



Volume 26, Number 1

STRIDERIGHT

Florida Striders Track Club



www.floridastriders.com



January 2007

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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.

We need your help!

The River Road Resolution 5k will be run for the first time January 13th, 2007. We need lots of volunteers for everything from registration to course marshalls!

If you would like to volunteer, please email Gary Hallett at GHallett@seabev.com.

Bill and Frank's Psychotic Adventure – The JFK 50-Mile Run

by Frank Sutman

Bill Dunn and I made the pact back in the springtime. We'd run the JFK together. This would be my first 50-mile race attempt. Bill was already one step ahead of me, completing his first 50-miler at Croom Trail back in April. The late summer and fall for me were filled with longer and longer training runs, culminating with three 4-hour runs on the hilly trails of North Wilmington, Delaware. Race day, November 18, arrived before I knew it.

The JFK is America's oldest and largest ultramarathon. The 44th running would follow the traditional course from Boonsboro, Maryland, along the Appalachian Trail to the Potomac River. It then picks up the Chesapeake and Ohio Canal Towpath, heading up stream. Finally, the course traverses several back roads before finishing in Williamsport, Maryland.

Bill and I leave Lillian and the dogs at the hotel in Frederick, and head to the start, early on Saturday morning. We walk the half-mile from the Boonsboro High School gym to the race starting line downtown. Three hundred early starters already left at 5 am, hoping to finish between 12 and 14 hours. Our main group consists of 800 trail wise runners. The gun fires promptly at 7 am and we are off. It is 36 F with calm winds. An overcast, dry day is dawning.

The first 2.7 miles climbs 500 ft. along Alt. US 40 to the Appalachian Trail junction up on South Mountain. We are quite the pack heading up the hill. I hope it will thin out somewhat before we hit 13 miles of single-track trail. Bill recognizes Jen from NJ and Richard from WV. They ran the Guana 50K last spring and are right in the pack with us.

We promptly leave the road and hit the trail. With the exception of about 1 mile of paved road, I enjoy the next 13 miles of leaf-covered pointy rocks. The trail is mildly technical in some sections, highly so elsewhere. I commit myself to running very conservatively on the down hills in order to avoid a face plant. I lose track of Bill behind me on the significant climb up to the top of Lomb's Knoll. Some pitches are steep enough that it is prudent to walk. We reach the top elevation of 1758 ft. at about 5.5 miles. This is the high point on the course.

We start descending. The course pitches up and down. I pass people on the up hills. They pass me back on the down hills. Everyone is most gracious. It's going to be a long day. I reach the second aid station and first spectator access at Gaithland Park, the 9.3-mile mark, in 1:30. Quite a crowd has gathered already. I refill my water bottle and start to climb again. We hit a

Continued on page 7





Prez Sez By Dave Bokros

I hope that everyone is looking forward to the New Year! Remember that the River Road Resolution 5k will be run on January 13th of this year and we can use all the support that we can get!

There are many great things that go into our events. The races, the Gate River Run tent, sponsorship, socials; all these things are made possible by members that give their free time to help make this club number one! If you have never helped with

the Gate River Run tent, or the races I would encourage you to do so; a good time is always had by all.

For all of you that helped make 2006 great, we all thank you! For all of you that will help make 2007 even better, we will most likely show our appreciation in a way that will make you glad that you got involved!

See you on the road! ●

Board of Directors' Minutes 12/12/2006

The meeting was called to order by Dave Bokros at 7:05 p.m. Directors present were Dave Bokros, John Powers, Vicky Connell, George Hoskins, Gary Hallet, John Metzger, Denise Metzger, Terry Sikes, David Kelly, and Mike Mayse.

Minutes: No changes to the November minutes.

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

2007 Proposed Budget: George Hoskins presented the proposed budget. He stated that the club operates on a calendar year. Our goal for the year is to approve the budget prior to the start of the New Year. George stated that the budget was revised by the budget committee since our last meeting. The budget committee consisted of George Hoskins, Bob Boyd, Mike Mayse and Dave Bokros. Each section of the budget was reviewed and questions answered. One item of note was that the budget did not balance itself out, with a deficit of \$800. The consensus was that this is acceptable in light of the change to the Autumn Fitness race now being the River Run Resolution. Revenue is expected to be lower with the change until the race becomes well known as the Autumn Fitness race was known. It is also acceptable according to the Strider Bylaws. A motion was made and seconded to accept the budget as written. It was unanimously approved.

