



Volume 26, Number 5

# STRIDERIGHT

Florida Striders Track Club



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



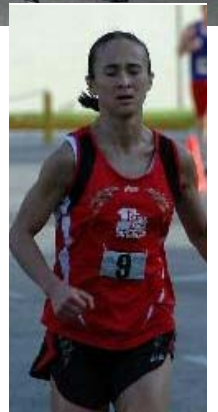
May 2007

## inside

Prez Sez	2
Thanks Patti!	
Board/Key Members	2
Sponsors	3
The Wide World of Running	4
Late Breaking News	4
A Note from Stan	5
Run to the Sun Results	6
Breast Cancer Marathon training	12
RRCA News	12
Memorial Day 5K flyer	13
Striders at the Races	15
Group Training Runs	16
New and Renewing Members	17
Membership Application	17
May Race Calendar	18
Pacing with Patti	19



**Full results and more great photos, see page 6!** Photos by Vanessa Boyd



## MAY SOCIAL

**May 28, 2007 at 2 pm**  
**Lighthouse Apartments in Fleming Island**

The May Social and Memorial Day Volunteer Party will be May 28 at 2:00 PM in Fleming Island. Bring a covered dish to share and your swim suits. Be ready to enjoy the pool. Please call Dave at (904) 545-4538 or [Dbokros@comcast.net](mailto:Dbokros@comcast.net) for more information

**Location** – Lighthouse Apartments in Fleming Island (2285 Marsh Hawk Lane)

**Directions** – If you are coming from Orange Park, go south on US17. Turn right at Village Square Parkway, which is 1 traffic light past CR220. The apartment complex is on the right. We will be at the pool area.

**June** - A dinner meeting is planned with JD Smith, who will give a presentation on his "Cold Weather" run in the frozen south. More details to still to come.

**July** - The annual gathering at the Outback Crab Shack in St. Johns County. More details to still to come.

For more information about any of the socials or to volunteer your home for a social location, please contact Glenn Hanna at (904) 777-9351 or [ghanna3@bellsouth.net](mailto:ghanna3@bellsouth.net).



## Prez Sez By Dave Bokros

Summer will soon be here! Along with the longer days we also get the wonderful heat and humidity that we love so much! I don't know about you, but I am beginning to miss those Sunday morning runs where I lose two or three pounds in water weight. Remember that hydration must be a constant practice for runners. Hydrate throughout the day, every day. Alternate between sports drinks and water during the summer and always follow a run in that kind of heat with your favorite sports drink.

The heat in Florida is challenging, I know, but tolerating it is all about attitude. Continue to run. Slow down the pace a little, and keep it up throughout the summer. Remember to pay attention the signs of heat exhaustion:

- Headaches, dizziness, lightheadedness or fainting.
- Weakness and moist skin.
- Mood changes such as irritability or confusion.
- Upset stomach or vomiting.

Pay attention to your running partners. We all like to push hard from time to time. If a member of your group looks like they might be in trouble, take a break, get something cool to drink, and relax. If you are pushing hard, you can progress through these symptoms quickly, so be aware, and don't feel like a whim if you need to stop!

You can get used to the heat, but the danger of heat exhaustion is always there, so be careful. And remember:

Real runners squish! ●

# Thanks Patti!



for all your hard work, each month on your Pacing with Patti column. We have enjoyed your training tips. Best of luck in Bethesda! We will miss you!

#### StrideRight Editor

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

## 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: \*

email:

### Treasurer:

\*George Hoskins .....(H) 264-4372  
email: ghoskins@bellsouth.net

### Secretary:

\*Vicky Connell .....(H) 276-0193  
email: VickyJC@comcast.net

### E-News Coordinator

\*Lillian Lawless .....(H) (302) 477-0373  
email: lalawless@verizon.net

### River Road Resolution 5K Director: Bob Boyd

(H) 272-1770 .....(W) 272-1770  
email: BobBoydFL@comcast.net

### Membership Director/Newsletter

### Circulation Manager:

Mike Mayse .....(H) 777.6108  
email: FloridaStriders@comcast.net

### Equipment Director & Webmaster:

JD Smith .....(H) 264-1673  
email: smithj53@bellsouth.net

### Photographer:

Vanessa Boyd .....(H) 272-1770  
email: vanessaboydFL@comcast.net

### Pacing by Patti Columnist:

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

### Children's Run Coordinator:

Vanessa Boyd .....(H) 272-1770  
email: vanessaboydFL@comcast.net

### Social Coordinator:

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

### Directors at Large:

\*Mike Ford .....(H) 406-2989  
email: forddog92@hotmail.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  
email: weluv2run@aol.com

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

\*Gayla Poythress.....(H) (904) 541-1878  
email: poyth@bellsouth.net

\*Keith Poythress.....(H) (904) 541-1878  
email: poyth@bellsouth.net

\*Mary Ann Steinberg... (H) (904) 215-5926  
email: 4steinbergstrun@bellsouth.net

\*John Steinberg... (H) (904) 215-5926  
email: 4steinbergstrun@bellsouth.net

\*Nicole Sullivan ....(H) (954) 253-8099  
email: colely77@yahoo.com

\*James Vavrina... (H) (904) 215-8656  
email: kaywoma@hotmail.com

\*Kay Womack: ... (H) (904) 215-86  
email: kaywoma@hotmail.com

### Hog Jog Director:

Steve Bruce .....(H) 728-7759  
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



