



Volume 25, Number 5

# STRIDERIGHT

Florida Striders Track Club



[www.floridastriders.com](http://www.floridastriders.com)



May 2006

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## Run to the Sun One Mile Fun Run!

Photography by Vanessa Boyd

You don't have to run an 8K to have a good time at the Run to the Sun. At 9:30 a.m. on Saturday morning, April 15th 640 participants took off and headed down River Road. They were cheered along the way and both the pace and the crowd support reached a climax as they headed through the finish to collect their awards. Sixteen schools were represented and eight of them earned a total of \$1500 for their Run/Walk programs as a result of their **Continued on page 6**

## How about a Party?

Strider May Social and  
RTTS06 Volunteer Soiree

The work is complete, the stress is less, and now it's time to have a good party. I would like to invite all Florida Strider members, and Run To The Sun 8K volunteers to a combination Strider Social / Volunteer Party.

I want to personally thank all the volunteers for their support of the 2006 Run To The Sun 8K. It was an immense success. Not since 1997 have we had such a large turnout for a Strider Race.

The party will be held on **Sunday, May 7th, 1:00 PM** at **204 River Road** in Orange Park. The location is just north of Wells Rd. The address is on the mail box. We will provide barbeque from Sonny's and beer and soft drinks. Bring side dishes, desserts or a salad. We have decided to combine the Striders May Social as part of the festivities. So come one, come all. RTTS06 T-Shirts will be available for those volunteers who did not get one.

There will be a special prize raffle/drawing for the RTTS volunteers.

If you plan to attend, please send your RSVP to [mattrossrtts06@bellsouth.net](mailto:mattrossrtts06@bellsouth.net).

We hope to have a large turnout.

**May 7 at 1:00 PM**

Thanks, Matt Ross - RTTS06 Race Director



## Prez Sez

By Bob Boyd

### The Run to the Sun 8K and 1 Mile Fun Run

was a huge success. A 50% increase in the number of 8K runners and almost a 100% increase in the number of Fun Run participants are stunning. The 8K participation is the best in at least 10 years. Congratulations to our race director, **Matt Ross**, and his fine cast of coordinators, volunteers, and sponsors. I am writing this column just before our **Annual Picnic and Board Election** but have full confidence that **Kent Smith**, our Social Coordinator, will have put together another fine feast that was enjoyed by all. My thanks to all of the fine Board Members who have contributed so much to the success of our organization and to those who are continuing that wonderful tradition of service with the new Board. By the time you read this column, **James May**, our Florida Striders Youth Team Coach, will have put together a very successful Hershey Games Track Meet for children between the ages of nine and 14 at the Orange Park high school on Saturday, April 29. A big "Thanks!" to James and all of the volunteers and sponsors. Our lat-

est New Runner Class has over 40 members now and they are truly an excellent group who I am pleased to have as Florida Strider members. As coach, I am very much blessed with a wonderful team of group leaders and expert speakers, who make our class a big success.

It is hard to believe that it has been over two years now that I have been writing the Prez Sez column. Looking back leaves me with a renewed appreciation and a deeper respect for the high caliber and amazing good work of so many fine people who make up the Florida Striders. The club is on sound financial footing, continues to grow its membership, is focusing on its mission by expanding both its Children's Running and Adult Running programs, and the quality and utility of its newsletter. The direction of the club is in the hands of a fine Board who I trust to respect and continue the best traditions of the Florida Striders while exploring new and better ways to serve the running community. It has been my honor to serve as the president of such a fine organization. Thank you for the opportunity, your support, and friendship. ●

## Board of Directors' Minutes 4/11/2006

The meeting was called to order at 7:00 PM. Directors absent: Frank, Kent, Lillian, Tany, Jay, Kim.

**Minutes/treasurer's report:** No changes to the February minutes. The March treasurer's report was filed as written.

**Bank change:** The recommendation was made to relocate to Compass bank due to difficulties working with Vystar. There will be a transfer of funds with the change of officers in the new board. The Vystar accounts will be closed as outstanding checks are paid. The CDs will remain until maturity in July 2006 and December 2007, at which time they will be transferred to CDs at Compass. A motion was made and passed to formally transfer to Compass bank.

**Membership renewal option:** A proposal was put before the board to use PayPal for membership renewals. Concerns were raised regarding the treasurer could transfer the funds into the checking account and apparently one transaction could be made at the end of the month. There was discussion regarding the communication between the treasurer and membership director tracking the membership funds. A motion was made and passed to initiate

**Continued on page 4**

## 2005-2006 Board of Directors & Key Members

(Board Members marked with an \*)

### Vice President: \*John Powers

(H) 264-8026 ..... (W) 354-1221x111  
email: john.powers@floridapowertrain.com

### E-News Coordinator

\*Lillian Lawless ..... (H) 292-1399  
email: lawless@bellsouth.net

### Autumn Fitness 5K Director: Bob Boyd

(H) 272-1770 ..... (W) 272-1770  
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### Memorial Day 5K Director:

\*Dave Bokros ..... (H) 545-4538  
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### Membership Director:

Mike Mayse ..... (H) 777-6108  
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### Equipment Director & Webmaster:

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### Photographer:

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### Merchandise Coordinator:

\*George Hoskins ..... (H) 264-4372  
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### Directors at Large:

\*Patti Stewart-Garbrecht..... (H) 541-1303  
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\*John DeAntonis ..... (H) 264-3541  
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### Hog Jog Director:

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### River Run Hospitality Tent Coordinator:

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### RRCA Southern Region Director:

Ken Bendy ..... (H) 278-2926  
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### North Florida RRCA Representative:

Mike Bowen ..... (H) 850-308-1953  
email: michael.s.bowen@gmail.com

### Run to the Sun Director:

\*Gary Hallett ..... (H) 292-2793  
email: ghall32447@aol.com

### Strider "Person" Coordinator for Races:

Al Saffer ..... (H/W) 665-6996  
email: saffat@jea.com

### Scholarship Coordinator

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

### StrideRight Editor

Trish Kabus ..... (C) 343-5181  
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The Florida Striders Track Club is incorporated as a non-profit organization under the laws of Florida and is granted federal tax exempt 501(c)3 status under the blanket exemption of the RRCA ID#74-2194707. StrideRight is published monthly at P.O. Box 413, Orange Park, FL. Non-profit Organization Bulk Rate postage is paid at Orange Park, FL.



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# Carbohydrate Myth-Applications

Forty years ago, when some of us old guys began running long distances, no one was hawking the virtues of carbohydrates as comfort food for runners. We blundered along, as best we could, trying this, nibbling on that. My first three marathons were preceded by three different breakfasts: A package of sweet rolls; bacon and eggs; tea and toast. The term pasta had not entered the vernacular of runners—if you ate spaghetti, you said so.

A series of experiments in Sweden, at the Karolinska Institute, started it all. Per-Olaf Astrand and his colleagues, working with cross country skiers on treadmills and stationary bikes, invented a week-long diet that produced increased endurance. The regimen entailed a three-day high-protein diet followed by three days of a high-carbohydrate diet. The result was called glycogen supercompensation. Marathoners started to try it with good results.

The down side was the difficulty of the high protein diet for three days. Many runners developed colds. In time, experiments in the lab as well as by individuals showed that even one day of low-carb eating followed by three days of high-carb consumption led to a full tank on race day.

But the evolution of this dietary manipulation has gone awry. We now have high school 1600 and 3200 meter runners “carb-ing up” for twice-weekly races. There are carb-loading feasts before 10 kilometer road races. Runners are now so fearful of running out of fuel that they carry gel-packs for 5Ks.

Let’s look at the physiology of fuel for running and stop some of the craziness.

First, loading up for races that last less than two hours is unnecessary and sometimes detrimental. A person doesn’t need a gut full of partially digested pasta, even to run a marathon. It is training, not eating, that gets you to the finish line.

## The Wide World of Running

By Jay Birmingham

The average adult can store 10 grams of glucose in the blood, 100 grams of glycogen (glucose molecules stored like a bunch of grapes) in the liver, and up to 300 grams in the running muscles. That is enough fuel to run very fast for upwards of 16-20 miles. Fat is abundantly available—at slower speeds, one pound of fat can fuel you for 35 miles!

Chowing down on large plates of pasta the night before a race is as unnecessary as topping off your gas tank before a quick dash to the mall. What you gobble down in the 24 hours before a race is largely irrelevant to the result—unless you are running a marathon or competing in a triathlon lasting more than two hours.

Sensible eating the day or two before a race involves eating familiar foods in modest quantities. If you like spaghetti, eat it. If you prefer bass, bagels, or broccoli, go for it. Just avoid large quantities of anything and go easy on difficult-to-digest foods containing lots of fiber, fat, or protein.

Advertising permeates our world and people rarely question the validity of the hype. In last week’s Boston Marathon, 50th place was roughly 2:30. In 1966, forty years ago, a club mate of mine placed 50th at Boston in 2:32.

No one was carbohydrate loading back then but there was plenty of quality training. There were no Power Bars and no gels and no sports drinks but lots of folks were putting in hundred-mile training weeks and running good marathons.

Want to improve your racing? Forget the food. The secret lies in your training.

Have a great month of running! ●

## BOARD OF DIRECTORS MINUTES

Continued from page 2

PayPal for renewal of membership funds.

**Marathon/half marathon class:** This would offer next level to the beginning runner class.

### Race status update:

**RTTS** – over 500 people expected which is 25% more than last year. A motion was made and passed to have Gary Hallett as the new Run to the Sun race director for 2007.

**Memorial Day** – logo is on the website, Active.com is up and running for registration. City of GCS and sheriff’s office have been notified. Clay Co. Sheriff’s Auxiliary is not available next year so we will likely have to pay off duty officers.

**Packet pickup** – RTTS will be day of race. Memorial day will use 1st Place Sports in 3 locations. Concerns were raised

and addressed regarding packet pickup coordination at 1st Place Sports. It was noted that the Florida Striders are responsible for overall coordination of the process.

