



Volume 24, Number 11

STRIDERIGHT

Florida Striders Track Club



www.floridastriders.com



November 2005

Florida Striders 27th Annual Champagne Breakfast Celebration

See page 5 for more pictures!



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NOVEMBER SOCIAL

Sunday, November 13, 2005 • 1pm

WHERE: The home of Patti Stewart-Garbecht and JD Garbecht, 1513 Maple Leaf Lane, Orange Park. For more information, please email epstewart2002@yahoo.com or call 541-1303.

**Come watch the Jaguars play the Ravens
on TV with your fellow runners!**

Bring a covered dish or a dessert to share.

The club will supply soft drinks. Bring your own adult beverages.

DIRECTIONS: I-295 to U.S. 17. Take 17 south over the Doctor's Lake Bridge. Turn left at second light (Raggedy Point Road). Take Raggedy Point about 1/2 mile to the first subdivision on the left (River Breeze). Take an immediate left onto Maple Leaf Lane. Go almost to the end (.15 miles). It is a gray house with a blue door on the right side just before the cul-de-sac.



Prez Sez

By Bob Boyd

Yes, we all look forward to Thanksgiving but only runners think that means you run a Half Marathon before the family feast that day. Traditions are just a bit different for runners but very special all the same. Speaking of fine traditions, our collective thanks to Jenny Allen, her volunteers that set up the Sun Tire Anniversary Run Celebration, and the big group of Striders that shared good food, drink, and conversation that morning. I also wanted to thank Kent Smith for all his work in coordinating the Dinner meeting on October 20th, Lillian Lawless for her help, and, of course, our guest speaker and his partner, fellow Striders, Doug & Jane Alred, for sharing a great behind the scenes look at putting on the Gate River Run.

Unfortunately, I missed both the great events above but someone has to take these extended running trail exploratory trips to North Carolina and Maine to personally experience carriage trails and beautiful autumn leaf colors. Somehow I never get much sympathy for these prolonged absences. Moses Cone State Park, near Blowing Rock on the Blue Ridge Parkway, has some great hiking/running trails to enjoy as does my personal favorite, Acadia National Park in Maine. Add both of these to your "Must See" or "Must Run" lists. Bopping about in both of these locations gives me a renewed respect for all those who run the Grandfather Mountain Marathon or the Mt. Desert Island (starts in Bar Harbor, Maine) Marathon. For Florida Flatlanders, either of these marathons are serious accomplishments in the mountains.

If you want to have some fun, without the mountains, do not miss taking part in our very own Hog Jog 5K and One Mile Fun Run on Saturday, November 12th at Ronnie Van Zant Park. I know details are elsewhere in this issue but wanted to add my two cents that this really is a good time whether you are helping, running, or both. Striders have a pretty good record of bringing home the bacon (I could not resist) at this race, which features some of the best and most creative awards anywhere.

If there is anything we can do to improve our club please let me know at 272-1770 or BobBoydFL@comcast.net. ●

Board of Directors' Minutes

There was no Board of Director's meeting in October.



New Runners Class

The Florida Striders are going to hold a class for new runners! The class will begin at 6:30 p.m., Wednesday, November 30th and continue each Wednesday for 10 weeks (until 2/1/06). Bob Boyd will be the coach. The class will be held at the St. Johns Country Day School track, across the street from Lakeside Elementary on Moody Rd. in Orange Park. Track lights will be used. You will learn how to train so that you enjoy your runs, avoid injury, set goals, develop your own training plan, and, it bears repeating, ENJOY running. The cost is \$30, which includes Strider membership for a full year, a Strider T-Shirt, and a class T-shirt. Space is limited and you must pre-register with Bob Boyd at

BobBoydFL@comcast.net or 272-1770. We want to make sure that you have good running shoes and are medically cleared by your physician to begin training BEFORE the class starts. If you have any questions, even if it is just about where to get those very important running shoes that are right for you, please contact Bob. We will have a good time together, learn the things that will make a real difference in your enjoyment of the sport of running, and get in better shape in the process. If you aren't having fun running you are not doing it right! ●

**Please pre-register
with Bob Boyd
prior to the first
class, which
November 30th!**

2005-2006 Board of Directors & Key Members

(Board Members marked with an *)

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SUPPORT OUR SPONSORS... THEY SUPPORT OUR SPORT



Orange Park Medical Center

Mike Shad Nissan

269-9400

Run to the Sun

Orange
Park
Kennel Club



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.

