



Volume 24, Number 7

STRIDERIGHT

Florida Striders Track Club



www.floridastriders.com



July 2005

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Return from Brrgo, I mean Fargo!

By Teresa M. Hankel

On May 14, 2005, at 6:30 A.M., I looked out my Fargo, North Dakota, hotel window to see SNOW! The inaugural Scheels Fargo Marathon was scheduled to start at 8:00 A.M. I removed my Garmin Forerunner 201 GPS watch, and placed it back in my suitcase. Today was going to be the day to leave the watch behind and to focus on one thing: SURVIVAL! I added some more layers of clothing and made my way to the Fargo Civic Center to catch a bus to the starting line located on the Main Avenue Bridge. At the starting line, I was joined by 2,200 other insane runners representing 45 states and 5 countries. Granted, some of those runners were completing a relay segment, 5K, or the half marathon.

While the temperature at the start was 36 degrees Fahrenheit, it was the wind that would be the hardest obstacle for the day. Winds from the north ranged from 36-40 mph. For every step I took forward, it felt as if I were getting pushed back three steps. At the end of 13 miles, I had to make a quick decision as the road split. Half marathon runners veered to the left, and marathon runners went to the right. Physically and mentally exhausted, I was 90% determined it was time to be satisfied with completing the half. At the last second, I looked up at the top of the American Bank Building, and saw a sign that read: O Can Do It! (That's right the y and u were missing.) While most of the runners were staggering left, I shuffled to the right and kept shuffling for the next half of the marathon. The second half was by far more grueling than the first, as runners ran



Photos courtesy of Fargo Marathon



Continued on page 10

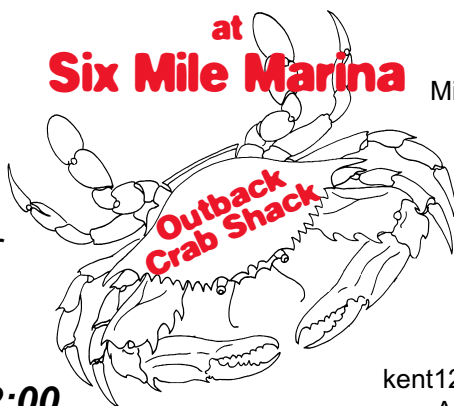
JULY SOCIAL

Back by popular demand!

Sunday, July 17th at 2:00

Outback Crab Shack

at Six Mile Marina



Directions: The Crab Shack & Six Mile Marina is about 3 miles South of the Shands Bridge cutoff (US 16) on State Road 13. For more information call Kent Smith at 284-6634 or kent1273@comcast.net. Access by boat too!

AUGUST SOCIAL

The home of Warner & Lou Millson
2900 Magnolia Road S.
Orange Park

Friday, August 19th at 6:30 PM

More information & directions to come in the August issue or 264-4089

Prez Sez



By Bob Boyd

You already know that the Striders are a great group that accomplishes a lot of good things and has a lot of fun in the process, but some outside recognition and confirmation is a good thing too. For starters, our Children's Running Coordinator, **Warner Millson**, represented us at the annual Reinhold Award Breakfast and brought home a \$500 award to the Striders in recognition of our good work in the category of Health and Human Services in Clay County in 2004. Your excellent support of children's running programs and our scholarship awards figure prominently in those contributions and every Strider member and sponsor should take pride in this award, our second in two years! Vanessa and I had the honor of representing the **Florida Striders** at the Road Runners Club of America Convention (RRCA) in New Orleans last month. Your Newsletter was given **Honorable Mention** in the Southern Region in 2004. Those awards don't happen without the great articles and contributions of many of our members, but **Ken Bendy, Rob Glenn, Al Saffer**, and **Jenny Allen** deserve particular recognition for their ongoing contributions and efforts each month for our newsletter. With **Trish Kabus** as our editor this year, I believe we will do even better in the next competition. Our club is also gifted with one of the best State Representatives (and former National Award winner in that category,) **Ken Bendy**. Ken is not just our State Representative, he also serves as the coordinator for all the State Representatives at the National Convention and we are very lucky to have him. The RRCA Convention features a lot of great seminars about many aspects of running, the opportunity to compare notes and share with many other clubs, and will definitely fan your flames of enthusiasm for running! We were very proud to represent the Florida Striders.

Our club put on another great race on Memorial Day. All of our volunteers and sponsors, led by Race Directors **Frank Sutman** and **Lillian Lawless**, deserve kudos for a great **Continued on page 4**

Board of Directors' Minutes, 06/14/05

Bob Boyd called the meeting to order at 7:00 PM. Directors absent: G. Hallett, J. DeAntonis, K. Smith, T. Carere.

Run to the Sun final accounting

Matt distributed the final race accounting to the board. Total profit was \$4697 which exceed the budgeted amount of \$4400. Matt will determine how much income was received from membership vs. race entries.

Autumn fitness budget proposal

Bob distributed the proposed race budget. The expense for awards decreased since plaques will be used instead of Carrabbas gift certificates. The net profit is estimated at \$3730 (contingent on 1 sponsor) which is consistent with the club's budget of \$3700 for the race. Someone asked how the comp entries were handled and per Bob it is the race director's discretion. The police officers help on a volunteer basis – we provide a donation and t-shirts but they are not directly compensated. Frank noted that the \$1800 pass-through donation from the Kennel Club to the schools was not listed on the budget. Bob will include it so the race budget is consistent with the club's budget.

Minutes/Action items

Last month's minutes were approved with one correction – John D. was missed in the list of absentees.

Treasurer's report

Last month's income included the Reinhold award. On the expense side, Lil purchased food prep supplies for the races (cutting boards, knives, trash bags, etc.) The majority of the expense was from restocking the merchandise. Report filed as written.

Memorial Day summary

The race had 488 registered/440 finishers – 340 pre-registered, 25 comps (CitiStreet), and 142 day of race. The fun run had 110 finishers. Lil received a letter from the mayor of Green Cove Springs thanking the Striders for the race. A thank you went to John Powers for his resources in obtaining 3 of the race's sponsors.

CitiStreet health fair

Bill Dunn is looking for volunteers to represent the Striders at CitiStreet's health fair (August 8-9) – volunteers would talk about the club, hand out fliers, answer questions about running/exercise, etc.

Children's running committee update

Warner reported that next month the children's running committee will bring their recommendation to the board regarding a request they received for funding from a new school. Also, the committee may change the requirements for how schools are compensated for participating in the fun runs to increase participation.

Open forum

Bob went to the RRCA convention last month and noted that Florida was the most represented state. The StrideRight received honorable mention for

Continued on page 5

02005-2006 Board of Directors & Key Members

(Board Members marked with an *)

President/

Autumn Fitness 5K Director *Bob Boyd
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E-News Coordinator/

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*Warner Millson(H) 264-4089
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Merchandise Coordinator:

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River Run Hospitality Tent Coordinator:

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RRCA State Representative: Ken Bendy

(H) 278-2926 email: kbendy@aol.com

Run to the Sun Director:

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Strider "Person" Coordinator for Races:

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email: saffat@jea.com

Scholarship Coordinator

Tom Sullivan(H) 882-1592
email: msull10166@cs.com

Newsletter Editor: Trish Kabus

(Cell) 343-5181 (H) 904-829-2110

SUPPORT OUR SPONSORS... THEY SUPPORT OUR SPORT

Mike Shad Nissan

269-9400
Run to the Sun

Orange Park Kennel Club



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Run to the Sun 8K & Autumn Fitness 5K

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215-6885

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Autumn Fitness 5K

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Wings & Oyster Bar
Green Cove Springs, Florida

Village Bread Market

BLUE RIDGE WATER COMPANY INC.

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.

Rub Them Doggies – All 26 Parts

You all know there are 26 miles to a marathon. And, you might be familiar with the old term for feet: “These dogs are killin’ me!” Anatomists know there are 26 bones in each human foot

Anyway, I have discovered one way of enhancing my running health that I share with everybody I coach and all who read this article: Rub Them Dogs! A good foot massage, self-administered, is a valuable daily routine.