### Open Forum:

- April 23rd is the picnic and election of the new board.
- Over 900 marathon medals will be given to grade school kids.
- The Hershey track meet will be held 4/29/06.
- The Reinhold awards are in May.
- Several members thanked the Boyds for all they have done for the Striders and the board. John Powers gave the board members portable radios as a gift.

The next meeting will be Tuesday, May 9th at the Orange Park Library.

The meeting was adjourned at 8:05 PM.

Respectfully submitted,

Karin Glenn ●



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# **Sports Nutrition Company Coming to Town**

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# Meet a Florida Strider

He was born blind. He spent most of the first 2 years of his life in the hospital with breathing problems, living in an oxygen tent. The day he turned 6 months old he woke up in the hospital and he could see! He celebrated his first birthday there. At age 5, he was diagnosed as emotionally handicapped. In 1993, he won second place in The Grand Prim 13 and under. In 1994 he received the International Yes I Can Award, given to children who have overcome great obstacles to excel despite their handicaps. Robert was recognized by the President of the United States and received the Key to the City from the Mayor of Jacksonville. Robert's award was in the extra curricular category. Running was a big part of this award for him. For a child who loves running it builds self esteem, self confidence, and your biggest competitor is yourself. For the emotionally handicapped child the physical workout becomes an alternative to violence and is a great tool in anger management, with very positive results. Today Robert is 24 years old and is an avid runner, and is an inspiration to potential runners, known to drag friends out on the road to run. He runs in most of the local races and places on a regular basis in the top 3 in his age group. He runs daily and his mode of transportation is a bike which helps keep him in shape. He is the kitchen training manager at Harry's Seafood in Jacksonville Beach. At the River Run, he's the seeded runner with the mohawk, his good luck hair style for that race. This year his goal is to again take second place in his age group in the Grand Prim. He has been in the top 3 all year. The other day Robert said, "I have been a Florida Strider for almost 14 years and I don't think anyone except Frank Frazier even knows that I am a Strider!" That's when I, the out of shape race walking mom came up with the idea for this article. You see, we live at the beaches and have very busy schedules, so we don't do the social events, but Robert is at all the races, as are many other Florida Striders who don't live in Orange Park. My idea is maybe we could have a section of the newsletter where we meet a Strider. This way when we go to the races we can support our club members even more because we know their faces. Like many of the male runners, Robert runs without a shirt, so there are no Florida Strider colors to recognize him. Mutual respect from other runners, along with the awards, a few words of encouragement and recognition from older, more "seasoned" runners can make a world of difference to a young runner. At the next race, look for this kid. His name is Robert Walker and he will probably be in the top 3 in his age group. ●

—Barbara Gilbert, the proud mom



## WE GET LETTERS

Bob,

Please accept my sincere thank you for the Striders nice reception of the Peachtree City Running Club members at your River Run tent again this year. I'm sorry I wasn't able to attend this year but even in my absence, my friends here told me of a great experience when they met at your tent before and after the race.

I am very grateful for your regular hospitality and do not want you to think that we ever take that for granted.

Again, thanks for all that you do, both for us and for the running community. And please pass my thanks on to the board as well.

George Martin  
r2sun98@mindspring.com

## RUN TO THE SUN ONE MILE

Continued from page 1

participation. A special thanks to Centex Homes, the wonderful coaches who champion the fitness of our children, our volunteers, and all of our proud sponsors for making this event possible. The cash awards are very helpful in supporting the Run/Walk programs in our area schools that can make such a huge difference in children's health and entire perspective on enjoying a healthy lifestyle. The Florida Striders provide free One Mile Fun Runs with awards to all finishers at each of their four races each year. The next opportunity will be at the Memorial Day 5K and One Mile Fun Run on May 29th. The schools that brought home cash awards based on both the number of their participants and the percentage of their enrollment that participation represented were:

Lakeside Elementary  
Thunderbolt Elementary  
Swimming Pen Elementary  
Pinewood Christian  
Paterson Elementary  
Argyle Elementary  
St. Marks  
Orange Park Elementary

Congratulations to each of the school teams for their great turnout! ●



## RUN TO THE SUN • APRIL 15, 2006

ID#	PLACE	CLASS PLACE	FINISHER	TIME	PACE
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### Open Men

632	1	1 M20	Justin Jacobs, 23,	26:25	5:17
1	2	2 M40	John Metzgar, 43	26:57	5:23
154	3	3 M30	Shawn Williams, 30	27:02	5:24

### Open Women

494	1	1 W20	Stephanie Paulk, 21	30:11	6:02
119	2	2 W40	Patti Stewart-Garbrecht, 44	31:18	6:16
434	3	3 W35	Karin Glenn, 36	31:45	6:21

### Masters Men

690	4	1 M45	Jim Shields, 47	28:43	5:44
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### Masters Women

435	6	1 W45	Darien Andreu, 46	34:03	6:48
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### Grand Masters Men

167	13	1 M55	Page Ramezani, 56,	30:51	6:10
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### Grand Masters Women

625	16	1 W60	Elfrieda Wyner, 63	36:11	7:14
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### Super Masters Men

678	21	1	David Ohnsman, 62	32:00	6:24
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### Super Masters Women

336	62	1	Marilynn Koubek, 65	42:22	8:28
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ID#	PLACE	CLASS PLACE	FINISHER	TIME	PACE
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### Men 10 & Under

254	143	1	Brandon McCullough, 9	40:13	8:02
161	177	2	Wolfgang Podeyn, 8	41:57	8:23
201	237	3	Jonathan Thomas, 10	45:38	9:07
524	298	4	Dylan Nusche, 8	53:02	10:36
489	299	5	Kyle Runnefeldt, 8	53:02	10:36
433	320	6	Cole Eubanks, 9,	1:06:38	13:20
613	321	7	Aaron Frasier, 10	1:08:41	13:44

### Men 11 - 14

475	36	1	Jackson Gardner, 14	33:45	6:45
488	58	2	Cody Shaw, 13	35:27	7:05
508	60	3	Ben Bayles, 12	35:31	7:06
518	75	4	Jamey Sparkman, 12	36:39	7:20
202	81	5	Jacob Witt, 11	36:58	7:23
295	118	6	David Widergren, 14	38:59	7:48
535	132	7	Ben Egan, 11	39:35	7:55

380	133	8	Manuel Nunez, 12	39:37	7:55
289	144	9	Alex Swanson, 11	40:13	8:03
308	149	10	Andrew Brown, 13	40:25	8:05
679	166	11	David Ferman, 12	41:28	8:17
304	174	12	Nick Tison, 14	41:53	8:23
235	191	13	Tyler Trevino, 12	42:41	8:32
517	220	14	Matthew Jackson, 11	44:25	8:53
612	231	15	Troy Frasier, 14	45:03	9:01
90	254	16	Paul Kelley, 12	47:18	9:27
160	283	17	Richard Podeyn, 12	50:44	10:09
294	290	18	James Widergren, 12	51:06	10:13
297	291	19	Matt Tison, 11	51:15	10:15
72	323	20	Anthony Gravatt, 11	1:18:35	15:43

### Men 15 - 19

315	6	1	Tommy Fossa, 16	28:56	5:47
382	14	2	Tommy Brauer, 18	30:57	6:11
7	45	3	Matthew Worsham, 19	34:41	6:56
313	110	4	Jj Martinez, 15	38:42	7:44
428	116	5	Caleb Sanders, 16	38:55	7:47
713	163	6	D Cook, 16	41:23	8:16
175	200	7	Jerry Lavallee, 15	42:56	8:35
10	258	8	Jared Kazimar, 16	47:32	9:30
60	282	9	Adrian Diaz, 18	50:38	10:07
354	289	10	Robert Humphreys, 17	50:59	10:12

### Men 20 - 24

421	15	1	Jason Binette, 24	31:08	6:14
324	24	2	Robert Walker, 24	32:35	6:31
130	39	3	Nicholas Hvozda, 23	34:09	6:50
96	77	4	William Lineberry, 21	36:42	7:20
8	93	5	Seth Myers, 23	37:38	7:32
408	120	6	Brian Murray, 21	39:00	7:48
210	161	7	Jeffrey Sullivan, 24	41:18	8:16
195	162	8	Eric Wetzel, 24	41:21	8:16
179	228	9	John Cherneski, 23	44:53	8:59
116	261	10	Jacob Lusk, 20	47:53	9:35

### Men 25 - 29

197	8	1	Peter Mech, 27	29:41	5:56
463	19	2	Brian Stoos, 26	31:51	6:22
340	20	3	William Cuthbert, 26	31:55	6:23
412	23	4	Orestes Gutierrez, 29	32:28	6:30
430	26	5	John Funk, 28	32:50	6:34
465	30	6	Taylor Dewey, 25	33:08	6:38
129	32	7	Bradd Littleton, 25	33:19	6:40
525	34	8	Jonathan Oliff, 29	33:39	6:44
378	51	9	Chad Althiser, 29	35:07	7:01
377	56	10	Eric Williams, 27	35:26	7:05
234	72	11	Toby Gettler, 27,	36:30	7:18
123	73	12	Chris Ashbridge, 29	36:34	7:19
359	103	13	Michael Myers, 28	38:13	7:39
36	108	14	Dan Bigley, 28	38:26	7:41
101	121	15	Ian Gibson, 25	39:01	7:48
32	124	16	Sherman Carnes, 28	39:09	7:50
272	129	17	Josh Dixon, 26	39:28	7:53
107	137	18	Josh Harrison, 26	39:44	7:57
449	155	19	Eric Sager, 29	40:50	8:10
73	165	20	Christope Verbeeck, 29	41:25	8:17
207	171	21	Ryan McIntyre, 25	41:39	8:20
273	178	22	David Kophamer, 25	42:01	8:24
468	192	23	Michael Brower, 27	42:45	8:33
155	208	24	Brandon Hudson, 25	43:27	8:41
29	210	25	Brian Schmidt, 29	43:34	8:43