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& HYDRAULICS, INC.

Run to the Sun 8K &
Autumn Fitness 5K

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orange park
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1 Mile South of Kingsley
272-2272

Memorial Day 5K



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to
the Sun



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Gary R. Myers
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Autumn Fitness 5K

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Wings & Oyster Bar

Green Cove Springs, Florida

VAC-CON

Memorial Day 5K

Garber Chevrolet



Green Cove Springs, Florida

Memorial Day 5K



Village Bread
Market



Krispy Kreme



John Fagan, P.A.
278-6000

Autumn Fitness 5K

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Center**

We Care For Your Heart
(904) 269-1664

Hassein Ramezani, MD



clay County
HUMANE SOCIETY



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

Peak Performance – The Command Performance

When did you race your very best? Did you clock a PR when you least expected it? A surprising number of runners have those random peak performances, carving many seconds from their 10 K at a low-key effort in Atlanta, then falling short at the Mandarin Run, a race where they hoped to shine.

Pointing and peaking for a “command performance” is much more than mental. Through manipulation of several key variables, you can toe the starting line with confidence, a plan, and a better chance to run your best race ever.

Peter Snell, Lasse Viren, Pat Porter, Deena Kastor – most young runners might recognize only one or two names. But these people all learned the skills required to peak when it counts most. Snell won three Olympic golds for New Zealand; Viren won four gold medals, wearing Finland blue; Porter is the winningest cross country runner in USA history, capturing seven national titles; Kastor (nee Drossin) won seven cross country national championships and an Olympic Bronze Medal in 2004.

Their secrets? Planned training, selective racing, and appropriate speed work.

Training – This is fundamental. No amount of determina-

The Wide World of Running

By Jay Birmingham

tion substitutes for plenty of training mileage. The longer your race, the more volume required for PR-Land. High volume base building changes more physiological factors than any other type of training: blood vessels, heart function, enzyme adaptations, wetting and thinning of cell membranes, and lower body mass. A premature emphasis on speed can undermine any program. For serious pursuit of PRs, a 12-week focus is minimal for the experienced runner. Six weeks of that must be devoted to improving one's aerobic base.

Selective racing – Racing robs. Locked as we are, in the USA, to the school sports season, competition is too frequent and too unfocused. Each all-out race requires a disruption of training on both ends. You must ease off to prepare for the race, then ease back to recover. This start-and-stop routine is widely practiced and the results are predictably erratic. One does not get faster by racing but by training. The champions listed above were notorious for infrequent racing and lackluster performances in minor events. When it came to crunch time, they were there, loaded for bear.

Appropriate speed work – Arthur Lydiard, Snell's coach and advisor to several nations' running coaches, noted the irony of speed work. “It doesn't make the athlete any faster.” Lydiard was the first to demonstrate that athletes have plenty of leg speed – they just haven't developed the stamina to maintain it. Joe Vigil, coach of Porter and Kastor, emphasizes the difference in training between a maximal stimulus and an optimal stimulus. The optimal stimulus is best – there is controlled effort. The best speed training gives the organism a push that elicits improvement, not an insult that requires suffering and repair.

The details are the stuff of art – how to piece the elements together for your personal masterpiece? But there is the framework for success (and sustained health): Dedication coupled with success..

Next month, I'll discuss base training in more detail. Happy miles to you. ●

Runner's Quiz By Jay Birmingham

Give Me an "M"

1. What are mitochondria?
2. How many mitochondria are in each muscle cell?
3. How does running affect the number of mitochondria?
4. What fuels do mitochondria use?
5. What is the prevalent theory about the origin of mitochondria?

See page 10 for answers

Jacksonville Bank Marathon Water Aid Station - Recruiting Water Aid-Station Volunteers

It is getting to be that time of year again when the Jacksonville Bank Marathon and Half Marathon is in need of volunteers on Sunday December 18, 2005 at 645am. Once again, we are recruiting volunteers to work a water aid station on behalf of the Florida Striders Track Club at the 8.5 mile mark. The water aid station is located in front of the Walter Jones Historical Park on Mandarin Road. We will be serving water and PowerAde to the

All volunteers will receive a long-sleeve race t-shirt for their efforts. If you are able to volunteer for this fun event, please let Lillian know what size t-shirt you would like, and she will have the shirts available on race day. She will also be sending out specific information to all volunteers in early December. If you have any questions please let me know. Please RSVP to Lillian Lawless at lawless@bellsouth.net or 292-1399 if you can volunteer. ●



A Sunday Run to Remember!

