



Volume 25, Number 7

STRIDERIGHT

Florida Striders Track Club



www.floridastriders.com



July 2006

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Summer is Here!!

This time of year is a GREAT time to buy fresh fruits and vegetables! Research

provided by the American Heart Association and the American Cancer Society recommends five to ten 1/2-cup servings of fruits and/or vegetables each day to decrease your risk for cancer and heart disease.

A Nutritious and Delicious Twist

By Nicole Sullivan UNF MSH/Dietetic Intern

Some tips for packing in the produce:

Start your day with a 6 oz. glass of juice and/or sliced fruit on your cereal (bananas, strawberries, peaches, etc)

Pack an apple, raisins, dried cranberries, or other dried fruits, sliced melon, and carrot stick and/or celery sticks in your to go bag for easy accessible nutritious snack to help give your body a healthy energy boost!

Remember summer is HOT!!! Stay hydrated before, during, and after your runs!

Dehydration is not limited only to the summer months, although it's probably more likely to occur during that time. Working out in hot, humid conditions promotes sweating, which in turn can cause dehydration. It is important follow these guidelines:

Two hours before your daily summer workout or a race, you should drink 16 oz of fluid.

Ten minutes or so before you start to run drink another one or two cups of water. Drinking early and drinking often is the key!

During a race you should drink 6 to 12 oz. of fluid every 15-20 minutes. If the weather is very hot, you may need to drink even more!

Training in warm weather, you should drink at least every 35 to 40 minutes.

Start drinking immediately after finishing a run, no matter if it was a race or a workout. Minimum is 16 oz. for every 30 minutes you ran. If you tend to sweat a lot, you'll need more!

Following is an easy recipe to get the nutrients your body needs by packing in the fresh fruits and vegetables!

Grilled Summer Fruit

by Giada De Laurentiis

Nonstick spray

3 firm but ripe nectarines,
halved, pitted

3 firm but ripe purple/black plums,
halved, pitted

3 firm but ripe red plums,
halved, pitted

6 metal skewers or thick wooden
skewers soaked in water 30 minutes
3 tablespoons sugar
*Other fruit substitutions can be apricots
and peaches

Spray the grill rack with nonstick spray
and prepare the barbecue (medium-high
heat). Thread 1 piece of each fruit on each
of 6 skewers so that the cut sides line up

and lay flat. Sprinkle the sugar over the cut
sides of the fruit. Let stand until the sugar
dissolves, about 10 minutes. Place the fruit
skewers on the grill cut side down. Grill the
fruit until it is heated through and
caramelized, about 5 minutes. Transfer 1
fruit skewer to each plate and serve.

http://www.foodnetwork.com/food/recipes/recipe/0,,FOOD_9936_33810,00.html

SEE PAGE 6 FOR A SECOND RECIPE



Prez Sez By Dave Bokros

Summer heat is hard to beat. All most of us can do is struggle through it. I enjoy a good sweat as much as anybody else, but we live in a place where it is exceptionally tough for your body to keep cool. Remember to hydrate well, not just during but also before and after! It is also important that you are getting more than just water. Water is essential, but if you are not replenishing your electrolytes your running can suffer even more, leaving you exceptionally crampy and even nauseous. Buy a case of your favorite sports drink, Gatorade, Powerade, or any good mix of electrolytes and sugars and keep them handy. I like to keep a cooler in my car so I have them during my workday. Even though I work indoors, I know that later that evening I will be out for a long run and will

have a much better time if I am properly hydrated. If you train with a heart rate monitor, you may notice your heart rate coming up quickly. Your heart has two major jobs-transporting oxygen and cooling your body. You will probably see it higher than usual in this heat for all your exertion levels but, if during a run your heart rate will not come up to where you know it should be, take the day off-your heart needs a little time out!

The upside to all of this is that even if you just maintain your base miles during the summer, you will be much stronger when it begins to cool off in the autumn. Be smart, have fun, and enjoy your time outside without worrying too much about your times or ability to do what you did when it was cooler. We want to see you all again at the races!

See you on the road! ●

Board of Directors' Minutes 6/13/2006

The meeting was called to order by Dave Bokros at 7:05 P.M. Directors absent were Jay Birmingham, Vicky Connell, John DeAntonis, Celita Ricks, and Patti Stewart-Garbrecht.

Minutes: Minutes from the May 9th meeting were accepted as published in the June StrideRight.

Treasurer's Report: George Hoskins presented the treasurer's report. Cash on hand as of May 31st is \$3,277.54. Total funds available are \$46,490.94 which includes 2 CDs. We are in the process of switching our funds from VyStar Credit Union to Compass Bank. The main account has been established, as have the 4 separate race accounts. One of our CDs will mature on 7/10/06. A discussion followed as to the possibility of reinvesting only a portion of the CD, thus increasing our cash on hand and our ability to further support our mission. Race expenses will increase next year as we will have to pay for the all the sheriffs who work at our races. George will research current CD rates and report at the July meeting. The May treasurer's report was accepted as presented.

Run to the Sun Race Report: Matt Ross, RTTS Race Director presented the RTTS Race Report. This was the best turn out ever with 651 entrants and 592 finishers. Last year there were 431 entrants. There was a net race profit of \$8,293.21. John Powers made a motion and the board passed it enthusiastically, thanking Matt for a great job on the race. Gary Hallett is taking over as the new RTTS race director. Sharon Pentaleri shared her concerns over the safety of the children running in the fun run. It is very congested, especially at the turn around and some runners fell. It was acknowledged that participation in the children's fun runs has increased and we may need to reevaluate the 1 mile route. The race report was accepted as presented.

Oakleaf Funding Request: The Children's Run Committee forwarded a \$500 grant request from the new Oakleaf School. This is the **Continued on page 6**

2005-2006 Board of Directors & Key Members

(Board Members marked with an *)

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Run to the Sun

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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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Taking a Vacation

So it's hot and you need a break from running, right? Isn't summer the perfect time for a vacation from the daily grind of running?

Nope!

Summer in Florida is a time when a serious runner (you) can make inroads to close the gap between you and your top rivals. It is one of those times when the pressure is off (PRs are unlikely in the heat--except in the sprints). Summer is a time for a long period of development.

Some recent columns have urged you to forego the latest sports drinks, supplements, and training gimmicks. Taking a vacation, mentally, means going back to the sheer joy of running with no pressure and no strain. Get out the door and enjoy every quarter mile.

Beating the heat is everyone's concern in summer and here are some tips: Stay wet. Sure, I know your socks are soaked after a couple miles from perspiration streaming down your legs. But few things are more refreshing than running through a sprinkler (sometimes stopping for 30 seconds to really get the effect). Another water-based trick is to splice your mileage together with a dip in a pool, the ocean, or a cool hot tub.

Yet another ploy to beat the heat is the spigot-to-spigot run. Most gas stations and convenience stores have a water faucet on the side of the building, as do apartment houses and some of your neighbor's homes. Turn a couple of runs

The Wide World of Running

By Jay Birmingham

per week into one- or two-mile stretches of run-stop-drink. Leave your watch at home and just stop before you get leg-weary.

A long run in summer can be grueling--unless you employ the Baggie-with-Bucks technique. Start your run with a zip-lock sandwich bag and five dollars. Route yourself past at least three convenience stores. With no particular urgency (these are not transitions in a triathlon), saunter in, buy a Gatorade, an ice cream bar, or a bottle of Nestles Chocolate Milk (low-fat!). You may add six to ten minutes to your 20 miler but you will stay in a great frame of mind and will be readying your body for those fall marathons.

Now, how about that vacation? I've head a few hundred excuses on why an otherwise dedicated runner had to skip a week or two of training because of a vacation. You can probably guess (or repeat) a few of these alibis. To this, I say, "Pshaw!!" In the words of the great Ted Corbitt, "a good runner can run anywhere."

It's true. You can (should) unfold yourself, after hours on a plane or in a car, and shuffle around for 15-20 minutes. Where? In a quiet concourse. Around an Interstate rest area. Circling your motel. Or out-and-back in any strange city. Corbitt coined the term "token run", a modest strideout of a couple hundred yards. With each stride, you feel better, more normal. My favorite vacation running pattern is to set up camp in a state park or national forest, go out for a few miles, eat, sleep, then start the next day with another run in a new direction.

