



Volume 25, Number 12

STRIDERIGHT

Florida Striders Track Club



www.floridastriders.com



December 2006

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31st Annual Marine Corp Marathon

Where My Husband Took Me on My Third Anniversary

You know you are married to a runner when your spouse suggests they celebrate their third anniversary at the 31st annual Marine Corp Marathon in Washington, DC, the People's Marathon. My spouse was somewhat leery, considering my history of saying "why don't we do this?" This suggestion went over much better than my last suggestion to run the 4th of July, Firecracker 10 miler in Daytona Beach about 4 years ago in 98-degree weather. By the way, that was the last year they had the 10 miler.

We joined the Galloway/ Donna Hicken training group in June and started our training. We met some wonderful new running friends in the process. We also had the help of Coach John TenBroeck and his grueling training schedule on Wed. nights. I can't say that I was too happy about the mile repeats in 90-degree weather. He taught us tips that only a true coach like John would know, and we kept pounding the pavement.



Continued on page 7

DECEMBER SOCIAL

Sunday, December 17 • 6 PM

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

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

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

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

Recruiting Water Aid-Station Volunteers

It is getting to be that time of year again when the Jacksonville Bank Marathon and Half Marathon is in need of volunteers on Sunday December 17, 2006 at 645am. Once again, we are recruiting volunteers to work a water aid station on behalf of the Florida Striders Track Club at the 8.5 mile mark. The water aid station is located in front of the Walter Jones Historical Park on Mandarin Road. We will be serving water and PowerAde to the marathon runners.

All volunteers will receive a long-sleeve race t-shirt for their efforts. If you are able to volunteer for this fun event, please let me know what size t-shirt you would like, and I will have the shirts available on race day. I will also be sending out specific information to all volunteers in early December. If you have any questions please let me know. Please RSVP to Lillian Lawless at llawless@verizon.net or (302) 477-0373 if you can volunteer. ●



Prez Sez By Dave Bokros

I love this time of year. After suffering through the long, hot summer we are rewarded with 48 degree mornings, low humidity, and, best of all, clear blue skies. Unfortunately, the short days present a challenge since it is daunting, at best, to run in the dark. Not to mention, the early darkness has a physiological effect on us that makes us tired long before we would be in the summer when it is light until 9:00 pm. I, like anyone else, struggle with this.

I am not writing about the short days or the holiday rush or the myriad other things that can affect your running. I am writing about the motivational factor that gets us on the road for those miles and what keeps us returning for those wonderful long runs that leave us with a better perspective on life.

I have been very busy this past fall, and other factors have weighed in that have left me with little desire to get out and complete the miles that are in my training plan. Last Sunday I slept in and ran in the afternoon. I knew the weather in the afternoon would be great, and that it would be just the right temperature. I set out around 1:00 pm for what ended up to be the best solo run of my year. No expectations, no goal, no time constraints. I did, however, end up running 11.67 miles (call it twelve). I set out at a reasonable pace, kept it even, and never struggled. I forgot this lesson about the occasional long run and how it should be enjoyable. That was a great time.

Fast forward to Thanksgiving Day. The Outback Distance Classic Half Marathon. The weather was **Continued on page 4**

Board of Directors' Minutes 11/14/2006

The meeting was called to order by Dave Bokros at 7:15 p.m. Directors absent were John Powers, John DeAntonis, Gary Hallett, Mike Ford, Denise Metzgar, Sharon Pentaleri, Terry Sikes, David Kelly, and Glenn Hanna.

Minutes: No changes to the October minutes.

Treasurer's Report: The October Treasurer's report was filed as written.

2007 Proposed Budget: George Hoskins presented the proposed budget for 2007. There was discussion about lowering some of the proposed income levels. There was also a request to raise the amount for the Children's Running Program, which was presented in an email from Vanessa Boyd. The suggested increase would take the Children's Running Program from \$5000 to \$7000. The additional funding would help provide Run/Walk awards for local schools (Toe Tokens and 50 mile Florida Strider T-shirts). An additional \$1000 would go for the Todd Williams Dinner which would involve kids from all school levels. A suggestion was made by Kim Lundy to purchase Race Numbers for the fun runs at our races, since many children collect these and it would be more meaningful if they show the name of the race and date. She also suggested we get additional ribbons for the fun runs so that each one doesn't give out the same exact participation ribbon. George stated that there would be some more work done on the estimate column prior to next month's meeting when we would be required to approve the budget.

Social Update: There was no one present to give the social update.

Scholarship Committee: Deadline for application is usually March 31. Scholarships are usually given to one male and one female. Traditionally the committee consists of Strider members who have grown children and would not be biased choosing the winners. Forms must be distributed to all county High Schools where we have members. We advertise for applications through **Continued on page 5**

2005-2006 Board of Directors & Key Members

(Board Members marked with an *)

President/Memorial Day 5K Director:

*Dave Bokros(H) 545-4538
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Membership Director/Newsletter

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Equipment Director & Webmaster:

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Pacing by Patti Columnist:

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Children's Run Coordinator:

Vanessa Boyd(H) 272-1770
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Social Coordinator:

*Glenn Hanna(H) 777-9351
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Directors at Large:

*Patti Stewart-Garbrecht.....(H) 541-1303
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*John DeAntonis(H) 264-3541
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*Mike Ford(H) 406-2989
email: forddog92@hotmail.com

*Terry Sikes(H) 384-7194
email: terrysikes@aol.com

*Jay Birmingham(H) 612-2357
email: jaygreatheart@aol.com

*Kim Lundy(H) 213-0250
email: woodski135@aol.com

*Kellie Howard(H) 732-7377
email: kellski@comcast.net

*John Metzgar(H) 215-9440
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*Denise Metzgar(H) 215-9440
email: weluv2run@aol.com

*David Kelly(H) 278-7342
email: davidk2301@yahoo.com

*Sharon Pentaleri(H) 389-6271
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Hog Jog Director:

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email: stevebruce@comcast.net

River Run Hospitality Tent Coordinator:

Stan Scarlett(H) 994-2687
email: stanscarlett@msn.com

RRCA Southern Region Director:

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

North Florida RRCA Representative:

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

Run to the Sun Director:

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

Strider "Person" Coordinator for Races:

Al Saffer(H/W) 665-6996
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Scholarship Coordinator

Tom Sullivan(H) 298-3220
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StrideRight Editor

Trish Kabus(C) 343-5181
email: striderightedit@aol.com

SUPPORT OUR SPONSORS... THEY SUPPORT OUR SPORT



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Mike Shad  **Nissan**

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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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Drop the Clutter and Run

The Outback Half-Marathon is recent history. Hundreds of fit and not-so-fit runners toed the line (starting mat) and earned their Thanksgiving dinner with jaunts ranging from six kilometers to the full 13.1 miles.

