



Volume 25, Number 9

# Florida Striders Track Club STRIDERIGHT



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



September 2006

## inside

Prez Sez	2
Board of Directors' Minutes	2
Board/Key Members	2
Sponsors	3
Wide World of Running	4
Runner's Quiz	4
Max Muscle Sports Nutrition	5
The Battle Against Joint Pain	6
Autumn Fitness 5K Flyer	7
Striders at the Races	8
Group Training Runs	9
FSTC Membership Application	9
September Race Calendar	10
New and Renewing Members	10
Answers to the Runner's Quiz	10
Pacing with Patti	11
Fall Marathons	11

## Strider youth results from the USATF National Junior Olympics

by James A. May



The 40th USATF National Junior Olympic Track & Field Championships were held on July 25-30 at Hughes Stadium on the Morgan State University campus in Baltimore, Maryland. This Championship is the largest and most visible youth athlete developmental program in the world.

David May finished 4th in the Bantam boys shot put. He tossed it 8.95 meters, or 29' 4.5". That surpassed his qualifying throw in Miami by almost two feet (8.38 meters or 27' 6"). He was 5th after the first round with a throw of 8.61 m (28'3"). All of this throws in the finals were better (8.64, 8.95, 8.69).

MaryAnn Brown finished 9th in the Midget girls 3000 meters with a time of 11:10.57. She missed 8th place and the final medal by .05. It was a personal record by eight seconds.

If MaryAnn had run the AAU National Junior Olympics, three days later in Norfolk, Virginia, her time would have finished 3rd in the country.

Congrats to both athletes!



## 28th Jenny's Pennies Anniversary Celebration

**OCTOBER 15**

There is a long tradition of collecting any money found during the runs and giving it to Jenny Allen, who uses it to provide the goodies for our Sunday Morning Anniversary Celebration. Come help us spend Jenny's pennies! We'll provide champagne, orange juice and coffee. You can bring fruit, bagels, coffecake, donuts, etc. to share. Join us for a group picture and help celebrate The 28th Anniversary of our Sunday morning runs from Sun Tire on Blanding Boulevard in Orange Park. The party will start after the Sunday morning run. Jenny does a wonderful job and it is always a very enjoyable time.



## We need volunteers!

National Kids Health Day and will be held at Middleburg High School. The event is sponsored by Toys R Us and Discover Family Health Chiropractic. The event will feature an indoor /outdoor health fair and two children's runs that the Striders have offered to manage this event on September 23rd. There will be a 2 mile at 10:30 and a one mile run at 11:30. Please contact Mike Ford at 406-2989 or [forddog92@hotmail.com](mailto:forddog92@hotmail.com).



# Prez Sez By Dave Bokros

Dog days of summer. No doubt about it, we are there! This is the time of year when we all begin to question our motivation. If you have been running through the summer heat, then this is no time to give up! Get out there and put in your miles, hydrate like crazy, and gut it out. No need to set speed records, that's for the cooler weather. Be aware of the classic signs of dehydration and heat stress such as cramps (arms, legs, stomach). For runners that are used to high output and tough workouts they may reach this point without noticing, so be weary of the one that will get you in trouble, heat exhaustion. **Heat exhaustion** occurs when your internal cooling system has all but shut down. The blood vessels that usually carry blood near the skin to be cooled

begin to collapse due to loss of fluids and minerals. Symptoms to watch for are headache, nausea, dizziness, loss of coordination, tingling in the hands and feet, weak, rapid pulse, impaired judgment. Note that you may not notice all symptoms and, just as importantly, your running pals will definitely not complain of the entire litany of symptoms. Know what they are, keep an eye on each other, and, when it seems like you might need a break there is definitely no shame in taking one when the mercury is this high! Sometimes walks with friends are more rewarding.

Remember that we run to stay healthy, and we run through the summer so that when it gets cool, we are running animals! Let's not become road-kill!

