run/walk programs, college scholarships, and improving the health of our community. Look for the details in the July issue! Each of you make a real difference and it shows – good job Florida Striders!

Depending upon when this excellent newsletter (thank you Trish Kabus) lands in front of your peepers, you are either about to enjoy another great **Memorial Day 5K and One Mile Fun Run** - or just did. In their fifth year now, **Lillian Lawless** and **Frank Sutman**, leading a fine caste of volunteers, have brought us to the point where you just know it will be an excellent event and a good time. The post-race social and volunteer appreciation social at their home has been a great time as well – thank you Frank and Lil!

A great perk of being President is getting to represent our Club at events. Let me try and give you a vicarious taste of a couple of these. 350 Paterson elementary children who make up their Run/Walk Club, many proud parents, and coaches gathered recently to recognize their club's achievements. 133 of these young athletes earned a marathon medal from the Striders for completing at least 26 miles during the year! They were also very appreciative of the financial support from the Striders through our Fun Runs, grants, and awards we provide. The next day we had a similar treat when we saw 60 plus members of the Wilkinson Elementary Track Club earn medals. I am highlighting two recent experiences but these events now go on at many elementary schools in our area. Warner Millson, our Children's Running Coordinator, Vanessa Boyd, our Club Photographer, and I got to bask in the enthusiasm and appreciation which all of you make possible with the generous contribution of your time, talent, and money. Together we really do make a difference. I am very proud to be part of such a fine group. Good job Florida Striders!

Board of Directors' Minutes, 05/11/05

Bob Boyd called the meeting to order at 7:00 PM. Directors absent: D. Bokros, J. Powers, R. Soeey, W. Millson.

Minutes/Action items

Last month's minutes were approved with one correction - Warner was missed in the list of absentees.

Treasurer's report

Report filed as written. There was not much activity this month. 500 marathon medals were purchased and \$140 was paid to SJCDs for track lighting.

Merchandise

George is ordering another round of shirts. Merchandise will be displayed at the Memorial Day race.

Race report

Memorial Day 5k – Lil reported that 70 entries have been received to date and about 20 volunteers are still needed. A suggestion was made to check with local high schools for students seeking volunteer opportunities.

Autumn Fitness – Bob is getting the race coordinators together.

Hog Jog – A map of the race course will be posted on the web-site this year.

Socials

Kent reported on the upcoming socials: **June** – Matt will have a volunteer party/social on the 12th (Kent will confirm the location with Matt), **July** – possibly the Crab Shack, **August** – Warner might host, and **September** will be a speaker. Any suggestions for a speaker or location for the September social please send to Kent.

Membership update

There are about 460 members to date. Dave and Tanys created a membership flier to be included in race packets and distributed elsewhere. Different colors can be sent to schools for tracking. The flier will also be available and can be filled in online as a PDF file.

Open forum

Vanessa displayed a t-shirt given to the Striders signed by students at Wilkinson Elementary. Various suggestions were made as to how to display items like this that are given to the club. Lil reported that the scholarship winners are Ryan Hallett and Molly Flynn. Bob reported that Regina Soeey has resigned from the board due to scheduling conflicts.

The meeting was adjourned at 7:35PM. Next month's meeting will be on Tuesday, June 14th at the Orange Park Cancer Center.

Respectfully submitted,
Karin Glenn

**2005-2006 Board of Directors
& Key Members**

(Board Members marked with an *)

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

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Fleming Island - Orange Park
215-6885

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PROMO DEPOT
Robert Shields, Sr.

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.

Funny Word, Great Training

Many of us remember the time we first heard the word – fartlek! This perfectly normal Swedish term was coined by Gosta Holmer in the late 1930s to describe a fundamental element of the training of world record setters Gunder Haegg and Arne Anderson during the World War II years.

Fartlek means “speed play”. Holmer used another term, hardfart (hard speed), which fortunately hasn’t become mainstream lexicon in American running. Lots of young runners can’t handle the words. Lots of runners and coaches can’t handle the concept.

Fartlek, as practiced by Holmer’s athletes, was run on pine needle-strewn paths around Scandinavian lakes and evergreen forests. A 5,000 meter loop would include bursts up hills, fast striding downhill, shoe-sucking dashes across bogs, and plenty of easy running for recovery. Runners varied pace to match – or challenge – conditions. Two or three loops of 5 kilometers constituted a workout.

Please note that “play” is part of the term. That part is often lost when applied to training in the U.S.A. Many coaches direct their runners to perform “speed play”, adding the caveat that surges be timed, recoveries limited, minimum pace enforced, and no smiling!

Runner’s Quiz *By Jay Birmingham*

1. What is the maiden name of Deena Kastor, 2004 Olympic bronze medalist in the marathon?
2. Lynn Jennings never won an Olympic gold medal but did win this world championship.
3. Who was the first Jacksonville area woman to race in the U.S. Olympic Trials marathon?
4. In 1988, three Jacksonville women competed in the marathon Olympic Trials in Pittsburgh. Name them.
5. Name the male runner who “crashed” the local All-Women’s 5 Km race in the early 1980s.