SUPPORT OUR SPONSORS... THEY SUPPORT OUR SPORT



**orangeparkmedical**  
MEMORIAL HEALTH CENTER

**Mike Shad Nissan**

269-9400

Run to the Sun

Orange  
Park  
Kennel Club



**Publix  
Supermarket  
Charities**

**FLORIDA POWERTRAIN  
& HYDRAULICS, INC.**

Run to the Sun 8K &  
Autumn Fitness 5K

**CENTEX  
HOMES**

Run to the Sun 8K



Garber Chevrolet  


Green Cove Springs, Florida  
Memorial Day 5K

**About Bicycles**  
Orange Park, Florida

904-272-9100  
<http://AboutbicyclesOP.Tripod.com>

**PINCH-A-PENNY  
POOL-PATIO-SPA**

**The Perfect People  
For A Perfect Pool®**

**new balance**  
**Jacksonville**  
**620-0483**

**FAGAN & BROUSSARD**  
INJURY ATTORNEYS

John Fagan, P.A.  
278-6000  
Autumn Fitness 5K

**citistreet**<sup>SM</sup>

A State Street and  
Citigroup Company

**Memorial Day 5K**



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.



Donnie A. Myers  
Gary R. Myers  
(904) 272-6606

**General  
Truck**  
**Equipment &  
Trailer Sales,  
Inc.**

**Smoak, Davis  
& Nixon LLP**  
CERTIFIED PUBLIC ACCOUNTANTS  
(904) 396-5831  
Autumn Fitness 5K

**Bartanyan  
International**  
For all your  
Active Lifestyle Nutrition  
<http://sbarton.qhealthzone.com>

**Ronnies**  
*Wings & Oyster Bar*  
Green Cove Springs, Florida

**VAC-CON**  
Memorial Day 5K

**Florida Heart  
Center**  
We Care For Your Heart  
(904) 269-1664  
Hasein Ramezani, MD



Village Bread  
Market



**Krispy Kreme**

# Mental Toughness – How to Develop It

From my first day of organized sport (baseball in fourth grade) to last week's Regional track meet in Tallahassee, a favored phrase of parents, coaches, and athletes is "Mental Toughness." Most frequently, the phrase is offered up in the negative: "He just doesn't have enough mental toughness."

Many runners spend years, perhaps their entire running careers, faulting themselves for lacking tenacity, will-to-win, *sisu* (Finnish word resembling tough), or—the Cowardly Lion's deficiency—courage.

Through many years of training, competing, coaching, and teaching, however, I've learned that toughness can be acquired in surprisingly large quantities. How? It's simple; little successes.

Every accomplishment, no matter its value when compared to someone else's, boosts one's self image. A month ago, Billie could not run three miles. Today, she did. That is a little victory. If Clarence starts running 5 km in 34 minutes and a year later, he cracks the half-hour mark, that's a victory. Jared's March calendar shows ten days with no running; April's tally shows only three missed days—another victory.

Whether you are a runner or a parent or a coach, the rule is the same. Criticism hurts. Encouragement lifts. Self-criticism may be more deadly than hearing it from another. Throughout high school track, I faulted myself for not being tough enough—learning the summer after I graduated that simply running more miles produced great improvement.

Sports are rife with critics, railbirds, commentators, and rabid fans. Lacking the ability to engage in competition, they assume winners possess an intangible mental edge over their opponents. What most winners possess is a combination of good genes and lots of sensible hard training. In the sport of

## The Wide World of Running

By Jay Birmingham

running, there are few lazy champions.

But you are convinced you are below the mean on the mental toughness graph. Here's a remedy that will convince you otherwise.

First, get a calendar with large open squares beneath the dates. Record your training mileage, what course you ran, and your time for the past week—that's Week I. This week, on two days, increase your mileage—that's Week II. During Week III, select two courses that you timed during week I and beat those times by about 5 seconds per mile. No matter what shape you are in, you are likely to be successful. You have just increased your mileage and improved your speed.

You control your running; even more importantly, you control your attitude toward it. Set yourself up for success. It is not difficult. Every day that you lace up your shoes and take that first step out the door, you are a mentally tough athlete. It is not a matter of beating someone else. It's about meeting whatever lies in your path with a determination to succeed.

Setbacks are inevitable; unbroken progress never happens. But unwavering belief in yourself can be cultivated—one day, one mile, one decision at a time. In a matter of just a few weeks, you can become your own hero. In a year, a tower of strength. No matter where you find yourself today, one month from now, you will be better. Do it.

*Jay Birmingham has been running since 1957. He coaches at St. Johns Country Day School. ●*

## Late Breaking News!

**Regina Sooe**y completed the **St. Anthony's Triathlon** in St. Pete on Sunday, April 29. She finished the 1.5K swim, 40K bike, and a 10K run in 2:39. This was good for 25th place out of 177 in the 35-39 age group. Not bad at all! Congrats to Regina. This summer she has also offered to compile the triathlon results and maybe even write some interesting articles about how triathlons and running compliment each other. I will take her up on her offer!