By Trish Kabus

It was a warm October morning, seven years ago and I was training for my first marathon. I was getting up in miles and to this point had been training alone. With the encouragement of a co-worker and former-Strider, I set forth to run in my first SunTire Sunday group run. We ran the 12 mile loop but was encouraged to pick-up the pace a bit because of the celebration to follow. I was completely amazed with the support from the other runners. Everyone was interested with my training goals and shared many first time marathon tips with me, many of which I still use today. We were starting our final decent down Blanding back to SunTire, when the idea of a champagne breakfast was presented to me. I had had such a nice run, with new-friends and to end it with a glass of champagne or a Bloody Mary and great food, was a dream come true. I immediately thought this is a group I am going to like! I thought that this celebration was a weekly occurrence! WOW!

Every year about this time, I look back on that run and chuckle when I re-call this story. This yearly event has become special to me. It is a good time to catch up with other members that you have not seen all year. I just thought I would share my favorite story of the Striders Anniversary Run. Jenny does a wonderful job in making this happen each year.

Please look for her account (and more pictures too) of the 27th Annual Anniversary Champagne Breakfast Celebration in the December issue of the StrideRight! ●



Striders at the Races

RACE RESULTS

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

PACE 5K Jacksonville September 24, 2005

Robert Walker	20:17	
Steven Beard	20:36	1st A/G
Bob Kennedy	21:33	2nd A/G
Keith Poythress	21:27	
Craig Harms	22:38	
Gary Gills	22:52	
David Ferman	24:41	
Freddy Fillingham	29:37	1st A/G
Al Saffer	32:58	
Joe Connolly	41:11	2nd A/G
Susan Stanley	54:06	
Josh Stanley	54:07	
Katie Stanley	54:07	

SEAFOOD FESTIVAL 5K Pensacola September 24, 2005

Marie Bendy	27:49	
Sr. Grandmaster Female		
Ken Bendy	27:48	2nd A/G

MARINE CORPS HALF MARATHON Jacksonville October 1, 2005

John Metzgar	1:17:24	
Masters Male		
Bill Dunn	1:27:48	1st A/G
Denise Metzgar	1:33:35	
3rd Overall Female		
Bruce Holmes	1:35:43	1st A/G
Terry Sikes	1:38:35	
Paul Geiger	1:39:10	3rd A/G
Rexx Weir	1:39:31	
Regina Sooeey	1:44:52	2nd A/G
Del Conner	1:45:02	
Bonnie Brooks	1:45:55	1st A/G
Celita Ricks	1:47:08	3rd A/G
Kim Hoyt	1:47:27	
Stephanie Griffith	1:48:49	1st A/G
Paul Smyth	1:48:46	
Wendy Patterson	1:48:49	
Gary Hallett	1:49:44	

Kathy Murray	1:52:06	
Joe Young	1:52:15	
Robert Irvin	1:53:16	
Matt Ross	1:53:48	1st A/G
John DeAntonis	1:54:50	2nd A/G
Frank Frazier	1:57:33	3rd A/G
Kwan Supapan McCall	1:59:08	3rd A/G
Teresa Hankel	1:59:14	
Steve Bruce	2:00:42	
Sandy Rosenberg	2:01:02	
Danny Weaver	2:02:00	
Bob Kennedy	2:03:12	
Denise Dailey	2:03:46	
Charlie Mann	2:04:15	
John Bowsman	2:04:36	
David Kelley	2:07:04	
Barbara Whitter	2:08:13	
Roxanne Slater	2:10:02	
Jack Hayes	2:10:39	3rd A/G
Melinda Terry	2:10:57	
Gordon Simms	2:11:17	
Ed Kelly	2:16:28	
Leslie Doucette	2:19:21	
Jd Smith	2:23:04	
Margaret Tyburski	2:28:25	
Bo Holub	2:31:32	3rd A/G
Gordon Slater	2:33:01	
Alan Phillips	2:47:30	
Ronald Rapaport	2:50:30	
John Nalley	2:53:10	
Trish Kabus	3:23:32	