See page 9 for answers

Introducing
The Wide World of Running
By Jay Birmingham
our new StrideRight monthly column!

Percy Cerutti, the eccentric coach of Australian Olympians and record-setters, modified the fartlek idea. Cerutti’s lads slogged through sand dunes, sprinted and jogged golf courses, and punctuated beach runs with dashes into knee-deep surf. “Energy ebbs and flows,” Cerutti said. “Variations in pace condition the system to the demands of competition.”

Many runners have only two types of training on the menu: Entrée One – Long and slow. Entrée Two – Short and fast. I’ve run for 47 and coached for 40 years. Classic fartlek training, I believe, is an important element of every success my runners have earned.

Fartlek is valuable as transitional training between an endurance phase and a speed development phase. Two weeks of runs where fartlek is alternated with steady-state running stimulates fast-twitch muscles, the lactate threshold enzyme system, and is simply a nice variation.

Another way to enjoy speed play is in a park, on a golf course, or along the beach. Try surging and easing up, constantly varying pace, effort and the distance of every segment. On a windy day, alternate sprints into the teeth of the wind with recovery jogs with it. (This is a great substitute for hills.)

For those stuck with sidewalks and streets, try this variation: On a medium-length run, turn down any side street and initiate a surge. Hammer to the next fireplug or cruise hard to the end of the block. When you’d rather be running slower, turn and jog back to your main route, resume normal training pace, and scan the horizon for another opportunity to surge. Workouts go by quickly when running fartlek.

Two common benefits accrue with this form of training. One, overall training pace improves. Within two weeks, most runners find their average tempo has increased and course PRs are being run. Two, race pace seems easier. Lactate tolerance is increased and breathing distress is a familiar partner.

To close, here is some more advice. Keep the spirit of play alive in your fartlek. And finally, a point of Swedish grammar, don’t use an “S” on the end of the word. ●

April 13, 2005

Dear Bob,

I would like to thank you and the members of the Florida Striders Track Club for your hospitality to our club members before and after the Gate River Run Race in March. We all enjoyed getting to know some of your members and really appreciated using your tent and eating all of your delicious food and drink.

We would like to extend an invitation to your club members to come to our Peachtree City Classic 15K Race on October 15, 2005. We would love to have any of you run our race and enjoy our wonderful bike trails and city.

Thanks again for everything.

Sincerely,

Cathy Olson, Secretary, Peachtree City Running Club

WE GET LETTERS!

EVERETT CRUM - 25 Years of Memorable Races and Wins 627 races/500 wins

By Trish Kabus

Everyone knows Everett Crum but do they actually know all his accomplishments. I would consider Everett a good friend, however, until I started gathering information to write this spotlight, I didn't know much about his 25 years of running. I have enjoyed reading all the stats he sent and looking at lots of photos! Wish I could publish them all! The most amazing thing to me is the detailed running logs and records he has kept! ●



- First Jacksonville area AG win was the Florida Striders first run, The Twilight Run (now The Autumn Fitness).
- First Masters win was the 1982 Twilight run in Orange Park. This was also his first sub 17 5k, and he beat Frank Reynolds (Dr Radical) for the RRCA State Championship.
- First OA win was at Folkston, GA where he ran a 4 mile race with a sub 22.
- His 86th race was the 86th Boston Marathon where he ran nearly the whole distance beside Lanier Drew.
- First sub 3 marathon was at Savannah, GA where he finished just behind Patt Sher.
- Marathon PR was at DC where he finished in the top 100 just ahead of Patt Sher.
- 10k PR was on the old Gator Bowl loop course that crested the Matthew and the Hart Bridges. It was the only time that he can recall where he beat Darien Andreu.
- 5k PR of 16:42 was the 1983 run in Orange Park where he won the Masters finishing in a "tight" threesome with Dr Radical and Darien Andreu.
- Over age 60 10k PR was a 37:22 at the 1995 Mandarin Run, where he barely beat Lee Yaracs (but he was only about age 10).
- Over 60 5k PR is 17:25 at a race in South Carolina.
- His favorite race has always been the Summer Beaches Run. His 100th and 500th race was the Summer Beach Run His best time on the beach was 28:31 in 1982 when they set a record with over 2,700 entrants and he beat all of the women.
- The first time he ran a sub-30 5 mile was at St. Augustine Beach in 1981. It was also the first time he beat Elfrieda Wyner, holder of five RR age records, he only held four.

Run To The Sun 8K – How Not To Direct a Race

By Matt Ross

A race director's stress level increases proportionately the closer you get to the race. The closer to race day, the more frenetic the days become. You question yourself as to whether you've covered all the tasks necessary to have a successful race. You know what happens on race day, the quirks, glitches, the registration problems, the weather, and the unforeseen disasters. You know that you will be one busy bugger on race morning. Then, at that moment, you realize that you will be an absentee race director. What?! How can one direct a race and not be there? Stress level quadruples!