Sure, I know. You’d rather just lie back and let someone else give you the foot rub. But Spanish novelist Cervantes once said, “I know where my own shoe pinches me.” Likewise, your own touch will be perfect: not too hard, not too gentle.

Take off your shoes and socks. Do it now, while you’re reading this. My favorite time for foot rubbing is first thing in the morning, barely conscious, the thick viscosity of sleep preventing major movement. Fold one leg up where you can reach it and grab it with both hands.

Gently massage the ball of your foot with both thumbs. This is where the five metatarsals connect to your 14 tiny toe bones. In a few seconds, you can apply more pressure. Fold, twist, and pull on all those bones, realizing they are all

The Wide World of Running

By Jay Birmingham



separate. They appreciate being treated as individuals. The way most runners treat a foot, it might as well be a hoof, stuffed ingloriously into a shoe all day!

Spend a couple of minutes there, and then move to your arches, transverse and longitudinal. The other bones have cute names—navicular, cuneiform I, II, and III, talus, cuboid, and calcaneus. These larger bones rarely get moved, bound as they are in tough ligaments. Go ahead, try to move them, using your thumbs and fingers to wiggle and slide them.

By now, your foot has become warm and much more flexible. If you have spent a few minutes on this project, you have tugged and stretched numerous tendons and muscles of your lower leg that connect to the feet. By giving your foot special treatment, you have loosened your entire leg.

Now, grab your happy foot with one hand and circumduct it. This just means try to rotate it, 360 degrees. Roll it around several times, reversing direction. Rotating usually makes my shins and calves feel good. Most days, I’ll go ahead and give my shins a few finger-tip strokes and go after my calf and Achilles tendon.

OK, one down; one to go. Your opposite foot, now jealous of its twin, eagerly anticipates your touch. Go ahead; give it the full treatment.

This simple routine gets you ready to run. Following a run, it will help you recover. A multitude of little pains have been chased with these gentle manipulations.

I’ve run tens of thousands of miles and have steered clear of major injury for 45 years. I credit regular foot massages for helping keep me on the road. Happy feet make for happy legs. Give it a try – rub them dogs. ●

Runner’s Quiz By Jay Birmingham

1. How many bones comprise a human foot?
2. Exactly how many meters make a mile?
3. What are negative splits?
4. The “runner’s high” brain chemicals are called endorphins. Why?
5. How can a runner know when lactic acid is starting to accumulate in the blood stream?

See page 12 for answers

PREZ SEZ

Continued from page 2

job. The social at our Race Directors’ home later that afternoon was both fun and tasty – thank you Frank & Lil! June 12th brought us another great social, this time at the home of Matt Ross, our Run to the Sun Director. It turns out that fine food (can you say “Wonderful Low Country Boil?”) and providing a great time are talents that work nicely with putting together a great race. Thank you Matt and Tess!

Saturday, May 28th many of you contributed your time and talents to help with the Children’s Track Meet, led by our Strider Youth Team coach, **James May**. James has a good summary elsewhere in this issue. (page 5). I hope you get a chance to see his team in action at one of their meets or at their Wednesday evening practice at the St. Johns Country Day School Track.

Thanks to you all for the many great things you do! If any one has suggestions on how we can be even better please let me hear from you at 272-1770 or at BobBoydFL@comcast.net. ●

28th Annual Hershey Track and Field Program

By James May

On Saturday May 28th, thirteen **Florida Striders** were joined by six YMCA volunteers to host the District 2 championships at the Orange Park High track for the **28th Annual Hershey Track and Field Program**. Forty-six boys and girls born from 1991 to 1996 competed in up to three of the seven events for each age group. The top two finishers in each event qualified for the state championship on June 25th in Clermont.

Among the young competitors were 21 Florida Striders. Nineteen of these junior Striders qualified for the state competition. New Strider member **Caleb Powell** won three events in the 9-10 age group: the standing long jump, the 100-meter dash, and anchor of the winning 4x100 meter relay team.

Eight young women traveled from Live Oak/Brandon to compete after their coach learned of the event on the Striders web site.

Meet director and Florida Strider member, **James May**, would like to thank the Florida Striders who helped at the meet: **Warner Millson, Lou Milson, John Powers, Lou Carter, Steve Edgell, Dave Bokros, Frank Frazier, Cindy Snell, Len Ferman, Christy Ingeman**, and **Tiffany Sutton**. Additional kudos to Warner for coordinating the volunteer effort, Cindy for providing an eight-lane timer and starting pistol, **George Hoskins** for his help in getting singlets/shirts for the new youth Striders, and **Bob Boyd** for his help in planning the event and his enthusiasm for all young runners, including the Striders' team. ●

BOARD OF DIRECTORS' MINUTES

Continued from page 2

the journalism award for newsletters from mid-sized clubs. He will send an email to the board with more details about the convention. Vanessa distributed a thank-you card from Molly Flynn, one of the \$1000 scholarship recipients. Steve Edgell announced he is leaving the board due to work requirements. The board thanked him for all his work and will welcome him back any time. Frank will prepare a mid-year fiscal update for next month's meeting. There is not a date set for the July social. August 19th will be at Warner's house (6:30). September will be the dinner social but a speaker and location have not been determined yet. George reported that the merchandise is restocked.

The meeting was adjourned at 8:03PM. Next month's meeting will be on Tuesday, July 12th at the Orange Park Cancer Center.

Respectfully submitted,
Karin Glenn

FARGO MARATHON

Continued from page 1

into the wind as they left North Dakota and crossed over to Moorhead, Minnesota.

My clothing for the day consisted of four top layers, two bottom layers, hat, lined gloves, and scarf. As I hobbled through the streets of Minnesota I felt like the ideal applicant for the next Rocky film production. I was absolutely amazed by the number of volunteers and fan support throughout the course! I never ran more than a 100 yards without someone shouting words of encouragement, including the firefighters who were dressed in their full gear.

At the end of the day, I was one of 707 runners to complete the Fargo Inaugural Marathon including 269 females and 438 males. The event was extremely organized including the Pre-Race Pasta dinner with inspirational guest speaker Dick Beardsley. To break it down the Inaugural FARGO Marathon will best be remembered for the following: Freezing temperatures, awesome volunteers and fan support, ridiculous grueling winds, gorgeous sites and relatively flat course, and a once in a life time experience! If you're looking to build character and have the desire to meet Mother Nature face to face in the rain, snow, cold, and wind; then this marathon is for you! ●

Sponsor Awards

The Florida Striders Track Club



Sun Tire, Dick Erickson

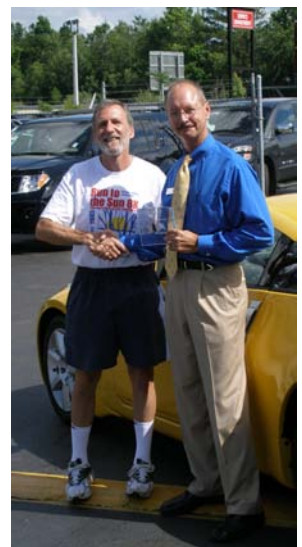
thank

the sponsors of the 2005 Run to the Sun!

All sponsors shown with Matt Ross, Run to the Sun Race Director



Pinch-A-Penny Pool-Patio-Spa
David Allen



Mike Shad Nissan
Jim Jackson

The 2005 Memorial Day 5K

By Frank Sutman and
Lillian Lawless

The **21st Annual Memorial Day 5K** came off without a hitch. This was due to the efforts of a host of volunteers, sponsors, participants, and many other race supporters. We had 440 finishers in the 5K and 110 finishers in the free One-Mile Fun Run. The Fun Run was the largest in memory. Participation in the 5K was a bit lower than last year, but still strong. There seemed to be a lot of people traveling out of town this Memorial Day.