MARINE CORPS 5K Jacksonville October 1, 2005

Len Ferman	17:08	
Overall Male		
David Ferman	23:53	
John Gauer	26:01	1st A/G
Freddy Fillingham	28:50	2nd A/G
Kent Smith	29:07	3rd A/G
Al Saffer	33:22	1st A/G
Cliff Doucette	33:32	
Irene Herbertson	40:45	
1st A/G (80 yrs)		
Joe Connolly	42:22	
2nd A/G (81 yrs)		

VP-5K NAS Jacksonville September 24, 2005

Bill Dunn	18:16	
3rd Overall Male		
Paul Geiger	21:02	1st A/G
Keith Poythress	21:23	
Holly Turner		22:21
1st		
Overall Female		
Celita Ricks	23:99	1st A/G
Maryann Brown	25:34	1st A/G
Freddy Fillingham	28:57	
Gayla Poythress	37:24	
Irene Herbertson	40:22	1st A/G

LASALLE BANK CHICAGO MARATHON October 9, 2005

Sung Ho Choi	3:11:42
John TenBroeck	6:48:28

TOM WALKER MEMORIAL MICANOPY HALF MARATHON RRCA FLORIDA STATE CHAMPIONSHIP Micanopy October 15, 2005

Anthony Truitt	1:22:48	1st A/G
Paul Geiger	1:35:07	3rd A/G
Glenn Landers	2:08:18	
Ed Kelly	2:09:47	

RACE FOR THE CURE 5K Jacksonville October 22, 2005

John Metzgar	15:57	
1st Overall Male		
Justin Jacobs	16:21	
3rd Overall Male		
Bill Dunn	18:25	2nd A/G
Denise Metzgar	19:41	1st A/G
Stephen Beard	20:14	1st A/G

Keith Poythress	21:13		John Gauer	25:36		Al Saffer	33:12	3rd A/G
Wendy Patterson	21:34	1st A/G	Augie Leone	27:05		Michelle Ramos	34:19	
Frank Frazier	22:16	1st A/G	Ed Kelly	27:35		Gayla Poythress	34:57	
Kathy Murray	22:59		Kent Smith	27:59		Jerrine Hamm	37:38	3rd A/G
Celita Ricks	23:00		Leslie Doucette	28:03		Micki Gibson	38:07	
Raymond Ramos	23:13		Paul Kelley	28:57		Kay Womack	38:18	
Thom Henkel	23:17	2nd A/G	Freddy Fillingham	29:37		Trish Kabus	39:17	
Maryann Brown	23:28		Gordon Staler	29:43	2nd A/G	Joe Connolly	41:34	
Everett Crum	23:29	1st A/G	Paulette Butler	29:58		Linda Brown	45:59	
William Castelli	23:32		Denise Williams	30:47		Would love to hear about your fall marathons! StrideRightEdit@aol.com		
Diane Jacobs	23:38	2nd A/G	Cathy Reidy	31:31				
Matt Ross	23:40	1st A/G	Bonnie Brooks	32:24				
Jim Klein	24:58		Sandra Shines	32:35				
Barbara Whitter	25:20		Shirley Henkel	32:55				

GROUP TRAINING RUNS

DAY	TIME	DISTANCE	JACKSONVILLE AREA	CONTACT
Sunday	6:30 AM	5 to 10 Miles Various pace groups	Atlantic Beach Sea Turtle Inn	Bill or Dot Mitchell (904) 241-0331 mitd0005@mac.com
Sunday	6:30 AM	6 to 20 Miles Various pace groups	Orange Park Sun Tire Blanding Blvd.	Bob Boyd (904) 272-1770 BobBoydFL@Comcast.net
Sunday	7:00 AM	10 to 15 Miles Moderate pace	Jacksonville Jewish Community Alliance 8505 San Jose Blvd.	Wendy Patterson (904) 237-4100 wenrex@comcast.net
Sunday	10:00 AM Late Sept- March	3-8 Miles Trail Run	Ponte Vedra Guana State Park	Craig O'Neal (904) 568-4825 charityrunningcoach@yahoo.com
Monday	5:30 PM	6 Miles Downtown Bridges	Jacksonville Charthouse Restaurant parking lot	Karin or Rob Glenn (904) 886-4095
Tuesday	6:30 PM	5.5 Miles River Road Area Various paces	Orange Park 1st Place Sports 550-7 Wells Rd.	John Metzgar (904) 215-9440
Tuesday	6:30 PM	5+ miles	Ponte Vedra Beach Sawgrass Village	Craig O'Neal (904) 568-4825 charityrunningcoach@yahoo.com
Weds.	6:30 PM	Interval Training	Orange Park, St. Johns Country Day Track (park @ Lakeside Elem. on Moody Road)	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	6.2 Miles Easy pace	Jacksonville Boone Park Riverside	Doug Tillett (904) 388-6139 douglastillett@hotmail.com
Thursday	6:30 PM	5 Miles Varied pace	San Marco/Largo Park Corner of Naldo and Largo	Doug Tillett (904) 388-6139 douglastillett@hotmail.com
Saturday	7AM	7+ miles	Ponte Vedra Beach Sawgrass Village	Craig O'Neal (904) 568-4825 charityrunningcoach@yahoo.com