246	219	26	Bryan Meredith, 26	44:23	8:53
5	226	27	George Carpenter, 29	44:49	8:58
138	235	28	James Munro, 26	45:32	9:06
500	241	29	Matt Taylor, 26	45:49	9:10
530	242	30	Keith Trittschuh, 29	45:50	9:10
320	263	31	Joshua Cole, 27	48:24	9:41
396	270	32	Raam Sambandam, 29	48:54	9:47
323	304	33	Jerramy Burns, 28	55:33	11:07
56	317	34	Brian White, 29	59:04	11:49

#### Men 30 - 34

415	11	1	Francisco Dominguez, 34	30:19	6:04
663	16	2	Mills Ramseur, 34	31:18	6:16
387	29	3	Larry Smith, 31	33:07	6:37
6	33	4	Craig Herzog, 32	33:33	6:42
474	46	5	Thomas Gurrola, 30	34:42	6:56
213	65	6	Justin Demaree, 32	35:57	7:11
400	82	7	Carrell Whaley, 34	36:59	7:24
512	83	8	Sherwin Salla, 33	37:02	7:24
148	90	9	David Decamp, 32	37:32	7:30
457	91	10	Rob Flaris, 34	37:32	7:30
83	96	11	Mark Foret, 33	37:49	7:34
322	139	12	Sean Vick, 30	39:54	7:59
99	140	13	Brian Dixon, 30	39:57	7:59
607	158	14	Steven Thompson, 32	41:05	8:13
22	164	15	Brian Gifford, 31	41:24	8:17
19	172	16	Matt Enyedi, 32	41:41	8:20
328	179	17	Mitchell Archer, 33	42:01	8:24
223	181	18	Mark Gummerman, 34	42:06	8:25
470	198	19	Craig Martin, 34	42:55	8:35
211	211	20	Jonathan Lineberry, 32	43:41	8:44
70	224	21	Rey Romero, 31	44:36	8:55
389	238	22	Mike Horn, 32	45:40	9:08
459	250	23	Anthony Blunk, 31	46:29	9:18
311	260	24	Daniel Bryan, 31	47:45	9:33
515	274	25	Randy Richards, 34	49:17	9:51
694	278	26	Jeffrey Hicks, 34	49:50	9:58
33	287	27	Ricky Guzman, 31	50:58	10:11
12	294	28	James Vavrina, 30	52:31	10:30
15	295	29	Jeff Suits, 32	52:39	10:32
46	300	30	Josh Leinbach, 30	53:29	10:42
263	301	31	David Wakefield, 34	53:54	10:47
61	309	32	Jason Neumann, 31	56:00	11:12
251	313	33	Zachary Howe, 30	56:33	11:18

#### Men 35 - 39

487	5	1	Jose Dominguez, 35	28:52	5:46
228	9	2	Drew Kenny, 39	29:53	5:59
3	18	3	David Bonnette, 39	31:42	6:20
331	35	4	Gregory Reno, 35	33:43	6:45
13	37	5	Scott Olivolo, 37	33:46	6:45
301	42	6	Joseph Young, 37	34:28	6:54
41	54	7	Said Tawbe, 37	35:16	7:03
502	55	8	David Clarkson, 38	35:26	7:05
200	63	9	Michael Mineo, 35	35:48	7:10
165	68	10	Pete Ruhl, 39	36:21	7:16
270	69	11	Stuart Chalk, 39	36:21	7:16
9	74	12	Shawn Young, 35	36:35	7:19
64	86	13	Jesse Withrow, 35	37:14	7:27
402	88	14	Gregory Capson, 36	37:28	7:30
299	94	15	Karl Werenskold, 38	37:39	7:32
397	104	16	Ronald Williams, 36	38:21	7:40
375	112	17	Derald Sweatt, 39	38:44	7:45
538	113	18	Eric Conder, 35	38:47	7:45

240	122	19	Doug Smith, 35	39:01	7:48
374	127	20	Robert Buscemi, 39	39:16	7:51
342	128	21	David Oehl, 36	39:25	7:53
466	131	22	Shawn Roman, 35	39:34	7:55
360	135	23	Doug Skiles, 37	39:39	7:56
292	136	24	Tom Jackson, 37	39:40	7:56
367	142	25	Nick Asselta, 35	40:08	8:01
365	145	26	Joel Ballard, 35	40:19	8:04
266	146	27	Kevin Grant, 35	40:22	8:04
456	148	28	James Ortiz, 39	40:23	8:05
34	150	29	Jose Chavarria, 37	40:31	8:06
163	152	30	Arthur Sisk, 36	40:35	8:07
4	167	31	Joe Hess, 38	41:29	8:18
283	170	32	Bradley Shepherd, 39	41:36	8:19
390	186	33	John Stevens, 36	42:23	8:28
94	194	34	Michael Mandt, 39	42:48	8:33
190	201	35	Richard Shettler, 37	42:59	8:36
455	203	36	Frank Zollars, 35	43:04	8:37
540	217	37	Jeff Leininger, 37	44:13	8:50
353	249	38	Dennis Keeley, 39	46:29	9:18
264	251	39	Poul Pedersen, 37	46:31	9:18
25	252	40	James Morris, 39	46:37	9:19
172	253	41	Jeffery Lavallee, 39	46:44	9:21
467	269	42	Gary Wakefield, 36	48:51	9:46
214	293	43	Glenn Gsculthorpe, 37	52:11	10:26
149	296	44	Kenneth Jacobs, 37	52:41	10:32
504	322	45	Bill Wagner, 37	1:16:41	15:20

#### Men 40 - 44

120	17	1	Michael Strout, 43	31:38	6:20
620	25	2	Scott Silliman, 43	32:37	6:31
484	43	3	Joe Cooksey, 42	34:34	6:55
683	47	4	Mark Grubb, 41	34:48	6:58
671	48	5	Raymond Ramos, 42	34:55	6:59
673	57	6	Keith Poythress, 42	35:26	7:05
536	61	7	James Brooks, 42	35:45	7:09
398	67	8	Robert Ziegler, 42	36:16	7:15
674	84	9	Davey Jones, 42	37:11	7:26
453	87	10	Scott Land, 40	37:25	7:29
416	97	11	James Crean, 42	37:58	7:35
495	99	12	Gary Gills, 42	38:01	7:36
709	100	13	Kent Wilson, 44	38:06	7:37
414	102	14	Gerry Dabkowski, 43	38:12	7:38
285	106	15	Jerry Hillman, 43	38:23	7:40
80	115	16	Scott Shemensi, 42	38:52	7:46
17	119	17	Ceroma Love, 41	38:59	7:48







139	123	18	Gregory Lower, 41	39:06	7:49
182	134	19	Scott Poole, 41	39:38	7:55
659	160	20	John Kearney, 43	41:12	8:14
181	173	21	Marcus Ballard, 44	41:42	8:20
121	185	22	Sean O'Donovan, 40	42:19	8:28
170	187	23	David Moore, 40	42:28	8:30
401	190	24	Glen Hamilton, 42	42:39	8:32
52	193	25	William Sandifer, 43	42:47	8:33
419	195	26	Michael Kraft, 44	42:49	8:34
350	197	27	Timothy Carter, 41	42:50	8:34
241	202	28	George Johnston, 44	43:01	8:36
410	204	29	Dennis Heslin, 44,	43:04	8:37
344	205	30	Scott Kumm, 40	43:15	8:39
196	209	31	James Wade, 42	43:31	8:42
209	213	32	Jerry Simpson, 40	43:49	8:46
274	214	33	James Staggs, 44	43:49	8:46
145	215	34	Brian Stephens, 43	44:04	8:49
516	221	35	Guy Jackson, 41	44:25	8:53
131	223	36	Brent Miller, 41	44:33	8:55
395	230	37	Charles Doll, 41	44:59	9:00
150	232	38	Douglas Pickel, 44	45:14	9:03
403	233	39	Richard Dent, 43	45:16	9:03
712	234	40	Stephen Gillespie, 40	45:21	9:04
329	244	41	Danny Smith, 44	46:01	9:12
366	247	42	Donald Oakes, 42	46:23	9:16
432	267	43	Maurice George, 40	48:47	9:45

#### Men 45 - 49

69	7	1	Frank Sutman, 46	29:14	5:51
102	10	2	Chris Laduke, 45	30:04	6:01
381	12	3	Encarnacion Nunez, 45	30:20	6:04
666	22	4	Anthony Truitt, 47	32:02	6:24
194	41	5	Scott Meier, 46	34:22	6:52
496	44	6	Mark Cochran, 49,	34:36	6:55
640	49	7	Stephen Martz, 47	35:02	7:00
318	50	8	Ronnie Williams, 48	35:05	7:01
153	52	9	Maverick Brown, 45	35:14	7:03
491	64	10	Randy Arend, 45	35:57	7:11
35	66	11	Steven Tamburrino, 46	36:11	7:14
409	70	12	Zachary Scott, 48	36:26	7:17
442	76	13	Tony Fardella, 46,	36:39	7:20
522	78	14	Joey Williams, 47	36:44	7:21
393	80	15	Dan Moore, 45	36:46	7:21
21	85	16	William Lund, 46	37:11	7:26
429	92	17	Steve McMahon, 49	37:36	7:31
180	101	18	Steve Bruce, 49	38:11	7:38
277	125	19	Donald Maconi, 46	39:13	7:50
314	138	20	James Fossa, 45	39:45	7:57
676	141	21	Gil Flores, 49	40:07	8:01