With determination, it is possible to get in MORE training mileage while on vacation than while lounging about at home.

You get the idea. If you truly need a break, take one. Otherwise, determine that you will cover lots of soggy summer miles, giving yourself no options. A runner runs, a swimmer swims, a card player plays cards. Be a runner. ●

Jay Birmingham has run tens of thousands of miles in Florida summers and raced effectively at places like the Mojave Desert and Death Valley.

Runner's Quiz By Jay Birmingham

1. In what state did Jim Ryun run his first sub-four minute mile? (Ryun was the first HS athlete to break 4:00--he placed 8th in the race.)

2. Three US distance runners from a single track club made the 1972 Olympic Team. Name them, their club, and their events.

3. Name the California runner who competed for the USA in the 1952 and 1956 Olympics, placing sixth in '56 in the 10,000.

NEW MEMBERS

Lori Brownell
Kris Corpus
Bonita Golden
Donald & Gaye Maconi
Phuong Nguyen
Kevin & Marietta Ott
James & Cathy Reidy
Vicki Ross

Curtis & Jennifer Stubbs
AJ Thompson

RENEWING MEMBERS

Rebecca Brown
Amy Davis
John Hirsch
Trish Kabus

Bob Kennedy
James Kissinger
Kimberly, Jack, Stephanie
& Michael Lundy
Dorsey "Bryce" Motes
Jennifer & Quinn Roberts
Terry Sikes
Melinda & Kevin Terry
Philip Trast
Lupita Trujillo-Thieman

Thomas Warren
Sharilyn Womack

MULTI-YEAR RENEWALS

Chuck Ellis
Tellis Martin
Micki, David &
Danny Gibson



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California-based Max Muscle Sports Nutrition is the premier sports nutrition franchise company in America, offering superior products and advice and counseling about health, fitness, and nutrition. We are expanding rapidly throughout the country, and have already opened our first store in Orlando with a second scheduled to open this summer in Jacksonville.

We are looking for qualified people with a passion for health and fitness to own and operate single and multi-units. If you would like to learn more about this exciting opportunity, call **Vince Bagni, BVB Enterprises, Inc.**, at (904) 280-9430.

BOARD OF DIRECTORS MINUTES

Continued from page 2

seed money to help them establish a children's running program. Mike Ford, board member and Oakleaf PE teacher, stated that the money helps with the initial expenses of the club such as, paper, index cards, hole punches, and incentives for the students such as "toe tokens," trophies and t-shirts. Mike also shared that the Clay County junior high schools will have cross country clubs this fall and hope to have their last meet be the Striders' Hog Jog in November. A motion was made and passed to fund the \$500 grant request from the Oakleaf School.

Kids Day 2006: Dr. Otto is organizing a Kids Day/Health Fair on September 23rd at Middleburg High School. He contacted the Striders for help with the kids' fun run. Questions were asked to clarify whether this is a Strider sponsored event or is he just looking for a few volunteers to help. Either way, there is no financial commitment. Dr. Otto estimates 300 children will participate in the run. Mike Ford volunteered to contact Dr. Otto for more detailed information. This topic was tabled for the time being.

Autumn Fitness 5K Proposed Budget: Dave Bokros presented the Autumn Fitness 5K proposed budget that was turned in by Bob Boyd, Race Director. A motion was made and passed to accept the race budget as presented.

2007 Race Calendar: It is time to decide on dates for next year's races. The Autumn Fitness will move to January 13, 2007. A new name for this race has yet to be determined. The Run to the Sun - April 14th or 21st, Memorial Day - May 28, and the Hog Jog - November 10th. The date for the Hog Jog needs to be checked against the dates for the regional/state high school cross country meets. Dave will also check these dates with Doug Alred/1st Place Sports to avoid any possible conflicts. Further discussion was tabled.

Strider's Web Site: Mike Mayse initially created our web site and JD Smith is the current web keeper. A motion was made and passed by the board to thank both Mike and JD for a fantastic job with our web site. We would like to see it become more user friendly and more high tech. A motion was made and passed to look at having it updated/revamped.

Board of Directors' Personal Information: Dave Bokros informed us that names, phone numbers and email addresses for all board members is listed in the Strider newsletter and on the website. He asked if anyone wanted to have this information removed. All board members in attendance were okay with the information as currently listed. Discussion tabled.

General Discussion: John Metzgar has agreed to lead a 1/2 Marathon Training Class in the fall. Since Bob and Vanessa are away for 6 months, we are not sure when the next beginning runners' class will be held.

Sharon Pentaleri, Mike Ford and Dave Bokros will work together to address the safety issues of our very popular children's fun runs. Changing the location of the starting line or even the route are 2 possible options.

The meeting was adjourned at 8:50 P.M. ●

Respectfully submitted,
Kim Lundy

Social Coordinator Needed

The Florida Striders are currently seeking a new social coordinator for socials, parties, and get-togethers. Kent Smith has been doing this job faithfully for many years and it is only fair that we give Kent some time to enjoy his time without worrying about what he is going to do with all the leftover plates and cups from the last social! This position does not have to be a board member and would be a great opportunity to meet the Florida Striders you have not met and have a great time in the process! Interested parties can contact Dave at 904-688-0993 or Dbokros@comcast.net.

RECIPE

Continued from page 1

Chickpea and Roasted Vegetable Salad

1lb 2oz. orange sweet potato,
peeled and cubed
2 red peppers, halved
4 slender eggplants, halved lengthwise
4 zucchini, halved lengthwise
4 onions, quartered
canola or olive oil spray
2-10 1/2 cans of chickpeas, drained and rinsed
2tbs. chopped Italian (flat-leaf) parsley

DRESSING:

1/2 cup fat-free Italian dressing
1 garlic clove, crushed
1tbs. chopped thyme

Preheat oven to 425°. Line two baking sheets with baking paper and lay out the vegetables in a single layer. Lightly spray with oil.

Bake for 40 minutes, or until vegetables are tender and brown slightly on the edges. Cool.

Chop the pepper, eggplant and zucchini into pieces, put vegetables, chickpeas, and half of the parsley in to a bowl.

Whisk together the dressing ingredients. Season with salt and freshly ground black pepper, then toss with the vegetables. Leave for 30 minutes, and then sprinkle with the rest of the parsley before serving.

*May roast vegetables on grill. ●

1st Day of Summer - Hot Weather Running Tips

June 21, 2006 marked the first official day of summer, also known as the summer solstice or longest day of the year in the northern hemisphere. To celebrate the first day of summer, the Road Runners Club of America wanted to remind the running community about the importance of following our hot weather running tips. Running in the heat of summer can be dangerous if proper precautions and preparations are not followed.

1. Avoid dehydration!!! You can lose between 6 and 12 oz. of fluid for every 20 minutes of running. Therefore it is important to pre-hydrate (10-15 oz. of fluid 10 to 15 minutes prior to running) and drink fluids every 20-30 minutes along your running route. To determine if you are hydrating properly, weigh yourself before and after running. You should have drunk one pint of fluid for every pound you're missing. Indications that you are running while dehydrated are a persistent elevated pulse after finishing your run and dark yellow urine. Keep in mind that thirst is not an adequate indicator of dehydration.

Visit Gatorade Endurance's site at <http://www.itsonthecourse.com>. You will find great tools for developing a hydration strategy and coupons for Gatorade Endurance.

To stay hydrated on your run, consider using one of the many products designed by FuelBelt, Inc, "The Official Hydration Delivery System of the RRCA". Find them online at <http://www.fuelbelt.com>.

2. Avoid running outside if the heat is above 98.6 degrees, body temperature, and the humidity is above 70-80%. While running, the body temperature is regulated by the process sweat evaporating off of the skin. If the humidity in the air is so high that it prevents the process of evaporation of sweat from the skin, you can quickly overheat and literally cook your insides from an elevated body temperature.