How to Get There! It's just a short drive from Orange Park with 2 main routes:

From Blanding & I-295:

- 1) South on Blanding to Knight Box Rd - 6.5 miles
- 2) Left on Knight Box to 220 - 1.2 miles
- 3) Right on 220 to 209 (Russell Rd) - 1.1 miles
- 4) Left on 209 to 739 (Henley) - 1.3 miles
- 5) Right on 739 to Sandridge Rd (739B) - 2.3 miles
- 6) Left on Sandridge to Ronnie VanZant Memorial Park - .6 miles

From US 17 & I-295:

- 1) South on US 17 to 220 - 5.5 miles
- 2) Right on 220 to 209 - 6.7 miles
- 3) Follow Steps 4-6 above

For more information contact Steve Bruce at 904-728-7759 or email stevebruce@comcast.net



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

**HEY KIDS!!! Don't forget our FREE one mile Fun Run!
It Starts at 10:00 AM!**

5K Race • Saturday • November 12, 2005 • 9:00 AM

1 Mile Fun Run - 10:00 AM • Awards Ceremony 10:15 AM • Lake Asbury, FL

Cross Country course starts and finishes at Ronnie VanZant Memorial Park, 2760 Sandridge Rd

This course will not be suitable for wheelchair or other physically challenged participants.

Two lap cross country course. Spikes may be worn. Please arrive early to familiarize yourself with the course.

Walkers are welcome but there will be no separate walking awards.

Awards & Registration: Top 3 Male & Female; Top Masters & Grand Masters; plus Top 3 in each age group, Male & Female: **AGE GROUPS:** 10 & under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & over. No multiple awards.
FUN RUN: There is no charge for the Fun Run, but all runners must complete an entry form. Ribbons awarded to all finishers.
RACE PACKET PICKUP: Day of race only. Packet pickup & day of race registration will begin at 7:30 AM.
COSTS: (Includes T-Shirt and Post-race refreshments; T-Shirts are guaranteed to all pre-registered 5K entrants):

Entry received by	Striders/Military	Others
November 3rd	\$10	\$12
11/04 - 11/11	\$13	\$15
Race Day, 11/12	\$20	\$20

Make check payable to: Hog Jog 5K
Mail completed application & check to:
Hog Jog
1228 Blue Heron Lane
Jacksonville Beach, FL 32250
(Race fees are non-refundable.)

**DOOR
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Prefer the convenience of On Line Membership, Renewal, or Race Registration? Visit Active.com. They charge \$2.50 for their service.

HOG JOG 5K ENTRY FORM															RACE# (FSTC USE ONLY)	
<div> <div>First Name</div> <div>Last Name</div> </div>															<div>Y N</div>	
<div> <div>Age</div> <div>Sex</div> <div>Adult Sizes</div> <div>RUN</div> <div>FUN RUN (no charge)</div> </div>															<div>Ever run/walked a race?</div>	
<div>Street Address (include apt. number)</div>																
<div>City</div> <div>State</div> <div>Zip Code</div>																
<div>Telephone Number</div> <div>Fee Enclosed \$</div> <div>Florida Striders Track Club Member</div> <div>Military</div>																
<p><small>BY MY SIGNATURE I ACKNOWLEDGE THAT: Participating in an organized running event is a potentially hazardous activity. I will not participate unless physically and medically able. I agree to abide by all decisions of race officials relative to my ability to safely complete the race course. I assume all risks associated with participating in this event including but not limited to: Slip/trip/fall, contact with other participants, weather conditions, traffic and conditions of the road/surface, all such risks being known and accepted. Having read this waiver and in consideration of entry into this event being accepted, I, for myself and anyone named or entitled to act on my behalf, waive and release members and volunteers of the Florida Striders Track Club (FSTC), Road Runners Club of America (RRCA), the town of Green Cove Springs, and all sponsors, their representatives and successors, from all claims and/or liabilities of any kind arising out of my participation in this event, including any liability that may arise out of negligence or carelessness by persons or organizations named in this waiver. I agree and grant permission that should circumstances arise, I defer to race officials and/or qualified persons as to my need to be examined and/or treated medically during the race. I agree that race officials and/or qualified persons have the right to disqualify and remove me from the race course should I be suffering from a life threatening condition. I further grant to Releasees the right to use any and all photographs, images, or accounts of this event in any manner that it feels appropriate. I agree to abide by all RRCA Guidelines, including but not limited to: No use of headphones or any other device that limits awareness of the participant or any type of wheeled conveyance (excluding use by handicapped or physically disabled participants). Animals are prohibited from the race course unless for the use and assistance of handicapped or physically disabled participants. Rev. 2/05</small></p>																
Your Signature					Date		Parent's Signature (if under 18 years of age)					Date				
<p>Mail Check to: Hog Jog 5K • 1228 Blue Heron Lane • Jacksonville Beach, FL 32250</p>																