Social Update: Next social is Dec 17th, 6 p.m., Avondale area, host Robert and Janet Irvin, 3811 Boone Park Avenue.

Board of Directors Nominating Committee: Dave asked for members on the nominating committee for next year to remain a few minutes after the meeting. This committee consists of Dave Bokros, John Powers, Mike Ford, John and Denise Metzger and George Hoskins.

Equipment Expenditure for Traffic Cones: Dave explained that 20 traffic cones were already purchased for the Green Cove Spring Jingle Bell Run after email approval by the board. The proposal is to purchase another 180 cones and do away with our old ones which are not as safe and professional looking. The newer ones are more visible and easier to move. Dave found an internet company which will stencil the cones with the Strider name for \$300 less than direct purchase through a local vendor. A motion was made and approved unanimously to purchase the cones. This expenditure is reflected in the budget for 2007.

General Discussion:

Gary Hallet said that we have an issue with the date **Continued on page 4**

2005-2006 Board of Directors & Key Members

(Board Members marked with an *)

President/Memorial Day 5K Director:

*Dave Bokros(H) 545-4538
email: DBokros@comcast.net

Vice President: *John Powers

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

Treasurer:

*George Hoskins(H) 264-4372
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E-News Coordinator

*Lillian Lawless(H) (302) 477-0373
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email: BobBoydFL@comcast.net

Membership Director/Newsletter

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email: FloridaStriders@comcast.net

Equipment Director & Webmaster:

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Pacing by Patti Columnist:

*Patti Stewart-Garbrecht.....(H) 541-1303
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Children's Run Coordinator:

Vanessa Boyd(H) 272-1770
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Social Coordinator:

*Glenn Hanna(H) 777-9351
email: ghanna3@bellsouth.net

Directors at Large:

*Patti Stewart-Garbrecht.....(H) 541-1303
email: epstewart2002@yahoo.com

*John DeAntonis(H) 264-3541
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*Mike Ford(H) 406-2989
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*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
email: saffat@jea.com

Scholarship Coordinator

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

StrideRight Editor

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

SUPPORT OUR SPONSORS... THEY SUPPORT OUR SPORT



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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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Did You Know

By Bob Boyd

Do you know about all of the things that the Florida Striders do in our community? Sure, everybody knows about the four great Strider races, our Gate River Run Tent, and a lot of great socials, but there is much more happening. Well, the truth be told, I am not sure that I am aware of everything that the Florida Striders do in our community, but I am going to try and share the things that I know about and we'll see if there are any surprises for you. We will start out with some easy ones to warm you up and then really test your knowledge.

- Scholarships to area Seniors
- Provide Marathon medals to area children who complete 26 miles or more during their school year Run/Walk programs. Over 1000 medals were provided in 2006.
- Free Fun Runs with awards at all Florida Strider races
- Awards for the Clay County Elem. School track meet
- Hershey Track & Field Regional Meet: We fund this exciting and free event for children and provide the volunteers.
- 2006 National Kids Day Fun Run: we organized and provide the volunteers.
- Cross Country Team Support: We provide race equipment and volunteers for some of the area high school meets.
- Christmas Parade Fun Run in Green Cove Springs. We organize and provide the volunteers along with the awards for this free event.
- First Race Medals are provided for any Strider when they run their first 5K or longer race and we also provide First Race Medals to any participant, Strider or not, who runs their first race at one of our four annual 5K or 8K races.
- Weekly Wednesday night track workouts at St. Johns Country Day School with lights at 6:30 pm. (Sure the running is good, but you should really make the post-run Mexican meal!)
- Beginning Runner classes. The Striders had over 80

participants in the two 10-week classes that graduated in 2006. (We plan to have another class in March 2007.

• Half Marathon Class. For those looking to improve their conditioning at the next level John Metzgar coached an excellent class this Fall.

• Junior High School Cross Country. Clay County began Cross Country at the Middle School level and the Striders provided grants to three of the teams to help in this key bridge between the Elementary School Run/Walk clubs and the High School Cross Country programs.