Here are a few of our thoughts and observations about this year's race:

Gratitude to our long-time volunteers, coordinators, and those who went the extra mile. Everyone did a fantastic job. There were a few heroic efforts that bear special mention. **Julie Runnfeldt, JD Smith,** and **John Powers** are multi-year area coordinators who managed their areas of the race flawlessly. **Mike Ford** and **Bobby Greene** "liberated" a large, gated parking area with the blessing of **Chief Russell** from the GCS Police Department.

Dedication of our race volunteers. **Patti Stewart-Garbrecht** and **JD Garbrecht** showed up at 6 am to perform several volunteer jobs, despite arriving home at midnight from an out-of-town trip. **Glenn Hanna, Ryan Hallett,** and **Andrew Castanheira** were super water heroes. Due to a short-term volunteer gap, they mobilized to set up both the finish line and course water tables in a very short period of time. Thank you to all of our incredible volunteers!

Worry that everyone was going to be out of town for the weekend. Pre-reg-

istrations were down a bit. It was more challenging to find volunteers this year. Everything worked out in the end.

Admiration for **Kim Pawelek** running a 17:05 and breaking **Kara Scanlin's** 3-year old course record by one second. **Rick Patterson's** course record of 15:16 still stands. Come on, guys!

Stress over water. Not at the race or falling from the sky! At our house. There's nothing like having a post-race volunteer party with your water turned off due to a major slab-plumbing leak. After running for 30 years, we've now finally enjoyed the convenience of a portalet in our backyard. Our guests were very understanding and we now have a brand new plumbing system, post post-race party, of course!

Disbelief that we could be confident enough to leave town for four days the week before the race. Frank had a conference trip for work to Milwaukee. Actually, he helped organize another run in Wisconsin, while we were away. Silly, silly us! Memorial Day weekend was quite busy!

Relief that Memorial Day dawned with a beautiful sunrise over the St. Johns River. The weather forecast was not at all good. We were pleased as punch to get 142 day-of-race entries. Phew!

Gratification arising from numerous runners and volunteers that everyone had a good time. The smiles on peoples' faces made everything very worthwhile for us!

Thank you to our super sponsors who have continued to support this annual race for many years. We would like to thank **Dennis Axman, CLU, ChFC, AEP,**

CFP of Prudential Financial, Sondra and Roger Lange of Orange Park Power House, Inc., Andrew Marsh and Bill Dunn of CitiStreet, Tom Armstrong of Vac-Con, Ronnie Munsey of Ronnies Wings & Oysters, Robert L. Shields Sr, and the newest member of our sponsor family, **Ron Harris of Garber Chevrolet.** Strider races would not exist without the support of our sponsors! Please support their businesses whenever you can.



Green Cove Springs: What a very nice place with a small hometown feel to hold a nicely shaded 5K! We would like to thank the City for allowing us to host this scenic race. We enjoyed partnering with them for the annual River Fest held in historic Spring Park. We would also like to thank Chief Gail Russell for coordinating the street closures for the race, and for working with the Clay County Sheriff's Office to ensure the safety of all participants and spectators.

Thank you to everyone for everything you contributed to make the 2005 Memorial Day 5K and One-Mile Fun Run another big success this year! You guys rock! ●





PHOTOS BY VANESSA BOYD

MEMORIAL DAY 5K 2005 RESULTS
Florida Striders Track Club
Green Cove Springs, FL
May 30, 2005



ID#	PLACE	CLASS PLACE	FINISHER	TIME	PACE
Open Men					
2	1	1	M40 John Metzgar, 42	15:47	5:05
6	2	2	M25 Shawn Williams, 29,	16:47	5:24
267	3	3	M15 Will Pearce, 18	17:10	5:31

Open Women					
214	1	1	W30 Kim Pawelek, 31	17:05	5:30
5	2	2	W25 Michelle Krueger, 29	18:02	5:48
4	3	3	W40 Patti Stewart-Garbrecht, 43	18:55	6:05

Masters Men					
280	4	1	M40 Sean McCormack, 43	17:15	5:33

Masters Women					
763	8	1	W40 Regina Taylor, 40,	20:40	6:39

Grand Masters Men					
88	8	1	M55 Page Ramezani, 55	18:24	5:55

Grand Masters Women					
703	34	1	W50 Jan Taylor, 54	24:04	7:45

Green Cove Springs Male					
287	21	5	Matthew Acheson, 16	19:26	6:15

Green Cove Springs Female					
130	26	1	Kim Crist, 48	23:38	7:36

ID#	PLACE	CLASS PLACE	FINISHER	TIME	PACE
Men 10 & Under					
35	112	1	Jacob Witt, 10	23:59	7:43
352	153	2	Mitchell Dressler, 9	25:45	8:17
197	166	3	Eric Ward, 10	26:24	8:30



Thank you, volunteers!

- | | |
|-----------------------|-------------------------|
| Stephen Beard | Dick Miller |
| Dave Bokros | Elke Miller |
| Vanessa Boyd | Lou Millson |
| Bob Boyd | Warner Millson |
| Rebecca Brown | Kathy Murray |
| Kevin Brown | Jeff Nelson |
| Tanys Carere | John Powers |
| Oliver Carter | Pat Raiford |
| Maggie Carter | Courtney Rangeo |
| Andrew Castanheira | Greg Richards |
| Rebecca Collins | Matt Ross |
| Patricia Czarnecki | Marge Ruebush |
| Steve Edgell | Paul Ruebush |
| Elena Etter | Julie Runnfeltd |
| Mike Evans | Kyle Runnfeltd |
| Mike Ford | Judy Saffer |
| Frank Frazier | Al Saffer |
| Ginger Frazier-French | Ed Schmidt |
| JD Garbrecht | Jeanette Schmidt |
| Karin Glenn | Kim Simms |
| Bobby Greene | Kent Smith |
| Gary Hallett | Stan Smith |
| Ryan Hallett | JD Smith |
| Teresa Hankel | Debbie Smith |
| Glenn Hanna | Paul Smyth |
| Jack Hayes | Patti Stewart-Garbrecht |
| George Hoskins | Bruce Sung Ho Choi |
| Trish Kabus | Frank Sutman |
| Deb Kennedy | Jan Taylor |
| Michelle Krueger | John TenBroeck |
| Lillian Lawless | Wendi Warrell |
| Peg Lawson | Anne Weaver |
| Jane Manion | Danny Weaver |
| James May | Denise Williams |
| Dave McAnany | Sherry Womack |
| Mike Milek | |

370	184	4	Marrhew Jacksson, 10	27:32	8:52
128	196	5	Aaron Frasier, 9	28:12	9:04
401	207	6	Clay Davis, 7	28:57	9:19
399	211	7	T J. Jakubowski, 9	29:00	9:20
149	232	8	Tyler Greenhaw, 8	30:45	9:54
233	262	9	Greg Castelli, 10	36:55	11:53
389	269	10	Drake Thomsen, 7	40:31	13:02
150	271	11	Brandon Greenhaw, 7,	41:50	13:28

Men 11 - 14

217	43	1	Michael White, 14	20:25	6:34
313	46	2	Ryan Jeter, 14	20:31	6:36
310	78	3	Jazz Tomassetti, 13	22:37	7:16
390	94	4	Garrett Tillman, 14	23:09	7:27
77	115	5	Alex Benn, 14	24:07	7:46
200	143	6	Austin Bell, 14	25:27	8:11
182	156	7	JJ Martinez, 14	25:58	8:21
206	170	8	Zachary Jones, 14	26:46	8:37
127	228	9	Troy Frasier, 13	30:11	9:43
205	236	10	Micah Mathis, 13	31:23	10:06
355	240	11	Jamey Sparkman, 11	31:35	10:10
770	268	12	Devin Sallette, 12	40:30	13:02