DECEMBER SOCIAL

Sunday, December 18 • 6PM

Come and see the Christmas Luminaries at this annual event, which is actually a block party to celebrate the season!

WHERE: The home of Robert and Janet Irvin, 3811 Boone Park Ave., Jacksonville, FL 32205.

WHAT TO BRING: Yourself and a covered dish or dessert to share. The club will supply soft drinks but bring your own adult beverages.

DIRECTIONS: Take U.S. 17 north from Orange Park to Park St. (Blanding becomes Park St. at U.S. 17 near the FCCJ Kent Campus. Take Park St. approximately 1/4 mile to Pine Grove Ave. and turn right (just past a traffic light). Go 4 or 5 cross streets to Boone Park Ave. The party will be to the left on Boone Park Ave. but the street will be blocked to vehicular traffic. Find parking anywhere nearby. Their phone number is 388-5664. ●



OCTOBER DINNER SOCIAL IN REVIEW

On October 20th, 62 Striders gathered at The Lions Club of Orange Park, to listen to Jane and Doug Alred, owners of 1st Place Sports, tell of what it takes to plan and organize the Gate River Run. All agreed that the Alreds did a wonderful job speaking about the side of this event that most of us don't see.

The catering was done by Goombah's Italian Ristorante and was another big hit. ●

NEW MEMBERS

Tiffany Gross
Kenneth & Julie Hasle
Brittany Sharrar
Michael & Linda Strout
Lauren Stuar

RENEWING MEMBERS

John & Diane Aimone
Marie Allison
Maryellen Barber
Michael Burke
Vicki Choinski
Joan Crawford
Craig, Susan & Nancy Harms

John Heisner
Tim & Janice Martin
Dana, Katherine,
Alexandra & Jacob Midgett
Mary Pregler
George & Tina Schneider, Jr.
Norma & Ron Wasson
Ken & Jeanie Wilson

MULTI-YEAR RENEWALS

Sharon & Steve Lucie
Kim Crist
Russell & Connie Pratt
Bill & Lissa Dunn
Gloria Laws

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.

November Race Calendar

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

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

DATE	EVENT	TIME	LOCATION	CONTACT
Nov 5	Native Sun Mandarin 10K	8 a.m.	Mandarin Park Jacksonville	(904) 739-1917 First Place Sports
Nov 5	Klif4Kids 5K	5 p.m.	Lifeguard Station Jacksonville Beach	(904) 739-1917 First Place Sports
Nov 12	Hog Jog 5K	9:00 a.m.	Ronnie VanZant Park Sandridge Road Lake Asbury (Middelburg)	(904) 728 7759. Stevebruce@comcast.net Florida Striders Track Club
Nov 12	Newman's Lake 15K	8:00 a.m.	E.P Powers Park Off Hawthorn Road (SR 20) Gainesville	(352) 378-8725 Florida Track Club
Nov 12	Maxwell's Fitness 5K	8:00 a.m.	Spruce Creek Fly-in Daytona Beach	(386) 767-1263 Maxwell's Fitness Center
Nov 19	Gary Youmans Ford Paul deBruyn 30 & 15K	7:30 a.m. 8:30 a.m.	Highbridge Park Ormond Beach	(386) 248-DBTC
Nov 19	Fall Fitness 5K	8:00 a.m.	Baxley GA	(912) 367-3250
Nov 19	RITA CASH 5K	8:30 a.m.	Metro Park Jacksonville	(904) 739-1917 First Place Sports
Nov 24	Outback Half Marathon & 6K	8:00 a.m.	Outback plaza	(904) 739-1917 First Place Sports
April 15, 2006	Run to the Sun 8K	8:00 a.m.	Orange Park Kennel Club Orange Park	(904) 268-8392 hartross@bellsouth.net Florida Striders Track Club