The easy answer, of course, is not to be crazy enough do it. But, if you are that reckless, there is one necessary job you must accomplish. You must assemble an incredible cast of characters and volunteers who not only know what they are doing, but must know how to handle all those race day problems.

Marge Ruebush (Registration Maven), Gary Hallett (Volunteer Coordinator Maven) and Steve Edgell (Course Director Maven) basically carried the race on their backs. Marge handled the registration and shirt distribution, oversaw the port-a-let and the Blue Ridge Water deliveries and placements. Gary put together a knockout team of ROTC students to man water stops. He ensured there were volunteers at registration, start and finish lines and at the refreshments tables. Steve Edgell was the course director 'extraordinary'. I know he drove the course multiple times, checked the mile markers, and set out the race day signs, etc. In addition, he assured that the course was extremely well marked so the

runners would have no problems finding their way. He was also responsible for the lead police car not getting lost on the course. His attention to detail will make him an excellent Race Director when he's ready. David Kelley covered my favorite chore, going to the Farmers Market and purchasing the oranges and bananas. Bobby Greene got the bread and bagels from our sponsor, The Village Bread Market. Kathy Owens made sure the food was distributed to our entrants. Ken Bendy housed and distributed the awards that I usually keep in my garage until race day. My thanks to Paul Ruebush for putting up with Marge doing all those extra chores. Oh yes, I almost forgot, after Marge finished with race registration, she moved over and handled the Fun Run registration. I just don't pay her enough for the work she does. Among the unsung heroes is J.D. Smith. He rents the van, goes to the warehouse, loads the van, brings it to the Dog Track and unloads it. And then the lucky guy gets to do the same thing but in reverse. Thanks J.D.

There are just so many people who helped with the race that I haven't thanked. In order to rectify, that I will be having a party for the volunteers. I will be sending out invitations shortly, with an RSVP. I plan to do a Low Country Boil for the party and have a keg. This party will be in conjunction with the Strider June Social and will be held on Sunday June 12th at 2:00 PM. at my house. So volunteers, please attend. I plan to raffle off some nice prizes for you.

This RTTS 8K was the most successful of the three I have directed in terms of number of runners and finishers. Maybe I should vacation more often. ●



109th Boston Marathon

By Patti Stewart-Garbrecht

Well, I was finally here. I was in Boston, preparing to run my first ever Boston Marathon. It has been a lifelong goal to run Boston, but my busy schedule and its geographical distance had always been obstacles. The plan to run took life in a hotel room with my Marine Corps Marathon roommate and fellow Navy teammate, Sue Himes. We had decided that it would be FUN to run Boston as a Navy team. We had both been humbled by the warm temperatures in Washington DC that day and thought that Boston had to be better weather wise. We were well aware that the temperature in Boston last year was 80F and the year before that in the high 60's. We felt sure the odds were in our favor to get a nice cool, crisp, over-cast day for the 109th Boston.

We recruited two other Navy women and a handful of Navy men and put our team together. Navy Sports arranged sponsorship for our team through Adidas and we were off to experience Boston.

We all arrived in Boston on the Friday before the Monday race. I would recommend that anyone traveling to Boston for the marathon do so early especially if you have never visited Boston and would like a chance to do some sightseeing. I took my daughter Kate with me for the trip and we did all of our sightseeing on Saturday saving Sunday for rest. We did a trolley tour of all the historical sights of Boston including the home of Paul Revere, Boston Common, and the Boston Harbor. Kate indulged herself with a Red Sox tee shirt and I bought the coveted "official" Boston Marathon wind breaker at the race Expo.

Everything about the race was well planned, organized and efficient. We visited the expo on Saturday. There was no wait to pick up my number or race packet. There were lots of booths with lots of "running stuff". Being the avid shopper that I am, I took advantage of the opportunity to spend money. I bought "official" Boston Marathon souvenirs for myself and my family. Now the excitement was really mounting as I wore my Boston jacket. I kept telling myself that I needed to have a good race or I wouldn't ever want to see (let alone wear) that rather expensive jacket ever again. It crossed my mind that I shouldn't have bought it until after the race.

Race morning finally arrived! Even though the race doesn't start until noon, you have to be at the bus pick-up area by 8am or earlier. Kate and I were staying in Cambridge, so we had to take the bus to catch the "T", then take the "T" to Boston Common. We met my teammate Sue and that's when I said "goodbye" to Kate. She stayed with Sue's husband to help out with her kids. They were going to see us at mile 17 and again at the finish.

Sue and I arrived in Hopkinton where the race starts, at about 9am. We had three full hours to amuse ourselves while waiting to start the race. During that time we ate, drank, rested and discussed how it seemed to be getting really warm! I was

also lucky enough during the wait to get an autograph from Uta Pippig. She was there as a celebrity guest. For those of you who don't recognize the name, Uta was the 1996 winner of the Boston marathon despite some huge distractions. Once I had her autograph on my race bib, I felt like I had been blessed by the one of the bravest people I can think of. It was a constant reminder that no matter how bad I felt at Boston, nothing could be worse than getting a visit from granny during the race.