Dream of cool weather....  
See you on the road! ●

## Board of Directors' Minutes 8/8/2006

The meeting was called to order by Dave Bokros at 7:10 p.m. Directors absent: John DeAntonis, Celita Ricks, George Hoskins, David Kelly and Denise Metzgar

**Minutes:** No changes to the July minutes.

**Treasure's Report:** The treasure's report was presented and filed.

**Hog Jog Budget Report:** The proposed budget for the Hog Jog was presented by Dave for Steve Bruce, the race director. Estimated race profit is approximately \$1500. There was a question about the sponsorship by New Balance which Dave will research. In addition, an idea was brought up to have a separate race either prior to or after the regular community race for the Clay County Junior High Schools which are just starting to develop their cross country programs this year. A motion was made to accept the budget as written pending an amendment next month to include the Junior Highs in some fashion and a correction to the sponsorship if needed.

**Memorial Day Race Report:** The final report was presented by Dave Bokros, the race director. The total race profit was \$4,728.03. The board congratulated Dave on a job well done. The report was filed.

**Children's Running Program Funding Requests:** Lake Asbury Elementary and Wilkinson Elementary both submitted funding requests for \$500 each to assist with funding for their new programs. Wilkinson had a program in the past for 1 year, but is essentially starting over. Lake Asbury is starting a new program. A motion was made and passed to approve these requests.

**General Discussion:**

There was more discussion about the children's running program and what direction our support will take. It was noted that the remaining balance for the 2006 budget is currently \$2555.30. The two new requests will bring the balance down to \$1555.30. It was noted that these grants are considered **Continued on page 11**

## 2005-2006 Board of Directors & Key Members

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Orange Park Medical Center

**Mike Shado Nissan**

269-9400

Run to the Sun

Orange Park Kennel Club



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



**Publix Supermarket Charities**

**FLORIDA POWERTRAIN & HYDRAULICS, INC.**

Run to the Sun 8K & Autumn Fitness 5K

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Run to the Sun 8K



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Memorial Day 5K

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# Old Fashioned and Undrugged

Gatlin and Jones in track; Hamilton and Landis in cycling; legions of baseball sluggers—druggies, all?

Call me old-fashioned, narrow-minded, and unrealistic. Do professional and other athletes have to cheat to compete? Don Kardong and Frank Shorter still grouse over the suspected drug use of 1976 and 1980 Olympic marathon gold medalist Waldemar Cierpinski.

Our culture promotes personal improvement through hard work and perseverance. That same culture promotes zero tolerance of headaches, stomach aches, wrinkles, sluggish sexual performance, pale skin . . . the list is almost without end. I'd like to believe that every footrace was won by the best runner, running without the assistance of chemical boosts from hormones, supplements, or medication. Alas, it may not be true.

Ethical barriers have eroded. The sense of pride in going it alone is gone. Cheating because others "maybe or probably" cheat has become the norm. As teachers, parents, and coaches, we have failed miserably. Our sons and daughters, athletes, and students have followed the advice of agents, pill pushers, hucksters, managers, personal trainers, and fellow cheats.

The purity of the long distance runner is sullied. Athletes of every stripe are dabbling with supplements, trying not-yet-banned concoctions they read about in magazines and on the Web. "Try this balm. Take this pill. Inject this juice."

Sport has suffered from this rampant, flagrant, commonplace use of foreign substances. Perhaps in everyday road racing we find the final bastion of pure athlete. Perhaps not.

## The Wide World of Running

By Jay Birmingham



It starts with a vitamin pill, an ibuprofen, then an antihistamine. Then the chance arises to test glycerine loading or a creatine supplement. Amino acid and hormone supplements are marketed publicly; what harm could it do? A slippery slope—you bet.

Perhaps in a decade, sports will get cleaned up and we can watch contests without suspicion of biochemical cheating. I doubt that it will happen. Coaches are pushing the supplements and athletes are buying both the product and the philosophy.

Whatever it takes to win.

I long for the simple days, perhaps farther into the past than I care to believe, when one took their genetic gifts, worked as hard as possible, ate only food and drank only water, and let the race determine its own outcome. There once was a time, surely, when sport was great. Special because it was muscle and willpower versus muscle and willpower. Training versus training.