• Elementary School Run/Walk Clubs. In addition to the \$3300 distributed to area schools based upon their participation at our two biggest Fun Runs from the Orange Park Kennel Club, the club also provides direct financial support to Elementary School Run/Walk programs. These programs are making a real difference in not only helping children be physically active now, but also in helping to learn to enjoy healthy habits that will serve them well for a lifetime.

• Strider Youth Team. James May coaches a fine squad of young runners who want to improve. We get to see them at the track on many Wednesdays.

• Sponsored and provided volunteers for the Fat Tuesday Run to raise money to help Hurricane Katrina victims via Habitat for Humanity in 2006.

As soon as I end this list I just know that I am forgetting things done by our fine club. All of the above were accomplished due to the work of our many Strider volunteers, your financial support, and the fine tradition of making a difference in our community which each of you embody. Florida Striders also have a fine tradition of having fun in the process of making a difference. Thanks to each of you. I know we will accomplish even more together in 2007. If you, your company, or organization would like to financially sponsor this work or to get more involved personally, please contact me (272-1770 or BobBoydFL@comcast.net) or any of your Board members. ●

MINUTES

Continued from page 2

for the Run to the Sun 5K. Another group has scheduled an event which conflicts with ours, and they have already reserved the parking lot at the Dog Track. They did not desire to have both events at the same time, which would make for a crowded event. Unless we can resolve the issue with this group, we need to change the date of our race. Gary will continue to talk with them and keep the board apprised of his progress.

Mike Mayse asked if the club would be interested in using the facilities at Cecil Field for socials. He stated that there is a nice picnic and lake area which would be great for this activity. It was noted that this might be a good location for the Annual Picnic.

Thanks were given to Vicky Connell for bringing Christmas goodies to share.

The meeting was adjourned at 8:10 p.m. ●

Respectfully submitted,
Vicky Connell

**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!

The Florida Striders Track Club is a family oriented club that stages three Grand Prix races each year and Socials each month. Profits from our events are funneled back into community projects to promote fitness and health. Our Newsletter, the *Strideright*, includes articles from our members, fitness tips, pictures of our members in action, race results, and items of general interest. See our website, www.floridastriders.com, or contact our Membership Director, Mike Mayse, 777-6108, or email mjmayse@comcast.net for more information. Complete the membership application below and come have fun with us.

Florida Striders Membership Application			
Please Print			New <input type="radio"/> Renewal <input type="radio"/>
Name: Last _____ First _____ M.I. _____			
Address _____		# in Family _____ Your Occupation: _____	
City/State/Zip _____		Spouse's Name _____ Your Employer: _____	
Phone: Home _____		Birthdate(s) _____	
Phone: Work _____		Annual Dues:	
E-mail _____		Family \$20 (2 years \$40, 3 years \$60) <input type="radio"/>	
Signature _____		Single \$15 (2 years \$30, 3 years \$45) <input type="radio"/>	
Date _____		Junior (under 18) \$10 (2 yrs \$20, 3 yrs \$30) <input type="radio"/>	
		Senior (over 65) \$10 (2 yrs \$20, 3 yrs \$30) <input type="radio"/>	

Mail Application with dues to:
 Florida Striders
 8559 Boysenberry Lane E.
 Jacksonville, FL 32244

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road or the traffic on the course, all such risks being known and appreciated 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 and release the Road Runners Club of America, The Florida Striders Track Club, and all sponsors, their representatives and successors from all claims and liabilities of any kind arising out of my participation in these club activities, even though that liabilities may arise out of negligence or carelessness on the part of the persons named in this waiver. Rev. 12/01

ADDITIONAL SPONSORS	 Publix Charities	 Pediatric Dentistry & Orthodontics Donnie A. Myers, D.D.S Gary R. Myers, D.M.D (904) 272-6606	 About Bicycles Orange Park, Florida 904-272-9100 http://AboutbicyclesOFtripod.com	 GENERAL TRUCK EQUIPMENT & TRAILER SALES INC	Smoak, Davis & Nixon LLP
	 BLUE RIDGE Water Company, Inc.	 Florida Heart Center We Care For Your Heart	 John Fagan, P.A.	FLORIDA POWERTRAIN & HYDRAULICS, INC.	 Bartanyan International

Prefer the convenience of On Line Membership, Renewal, or Race Registration? Visit Active.com. They charge \$3 for their service.