**Barbara Whitter** ran the **Country Music Marathon** in Nashville, TN on Saturday, April 28. Her chip time was 5:19:47. It is exciting now to be able to track the live results of your favorite runners. I was able to track Barbara's progress throughout the race. I have not been able to talk to her since the race to get any of the details. I would venture to say the hills were something else! I hope she gives us a recap of the entire race experience, next month! ●

## A Clue to Your New Columnist

Please sign the StriderMan after each race! Or email your times to **Mike Marino** at [m.t.marino@att.net](mailto:m.t.marino@att.net) or snail mail at 9858 Moorings Dr., Jacksonville, FL 32257. We look for Mike's debut column next month.

# A Note from Stan

I'd like to thank again all of the Volunteers that came out to help with the Tent this year. As you know, with all the Strider functions, nothing is possible without our Volunteers. It seems like each year, the Tent gets to be a bigger activity, and this year was no exception. This year, there was standing room only. As it was this year, and previous years, the Tent is something that the Club is able to give back to our members and their guests that come to enjoy the biggest and most prestigious race of the year.

If I have left anyone off, please call me at 994-2687 or email to [stanscarlett@msn.com](mailto:stanscarlett@msn.com) so I can personally thank you. Also, we may have a different entry at the Tent next year. We still seem to have many people that tend to wander over to our area that are not Members and or guests of Members. We did better this year with this situation and will try to improve next

year. Please, when you invite guests to the Tent next year, make sure you ask them to bring food as their admittance/entry. When we get so many people at the Tent that aren't guests or Members, it slows down access to our portalets, food and massages. It's important that we can serve as many Members and guests as quickly as possible, especially early in the morning, since runners and family/friends have to leave the Tent area before 7:45 am to make the 5k and 15k on time.

If you see one of our Volunteers, take a minute and thank them for helping out at the Tent. And a special thanks to the Massage Therapy students and Susan Stevenson from Florida Metropolitan University for coming down and making everyone's day that they gave a massage to and a thanks to Portable Sanitation for bringing the portalets and to Kirby Tent Rental for all that they do. ●

## Volunteers

Paul Geiger  
Lori Scarlett  
George Hoskins  
Marge and Paul Ruebush  
Vicki Connell  
John Powers  
Bobby Greene  
Frank Sutman & Lillian Lawless  
Richard and Jenny Allen  
Cooper Jeffers  
Bob and Vanessa Boyd  
Mike Mayes  
Keith Poythress  
Ken and Marie Bendy  
JD Smith  
Bob Moyer  
Gary Hallet  
Kent Smith  
Trish Kabus  
Danny Weaver  
Elena Etter  
Al Saffer  
Thom and Shirley Henkel  
Glenn Hanna  
Frank Frazier  
Dave Bokros  
Robert Irvin  
Warner and Lou Milson







**April 14, 2007**

ID#	CLASS		FINISHER	TIME	PACE
	PLACE	PLACE			
Open Men					
225	1	1	Tyrone Bell, 23	24:58	5:01
227	2	2	Eric Walker, 21	25:08	5:03
209	3	3	Jason Powers, 24	26:10	5:15

<b>Open Women</b>					
9	1	1	Kim Pawelek, 33	28:49	5:47
5	2	2	Patti Stewart-Garbrecht, 45	31:56	6:25
198	3	3	Sandra Nacoste, 38	33:39	6:45

<b>Masters Men</b>					
3	4	1	John Steinberg, 47	26:55	5:24

<b>Masters Women</b>					
410	5	1	Rosa Haslip, 43	34:57	7:01

<b>Grand Masters Men</b>					
173	22	1	Charlie Galloway, 57	31:01	6:14

<b>Grand Masters Women</b>					
18	12	1	Elfrieda Wyner, 64	35:56	7:13

		CLASS			
ID#	PLACE	PLACE	FINISHER	TIME	PACE
Women 3 - 10					
598	118	1	Keali Neal, 10	52:37	10:34

<b>Women 11 - 14</b>					
569	21	1	Mallory Bane, 12	38:45	7:47
556	23	2	Anastasia Belock, 14	39:02	7:50
316	41	3	Taylor Shutt, 14	43:29	8:44
401	50	4	Nancy Harms, 12	45:05	9:03

<b>Women 15 - 19</b>					
35	7	1	Casey Simpson, 18	35:19	7:05
146	33	2	Dena Hartman, 19	41:39	8:22
236	51	3	Hayley Barton, 16	45:09	9:04
213	87	4	Chelsea Metzgar, 15	48:42	9:47
230	88	5	Lindsey Morgan, 18	48:42	9:47
531	124	6	Ashley Stone, 19	53:19	10:42
534	162	7	Ada Kessler, 19	1:01:54	12:26
533	169	8	Victoria Harrelson, 18	1:09:58	14:03

<b>Women 20 - 24</b>					
553	17	1	Jessica Bailey, 20	37:54	7:36
423	46	2	Catherine Cowell, 21	44:07	8:51
551	52	3	Brenda Krafft, 22	45:10	9:04
103	64	4	Crystle Krafft, 23	46:21	9:18
107	71	5	Alethea Lambert, 23	46:47	9:23

580	73	6	Jessica Denney, 24	47:02	9:27	532	129	22	Chris Owen, 33	53:35	10:45
32	81	7	Brielle Hernandez, 23	47:57	9:38	528	131	23	Kymm Cothren, 31	54:14	10:53
549	109	8	Hannah Simpson, 23	51:26	10:20	76	136	24	Alexis Allen, 32	54:35	10:58
194	113	9	Kaitlyn Oconnor, 23	52:14	10:29	513	140	25	Staci Suits, 33	54:52	11:01
555	123	10	Amy Peterson, 24	53:11	10:41	303	141	26	Christina McKenney, 34	54:56	11:02
511	143	11	Dana Johnson, 22	55:27	11:08	509	142	27	Cynthia Heineman, 33	54:57	11:02
594	168	12	Christie Griffin, 24	1:08:24	13:44	71	144	28	Donna Havard, 34	55:39	11:10