Men 15 - 19

141	5	1	Rob Hoffman, 18	17:39	5:41
307	10	2	Adam Lewinson, 16	18:33	5:58
243	12	3	Stephen Wachholz, 16	18:37	5:59
320	20	4	Timothy McMillan, 17	19:23	6:14
284	28	5	Geoff Thomas, 15	19:37	6:19
300	32	6	Douglas Green, 15	19:43	6:21
346	39	7	Joseph Pena, 16	20:02	6:27
330	56	8	Tommy Fossa, 15	21:07	6:48
31	59	9	Samuel Lewis, 17	21:17	6:51
260	83	10	Nathaniel, 17	22:40	7:18
52	88	11	Sam Johnson, 17	22:55	7:22
171	91	12	Ivan Robles, 16	23:05	7:26
251	98	13	David Stanley, 18	23:17	7:29
273	99	14	Daniel Plyler, 16	23:19	7:30
288	110	15	D Cook, 15	23:55	7:42
275	132	16	William Hutchinson, 16	25:07	8:05
124	194	17	Matthew Dohm, 15	28:03	9:02

Men 20 - 24

151	34	1	Solaman Bannister, 22	19:46	6:22
34	42	2	Bradd Littleton, 24	20:18	6:32
314	76	3	David Bloomfield, 23	22:23	7:12
191	167	4	Andrew Chapman, 21	26:25	8:30
57	245	5	Sean Phillips, 20	32:13	10:22

Men 25 - 29

85	7	1	Bradford Risner, 26	18:16	5:53
75	26	2	Orestes Gutierrez, 29	19:33	6:17
198	53	3	Alex Rodeck, 25	20:59	6:45
286	71	4	Jamire Austin, 26	22:00	7:05
302	96	5	Michael Myers, 27	23:10	7:27
237	120	6	Christopher Smith, 29	24:31	7:53



221	158	7	Matthew Hinson, 29	26:04	8:23
69	160	8	Mike Wynn, 25	26:08	8:25
114	181	9	Adam Hebert, 26	27:20	8:48
111	227	10	Joseph Daley, 25	30:01	9:39

Men 30 - 34

761	18	1	Mills Ramseur, 33	19:01	6:07
100	30	2	Craig Herzog, 31	19:38	6:19
134	45	3	Michael Ferns, 30	20:29	6:35
58	66	4	Michael Mineo, 34	21:45	7:00
762	68	5	Chris Parliment, 30	21:57	7:04
168	73	6	Brett Beisker, 34	22:09	7:07
84	108	7	John Olwin, 34	23:45	7:39
138	130	8	Nick Asselta,	24:50	7:59
386	168	9	Jeffrey Hicks, 33	26:33	8:33
306	187	10	Robert Hamlett, 33	27:46	8:56
92	230	11	Richard Tygrest, 33	30:41	9:53
72	254	12	Jon Hickman, 31	34:24	11:04
106	258	13	Michael Mavenysenswa, 34	34:42	11:10

Men 35 - 39

711	11	1	Dean Krueger, 39	18:36	5:59
257	14	2	David Bonnette, 38	18:49	6:03
726	15	3	Robert Smith, 37	18:50	6:04
296	22	4	Jose Rivera, 3	19:29	6:16
341	27	5	Rob Patrick, 35	19:35	6:18
395	29	6	Scott Olivolo, 36	19:38	6:19
342	35	7	John Charles, 39	19:47	6:22
353	36	8	Richard Fannin, 37	19:54	6:24
76	50	9	David Clarkson, 37	20:43	6:40
183	54	10	William Clark, 36	21:00	6:45
308	57	11	Mitch Tracy, 35	21:11	6:49
334	58	12	Paul Walker, 39	21:14	6:50
393	64	13	Lonnie Willoughby, 35	21:38	6:58
262	84	14	Steve Barr, 35	22:40	7:18
139	85	15	John Pennypacker, 39	22:41	7:18
27	103	16	Manuel Ortiz, 38	23:24	7:32
377	113	17	Tony Turrin, 39	24:00	7:43
364	117	18	Daniel Naes, 37	24:13	7:48
224	148	19	John Daigle, 39	25:39	8:15
89	150	20	Mac Heavener, 38	25:41	8:16
362	155	21	Dave Bokros, 39	25:57	8:21

266	161	22	Darrin Jole, 39	26:10	8:25	305	80	9	Don Toce, 47	22:39	7:17
263	163	23	Boris Twillman, 38	26:11	8:26	142	87	10	Jim Hoffman, 49	22:49	7:20
154	172	24	Patrick Blackwell, 39	26:49	8:38	265	101	11	Steve Cash, 49	23:22	7:31
331	173	25	Joe Wiggins, 39	26:49	8:38	381	119	12	Ronald Holmes, 48	24:27	7:52
123	193	26	James Dohm, 36	28:02	9:01	324	123	13	R Y. Johnson, 47	24:37	7:55
372	197	27	Andrew Freeland, 35	28:15	9:05	227	129	14	David McCranie, 49	24:48	7:59
397	209	28	Thomas Jakubowski, 39	28:59	9:20	337	136	15	Michael Cullum, 49	25:12	8:07
33	234	29	Michael Mackin, 38	30:55	9:57	789	138	16	Gil Flores, 49	25:17	8:08
Men 40 - 44											
277	13	1	Mark Woods, 43	18:48	6:03	345	140	17	Bill Carstarphen, 46	25:20	8:09
261	17	2	Gregory Brown, 43	19:00	6:07	79	142	18	Allen Milliron, 47	25:24	8:10
717	24	3	Scott Silliman, 42	19:30	6:16	166	145	19	Larry Branz, 46	25:30	8:12
220	31	4	Scott Grimm, 40	19:39	6:19	323	151	20	Kevin Terry, 48	25:43	8:16
269	37	5	Peyton Godwin, 40	19:56	6:25	317	162	21	Jon Braasch, 45	26:11	8:25
285	38	6	Mike Marchigiano, 40	20:00	6:26	177	164	22	Glenn Batteiger, 46	26:19	8:28
715	47	7	Mike Smirnov, 43	20:40	6:39	316	165	23	Jimmy Harrell, 45	26:19	8:28
760	55	8	Mark Grubb, 40	21:01	6:46	248	174	24	Rusty Seiberling, 45	26:53	8:39
772	65	9	John Williams, 42	21:41	6:59	192	178	25	Edwin Hicks, 48	27:07	8:44
783	67	10	Kent Mathis, 44	21:56	7:03	768	179	26	Max Silman, 45	27:14	8:46
241	72	11	Raymond Ramos, 43	22:01	7:05	178	186	27	Fred Knoche, 49	27:45	8:56
240	81	12	Keith Poythress, 41	22:40	7:17	125	195	28	Joe Frasier, 45	28:11	9:04
373	89	13	Gary Gills, 43	22:56	7:23	41	198	29	Jim Connell, 49	28:19	9:07
147	93	14	Steve Settle, 43	23:07	7:26	54	208	30	Phillip Johnson, 49	28:58	9:19
312	104	15	James Fossa, 44	23:28	7:33	318	219	31	Rex Wells, 48	29:24	9:28
255	106	16	Jerry Hulshult, 43	23:38	7:36	62	222	32	Benjamin Howard, 47	29:34	9:31
112	118	17	Eric Davis, 40	24:16	7:48	216	231	33	Gordon Simms, 45	30:42	9:53
360	128	18	Jeffrey Garrett, 41	24:46	7:58	56	235	34	Alan Phillips, 49	31:01	9:59
117	154	19	George Johnston, 43	25:52	8:19	392	237	35	Rocky Womack, 49	31:28	10:07
256	157	20	Rodney Brown, 40	26:00	8:22	391	239	36	Tom Brandies, 49	31:28	10:08
278	169	21	Christopher Howard, 44	26:42	8:36	25	247	37	Tim Pfannenstein, 47	32:25	10:26
271	177	22	Mark Forbes, 44	27:04	8:42	95	260	38	Glenn Klauer, 47	36:04	11:36
335	180	23	James Jacola, 42	27:16	8:46	222	261	39	David Daigle, 46	36:45	11:49
371	183	24	Guy Jackson, 40	27:32	8:52	113	265	40	Walter Dereu, 47	37:57	12:13
759	191	25	Carl Zart, 44	28:01	9:01	Men 50 - 54					
332	202	26	Stephen McNally, 44	28:30	9:10	774	23	1	Patrick McKeefery, 52	19:30	6:16
44	205	27	Nathan O'Nora, 44`	28:53	9:18	744	33	2	Charles Lechner, 51	19:44	6:21
291	210	28	Greg Crews, 40	29:00	9:20	737	40	3	Del Conner, 52	20:04	6:27
59	226	29	Chris Pagel, 43	29:57	9:38	213	44	4	Rexx Wier, 50	20:28	6:35
326	233	30	Chris Staggers, 43	30:49	9:55	738	48	5	Paul Geiger, 53	20:41	6:39
173	244	31	Christopher Newmes, 43	32:08	10:20	281	51	6	Bill Baker, 54	20:52	6:43
165	246	32	John Upchurch, 41	32:22	10:25	163	52	7	Jonathan Jarvis, 52	20:52	6:43
349	250	33	Seth Stebbins, 42	32:57	10:36	315	60	8	Ken Marsh, 50	21:17	6:51
22	259	34	Tom Magyar, 40	4:44	11:11	787	62	9	Keith Holland, 50	21:32	6:56
246	270	35	Steve McClung, 41	40:46	13:07	701	69	10	John Hirsch, 53	21:58	7:04
118	276	36	Kevin Brown, 42	55:34	17:53	779	74	11	Steve O'Brien, 50	22:13	7:09
Men 45 - 49											
1	6	1	Bill Dunn, 47	18:16	5:53	728	92	12	Craig Harms, 54	23:07	7:26
743	9	2	Anthony Truitt, 46	18:26	5:56	187	95	13	Lewis Buzzell, 53	23:09	7:27
757	19	3	Victor Corrales, 47	19:04	6:08	282	97	14	Jim Klein, 53	23:15	7:29
329	25	4	Dave Shutt, 49	19:31	6:17	724	102	15	Edwin Higginbotham,	23:22	7:31
727	41	5	Stephen Beard, 49	20:09	6:29	103	107	16	Peter Carnochan, 54	23:44	7:38
725	70	6	Hernando De Soto, 49	21:59	7:05	135	111	17	Kevin Brown, 51	23:55	7:42
14	77	7	William Lund, 45	22:32	7:15	155	121	18	Morris Strother, 53	24:34	7:54
776	79	8	David Breier, 46	22:37	7:17	244	124	19	David Albritton, 53	24:40	7:56
						359	126	20	Steve Shirley, 54	24:41	7:57
						209	131	21	Nick Prewett, 50	24:59	8:02
						161	134	22	Ricardo Montoya, 52	25:09	8:06