It would seem shallow to me — indeed, without meaning— to win a race or to run a PR because of chemical manipulation of my body. The practices that are reportedly common in sport today seem no less cheating to me than cutting a course.

My only comfort these days comes from my own coaching, and that of those other "old school holdouts", who extol the virtues of simple hard work, consistency, patience, and fairness. Will our sort prevail? I can only hope.

*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. What organ of the body produces erythropoietin (EPO) naturally?
2. How much more blood can the heart pump when a runner is at maximum heart rate compared to at rest?
3. During exercise at 75% of your VO<sub>2</sub>max, the largest portion of your blood goes to the muscles. What organ receives the second largest portion of blood?
4. Olympic champion Peter Snell (3 golds) discovered the "secret" of Arthur Lydiard's high mileage training after doctoral research at the University of Texas. What enabled Snell and many others to train relatively slow and race world class times in middle distance events?

See page 10 for the answers



KNOWLEDGE. PERFORMANCE. RESULTS.

# Sports Nutrition Company Coming to Town

Recently named one of the 30 hot new franchises by **ENTREPRENEUR Magazine**

## Opportunity to own your own business

Looking for a great business opportunity in a dynamic, growing \$16 billion a year industry? Like the idea of owning your own business while pursuing your passion for health and fitness? Then, owning a Max Muscle Sports Nutrition store may be just what you are looking for.

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, please go to [www.maxmusclefranchise.com](http://www.maxmusclefranchise.com) or call **Vince Bagni** at (904) 280-9430.

# The Battle Against Joint Pain

By Alan E. Shugarman, M.S., R.D.  
From www.maxmuscle.com

We're not talking war here, but we are fighting a battle against overuse and degenerative joint problems. The more you workout, train hard, play sports and generally use your body, the more wear and tear there is on your joints. Maintaining and protecting joint health is critical to being able to exercise relatively pain free for your entire lifetime. Proper form and technique in the gym and on the playing surface go a long way towards preventing injury, but there is still the internal upkeep on cartilage, synovial fluids and inflammatory prevention that needs to be considered. There are a few well researched supplements out on the market today that can help both the young and old continue to run around on the courts and in the gyms as their bodies age.

## GLUCOSAMINE

The most popular supplement for joint health is a combination of glucosamine and chondroitin. Glucosamine is found naturally in the body and is made of a sugar and an amino acid. It is involved with the body's production of joint lubricants helping to maintain the shock absorbing qualities necessary to maintain healthy cartilage and joint function. Glucosamine is formed in the joint cartilage and is one of the major components necessary to maintain and restore healthy joint performance. Without a proper diet the body often cannot form enough cartilage and maintenance substances to maintain joint health. Degenerative disease or injury to joint cartilage can also result in the failure of the joint to maintain itself. Over time a lack of nutrition, overuse, disease and injury can wear down cartilage and protective fluids to the point where pain and swelling can reduce your ability to exercise and have proper joint function.

Glucosamine as a nutritional supplement is extracted from crab, lobster or shrimp shells. There are three forms of Glucosamine. Look for the Sulfate form because it seems to be absorbed and utilized the best. Glucosamine Sulfate plays a role in the formation of nails, tendons, skin, eyes, synovial fluid, bone, ligaments, heart valves and in mucous secretions of the digestive, respiratory and urinary tracts. Animal studies show glucosamine supplements help increase cartilage production and reduce inflammation. Glucosamine Sulfate is one of the building blocks of joint cartilage, helping to rebuild and maintain this tissue.

## CHONDROITIN

Research on Chondroitin Sulfate suggests help in preventing stress injuries to joints as well as aiding in the repair of damaged connective tissue. Chondroitin helps maintain proper hydration in the joint and cartilage cushioning the impact of daily activity. Some studies suggest that supplementation

with Chondroitin Sulfate can reduce joint pain significantly. Other research suggests that a combination of Glucosamine and Chondroitin might be synergistically beneficial to joints. Chondroitin Sulfate may actually help the body to repair damaged cartilage and help restore joint integrity from overuse and disease states. Chondroitin is produced in the body, but decreases with age. Supplementation with chondroitin can help prevent future injuries by maintaining healthy joints today.