I was struck by two things. One—what a wonderful tradition it is to race/run/jog/walk with hundreds of other fit people, most of them from the Greater Jacksonville area. The second striking observation was that at least half of the participants were encumbered with clutter.

Now, I know that consumerism and advertising are the plasma and red blood cells of our nation's economy. But Thanksgiving morning, I saw a glut of unnecessary products being hauled around the course by easily half the field. Shorts with pockets were filled with gel packs. Belt packs and Camelbacks were plentiful. Some runners carried water bottles

Runner's Quiz By Jay Birmingham

1. Who was the first person to run a sub-four minute mile indoors?
2. Who was the first woman to run a sub-four minute mile?
3. Who was the first of the Flying Finns (1912)?
4. Who was the first woman to break 2:40 for the marathon?
5. Who was the first Olympian to win both the 1500 and 5000 in the same Games?

See page 9 for the answers

The Wide World of Running

By Jay Birmingham

in their hands. I've seen ultra trail runners with less gear. Was there an announcement that no aid stations would be set up?

Ears were plugged with iPods and similar listening devices. GPS systems and heart rate monitors were abundant.

Though the weather was a pleasant 50 degrees and sunny, I saw more bundling than in a mid-winter cross country race in Colorado. Sweatsuits, windbreakers, wooly hats, gloves, plastic bags and body suits were the garb of the morning.

My carping on what helps someone run better races will doubtlessly fall on unhearing ears. Madison Avenue has done too good a job of convincing folks they need the stuff I saw used on Thanksgiving.

But to the scoffers and savvy consumers, I offer this: Did you see the various winners? The top men, the top women, the many age group winners—not one, that I saw, wore extra clothes. All had their ears unplugged. They got their sugar and water at aid stations. As George Sheehan once wrote, "I arrive at the race, putting my trust in others. They will take care of me and I will run my best."

I suggest that a return to simpler approaches may yield better racing times. You don't need the Gu, you don't need the music, and you don't need the burden of extra clothes after the race starts. Warm up, strip down, and go. If you're running for turkey and chatting with your buddies, do what you will. If you want to put your hard training to full use, drop the clutter and run. ●

Jay Birmingham has run since 1957 and will compete in his 77th marathon on December 17th in Jacksonville.

PREZ SEZ

Continued from page 2

gorgeous, as always (shut up Frank, Stan, and all you old timers who remember the one rainy, cold one), but it wasn't the weather or the fact that our half marathon training class was graduating, or the fact that all my friends were there.

It was something that I realized during my 12 mile run last Sunday. All season I have been tired, overworked, and wondering where I would find the strength to run these long miles. I lost sight of why I run.

I do not run because I am strong. It is the running that makes me strong. Those days when we do not want to leave the house because we feel we don't have what it takes to finish that three, or six, or ten or twelve or even twenty-two, are the times that it is most important. Our bodies can take it. It is

our will that needs affirmation.

We have all been at the tail end of arduous runs that we didn't want to start, but somewhere in the middle, we are stripped down to the runner. Our troubles forgotten, our stresses released, and our will springs forth like an unstoppable force. A run like this can make the worst problem seem easily solvable!

I remember, now, that it was during the most difficult time in my life that I ran the best. It wasn't about being in shape, or losing weight. It was because I needed to be strong. These times when we struggle, we must remember what we do this for.

But we have to leave the house. We have to put the shoes on, and we have to run.

We do not run because we are strong. We are strong because we run.

See you on the road! ●

12 Year Old Wins Hog Jog

The 2006 Hog Jog was held November 11 at Van Zant Park. The highlight of the race was the winning female performance of 12 year old Mary Ann Brown with a time of 19:36. Mary Ann's performance is one of the best times by a female in the 19 year history of the Hog Jog. The male division winner was Cameron Dickerson (age 16) with a time of 17:35. Congratulations to these fine young runners. We hope to see them back next year to defend their titles.

The scenic two lap 5K cross country course has the reputation of being one of the best cross country courses in the area. The majority of the course is on smooth shaded paths. It is a relatively fast course although there is a section of about 75 yards with sand that is slightly uphill.

Besides the course there are several other unique features of this race.

- The T-Shirt always has a Hog with the number 22 (designed by Trish Kabus)
- The awards are hand-made (also by Trish)
- You do not wear a timing chip
- After the race, you fill out a finishing card with your name and time (unless your name is Zicafoose) and turn it into the scorer.

Approximately 50 children participated in the one mile fun run. A great feature of this fun run is that while the children are not running, they can play in the park. This makes it easier on the parents.

Bicycle Outpost was back for the fifth year as sponsor. They provided over \$1,000 in merchandise and gift certificates that were given away after the race. A silver beach-cruiser was the grand prize. Bicycle Outpost has a unique business model that is doing quite well. They come to you instead of you bringing your bike to them. If you have ever had to load up your bike



Top row L-R: Virginia Anthony, Kim Anthony, Staci Suits, Jeff Suits, Raymond Ramos, Al Saffer, Frank Frazier, Kim Lundy, and Lesley Jones. Bottom row L-R: James Vaurina, Gayla Poythress, Keith Poythress and Glenn Hanna.

and take it to the shop then go and pick it up, you know how time consuming this can be. Bicycle Outpost will either repair your bike at your home or pick it up and return it. Next time your bike needs service, consider giving our generous sponsor the opportunity earn your business.