#### Women 25 - 29

73	11	1	Alaina Holton, 27	35:50	7:12
418	34	2	Sarah Harrett, 25	42:15	8:29
266	48	3	Shannon Rose-Hamann, 26	44:37	8:58
138	57	4	Sherri Chung, 28	45:48	9:12
246	69	5	Deb Boley, 28	46:38	9:22
229	70	6	Ashlee Lane, 27	46:42	9:23
118	72	7	Sarah Baierl, 26	46:47	9:24
554	74	8	Wendy Bowersox, 26	47:10	9:28
93	75	9	Jamie Barry, 29	47:13	9:29
58	76	10	Renee Bascon, 27	47:18	9:30
33	79	11	Jennifer Riffle, 27	47:47	9:36
152	86	12	Evelyn Rowell, 27	48:41	9:47
181	89	13	Danese Oliff, 29	48:50	9:48
111	103	14	Jennifer Merante, 26	50:06	10:04
430	119	15	Amy Dedeaux, 29	52:52	10:37
200	127	16	Jessica Syrus, 28	53:28	10:44
241	130	17	Jamie Ferguson, 28	53:45	10:47
268	132	18	Amanda Crews, 25	54:19	10:54
547	137	19	Heather Trubey, 28	54:37	10:58
548	138	20	Erica Smith, 29	54:40	10:58
306	139	21	Jen Cunningham, 27	54:47	11:00
543	152	22	Grace Argante, 26	56:43	11:23
267	164	23	Bobbijo Broxson, 28	1:03:57	12:50
317	171	24	McCall Morgan, 27	1:10:31	14:10

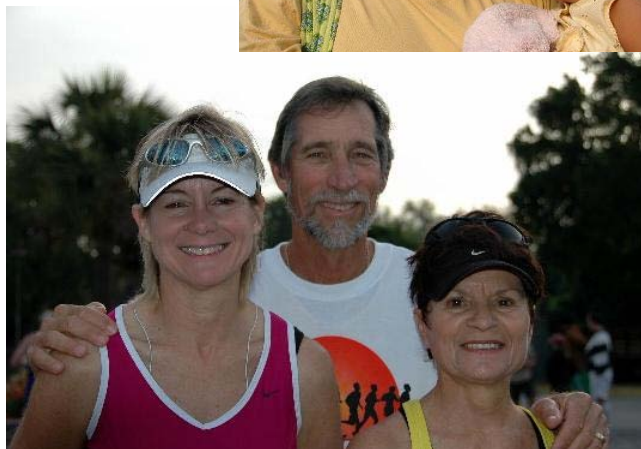
#### Women 30 - 34

320	6	1	Kerri Cook, 34	35:16	7:05
23	8	2	Barbara Carrico, 32	35:33	7:08
224	10	3	Britta Fortson, 34	35:44	7:10
165	25	4	Nicole Dybel, 34	39:45	7:59
324	29	5	Roberta Tomlinson, 33	40:53	8:13
22	32	6	Janis Dolemba, 30	41:19	8:18
153	36	7	Sherri Lias, 32	42:49	8:36
540	40	8	Christine Fletcher, 33	43:19	8:42
599	44	9	Lisa Meadows, 34	43:38	8:46
422	47	10	Mary Hulihan, 31	44:23	8:55
242	61	11	Alanna Lowry, 32	45:55	9:13
578	68	12	Lisa Boyd, 34	46:37	9:22
206	92	13	April Gray, 33	48:58	9:50
570	94	14	Jennifer Otero, 33	49:07	9:52
437	96	15	Carolyn Graham, 34	49:30	9:56
419	97	16	Shellie McCary, 34	49:31	9:56
172	104	17	Camille Larocca, 33	50:30	10:08
176	106	18	Kimberlee Collins, 34	50:51	10:13
132	108	19	Rebecca Carpenter, 31	51:18	10:18
597	117	20	Eve Palmer, 32	52:31	10:33
529	121	21	Melissa Pittman, 34	53:01	10:39

145	147	30	Myra Diaz, 32	56:08	11:16
160	148	31	Monica Larocco, 32	56:12	11:17
414	159	32	Tammie Wright, 32	58:52	11:49
525	172	33	Heather Burke, 32	1:13:34	14:46
226	175	34	Christina Kupper, 33	1:19:24	15:56

#### Women 35 - 39

159	4	1	Kim Scurti, 39	34:35	6:57
254	9	2	Elina Garrison, 35	35:37	7:09
147	14	3	Regina Sooeey, 36	36:59	7:25
321	15	4	Susan Jennings, 37	37:26	7:31
207	19	5	Ginger Peters, 35	38:21	7:42
48	26	6	Kellie Howard, 39	40:08	8:03
167	27	7	Melanie Murphy, 37	40:38	8:09
247	30	8	Lori McLamb, 35	40:55	8:13
590	39	9	Laura Keating, 36	43:11	8:40
527	56	10	Chelle Mahaney, 39	45:43	9:11
567	59	11	Teri Billingsley, 38	45:55	9:13
507	60	12	Dottie Miller, 35	45:55	9:13
37	65	13	Michele Smith, 36	46:26	9:19
550	77	14	Suzanne Cain, 35	47:32	9:33
314	78	15	Lee Ann ?, 37	47:35	9:33
264	83	16	Fredricka Myles, 35	48:20	9:42
310	99	17	Melissa Call, 38	49:33	9:57
258	112	18	Vickie Nelson, 35	51:57	10:26
85	115	19	Michelle Miller, 36	52:20	10:30