3. When running, if you become dizzy, nauseated, have the chills, or cease to sweat... STOP RUNNING, find shade, and drink water or a fluid replacement drink such as Gatorade. If you do not feel better, get help. Heatstroke occurs when the body fails to regulate its own temperature, and the body temperature continues to rise. Symptoms of heatstroke include mental changes (such as confusion, delirium, or unconsciousness) and skin that is red, hot, and dry, even under the armpits. Heatstroke is a life-threatening medical emergency, requiring emergency medical treatment. For more information and symptoms of heatstroke visit <http://www.webmd.com/content/article/87/99468.htm>.

4. Run in the shade whenever possible, avoid direct sunlight and blacktop. When you are going to be exposed to the intense summer rays of the sun, apply at least SPF 15 sunscreen and wear protective eyewear that filters out UVA and UVB rays. Consider wearing a visor that will shade your eyes and skin but will allow heat to be transferred off the top of your head.

5. If you have heart or respiratory problems or you are on

any medications, consult your doctor about running in the heat. In some cases it may be in your best interests to run indoors. If you have a history of heatstroke/illness, run with extreme caution.

6. Children should run in the morning or late afternoon hours, but should avoid the peak heat of the day to prevent heat related illnesses. It is especially important to keep children hydrated while running and playing outdoors in the heat.

7. DO wear light colored breathable clothing. DO NOT wear long sleeves or long pants or sweat suits. Purposefully running in sweat suits on hot days to lose water weight is dangerous!

8. Plan your route so you can refill water bottles or find drinking fountains. City parks, local merchants, and restaurants are all good points to incorporate on your route during hot weather running. Be sure to tell someone where you are running how long you think you will gone, and carry identification.

Stay hydrated, cool, and safe this summer! ●

The Road Runners Club of America is a non-profit organization of over 700 running clubs and 175,000 members across the United States. The RRCA chapters organize races, have training runs, provide safety guidelines, promote children's and masters fitness running programs, and have social programs. <http://www.RRCA.org>

Merchandise Coordinator

Since our current Merchandise Coordinator has graciously agreed to be our treasurer, the board of directors, with a little polite reminder from George Hoskins, is looking for a new merchandise coordinator. The job does not entail a tremendous amount of inventory but does require the merchandise coordinator to maintain an inventory large enough to accommodate upcoming races, work with the membership director to get free shirts to new members and to man the table at Strider races or at least find responsible parties to do so. I can imagine that we may get a merchandise coordinator that may want to run the races, as well. Interested parties can contact Dave at 904-688-0993 or Dbokros@comcast.net. ●



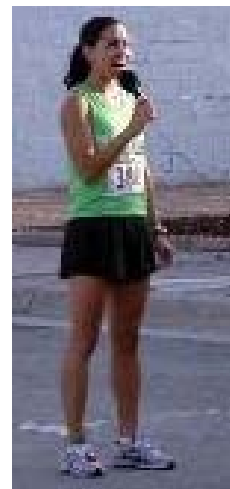
Memorial Day 5k

It was my first time out of the blocks as a race director and I have many people to thank for their efforts! First and foremost, Frank Sutman and Lillian Lawless for their guidance and expertise. They keep impeccable records for every year and it made it much easier to handle! John Powers, Julie Runnfeldt, Vanessa Boyd, John Tenbroeck,

Jeff Nelson, Mike Ford, JD Smith, Mike Mayse all did an outstanding job as coordinators but the numerous volunteers both Striders and others are too numerous to mention here but know that we appreciate you all very much!

We had a record turnout this year with a total registration topping the 600 mark and 511 finishers! The largest prior Memorial Day was just under 500 total.

There are various reasons for this increase, but this is a



good thing! If these events continue to grow, imagine the number of children that we can keep active and imagine, down the road, how many more scholarships we can award!

There were, of course, some hiccups. Julie, I would have paid admission to see you running down the street from June Rood's house with an armload of toilet paper- way to hustle! It is an absolute pleasure to be involved with a group of folks that care this much about what they are doing and it makes what could be a tedious job an awful lot of fun!

I received many phone calls from runners that had never heard of the race, before, and even met a few! We hope to see you all at the next Strider race!

And to all those that ran, hats off to you and keep coming out! From the first runner and walker across the line to the very last, we enjoy every single one of you and want to see you again and again. And for those of you seeking to PR or take home that trophy, we all enjoy the competition I think as much as you do and look forward to the increase in race size and exposure bringing more talent to the races than ever before!

Remember, it's hard to push yourself to the next level when you are in front!

See you all next year!

-Dave Bokros, Race Director





CLASS					
ID#	PLACE	PLACE	FINISHER	TIME	PACE
Open Men					
529	1	1	Tyrone Bell, 22	15:37	5:02
336	2	2	Brian Shrout, 32	16:04	5:10
2	3	3	Justin Jacobs, 23	16:08	5:11
Open Women					
10	1	1	Kim Pawelek, 32	17:58	5:47
380	2	2	Michelle Krueger, 30	19:06	6:09
552	3	3	Kaitlyn Iselborn, 15	19:46	6:22
Masters Men					
3	4	1	John Metzgar, 43	16:22	5:16
14	14	2	Chris Laduke, 45	17:59	5:47
258	15	3	Frank Sutman, 46	18:01	5:48
Masters Women					
25	9	1	Regina Taylor, 41	21:15	6:50
312	10	2	Alison Ronzon, 42	21:23	6:53
410	11	3	Celita Ricks, 42	21:48	7:01
Grand Masters Men					
13	21	1	Page Ramezani, 56	18:27	5:56
Grand Masters Women					
231	24	1	Janet Lavoie, 51	23:24	7:32

CLASS					
ID#	PLACE	PLACE	FINISHER	TIME	PACE
Men 3 - 10					
202	118	1	Zachary Adcock, 10	24:14	7:48
571	144	2	Kobie Nelson, 9	25:41	8:16
43	225	3	Jonathan Thomas, 10	29:58	9:39
477	231	4	Frankie Carmody, 10	30:28	9:48
276	238	5	Kyle Runnfeldt, 8	31:10	10:02
114	243	6	Adam Robert, 8	32:00	10:18
21	245	7	Aaron Frasier, 10	32:23	10:25
580	247	8	T J. Jakubowski, 10	32:47	10:33
210	249	9	Travis Martinez, 7	32:51	10:34
252	285	10	Thor Brantly, 10	41:03	13:13
Men 11 - 14					
200	61	1	James Merritt, 14	20:45	6:41
398	77	2	Nathan Bradley, 14	21:47	7:00
518	83	3	David Ferman, 12	22:06	7:07
426	90	4	Jacob Witt, 11	22:40	7:18
578	114	5	Jamey Sparkman, 12	24:02	7:44
293	120	6	Kristopher Corpus, 12	24:21	7:50
286	129	7	Aaron Esteban, 12	24:50	7:59
24	141	8	Troy Frasier, 14	25:36	8:14
375	143	9	Nicholas Tison, 14	25:40	8:16
499	151	10	Harrison Stubbs, 14	26:22	8:29
64	166	11	Matthew Jackson, 11	26:51	8:38
479	194	12	Josh Smith, 13	28:21	9:07
257	259	13	Danny Vansickle, 13	33:29	10:47
450	271	14	Greg Castelli, 11	35:52	11:32
107	295	15	Colton Kidde, 14	53:37	17:15
Men 15 - 19					
349	5	1	Johnathan Esteban, 17	16:28	5:18
267	7	2	Francisco Garcia, 16	16:31	5:19
400	11	3	Tommy Fossa, 16	17:46	5:43
345	12	4	Cameron Dickerson, 16	17:54	5:46
444	13	5	Rob Hoffman, 19	17:58	5:47
259	17	6	James Porter, 17	18:11	5:51
562	18	7	Tommy Brauer, 18	18:16	5:53
520	31	8	Jeremy Ferman, 15	19:09	6:10
483	32	9	Joshua Hyde, 17,	19:11	6:10
471	50	10	John Sword, 16	20:29	6:35
326	55	11	Stewart Collins, 19	20:36	6:38
545	68	12	Chris Martin, 15	21:07	6:48
325	69	13	Scott Collins, 16	21:08	6:48
208	89	14	Jj Martinez, 15	22:38	7:17
441	105	15	Cameron Metzgar, 16	23:38	7:36