451	147	22	Bruce Westerman, 46	40:22	8:04
427	159	23	Bill Sanders, 47	41:10	8:14
499	188	24	John Hirabayashi, 47	42:30	8:30
493	189	25	Tim Simpson, 48	42:37	8:31
664	196	26	Daniel Langston, 48	42:50	8:34
464	206	27	Jay Manner, 47	43:16	8:39
168	222	28	Mark Haynes, 46	44:29	8:54
639	225	29	Wayne Holder, 45	44:49	8:58
349	227	30	Anthony Harmon, 46	44:53	8:58
229	236	31	Arthur Harmon, 46	45:36	9:07
445	245	32	Bill Krause, 49	46:18	9:15
497	259	33	Glenn Shapanka, 47	47:34	9:31
627	264	34	Tom Rowley, 46	48:31	9:42
610	272	35	Joe Frasier, 46	49:03	9:49
503	277	36	William Tretina, 45	49:36	9:55
206	279	37	Mark Lay, 49	49:56	9:59
523	286	38	Kevin Ott, 48	50:58	10:11
50	292	39	Jon Braasch, 45	51:27	10:17
707	297	40	Timmy Silcox, 45	52:58	10:36
490	315	41	Hal Runnfeldt, 45	57:01	11:24

#### Men 50 - 54

638	27	1	Stephen Beard, 50	32:58	6:35
634	38	2	Paul Geiger, 53	33:53	6:46
680	40	3	Steve O'Brien, 51	34:11	6:50
645	59	4	Keith Holland, 50	35:29	7:06
708	62	5	John Hirsch, 54	35:47	7:09
198	89	6	George McNabb, 54	37:30	7:30
635	107	7	Edwin Higginbothan, 52	38:23	7:41
391	114	8	Lewis Buzzell, 54	38:49	7:46
284	117	9	Omar Stili, 53	38:57	7:47
309	151	10	James Reid, 52	40:34	8:07
117	153	11	Larry Lusk, 54	40:41	8:08
216	175	12	Curt Stubbs, 50	41:54	8:23
660	182	13	Robert Sroka, 53	42:13	8:26
472	184	14	Eddie Lynch, 51	42:15	8:27
147	218	15	Danny Drummond, 50	44:22	8:52
171	246	16	Gary Ledman, 52	46:21	9:16
215	248	17	Bob Buehn, 54	46:25	9:17
113	265	18	Chris Durden, 51	48:35	9:43
706	268	19	Tommy Bryan, 51	48:47	9:45
688	271	20	Layne Wallace, 51	49:00	9:48
392	276	21	Luis Rivera, 52	49:22	9:52
411	280	22	Wayne Hancock, 54	49:59	10:00
417	281	23	Kevin Terranella, 53	50:33	10:07
436	288	24	Ed Hardee, 54	50:59	10:12
62	310	25	Eddie Daniels, 50	56:00	11:12
506	312	26	Douglas King, 54	56:15	11:15

#### Men 55 - 59

704	28	1	Patrick Gaughan, 56	33:01	6:36
89	31	2	Manny Toro, 56	33:13	6:39
618	98	3	Steven Jennings, 56	37:59	7:36
248	109	4	Peter Carnochan, 55	38:27	7:41
643	111	5	Danny Weaver, 58	38:42	7:44
653	126	6	David Kelley, 59	39:14	7:51
603	130	7	Sandy Rosenberg, 58	39:30	7:54
303	154	8	Dennis Lee, 57	40:46	8:09
423	157	9	Ken Murphy, 57	40:57	8:11
714	168	10	Brent Cook, 56,	41:30	8:18
84	216	11	Peter Osterman Jr., 57	44:13	8:50
133	255	12	Rollins King, 58	47:19	9:28
626	257	13	Ron Turner, 55	47:26	9:29
630	262	14	Larry Roberts, 58	48:08	9:37

51	275	15	Bernie Powers, 55	49:18	9:52
187	318	16	Clinton Johnson, 59	1:01:19	12:16

#### Men 60 - 64

631	53	1	Frank Frazier, 63	35:15	7:03
616	71	2	Harvey Warnock, 64	36:27	7:17
483	79	3	Tom Graham, 62	36:45	7:21
684	95	4	John Deantonis, 61	37:42	7:32
307	105	5	Robert Turner, 62	38:22	7:40
609	156	6	John Gauer, 62	40:54	8:11
658	169	7	John Bowsman, 60	41:33	8:18
164	199	8	Roger Newman, 63	42:56	8:35
615	207	9	Jay Birmingham, 60	43:17	8:39
520	212	10	Walt Allen, 63	43:47	8:45
697	239	11	Kent Smith, 63	45:44	9:09
601	243	12	Freddy Fillingham, 64	45:53	9:11
106	256	13	Edward Olive, 62	47:23	9:29
677	306	14	Jim Pellot, 64	55:39	11:08
479	324	15	Larry Odonnell, 61	1:20:18	16:04

#### Men 65 - 69

341	176	1	Dan McDonald, 65	41:55	8:23
667	183	2	Ben Holland, 65	42:13	8:26
646	266	3	Gordon Slater, 66	48:42	9:44
422	302	4	Bob Moyer, 66	54:39	10:56
183	305	5	John TenBroeck, 65	55:38	11:07
43	308	6	George Mosely, 66	55:58	11:12
135	319	7	Charles Desrosier, 69	1:03:22	12:40
269	325	8	David Penland, 65	1:24:37	16:55

#### Men 70 - 74

527	180	1	Bo Wulbern, 73	42:05	8:25
115	284	2	Norman Wyner, 72	50:53	10:10
682	303	3	Al Saffer, 71	55:32	11:06
97	311	4	Harry Milliron, 73	56:06	11:13
100	316	5	Norman Thomas, 74	57:40	11:32

#### Men 75 - 79

526	240	1	Pat Gallagher, 75	45:48	9:09
656	273	2	John Aimone, 76	49:13	9:51
648	314	3	Bob Carr, 77	56:54	11:23

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

262	195	1	Victoria Wakefield, 8	53:53	10:47
424	266	2	Alysa Zumbach, 8	1:25:11	17:02

#### Women 11 - 14

278	12	1	Kristi Maconi, 12	35:31	7:06
157	14	2	Kayla Vinson, 13	35:58	7:11
482	17	3	Maryann Brown, 11	36:12	7:14
158	18	4	Marki Lyon, 14	36:34	7:19
82	30	5	Allison Shemenski, 14	38:52	7:46
486	33	6	Emily Cooksey, 12	38:59	7:48
287	40	7	Kelsey Branz, 14	39:26	7:53
650	41	8	Nancy Harms, 11	39:30	7:54
330	100	9	Chelsea Smith, 13	46:00	9:12
407	115	10	Clair Hall, 12	47:21	9:28
204	144	11	Alexandria Midgett, 12	48:34	9:43
173	249	12	Kourtney Lavallee, 12	1:09:16	13:51
203	251	13	Katherine Midgett, 14	1:11:27	14:17
514	256	14	Katie Stanley, 13	1:17:05	15:25

#### Women 15 - 19

492	60	1	Casey Simpson, 17	42:18	8:27
327	66	2	April Cook, 18	42:44	8:33
208	93	3	Ailsen Boley, 19	45:18	9:03
279	211	4	Mindy Maconi, 15	56:00	11:12

#### Women 20 - 24

371	4	1	Bonnie Kretchik, 22	33:23	6:41
124	34	2	Jamie Lunt, 22	39:04	7:49
68	54	3	Jessica McHenry, 22	41:15	8:15
385	57	4	Theresa Ledoux, 24	41:46	8:21
302	90	5	Jennifer Halter, 23	45:05	9:01
137	97	6	Nikki Yvrgartis, 21	45:32	9:06
288	110	7	Allison Bear, 20	46:59	9:24
271	137	8	Victoria Gynn, 24	48:25	9:41
369	150	9	Mandi Grigoriou, 23	48:55	9:47
184	165	10	Kirby Coleman, 22	50:33	10:06
95	186	11	Brielle Hernandez, 22	52:39	10:32
346	201	12	Hannah Simpson, 22	54:31	10:54
218	221	13	Rachel Myers, 23	58:13	11:39
178	228	14	Emily Kjellman, 23	59:04	11:49
140	229	15	Catherine Rogers, 24	59:04	11:49

#### Women 25 - 29

18	13	1	Angie Enyedi, 27	35:43	7:09
332	25	2	Lisa Newkirk, 29	37:47	7:33
452	43	3	Susan Etter, 26	39:45	7:57
711	46	4	Nicholle Fossati, 26	40:36	8:07
441	75	5	Stephanie Simoni, 25	43:40	8:44
696	77	6	Lindsay Bryant, 29	43:48	8:46
501	85	7	Heather Taylor, 26	44:19	8:52
420	86	8	Laura Smith, 26	44:33	8:54
40	89	9	Sherri Chung, 27	44:48	8:58
282	98	10	Angela Johnson, 29	45:48	9:10
386	102	11	Lisa Crowley, 27,	46:16	9:15
460	106	12	Carol Blunk, 28	46:40	9:20
343	112	13	Alicia Oehl, 27	47:08	9:25
310	123	14	Nita Bryan, 29	47:45	9:33
57	128	15	Laurel White, 28	47:55	9:35
338	143	16	Margaret Yarbrough, 25	48:32	9:42
370	149	17	Jennifer Roberdeau, 27	48:55	9:47
74	154	18	Rosa Rademakers, 27	49:29	9:54
78	155	19	Jennier Gass, 28	49:34	9:55
534	157	20	Courtney Harrell, 26	49:38	9:56
286	164	21	Jenni Riffle, 26	50:28	10:05
388	177	22	Cari Ciotta, 29	51:42	10:20
513	179	23	Amanda Jordan, 26	51:46	10:21
281	193	24	Enelda Negroni, 29	53:51	10:46
23	199	25	Jen Mitchell, 26	54:10	10:50
511	203	26	Renee Royal, 27	54:51	10:58
256	214	27	Patricia Barbisch, 27	56:33	11:18
364	219	28	Jennifer Weaver, 29	57:27	11:29
358	223	29	Jennifer Murnin, 27	58:25	11:41
431	233	30	Elizabeth Lyons, 26	59:59	12:00
49	236	31	Lyndy Dagdag, 25	1:00:05	12:01
71	252	32	Allison Gravatt, 26	1:12:18	14:28
247	255	33	Jamie Slater, 26	1:16:25	15:17
480	260	34	Colleen Odonnell, 27	1:19:28	15:54