Standing in the corral I was so excited to be in Boston. I had never experienced such enthusiasm at a marathon. Everyone including the volunteers was happy to be there. I knew it was going to be tough, hilly and it was a warm day. But I was still as excited as ever.

The early miles seemed to float by effortlessly. The first half of the course is mostly downhill, but it is definitely rolling, not straight down. There was a bit of a headwind, but it was had a cooling effect and I was pleased to have a breeze. At mile 17 we hit the first uphill that really takes the wind out of you. Hey, no problem, just another downhill on the other side. Then much too soon there was another uphill, and another.... Finally, I had hit the infamous Heartbreak Hill. Now I was telling myself that I simply had not done enough hill training. But I kept reminding myself that this was it, if I could just get to the top IT WAS ALL DOWNHILL FROM HERE. Well, that sounds really nice in theory. But what do you do when your quads are so beat up that you can barely crawl down the hill? This is where the race got really tough for me. Thank goodness for the awesome Boston spectators who literally line the entire race course. I kept thinking about quitting. Can you believe it? I am at 22 miles thinking about quitting! At that point I kept thinking about how much I had trained for this and how I just wanted it to be a fun experience. I thought about the expensive jacket I had purchased and how I would never want to wear it again if I didn't finish. I thought about my Navy team and how poorly quitting would reflect on the team and on me as a Naval Officer. Then I thought about the finisher's medal that I wouldn't get if I didn't cross the finish line. Now, I have to admit that I have never been motivated by a finisher's medal. But I thought about all of my fellow runners who aspire to just qualify for Boston. And how important just getting the finisher's medal would be to most people. I had stop feeling sorry for myself. I was going to finish even if I had to crawl. Well, I didn't have to crawl. I crossed the line running in a respectable chip time of 3:06:26.

Once I got to the family waiting area my daughter Kate was waiting for me. She threw her arms around me and told me how proud she was of me and how well I ran considering how warm it was. Then she said "Mom, I want run a marathon with you someday". Well I have to say that no matter how painful running Boston was, it was all worth it after hearing her say that. All in all, the Boston Marathon was one of the best experiences of my life. ●

Don't Win the Lightning Lottery

By Robert Glenn

The summer months are upon us, and the summer in Florida means thunderstorms, and lots of them. Guess what the most dangerous weather phenomena is in the U.S. Hurricanes? Tornadoes? Floods? Nope, lightning beats them all in terms of deaths and injuries per year in the U.S. To narrow it down to Florida, our great state, we average 8 deaths and 45 injuries a year due to lightning. Doesn't sound all that bad does it?



Anyone out there play the lottery? Good chance to strike it rich right? The odds of winning the Florida Jackpot lottery are 1 in 23 million. The old joke goes that the lottery is a regressive tax on people who are bad at math. The odds of being struck by lightning in the U.S. are 1 in 700,000. Seeing as Florida is the lightning strike capital of the country, your odds of being injured by a lightning strike in Florida are about 1 in 300,000, double that of the U.S. in general. To compare, for everyone out there who has bought a lottery ticket, your odds of being injured by lightning at some point this year (not over your lifetime) are 77 times greater than your odds of winning the lottery.

To refine our argument even further, 85% of the lightning strike victims are men. This is probably because men are out fishing, working on houses, playing golf, and probably too macho or dumb to come inside when a storm comes around. In short, lifestyle and choices affect who gets hit. Your grandma that spends her time playing bingo in the church parlor is probably safe from lightning strikes. Your kids who are out on their bikes every day and may not know enough to go inside a neighbors house are not.

In our running club, the peerless Florida Striders; we fit the high risk profile for lightning strikes. For the most part, we are active, get outside a bunch, and are bull headed about getting our workout in (or maybe not so much in my case, "looks like it is gonna rain, and my knee hurts, and I'm tired, think I'll drink a Coke and play some computer games, giddy up!). You've all seen, we're at track on a Wednesday night, a storm is rolling across the St. Johns and we're still out there doing 800s. Probably not the wisest course of action, but we're runners and we run. Therein lies a problem. Short version, our odds of being hit are probably higher than 1 in 300,000 since that includes all 17 million people in Florida and many people just aren't that much at risk due to their lifestyle, unfortunately that isn't us or our kids.

So, how to protect ourselves, you ask? Well, if you're at work, in your car, or at home, you're good to go. What isn't so easy is when you are at your kid's soccer game and a storm is off in the distance, or when you want to get your afternoon jog in and it is rumbling off over San Marco way. The general rule of thumb is the 30/30 rule. Stated simply, if the time gap between lightning flash and thunder rumble is 30

seconds or less, you should seek shelter and stay in it for at least 30 minutes. That is 30 minutes after the last flash/noise combo of less than 30 seconds. That can be a long time, patience grasshopper. The reasoning is that you need to be 5 miles away from the storm to be reasonably safe (some experts are recommending 6-8 miles now) and since the flash travels at the speed of light (fast) and sound travels at around 700 mph, it works out to 6 seconds of time gap for each mile of distance the observer (you) is from the strike.