147	119	16	Jared Mathis, 16	24:14	7:48
575	124	17	Travis Hartzog, 18	24:39	7:56
190	233	18	Brian Frey, 16	30:32	9:50

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8	8	1	Rob Finch, 23	16:49	5:25
567	34	2	Jason Binette, 24	19:18	6:13
323	56	3	Robert Walker, 24	20:37	6:38
517	79	4	Mark Herbert, 23	21:50	7:02
341	85	5	Raju Vyas, 21	22:19	7:11
352	95	6	Seth Myers, 24	22:54	7:22
535	99	7	Nick Crist, 21	23:07	7:26
583	121	8	Daniel Brower, 23	24:24	7:51
219	132	9	Paul Elliott, 24	24:58	8:02
104	148	10	Kelley Hewlett, 23	26:03	8:23
344	208	11	Bryan Ricke, 22	29:11	9:24
478	276	12	Sean Phillips, 21	36:09	11:38

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572	19	1	Jonathan Oliff, 29	18:16	5:53
183	23	2	Pavlo Kuzyk, 26	18:39	6:00
348	26	3	David Meyers, 26	18:54	6:05
512	28	4	Jason Langston, 28	19:03	6:08
539	33	5	Bill Cuthbert, 26	19:12	6:11
162	35	6	Bradford Risner, 26	19:20	6:13
430	40	7	Bradd Littleton, 25	19:48	6:22
250	46	8	Dimitar Kouchev, 26	20:20	6:33
343	51	9	John Funk, 29	20:30	6:36
431	66	10	Sherman Carnes, 28	21:05	6:47
377	100	11	Michael Myers, 28	23:14	7:28
264	155	12	Shawn Layton, 28	26:25	8:30
243	163	13	Aaron Trovillion, 29	26:38	8:34
568	186	14	Brian Gauquier, 26	27:49	8:57
212	264	15	Michael Ames, 27	34:08	10:59
468	281	16	Jesse Olmstead, 28	38:04	12:15
95	291	17	Nick Chodzinski, 26	49:32	15:56

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4	6	1	Shawn Williams, 30	16:28	5:18
585	10	2	Howard East, 30	17:40	5:41
135	27	3	Orestes Gutierrez, 30	18:59	6:06
476	45	4	Frank Carmody, 32	20:18	6:32
37	48	5	Mills Ramseur, 34	20:25	6:34
52	128	6	Matt Enyedi, 32	24:50	7:59
373	145	7	Jonathan Lineberry, 32	25:55	8:20
384	175	8	Craig Martin, 34	27:17	8:47
296	184	9	Edward Weiser, 34	27:35	8:52
433	187	10	Richard Tygrest, 34	27:50	8:57
418	206	11	James Vavrina, 30	29:09	9:23
565	213	12	William Roberts, 32	29:32	9:30
528	222	13	Robert Camp, 32	29:54	9:37
420	223	14	Jeff Suits, 33	29:55	9:38
504	226	15	Robert Walthour, 34	30:14	9:44
211	248	16	Rob Rock, 31	32:48	10:33

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5	9	1	Joey Pinto, 35	17:19	5:34
338	20	2	Paul Wilson, 37	18:23	5:55
198	37	3	Judson Walker, 35	19:31	6:17
559	38	4	Matthew Aprea, 35	19:38	6:19
414	39	5	David Bonnette, 39	19:38	6:19
555	41	6	Richard Fannin, 38	19:50	6:23
554	42	7	Chris Neri, 36	19:52	6:24
74	44	8	Scott Olivolo, 37	19:59	6:26
542	70	9	Said Tawbe, 37	21:12	6:49

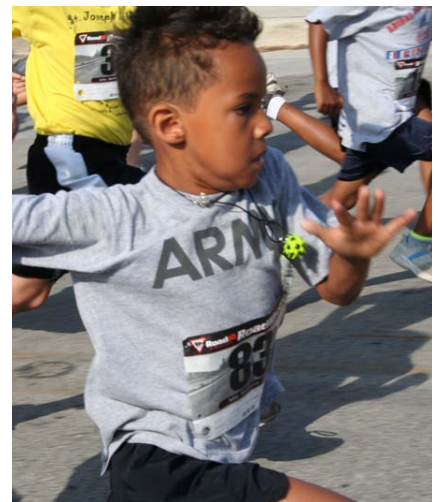


541	73	10	David Clarkson, 38	21:25	6:53
362	97	11	Edward Johnson, 39	23:05	7:26
56	98	12	Michael Mineo, 35	23:06	7:26
457	107	13	Manuel Ortiz, 39,	23:47	7:39
101	109	14	Tom Gildersleeve, 36	23:51	7:40
188	111	15	Nick Asselta, 35	23:58	7:43
182	125	16	Michael Mandt, 39	24:39	7:56
392	131	17	Tim Geoghagan, 35	24:56	8:01
494	149	18	Gerald Stephens, 37	26:10	8:25
141	157	19	Mac Heavener, 39	26:30	8:32
550	158	20	Earl Conder, 35	26:32	8:32
470	159	21	Richard Shettler, 37	26:32	8:32
164	165	22	Bill Johnson, 37	26:47	8:37
176	179	23	Gary Wakefield, 36	27:21	8:48
576	181	24	Pat Farenga, 38	27:27	8:50
480	195	25	Ty Thomas, 38	28:21	9:07
415	216	26	Darrin Handsome, 35	29:45	9:34
157	217	27	Hans Geevers, 35	29:45	9:34
226	232	28	Jeff Whitmer, 37	30:30	9:49
186	235	29	Kenneth Neikirk, 39	30:50	9:55
153	240	30	Michael Gessner, 36	31:35	10:10
214	241	31	Glen Barnes, 39	31:40	10:11
115	244	32	Paul Robert, 37	32:13	10:22
161	255	33	Edward Henshaw, 39	33:24	10:45
361	263	34	Jimmy McCall, 37	33:49	10:53
240	272	35	David Jackson, 39	35:56	11:34
239	289	36	Michael Mavnyengwa, 35	47:24	15:15
128	290	37	Eddie Mullins, 37	47:51	15:24
99	293	38	Chris Garcia, 38	49:58	16:05
120	297	39	Sean Stampfle, 35	54:58	17:41
109	299	40	Darryl McIntire, 39	55:22	17:49
112	301	41	Raymond Ponce, 36	55:47	17:57

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379	24	1	Dean Krueger, 40	18:49	6:03
333	29	2	Michael Dahlin, 42	19:04	6:08
34	53	3	Scott Silliman, 43	20:32	6:36
405	54	4	Keith Poythress, 42	20:34	6:37
304	63	5	Mark Grubb, 41	20:51	6:42
355	67	6	Raymond Ramos, 44	21:06	6:47
524	74	7	Todd Pye, 40	21:37	6:57
236	81	8	John Pennypacker, 40	21:52	7:02
309	88	9	Scott Keller, 41	22:37	7:17
454	91	10	Ceroma Love, 41	22:47	7:20
168	96	11	Mark Ivanowski, 43	23:04	7:25
314	103	12	Scott Shemenski, 42	23:23	7:31
1903	113	13	Elbert Shubert, 42	24:01	7:44