#### Women 30 - 34

485	21	1	Barbara Carrico, 32	36:56	7:23
669	44	2	April Martin, 30	39:49	7:58
519	50	3	Roberta Tomlinson, 32	40:45	8:09
413	51	4	Kathleen Jasper, 32	40:50	8:10



63	53	5	Caranne Boden, 33	41:12	8:14
539	55	6	Vanessa Lain, 32	41:33	8:19
252	58	7	Candice Preston, 30	41:49	8:22
300	65	8	Amy Young, 33	42:44	8:33
426	68	9	Kimberly Williams, 31	42:50	8:34
30	74	10	Wendy Schmidt, 31	43:34	8:43
471	99	11	Leigh Rion, 30	45:49	9:10
93	108	12	Melissa Clarke, 30	46:43	9:21
458	109	13	Melanie Szuba, 34	46:50	9:22
333	118	14	Heather Melrose, 32	47:25	9:29
238	126	15	Tammie Wright, 31	47:52	9:34
151	136	16	Cara Richardson, 30	48:25	9:41
91	142	17	Mary Hulihan, 30	48:32	9:42
356	161	18	Pamela Lawrence, 31	50:04	10:01
339	169	19	Kymm Cothren, 30	50:48	10:09
276	173	20	Sheri Dart, 34	51:05	10:13
233	178	21	Jennifer Gruber, 34	51:43	10:20
321	192	22	Heather McDonald, 31	53:43	10:45
245	196	23	Tressa Miller, 31	53:54	10:47
316	202	24	Julie Nealey, 31	54:42	10:56
681	212	25	Phuong Nguyen, 33	56:13	11:14
14	216	26	Staci Suits, 32	57:06	11:25
122	218	27	Marina Cust, 31	57:17	11:27
373	234	28	Rebekah Hodges, 31	59:59	12:00
481	261	29	Shannon Odonnell, 30	1:19:28	15:54
478	262	30	Michelle Card, 31	1:20:19	16:04
47	264	31	Angele Leinbach, 30	1:20:20	16:04

#### Women 35 - 39

2	5	1	Denise Metzgar, 39	33:39	6:44
312	20	2	Sandra Nacoste, 37	36:43	7:20
319	22	3	Carrie Williams, 39	37:26	7:29
602	23	4	Sandra Foskey, 39	37:35	7:31
379	26	5	Christine Hokaj, 36	38:01	7:36
298	32	6	Melissa Werenskjold, 37	38:57	7:47
657	39	7	Kellie Howard, 38	39:16	7:51
399	49	8	Sue Ziegler, 35	40:39	8:08
505	56	9	Abby Butler, 36	41:34	8:19
702	59	10	Laura Tyler, 39	41:52	8:22
623	69	11	Ana Wallace, 39	42:52	8:34
222	70	12	Rhonda Gummerman, 35	42:57	8:35
437	79	13	Gabie Palazzolo, 37	43:53	8:46
104	91	14	Jennifer Roberts, 35	45:09	9:02
462	92	15	Susan Jones, 35	45:13	9:02
447	96	16	Pam Joyce, 36	45:27	9:05
239	103	17	Michele Smith, 35	46:16	9:15
217	111	18	Heidi Carr, 37	47:07	9:25
110	119	19	Lisa Collins, 36	47:25	9:29
699	120	20	Megan Brown, 37	47:34	9:31
152	124	21	Kelly Register, 35	47:47	9:33
672	127	22	Gayla Poythress, 38	47:53	9:34
169	129	23	Maria Moore, 38	47:57	9:35
509	152	24	Tammie Fields, 38	49:13	9:51

66	153	25	Pam Crumrine, 37	49:14	9:51
192	158	26	Danielle Smith, 39	49:43	9:57
521	162	27	Kim Bates, 39	50:06	10:01
37	167	28	Caroline Sabatella, 39	50:35	10:07
231	174	29	Tannahill Keymer, 37	51:18	10:15
347	176	30	Gigi Gonzales, 39	51:39	10:20
26	181	31	Elisa Morris, 36	51:51	10:22
355	210	32	Brenda Humphreys, 38	55:55	11:11
454	215	33	Susan Miller, 39	56:38	11:19
11	217	34	Kay Womack, 35	57:12	11:26
257	226	35	Amy Randall, 36	58:50	11:46
448	230	36	Patricia Esteban, 38	59:21	11:52
461	237	37	stephanie shingleton, 35	1:00:33	12:07
352	240	38	Shawn Keeley, 37	1:03:23	12:41
473	243	39	Lisa Eubanks, 35	1:06:51	13:22
236	258	40	Sheryl Trevino, 39	1:17:14	15:27

#### Women 40 - 44

617	7	1	Regina Taylor, 41	34:22	6:52
176	8	2	Alison Ronzon, 42	34:37	6:55
661	9	3	Celita Ricks, 42	34:59	7:00
405	10	4	Lisa Thomas, 42	35:17	7:03
637	15	5	Mary Turner, 40	36:07	7:13
701	19	6	Kathy Murray, 43	36:34	7:19
24	27	7	Jill Mero, 40	38:07	7:37
665	48	8	Lisa Keller, 41	40:38	8:07
127	61	9	Rebekah Gleason, 41	42:18	8:28
619	64	10	Kelly Komatz, 44	42:40	8:32
675	71	11	Jeanie Wilson, 41	43:20	8:40
647	73	12	Kelli McGreevy, 41	43:31	8:42
700	82	13	Bobbi Jo Carpenter, 41	44:08	8:50
267	88	14	Sarah McLevy, 40	44:35	8:55
528	95	15	Linda Wolfenbarger, 42	45:22	9:04
212	105	16	Antonia Steward, 41	46:38	9:19
345	116	17	Tracey Kumm, 43	47:23	9:28
265	130	18	Deedee Gisewhite, 40	47:59	9:36
695	131	19	Margaret Tyburski, 44	48:07	9:37
159	134	20	Pamela Bulka, 41	48:13	9:38
112	140	21	Joyce Durden, 41	48:29	9:42
111	147	22	Sherry Gonyon, 40	48:47	9:45
92	148	23	Joanne Seach, 43	48:51	9:46
296	151	24	Judy Widergren, 44	49:00	9:48
531	156	25	Paula Burch, 40	49:36	9:55
191	159	26	Robin Shettler, 42	49:45	9:57
132	160	27	Carol Miller, 43	49:59	10:00
469	166	28	Loretta Terranella, 40	50:33	10:07
219	172	29	Lesley Jones, 41	50:58	10:12
476	175	30	Jonie Davis, 40	51:31	10:18
105	188	31	Lorraine Hughey, 42	53:06	10:37
45	191	32	Esther Daulton, 43	53:41	10:44
443	197	33	Liz Cutrone, 41	53:56	10:47
67	204	34	Brenda Hancock, 42	54:55	10:59
641	206	35	Laura Lane, 41	55:38	11:07
507	207	36	Pam Gornick, 42	55:39	11:08
670	224	37	Michelle Ramos, 41	58:33	11:43
177	231	38	Darleen Dorchnic, 42	59:30	11:54
439	235	39	Cindy Witty, 43	1:00:04	12:01
698	238	40	Trish Kabus, 40	1:01:19	12:16
611	241	41	Cheryl Frasier, 43	1:06:32	13:18
357	246	42	Suzanne Hickey, 44	1:07:51	13:34
174	250	43	Kathy Lavallee, 42	1:09:20	13:52
221	253	44	Lori Lott, 42	1:12:34	14:31
541	259	45	Susan Stanley, 41	1:17:36	15:31
25	267	46	Judi Zumbach, 40	1:25:17	17:03



### Women 45 - 49

652	11	1	Bonnie Brooks, 45	35:29	7:06
687	24	2	Jody Dolan-Aldrich, 45	37:39	7:32
438	31	3	Melody Sallette, 48	38:56	7:47
691	35	4	Mary Ann Sinex, 46	39:05	7:49
418	36	5	Kim Crist, 49	39:06	7:49
662	37	6	Denise Dailey, 48	39:06	7:49
42	42	7	Theresa Kamajian, 48	39:36	7:55
649	47	8	Susan Harms, 46	40:36	8:07
703	67	9	Barbara Whitter, 48	42:47	8:33
383	72	10	Sonja Brauer, 45	43:27	8:41
261	76	11	Mary Algire, 48	43:42	8:44
384	80	12	Debbie Adams, 49	44:00	8:48
533	81	13	Daryl Laroche, 45	44:08	8:49
134	94	14	Kimberly Lundy, 48	45:18	9:04
39	101	15	Rita Chilton, 46	46:16	9:15
444	104	16	Ann Krause, 48	46:24	9:17
109	107	17	Nancy Duffy, 45	46:40	9:20
38	113	18	Lois Corbett, 49	47:20	9:28
406	114	19	Kim Hall, 45	47:21	9:28
48	121	20	Priscilla Saleeby, 47	47:40	9:32
244	133	21	Rebecca Brown, 49	48:13	9:38
237	138	22	Elisa Jacque, 45	48:26	9:41
628	141	23	Jackie Rowley, 45	48:30	9:42
651	145	24	Laurie Ricciardi, 47	48:40	9:44
255	146	25	Gertrude Neff, 49	48:44	9:45
156	168	26	Regina Bielawski, 48	50:46	10:09
166	170	27	Kim Anthony, 46	50:55	10:11
259	171	28	Cathy Reidy, 48	50:57	10:11
404	180	29	Sheri Dent, 45	51:49	10:22
125	184	30	Janet Tellier, 47	52:20	10:28
705	187	31	Natalie Bryan, 48	52:40	10:32
242	209	32	Danielle Schreiber, 45	55:41	11:08
498	225	33	Sandra Shines, 49	58:47	11:45
529	232	34	Carrie Howell, 48	59:57	11:59
280	244	35	Gaye Maconi, 49	1:06:58	13:24
624	248	36	Bette Korkos, 48	1:07:59	13:36
188	254	37	Rachel Nieves, 48	1:16:24	15:17