Next, what is a safe shelter? The little golf shack at the 5th hole, a roof and not much else; no, that is not. Your car is. Your running shoes are not. The reason most cars are safe is that the metal body of the car directs the force of the lightning around you and to the ground, EASILY jumping the rubber gap your tires create. So, your tennis shoes do not "insulate" you from lightning, since neither do your car tires. A normal home or building is good also.

What if you are caught in the middle of a field? Bad move. Proper prior planning, as they say; but, what if you are and you get the hairs on the back of your neck standing on end and you think this is it. The proper thing is to crouch down and kiss your butt, no actually, it is to crouch down and get into a ball, head down, only your feet on the ground. Laying flat is bad, too much surface area to get smacked plus if it hits nearby it will go through you as it radiates out.

Damage if you get hit? Well, dying is an option. About 1 in 5 victims die. The rest get severe burns, memory loss, and all the kinds of nasty stuff you'd think that 10,000,000 volts would do if it arced through your body. An unusual thing that happens is that many victims have their clothes blown off them, shoes, pants, underwear (hope they were clean), etc. The sweat or rain on your body instantly vaporizes leaving you with all your clothes ruined and naked as the day you were born (sometimes). At least since we're runners and in shape, we'd have a decent looking corpse for the funeral. Well, unless it hit your head. A better bet is to avoid the situation all together. Use the 30/30 rule and obey the thunder conditions on base.

Now, the 30/30 rule may seem too restrictive, I mean 30 minutes after the last flash/boom combo. But when you think about it, that only gives you 5 miles between you and that last strike. When I fly planes for the Navy or my airline, I routinely give storms at least 20 miles at high altitudes and 10 miles once we get low. And in my plane, I (and my passengers) am surrounded by a metal tube which would pretty much protect me from serious harm (the electronics are another matter).

In summary, we are at greater risk here in Florida due to the number of storms we get and the outdoor lifestyles we lead. You may find that playing the lottery has entertainment value (if you're bad at math) but please use some common sense when it comes to the lightning lottery and refuse to play. Complacency kills in many endeavors, here in Florida it kills since we get accustomed to the storms and start to discount the real damage they can do to us. ●

Striders at the Races

RACE RESULTS

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

CORPORATE CUP 5K Jacksonville Landing April 28, 2005

Bill Dunn	18:15	8th O/A
Joe Young	21:02	
Lonnie Willoughby	21:18	
John Hirsch	21:34	
Hernando DeSoto	21:57	
Mark Woods	22:03	
Wendy Patterson	22:03	
Tom Zicafoose	22:18	
Randy Pullo	22:18	
Kellie Howard	22:59	
Paul Smyth	22:59	
Danny Suber	25:12	
Sue Whitworth	25:36	
Darrel Whitworth	25:51	
Susan Maurer	27:25	
Nancy Pullo	32:00	
Wayne Wolfenbarger	33:53	
Raymond Ramos	34:20	
Linda Wolfenbarger	34:48	

SHRIMP FESTIVAL 5 K Fernandina Beach April 30, 2005

Patrick McKeefery	20:06	1st A/G
Del Conner	21:15	2nd A/G
Mary Ann Brown	21:31	1st A/G
Elbert Shubert	23:04	3rd A/G
Gordon Simms	24:23	

Everett Crum	24:28	1st A/G
David Stanley	25:08	
Freddy Fillingham	29:17	
JD Beck	29:41	3rd A/G
Nadine Thomas	32:26	
Josh Stanley	33:28	
Brenda Schwelling	36:38	

RUN FOR COVER 5K Duval Courthouse Jacksonville May 7, 2005

Gregory Richards	18:18	2nd O/A
Victor Corrales	19:26	1st A/G
Bernie Candy	19:49	1st A/G
Paul Geiger	20:47	1st A/G
Barbara Whitter	25:17	
Female Masters		
John Gauer	25:22	1st A/G
Jd Smith	25:44	
Roxanne Slater	28:08	3rd A/G
Tom Sullivan	28:46	1st A/G
Freddy Fillingham	29:00	2nd A/G
Gordon Slater	29:22	2nd A/G
Jd Beck	30:37	3rd A/G
Joe Connolly	39:09	

FIESTA 10K Pensacola May 7, 2005

Marie Bendy	59:30	1st A/G
Ken Bendy	1:04:40	

CASH 5K Jacksonville May 14, 2005

John Metzgar	15:44	3rd O/A
Patrick McKeefery	19:29	1st A/G
Nick Jongebloed	21:17	2nd A/G
Kathy Murray	21:21	2nd A/G
Bob Kennedy	21:29	2nd A/G
Ramon Ramos	22:23	
David Stanley	23:02	
Dennis Lee	23:52	2nd A/G
Barbara Whitter	25:05	3rd A/G
John Gauer	25:44	1st A/G
Freddy Fillingham	27:46	2nd A/G
Jd Beck	27:59	1st A/G
Gordon Slater	29:37	2nd A/G
Sandra Shines	30:30	
Al Saffer	33:22	1st A/G
Michelle Ramos	33:57	
Ginger Frazier French	35:48	1st A/G
Katie Stanley	37:14	2nd A/G
Joe Connolly	39:50	2nd A/G
Josh Stanley	44:32	
Susan Stanley	44:37	