577	116	14	Chris Staggers, 44	24:09	7:46	316	161	18	Anthony Harmon, 46	26:36	8:34
262	136	15	Nathaniel Parker, 40	25:18	8:08	492	171	19	Jon Braasch, 46	27:02	8:42
191	152	16	Jim Johnston, 41,	26:24	8:30	163	180	20	Ramon Perdomo	27:25	8:49
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78	154	18	Douglas Pickel, 41	26:25	8:30	23	183	22	Joe Frasier, 46	27:31	8:51
502	164	19	Ronald Reinhardt, 42	26:44	8:36	481	189	23	Larry Branz, 47	27:55	8:59
281	167	20	Robbie Milligan, 42	26:52	8:39	566	196	24	Stephen McNally, 45	28:22	9:08
358	169	21	Gregory Crews , 41	26:56	8:40	170	218	25	Nathan O'Nora, 45	29:46	9:35
62	170	22	George Johnston, 44	26:57	8:40	413	224	26	Glenn Klauer, 48	29:58	9:39
199	177	23	Brian Stephens, 43	27:18	8:47	294	227	27	Kevin Ott, 48	30:16	9:44
88	190	24	Bill Dailey, 41	28:01	9:01	459	236	28	Joe Politano, 45	30:56	9:57
251	198	25	Maurice George, 40	28:40	9:14	268	250	29	Terry Harris, 48	32:58	10:36
350	229	26	Bruce Kane, 44	30:25	9:47	461	252	30	Bill Krause, 49	33:12	10:41
189	237	27	Tony Frey, 40	31:06	10:00	218	269	31	Walter Dereu, 48	35:16	11:21
581	242	28	Thomas Jakubowski, 40	31:46	10:13	117	287	32	Dan Scharman, 49	42:52	13:48
527	254	29	Tim Clay, 44	33:18	10:43	Men 50 - 54					
519	258	30	Len The Juggling Guy, 42	33:28	10:46	30	47	1	Stephen Beard, 50	20:20	6:33
536	267	31	Jerry Hulshult, 44	34:28	11:05	324	59	2	Dan Holloway, 51	20:39	6:39
66	273	32	Guy Jackson, 41	35:58	11:34	340	60	3	Allan Smith, 50	20:41	6:39
94	280	33	Thomas Campbell, 40	37:19	12:01	149	65	4	Del Conner, 53	21:01	6:46
125	283	34	Romel Bass, 43	39:22	12:40	408	75	5	John Hirsch Jr, 54	21:39	6:58
173	284	35	Paul Witkowski, 41	39:24	12:41	41	76	6	Steve O'Brien, 51	21:45	7:00
253	286	36	Keith Brantly, 44	41:03	13:13	551	82	7	Hanson Jim, 52	22:03	7:06
123	292	37	Jeff Ardle, 40	49:58	16:05	80	106	8	Lewis Buzzell, 54	23:41	7:37
02	294	38	Kelly Hermening, 44	51:52	16:41	295	112	9	Ed Hardee, 54	24:00	7:43
215	298	39	Kevin Brown, 43	55:17	17:48	514	117	10	Charles Mann, 51	24:13	7:48
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12	16	1	Bill Dunn, 48	18:05	5:49	307	126	12	Paul Berna, 50,	24:42	7:57
11	22	2	Chris Burns, 46	18:28	5:56	556	133	13	Ricardo Montoya, 53	25:03	8:04
18	25	3	Jim Shields, 48	18:53	6:05	194	135	14	Eddie Lynch, 51	25:17	8:08
289	36	4	Edward Bates , 49	19:29	6:16	498	156	15	Curtis Stubbs, 50	26:30	8:32
238	49	5	Michael Wachholz, 48	20:27	6:35	451	162	16	David Albritton, 54	26:38	8:34
285	58	6	Terry Sikes, 49	20:39	6:39	452	172	17	Danny Drummond, 50	27:03	8:42
317	62	7	Steven Tamburrino, 46	20:47	6:41	587	173	18	Rocky Womack, 50	27:10	8:45
464	71	8	Steve Edgell, 48	21:16	6:50	207	176	19	Jim Cardosi, 51	27:17	8:47
284	84	9	William Penninoton, 49	22:14	7:09	428	185	20	Bob Buehn, 54	27:44	8:56
148	86	10	Kent Mathis, 45	22:34	7:16	407	197	21	Michael Parnell, 51	28:37	9:12
311	93	11	Steve Bruce, 49	22:53	7:22	532	202	22	Donald Chapman, 51	28:49	9:16
460	94	12	Charles Blackston, 47	22:54	7:22	216	205	23	Ken Chamberlain, 54	29:09	9:23
154	101	13	William Lund, 46	23:15	7:29	424	209	24	Jim Connell, 50	29:29	9:29
177	108	14	Lee Jones, 49	23:47	7:39	586	211	25	Tom Brandles, 50	29:30	9:29
510	130	15	Todd Link , 45	24:54	8:01	330	214	26	Layne Wallace, 51	29:39	9:33
143	137	16	Mark Forbes, 45	25:18	8:08	266	219	27	Mark Lay, 50	29:48	9:35
385	142	17	Tim Simpson	25:38	8:15	297	220	28	Gerry Tyburski, 50	29:51	9:36



229	221	29	om Wynn, 53	29:54	9:37
86	228	30	Jim Nasella, 52	30:21	9:46
249	256	31	Dennis Adams, 51	33:27	10:46
235	270	32	Thomas Ryan, 51	35:22	11:23
327	282	33	Dick Collins, 51	39:04	12:34
105	300	34	Michael Kethman, 52	55:47	17:57

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60	30	1	Bruce Holmes, 58	19:06	6:09
237	52	2	Herbert Taskett, 58	20:31	6:36
75	57	3	Manny Toro, 56	20:38	6:38
399	64	4	Patrick Gaughan, 56	20:53	6:43
291	78	5	Jon Anderson, 59	21:47	7:01
544	92	6	Don Martin, 56	22:50	7:21
275	102	7	Patrick Fox, 57	23:17	7:30
298	110	8	Quincy Masters, 55	23:58	7:43
455	123	9	James Ferrer, 55	24:37	7:55
369	127	10	Sandy Rosenberg, 59	24:45	7:58
184	134	11	Jerry Bennett, 55	25:07	8:05
197	140	12	Michael Fitzsimmons, 57	25:35	8:14
397	146	13	Glenn Batteiger, 57	25:56	8:21
553	147	14	Lathell Blaine, 56	25:59	8:22
546	160	15	Dan Benz, 58	26:35	8:33
367	174	16	Glenn Hanna, 56	27:12	8:45
466	192	17	Harold Johnson, 58	28:03	9:02
434	201	18	Lathun Brigman, 56	28:46	9:15
222	204	19	Graham Keefe, 57	29:02	9:21
277	212	20	Wayne Hancock, 55	29:31	9:30
63	260	21	Houston Tucker, 56	33:34	10:48
439	268	22	Terry Bell, 58	34:28	11:06

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26	43	1	David Ohnsman, 62	19:55	6:24
31	80	2	Frank Frazier, 62	21:51	7:02
27	87	3	Harvey Warnock, 64	22:34	7:16
28	104	4	John Deantonis, 62	23:32	7:34
365	115	5	Paul Smith, 64	24:07	7:46
17	138	6	John Gauer, 62	25:22	8:10
534	139	7	Neal Cohen, 61	25:33	8:13
530	178	8	Doug Barrows, 62	27:20	8:48
406	193	9	Jay Birmingham	28:18	9:06
339	199	10	Ed Kelly, 60	28:41	9:14
403	200	11	Kent Smith, 63	28:43	9:15
16	207	12	Freddy Fillingham, 64	29:10	9:23
516	251	13	Art Johnson, 60	33:09	10:40
557	257	14	Stan Scarlett, 64	33:28	10:46
45	261	15	Ron Elinoff, 63,	33:47	10:52
569	278	16	Burness Morris, 63	36:36	11:47
549	296	17	Tony Broyles, 60	54:50	17:39

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279	72	1	Carl Prater, 65	21:16	6:51
411	150	2	Jack Hayes, 65	26:19	8:28
151	188	3	Benjamin Holland, 65	27:55	8:59
283	203	4	Bobby Greene, 66	28:59	9:20
169	230	5	Philip Trast, 68	30:26	9:48
185	234	6	Harold Jackson, 66	30:35	9:50
15	239	7	Gordon Slater, 66	31:22	10:06
322	262	8	Stewart Geiger, 69	33:47	10:52
85	266	9	John Tenbroeck, 65	34:24	11:04
48	275	10	George Mosely, 66	36:06	11:37

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36	253	1	Al Saffer, 71	3:15	10:42
50	265	2	Robert Shields, 71	34:22	11:04

513	277	3	Harry Milliron, 74	36:26	11:43
447	279	4	Blaise Castelli, 71	36:50	11:51

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342	168	1	August Leone, 76	26:53	8:39
303	215	2	John Aimone, 76	29:40	9:33
280	246	3	Tim Blount, 77	32:33	10:28