432	125	20	Claudia Stephens, 38	53:21	10:43
243	126	21	Sarah Davidson, 38	53:23	10:43
163	128	22	Angela Masci, 37	53:34	10:45
521	145	23	Jennifer Obrian, 39	55:50	11:13
593	149	24	Michelle Henry, 39	56:16	11:18
120	157	25	Amy Bern, 35	58:23	11:43
413	160	26	Aretha Rodgers, 37	59:59	12:03

#### Women 40 - 44

30	13	1	Regina Taylor, 42	36:54	7:24
185	18	2	Sandra Foskey, 40	38:19	7:42
588	28	3	Kacee BryNer, 42	40:46	8:11
319	37	4	Kelli McGreevy, 42	42:50	8:36
568	42	5	Tracy Pfuntner, 40	43:36	8:45
65	45	6	Norma Artiles, 42	43:57	8:50
170	53	7	Deedee Pederson, 42	45:28	9:08
536	63	8	Nancy Trice, 43	46:21	9:18
69	82	9	Caroline Sabatella, 40	48:20	9:42
182	85	10	Kathleen Ngo, 41	48:36	9:45
506	91	11	Lesley Jones, 42	48:56	9:49
82	102	12	Jonie Davis, 41	50:00	10:02
174	107	13	Donna Parish, 44	51:04	10:15
90	114	14	Joni Smith, 40	52:19	10:30
233	120	15	Carmen Coleman, 44	52:54	10:37
126	122	16	Deborah Johansen, 42	53:03	10:39
535	133	17	Victoria Hoyer, 41	54:24	10:55
217	151	18	Connie Cooper, 41	56:33	11:21
263	153	19	Judith ?, 40	56:58	11:26
256	156	20	Linette Bennion, 40	58:16	11:42
301	163	21	Lorraine Hughey, 43	1:02:19	12:31
587	165	22	Michelle Ramos, 42	1:04:54	13:02
130	174	23	Susan Maloney, 44	1:17:31	15:34

#### Women 45 - 49

12	16	1	Mary Ann Steinberg, 47	37:43	7:34
184	20	2	Bonnie Brooks, 46	38:31	7:44
402	24	3	Susan Harms, 47	39:32	7:56
17	35	4	Ann Krause, 49	42:40	8:34
212	49	5	Ilene Chazan, 47	44:45	8:59
25	66	6	Daryl Laroche, 46	46:32	9:21
231	80	7	Diana Clark, 49	47:56	9:37
502	90	8	Kim Anthony, 47	48:55	9:49



572	98	9	Regina Bielawski, 49	49:31	9:56
113	100	10	Kimberly Pearce, 49	49:42	9:59
510	101	11	Cheryl Pfannenstien, 48	49:53	10:01
121	134	12	Vicki Winslow, 47	54:33	10:57
205	155	13	Suzanne Ullmann, 45	58:03	11:39
201	161	14	Colleen Rosatone, 49	1:01:45	12:24

#### Women 50 - 54

322	31	1	Gail Pylipow, 50	41:00	8:14
566	38	2	Sue Whitworth, 52	43:05	8:39
29	43	3	Suzan Schumacher, 53	43:37	8:45
26	55	4	Anne Laroche, 53	45:41	9:10
102	84	5	Cathy Haga, 51	48:28	9:44
412	93	6	Diane Racine, 52	49:04	9:51
55	110	7	Shirley Henkel, 52	51:47	10:24
269	150	8	Sandra Shines, 50	56:30	11:21
541	158	9	S Kay Manly, 54	58:33	11:45
522	166	10	Cathy Tarver, 50	1:06:34	13:22
318	170	11	Mary Helen Cauthen, 54	1:10:31	14:09
75	173	12	Berni Murphy, 53	1:17:31	15:34

#### Women 55 - 59

19	22	1	Jan Taylor, 55	38:59	7:50
524	54	2	Donna Rettini, 55	45:34	9:09
164	58	3	Chin-Chi Ward, 55	45:49	9:12
63	67	4	Carol Palmer, 56	46:34	9:21
575	95	5	Cheryl Rogers, 56	49:30	9:56
581	105	6	Pat Noonan, 58	50:33	10:09
552	176	7	Susan Malanowski, 58	1:19:24	15:57

#### Women 60 - 64

139	62	1	Maria McNary, 60	45:58	9:14
179	116	2	Susan Gostage, 61	52:29	10:32

#### Women 65 - 69

405	111	1	Nancy Pullo, 65	51:53	10:25
78	135	2	Ginger Frazer-French, 65	54:34	10:57

#### Women 70 - 74

315	154	1	Shirley Newport, 71	57:05	11:28
-----	-----	---	---------------------	-------	-------

#### Women 75 - 79

406	167	1	Diane Aimone, 77	1:06:37	13:22
-----	-----	---	------------------	---------	-------