162	135	23	James Ferrer, 54	25:10	8:06
367	137	24	Hank Baltar, 50	25:16	8:08
196	139	25	Gary Ward, 51	25:19	8:09
283	141	26	Mark Bronstein, 52	25:23	8:10
189	144	27	Donald Chapman, 50	25:28	8:12
245	147	28	Rick Sheets, 51	25:31	8:13
298	159	29	Michael Marcet, 51	26:05	8:23
97	171	30	Rick Sobotta, 52	26:47	8:37
120	182	31	Ken Chamberlain, 53	27:29	8:51
132	203	32	Philip Alford, 50	28:39	9:13
723	206	33	Layne Wallace, 50	28:54	9:18
180	212	34	Edgar Baker, 51	29:02	9:21
49	221	35	Tom Wynn, 52	29:32	9:30
775	223	36	Michael Parnell, 50	29:39	9:32
83	241	37	Roy Wegener, 51	31:54	10:16
299	256	38	Dennis Baker, 52	34:39	11:09
380	257	39	Charles Askey, 54	34:39	11:09

Men 55 - 59

788	16	1	Bernie Candy, 57	18:50	6:04
786	100	2	Danny Weaver, 57	23:20	7:31
276	116	3	Pep Hutchinson, 58	24:11	7:47
67	122	4	Joe Butler, 57	24:36	7:55
7	152	5	Jay Birmingham, 59	25:45	8:17
289	175	6	Brent Cook, 55	26:56	8:40
338	176	7	Lathell Blaine, 55	26:59	8:41
247	190	8	Jim Kelley, 57	27:59	9:00
82	192	9	Glenn Hanna, 55	28:02	9:01
400	199	10	Art Johnson, 59	28:19	9:07
32	200	11	James Renninger, 55	28:20	9:07
93	204	12	Lathun Brigman, 55	28:50	9:17
293	215	13	Bill Farris, 58	29:15	9:25
65	218	14	David Pierson, 57	29:20	9:26
279	225	15	Gary Harris, 57	29:45	9:34

Men 60 - 64

781	61	1	Frank Frazier, 62	21:27	6:54
740	63	2	George Hoskins, 60	21:33	6:56
705	75	3	Harvey Warnock, 63	22:14	7:09
24	90	4	John Deantonis, 60	22:58	7:23
294	105	5	Robert Turner, 61	23:33	7:35
709	133	6	John Gauer, 61	25:08	8:05
767	146	7	Michael Van Horn, 64	25:30	8:12
718	149	8	Jack Hayes, 64	25:39	8:15
755	185	9	Kent Smith, 62	27:34	8:52
706	189	10	Freddy Fillingham, 63	27:58	9:00
73	213	11	Edmund Howland, 62	29:10	9:23
253	224	12	Louie Legum, 63	29:40	9:33
133	229	13	Bob Eberling, 61	30:16	9:44
74	249	14	Ron Elinoff, 62	32:27	10:26
143	251	15	John Tenbroeck, 64	33:22	10:44
396	253	16	Burness Morris, 62	33:38	10:49
319	263	17	Roger McGrath, 60	37:08	11:57

Men 65 - 69

753	109	1	Matt Ross, 65	23:46	7:39
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402	201	2	Len Elikan, 67	28:28	9:10
78	214	3	George Mosley, 65	29:13	9:24
704	216	4	Gordon Slater, 65	29:18	9:26
43	220	5	Philip Trast, 67	29:25	9:28
374	248	6	Stewart Geiger, 68	32:26	10:26

Men 70 - 74

746	127	1	Everett Crum, 70	24:45	7:58
80	217	2	Bo Holub, 73	29:18	9:26
739	242	3	Al Saffer, 70	31:59	10:18
81	252	4	Harry Milliron, 73	33:31	10:47
17	255	5	Norman Thomas, 73	34:37	11:08
239	264	6	Buzz Castelli, 70	37:32	12:05
229	274	7	John Daigle, 74	53:19	17:09

Men 75 - 79

736	188	1	John Aimone, 75	27:52	8:58
745	243	2	Bob Carr, 76	32:07	10:20
37	267	3	George Coombes, 79	39:47	12:48

Men 80 & Up

9	266	1	Chuck Ellis, 82	38:54	12:31
710	272	2	John Carson, 83	43:50	14:06
358	275	3	Edward Davis, 84	53:47	17:19

ID#	PLACE	CLASS PLACE	FINISHER	TIME	PACE
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Women 10 & Under

730	30	1	Nancy Harms, 10	23:45	7:38
343	37	2	Maryann Brown, 10	24:17	7:49
210	114	3	Hannah Steward, 7	32:12	10:22