RIVER ROAD RESOLUTION 5K ENTRY FORM															RACE# (FSTC USE ONLY) _____																																		
Packet Pick-Up (Choose One)															Baymeadows 1st Place <input type="checkbox"/> Sports 1/11 or 1/12					Orange Park 1st Place <input type="checkbox"/> Sports 1/11 or 1/12					Jax Beach 1st Place <input type="checkbox"/> Sports 1/11 or 1/12					Day of Race @ Orange Park Kennel Club <input type="checkbox"/>																			
<div style="display: flex; justify-content: space-between;"> First Name _____ Last Name _____ Ever run/walked a race? Y N </div>															Age _____					Sex M F					Adult Sizes S M L XL					5K <input type="checkbox"/>					FUN RUN (no charge - just bring entry form with you on Sat., 1/13, race day)					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 \$ _____					<input type="checkbox"/> Florida Striders Track Club Member					<input type="checkbox"/> 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/trip/fall, contact with other participants, weather conditions, traffic and conditions of the road/surface, all such risks being known and accepted. Having read this waiver and in consideration of entry into this event being accepted, I, for myself and anyone named or entitled to act on my behalf, waive and release members and volunteers of the Florida Striders Track Club (FSTC), Road Runners Club of America (RRCA), the town of 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) _____
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Make Check Payable to: River Road Resolution 5K • 591 Clermont Ave. S. • Orange Park, FL 32073
 or drop off at any 1st Place Sports location.

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

JFK 50-MILER

Continued from page 1

long, technical, rolling ridge. I wish I could take my eyes off the trail in order to enjoy the scenery. All the leaves are down, and the views are frequent. We start to pass the 5 am starters, who for the most part are now walking.

After several miles, the descent starts, and continues, and continues. We are headed down the Weverton Cliffs to the river. It's very steep and resplendent with switchbacks. A guy who passes me careening down the hill catches a toe, goes down, and makes a sound like he's broken an ankle. I ask if he needs help. He says no. Finally, we reach the bottom of the mountain. I am looking forward to 26 miles of flat terrain. I reach the Weverton Cliffs aid station at 15.5 miles in 2:44. I've managed to average only a 10:38 mile pace due to the

challenging terrain.

We switch to the towpath and head upstream next to the Potomac. Good thing I'm next to it and not in it. The river is full, grey, and angry. It's overflowing the banks. Anyone falling into that maelstrom isn't going to come back out alive. It's an inspiring view, a wonderful trail, and I start to pick up the pace. I amuse myself with taking mile splits. Alas, it is an exercise in futility. The mile markers are quite inaccurate. Don't blame the race organizers; They're National Park Service mile markers! There are aid stations every 3-4 miles.

They get better as the race goes on. The food choices resemble a decent buffet. The medical tables are fully stocked with a variety of remedies. A woman offers me aromatherapy on a cotton ball, to combat fatigue. No thanks, but I do appreciate you being out today!

The few aid stations with spec- **Continued on page 11**

Striders at the Races

RACE RESULTS

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

PAUL DeBRUYN 30K Ponce Inlet November 11, 2006

Kathy Murray	2:25:27	1st A/G
Angel McSwain	2:54:30	1st A/G
Barbara Whitter	3:07:31	
Mary Algire	3:10:17	

PAUL DeBRUYN 15K

Denise Dailey	1:18:03	1st A/G
Danny Weaver	1:18:34	
David Kelley	1:21:15	
Randy Pullo	1:21:44	
Kent Smith	1:25:40	3rd A/G
Gena Starr	1:37:00	
Nancy Pullo	1:40:40	1st A/G
Dennis Lee	1:43:20	
Trish Kabus	2:15:35	

FESTIVAL OF LIGHTS 5K Baptist Eye Institute San Marco December 3, 2006

Justin Jacobs	15:42	1st O/A
Patti Stewart-Garbrecht	19:16	2nd O/A Woman
Robert Walker	19:36	
Brett Beisker	20:24	2nd A/G
Stephen Beard	20:30	1st A/G
Raymond Ramos	21:27	
Randy Arend	21:27	
Michael Mandt	21:53	
Simon Jacobson	22:19	
Paul Smith	22:28	1st A/G
Elbert Shubert	22:51	
Lewis Buzzell	22:47	3rd A/G
Dave Bokros	24:33	
Chuck Bryner	25:18	
Bonita Golden	25:19	2nd A/G
Scott Arend	25:36	
Gil Flores	25:40	
Kacee Bryner	25:54	
Kimberly Lundy	26:11	
Kelly McGreevy	26:42	
Raymond Watkins	27:19	