### Women 50 - 54

199	28	1	Barbara McNabb, 54	38:18	7:39
98	29	2	Janet Lavoie, 51	38:37	7:43
260	45	3	Nancy Martin, 50	40:32	8:06
716	52	4	Diane Jacobs, 51	40:54	8:11
372	63	5	Jeanette Kretchik, 50	42:38	8:31
532	83	6	Ann Laroche, 52	44:15	8:51
685	84	7	Bonita Golden, 50	44:16	8:51
622	87	8	Donna Rettini, 54	44:34	8:55
290	122	9	Diane Racine, 51	47:41	9:32
715	135	10	Robin Deblake, 50	48:16	9:39
232	194	11	Maureen O'Sullivan, 50	53:53	10:47
693	198	12	Patti Pownall, 54	53:56	10:47
103	205	13	Mary Conely, 51	55:32	11:06
642	208	14	Risa Doria, 51	55:41	11:08
306	213	15	Chin-Chih Ward, 54	56:13	11:15

### Women 55 - 59

450	38	1	Susan Branley, 59	39:14	7:51
146	78	2	Maureen Barrett, 55	43:50	8:46
446	125	3	Carol Palmer, 55	47:49	9:34
710	139	4	Holly Hosch, 55	48:28	9:42
225	163	5	Pat Noonan, 57	50:15	10:03
88	185	6	Susan Vanderlinde, 59	52:29	10:30
128	189	7	Kim Leinbach, 57	53:29	10:42
604	200	8	Dotti Cahill, 55	54:15	10:51

636	227	9	Maureen Weiler, 58	59:00	11:48
220	245	10	Nina Milam, 57	1:07:25	13:29
305	257	11	Susan Malanowski, 57	1:17:14	15:27
477	263	12	Clancy Odonnell, 55	1:20:19	16:04

### Women 60 - 64

689	117	1	Susan Wallace, 64	47:25	9:29
440	132	2	Pheona Kaiser, 63	48:07	9:37
250	182	3	Corrine Silverton, 60	52:01	10:24
186	183	4	Jeanette Johnson, 61	52:14	10:27
108	190	5	Ann Olive, 60	53:39	10:44
293	220	6	Ginger Frazierfrench, 64	58:01	11:36
253	222	7	Helen Cash, 62	58:16	11:39
621	247	8	Dorothy Rashba, 62	1:07:59	13:36

### Women 65 - 69

136	239	1	Patt McEvers, 65	1:03:22	12:40
268	265	2	Cynthia Penland, 65	1:24:31	16:54

### Women 75 - 79

655	242	1	Diane Aimone, 76	1:06:44	13:21
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# LOS ANGELES MARATHON

By Trish Kabus

Just about race time of the St. Patty's Day run in the Evergreen Cemetery, I was on the west coast getting prepared to catch the Metrorail to the start of the Los Angeles Marathon. It was cold and rainy the day before but the morning of the race it was clear but a chilly 43 degrees. I didn't plan on chilly weather so I bought gloves at the Expo. I was able to borrow a throw-away shirt and cut a old t-shirt to tie around my head to keep my ears warm. Kent had taught me this little trick. I wasn't the most fashionable runner at the start line, but I was warm.

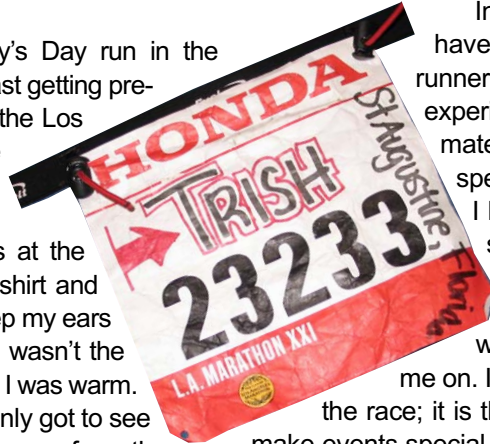
The marathon itself was fun. We certainly got to see a lot of LA, which I wouldn't have gotten to see from the car. I saw a few things that I had never seen before. At mile 23, Nike sponsored a sock exchange. You could trade the socks you were wearing for new ones. I didn't take advantage of this because my feet were not bothering me and I didn't want to take any chances. Another new sight at each of the water stops was large boards with big mounds of Vaseline. You just used your finger and swiped some to use. I didn't try this either. The thought of sharing this community Vaseline with 20,000 other runners didn't interest me.

Another new item available was to have your name printed on your bib. I registered late, so I didn't have that option but

I was able to write it in. Everyone had their names visible so the crowds were great about cheering the runners on by name. This was a nice touch!

In all the marathons I have run, I always have befriended another back-of-the-pack runner along way and end up sharing the race experience with them. There were approximately 25,000 runners and another 2 million spectators and not one runner spoke to me. I have never felt so lonely in a crowd that size. I ran the Guana 50K Relay the following weekend. Much of that run I was completely by myself but I knew there were about 60 other participants cheering me on. It just goes to show that is isn't the size of the race; it is the commodore of the other runners that make events special.

I was certainly lucky to be able to participate in 3 interesting LA area races in the past several months but I think it is time to find a new place to explore. ●



## Tidbits of Interest

### MEMORIAL DAY 5K VOLUNTEERS NEEDED

The Florida Striders Track Club is looking for enthusiastic and energetic people to help out with this seasons' race calendar. Never volunteered before? No problem. Our core group of seasoned volunteers will make you feel at home and teach you the ropes in no time at all. It's a fun way to get involved in local running community, meet new people, and support our Club's goals. Whether you're interested in helping out at one race or all four of our races, we welcome your participation and commitment to making the Striders races fun for everyone. Gary Hallett is the Volunteer Coordinator. Please contact Gary Hallett for more details at 213-7758 or stridervolunteer@aol.com.

### WRITERS WANTED

The StirdeRight is looking for a few good people to write a monthly column that profiles the fascinating members of our club. Get to know other members and contribute to your newsletter at the same time. Contact Trish Kabus at StrideRightEdit@aol.com if you are interested. ●

Please send any Tidbits of Interest, you would like to share with us to StrideRightEdit@aol.com.



The Florida Striders Track Club  
Annual Picnic & Board of  
Directors Election

**APRIL 23**

**APRIL SOCIAL  
& ANNUAL  
PICNIC**





# MEMORIAL DAY 5K

AND ONE-MILE FUN RUN



## Green Cove Springs, Florida

Monday, May 29, 2006



*To dilute the will to win is to destroy the purpose of the game. There is no substitute for victory.*

*~ Douglas MacArthur*



### RACE INFORMATION

**START AND FINISH:** Race starts and finishes at Spring Park in Green Cove Springs, Florida  
5k race starts at 8:00 a.m., Fun Run starts at 9:00 a.m.

**ENTRY FEE:** \$14.00 before May 20, \$17.00 May 20 thru 29, \$20.00 Day of race.  
\$2.00 discount for Military and Florida Striders before May 28, \$2.00 discount for personal ChampionChip.  
T-shirts guaranteed for all preregistered runners. **Make check payable to: Memorial Day 5k.**

**No discounts or personal ChampionChips allowed for day of race registration. No refunds.**  
Fun Run is free with awards to all finishers. Registration for fun run is free and open to kids and parents.

### PACKET PICK UP AND REGISTRATION:

Packet pick up and registration at all First Place Sports locations, 3931 Baymeadows Road, 550-7 Wells Road in Orange Park, or 424 South Third Street in Jacksonville Beach. Race hotline 904-731-1900

Register online at Active.com. See our website, [www.FloridaStriders.com](http://www.FloridaStriders.com), for more information including course map, directions to the race, and club information!

**Mail entry form to: Memorial Day 5k, 2314 Casablanca Ct, Middleburg, Florida 32068-7719**

### AWARDS:

Top three male and female, Top 3 Masters male and female, First Green Cove Springs residents male and female, and Top 3 male and female ages: 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, and 80 & over.



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# Memorial Day 5k

## OFFICIAL ENTRY FORM

Official Use Only

First Name															Last Name															Put your ChampionChip Number here and deduct \$2.00														
Age on race day		SEX		shirt size				E-mail address for confirmation and up to date race information																																				
Street address															Include Apt. #		Entry Fee \$ _____																											
CITY															STATE		ZIP CODE																											
TELEPHONE NUMBER															<input type="checkbox"/> Baymeadows Road <input type="checkbox"/> Jax Beach <input type="checkbox"/> Orange Park <input type="checkbox"/> Day of race only		Discount for chip \$ - _____ Strider discount \$ - _____ Make Checks Payable and mail to: Memorial Day 5k, 2314 Casablanca Ct Middleburg, FL 32068-7719 AMOUNT PAID WITH ENTRY \$ _____																											

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 Releases 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.