Women 11 - 14

47	17	1	Kaitlin Yaracs, 14	22:24	7:13
167	27	2	Kelsey Branz, 13	23:40	7:37
91	31	3	Brook Heavener, 13	23:52	7:41
328	39	4	Taylor Shutt, 12	24:32	7:54
45	41	5	Erin O'Nora, 13	24:39	7:56
777	46	6	Kayla Vinson, 12	24:59	8:02
211	72	7	Jessica Steward, 14	27:57	8:59
295	73	8	Tia Ponsell, 12	27:57	9:00
350	84	9	Brooke Stebbins, 14	29:11	9:23
144	87	10	Toni Cuevas, 14	29:33	9:30
356	104	11	Kaylynn Smith, 11	31:00	9:59
175	116	12	Erin Patterson, 11	32:21	10:25
223	133	13	Samantha Daigle, 13	36:45	11:49
351	144	14	Jennifer Taylor, 13	38:49	12:29
303	151	15	Rachel Taylor, 13	40:53	13:10
304	152	16	Jennifer Johnson, 13	40:58	13:11

Women 15 - 19

368	7	1	Tiffany Sutton, 16	20:37	6:38
194	23	2	Katie Maveety, 19	23:19	7:30
259	42	3	Danielle Springer, 15	24:43	7:57
384	44	4	Lisabeth Quinn, 18	24:44	7:58
195	65	5	Justine Sepulveda, 16	27:01	8:41
145	66	6	Jennifer Cuevas, 16	27:06	8:43



42	97	7	Tori Connell, 16	30:19	9:45
51	106	8	Hannah Johnson, 15	31:15	10:03
46	148	9	Heaven Brooker, 15	39:48	12:49

Women 20 - 24

268	5	1	Shannon Banks, 23	20:05	6:28
369	16	2	Eugenia Rodriguez, 21	22:22	7:12
153	105	3	Jan Jackson, 23	31:06	10:01
385	115	4	Helen Quinn, 22	32:13	10:22
21	156	5	Nicki Cardosi, 22	42:40	13:44

Women 25 - 29

375	10	1	Meagan McKissick, 26	21:28	6:54
98	25	2	Katie Yaun, 25	23:25	7:32
321	33	3	Katie Matison, 25	24:00	7:43
156	43	4	Holly Dinsbeer, 29	24:44	7:57
748	53	5	April Martin, 29	25:21	8:09
750	98	6	Tracey Sobczyk, 29	30:25	9:47
96	110	7	Amy Avendano, 28	31:55	10:16
179	118	8	Jessyca Valentin, 27	32:27	10:27

Women 30 - 34

716	4	1	Kellie Smirnoff, 34	19:36	6:18
344	12	2	Lori Brownell, 30	21:54	7:03
202	13	3	Kelly Kirkpatrick, 33	22:04	7:06
751	18	4	Deborah Farwell, 31	22:43	7:19
387	22	5	Fina Russell, 32	23:13	7:28
773	32	6	Shani Dempsey, 31	23:55	7:42
48	40	7	Olga Altshuler, 30	24:33	7:54
29	51	8	Roberta Tomlinson, 31	25:18	8:08
340	58	9	Jen Patrick, 34	26:16	8:27
181	64	10	Amber Martinez, 32	26:44	8:36
734	68	11	Maria Littlejohn, 33	27:35	8:52
383	101	12	Camille Thompson, 31	30:41	9:52
301	125	13	Lisa Everington, 33	33:56	10:55
71	127	14	Wendy Hickman, 32	34:24	11:04
366	139	15	Laurie Creech, 31	37:33	12:05
101	142	16	Tanya Copeland, 30	38:17	12:19
172	143	17	Monica Wilson, 31	38:18	12:19
122	149	18	Amy Contolini, 32	39:54	12:51

Women 35 - 39

3	6	1	Denise Metzgar, 38	20:06	6:28
292	20	2	Kim Hoyt, 38	22:47	7:20
219	24	3	Renee Harrell, 35	23:20	7:30
719	29	4	Sandra Foskey, 38	23:43	7:38
309	49	5	Debbie Sleaf, 35	25:16	8:08
225	60	6	Renay Daigle, 35	26:33	8:33
90	62	7	Cindy Heavener, 36	26:38	8:34
157	70	8	Ana Wallace, 38	27:39	8:54
218	77	9	Margaret Cavin, 36	28:42	9:14
86	83	10	Barbara Tauch, 38	29:06	9:22
363	94	11	Joani Naes, 38	29:59	9:39
115	96	12	Michele Howe, 36	30:10	9:42
325	102	13	Christy Staggers, 36	30:49	9:55
311	128	14	Gaylla Poythress, 38	35:04	11:17
754	132	15	Trish Kabus, 39	36:28	11:44
28	140	16	Michelle Hallman, 35	37:51	12:11
201	145	17	Gigi Gonzales, 38	39:03	12:34
204	146	18	Cathy McCrary, 37	39:03	12:34

Women 40 - 44

170	9	1	Laurie Pinover, 42	20:55	6:44
274	11	2	Teresa Vaill, 42	21:46	7:00
742	14	3	Bonnie Brooks, 44	22:10	7:08
780	15	4	Kathy Murray, 42	22:14	7:09
733	19	5	Jody Dolan-Aldrich, 44	22:45	7:19
64	21	6	Celita Ricks, 41	23:03	7:25
290	28	7	Eva Whittemore, 41	23:40	7:37
236	52	8	Lisa Keller, 40	25:19	8:09
249	55	9	Lorinda Seiberling, 44	25:55	8:20
784	56	10	Kelli McGreevy, 40	25:59	8:22
264	61	11	Kim Cornell, 40	26:38	8:34
176	74	12	Ann Batteiger, 44	28:21	9:07
212	78	13	Tonia Steward, 40	28:45	9:15
126	81	14	Cheryl Frasier, 42,	28:49	9:16
785	82	15	Vicki Choinski, 41	29:05	9:21
129	85	16	Jennie Ritter, 44	29:12	9:24
186	89	17	Laurie Breier, 40	29:40	9:33
361	92	18	Natalie Garrett, 41	29:44	9:34
148	100	19	Cathy Settle, 43	30:32	9:49
782	103	20	Jonie Davis, 40	30:51	9:56
339	109	21	Raeann Mejia, 42	31:49	10:14
137	112	22	Lorraine Hughey, 41	31:58	10:17
174	117	23	Cathy Patterson, 43	32:25	10:26
333	119	24	Cindy Salemi, 40	32:33	10:28
207	122	25	Lesley Jones, 40	32:39	10:31
36	124	26	Amy Davis, 41	33:36	10:49
242	126	27	Michelle Ramos, 40	34:13	11:01
121	129	28	Machell Chavez, 40	35:25	11:24
234	138	29	Barbara Castelli, 40	37:29	12:04
388	150	30	Stacey Thomsen, 40	40:31	13:02
250	159	31	Susan Stanley, 40	43:42	14:04

Women 45 - 49

769	35	1	Melody Sallette, 47	24:08	7:46
729	38	2	Susan Harms, 45	24:21	7:50

749	45	3	Maryanne Sinex, 45	24:52	8:00
322	47	4	Melinda Terry, 46	25:10	8:06
702	48	5	Barbara Whitter, 47	25:11	8:06
188	50	6	Nancy Martin, 49	25:17	8:08
40	59	7	Vicky Connell, 46	26:30	8:32
193	67	8	Sandra Maveety, 45	27:21	8:48
30	69	9	Anna Rodriguez, 47	27:36	8:53
87	79	10	Linda Cordes, 46	28:45	9:15
160	80	11	Bonita Golden, 49	28:45	9:15
327	86	12	Babs Shutt, 45	29:27	9:28
63	88	13	Lorri Howard, 49	29:34	9:31
382	90	14	Alice Phillips, 49	29:42	9:33
270	93	15	Marilyn Forbes, 46	29:46	9:35
720	95	16	Sandra Shines, 48	30:06	9:41
272	99	17	Robin Deblake, 49	30:31	9:49
26	108	18	Cheryl Pfannenstien, 46	31:35	10:10
731	111	19	Laurie Ricciardi, 46	31:56	10:16
190	120	20	Holly Chapman, 49	32:37	10:30
94	131	21	Carol Klauer, 45	36:04	11:36
20	157	22	Cindy Cardosi, 47	42:40	13:44