If you were at the Hog Jog, thank you for supporting this fine event. If you did not make it, hope to see you next year. ●



MINUTES

Continued from page 2

our newsletter as well. Winning is based on children who are Strider members and runners as well. Tom Sullivan is chairman of the committee. Scholarships are for \$1000, and they are paid directly to the colleges. Applications can be downloaded from the Strider website.

River Road Resolution 5K Race

Budget: There was not a quorum present so we could not vote on the River Road Resolution Budget. Everyone present stated their approval. Dave stated that he would get a consensus from the remaining members to approve it.

Budget Committee for 2007: The committee consists of Dave Bokros, Bob Boyd, George Hoskins, John Powers and Mike Mayse. They will meet prior to next month's meeting to refine the budget.

General Discussion: Dave expressed interest in involving more college kids in our club since many are members. He would like to see them stepping up as race directors and serving in other important roles. Vicky Connell stated that her daughter Tori (who will be a college student next year) has volunteered to design our race T-shirts for upcoming races. There has been no word yet on whether her design for the River Run T-shirt Logo has been chosen as the winner. She is anxiously awaiting results.

The meeting was adjourned at 8:10 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!**

Florida Striders Track Club

Now Accepting

Are you one of those who have just about made your checkbook obsolete? Is the FSTC one of the few places you still have to drag out that piece of antiquity to pay your dues through some ancient and archaic system? Well have I got some good news for you!

In our continuous efforts to provide our club members with new and improved services we are offering a new option of paying your annual membership dues. Most of you have heard of PayPal or maybe eBay. PayPal is owned and operated by the eBay company and is the premiere method of making payment transactions over the Internet.

PayPal is secure, quick, inexpensive and very user friendly. Using PayPal to invoice our members and receive payments will shorten the current process significantly. The best part is we can do this and not increase the cost to our members or our club. Also, it is more secure and easier to pay your dues over the internet with a credit card than sending a check via snail mail. A few clicks of the mouse and a few entries on an electronic form and you are done. The club already absorbs all the cost for the snail mail transactions and will do so for PayPal as well. The costs are almost identical but PayPal is just faster and easier for both the club and those who wish to use it.

How does it work?

- During the month prior to expiration you will receive an Email Invoice from the Membership Director (that's me, Mike Mayse.)
- In the email will be a link. When you click the link it will take you to the PayPal site. Follow the simple instructions.
- You **DO NOT** need a PayPal account. But if you have one you can use it to pay your club dues.

Paying your club dues with PayPal is **optional**. If you don't feel comfortable using the Internet to make payment transactions we understand completely. However, if you decide you want to try it simply send an email to me at floridastriders@comcast.net to let us know you are ready to try this new payment method. We will send you a set of instructions to help you through the transaction. It really is very easy to do.

For a Demo and more Info:

https://www.paypal.com/cgi-bin/webscr?cmd=_email-payments-overview-outside

Please sign-up when you get your next membership renewal invoice. It is the best payment option. If you have questions you can call me at 777-6108 or email me at floridastriders@comcast.net. ●

Thanks,
Mike Mayse
Membership Director

THIRD ANNIVERSARY

Continued from page 1

We left Jacksonville on Friday morning for the Marine Corp Marathon, via US Air, and arrived in Washington by 9am. After we checked in at the hotel we rode the Metro to the Expo which was held at the Armory. We visited our own Donna Hicken's booth and all the other vendors. We received a commemorative chip, a bright yellow shirt and many other goodies at the expo. After two hours at the expo Tom, my spouse, had to drag me out.

Saturday morning at breakfast we ran into another local runner, Del Conner and his wife Cathy. Tom and I did some sight-seeing on Sat, but limited our walking, saving our feet for the big race. After setting our clocks back Saturday night we went to bed.

Our wake up call from the hotel came at 3 am (I guess they forgot which way to turn the clock). I thought maybe we were in trouble when we heard the local news reporter on Sunday morning report, "today is a good day to stay inside". 40 mph winds with gusts of 50 mph were predicted. Tom thought it was strange that I packed money in my shorts for the race, but he knew better than to say anything. Sunday morning a hotel shuttle bus was to take us to the race shuttle drop off in Crystal City at 6 am. With 13 anxious runners packed into a shuttle and a bus driver who did not know where she was going, and could not speak English, things got a little heated. Finally after navigating a map and pointing right, then left, and a few U turns, we finally made it to the drop off point. Nothing like adding to the race jitters. The race shuttle dropped us off at the Pentagon parking lot where we checked our race bag and waited. The weather was 42 degrees, 40 mph winds and sunny. We had a thermos of hot chocolate that came in very handy. We dressed in our throw away sweats to stay warm until race time. Of course I had my trusty camera and snapped photos all along the way. The first scarlet wave was to begin at 8:25 am and the second gold wave at 8:40 am. The first wave took off but we had a 30-minute delay because of a misfortunate medical issue in the first wave.

The race had over 32,000 runners, 577 porta johns, 10,000 apples, 6,500 traffic cones, 40,000 T-shirts, 52,000 bottles of water and 25,000 gallons of powerade. Five of the original runners from the first Marine Corp Marathon in 1976 participated in this year's race. They are referred to as the "Ground Pounder's. I was amazed at the crowd support the entire way. So many signs, bands, food and cheering supporters. We had our names on our shirts, but many other runners took it to another limit with shirts that read "Bad Bob", "Bread Truck", "Meg has great legs", "Dad in Iraq", "My first Marathon", "My dad said you're gonna do what?" and so on. I



had heard about the grueling 14th Street bridge and it met all its expectations. We had a grand tour around the Capitol, The Washington Monument, the Pentagon, Hanes Point, the Smithsonian, and FDR Memorial. The 14th Street Bridge came with high winds at mile 20. Sports Beans, Gel, goldfish, animal crackers, pretzels, mints, Vaseline were just a sampling of the goodies along the course, with water and Powerade every 2 miles handed out with smiles by US Marines. Nothing prepared me for the up hill climb after mile 26 to the finish. But the medal around my neck made it all worthwhile. Each runner also received a special coin. After weaving through the finish, I was caught up in a mass of people. Special flags designated with letters of the alphabet to help to locate families. After 30 minutes I finally found

Tom under the letter H. After we picked up our bag we had dropped off, we headed for the shuttle bus. By then it was 3 pm and the temperature was dropping. (I forgot to say it took me a little while to finish the race. I was having too much fun taking photos along the way and talking to people). The shuttle bus dropped us off in Crystal City. We still had another 10

miles back to the hotel. We decided to get a cab rather than try to find the Metro. I

asked Tom how much money he had for a cab. He pulled out

\$2.00. I paid for the cab with my stash money I had

packed that morning. It's \$3.75 to set one foot in a cab in DC. He said he is glad he married a former girl scout who plans ahead.