Doug Barrows	27:33	2nd A/G
Bradley Shepard	27:31	
Maria Littlejohn	28:53	
Charles Mann	29:08	
Al Saffer	29:35	1st A/G
Giovanna Orara	29:36	
Mark Lay	30:22	
Sue Whitworth	30:54	
Ken Bendy	30:56	
Steve Bruce	31:24	
Nadine Thomas	32:58	
Sandra Shines	33:57	
Cathy Reidy	34:44	
Terry Bell	34:15	
Elda Bell	34:16	3rd A/G
Preston Reidy	38:41	
Ginger Frazer	39:25	
Kay Womack	43:45	
George Obi	44:47	2nd A/G
Diane Ricketts	47:27	
Patt McEvers	NTA	
Charles Desrosier	NTA	

JINGLE BELL 10K Fernandina Beach December 9, 2006

Randy Arend	42:53	Masters Man
Steve O'Brien	43:34	1st A/G
Elfrieda Wyner	44:43	Masters Woman
Gil Flores	51:08	
Barbara Whitter	53:23	3rd A/G
Al Safer	1:04:25	1st A/G
Norm Wyner	1:06:28	2nd A/G

JINGLE BELL 5K

Del Conner	20:53	1st A/G
Craig Harms	22:28	1st A/G
Susan Harms	25:09	
Nancy Harms	25:29	1st A/G
Kathy Conner	39:56	

LAS VEGAS MARATHON Las Vegas, NV December 10, 2006

Kathy Murray	3:40:46	
Jerry Bennett	3:58:23	
Danny Weaver	4:02:14	
Matt Ross	4:11:35	2nd A/G
Kelli Howard	4:14:06	
Hernando DeSoto	4:24:25	
Teresa Hankel	4:32:54	
Kevin Terry	4:52:27	
Melinda Terry	4:53:18	

LAS VEGAS HALF MARATHON

Stephanie Griffith	1:52:23
Jan Taylor	1:55:47
Kim Cornell	2:23:57
Kate Clouse	2:32:04

JACKSONVILLE BANK MARATHON Bolles School December 18, 2006

John Metzgar	2:53:06	3rd A/G
Justin Jacobs	3:06:57	
David Bonnette	3:16:30	
Patty Stewart-Garbrecht	3:16:47	2nd A/G
Sung Ho Choi	3:21:12	
Stephen Beard	3:37:41	
Del Conner	3:38:56	
John Hirsch	3:46:15	
Regina Sooley	3:49:26	
Raymond Ramos	3:51:02	
Frank Frazier	3:58:32	
Bill Dunn	4:00:19	
Thom Henkel	4:01:09	
Kelly Komatz	4:11:52	
Kwan Supapan-McCall	4:30:04	
Augie Leone	4:43:45	3rd A/G
Gil Flores	4:47:08	
Nancy Pullo	5:32:02	1st A/G
Gary Lewis	5:39:25	
Suly Lopez	6:36:38	

JACKSONVILLE BANK HALF MARATHON

Drew Kenny	1:23:12	1st A/G
Frank Sutman	1:24:26	1st A/G
Bruce Holmes	1:28:34	1st A/G
Tim Waterhouse	1:29:03	
Orestes Gutierrez	1:32:39	
Terry Sikes	1:33:53	
Paul Geiger	1:35:18	PR
Keith Poythress	1:36:34	
Chris Hallett	1:38:29	
Gary Hallett	1:38:29	
Bonnie Brooks	1:41:10	2nd A/G
Kathy Murray	1:43:48	
Elbert Shubert	1:44:51	
Jan Taylor	1:44:55	2nd A/G
Everett Crum	1:45:38	1st A/G
Elfrieda Wyner	1:45:42	1st A/G
Katie Deen	1:47:48	
John DeAntonis	1:48:41	1st A/G
Teresa Hankel	1:50:10	
Ken Wilson	1:50:28	
Glen Battinger	1:51:31	
Mark Sawicki	1:54:59	
Richard Horton	1:55:20	
Bob Kennedy	1:56:31	
Denise Dailey	1:56:32	
Kelli McGreevy	1:57:04	
Jeanie Wilson	1:57:09	
Tyree Crews	1:57:31	
Barbara Whitter	1:58:14	PR
Dave Bokros	1:59:45	
David Kelley	1:59:58	
Kent Smith	2:00:20	
Alexander Combs	2:00:59	
George Hoskins	2:01:23	
Ben Holland	2:04:50	
Jd Smith	2:09:05	
Bobby Green	2:10:15	
Katie Maveety	2:16:15	
Gena Star	2:20:50	
Kathleen Ngo	2:20:56	
Gordon Slater	2:20:59	