RUNNER'S QUIZ Answers. Questions appear on page 4. 1. Mitochondria are bacteria-sized organelles found in almost all human cells. They are responsible for producing up to 90% of a cell's energy molecules (ATP). 2. Most people have 400 to 1,000 mitochondria in each skeletal muscle cell. 3. Aerobic training causes mitochondria to enlarge and reproduce by splitting. Anaerobic training has a negative effect since mitochondria do not function in an acidic environment. 4. Mitochondria absorb two-carbon molecules call the acetyl group, derived from carbohydrate, fat, or protein. 5. Lynn Margulis, formerly the spouse of the late Carl Sagan, proposed that mitochondria were once free-living aerobic bacteria that were incorporated into larger cells. The large cell provided mitochondria with a secure environment and benefits from the surplus ATP molecules they produce. ●

MILE MARKER MUSINGS By Robert Glenn



Let me begin the month's column by correcting a mistake from last month. I managed to put the tidbits about the Run to the Sun under the Children's Way 5K. Oops. A little cosmic payback after I nit-picked one of our real Strider columnists about their newspaper article. I should come up with some cute phrases like "I was Robbed" or "Rob was Right" for my faults and triumphs, but I don't plan on having many of former and don't want to bore everyone with excesses of the latter; so for now, the "I was Robbed" and "Rob was Right" labels will be held in abeyance. On to the good stuff, race results.

First up is the **Pace 5K** which was held in Jacksonville on the 24th of September. **Robert Walker** was our fastest

Strider with a 20:17. **Susan Stanley** was our quickest double X chromosome Strider with a 54:06, although she just edged out **Katie Stanley** for the honors by a tick of the clock. **Steven Bears, Freddy Fillingham, and Al Saffer** (the guardian of Striderman) all won their age groups. Nice running all.

Next up is the **Marine Corps Half Marathon** which was held for the second time on the 1st of October, here in Jacksonville. **John Metzgar** was the Masters Male champion with a 1:17:24 and also our fastest Strider. **Denise Metzgar** was 3rd place overall for women with a 1:33:35 which also made her our fastest female Strider. Striders that ruled their age group roost (first place for the non barnyard allusion catching amongst us) included **Bill Dunn, Bruce Holmes, Bonnie Brooks** (good to see you back and fast), **Stephanie Griffith**, and **Matt Ross**. We

(Continued on next page)

Florida Striders Track Club of Orange Park, FL History

Part 2 of a Series

By Chuck Cornett, Ken Bendy, John Tenbroeck, & Bob Boyd

The club has always been involved in service projects to promote running and fitness in the community. One of our most ambitious projects was providing financial backing and assistance in rebuilding of the Orange Park High School track to provide a rubberized surface. It remains one of the best facilities in North Florida.

During the early eighties, the club would host twice-monthly Saturday morning 1 & 4 mile fun runs at the Orange Park High School track. Ribbons were awarded and light refreshments provided. This later evolved into a monthly fun run/social that is held the second Friday of each month (it's now mostly a social although one or two people may run!)

We also offered weekly Wednesday night track workouts at the Orange Park High School track that were well attended. These runs have migrated to a social run on Tuesday night leaving from the 1st Place Sports Store in Orange Park on Wells Rd. at 6:30 p.m., and a track workout held at 6:30 p.m. at the St. Johns Country Day School track. They even have lights on at the track when daylight is in short supply. Our club newsletter shares a wealth of group runs held around the area.

In the late eighties we sponsored a four-week summer running camp at Orange Park High School for the youth of the community. Through club president India Hendley's persistence, we were fortunate enough to receive a Nike grant through the RRCA to continue this program for several years.

The club continues to strongly support and provide financial assistance to schools and youth fitness activities.

All of our races have a free fun run that attract up to 1000 participants. Our largest youth event was in 1989 when we had over 1600 kids run the 1 mile Run to the Sun Fun Run! We continue to provide Marathon medals for elementary school children who complete 26 or more miles during their school sponsored programs, providing nearly 750 in 2005. During the 2004/2005 school year we were responsible for contributions of over \$10,000 to promote youth running programs.