## OTHER JOINT HEALTH NUTRIENTS

While chondroitin and glucosamine help maintain joint health and integrity, there are other supplements that can help with pain and inflammation. MSM (methylsulfonylmethane) is a potent sulfur donor that appears to help reduce pain and inflammation. MSM works by maintaining flexibility and permeability of cells allowing them to get the needed nutrients in and the unwanted contaminants out. Another pain relieving supplement is Cetyl Myristoleate, which works by affecting inflammatory chemicals known as prostaglandins. By blocking some of the prostaglandins the inflammation and pain is reduced. A different type of pain reliever is known as a COX-2 inhibitor. Phellodendron amurense bark extract has the ability to inhibit the COX-2 enzyme, thereby reducing pain and inflammation. The tradename for Phellodendron is Nexrutine™. New Zealand Green Lipped Mussels (*Perna canaliculus*) contain Eicosatetraenoic acid. The trade name for this mussel extract is Lyprinol®. Lyprinol® is a powerful inhibitor of the 5-lipoxygenase pathway thereby reducing the damaging effects of persistent inflammation. When given orally (5mg/kg body wt./day) Lyprinol® outperformed the drugs Indomethacin & Ibuprofen by 2 to 1. Pretty amazing results for a fatty acid from mussels!

## DIETARY MODIFICATIONS

Supplements definitely can help with protecting and maintaining your joints, but it all starts with adequate nutrition. One of the most important factors in joint health is hydration. You need to be sure you drink plenty of water in order to maximize the cushioning effect of cartilage and synovial fluids. You also want to make sure you are getting plenty of protein for maintenance and repair of muscles, tendons, ligaments and joints. Fruits and vegetables contain lots of important antioxidants that can help with inflammation, recovery, and adaptation to exercise. Essential fats, particularly Omega 3 fats are beneficial to promoting good prostaglandins that control inflammation and pain pathways. Most of us get far too much Omega 6 in our diets. You should be shooting for a 1 to 1 or 2 to 1 ratio of Omega 6 to Omega 3 fats in your daily diet. While getting Omega 3's is not easy, you should strive to eat fish 2 to 3 times per week, and use flax oil regularly. ●



Orange Park Medical Center



**TANDEM**  
Health Care of Orange Park



**Saturday, September 9, 2006 • 8 AM**

Don't miss the Farewell Autumn Fitness 5K! This race is moving to January next year so you will not want to miss the very special farewell Autumn Fitness 5K. This Jacksonville Grand Prix Race starts and finishes at the Orange Park Kennel Club, is a USATF Certified Course (FL-02016DL), and is run along the beautiful St. Johns River on River Road.

**5K AWARDS:** Top 3 Male & Female; Top Masters & Grand Masters; plus Top 3 in each age group, Male & Female: AGE GROUPS: 10 & under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & over. (No multiple awards) Walkers are invited to join us, however there will be no Walking Awards category in this race.  
**FUN RUN:** One mile Fun Run starts at 9:00 AM. There is no charge for the Fun Run, but all runners must complete an entry form. Awards to all Fun Run finishers.  
**RACE PACKET PICKUP:** Thurs., 9/7, or Fri., 9/8, at the 1st Place Sports location noted on your entry form (10 a.m. - 6 p.m.) in either: Orange Park: 550-7 Wells Rd, 264-3767, Jax: 3931 Baymeadows Rd, 731-3676, or Jax Beach: 424 South 3rd St., 270-2221. Race Day at the Orange Park Kennel Club. Day of

race registration will begin at 6:30 AM. T-Shirts are guaranteed to all pre-registered 5K entrants. COST: Please see the following table: \*There is an additional \$2 discount if you have your own ChampionChip except for day of race Registration (see entry form to enter your personal chip number.) \*\*There are no discounts available for Day of Race Registration and personal ChampionChips cannot be used. All Day of Race entries are \$20. Make check payable to: Autumn Fitness 5K Mail completed application & check to: Autumn Fitness 5K, 591 Clermont Ave. S., Orange Park, FL 32073. Race fees are non-refundable. More Information: Contact Bob Boyd at 272-1770, BobBoydFL@comcast.net or www.floridastriders.com. You may also register on-line at www.Active.com.