We didn't make it to the post race party. We had dinner with Del and Cathy and called it an early night. We all looked

like Tim Conway doing his impression of the "little man" with our slow

labored walk. You could spot all marathon-

ers by their walk the next day.

Our flight on Monday to Jacksonville was at 2 pm, so we had time to rest before the flight. We were glad to be home, but savor the memory of our first Marine Corp Marathon.

See my M & M's. Must for a Marathon:

Safety pins, scissors, aquaphor (better than Vaseline), old sweats to throw away at the start (in cold weather), pace bands, gloves, band aide blister block, money, road ID, old sheet (in case the lines for the portalets are long), and starburst. ●

Happy Running,
Shirley Henkel

***"Nothing
prepared me for
the up hill climb after
mile 26 to the finish.
But the medal around
my neck made it all
worthwhile."***

Florida Striders Track Club

January 13, 2007



River Road Resolution 5K

No Excuses - Just Do It



Orange Park Medical Center



TANDEM

Health Care® of Orange Park



Saturday, January 13 2007 - 8 AM

No excuses - just do it & register for the River Road Resolution 5K! It is time to put your New Year resolutions into action. This 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. Start the New Year right!

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., 1/11, or Fri., 1/12, 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

Race Entry received:	Strider or Military	Not a Strider
by January 3	*\$12	*\$14
1/4 thru 1/12	*\$15	*\$17
Race Day	**\$20	**\$20

• 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:** River Road Resolution 5K

• **Mail completed application & check to:** River Road Resolution 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.



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!

SAVE THE DATE!

JANUARY SOCIAL

The January social will be at the home of Glenn Hanna on Sunday January 21 at 2 PM.

Bring a covered dish or dessert to share. The club will supply soft drinks but bring your own adult beverages.

Argyle Forest area

7765 Rockridge Dr. West. Take Argyle Forest Blvd to Shindler Dr. 2nd road on right (Sugartree) Turn Right. Immediate Left (Rockridge), third house on right from corner.

Mark your calendar now!

Dear Fellow Striders.

On February 26, 2007 I plan on running the Antarctica Marathon. In conjunction with the marathon I am raising funds for the Wounded Warrior Project (WWP). The WWP seeks to assist those men and women of our armed forces who have been severely injured during the conflicts in Iraq, Afghanistan, and other locations around the world. The WWP provides programs and services designed to ease the burdens of the wounded and their families, aid in the recovery process, and smooth their transition back to civilian life. 100% of the donations will go to the WWP. For more information and to donate on-line go to: <http://www.woundedwarriorproject.org>.

If you donate on-line please drop me an email so I can track contributions.

If you have any questions or comments please contact me at:

2423 Sylvan Chase
Orange Park, FL 32073
904-264-1673
smithj53@bellsouth.net,

I have also created a web page for this run that has information on WWP and the Antarctic Marathon.

<http://www.home.bellsouth.net/personalpages/PWP-antmarwwp>.

Thanks for your support.

Keep on putting one foot in front of the other.

JD Smith
FSTC Web Master
FSTC Equipment Coordinator.

Anniversary Celebration 2006

By Jenny Allen

The 28th Anniversary Run Celebration was held on October 15th at Sun Tire where this run originated back in 1978. Since then not one Sunday has gone by that we didn't have at least two Striders show up. My personal thank you goes to all of you who attended to make this celebration a success. The temperature was about 50 degrees and close to 65 Striders and friends showed up to run and enjoy the breakfast. Money you find throughout the year is used to buy champagne, juice, coffee, bagels etc. for this party.

Special thanks go to Marge Ruebush, Richard Allen, Elke Miller, Lori Scarlett, and Jeff Nelson for all their help. Jeff and Richard loaded the tables and chairs for us in the absence of Dick Miller, who was touring in China. Thanks to Patt McEvers who once again donated all the orange juice. She has done this for years, making arrangements with the manager of Famous Amos to store the juice overnight. We appreciate the folks at Famous Amos for heating up a breakfast casserole for

us. We have occupied a corner of their dining room for 28 years and have eaten many great breakfasts there after our Sunday morning runs.

This year \$143 was found, up \$26.91 from last year. By Saturday I needed two pennies to make it even and Richard found them at the ball park. Bobby Greene found the most money at one time with \$6.00. Those finding five dollar bills were: Paul Geiger, John Power, and Elke Miller. Those finding one dollar bills were: Kathy Murray (2), John Nalley, John Power, Jeff Nelson, Ken Bendy, Bobby Greene, Robert Shields, Jenny Allen, Patt McEvers, Paulette Butler (2), and Danny Weaver. Our Tar Heel Strider, Robert Shields, mailed five checks totaling \$24.44, including 23 nickels he found in a bank parking lot.

We are off to a great start for next year. Someone has already turned in a twenty dollar bill. I'm not revealing who but he is our "all time" top finder and donator. You guys were awesome again this year. Hope to see you back next October for our 29th anniversary. Mark your calendars.

Until then, happy, healthy running and keep those pennies rolling in.

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	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.	Danny Weaver (904) 287-5496
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.