Please sign here. (parent must sign if participant is under 18 years of age)

Date signed



### NEW MEMBERS

Bonnie Alexander  
 Mary Algire  
 Diane Allala  
 Anthony Anderson  
 Mitchell Archer  
 Joel Ballard  
 Gidget Bennett  
 Larry Branz  
 Natalie Bryan  
 Tommy Bryan  
 Carri Carter  
 Gwendolyn Castelli  
 Stuart Chalk  
 Suzanne & Kaely Church  
 Teresa Cromedy  
 Lauren & Tyler Daniel  
 Alisa Davenport  
 Katie Deen  
 Renee Dodge  
 Veronica Flores  
 Larry Flynn  
 Mark Foret  
 Darrin Handsome  
 James Henderson  
 Rosa Hewlett  
 Alaina Holton  
 Drew Kenny  
 Mark Lay  
 Bradd Littleton

April Martin  
 Angel McSwain  
 Jerry Nealey  
 Jake Nelson  
 Tammy Penland  
 Bonnie Pennington  
 Sharon Pentaleri  
 Eugene & Watsie Petree  
 Pati Quanlan  
 Amanda & Valerie Roper  
 Sandy Rosenberg  
 Kylee Rossano  
 Dawn Ruebel  
 JoAnne Seach  
 Brian Stephens  
 Denise Stuart  
 Nicole Sullivan  
 Diane Taylor  
 Rena Towsley  
 David Wakefield  
 Ana Wallace  
 Lisa Weiler  
 Paul Witkowski  
 Mary Yeomans

### RENEWING MEMBERS

Kim Ball  
 J.D. Beck  
 Rebecca Brooks  
 Bob Buehn

David & Susan Caldwell  
 Peter & Susan  
 Carnochan/Malone  
 Vicky, Jim, Tori & Marissa  
 Connell  
 Del & Kathy Conner  
 Denise Dailey  
 Judith Daniel  
 Carolyn & Tom Disher-Ryan  
 Leslie & Cliff Doucette  
 Freddy Fillingham  
 Paul & Gene Geiger  
 Dawn Hagel  
 Jerri & Ernie Hamm  
 Teresa Hankel  
 Jack Hayes  
 Tom & Shirley Henkel  
 Jim, Rob, John, Mike &  
 Debbie Hoffman  
 Diane Jacobs  
 Mark Johnson  
 Jim Kelley  
 Jim & Kathy Klein  
 Janet LaVoie  
 Miller McCormick  
 Patt McEvers  
 John, Denise, Chelsea &  
 Cameron Metzgar  
 Dick & Elke Miller  
 Bill & Dot Mitchell  
 Bob & Judy Moyer

Kathy Murray  
 Kathleen Ngo  
 Rex & Wendy Patterson  
 Grady Pauley  
 Pat Raiford  
 Raymond & Michelle  
 Ramos Jr  
 Brett & Layne Ray  
 Celita Ricks  
 Paul & Marge Ruebush  
 Al Saffer  
 Sally Sawicki  
 Scott Seibler  
 Mary Louise Shannon  
 Eugene, Jasa, Cody &  
 McKenna Shaw  
 Kent Smith  
 Nadine Thomas  
 Sheryl Trevino  
 Holly & Fletcher Turner  
 Gerry & Margaret Tyburski  
 Danny & Anne Weaver  
 Rexxmann Wier

### MULTI-YEAR RENEWALS

Patricia Czarnecki  
 Steve Edgell  
 Annie White  
 Michael & Linda Marcet

# Striders at the Races

# RACE RESULTS

To get your race results published, email [epstewart2002@yahoo.com](mailto:epstewart2002@yahoo.com)

## **CAPTAIN "CHUCK" CORNETT MEMORIAL NAVY RUN 10K NAS Jacksonville April 1, 2006**

John Metzgar	33:31	
		1st Overall Male
Patty Stewart-Garbrecht	39:27	
		1st Overall Female
David Bonnette	40:12	1st A/G
Patrick Gaughan	41:44	
		Masters Male
Stephen Beard	42:22	1st A/G
Paul Geiger	42:41	2nd A/G
Gary Hallett	42:56	2nd A/G
Steve O'Brien	44:17	
Susan Miller	44:21	
		3rd Overall Female
Keith Poythress	44:22	
Bonnie Brooks	45:06	
		Masters Female
Celita Ricks	45:22	1st A/G
Frank Frazier	45:38	1st A/G
Kathy Murray	46:30	2nd A/G
Kim Hoyt	46:36	1st A/G
Kayla Vinson	46:58	1st A/G
Doug Tillett	48:05	
Danny Weaver	49:32	3rd A/G
Lewis Buzzell	49:48	
Thom Henkel	49:57	
Denise Dailey	49:58	2nd A/G
Mary Ann Brown	50:17	2nd A/G
Richard Horton	50:52	
Paul Berna	51:12	
Nancy Martin	51:33	1st A/G
Jd Smith	53:07	
Barbara Whitter	53:57	
Janet LaVoie	54:38	2nd A/G
John Bowsman	54:51	
David Kelley	55:32	
Earl Vinson	55:33	
Mike Lindell	55:51	
Robert Meister	56:57	1st A/G
Gary Ledman	57:10	
Doug Barrows	1:00:23	
Freddy Fillingham	1:00:24	
John Aimone	1:01:59	1st A/G
Pat Noonan	1:03:14	1st A/G
Gayla Poythress	1:03:57	
Suly Lopez	1:07:35	

Shirley Henkel	1:07:36	
Tom Ryan	1:10:55	
Ginger Frazier-French	1:13:54	3rd A/G
Diane Aimone	1:23:14	1st A/G

## **NAVY RUN 5K WALK**

Everett Crum	38:46	1st A/G
Sheryl Trevino	52:10	2nd A/G
Richard Allen	52:15	1st A/G
Elke Miller	52:16	2nd A/G
Jenny Allen	52:20	1st A/G
Darlene Simmons	53:30	1st A/G
Irene Herbertson	54:05	1st A/G
Stephanie Griffith	54:30	
Carolyn Disher	55:00	1st A/G
Debbie Kennedy	55:01	
Dick Miller	58:02	2nd A/G
Patt McEvers	NTA	
Charles Desrosier	NTA	
Marie Bendy	NTA	
Betty Cornett	NTA	
Bill Cornell	NTA	

## **FLEET FEET 5K Fernandina Beach April 1, 2006**

Wendy Patterson	22:01	
		1st O/A Female
Jd Beck	29:21	1st A/G
Susan Stanley	43:26	
Josh Stanley	43:23	2nd A/G

## **CATFISH RUN 5K Crescent City April 1, 2006**

Elfrieda Wyner	22:24	1st A/G
Gerry Tyburski	27:03	
Jerry Hiatt	27:41	2nd A/G
Donna Hiatt	28:09	1st A/G
Margaret Tyburski	32:01	
Norm Wyner	32:45	2nd A/G

## **COOPER RIVER BRIDGE RUN Charleston, SC April 1, 2006**

Kent Smith	1:00:11	
Trish Kabus	1:23:29	

## **BOSTON MARATHON Boston, MA April 17, 2006**

Bruce Holmes	3:14:12	
Mark Woods	3:16:28	
Gary Hallett	3:24:58	
Terry Sikes	3:29:06	
Sung Ho Choi	3:29:25	
Hernando DeSoto	3:49:57	
Rexx Weir	4:11:21	

## **SPARTAN RUN 5K St Johns Country Day School Orange Park April 22, 2006**

Justin Jacobs	16:09	
		1st O/A Male
Bill Dunn	18:23	
		Masters Male
David Bonnette	19:06	1st A/G
Bob Boyd	19:56	1st A/G
John Metzgar	19:57	1st A/G
Stephen Beard	20:00	1st A/G
Regina Taylor	20:57	
		Masters Female
Keith Poythress	20:59	2nd A/G
Raymond Ramos	21:25	3rd A/G
Celita Ricks	21:40	1st A/G
Frank Frazier	21:42	1st A/G
Randy Arend	21:43	
Kathy Murray	22:10	2nd A/G
Lewis Buzzell	23:05	
Kim Crist	23:51	1st A/G
Gil Flores	23:53	
Sandy Rosenberg	24:02	2nd A/G
John Gauer	24:58	2nd A/G
Freddy Fillingham	28:18	3rd A/G
Gayla Poythress	29:11	2nd A/G
Tom Sullivan	31:18	1st A/G
Dottie Cahill	33:01	1st A/G
Robert Grimmig	34:29	
Michelle Ramos	37:52	
Spencer Mollnow	55:13	2nd A/G

**Due to space limitations, the FSTC membership application was not included in this issue. Please see, <http://www.floridastriders.com/appintro.htm>.**

# Jacksonville's Running Community Mourns the Loss Of Two Of Its Own... Delaware's Gain, Jacksonville's Loss...

In a horrific crash of wills, Hercules Corporation has managed to wrest **Frank Sutman & Lillian Lawless** from us. Their remains will reside in Delaware until further disposition of their estate.

As a celebration of their lives and for what they have brought to the running community, we declare **Sunday, June 11th** as **Bon Voyage Frank and Lil Day**.

Those of us who wish to pay our last respects are invited to the wake to view them in person. Doug and Jane Alred have graciously opened up their home for the occasion.

Food and drink will be provided by the church of Runtology. Small donations left at the casket will help us defray some of the expenses. Please feel free to bring an entree or a side dish, and a comfy chair to sit on.

The viewing will commence at 1:00 pm and last until Doug and Jane run us off. Address: **3710 Beauclerc Road, Jacksonville.**

If you have questions, please call Matt Ross, 268-8392 or e-mail hartross@bellsouth.net

## 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 Seasonal	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	Danny Weaver (904) 287-5496
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



# May Race Calendar

Published as a service. Accuracy is not guaranteed. If you would like your race listed:  
Contact either Ken Bendy, RRCA Southern Director (904) 278-2926 Email kbendy@aol.com  
or Mike Bowen, RRCA State Rep (N. Florida) 850-452-6711 (day) 850-3081953 (eve) Email  
Michael.s.bowen@gmail.com, website [http://www.geocities.com/rrca\\_north\\_florida](http://www.geocities.com/rrca_north_florida).