Stan Scarlett	2:21:27	
Kim Anthony	2:21:29	
Susan Gostage	2:22:22	
Jonie Davis	2:27:03	
John Aimone	2:27:32	3rd A/G
Alan Phillips	2:29:12	
Mark Lay	2:35:04	
Al Saffer	2:37:36	
Kevin Ott	2:38:54	
Sandra Shines	2:40:33	
Shirley Henkel	2:41:06	
Guillermo Ramos-Piazza	3:13:37	
Trish Kabus	3:24:04	

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

Thanks

to the following Striders who made the
Jacksonville Bank Marathon water stop
a resounding success for another year!

Lillian Lawless
John Powers
JD Smith
Glenn Hanna
Steve Edgell
Vicky Ross
Pat Jensen
Peg Lawson
Dan Widener
Danny Weaver
Denise Williams



Congratulations to
Sarah Heisner, who
finished 2nd overall in
the USATF National
Junior Olympics Cross
Country Championship
on December 9th in
Spokane, WA. Sarah is
the twelve-year old
daughter of John
Heisner, our
Oceanside, California
Strider.

PR



Save the Date!

The 2007 RRCA National Convention is going
to be March 21-25 in Chicago, Illinois. Look
for more information in the February issue of
the StrideRight or online at www.rrca.org."



NEW MEMBERS

Tamara Bowers
John (Stan) Champion
Rita Geer
Jennifer Halter
Kelly Howard
Simon Jacobson
Kerri Johns
Kristie Matherne
Carrie McCutcheon
Kyle Sepersky

Mary Ann & John Steinberg
Michela Tavolieri

RENEWING MEMBERS

David Bonnette
John De Antonis
Hernando DeSoto
Pamela Gornick
Craig, Susan & Nancy Harms
Robert Jamieson

Lesley Jones
Glenn Landers
Cynthia Lyons
Dotti Cahill & Tom Marsland
Randall & Nancy Pullo
Jan Taylor

MULTI-YEAR RENEWALS

Mary & Bill Gladding
Carol & Michael Fitzsimmons
Charles Desrosier

January 2007 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
January 6	Exploration Run 5 Mile	4:00 p.m.	Jacksonville Landing	(904) 731-1900 1st Place Sports
January 6	DeLeon Springs Half Marathon & 5K	8:00 a.m.	Chuck Lennon Park DeLeon Springs	(904) 736-0002 Alta Vista Sports
January 13	River Road Resolution 5K FUN RUN	8:00 a.m.	Kennel Club Orange Park	(904) 272-1770 bobbydfl@comcast.net Florida Striders Track Club
January 20	Newnan's Lake 15K	8:00 a.m.	Earl P. Powers Park 5910 SE Hawthorn Road Gainesville	(352) 378-8725 FL Track Club
January 20	Romans Road 5K	8:00 a.m.	Westside Baptist Church 7775 Herlong Rd. Jacksonville	(904) 777-6130 Westside Baptist Church
January 20	Jetty-2-Jetty 35 Mile Ultramarathon & Team Relay	9:00 a.m.	Hanna Park Mayport	(904) 285-1552 Performance MultiSports
January 27	27th Annual Matanzas 5000	9:00 a.m.	St. Augustine	(904) 461-1615 Ancient City Road Runners
January 27	Daytona 5K	7:00 a.m.	Daytona Speedway 1801 W. International Speedway Dr. Daytona Beach	(386) 681-6350 Alta Vista Sports
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
May 28	Memorial Day 5K FUN RUN	8:00 a.m.	Spring Park Green Cove Springs	(904) 545-4538 Dbokros@comcast.net Florida Striders Track Club

Plodding along with Pa(trish)a

Greetings! Not to worry, I am just helping Patti this month. She had a death in the family and I gladly offered to take this great task on. She will be back next month with her Pacing with Patti column and training tips.