GOSPEL & BLUES 5K New Orleans, LA May 15, 2005

Doug Tillett	22:05	
Ken Bendy	27:29	3rd A/G
Marie Bendy	28:27	2nd A/G
John TenBroeck	35:00	

NEW MEMBERS

Don & Rhonda Biroshik
Janice Lott
Dorsey "Bryce" Motes
Caleb Powell
Jenny Schilling
Bradley Shepherd
Tiffany Sutton

RENEWING MEMBERS

Richard & Jenny Allen
Stephen Beard
J.D. Beck
Virgil Brenner
Virginia & Gordon Butler
Victor & Amy Corrales
Harry Edwards
Claudia French
John Gauer
James, Annette, Chrystal & Keegan Gray
Jack Hayes

Lorri & Benjamin Howard
James Kissinger
Annalee McPhilomy
Barry & Harriet Panensky
Chris Parliament
Robert Shields
Regina Soeey
Danny & Jenny Suber
Frank & Lillian
Sutman/Lawless
Philip Trast
Sheryl Trevino
Sharilyn Womack
Kaitlin Yaracs

MULTI-YEAR RENEWING ANNIVERSARIES:

Warner Millson
Tommy & Cathy Dobbs
Robert & Ginny Frary
Matthew Acheson
James & Maria Spellmen
Eric & Bernita Bush
Bernie Candy
John Carson
John & Sandra Bowsman
Robert & Karin Glenn

What's happening?

Send us your stories to StrideRightEdit@aol.com
by the 15th of the month!

June 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/rrcocal.htm>

DATE	EVENT	TIME	LOCATION	CONTACT
May 30	Memorial Day 5K	8:00 a.m.	Spring Park Green Cove Springs	(904) 292-1399 lawless@bellsouth.net Florida Striders Track Club
June 3	JTC Mile Festival	7:00 p.m.	Bolles School San Jose Blvd. Jacksonville	(904) 388-7860 ConsultJTB@aol.com Jacksonville Track Club
June 4	World Golf Village 5K	8:00 a.m.	World Golf Village (Near the Caddy Shack) St. Augustine	(904) 739-1917 1st Place Sports
June 11	Bruster's Ice Cream Run for the Pies Championship 5K Open 5K	7:30 p.m. 8:00 p.m.	Jacksonville Landing	(904) 739-1917 1st Place Sports
June 17	JTC All Comers Meet	7:00 p.m.	Bolles School San Jose Blvd. Jacksonville	(904) 388-7860 ConsultJTB@aol.com Jacksonville Track Club
June 18	Ravines Run Cross Country 4 Mile	7:30 p.m.	Ravines Country Club Middleburg	(904) 743-3161 Jacksonville Track Club
June 26	Florida Hospital Firecracker 5/10 K	7:00 a.m.	Band Shell Daytona Beach	(386) 248-DBTC Daytona Beach Track Club
Sep 10	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
Nov 12	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

Please Print

Application for Membership FLORIDA STRIDERS TRACK CLUB

New
Renewal

Name: Last _____ First _____ M.I. _____
 Address _____ # in Family _____
 City/State/Zip _____ Spouse's Name _____
 Phone: Home _____ Birthdate(s) _____
 Phone: Work _____ Employer _____
 E-mail _____ Occupation _____
 Signature _____
 Date _____

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

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

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

RUNNER'S QUIZ Answers: 1. Deena Drossin 2. World Cross Country 3. Lanier Drew in 1984 4. Patt Sher, Lanier Drew, and Adrian Lilburn 5. Norm "Norma" Wyner - Questions on page 4, in case you missed them!

LONDON MARATHON

Continued from page 1

service was slow. Our poor waitress was in charge of serving the whole upstairs, while also bussing and cleaning and setting up all the tables. We found this to be typical in London - they just do not employ many service people, but the ones they do are really hard workers.