CLASS					
ID#	PLACE	PLACE	FINISHER	TIME	PACE

#### Men 3 - 10

426	114	1	Nicholas Heath, 9	40:42	8:10
583	140	2	Brandon McCullough, 10	43:06	8:39

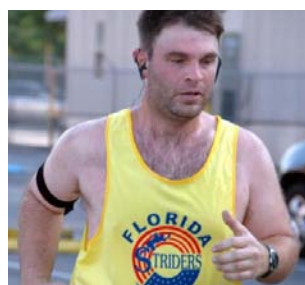
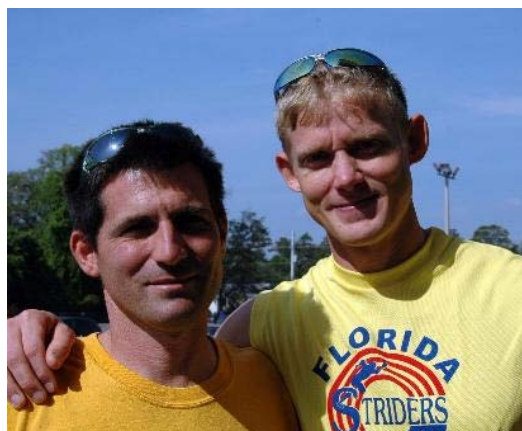
#### Men 11 - 14

585	40	1	Luke Steinberg, 13	34:19	6:53
245	61	2	Cody Helms, 13	36:21	7:18
44	63	3	Ricky Young, 13	36:33	7:20
222	90	4	Aaron Burns, 14	38:43	7:46





221	102	5	Saxon Wright, 11	39:58	8:01	Men 25 - 29					
312	111	6	Josh Marsh, 14	40:27	8:07	104	14	1	Bradford Risner, 27	29:14	5:52
129	176	7	Nick Russett, 14	46:57	9:26	323	24	2	John Funk, 29	31:38	6:21
214	184	8	Philip Bowers, 14	48:42	9:47	424	39	3	Robert Walker, 25	34:08	6:51
158	213	9	Adam Champion, 12	1:06:38	13:23	67	41	4	Michael Simon, 25	34:20	6:54
						94	49	5	Adam Barry, 29	34:56	7:01
Men 15 - 19						420	65	6	Peter Szilva, 26	36:48	7:23
8	12	1	Rick Hunter, 19	29:11	5:52	203	85	7	Steve Meyer, 26	38:30	7:44
257	16	2	Tommy Fossa, 17	29:39	5:57	248	97	8	Chad Davis, 27	39:41	7:58
262	19	3	Tristan League, 19	30:31	6:08	431	98	9	James Stephens, 29	39:45	7:59
313	21	4	Thomas Brauer, 19	30:35	6:08	421	103	10	Randall Gundayao, 25	39:59	8:02
68	46	5	Cliff Skelton, 18	34:49	6:59	171	108	11	Todd Hockett, 29	40:03	8:02
591	58	6	Christian Henry, 15	35:49	7:12	305	142	12	Joey Walker, 27	43:18	8:42
79	62	7	Carlton Crudup, 15	36:24	7:18	218	144	13	Sean Neer, 27	43:24	8:43
584	71	8	David Steinberg, 15	37:24	7:31	98	182	14	Michael Blake, 26	48:16	9:41
304	92	9	Joshua Hyde, 17	38:58	7:49	74	201	15	John Holton, 27	52:35	10:33
						542	210	16	Jeff Sales, 28	57:13	11:29
Men 20 - 24											
190	5	1	Ryan Macmanus, 20	27:14	5:28	Men 30 - 34					
10	6	2	Robert Coslick, 24	27:15	5:28	7	8	1	Shawn Williams, 31	27:36	5:33
154	27	3	Hank Brunclik, 24	32:29	6:31	189	9	2	Brian Shrout, 33	27:45	5:34
2	28	4	Justin Jacobs, 23	32:33	6:32	579	10	3	Rod Reeves, 33	28:06	5:38
124	47	5	Ali Canton, 22	34:50	7:00	180	11	4	Jonothan Oliff, 30	29:03	5:50
149	52	6	Stephan Thieman, 20	35:13	7:04	6	15	5	Paul McRae, 34	29:23	5:54
586	75	7	Seth Myers, 24	37:43	7:34	11	18	6	Orestes Gutierrez, 30	29:55	6:00
538	82	8	Alexander Harmon, 21	38:10	7:40	438	31	7	William Dorrian, 31	32:47	6:35
191	95	9	Jake Raeburn, 20	39:28	7:56	208	34	8	Larry Smith, 32	33:33	6:44
52	117	10	Michael Zocchi, 23	40:50	8:12	97	56	9	Seth Pajcic, 30	35:43	7:10
137	134	11	Matthew Hornacek, 24	42:31	8:32	501	64	10	Robert Crampton, 31	36:44	7:22
95	137	12	Thomas Johnson, 24	42:56	8:37	557	66	11	Charles Linder, 31	37:00	7:26
210	160	13	Travis Gomez, 20	44:45	8:59	202	76	12	Brian Hurst, 30	37:46	7:35