Women 50 - 54

741	54	1	Donna Rettini, 53	25:35	8:14
752	63	2	Claudia French, 51	26:40	8:35
336	71	3	Claire McCool, 50	27:53	8:58
379	91	4	Giovanna Orara, 53	29:42	9:33
297	135	5	Linda Marcet, 54	37:09	11:57
771	136	6	Joy Hamilton, 52	37:10	11:58
708	141	7	Patti Pownall, 53	38:12	12:18
398	147	8	Ann Avery, 51	39:29	12:42
347	153	9	Jan Robbins, 54	41:04	13:13
394	154	10	Miriam Gallet, 50	41:08	13:14
105	161	11	Janet Lafrance, 51	44:46	14:24
365	162	12	Trish Sauls, 52	45:01	14:29
68	164	13	Sylvia Santa, 50	45:56	14:47
235	165	14	Mary Martin, 51	48:44	15:41

254	166	15	Janice Lott, 51	50:39	16:18
378	168	16	Theresa Beyrle, 50	53:12	17:07
102	169	17	Patricia Correa, 51	53:13	17:08

Women 55 - 59

721	36	1	Kwan Supapan McCall, 56	24:16	7:48
258	57	2	Donna Romans, 57	26:11	8:26
99	76	3	Winney Yaun, 59,	28:38	9:13
778	107	4	Susan Cervantes, 58	31:25	10:07
765	123	5	Holly Hosch, 55	33:28	10:46
252	167	6	Cherie Cox, 59	50:41	16:19

Women 60 - 64

722	75	1	Susan Wallace, 63	28:29	9:10
184	113	2	Susan Graham, 62	32:06	10:20
208	121	3	Peggy Glanz, 61	32:39	10:30
10	130	4	Ginger Frazier-French, 64	35:58	11:35
70	134	5	Jerrine Hamm, 61	36:56	11:53

Women 65 - 69

199	137	1	Elda Bell, 65	37:13	11:58
23	160	2	Judy Magyar, 66	44:03	14:11
238	163	3	Gwen Castelli, 65	45:21	14:36

Women 70 - 74

357	170	1	Charlene Davis, 71	54:26	17:31
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Women 75 - 79

735	155	1	Diane Aimone, 75	41:23	13:19
354	171	2	Betty Mitchell, 77	56:22	18:08

Women 80 & Up

66	158	1	Gloria Laws, 80	43:09	13:53
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FOR MORE COLOR PHOTOS, VISIT THE WEBSITE AT www.floridastriders.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 _____ Employer _____

E-mail _____ Occupation _____

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

Date _____

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: (from page 4) **1.** 26 bones per foot **2.** 1609 meters = one mile **3.** Negative splits means running each segment of a race faster than the previous segment, e.g., a 10 km with 5 km splits of 24:48 and 23:40. **4.** Endorphins are a combination of the words endogenous, meaning produced from within, and morphines, drugs that ease pain or induce sleep. **5.** The onset of blood lactate accumulation (OBLA for short) is linked with breathing. When you begin to pant, your system is off-loading excess CO2 due to lactic acid-producing anaerobic exercise.

July/Aug 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
July 4	Celebration 5K	7:30 a.m.	1st Place Sports 3931 Baymeadows Rd. Jax	(904) 739-1917 1st Place Sports
July 16	JTC Summer Track Classic	5:00 p.m.	Bolles School San Jose Blvd. Jax	ConsultJTB@aol.com Jacksonville Track Club
July 23	Summer in the City 5K	7:30 p.m.	Hemming Plaza Jax	(904) 739-1917 1st Place Sports
July 24	2nd Annual Atlantic Beach Fun Run 5K	6:00 p.m.	Lifeguard Station Ahern St./Atlantic Beach	(904) 387-0528 ConsultJTB@aol.com Fitness First
Aug 12-13	Tour de Pain 3 races in 24 hours 4 mile Beach Run Mile Sizzler Twilight 5K Run	7:30 p.m. 7:30 a.m. 7:30 p.m.	Jax Beach Seawalk Behind 1st Place Sports Jax Landing	(904) 739-1917 1st Place Sports
Aug 27	Carrabba's Summer Beach Run 5 Miles	7:00 p.m.	Seawalk Jax Beach	(904) 739-1917 Jacksonville 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

NEW MEMBERS

Oliver & Maggie Carter
Aeddan Davies
Deborah & Randall Farwell
Gil Flores
Scott Grimm
Jerry & Teresa Hulshult
Bradd Littleton
Kelli McGreevy
Delroy & Lynn Parkinson
Laurie Pinover
Jill & Guy Preston
Nadia Reynolds

Margaret Ricketts
Jennifer & Quinn Roberts
Steve Snyder
Seth & Pamela Stebbins
Paul Walker
Carol/Jennifer/Luke
Westermann/Johnson//
Byrne
David Wiltsey
Jacob Witt

What's happening?

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

RENEWING MEMBERS

Doug & Jane Alred
Glenn & Ann Batteiger
Kim Cornell
Chuck Ellis
Scott & Sarah Fortune
Bernie Gross
John Hirsch
Kimberly, Peter & Alexandra
Hoyt
B. Jon Jaeger
Tellis Martin
Patrick McKeefery

Marvin, Cindy & Spencer
Mollnow
Michael Putala
Cathy Reidy
Al Saffer
Terry Sikes
Barbara Whitter

MULTI-YEAR RENEWING ANNIVERSARIES:

Thomas Warren
Micki, David & Danny
Gibson

Striders at the Races **RACE RESULTS**

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

RACE TO PREVENT HOMELESSNESS 5K Jacksonville May 21, 2005

Brian Murray	22:07 1st A/G
Kaitlin Yaracs	22:26 1st O/A Female
George Hoskins	23:05 1st A/G
Lewis Buzzell	23:36 2nd A/G
Ed Kelly	26:37 2nd A/G
Freddy Fillingham	28:15 2nd A/G
Patricia Czarniecki	30:56 3rd A/G
Al Saffer	33:28 1st A/G

WORLD GOLF VILLAGE 5K St. Augustine June 4, 2005

* short course-all times are adjusted to a 5K

John Metzgar	16:23 3rd O/A Male
Bernie Candy	18:44 1st A/G
Patrick McKeefery	19:51 1st A/G
Denise Metzgar	19:58 1st A/G
Rexx Weir	20:06 2nd A/G
Bob Kennedy	21:08 3rd A/G
Hernando Desoto	21:13 3rd A/G
Raymond Ramos	21:36
Keith Poythress	21:37
Danny Weaver	22:52
Ralph Billings	23:27 2nd A/G
Thom Henkel	23:39 3rd A/G
Sue Whitworth	24:49 2nd A/G
Barbara Whitter	25:02 2nd A/G
Gerry Tyburski	26:05
Freddy Fillingham	27:25
Margaret Tyburski	27:37
Gordon Slater	28:32 1st A/G
Vicki Choinski	29:10
Phillip Trast	29:23 2nd A/G
Sandra Shines	29:38
Al Saffer	31:21 1st A/G
Shirley Henkel	32:42
Burness Morris	32:59
Jerrine Hamm	35:03 2nd A/G
Ernie Hamm	40:09
Joe Connolly	40:26 2nd A/G