**AUTUMN FITNESS 5K ENTRY FORM**

RACE# (FSTC USE ONLY) \_\_\_\_\_

**Packet Pick-Up (Choose One)** Baymeadows 1st Place Sports 9/7 or 9/8  Orange Park 1st Place Sports 9/7 or 9/8  Jax Beach 1st Place Sports 9/7 or 9/8  Day of Race @ Orange Park Kennel Club

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Ever run/walked a race? **Y** **N**

Age \_\_\_\_\_ Sex **M** **F** Adult Sizes **S** **M** **L** **XL** 5K  FUN RUN (no charge)  Personal Champion Chip # (can NOT be used for Day of Race registration) \_\_\_\_\_

Street Address (include apt. number) \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Telephone Number \_\_\_\_\_ Fee Enclosed \$ \_\_\_\_\_ Florida Striders Track Club Member  Military

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/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 Orange Park 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.

Your Signature \_\_\_\_\_ Date \_\_\_\_\_ Parent's Signature (if under 18 years of age) \_\_\_\_\_ Date \_\_\_\_\_

**Make Check Payable to: Autumn Fitness 5K • 591 Clermont Ave. S. • Orange Park, FL 32073 or drop off at any 1st Place Sports location.**



**HEY KIDS!**  
There is a FREE one mile Fun Run at 9:00 AM with awards for all finishers and \$1800 in participation money for elementary schools!

# Striders at the Races

# RACE RESULTS

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

## TOUR DE PAIN - 3 Races in 24 Hours Jacksonville • August 4-5, 2006

	4 Mile Beach Run	5K	Mile Sizzler	Series Total	Place
Kim Pawelek	25:08	17:38	5:20	48:06	1st OA
Mark Woods	25:44	18:48	5:36	50:08	1st A/G
Terry Sikes	27:45	19:38	5:55	53:07	3rd A/G
Keith Poythress	28:10	19:59	5:52	54:07	4th A/G
Stephen Beard	28:35	20:07	6:01	54:43	4th A/G
Raymond Ramos	29:22	20:21	6:10	56:13	6th A/G
Randy Arend	29:25	21:03	6:15	56:43	4th A/G
Regina Taylor	29:20	20:51	6:16	56:47	2nd A/G
Brett Beisker	29:45	21:25	5:58	57:08	11th A/G
Celita Ricks	29:50	21:15	6:29	57:36	5th A/G
Maryann Brown	30:19	21:15	6:08	57:42	1st A/G
Wendy Patterson	30:27	21:21	6:22	58:10	6th A/G
Kim Hoyt	32:12	23:20	6:56	1:02:28	4th A/G
Lewis Buzzell	33:06	22:33	6:59	1:02:38	11th A/G
Dave Brokos	34:03	23:33	6:35	1:04:14	22nd A/G
Chuck Bryner	35:12	25:20	7:03	1:08:02	13th A/G
April Martin	35:35	26:12	7:20	1:09:07	7th A/G
Kacee Bryner	36:54	25:35	7:51	1:10:30	11th A/G
Sue Whitworth	38:03	26:07	7:56	1:12:06	5th A/G
Kelli McGreevy	38:13	27:19	7:51	1:13:23	14th A/G
Ben Holland	38:51	27:42	8:21	1:14:54	1st A/G
Roxanne Slater	40:37	28:29	8:35	1:17:35	9th A/G
Freddy Fillingham	42:14	29:22	8:46	1:20:22	5th A/G
Gayla Poythress	43:09	30:28	8:52	1:22:29	18th A/G
Tom Sullivan	44:10	30:56	8:51	1:23:57	3rd A/G
Gordon Slater	43:36	31:31	9:28	1:24:35	4th A/G
Staci Suits	45:22	31:56	9:06	1:26:24	17th A/G
Al Saffer	44:25	33:08	9:34	1:27:07	5th A/G
Terry Bell	47:50	35:02	9:31	1:32:33	9th A/G
Elda Bell	47:50	35:02	10:21	1:33:14	1st A/G