Striders at the Races

RACE RESULTS

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

PUMPKIN RUN 10 MILE

Evergreen Cemetery
October 29, 2006

Justin Jacobs	53:13	1st A/G
John Metzgar	54:10	
		Masters Male
Kim Pawelek	1:01:20	
		2nd O/A Female
Drew Kenney	1:01:43	1st A/G
Bruce Holmes	1:06:59	1st A/G
Terry Sikes	1:07:14	2nd A/G
Stephen Beard	1:07:53	
Chris Hallett	1:09:23	1st A/G
Paul Geiger	1:09:24	
Gary Hallett	1:09:28	
Keith Poythress	1:10:03	
Robert Walker	1:10:28	
Raymond Ramos	1:10:54	
Steve O'Brien	1:11:10	
Wendy Patterson	1:11:23	1st A/G
Celita Ricks	1:11:36	3rd A/G
Paulette Butler	1:13:37	1st A/G
Brett Beisker	1:13:40	
Bonnie Brooks	1:14:27	1st A/G
Kathy Murray	1:14:37	
David Steinberg	1:14:39	2nd A/G
John Hirsch	1:14:46	
Everett Crum	1:15:00	1st A/G
Regina Taylor	1:15:03	
Elfrieda Wyner	1:15:28	1st A/G
Frank Frazier	1:15:42	1st A/G
Regina Sooley	1:15:47	
Michael Mandt	1:18:08	
Stephanie Griffith	1:18:32	1st A/G
Joe Broome	1:18:50	
David Kelley	1:21:11	
Hernando DeSoto	1:21:35	
Danny Weaver	1:22:10	
Matt Ross	1:22:07	3rd A/G
Ken Wilson	1:22:20	
Bob Kennedy	1:22:39	
Jan Taylor	1:22:48	2nd A/G
Denise Dailey	1:23:38	
Paul Berna	1:23:56	
Barbara Whitter	1:25:33	
Jay Birmingham	1:25:35	3rd A/G
Kelli McGreevy	1:27:46	

Jeanie Wilson	1:28:14
Gil Flores	1:28:24
Sandy Rosenberg	1:28:24
George Hoskins	1:29:55
Ben Holland	1:30:13
Harry Edwards	1:31:42
Kim Cornell	1:35:03
Bobby Green	1:35:14
Jonie Davis	1:42:45
Stan Scarlett	1:48:07
Kim Anthony	1:49:08
Amy Davis	1:52:10
Al Saffer	1:53:52

PUMPKIN RUN 5K

Evergreen Cemetery
October 29, 2006

Orestez Gutierrez	18:32	1st A/G
Luke Steinberg	19:38	3rd A/G
Randy Arend	21:02	1st A/G
Lewis Buzzell	21:56	1st A/G
Nancy Harms	23:24	3rd A/G
Susan Harms	23:26	1st A/G
Craig Harms	23:34	3rd A/G
Leo Sheckells	27:05	3rd A/G
John Gauer	27:09	1st A/G
Gayla Poythress	28:10	
Maria Littlejohn	29:39	
Gordon Slater	30:18	3rd A/G
Norm Wyner	32:07	1st A/G
Kay Womack	36:37	
Colleen White	39:29	
Michelle Ramos	41:58	
Irene Herbertson	43:15	1st A/G
Joe Connolly	45:55	2nd A/G

MARINE CORPS MARATHON

Washington, DC
October 29, 2006

Del Conner	3:46:05
Janet LaVoie	4:06:38
Thom Henkel	4:35:40
Bonita Golden	4:48:38
Shirley Henkel	5:46:33

MANDARIN 10K

Mandarin Park, Jacksonville
November 4, 2003

Justin Jacobs	32:42	1st A/G
John Metzgar	32:56	
		Masters Male
John Steinberg	34:00	1st A/G
Kim Pawelek	35:54	2nd O/A
Keith Brantley	35:58	3rd A/G
Page Ramezani	38:35	1st A/G
Orestes Gutierrez	38:58	
Bill Dunn	38:35	
Bruce Holmes	39:40	2nd A/G
Patti Stewart-Garbrecht	40:20	
Len Ferman	40:50	
Stephen Beard	40:54	2nd A/G
Terry Sikes	41:05	3rd A/G
Nick Jongbloed	41:13	
David Ohnsman	41:21	1st A/G
Anthony Truitt	41:27	
Paul Geiger	41:45	
Brad Littleton	41:53	
Keith Poythress	41:58	PR
Raymond Ramos	42:16	
Patrick Gaughan	42:26	
Celita Ricks	43:05	1st A/G
Brett Beisker	43:10	
David Steinberg	43:12	3rd A/G
Randy Arend	43:14	
Frank Frazier	44:42	2nd A/G
Everett Crum	44:43	1st A/G
Kathy Murray	45:30	
Bonnie Brooks	45:36	
Michael Mandt	45:46	
Elfrieda Wyner	45:51	1st A/G
John DeAntonis	46:40	3rd A/G
Elbert Shubert	47:05	
Bob Kennedy	47:10	
Matt Ross	47:12	2nd A/G
Jerry Bennett	47:33	
Kelli Howard	48:31	
Mary Ann Steinberg	48:44	
Paul Smith	48:49	3rd A/G
David Kelley	48:51	
Tom Zicafoose	49:06	
Sharon Lucie	49:14	3rd A/G
Tyree Crews	49:42	
Dave Brokos	49:45	