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77	288	1	Joe Connolly, 81	5:41	14:42
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394	90	1	Hannah Steward, 8	29:47	9:35
521	116	2	Shira Ferman, 9	33:26	10:46
537	126	3	Abby Hulshult, 10	34:28	11:06
97	196	4	Erika Ellis, 10	51:55	16:42
588	208	5	Elia Mestas, 10	1:00:07	19:21

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505	7	1	Maryann Brown, 11	20:39	6:39
313	18	2	Allison Shemenski, 14	2:41	7:18
171	20	3	Erin O'Nora, 14	22:48	7:20
440	21	4	Chelsea Metzgar, 14	22:50	7:21
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139	51	6	Brook Heavener, 14	26:02	8:23
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423	112	10	Marissa Connell, 12	33:04	10:38
360	121	11	Ashley McCall, 14	33:50	10:53
570	128	12	Szontel Adams, 14	34:30	11:06
65	141	13	Chelsea Jackson, 13	35:57	11:34
61	153	14	Melanie Johnston, 14	37:28	12:03
129	184	15	Lana Mullins, 11	47:51	15:24
113	197	16	Amber Reece, 13	53:03	17:04
589	207	17	Sara Smith, 11	1:00:00	19:19

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386	5	1	Casey Simpson, 17	20:23	6:33
321	6	2	Megan Bary, 15	20:25	6:34
540	39	3	Jerry Turner, 15	25:17	8:08
456	40	4	Amanda Pelky, 16	25:19	8:09
178	50	5	Elizabeth Jones, 15	25:54	8:20
299	53	6	Lisabeth Quinn, 19	26:12	8:26





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523 133 8 Sydney Hanson, 16
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300 114 2 Hellen Quinn, 23 33:13 10:41
274 117 3 Melanie Jones, 23 33:31 10:47
353 123 4 Rachael Myers, 23, 33:54 10:55
111 194 5 Lizz Peterson, 20 49:53 16:03

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72 41 2 Sherrilynne Chung, 27 25:26 8:11
458 110 3 Ashly Clarke, 27 32:26 10:26
47 129 4 Lisa Blanco, 26 34:56 11:15
465 144 5 Carri Carter, 25 36:20 11:42
525 169 6 Kristiana Pye, 26 41:18 13:18
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579 30 2 Roberta Tomlinson, 32 24:25 7:51
374 32 3 Robin McKinstry, 34 24:34 7:54
538 33 4 Kathleen Jasper, 32 24:36 7:55
172 37 5 Candice Preston, 30 25:03 8:04
383 44 6 April Martin, 30 25:32 8:13
497 46 7 Christine Fletcher, 33 25:37 8:15

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241 69 9 Gretchen Jackson, 34 27:36 8:53
87 94 10 Krista Nasella, 33 29:57 9:38
19 99 11 Phuong Nguyen, 33 30:18 9:45
419 100 12 Staci Suits, 32 30:33 9:50
79 109 13 Amy Simmons, 30 32:23 0:25
209 111 14 Amber Martinez, 33 32:52 10:34
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432 118 16 Michelle Bowman, 33 33:35 10:48
378 124 17 Lisa Myers, 34 34:01 10:57
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509 139 19 Janalyn Peppel, 34 35:46 11:31
261 148 20 Denna Milsap, 33 36:59 11:54
371 156 21 Stacy North, 33 37:56 12:12
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401 166 23 Denise Stuart, 32 40:48 13:08
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217 172 25 Amy Contolini, 33 42:05 13:33

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453 19 2 Kim Hoyt, 39 22:45 7:19
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315 61 11 Ana Wallace, 39 26:34 8:33
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70 67 13 Karen Morris, 37 27:30 8:51
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59 120 20 Patty Murphy, 37 33:47 10:52
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174 149 23 Amy Randall, 36 37:18 12:00
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472 168 30 Rowena Towsley, 36 40:48 13:08
93 192 31 Robin Butler, 39 48:57 15:45
131 204 32 Wendy Estabrook, 39 54:58 17:41

Women 40 - 44

332 12 1 Laurie Pinover, 43, 21:52 7:02
29 16 2 Mary Turner, 40 22:38 7:17
328 17 3 Kathy Murray, 43 22:41 7:18
376 34 4 Layne Ray, 43 24:45 7:58
288 35 5 Lisa Keller, 41 24:56 8:01
366 47 6 Kelli McGreevy, 41 25:39 8:15
292 48 7 Bobbi Jo Carpenter, 41 25:43 8:17
574 56 8 Ginny Bemus, 44 26:20 8:28
33 57 9 Kelly Komatz, 44 26:21 8:29
526 63 10 Linda Schultz, 44 26:46 8:37

73	64	11	Norma Artilles, 42	26:58	8:41	39	97	16	Laurie Ricciardi, 47	30:11	9:43
395	74	12	Tonia Steward Prewett, 41	28:10	9:04	412	125	17	Carol Klauer, 46	34:01	10:57
531	75	13	Yolanda Morrison, 40	28:23	9:08	32	130	18	Sandra Shines, 49	35:02	11:16
282	82	14	Charlotte Milligan, 42	29:19	9:26	310	142	19	Lisa Myers, 45	36:02	11:36
493	88	15	Deana Stephens, 41	29:40	9:33	152	145	20	Debbie Powell, 48	36:44	11:49
35	91	16	Margaret Tyburski, 44	29:50	9:36	213	174	21	Dreama August, 45	42:15	13:36
543	98	17	Kim Cornell, 41	30:11	9:43	467	177	22	Valerie Roper, 47	46:03	14:49
469	101	18	Robin Shettler, 42	31:08	10:01	103	181	23	Kyong-Ae Hermening, 45	46:36	15:00
416	102	19	Sherry Gonyon, 40	31:11	10:02	Women 50 - 54					
359	104	20	Lesley Jones, 41	31:32	10:09	409	38	1	Diane Jacobs, 51,	25:07	8:05
205	122	21	Kristin Pietras, 40	33:50	10:53	232	60	2	Bonita Golden, 50,	26:26	8:30
260	132	22	Liz Cutrone, 41	35:15	11:21	278	68	3	Anne Laroche, 52,	27:35	8:52
558	135	23	Judi Zumbach, 40	35:32	11:26	248	95	4	Gayle Adams, 50,	30:02	9:40
354	136	24	Michelle Ramos, 41	35:39	11:28	71	108	5	Chin-Chin Ward, 54,	32:21	10:25
357	137	25	Charlene Ladavia, 41	35:44	11:30	436	115	6	Patti Pownall, 54,	33:16	10:42
427	146	26	Rebecca Witt, 41	36:51	11:51	533	119	7	Holly Chapman, 50	33:43	10:51
225	155	27	Marjorie Sheron, 44	37:54	12:12	46	140	8	Rita Blanco, 52	35:57	11:34
449	158	28	Barbara Castelli, 41	38:23	12:21	507	152	9	Kay Manly, 53	37:27	12:03
402	160	29	Trish Kabus, 40	38:48	12:29	133	154	10	Patricia Jensen, 52	37:50	12:11
144	164	30	Wendy Laino, 41	40:32	13:03	195	163	11	Joy Hamilton, 53	40:16	12:58
22	170	31	Cheryl Frasier, 43	41:21	13:18	223	180	12	Janet Lafrance, 52	46:35	14:59
220	171	32	Madeline Escano, 40	41:51	13:28	165	185	13	Cheryl Nelson, 51	47:54	15:25
429	175	33	Lori Lott, 42	45:14	14:34	96	188	14	Deborah Drury, 52	48:32	15:37
256	182	34	Linda Vansickle, 43	47:09	15:10	110	193	15	Maryellen Olsen, 53	49:29	15:55
224	183	35	Sandra Overton, 43	47:09	15:10	Women 55 - 59					
98	189	36	Valerie Ellis, 42	48:56	15:45	193	45	1	Jan Taylor, 55	25:36	8:14
119	190	37	Candace Sininger, 43	48:56	15:45	196	49	2	Carol Fitzsimmons, 56	25:46	8:17
124	195	38	Rosa Ardle, 44	49:56	16:04	44	73	3	Maria McNary, 59	27:59	9:00
118	200	39	Sharon Silba, 40	53:05	17:05	503	76	4	Carol Palmer, 55	28:44	9:15
91	203	40	Angela Buchanan, 44	54:56	17:41	132	96	5	Holly Hosch, 55	30:03	9:40
106	206	41	Traci Kethman, 42	55:46	17:57	166	186	6	Nita Callahna, 58	48:19	15:33
130	209	42	Lea Mullins, 40	1:01:08	19:41	127	191	7	Glenda Henderson, 56	48:56	15:45
Women 45 - 49						329	198	8	Madeline Geiger, 58	53:04	17:05
40	15	1	Bonnie Brooks, 45	22:26	7:13	192	199	9	Susan Elinoff, 58	53:04	17:05
54	22	2	Theresa Kamajian, 48	23:00	7:24	522	202	10	Janet Broyles, 58	54:50	17:39
206	27	3	Cindy Cardosi, 48	24:06	7:45	Women 60 - 64					
55	31	4	Kim Crist, 49	24:27	7:52	331	79	1	Susan Wallace, 64	28:57	9:19
302	42	5	Susan Harms, 46	25:26	8:11	515	103	2	Karen Allman, 60	31:20	10:05
425	43	6	Vicky Connell, 47	25:28	8:12	290	105	3	Pheona Kaiser, 63	31:35	10:10
561	55	7	Sonja Brauer, 45	26:17	8:27	346	131	4	Charlyne Graham, 60	35:05	11:17
245	62	8	Mary Algire, 48	26:34	8:33	511	138	5	Dana Moser, 61	35:46	11:31
204	66	9	Daryl Laroche, 45	27:21	8:48	Women 65 - 69					
158	78	10	Ann Krause, 48	28:48	9:16	320	70	1	Marilynn Koubek, 65	27:40	8:54
68	81	11	Kim Anthony, 46	29:10	9:23	438	127	2	Elda Bell, 66	34:29	11:06
142	84	12	Marilyn Forbes, 47	29:22	9:27	82	178	3	Judy Magyari, 67	46:26	14:56
84	85	13	Bonnie Alexander, 46	29:29	9:29						
396	89	14	Ann Batteiger, 45	29:44	9:34						
58	92	15	Teri Chenot, 49	29:52	9:37						