## JACKSONVILLE SPRINT TRIATHLON #3 August 6, 2006 Jacksonville Beach

Justin Jacobs	50:47	1st O/A
Vicky Connell	1:04:24	1st A/G
Danny Weaver	1:12:25	4th A/G

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

Please sign the StriderMan  
after each race! Or email  
your times to Patti at  
[epstewart2002@yahoo.com](mailto:epstewart2002@yahoo.com)

or mail them to her at  
1513 Maple Leaf Lane,  
Orange Park, FL 32003

## MAGGIE VALLEY MOONLIGHT 8K MAGGIE VALLEY, NC AUGUST 29, 2006

Over 800 runners including six striders finished the Maggie Valley Moonlight races in Maggie Valley NC the evening of August 19. A horrendous thunderstorm delayed the 7 pm start of the 5k event by 15 minutes but the sky again opened five minutes later in a deluge that continued through the entire race. The downhill portion of the course had a river of water over a foot deep but it didn't deter the 200 runners who finished the course.

Six Florida Striders and one long gone former Strider, Russ Brown of Midway GA ran the 8K that started in drizzling rain at 8 PM. Many of the old-timers in the FSTC will remember Russ who ran an impressive 37:37 to take 5th place in the 60-64 age group.

### A Tidbit of trash from the 8K:

Gordon Slater, in an unsuccessful bid to beat his age group nemesis Ken Bendy, surreptitiously switched championship chips with his wife Roxanne. However his spouse discovered this dastardly deed and promptly marched him to the scoring trailer to correct this gross lapse of judgement! Unfortunately neither Ken nor Gordon finished high enough in their age group to be worth mentioning! However Roxanne finished 7th of 17 finishers in her age group!

John Gauer	45:15	
Roxanne Slater	45:32	
Marie Bendy	45:55	4th A/G
Miles Hyman	48:00	
Ken Bendy	50:28	
Judy Rippetoe	50:35	5th A/G
Gordon Slater	52:38	



# 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
<b>NEW</b> Sunday	7:00 AM	7.5 Miles Black Creek Trail	Super WalMart (NE corner) Fleming Island	Kay Womack (904) 215-8656 kaywoma@hotmail.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

Please Print

## Application for Membership FLORIDA STRIDERS TRACK CLUB

New   
Renewal

Name: Last \_\_\_\_\_ First \_\_\_\_\_ M.I. \_\_\_\_\_

Address \_\_\_\_\_ # in Family \_\_\_\_\_

City/State/Zip \_\_\_\_\_ Spouse's Name \_\_\_\_\_

Phone: Home \_\_\_\_\_ Birthdate(s) \_\_\_\_\_

Phone: Work \_\_\_\_\_ Employer \_\_\_\_\_

E-mail \_\_\_\_\_ Occupation \_\_\_\_\_

Signature \_\_\_\_\_ Annual Dues: Family \$20

Date \_\_\_\_\_ 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.

# September 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/rrcacal.htm>

DATE	EVENT	TIME	LOCATION	CONTACT
September 2	Turkey Trot 5/10K	8:30 a.m.	Atlantic. Rec. Ctr. 2001 Atlantic Ave. Fernandina Beach	(904) 491-0369 Amelia Island Runners
<b>September 9</b>	<b>The Farewell Autumn Fitness 5K FREE ONE MILE FUN RUN</b>	<b>8:00 a.m.</b>	<b>Kennel Club Orange Park</b>	<b>(904) 272-1770 bobboydf@comcast.net Florida Striders Track Club</b>
September 16	Endless Summer 10K Cross Country	7:30 a.m.	Anastasia State Park St. Augustine	(904) 461-7697 constancewiecking@se.rr.com Friends of Anastasia
September 16	Children's Way 5K	8:00 a.m.	Ronald McDonald House 824 Children's Way Jax	(904) 731-1900 1st Place Sports
September 30	RITA 5K	8:00 a.m.	St. John's Town Center Jax	(904) 731-1900 1st Place Sports
<b>Nov 11</b>	<b>Hog Jog 5K FREE ONE MILE FUN RUN</b>	<b>9:00 a.m.</b>	<b>Ronnie Van Zant Park Lake Asbury Middleburg</b>	<b>(904) 728-7759 stevebruce@comcast.net Florida Striders Track Club</b>