Let's start out with the **Paul de Bruyn 15 & 30K** at Ponce Inlet on November 11. It appears that the race had outgrown its Ormond Beach venue, so this was a new location for these races. It started on the beach and then continued its out and back course on the streets around Ponce Inlet. After the 15K turnaround, the 30K participants found themselves running across the Dunlawton bridge and then back. The fastest

BY TRISH KABUS

female Strider in the 30K was **Kathy Murray** with the time of 2:25:27. It appears that **Matt Ross** was the fastest male Strider, running a 2:45:20. Other age group winners were **Jerry Bennett** and **Angel McSwain**. In the 15K, **Denise Dailey** ran a 1:18:03, which qualified her as the fastest female Strider and first in her age group. Close behind, **Danny Weaver**, was the fastest male Strider with a 1:18:34. Many other Striders came home with the unique handmade ceramic awards, including **Kent Smith**, **Nancy Pullo**, and **Kate Clouse**.

Continued on page 12

JFK 50-MILER

Continued from page 7

tator access resemble the hill climbs in the Tour De France, at least in my mind. Race fans line the path on both sides, leaving a corridor only wide enough for a single runner to pass. People are looking up names on the pre-registration list and cheering for strangers by name, including me. Very cool!

I reach the halfway point in 4:08. I'm feeling OK, except that a nasty blister has formed on the back of my right heel. Not to worry, it goes numb by about mile 40. Others have written about hitting a low point shortly after the halfway point in the race. Dam if it didn't happen to me too. I start feeling pretty winded, and think that the next several hours were going to be a real drag. I get to the 34.5-mile aid station at Snyder Landing and pop a few ibuprofens.

Thankfully, I start getting a second wind. I don't know if it is my months of training or the analgesics. Maybe both? I reach the Taylor Landing aid station, "38 Special", and Lillian is waiting for me in the crowd. I get a kiss and encouragement, and I head on. Two hours to go. I reach Dam Number Four, the 41.8-mile mark, at 6:52. I've completed the 26-mile towpath portion, averaging a 9:25 mile pace. We turn away from the river and towards the finish. I can almost smell it. Hopefully I'm not just smelling myself after running for seven hours.

The first bit away from the river is a decent climb up out of the valley. Under normal circumstances it wouldn't be a bad hill. After 42 miles, walking becomes mandatory. The mile markers tell me how far I need to go to finish. These markers are from the race officials and are accurate. I'm averaging a 10:10 mile pace on this last section and feeling OK. I'm going to finish this thing. The course rolls on through farms and woods towards Williamsport. The pack has strung out tremendously. Many times I can't see anyone in front of me. We reach town. Two guys catch me about a half-mile from the finish. One moves right on by. Keith from DC says he has a rule not to pass any-

one after the last aid station, so we run in together to the finish. Nice guy! I manage a 9:36 on the last mile.

I finish in 8:17:55 by my watch, 8:18:01 officially, in 99th place overall. Not too bad a time discrepancy after eight plus hours on the trail! I've averaged a 9:55 mile pace over almost a full day's worth of running. The official distance is 50.2 miles, and, just like a marathon, that last 0.2 miles is quite significant! Lil and the dogs are at the finish. I am happy and quite exhausted. My left calf then cramps up violently enough that poor Lillian is afraid I'm having a coronary. We get through that scene. I keep moving to ward off additional cramps.

It's only about 45 F and the wind has picked up a bit. Time to change. Bill's friend Jen finishes shortly behind me in 8:23. She's the fourth overall female. Bill finishes about the time I'm done struggling into some dry clothes. He's done great, posting an 8:41:02 in 142nd place. Bill, who only this morning said it was impossible to negative split a 50-miler, ran the second half 22 minutes faster than the first! I'm convinced we would have been together the whole race if he were able to train more on technical trails.