Race day dawned sunny and bright. We hopped on the Marathon Tours charter bus in front of our Thistle Victoria hotel. The bus took us to Greenwich Park, about 26.2 miles from town (how convenient!). The race started at 9:45 AM - it was about 55-60 degrees. There were TV cameras, balloons, and a festive atmosphere at the staging area with 3 separate starts. We saw many people dressed up like animals (save the Rhino!) and in silly costumes. The race instructions even called for people dressed up like silly animals to enter the race staging area in the rear. The day before started out sunny, but turned cloudy and cold. Expecting more of the same, I wore a long sleeve shirt. Matt and Frank had on their Strider singlets, and as it turned out, I should have also. The course is mostly a point-to-point, running thru the pretty town of Greenwich, past the Cutty Sark sailing ship, over the Tower of London bridge, past Big Ben and Parliament, and finishing in front of Buckingham Palace. Matt (suffering from a bad back and sore hip) stopped at a port-a-let (another race instruction - do not wee in peoples' gardens), and remarkably caught back up to us. Frank did the same later on and found us also. We all ran the first 12 miles together. Frank's ITB sprain as feeling better, or he couldn't stand the company anymore, so, like Gumby, he bounded off ahead. Our planned 9:00 minute mile pace turned into under-9's with Frank, but after he left, Matt and I slowed to a more comfortable 9-plus pace.

Jeremy Smith, who had run this race before, advised me to bring along a camera. I took 27 pictures of silly animals, two Elvises, fairies, superheros, a hairy-legged Wonder Woman, and even a guy in a home-made taxi cab. My film ran out before the 10K mark. Unfortunately, most of the pictures didn't turn out too well. Matt and I ran together thru 18, then he had to back off due to his bad back. I felt good up until 20, then my normal fatigue set in and I began searching for the next mile markers. For those interested in split times, we averaged a little under 9's early on, hitting the half in 1:56. In miles 14-20, we averaged about 9:20. I was in high spirits when I clocked 8:45 in mile 22, but then soon realized that it was the 35K split clock. It really took me 9:31 to run mile 22. The last few miles went from 9:30 to a little over 10. Seeing I was close to breaking 4 hours, I tried to pick up the pace a little around 25, but felt my left calf starting to cramp, followed by my right calf, so I had to hobble in at 4:00:51, just missing my 4 hour. goal. Frank ran 3:48 on just 1 6-mile training run due to his bad ITB. Matt came in at 4:24, happy to even finish because his bad back.

Billed as the world's largest marathon, the race had 35,000+ finishers! Paula Radcliff and one of the Kenyans were the winners, but we never saw either of them. It was a very well organized race. I was happy to see splits at every

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mile, not kilometer, and at every 5K interval. They served water at every mile in 8 oz. plastic bottles which were soon littered all over the streets. The bottles were a little cumbersome, but you were able to get in more fluid than in a sloshy cup. At 3 stops they served something called Lucozade, which is similar to Gatorade but sweeter. It came in 12 oz. containers like Sip Ups, but with little built-in spouts. As subsequent runners stepped on them, these discarded, half-full containers became great squirt bottles and made the streets feel very sticky. It was unbelievable, but this slowed my pace by exactly 52 seconds.

That night after receiving directions from the concierge, Lil became our pub-crawl line-leader. We had to walk off some soreness and, of course, replenish those body fluids with a British pint from multiple pubs, as we told all of our marathon stories/lies, laughing and joking and having a good ole time. It was not long before we started talking of our next marathon - Paris has one the week before London - hmmm, something to consider for next year?

P.S. The title of this story was overheard by my wife, Anne, while she was looking for me at the end of the race. A nearby British woman and her friend were looking for someone in the race, and one asked the other: "Is he sporting a cap"? ●

Scholarship Winners

The Florida Stiders Track Club announced the winners of two scholarship awards: **Ryan Hallett, FSTC Mike Shad \$1000 Scholarship** and **Molly Flynn, FSTC Sun Tire \$1000 Scholarship**.

Ryan Alexander Ellis Hallett has been an integral part of Ridgeview High School. Graduating 8th in a class of 345, Ryan has upheld a weighted GPA of 4.8, and received the honor of Summa Cum Laude. In addition to this, Ryan has recently completed the Ridgeview High School International Baccalaureate program, a program recognized with the highest integrity in more than 119 countries around the world. In his senior year, Ryan was part National Honor Society, Mu Alpha Theta, and Future Business Leaders of America. He also held the position of Treasurer in the Antonio Gaudi chapter of the Spanish National Honor Society and received the senior of the year award from the chapter sponsor. Also in his senior year, Ryan won 3rd place at the state level FBLA competition for entrepreneurship.



In the field of athletics, Ryan has been a member of the Cross Country and Track and Field Teams for 3 years. He was named captain of both teams during his senior year and received the award for being a scholar athlete at graduation. During his involvement with these teams over the years, Ryan has set numerous personal records in 5K's, 300m hurdles and the pole vault. In fact, he has been the Clay County pole vault champion for the past 3 years. He hopes to continue running next year at the University of Florida.

MILE MARKER MUSINGS By Robert Glenn

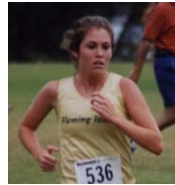


Allow me to start by correcting an oversight from last issue. I missed one of our intrepid Striders that traveled to London for the marathon last month. **Augie Leone** completed the 26.2 in 4:44:15. Nice running Augie! Due to a deadline issue, we are doing the StrideRight a little early this month, we'll

catch any results we missed because of that next month.