**RUNNER'S QUIZ Answers. Questions appear on page 4.** 1. Erythropoietin, which stimulates the production of red blood cells, is produced by the kidneys. 2. The average runner can pump five times as much blood at maximum HR than at rest. 3. At 75% of maximum oxygen uptake, about 17 liters of blood goes to your muscles each minute and almost three liters goes to your skin. Less than a liter goes to any other organ. At maximal exercise, the order is muscle, heart, skin. 4. Snell's research proved that even at slow speeds, runs longer than one hour recruited fast-twitch muscle fibers, keeping them in top tone, in addition to enhancing their aerobic and recovery capacities. It usually took two to four weeks for Snell to regain his "lost" speed. ●

## NEW MEMBERS

Lillian Arnold  
Sue LaByer  
Larry Flowers

## RENEWING MEMBERS

Michael, Sandra, Carolyn,  
Allison, Jonathan Killea

David & Marilyn Ohnsman  
Maria Littlejohn  
Patti, J.D. & Kate Bouvatte  
Stewart-Garbrecht  
Steve & Gina Waterhouse  
Maria McNary

## MULTI-YEAR RENEWALS

Thomas Butler

# Pacing with Patti



BY PATTI STEWART-GARBRECHT

How is everyone surviving the heat and humidity? Hang in there, it's August, it's got to improve soon (even if it's just a little cooler). The big race to report on this month is Tour de Pain. When I say "big" I mean it's about three times as long as it should be. Hats off to everyone who participated. I can very honestly say that I have never done this race and it's because I am way too wimpy to do 3 races that close together. I guess there is some sort of strategy, but I get exhausted and sore just thinking about it.

Our top Strider in the **Tour de Pain** was **Kim Pawelek** with a combined time of 48:06. Good job Kim, you had a great race but also managed to beat all the "boy" Striders. **Mark Woods**, columnist extraordinaire, was our 1st Male Strider with a combined time of 50:08. His time was also good (**Continued on next page**)

## BOARD OF DIRECTORS MINUTES

Continued from page 2

start up funding for schools and not ongoing support. Additional requests will be considered first come, first serve.

The Run at Work challenge was issued to the Jacksonville Track Club and the Ancient City Road Runners. They will vote on whether to participate and take up our challenge at their next meetings. It was noted that participants who belong to more than one club will have to choose one to credit their points with if they participate.

Glenn Hanna, our new social director, was looking for ideas for new places to have our socials, not necessarily at someone's home. Some novel ideas would be welcome.

The subject of once again having dinners with guest speakers was brought up. There was a lot of interest in bringing back these events which were well attended. We will be looking for suitable locations and new speakers.

The meeting was adjourned at 8:30 p.m. ●

Respectfully submitted,  
Vicky Connell

## We Want to Hear from You!

## Send your running stories to

## StrideRightEdit@aol.com by

## the 15th of the month!

# Fall Marathons

Last issue I asked what marathons everyone was running and these are the responses I received.

### DREW KENNY

I'm entered in the Marine Corps Marathon so if you have any news on groups doing training runs for that purpose please let me know. In the upcoming weeks I may need to drag myself out of bed early on Sundays to run with the Sun Tire group, but for now I'm logging my own miles (after dark at night) and still sleeping in on the weekends.

### JOHN HEISNER

I'm planning to do 2 marathons during the 2nd half of 2006. First, I'd like to run in the Humboldt Redwoods Marathon in mid-October. Then in December, I'm planning to run the California International Marathon in Sacramento. I'm sure that they're won't be many Striders making the trip out west for these 2 marathons, but just in case...

### FRANK SUTMAN

Bill Dunn and I will be doing two marathons, more or less, back to back. We are running the JFK 50-miler in Boonsboro, MD on November 17.