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

DATE	EVENT	TIME	LOCATION	CONTACT
May 6	Meals On Wheels 5K	7:30 a.m.	LPGA International Daytona Beach	(888) 252-6110 ext. 240 Council on Aging Volusia Cty
May 6	12th Annual Shrimp Fest 5K	8:00 a.m.	Atlantic & S. Fletcher Ave. Fernandina Beach	(904) 261-1080 dshepherd@firstcoastymca.org McArthur Family YMCA
May 6	Run for Cover 5K	8:30 a.m.	Bay Street Duval County Courthouse - Jax	731-1900 First Place Sports
May 7	Dare To Go Bare 5K	8:30 a.m.	Lake Como Resort Land O' Lakes	(813) 949-1810 Lake Como Resort
May 13	JTC CASH in the Spring for RITA 5K	8:00 a.m.	Near Tinseltown Gate Parkway and Deerlake Drive West	731-1900 First Place Sports
May 13	Masters Track Meet	4:00 p.m.	Bolles School Jax	(904) 388-7860 or 384-8725 Jacksonville Track Club
May 20	Ravines Cross Country 5 Mile	7:00 p.m.	Ravines Country Club Middleburg	(904) 904-743-3161 Jacksonville Track Club
May 27	Blair Floyd Memorial 4-Mile Run	??	Downtown Palatka	info@bluecrabfestival.com
<b>May 29</b>	<b>Memorial Day 5K</b> <b>FREE ONE MILE</b> <b>FUN RUN</b>	<b>8:00 a.m.</b>	<b>Green Cove Springs</b>	<b>(904) 545-4638</b> <b>dbokros@comcast.net</b> <b>Florida Striders Track Club</b>
<b>Sept 9</b>	<b>Autumn Fitness</b> <b>FREE ONE MILE</b> <b>FUN RUN</b>	<b>8:00 a.m.</b>	<b>Kennel Club</b> <b>Orange Park</b>	<b>(904) 272-1770</b> <b>bobbydfl@comcast.net</b> <b>Florida Striders Track Club</b>
<b>Nov 11</b>	<b>Hog Jog 5K</b> <b>FREE ONE MILE</b> <b>FUN RUN</b>	<b>9:00 a.m.</b>	<b>Ronnie Van Zant Park</b> <b>Lake Asbury</b> <b>Middleburg</b>	<b>(904) 728-7759</b> <b>stevebruce@comcast.net</b> <b>Florida Striders Track Club</b>

# Pacing with Patti



BY PATTI STEWART-GARBRECHT

Well it is May already. Where does the springtime go? This is the time of year when we switch gears to focus on the shorter stuff. We all want to be ready for the fall marathons, but we cannot imagine racing anything longer than a 5K. This is the time of year when we all need to be motivated to train. Sometimes the motivation is hard to find when the overnight low is 75 degrees with 99% humidity. I happen to be motivated by exceptional people, especially those at the extremes of age who run well. I cannot tell you how excited I get when I see outstanding performances by kids. I want to mention one little girl in particular. **Sarah Heisner** is one of our West Coast Striders who is 11 yrs old. She ran the Carlsbad 5000 in a time of 19:53. It was a 3 minute PR. All I can say is WOW! What is even more amazing is that she was 4th in her age group. Is there something exceptional in the water in California? Actually the Carlsbad 5000 is probably the most competitive 5K in the country. What is amazing to me is that any 11 yr old girl can run that fast. Now let's consider another very amazing performance. At **Run to the Sun** **Elfrieda Wyner**, age 63 ran 36:11 for an age graded performance of 85.3%. From what I understand this lady has always been a speedy one, but this is phenomenal. She was way ahead of most of the women half her age. These people motivate me to train hard and stop complaining about the weather. So what motivates you? You know when it comes to racing it's all about the motivation....So now we're off to the races.

The first race of the month was the **Navy Run** in memory of Capt. Chuck Cornett a retired naval aviator who passed away last year. There was great Strider turnout and many overall and age-group winners. The race was won by retired **LCDR John Metzgar** in an outstanding time of 33:31 and active duty **LCDR Patti Stewart-Garbrecht** in a time of 39:27. I found it meaningful that the Navy run was won by Navy people. The overall Master's winners were **Patrick Gaughan** in a time of 41:44 and **Bonnie Brooks** in a time of 45:06. **David Bonnette, Stephen Beard, Celita Ricks, Frank Frazier, Kim Hoyt, Kayla Vinson, Nancy Martin, Robert Meister, John Aimone, Pat Noonan, and Diane Aimone** were all 1st place age-group winners. Congratulations to all the winners.

On that same day in Fernandina Beach **Wendy Patterson** won the **Fleet Feet 5K** in a time of 22:01. Great job to Wendy who turned 40 this year, but seems to be getting faster just the same.

**The Catfish Run 5K** in Crescent City was also April 1st. **Elfrieda Wyner** was our fastest strider in a time of 22:24 which was good enough for an age group win. This

was another outstanding age graded performance. **Diana Hiatt** was also won her age group in a time of 28:09.

Our very own Strider race **Run to the Sun** was held on April 15th. I understand that there were a record number of runners this year. It was a nice morning to start, but quickly warmed up. That didn't stop **Justin Jacobs** from turning in an impressive first place finish in a time of 26:25, followed by **John Metzgar** in 26:57. That is a very fast pace. I don't think I could run 100 meters at that pace. **Page Ramezani** was the Male Grandmasters Winner in a time of 30:51. In the women's race **Patti Stewart-Garbrecht** was the first Strider to cross the finish line in a time of 31:18 followed by her training partner **Karin Glenn** in a time of 31:45. Patti realizes that this sort of good fortune will not last once Karin (new mom to Robert) has more time to train. **Elfrieda Wyner** was the Female Grand Masters winner in a time of 36:11. **Age group winners included Frank Sutman, Stephen Beard, Patrick Gaughan, Frank Frazier, Denise Metzgar, Regina Taylor, Bonnie Brooks, Patt McEvers and Diane Aimone.** I would also like to mention and congratulate all of the runners from the Strider's Beginners Running class who finished their first race at Run to the Sun. And a personal congratulations to my protégés **Christine and James** who ran really well and are only going to get stronger and faster in the months to come. I would like to thank my new friend **Joe Connolly** for attending the race and supporting the club even though he was unable to run due to a recent heart attack that occurred during the Gate River Run. Joe is a real sweetie and we hope to see him out running again as soon as he is fully recovered.

Last but not least is the **(Continued on next page)** **Spartan Run** held April 22 in

Orange Park. Our fastest Strider was **Justin Jacobs** who ran the course unchallenged in 16:09. Our overall Masters winner who was also the second fastest Strider was **Bill Dunn** in 18:38. **Regina Taylor** was the women's Masters winner in a time of 20:57. Age group winners include **David Bonnette, Stephen Beard, Bob Boyd and his guide John Metzgar, Frank Frazier, Tom Sullivan, Christine Hokaj, Celita Ricks, Kim Crist and Dottie Cahill.** Congratulations to all.

On the road **Tom and Shirley Henkel** ran the Okefenokee Swamp Run on March 25th with Tom taking 1st in his age group. At the **Carlsbad 5000** in Carlsbad, CA, **John Heisner** ran 18:39 while his very fast daughter

# Pacing with Patti

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ran 19:53. **Sarah** also ran the 1 mile in 5:42 and John's younger daughter **Rachel** ran the 1 mile in 7:30. John, what are you feeding these kids? Fast Flakes for breakfast? We expect to see them both racing in Balboa park in the years to come. **Robert Shields**, age 71, ran the **Cary Road Race** in Cary, NC in a time of 35:14 and **Gil Flores** ran a PR at the **Springing the Blues 5K** in 23:28 which was good enough for 1st Masters.

Now for **Boston**....the marathon of marathons, the granddaddy of all modern day races. On an exceptionally perfect day with temps in the 50's we had seven Strider's make the trip from Hopkinton to Boston with our fastest Strider being **Bruce Holmes** in a time of 3:14. **Mark Woods** finished in a time of 3:16, **Gary Hallett** in a time of 3:25, **Terry Sikes** in a time of 3:29, **Sung Ho Choi** AKA Bruce in 3:29, **Hernando DeSoto** in 3:49 and **Rexx Weir** in a time of 4:11. Congratulations to all of our Striders who trained hard to qualify and run Boston.

Now for the monthly training tip; as the weather gets warmer it becomes increasingly important to stay well hydrated. We all know that, right?? Well hydration is important year around and hydrating during races is crucial. Unfortunately not many of us are good at drinking on the run at race water stops. Sip it the wrong way and you can feel like you are drowning in your Dixie cup. I would like to offer some tactics for water stops so that you can minimize the time it takes to hydrate during a race. First, like everything else in life it takes practice. The more you practice drinking in training runs the easier it will be in a race. In training for a marathon I would suggest that you do a short marathon pace run on a track or

other loop where you can stage water and practice drinking it on each lap. I have heard of people even setting up a small table with cups on the track to practice this skill. I am not sure that is necessary, but you can set a water bottle by the track and pick it up on your way around or better yet have a friend hand it to you on each lap. If you can ever get a friend or family member to ride a bike along with you they can hand you water as you run too. During a race you will probably have to master the art of drinking from a paper cup. The best way I have found to do this is to squeeze the sides of the cup together making a spout. It makes it a little easier for the water to find its way into your mouth instead of your nostrils that way. Take a breath in just before you attempt to drink, drink a sip, and then breathe out. This lessens the chance of the water ending up in your lungs instead of your stomach. The most important thing to remember is you should slow down as much as YOU need to and drink enough to stay hydrated. In a marathon, the time you lose slowing down to drink a cup of water will be saved in the final miles when you will not have to slow or stop due to dehydration. How much you actually drink is a very personal matter and also depends on the weather. Also remember that in a race, especially a large race, it is a good idea and good etiquette to take your water and then move out of the way to your right to make way for other runners coming through the water stop. And yes, it is OK to drop your cup when you are done with it. It is not considered littering. Someone (a race volunteer) will pick it up for you. So, good luck staying hydrated in races and I'll see you next month! ●

Please get your race times in as soon as possible if you want them published. You can send your times, trash & trivia by e-mail (preferred) to [epstewart2002@yahoo.com](mailto:epstewart2002@yahoo.com) or stay tuned for Patti's snail mail 1513 Maple Leaf Lane Orange Park, FL 32003



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You can contact us via e-mail at: [BobBoydFL@comcast.net](mailto:BobBoydFL@comcast.net)  
Florida RRCA Championship Races and various running related web site links can be found on the RRCA Southern Director's home page at <http://members.aol.com/rcahtml/rccarep.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>