Lil gets us both into the car, we do the shuttle to retrieve Bill's rental, meet a couple of good Samaritans who retrieved and return Bill's car keys, and eventually get back to our hotel in Frederick. Everyone, including Lil, is too tired to go back out for dinner. The three of us enjoy a beer and pizza meal in the room. It's an early night.

The JFK is an extremely well organized, well-supported event. The course is creative and challenging. It is a good thing that the technical portion is early in the day. The race had 1017 finishers, making it the largest ultra finish in US history! Obviously, word has spread about this fine event. If you wish to run an ultramarathon with unparalleled support, this may be the race for you! Bill is already trying to talk me into making it an annual event for us. He likes it enough he wants to get into the 1000-mile club. That's 20 JFK finishes! We'll see! ●

Plodding along with Pa(trish)a

CONTINUED FROM PAGE 11

On the evening of December 3 at the **Festival of Lights 5K** in San Marco, **Justin Jacobs**, 15:42, was the fastest Strider, in addition to winning first overall in the race. With a mad dash to the finish **Patti Stewart-Garbrecht** inched out second Overall Female with the time of 19:16. Fellow Striders who placed in their age groups were **Brett Beisker, Stephen Beard, Paul Smith, Lewis Buzzell, Bonita Golden, Doug Barrows, Al Saffer, Elda Bell**, and **George Obi**.

At the **Jacksonville Bank Marathon** on December 18, finishing on the track at Bolles School was the fastest Strider, **John Metzgar** with the time of 2:53:06, to secure third place in the 40-44 age group. The fastest female Strider was **Patti Stewart-Garbrecht**, with the time of 3:16:47, clinching second place in her age group. Other age group winners were **Augie Leone** and **Nancy Pullo**. It is hard to imagine that Nancy was hurt 6 weeks prior to the marathon and will all the outstanding training with the Donna Hicken/Galloway group, she was able to get first place in her age group. Way to go, Nancy!

In the **Jacksonville Bank Half Marathon**, **Drew Kenny** was the fastest Strider, with the time of 1:23:12, which also was good enough for first place in his age group. It appears that **Bonnie Brooks** was the fastest Strider female, and second in her age group, with the time of 1:41:10. Many Striders took home first place in their age group, which included **Frank Sutman, Bruce Holmes, Everett Crum, Elfrieda Wyner**, and **John DeAntonios**. **Jan Taylor** received second in her age group and **John Aimone** was third in his age group. A few lucky people were actually able to run PRs.

Congratulations to **Barbara Whitter** and **Paul Geiger**! Great running! The weather at noon was sunny and in the 70s, so the people at the beginning of the pack benefited from the cooler temps. For those of us in the back, it was hot! It was especially nice to see Frank Sutman and Lillian Lawless, our recent transplanted Delaware Striders back to run and volunteer for the race!

Out-of-Town races: On December 9th in Fernandina Beach was the **Jingle Bell 5K and 10K**. Strider **Randy Arend** was the Overall Masters Male, and our fastest Strider in the 10K. **Elfrieda Wyner** was the Overall Masters Female and the fastest female Strider with the time of 44:23. Other 10K age group winners were **Steve O'Brien, Barbara Whitter, Al Saffer**, and **Norm Wyner**. **Del Conner** has the honor of being the fastest male Strider in the 5K with 20:53, to win first in his age group. It was good to see Del's wife, Kathy back running races again. **Susan Harms** won Overall Masters Female, and the Strider's fastest female. It appears to be a family affair because **Craig Harms** and **Nancy Harms** also won age group awards for the 10K.

A large group of Striders traveled to Nevada to run the **Las Vegas Marathon and Half Marathon** on December 10. **Matt Ross** won second place in his age group for the marathon, just missing first place by 8 seconds. The runners had to contend with high winds on race day but it sounds like everyone had a great time!

Patti will be back next month and in the mean time, don't forget to sign the Strider man! ●

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



www.floridastriders.com

You can contact us via e-mail at:
Dbokros@comcast.net

Florida RRCA Championship Races and various running related web site links can be found on the RRCA Southern Director's home page at

<http://members.aol.com/rrcahtml/rrcarep.htm>

You can get entry forms & results for all 1st Place Sports events on the Internet at <http://www.1stplacesports.com>

Also get the latest running news from the RRCA's national office, including a nationwide race schedule as well as important info from clubs across the country at <http://www.rrca.org>