We have distributed free kids RRCA running booklets and published a brochure of local running routes that was distributed to area hotels, motels and fitness outlets. In addition, we championed the building of local 4 1/2 and 7-mile fitness trails and provide assistance in maintaining the facilities.

There was probably a form of occasional newsletters in the early years but the first regular issue of our award-winning newsletter, the "StrideRight" was printed in January 1982 and has always featured articles for, by and about Striders. One of the most popular monthly features was Ken Bendy's "Racie Ramblin's" column. Ken scoured the racing scene to report on all of the trash, trivia, scandal, PR's, etc., in addition to poking fun at our various adventures (or misadventures) for fourteen years. Rob Glenn has continued that fine tradition with his "Mile Marker Musings" and Ken is still scouring race results to keep us supplied with "Striders At The Races," with the help of our Striderman, Al Saffer, who brings a Strider results sign-up sheet to many local events. ●

LOOK FOR PART 3 IN THE DECEMBER ISSUE

Mile Marker Musings (continued from page 15)

had 48 Striders do the half marathon and 9 did the 5K. For the 5K, **Len Ferman** was the winner with a 17:08. **Irene Herbertson** was our fastest female Strider with a 40:45. **Al Saffer** won his age group.

We had 9 Striders make it onto NAS Jax for the **VP-5K**, probably would've had more but you need a sponsor to get on military installations these days, making races on base that much more difficult to run. **Bill Dunn** was our fastest Strider and 3rd overall with an 18:16. **Holly Turner** was our fastest female Strider and 1st overall woman with a 22:21. Age group winners included **Paul Geiger, Celita Ricks, Maryann Brown, and Irene Herbertson**. Apparently the top age group was 50 and up, so a big hand for Irene and her age group win, taking the 50 and up age group at 80 years old is worth putting in the diary.

We had 4 Striders travel to Micanopy for the **Tom Walker Memorial Micanopy Half Marathon RRCA Florida State Championship**. Quite a moniker, that. **Anthony Truitt** was our fastest Strider with a 1:22:48 which also was good for first in age group, making him the RRCA Florida State Champ in his age group for the 1/2 marathon. Nice little bonus.

On the Road –

Marie Bendy ran a 27:49 in the **Seafood Festival 5K** in Pensacola on the 24th of September which was good for Senior Grandmaster Female champ. **Ken Bendy** ran a 27:48 in the same race which was 2nd in his age group.

Mike Marino ran/biked/swam the **Sand Key Triathlon** (1/2 mile swim, 10.4 mile bike, 5K run) in 1:03:11 which was good for 1st place in the 35-39 men's age group. He also did the **Moss Park Triathlon #4**

(1/4 mile swim, 9 mile bike, 5K run) in which he posted a 56:56 which earned him a 3rd in age group.

Sung Ho Choi ran the **Lasalle Bank Chicago Marathon** in 3:11:42 while **John TenBroeck** clocked a 6:48:28.

Jim Kehr ran the **Shore to Shore 5K** in St. Augustine on the 8th of October and turned in a time of 27:07.

As always, the best way to get your results in the Strideright are to sign up on the muster sheet which Striderman keeps custody of near the finish line of most races, failing that, email me at **Striderresults@aol.com**.

The **Race for the Cure 5K** was held in Jacksonville on the 22nd of October. **John Metzgar** was our fastest Strider with a 15:57 which was good for 1st Overall Male. **Denise Metzgar** was our fastest woman Strider with a 19:41 which earned her a first in age group. **Justin Jacobs** was 3rd place overall for men. Striders that won their age groups included **Stephen Beard, Wendy Patterson, Frank Frazier, Everett Crum, and Matt Ross. Everett Crum, Augie Leone, and Al Saffer** swept the 70 to 74 year old male age group. Nice running everyone. If you see **Ken Bendy** or **Al Saffer**, thank them for the good work, without their efforts we wouldn't have any results in the **StriderRight** each month. As an aside, apparently many people avoided putting their times on StriderMan because they weren't happy with them. We're still gonna track you down, fast or slow; so save us some work and sign up on **Striderman** when he is at a race you run. If you are looking to hide out, you joined the wrong club. We're too much like family, including the teasing about slow times, so take your medicine and sign the StriderMan. **Thank you for your support.** ●

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>