448 187 4 Gwendolyn Castelli, 66

48:25

15:35

438 127 2 Elda Bell, 66

34:29

11:06

82 178 3 Judy Magyari, 67

46:26

14:56

448 187 4 Gwendolyn Castelli, 66

48:25

15:35

Women 70 - 74

53 179 1 Margaret Eaton, 71

46:26

14:56

Women 75 - 79

308 173 1 Diane Aimone, 76

42:14

13:36

230 176 2 Marie Gier, 78

45:15

14:34

Women 70 - 74

53 179 1 Margaret Eaton, 71

46:26

14:56

Women 75 - 79

308 173 1 Diane Aimone, 76

42:14

13:36

230 176 2 Marie Gier, 78

45:15

14:34

Women 65 - 69

320 70 1 Marilyn Koubek, 65,

27:40

8:54



Thanks
Frank & Lil
for all you
have done for
our running
community!

We will miss
you both!



Bon Voyage
Frank and Lil Day

Sunday, June 11th



Striders at the Races

RACE RESULTS

To get your race results published, email epstewart2002@yahoo.com

WORLD GOLF VILLAGE 5K

WGV St. Augustine

June 3, 2006

Justin Jacobs	16:05	1st A/G
John Metzgar	16:15	
		Masters Male
Kim Pawelek	17:48	
		1st O/A Female
Bill Phillips	18:39	1st A/G
Keith Brantley	18:55	3rd A/G
Jeremy Ferman		19:05
Patti Stewart-Garbrecht	19:14	
		2nd O/A Female
Stephen Beard	19:46	
Gary Hallett	20:04	
Bernie Candy	20:11	2nd A/G
Raymond Ramos	20:46	
David Ferman	21:52	1st A/G
Kelly Howard	23:20	2nd A/G
Thom Henkel	23:26	2nd A/G
Gil Flores	24:00	
Tom Zicafoose	24:24	
John Gauer	24:53	
Bonita Golden	26:11	
Kent Smith	27:39	
Freddy Fillingham	28:51	
Gerry Tyburski	29:05	
Gayla Poythress	29:31	
Philip Trast	29:58	1st A/G
Ken Neikirk	30:16	
Gordon Slater	31:15	2nd A/G
Shirley Henkel	31:41	
Al Saffer	32:58	1st A/G
Harry Milliron	34:45	2nd A/G
Trish Kabus	37:09	
Michelle Ramos	38:12	
Joe Connolly	42:07	1st A/G

RUN FOR THE PIES AVIA

5K CHAMPIONSHIP

Jacksonville Landing

June 17, 2006

Justin Jacobs	15:53	
John Metzgar	15:58	
Kim Pawelek	17:04	
		Overall Female

Bill Dunn	17:54	1st A/G
Frank Sutman	17:55	2nd A/G
Patti Stewart-Garbrecht	19:04	

RUN FOR THE PIES 5K

Keith Brantley	18:02	1st A/G
Mark Woods	18:37	3rd A/G
Bruce Holmes	19:03	1st A/G
Sung Ho Choi	19:17	5th A/G
David Bonnette	19:33	
David Ohnsman	19:45	1st A/G
Hunter Shutt	19:47	
Terry Sikes	19:58	
Gary Hallett	20:00	
Brad Littleton	20:06	
Keith Poythress	20:24	
Denise Metzgar	20:27	1st A/G
Stephen Beard	20:29	4th A/G
Christopher Hallett	20:41	
Raymond Ramos	21:03	
Regina Taylor	21:04	3rd A/G
Randy Arend	21:06	
Rexx Weir	21:06	5th A/G
Wendy Patterson	21:25	5th A/G
Cameron Metzgar	21:34	
Celita Ricks	21:36	
Chelsea Metzgar	21:52	5th A/G
Frank Frazier	22:12	2nd A/G
Steve O'Brien	22:31	
Lewis Buzzell	22:51	
Vicki Ross	22:54	
Bob Kennedy	22:55	
Craig Harms	22:56	
Paul Smyth	23:05	
Kelly Howard	23:06	
Dave Brokos	23:12	
Hernando DeSoto	23:43	
Matt Ross	23:51	2nd A/G
Nancy Harms	23:52	3rd A/G
Thom Zicafoose	23:56	
Taylor Shutt	24:15	3rd A/G
Paul Berna	24:40	
Susan Harms	24:51	4TH A/G
George Hoskins	25:30	4th A/G
Vicky Connell	25:34	5th A/G
Keith Holland	25:41	
Kevin Terry	25:44	
Melinda Terry	26:08	

John Gauer	26:10	
Ben Holland	26:54	3rd A/G
Mary Algire	27:07	
Tonya Steward-Prewett	27:23	
Kimberly Lundy	27:34	
Jack Roberts	28:35	3rd A/G
Jennifer Roberts	28:47	
Kent Smith	29:03	
Mark Lay	29:27	
Babs Shutt	29:34	
Gayla Poythress	29:38	
Freddy Fillingham	29:45	
Kim Anthony	30:05	
Gordon Slater	31:11	4th A/G
Abby Roberts	31:29	3rd A/G
Rachel Slater	31:31	
Stan Scarlett	31:52	
Al Saffer	33:09	1st A/G
Charles Desrosier	34:22	5th A/G
Patt McEvers	36:09	2nd A/G
Trish Kabus	39:07	
Diane Aimone	41:46	1st A/G
George Obi	42:27	2nd A/G
Joe Connolly	44:33	1st A/G

Please sign the

StriderMan after

each race!

Or email your

times to Patti at

epstewart2002@yahoo.com

or mail them to her at

1513 Maple Leaf Lane

Orange Park, FL 32003

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
Sunday NEW	7:00 AM	7.5 Miles Black Creek Trail	Super WalMart (NE corner) Fleming Island	Kay Womack
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

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
8559 Boysenberry Lane E.
Jacksonville, FL 32244

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.

July/August 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.