Denise Dailey	49:50		JFK 50.2 MILE ULTRAMARATHON		Elfrieda Wyner	1:39:49	1st A/G
Glenn Battinger	49:50		Boonsboro to Williamsport, MD		Raymond Ramos	1:39:53	
Craig Harms	50:02		November 18, 2006		Danny Cole	1:42:10	
Paul Berna	50:36				David Steinberg	1:42:15	
George Hoskins	51:43		Frank Sutman	8:17:00:00	Steve Bruce	1:43:40	
Jan Taylor	52:46		Bill Dunn	8:41:00:00	Kathy Murray	1:44:12	
Harry Edwards	52:57				Michael Mandt	1:44:30	
Nancy Harms	53:04	1st A/G	STOP THE VIOLENCE 5K		Matt Ross	1:45:22	2nd A/G
Susan Harms	53:04		Jacksonville Beach		John DeAntonis	1:45:44	3rd A/G
Jack Hayes	53:53		November 18, 2006		Tom Zicafoose	1:47:14	
Gil Flores	53:58				Everett Crum	1:48:07	1st A/G
Kent Smith	54:47		Robert Walker	20:20 1st A/G	Kim Hoyt	1:48:50	
John Gauer	55:13		Gil Flores	25:36 2nd A/G	David Kelley	1:49:16	
David Ferman	56:24	2nd A/G	Leo Sheckells	24:24 3rd A/G	Richard Horton	1:49:44	
Ed Kelly	56:57		Christina Tellus	25:47	Paul Smith	1:49:51	
Steve Lucie	57:25		Freddy Fillingham	29:56	Jan Taylor	1:50:08	
Jim Kehr	1:00:03		Jonie Davis	31:37 3rd A/G	Danny Weaver	1:50:50	
Leslie Jones	1:00:04		Gordon Slater	31:58	Hernando DeSoto	1:50:55	
Gayla Poythress	1:00:21		Al Saffer	33:48 1st A/G	Denise Dailey	1:50:55	
Kim Anthony	1:00:30	PR	Joe Connolly	46:47 1st A/G	Bob Kennedy	1:50:57	
Staci Suits	1:00:31	PR			Dave Bokros	1:51:01	
Mark Lay	1:01:12		OUTBACK CLASSIC		Jay Birmingham	1:52:05	
Jonie Davis	1:01:54		HALF MARATHON		Ken Wilson	1:53:45	
Freddy Fillingham	1:02:57		Jacksonville-Outback Plaza		Teresa Hankel	1:54:08	
Kathleen Iouse	1:03:22		November 23, 2006		Kelli Howard	1:54:25	
Gordon Slater	1:03:45				Dan Ovshak	1:54:56	
Al Saffer	1:10:28	3rd A/G	Justin Jacobs	1:10:08 1st A/G	Glenn Battinger	1:55:13	
Ginger Frazier-French	1:13:35	3rd A/G	John Steinberg	1:12:51	Mark Woods	1:55:45	
Kay Womack	1:22:53			Masters Male	Vicky Connell	1:56:35	
Diane Aimone	1:25:02		John Metzgar	1:15:48 1st A/G	Sandy Rosenberg	1:56:53	
Trish Kabus	1:26:33		Rob Hoffman	1:19:48	Melinda Terry	1:56:55	
Michelle Ramos	1:27:12		Kim Pawelek	1:19:58 1st A/G	George Hoskins	1:57:49	
THANKSGIVING TURKEY TROT 5K			Drew Kenny	1:22:05	Bonita Golden	1:59:41	
St. Augustine			Sung Ho Choi	1:27:02	Kelly Komatz	2:00:56	
November 18, 2006			Bruce Holmes	1:27:04 1st A/G	Harry Edwards	2:01:30	
Bernie Candy	18:49		Patti Stewart-Garbrecht	1:29:03 1st A/G	Kwan Supapan-McCall	2:02:18	
Barbara Whitter	24:51	3rd A/G	David Ohnsman	1:29:40 1st A/G	Charlie Mann	2:02:24	
RUNNER'S CLASSIC			Davis Bonnette	1:29:03	Melissa Gostage	2:03:14	
Irish Spring 10K			Stephen Beard	1:29:58	Kevin Terry	2:03:16	
Orlando			Terry Sikes	1:30:41	Kelli McGreevy	2:03:18	
November 19, 2006			Bernie Candy	1:32:15 3rd A/G	Barbara Whitter	2:04:39	
Kent Smith	53:51		Gary Hallett	1:32:36 PR	April Martin	2:05:16	
Trish Kabus	1:26:26		Del Conner	1:34:48	Gil Flores	2:05:46	
RUNNER'S CLASSIC			Wendy Patterson	1:34:51	Roxanne Slater	2:09:14	
Jif-Smuckers 5K			Paul Smyth	1:34:52	Jd Smith	2:09:28	
Orlando			Paul Geiger	1:35:02	Bradley Shepard	2:09:32	
November 19, 2006			Patrick Gaughan	1:36:04	Ed Kelley	2:11:57	
Jerry Hiatt	27:31	2nd A/G	Regina Sooley	1:36:05	Staci Suits	2:15:04	
Donna Hiatt	34:09	2nd A/G	Celita Ricks	1:36:43	Kim Anthony	2:15:40	
			Robert Walker	1:37:32	Bo Holub	2:19:42	
			John Hirsch	1:37:40	Guillermo Ramos-Piazza	2:20:27	
			Keith Poythress	1:38:21	Kevin Ott	2:23:11	
			Michael Myers	1:38:36	Gordon Slater	2:23:22	
			Frank Frazier	1:38:40 2nd A/G	Stan Scarlett	2:24:18	
			Bonnie Brooks	1:38:49 2nd A/G	Susan Gostage	2:28:35	

Mary Algire	2:28:38	
John Aimone	2:34:07	
Nancy Pullo	2:34:43	3rd A/G
Al Saffer	2:40:17	
Suly Lopez	2:41:40	
Sandra Shines	2:42:11	
Burness Morris	2:49:25	
Norman Thomas	2:52:13	

OUTBACK CLASSIC 6K
Jacksonville
November 23, 2006

Anthony Truitt	22:57	3rd A/G
Luke Steinberg	23:12	2nd A/G
Mary Anne Steinberg	26:36	1st A/G
Craig Harms	27:14	2nd A/G
Susan Harms	27:59	2nd A/G
Wayne Wolfenbarger	28:28	
Nancy Harms	28:49	
Kimberly Lundy	31:09	
Giovanna Orara	31:51	
Freddy Fillingham	32:54	3rd A/G
Ken Bendy	33:36	
Jim Connell	34:51	
Jeff Nelson	36:51	
Ginger Frazer-French	39:20	2nd A/G
Chris Komatz	41:31	
Michelle Ramos	42:30	
Cody Wolfenbarger	42:45	
Linda Wolfenbarger	42:49	
George Obi	43:58	
Diane Aimone	45:34	1st A/G
Joe Connolly	53:30	
Patt McEvers	55:39	
Charles Desrosier	55:40	

THANKSGIVING DAY 5 MILE RUN
Ponte Vedra
November 23, 2006

Lewis Buzzell	42:39	2nd A/G
Leo Sheckells	50:16	2nd 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**

A Few Fun Races...