### LAS VEGAS MARTHON/HALF MARATHON

Kellie Howard  
Teresa Hankle  
Kwan Supapan  
Augie Leone  
Sally Hazelip  
Joy Hamilton  
Helen Connolly  
Susan Maurer

Stephanie Griffith  
Debbie Sleaf  
Melinda Terry  
Kevin Terry  
Jerry Bennett  
Dana Perpall  
Hernando deSoto  
Jan Taylor  
Col. John Winkler  
Danny Weaver  
Kathy Murray

Matt Ross  
Sung Ho Choi  
Arnie Espling

### MARINE CORPS MARATHON

Tom Henkel  
Shirley Henkel  
Del Conner ●

# Pacing with Patti

CONTINUED FROM PAGE 11

enough for an age group win. So not only can he write, but he can run and suffer with the best of 'em. Other noteworthy performances were had by **Terry Sikes** in 53:07, **Keith Poythress** in 54:07 and **Stephen Beard** in 54:43. Age group winners include **Maryann Brown**, **Ben Holland** and **Elda Bell**.

Speaking of **Maryann Brown**....this little dynamo finished 9th at the **National Junior Olympics Championships** in Baltimore MD in July in a time of 11:10 two seconds ahead of another Strider **Sarah Heisner** of San Diego. Good job to both girls who show lots of promise in high school and college. Sarah also ran the 1500 in a time of 5:11 good enough for 13th place.

On the road, seven Florida Striders ran the **Maggie Valley Moonlight 8K** in the drizzling rain. The race starts at Maggie Valley Festival grounds and runs uphill about a mile and a half to the old Ghost Town Park and then down hill for another two and a half miles then back uphill to the festival grounds. The hill isn't too steep, but combined with the altitude and humidity the long hill is grueling. **John Gauer** was our top Strider in a time of 45:15. Our first female Strider was **Roxanne Slater** in a time of 45:32. **Marie Bendy** was close behind Roxanne in a time of 45:55. **Miles Hyman**, **Ken Bendy**, **Judy Rippetoe** and **Gordon Slater** all followed through the chute.

I would also like to mention that Florida Strider **Sung Ho Choi** AKA Bruce ran the **Grandfather Mountain Marathon** back in July in a time of 3:29. For those of you not familiar with Grandfather Mountain, it is considered one of the toughest marathons

in the United States being almost entirely uphill. I expect that if Bruce can run 3:29 at Grandfather Mountain he should be able to run sub 3:00 at Chicago in the fall. You Go Bruce! On the 22nd of July **Keith Poythress** ran the **Panama City Summer Sprint 5K** in a time of 20:50. He was 3rd in his age group.

Three Striders finished the **Jacksonville Sprint Triathlon #3** on August 6 in Jacksonville Beach. **Justin Jacobs** won the race outright in a time of 50:47. **Vicky Connell** won her age group in 1:04:24 and **Danny Weaver** was 4th in his age group in a time of 1:12:25. Vicky also won her age group at the #2 race in the series back in July in a time of 1:06:39. Vicky ended up winning Female Masters title for the entire series as a result of these great performances.

I only have a short training tip for this month. This is for all of you out there training for a fall marathon. Are you using energy gels? Do you plan to use them in your race? I have tried almost every brand on the market. I generally lean towards the ones with caffeine and the ones that are chocolate flavored. As you may guess coffee and chocolate are my two vices. And of course it socially acceptable to have caffeine and chocolate if you are ingesting a gel, right? Plus cocoa beans grow on plants which makes them a vegetable, right? Anyway, for those who want to try something a little different, try Sport Beans made by Jelly Belly. They are delicious, have glucose and electrolytes. It is your socially acceptable reason to eat candy. Don't worry about your teeth, just enjoy! Until next month, 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](mailto:epstewart2002@yahoo.com) or stay tuned for Patti's snail mail 1513 Maple Leaf Lane Orange Park, FL 32003



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

You can contact us via e-mail at: [Dbokros@comcast.net](mailto: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>