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

DATE	EVENT	TIME	LOCATION	CONTACT
July 2	Firecracker 10 & 5 5K	7:00/8:00 a.m.	Bandshell Daytona Beach	(386) 767-1263 Daytona Beach Track Club
July 4	Celebration 5K	7:30 a.m.	1st Place Sports 3931 Baymeadows Road Jax	(904) 731-1900 1st Place Sports
July 4	Sunshine Festival 5K	8:00 a.m.	Mallory Park St Simons Island. GA	(912) 638-2396 Golden Isles Track Club
July 15	Bridge of Lions 5K	7:30 a.m.	St Augustine	(386) 736-0002 AltaVista Sports
July 22	Coggin Nissan First Coast Cross Country 5K Scramble	8:00 a.m.	Hanna Park 500 Wonderwood Ave. Atlantic Beach	(904)838-7359 Peoples First Community Bank
July 22	Vestcor Summer In The City 5K	7:00 p.m.	Hemming Plaza Jax	(904) 731-1900 1st Place Sports
July 29	Summer Track classic	5:00 p.m.	Bolles School Jax	(904) 388-7860 or 384-8725 Jacksonville Track Club
Aug 4-5	Brooks TDP Tour De Pain 4 Mi. Beach Run, 5K, & Mile Sizzler	7:30 p.m. 7:30 a.m. 4:30 p.m.	Jax Beach Seawalk 1st Place Sports Jax Landing Jax	(904) 731-1900 1st Place Sports
Sept 9	Autumn Fitness FREE ONE MILE FUN RUN	8:00 a.m.	Kennel Club Orange Park	(904) 272-1770 bobbydf@comcast.net Florida Striders Track Club
Nov 11	Hog Jog 5K FREE ONE MILE FUN RUN	9:00 a.m.	Ronnie Van Zant Park Lake Asbury Middleburg	(904) 728-7759 stevebruce@comcast.net Florida Striders Track Club

Pacing with Patti



BY PATTI STEWART-GARBRECHT

As I have mentioned in previous columns, I am inspired by runners at the extremes of age. Seeing the older folks at races reminds me that running really is a life long sport that we can enjoy into our golden years. **Joe Connolly**, age 81, is one of those inspiring people. Some of you might know that Joe suffered a heart attack during this year's Gate River Run and tumbled to the ground. He has been through a lot over the past few months including some cardiac procedures. I am happy to say that Joe is back running with us. The Memorial Day 5K run was Joe's first race back. He ran a 45:41. A few weeks later at the World Golf Village 5K race he ran 42:07. I think Joe is getting back into shape! He will soon be running in the 30's again. When you see Joe at a race be sure to say "hello" (he is a friendly guy) and tell him how glad you are to see him out running. I expect that we see Joe running for many years to come. Now off to the races...

The **Memorial Day 5K** race was held in Green Cove Springs on none other than Memorial Day. On a warm and muggy morning **Kim Pawelek** crossed the finish line first for the women and **Justin Jacobs** was our first male Strider placing 3rd overall in a time of 16:08. **John Metzgar** was the top Masters Male with a time of 16:22 also giving him the top age graded per-

formance of the day, 84.2%. **Frank Sutman** placed 3rd Male Masters with a time of 18:01. For the Masters Women, **Regina Taylor** took top honors in a time of 21:15 and **Celita Ricks** was 3rd in 21:48. Our Male Grand Masters winner was **Page Ramezani**. Age group winners include **Bill Dunn, Stephen Beard, Bruce Holmes, Denise Metzgar, Bonnie Brooks, Diane Jacobs, Al Saffer, Diane Aimone** and **Joe Connolly**.

The **World Golf Village 5K** was held on June 3 in St. Augustine. This was a small race, but offered lots of great prizes for raffle winners, especially those who enjoy golfing in addition to running. **Justin Jacobs** ran a swift 16:05 to be the fastest Strider and age group winner. **John Metzgar** was our overall Male Masters winner in a time of 16:15. **Kim Pawelek** was our fastest female Strider with a time of 17:48. Age group winners included **Justin, Bill Phillips, David Ferman, Philip Trast, Al Saffer** and **Joe Connolly**.

Run for the Pies 5K was held on June 17th at the Jacksonville Landing. This is a wonderfully unique race where there is a Championship race for the faster contenders to race for shoes (**Continued on next page**)

Our mission...

the prime objective of the Florida Striders is to promote and encourage running by educating the community on the benefits of physical fitness and sports. To attain this objective we will:

- Present high quality road races.
- Conduct training and fun runs.
- Provide a social medium for exchange of ideas and information.
- Publish a monthly newsletter
- Encourage community involvement.
- Conduct informative general meetings.

RUNNER'S QUIZ Answers. Questions appear on page 4. Answers: 1. Jim Ryan placed 8th in the 1962 AAU Championship mile which was run in Oregon. 2. Frank Shorter (marathon and 10K), Jack Bachelor (marathon), and Jeff Galloway (10K) were all members of the Florida Track Club in 1972. Shorter won the marathon, Bachelor was 9th. Galloway paced Bachelor in the marathon trials, hoping to switch events with him if both made the team. Their switch was denied and Galloway had to race in the 10,000, an event that Bachelor was much better in. 3. Max Truex, at 5'5", one of America's shortest Olympians in track, competed with the best in the world in both 1952 and 1956. He was a student at Southern California during his Olympic days.

Pacing with Patti

CONTINUED FROM PAGE 19

and an open race for those who want to compete for pies. In the Championship Race **Kim Pawelek** had a stellar race and season's best 5K running 17:04 to win the Women's Race. An "out-of-towner" ran off her right shoulder the whole way with a scheme to sit and kick at the finish. She obviously didn't realize what she was up against in Kim. Those of us who know her know that she would never let that happen and sure enough this NC girl didn't have what it takes to out-kick Kim. Good job fending her off and sending her home with nothing more than a pair of shoes. **Justin Jacobs** was our fastest male Strider in a time of 15:53. **John Metzgar** and **Patti Stewart-Garbrecht** were also shoe winners. In the Open Race our fastest male Strider was **Keith Brantley** in 18:02. This was obviously just a walk in the park for Keith. **Mark Woods** also had a great race with a time of 18:37. Our fastest female Strider in the Open Race was **Denise Metzgar** in a time of 20:27 followed by **Regina Taylor** in a time of 21:04. Age group winners include **Bruce Holmes**, **David Ohnsman**, **Denise Metzgar**, **Al Saffer**, **Diane Aimone** and **Joe Connolly**. A great time was had by all.

This month's tip is how to run an effective long run. This is the time of year to focus on building endurance and mileage for the fall racing season. The long run in my opinion is the most important ingredient in a distance runner's program followed by workouts to develop speed, lactate tolerance and running efficiency. Distance running is all about endurance and the best way to develop endurance is to run long. Of course you must be running the right dis-

tance and the right speed to achieve desired results and to avoid injury. Your goal should be to run 25-30% of your weekly mileage in your long run. It doesn't matter what distance race you are training for. Obviously if you are training for a marathon you are going to be running more weekly mileage than someone training for 5-10K. As you increase your mileage in training for a marathon you can likewise increase the distance of your long run. It is not a good idea to increase the distance of the long run by more than about 2 miles at a time though. And I recommend increasing the distance 2 wks in a row followed by a "down" week when you cut back. For instance you can run 10, 12, 14 then 10 again. The next week you can run 14, 16, then back to 12. The pace at which you should run your long runs can vary. For slower runners or beginners it is alright to run your goal marathon pace for long runs which might be the same pace you run on easy days as well. The goal being to build distance and endurance not speed. Faster, more experienced runners should shoot for 45 seconds to 90 seconds slower than goal marathon pace for the long run. Either way the pace should be comfortable and conversational. This time of year it is crucial to incorporate water stops into your long run. I recommend stopping just long enough to hydrate and getting started again right away. Too much rest is counterproductive. Of course the day following the long run should be easy to help you recover. While the pace of the long run may not be hard, the length of the run qualifies as hard. Enjoy your long runs this summer and may everyone have a marathon PR in the fall! Happy Trails!

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 or stay tuned for Patti's snail mail 1513 Maple Leaf Lane Orange Park, FL 32003



www.floridastriders.com

You can contact us via e-mail at: **Dbokros@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/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>