NIKE 26.2

Suly Lopez writes, well I made it! San Francisco was awesome – the race very well organized; spectators were great, tons of food, there where Luna bars, animal crackers, Ghirardelli chocolate, power gels, power gummy squares, water, Gatorade...heck at mile 14 I was able to change my socks (which could not have come at a better time)!!! There was even an oxygen bar – I passed on that one! Oh, and I don't know what was better, the men in pink tutu's; the three men looking for girlfriends or the ladies with the sign that read "# miles to beer"!!!

The hills went unnoticed in comparison to the scenery – such a beautiful and vibrant city! And I can't say enough about the men in tuxedos and Nike shoes each holding a silver platter with the famous and much anticipated Tiffany blue box and white ribbon! What a way to end a race – totally worth it.

My official clock time was 5:39:34 –not a PR but very proud to have finished my fifth marathon!

Thank you to my husband Frank who after leaving me at the start –cared the whole city meeting and cheering me on at miles 6; 16; 23 and 26!!! – now that's a guy to get lost with – no GPS needed with him – like my best friend Leo says "I could be in a fox hole with Frank and if he says "this is North – then I would follow"!

TROT OFF YOUR TURKEY 5K

Tom Sullivan (our CT) Strider and Barry Panesky (our Manhattan Strider) did the "Trot off your turkey 5K" in Rhode Island Saturday, November 25. Tom wrote, Barry was 33:59, I was 29:30- first time this year I broke 30:00! Wonderful course in Barrington, RI-. Did a good job on awards, food, vendors etc., for a small town. Barrington is on route 114 which runs down to Newport- that area is certainly very nice and upscale- We did not place at all- in a small race of maybe 400 I think I was 9th in my age group. Of course the age groups are every ten years, and even in a small race there will often be half a dozen guys as fast or faster than Frank Frazier. Of course N.E. is a small geographic area and the good guys will often show up in every race. ●

...and we would like to hear about yours!

NEW MEMBERS

Sam Aldridge
Kathy Torrence
Raymond Watkins
Eileen Werve

RENEWING MEMBERS

Kim Anthony
Jay Birmingham
Chuck & Kacee Bryner
Jonie Davis

Dana, Katherine, Alexandra &
Jacob Midgett
Tony Nading
Mary Pregler
Amy Randall
Tom Sullivan
Kathy King & Anthony Truitt
Earl, Connie & Kayla Vinson

MULTI-YEAR RENEWALS

Dave Butler
Kwan Supapan
Joe Blewett

RUNNER'S QUIZ Answers. Questions appear on page 4. Answers: 1. Jim Beatty; 2. no woman has yet broken 4:00 in the mile run; 3. Hannes Kolehmainen; 4. Jackie Hansen (USA); 5. Paavo Nurmi.

December 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
December 2	Reindeer 1.5 Mi.	9:55 a.m.	Dairy Queen San Marco Ave. St. Augustine	(904) 825-5055, Ext. 1029 Nancy_Birchall@doh.state.fl.us St. Johns County Health Dept./AC
December 3	Festival of Lights 5K	6:00 p.m.	Baptist Eye Institute I-95 & San Marco Blvd.. Jax	(904) 731-1900 1st Place Sports
December 9	Reindeer 5/10K	8:30 a.m.	Atlantic. Rec. Ctr. 2001 Atlantic Ave. Fernandina Beach	(904) 491-0369 Expanded Race Info Amelia Island Runners
December 16	Stonewood Grill Holiday Classic 5K	8:00 a.m.	140 S. Atlantic Ave. Ormond Beach	(386) 238 3912 Daytona Beach Track Club
December 17	Jacksonville Marathon & Half Marathon	7:00 a.m.	Bolles School San Jose Blvd. Jax	(904) 731-1900 1st Place Sports
December 30	JTC's Last Gasp 5 Mile Cross Country	2:00 p.m.	Jacksonville University 2336 Urban Rd. Jax	(904) 731-1900 Jacksonville Track Club
December 31	VyStar Gator Bowl 10K	2:00 p.m.	Jacksonville Landing	(904) 731-1900 1st Place Sports
January 4-7	Walt Disney World Marathon Weekend	6:00 a.m.	Walt Disney World Lake Buena Vista	WDW Wide World Of Sports
January 13	River Road Resolution 5K FUN RUN	8:00 a.m.	Kennel Club Orange Park	(904) 272-1770 bobbydfi@comcast.net Florida Striders Track Club
April 21	Run to the Sun 8K FUN RUN	8:00 a.m.	Kennel Club Orange Park	(904) 213-7758 ghall32447@aol.com Florida Striders Track Club

Pacing with Patti



BY PATTI STEWART-GARBRECHT

This has been a busy month with plenty of races to report. This month's races also happen to be my favorite races in Jacksonville. Fall is my favorite season and fall racing is what it's all about (in my humble opinion). These are the races we train hard to run well.

They are the races we come out to do with our favorite friends and running partners. These are the races I will miss the most when the Navy moves me away from the place I call home. These are the races I first ran when moving to Jacksonville and they will be the ones that are forever etched in my memory as I move on. Well, so much for the sentimentality, let's get to the races....

The **Annual Pumpkin Run 10 mile and 5K** races were held on October 29 at the Evergreen Cemetery. The weather was perfect for fast times and PR's. There is something morbidly exciting about running among the tombstones. It just gets you in the right mood for Halloween! We will start with the 10 mile race results. **Justin Jacobs** was our first Male Strider in a time of 53:13 and he was also first in his age group. **John Metzgar**, the Male Master's winner was next in a time of 54:10. **Kim Pawelek** was the first female Strider and second overall in a time of 1:01:20 followed by **Wendy Patterson** in a time of 1:11:23 which was also an age group win. Other age group winners include **Drew Kenney**, **Bruce Holmes**, **Chris Hallett**, **Paulette Butler**, **Bonnie Brooks**, **Everett Crum**, **Elfrieda Wyner**, **Frank Frazier** and **Stephanie Griffith**. In the 5K race, **Orestes Gutierrez** was our first male Strider in a time of 18:32 followed by young Strider, **Luke Steinberg** in 19:38. Another young Strider, **Nancy Harms** was our first female Strider in the 5K race in a time of 23:24 followed by her mom Susan Harms in 23:26. Nice mother daughter bonding!