BRUSTERS ICE CREAM RUN FOR THE PIES 5K Jacksonville Landing June 11, 2005

Frank Sutman	18:02 2nd A/G
Bill Phillips	18:19 1st A/G
Bill Dunn	18:12 3rd A/G
Greg Richards	18:33 3rd A/G
Patrick McKeefery	18:53 2nd A/G
Bernie Candy	18:58 1st A/G
Victor Corrales	19:22 4th A/G
Rexx Weir	19:51 3rd A/G
Denise Metzgar	20:01 1st A/G
John Metzgar	20:01
Bruce Holmes	20:08 4th A/G
Patrick Gaughan	20:19 5th A/G
Del Conner	20:36 6th A/G
Paul Geiger	20:40 7th A/G
Nick Jongebloed	20:41
Miller McCormick	20:43
Lonnie Willoughby	20:52 PR
Frank Frazier	21:12 1st A/G
Steve Edgell	21:13 PR
Bob Kennedy	21:45
Keith Poythress	21:48
Hernando DeSoto	21:51
George Hosking	21:52 2nd A/G
Kathy Murray	22:15 6th A/G
Lewis Buzzell	22:19
Raymond Ramos	22:30
Mary Ann Brown	22:43 1st A/G (age 10) PR
Paul Smyth	22:51
Kelly Howard	22:51 4th A/G PR
Bill Castelli	23:07
Tony Nading	23:19 (Strider in from AR)
Matt Ross	23:34 1st A/G
Jim Klein	23:46
Elbert Shubert	23:46
Thom Henkel	24:09
Everett Crum	24:19 1st A/G
Charlie Mann	24:20
Kwan Supapan-McCall	24:51 1st A/G
Barbara Whitter	24:56 4th A/G
John Gauer	25:02
Gordon Simms	25:02

Rick Sheets	25:15
Layne Ray	25:43
David Ferman	25:43
Sue Whitworth	25:45 4th A/G
JD Smith	25:49
Marie Bendy	26:20 1st A/G
Darrell Whitworth	26:28
Claudia French	26:43
Kent Smith	27:12
John Aimone	27:24 1st A/G
Ken Bendy	27:31 2nd A/G
Tom Sullivan	27:59 3rd A/G
Freddy Fillingham	28:12
Vicki Choinski	29:23
Gordon Slater	31:06
Al Saffer	32:54 2nd A/G
Shirley Henkel	33:56
Burness Morris	34:33
Michelle Ramos	35:00
Norman Thomas	36:17 3rd A/G
Sheryl Trevino	40:05
George Coombes	40:14 3rd A/G
Joe Connolly	40:34 1st A/G
Diane Aimone	41:02 1st A/G
George Obi	43:14
Charles Desrosier	45:18 (Walk)
Patt McEvers	45:19 3rd A/G (Walk)
Trish Kabus	45:44 1st Female carrying a pie

SAN DIEGO MARATHON

John Heisner	3:09:20
Steve Edgell	3:53:01

**Please send
your stories,
favorite runs
or anything that
you would like to
share with fellow
Striders' to
StrideRightEdit@aol.com.**

MILE MARKER MUSINGS By Robert Glenn

Greetings everyone. The Grand Prix is over but the results aren't up yet, so I'll try to remember to cover that next month. The club had a good turn out at the Memorial Day race, thanks to everyone that ran and helped out. Now, on to the good stuff.



The **Race to Prevent Homelessness 5K** was held in Jacksonville on the 21st of May. We had 9 Striders helping in the worthy cause, I wonder if they helped build some Habitat for Humanity along the way, sort of a Survivor like competition; okay, place 5 roof shingles before continuing to the next station, uh oh, looks like Megan dropped her roofing nails, that is gonna cost her. Our fastest Strider was **Brian Murray** with a 22:07 which was good for 1st in his age group. **Kaitlin Yaracs** was our fastest female Strider with a 22:26 which was good for first overall for women, nice work. **Al Saffer**, our Striderman guardian, took first in his age group with a 33:28.

We, the Striders, put on the **Memorial Day 5K** down in Green Cove Springs on the 30th of May. **John Metzgar** was the overall winner with a 15:47. **Patti Stewart-Garbrecht** was our fastest female Strider with an 18:55 which earned her 3rd overall. **Page Ramezani** was the Grand Masters Men's Champ with an 18:24 while **Jan**

Taylor was the Women's Grand Master's Champ with a 24:04. The Green Cover Local Champs were both Striders, **Matthew Acheson** with a 19:26 and **Kim Crist** with a 23:38. We also had a whole herd of Striders win their age groups, in no particular order, these included **Rob Hoffman, Mark Woods, Bill Dunn, Patrick McKeefery, Bernie Candy, Frank Frazier, Matt Ross, Everett Crum, John Aimone, Chuck Ellis, Nancy Harms, Kaitlin Yaracs, Tiffany Sutton, Denise Metzgar, Kwan Supapan-McCall, Diane Aimone, and Gloria Laws**. Shoo, did you guys let anyone else from the other clubs even run? Nice work.

Next up is the **World Golf Village 5K**, or should I say putative 5K, which was run on the 4th of June. Apparently the course was around about a half mile short so all of the times were 'adjusted.' I've heard from a few of our runners that would have been happy without the adjustment, of course they never would have come close to their new "PRs" ever again, but such is the price for fleeting glory. Our top Strider at the foreshortened course was John Metzgar, no times will be mentioned since they are all mere approximations, who was third overall. The knowledge of a race well run will have to be enough. Our fastest female Strider was **Denise Metzgar** (Continued on next page

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	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.	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 15)

who got third in her age group. Other Striders that won their age group included **Bernie Candy, Patrick McKeefery, Gordon Slater, and Al Saffer.**

Next up, the **Brusters Ice Cream Run for the Pies 5K** was held downtown at the Landing on the 11th of June. **Frank Sutman** was our quickest Strider in the open race with an 18:02. **Denise Metzgar** was our fastest female Strider with a 20:01. **John Metzgar** ran in the Avia invite 5K and posted a 16:04 and took 6th place in that august company. Striders that won their age group included **Bill Phillips, Bernie Candy, Frank Frazier, Mary Ann Brown, Matt Ross, Everett Crum, Kwan Supapan-McCall, Marie Bendy, John Aimone, Joe Connolly, and Diane Aimone.** I got some feedback that the post race refreshments, usually one of the highlights of running a night race in June in Jacksonville, were not up to the usual high standard. Traditionally, there are ice cold kegs of adult beverage; this year there were some kiddie pools filled with luke warm water and bottles of a certain brand of 'ultra' adult beverage. Now I wasn't there so I can neither confirm nor deny these stories, but those of you who were there, you know what I'm talking about. I also don't work for the NY Times or CBS so you can pretty much trust what I'm saying. I suspect that the billboards we see on I-95 advertising this 'ultra' beer with the pictures of the tanned rock hard abs on some gym rat are false advertising. I'm doubt that the aforementioned gym rats drinks any adult beverages much less 'ultra.' Personally, I like the ads for a certain adult beverage from Ireland that go something along the lines of "brand G. 100 calories. Hey, we didn't mean to." Same type of adult beverage with the "Brand G for Strength" and "Brand G, it's good for you." Okay, soap box complete.

Finally, the **Ravines 4 Mile Cross Country Race** was held on the 18th of June in Middleburg. **John Metzgar** was the masters male winner and fastest Strider with a 22:19. **Denise Metzgar** was our fastest female Strider with a 27:05 which earned her 5th overall for women. Striders who won their age group included **Bill Dunn, Kaitlin Yaracs, Kathy Murray, Kim Hoyt, Kwan Supapan-McCall, Jan Taylor, John Aimone, Diane Aimone, and Irene Herbertson.** Nice running everyone, I hope the jungle was better with only 4 miles, not to mention the mile marker placement. Wasn't there and have no independent confirmation, so I'll pull a Newsweek and just place unfounded speculation out there.

Striders on the Road –

We had two Striders run the **San Diego Marathon** recently. **John Heisner** ran a 3:09:20, of course he lives out in California now, so he wasn't really on the road; but for our purposes, it counts. **Steve Edgell** did travel out to the left coast for the race and posted a 3:53:01.

Frank Sutman was up in Milwaukee for business and helped direct the annual **Papermaker's Runnability 5K.** (Hey, I didn't make up that name, I just report the facts) It is a fundraising race for papermaker runnability apparently. He also won in 18:29. Not sure if the race director winning his own race is conflict of interest or not, maybe we need to get Tom Delay's people in here for a ruling on that.

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>