223	110	13	Chris Campbell, 34	40:16	8:05	166	150	15	Darrin Davis, 37	43:59	8:50
127	121	14	Brian Gifford, 32	41:03	8:15	518	154	16	Brian McGovern, 36	44:09	8:52
250	131	15	Ben Wright, 31	42:12	8:28	70	161	17	Philip Brown, 39	44:50	9:00
515	138	16	James Vavrina, 31	42:57	8:37	92	168	18	Marco Lorenzo Miego, 35	45:52	9:13
577	143	17	Thomas Bass, 34	43:24	8:43	596	171	19	Marcos Acosta, 35	46:24	9:19
307	148	18	Blake Cunningham, 33	43:49	8:48	62	178	20	Jeffrey Hicks, 35	47:36	9:33
512	149	19	Jeff Suits, 33	43:58	8:50	162	179	21	Paul Masci, 39	47:46	9:35
574	153	20	Jonathan Lineberry, 33	44:05	8:51	122	187	22	Kenneth Jacobs, 38	49:31	9:57
43	159	21	David Albritton, 31	44:40	8:58	526	194	23	Callee Davenport, 39	51:03	10:15
259	170	22	Jeff Kleba, 33	46:13	9:17	110	198	24	Blair Carter, 39	52:20	10:30
136	173	23	Mike Horn, 33	46:39	9:22						
249	174	24	James Wood, 32	46:45	9:23						
128	175	25	Raam Sambandam, 30	46:46	9:23						
77	186	26	Tom Allen, 31	49:10	9:52						
546	195	27	Damon Denton, 33	51:26	10:20						
34	196	28	Lawrence Stake, 30	52:11	10:29						
133	203	29	Matthew McVay, 32	53:13	10:41						

#### Men 40 - 44

#### Men 35 - 39

38	17	1	Chris Brock, 36	29:43	5:58	559	55	8	Michael Mandt, 40	35:42	7:10
47	25	2	Mills Ramseur, 35	32:15	6:29	197	67	9	Elbert Shubert, 43	37:05	7:27
155	30	3	Scott Olivolo, 38	32:37	6:33	168	68	10	Packy Murphy, 41	37:09	7:28
253	37	4	Mike McLamb, 37	34:05	6:51	49	99	11	Scott Poole, 42	39:46	7:59
1	54	5	David Clarkson, 39	35:31	7:08	31	112	12	Buddy Denny Jr, 44	40:29	8:08
24	57	6	John Donnelly, 35	35:48	7:11	415	120	13	Mike Breeden, 40	41:01	8:14
261	72	7	Hayden Dempsey, 39	37:35	7:33	156	124	14	Douglas Pickel, 42	41:32	8:20
251	87	8	Stephen Hall, 39	38:40	7:46	112	126	15	John Depontes, 40	41:36	8:21
270	104	9	Patrick Haldeman, 36	40:00	8:02	186	130	16	Jason Roberts, 40	41:57	8:25
178	109	10	Scot Jezik, 36	40:09	8:04	408	147	17	John Kearney, 44	43:36	8:45
119	116	11	Reynaldo Gripon, 35	40:48	8:11	520	156	18	Bradley Shepherd, 40	44:16	8:53
428	118	12	John Stevens, 37	41:00	8:14	148	158	19	Don Thieman, 42	44:36	8:57
169	125	13	Paul Pedersen, 38	41:35	8:21	100	162	20	Steve Zipes, 42	45:05	9:03
177	132	14	Pat Farenga, 39	42:13	8:29	592	166	21	Scott Henry, 42	45:39	9:10



234	172	22	Ed Bonneau, 44	46:35	9:21	140	83	3	Danny Weaver, 59	38:21	7:42
516	177	23	Dave Melton, 43	47:06	9:27	72	86	4	Danny Suber, 56	38:37	7:45
196	181	24	Stephen Whittle, 41	47:55	9:37	403	89	5	Craig Harms, 56	38:41	7:46
183	185	25	Arnold Ngo, 41	49:02	9:51	81	91	6	Allan Darby, 55	38:50	7:48
211	199	26	Robert Reddington, 40	52:24	10:31	436	93	7	John Stringfellow, 55	39:06	7:51
235	209	27	Evan Gould, 40	56:58	11:26	175	100	8	Jerry Bennett, 56	39:56	8:01

#### Men 45 - 49

13	13	1	Jim Shields, 48	29:13	5:52	519	135	11	Brian McGovern, 59	42:45	8:35
188	29	2	Chris Laduke, 46	32:35	6:33	144	157	12	Tony Quintana, 58	44:30	8:56
61	32	3	Randy Arend, 46,	33:11	6:40	220	165	13	Joe Butler, 59	45:16	9:05
45	45	4	Maverick Brown, 46	34:40	6:58	134	167	14	Craig Scott, 55	45:45	9:11
109	53	5	Steven Tamburrino, 47	35:27	7:07	89	189	15	Lawrence Roberts, 59	49:58	10:02
192	69	6	Joey Williams, 48	37:14	7:28	530	206	16	Bernie Powers, 56	55:16	11:06
571	70	7	Rick Moss, 46,	37:21	7:30	27	211	17	Danny Randolph, 55	57:39	11:35
216	77	8	Simon Jacobson, 49	37:47	7:35						
600	79	9	Raymond Ramos, 45	37:50	7:36						