Next up is the **Native Sun Mandarin 10K** in Mandarin Park on November 4. It was another splendid day in Jacksonville for running. Again **Justin Jacobs** was our first Male Strider in a time of 32:42 followed by **John Metzgar** who ran 32:56 for one of the best age graded performances of the day. John also won the master's title. **Kim Pawelek** was the first female Strider in a time of 35:54. She out-kicked her "significant other" Keith by a mere 4 seconds. Good job, you are now officially entitled to "wear the pants". Age group winners include **Justin Jacobs**, **Page Ramezani**, **David Ohnsman**, **Celita Ricks**, **Everett Crum** and **Elfrieda Wyner** and **Nancy Harms**. I would also like to mention

that **Keith Poythress** ran 41:48 for a 10K PR. Great Job, Keith.

The **Stop the Violence 5K** was held in Jacksonville Beach on November 18. A handful of Striders completed the race with **Robert Walker**, **Al Saffer** and **Joe Connolly** all winning their respective age groups.

The **Outback Classic Half Marathon** was held in Jacksonville on Thanksgiving Day. It was another beautiful day, but a little windy which slowed some runners. This race is one of the premier races in Jacksonville drawing an international field of competitors. It is no surprise that **Justin Jacobs** was our first male Strider and 1st in his age group with a time of 1:10:08. **John Steinberg** was next up in a time of 1:12:51 which was good enough for the Male Master's title. **Kim Pawelek** was our first female Strider in a time of 1:19:58 which was also an age group win. Other age group winners include **John Metzgar**, **Bruce Holmes**, **David Ohnsman**, **Elfrieda Wyner**, and **Everett Crum**. I would also like to mention that **David Bonnette** ran a half marathon PR in a time of 1:29:03. In the smaller 6K race that accompanies the half marathon, **Anthony Truitt** was our fastest Strider in a time of 22:57.

Across town on Thanksgiving was the **Thanksgiving Day 5 Mile Run** in Ponte Vedra. **Lewis Buzzell** ran 42:39 for a 2nd place age group award and **Leo Sheckells** ran 50:16 which was also 2nd in his age group.

On the road, we had five Striders travel to Washington, DC to run the **Marine Corps Marathon**. In order of finish: **Del Conner** 3:46, **Janet LaVoie** 4:06:38, **Thom Henkel** 4:35:40, first time marathoner **Bonita Golden** 4:48:38 and **Shirley Henkel** 5:46:33. Congratulations to all!

Strider Buff Crazy Men, **Frank Sutman** and **Bill Dunn** traveled to Maryland to run the **JFK 50.2 mile Trail Run** on November 18. They finished in 8:17 and 8:41 respectively. I still find it hard to believe that anyone would want to run for 8+ straight hours. Yikes! I guess after all that you can eat whatever you want for a whole week without any guilt whatsoever.

On November 19 the (Continued on next page)

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Pacing with Patti

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Runner's Classic Irish Spring 10K and the **Jif-Smuckers 5K** were held in Orlando. **Kent Smith** and **Trish Kabus** ran the 10K with Trish being lucky enough to come home with a treadmill she won in the raffle. **Jerry and Donna Hiatt** ran the 5K in 27:31 and 34:09 respectively.

Tom Sullivan, a Connecticut Strider and **Barry Panesky** a New York Strider ran the **Trot Off Your Turkey 5K** in Rhode Island on November 25. I am not sure how much they eat, but I am quite sure 5K isn't long enough for me to run off my turkey! I need a half marathon for that purpose.

Maurya and Joe Sova completed **Ironman Florida** on November 4 in 12:53 and 14:52 respectively. Now that makes up for turkey dinner, Christmas dinner and everything in between. Have you picked up on my food theme in this month's column....Yes, I run to eat (and not the other way around, I admit it).

Since New Years Day is just around the corner and most everyone makes resolutions, I figured this month's training tip should be about goal setting. In talking to people at races I have realized that most people have goals for that particular race. But I find that most of those people are very cautious in goal setting and are usually underestimating their ability. Yes it easy to set the bar low. You will never have to be disappointed. But try setting your goals a little higher and prepare to do what it takes to reach that goal. Start by taking a good, hard look at your current fitness. You can plan to run the Gator Bowl 5K as your baseline fitness test. Use this as your starting point. Sit down and decide what you want to do for the whole

year. You can look at any performance calculator to see how that 5k time compares to longer distances. Plan your races for the next three months with small improvements to be made each time. Commit yourself to a time goal and goal pace. You can use this goal pace to plan your track workouts. These are short term goals. Once you have committed yourself to these races with goal times in mind, start to think about long term goals. How fast do you want to be running at this time next year. These goals will depend on lots of things including current fitness, age and how long you have been running. For some of us, the goal may be to not lose any fitness in the upcoming year. For some, the goal could be a minute or two off your current 5k time. This all depends on you. The bottom line is that in competitive running there should be some sort of goal setting for all of us. If there are no goals, why are we competing? So, if you have never set goals before, let this be the first year. And see if having goals doesn't just motivate you to go out there and set the world on fire! On that note, everyone have a safe and happy holiday season. See you next month. ●

EDITOR'S NOTE: Patti Stewart-Garbrecht and family will be leaving us soon for the nation's capital. We will all miss them and especially Pacing with Patti. If you or someone you know is interested in writing for the StrideRight to keep your fellow Striders informed of Local running events and the Striders that run them, please contact Dave Bokros at 904-545-4538 or the Stride Right editor, Trish Kabus at StrideRightEdit@aol.com.

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



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You can contact us via e-mail at:
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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>