First up is the **Corporate Cup 5K** which was at the Landing downtown on the 28th of April. Our fleetest Strider was **Bill Dunn** with an 18:15 which earned him 8th overall (darn good for such a big race). Our swiftest female Strider was **Wendy Patterson** with a 22:03. Unfortunately no age groups since it is primarily a team thing, rest of the results (**Continued on next page**)

Molly Flynn is a senior at Fleming Island High School in Orange Park where she participate in activities such as BETA club, National Honor Society, and, one of her most influential experiences, the Varsity Cross-Country team. During Molly's 6 year cross-country career, she has learned the value of patience and persistence through training and racing with her teams. One of her most rewarding experiences (at 14 years old) was running in the Jacksonville Marathon and though she has faced many challenges in my life thus far, nothing has compared to running a marathon Thanks to her coach, Jay Birmingham, not only did Molly complete the marathon but she won first in the age group—solidifying her love for the sport.



This summer, Molly will be attending the University of Florida pursuing a career in Pharmacy. Molly writes "Thanks to the Florida Striders' generous contribution, my dreams of becoming a successful Pharmacist are closer than ever. Winning the Strider's Scholarship means a lot to me as a student but even more to me as an athlete. To paraphrase Forest Gump, I always knew I loved to run but I never thought it would take me anywhere! Thank you to the Scholarship Committee and the Florida Striders!"

A special thanks to the Scholarship Committee, Sun Tire and Mike Shad for their long term sponsorship, and the efforts of the entire club that makes this possible. Congratulations to both well-deserved athletes! ●

GROUP TRAINING RUNS

DAY	TIME	DISTANCE	JACKSONVILLE AREA	CONTACT
Saturday	6:30 AM	5 to 10 Mi. Various pace groups	Jacksonville Beach, S. Parking Lot, Sawgrass	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	6:30 PM	4-7 Mi./Varied pace	San Marco/Largo Park Corner of Naldo and Largo	Doug Tillett (904) 728-3711
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

Mile Marker Musings (continued from page 18)

are, of course, on the results page.

The **Shrimp Festival 5K** was run on the 30th of April in Fernandina Beach. Our fastest Strider was **Patrick McKeefery** with a 20:06, which was good for an age group victory. Our fastest female Strider was the 10 year old **Mary Ann Brown** with a 21:31, which also won her age group (14 and under). Our only other Strider to take that age group first place glory was **Everett Crum**.

The **Run for Cover 5K** was held at the Duval Courthouse on the 7th of May. New race for me, the name is sort of interesting though isn't it. Is it a shelter the homeless or a duck from the drive-by stray bullets kind of title? Talk amongst yourselves. **Greg Richards** was our fastest Strider with an 18:18 which was good for 2nd place overall. Our fastest woman Strider was **Barbara Whitter** with a 25:17 which won the female masters title for her. Other Striders that won included **Victor Corrales, Bernie Candy, Paul Geiger, John Gauer, and Tom Sullivan**. Now that I think about it, the location of the race is also thought provoking. The courthouse, and here I keep reading about how the courthouse is going to cost 300 million dollars to build, no make it 325, no wait, it's been two more weeks, now it is 340 million. But, lo and behold, we already have one. Like the French knights in the Holy Grail movie, "We've already got one!"

Finally, our final road race of the issue: the **Rita Cash 5K** run on the 14th of May. **John Metzgar** was our top Strider with a 15:44 which was good for 3rd overall. **Kathy Murray** was our quickest female Strider with a 21:21 which earned her 2nd in her age group. Our other age group winners included **John Gauer, J.D. Beck, Al Saffer** (Striderman's adoptive father) and **Ginger Frazier French**. Nice running everyone.

Striders on the Road –

Bill Phillips traveled up to Nashville to run the **Country Music Half Marathon** on the 30th of April and places first in his age group with a 1:22:32. Nice work for a big race like that.

Raymond Adams traveled to participate in Florida's own, **Dare to Bare 5K**. Our very own Dr. Radical used to run this one most years; it has different clothing requirements than most races, which is to say, optional. The name tells the tale. Definitely different and that is what Ray was looking for. Not only did he race, but posted a PR with a 25:27 (8:11 per mile).

Patrick McKeefery went on down to Ormond for the **Save the Loop 5K**. He was the grandmasters champ with a 19:37. Good running.

Vic Corrales was up at the **Kentucky Derby Half Marathon** and posted a 1:32:57. Good race, glad you did better than Bellamy Road.

Marie Bendy ran a 59:30 in the **Fiesta 10K** in Pensacola which was good for first in her age group. **Ken Bendy** ran a 1:04:40 which he says was probably last but I doubt it, not in the age of 8 or 9 hour marathons.

We had 4 Striders in New Orleans for the annual national RRCA convention that managed to find time to run the **Gospel & Blues 5K**. **Doug Tillet** was first up with a time around 22 (too far up for Ken to see him finish apparently). **Ken Bendy** clocked a 27:29, **Marie Bendy** ran a 28:27, and **John TenBroeck** finished in 35:00.

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

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>