308	80	10	Wayne Holder, 46	37:53	7:36	411	42	1	George White, 60	34:27	6:55
433	84	11	William Lund, 47	38:22	7:42	59	51	2	Frank Frazier, 64	35:11	7:04
232	88	12	Mark Dickson, 49	38:41	7:46	54	59	3	Thom Henkel, 63	35:50	7:12
36	96	13	Tim Simpson, 49	39:36	7:57	564	127	4	E Cook, 62	41:37	8:21
195	105	14	Zane Blocker, 48	40:01	8:02	199	145	5	Kent Smith, 64	43:33	8:45
66	113	15	James Masellis, 47	40:34	8:09	563	155	6	George Hoskins, 62	44:10	8:52
517	115	16	Jon Braasch, 46	40:44	8:11	204	191	7	Larry Galley, 64	50:22	10:07
56	119	17	Daniel Langston, 49	41:00	8:14						
80	122	18	George Johnston, 45	41:12	8:16						
560	128	19	Tim Purvis, 46	41:42	8:22						
46	129	20	Larry Guevarra, 48,	41:52	8:24						
558	146	21	Larry Branz, 47	43:35	8:45						
539	152	22	Arthur Harmon, 47	43:59	8:50						
537	164	23	Wayne McDowell, 49	45:10	9:04						
265	169	24	Mark Clanton, 49	46:10	9:16						
228	180	25	Stephen McNally, 46	47:49	9:36						
101	183	26	Mike Haga, 45	48:29	9:44						
573	190	27	William Tretina, 46	50:16	10:05						

#### Men 50 - 54

88	23	1	Larry Sassa, 53	31:16	6:17						
20	33	2	Stephen Beard, 51	33:11	6:40						
60	43	3	Del Conner, 54	34:32	6:56						
21	44	4	Paul Geiger, 54	34:38	6:57						
309	60	5	Glenn Gergen, 54	35:57	7:13						
215	73	6	Leslie Hart, 52	37:37	7:33						
141	94	7	Paul Berna, 52	39:13	7:52						
427	106	8	Steve Bruce, 50	40:02	8:02						
435	107	9	Gil Flores, 50	40:03	8:02						
589	123	10	Chuck Bryner, 51	41:31	8:20						
135	136	11	Dennis Cumiskey, 51	42:54	8:37						
565	193	12	George Ferfecki, 50	50:42	10:11						
16	202	13	Bill Krause, 50	52:45	10:36						
157	205	14	Stan Champion, 54	53:48	10:48						
115	207	15	Mark Lay, 50	55:31	11:09						
84	212	16	Frank Roth, 50	59:49	12:01						

#### Men 55 - 59

260	38	1	Patrick Gaughan, 57	34:07	6:51
404	74	2	Randy Pullo, 57	37:39	7:33

#### Men 60 - 64

411	42	1	George White, 60	34:27	6:55
59	51	2	Frank Frazier, 64	35:11	7:04
54	59	3	Thom Henkel, 63	35:50	7:12
564	127	4	E Cook, 62	41:37	8:21
199	145	5	Kent Smith, 64	43:33	8:45
563	155	6	George Hoskins, 62	44:10	8:52
204	191	7	Larry Galley, 64	50:22	10:07

#### Men 65 - 69

86	139	1	Michael Van Horn, 66	42:59	8:38
83	141	2	Benjamin Holland, 66	43:07	8:39
50	151	3	Otto Monroe, 65	43:59	8:50
15	188	4	Freddy Fillingham, 65	49:46	9:59
14	192	5	Gordon Slater, 67	50:28	10:08

#### Men 70 - 74

53	81	1	Everett Crum, 72	38:05	7:39
64	197	2	Al Saffer, 72	52:15	10:30
40	200	3	Norman Wyner, 73	52:29	10:32
193	215	4	Michael Kopina, 71	1:18:30	15:46

#### Men 75 - 79

187	163	1	Pat Gallagher, 76	45:07	9:04
407	204	2	John Aimone, 77	53:43	10:47

#### Men 80 & Up

28	214	1	Joe Connolly, 82	1:14:33	14:58
----	-----	---	------------------	---------	-------

**For more outstanding race  
photos, please go to  
[www.floridastriders.com](http://www.floridastriders.com)**



The Florida Striders will be an aid station sponsor for the marathon!

**February 17, 2008**

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

**We Want to Hear from You!**  
**Send your**  
**running stories to**  
**StrideRightEdit@aol.com**  
**by the 15th of the month!**

Jeff Galloway Training Programs are the Official Training Program of the Breast Cancer Marathon • 100% of race entry fee goes to breast cancer research and care

## Training Kick-Off

With Coach and Olympian Jeff Galloway. Join him for a Free Clinic!

### Wednesday, May 16

**7:30-9 a.m. • Beaches**

Fionn MacCool's  
 333 First Street North  
 Jacksonville Beach, FL 32250  
 (904) 242-9499

**11:30 a.m.-1 p.m. • Intracoastal Area**

Mayo Clinic, Cannaday Building,  
 Kinne Auditorium  
 4500 San Pablo Road  
 Jacksonville, FL 32224  
 RSVP - (904) 953-0770

**7-8:30 p.m. • Downtown**

San Marco Family YMCA  
 1435 Atlantic Blvd.  
 Jacksonville, FL 32207  
 (904) 398-2002

Local Galloway Program Directors: Chris Twiggs and Amanda Napolitano  
 Contact [jaxtraining@breastcancermarathon](mailto:jaxtraining@breastcancermarathon) for more information!

### Friday, June 8

St. Augustine • Details to come.

A new training group will be forming in St Augustine! Contact your St. Augustine Galloway Program Director, Trish Kabus at 343-5181 or [trishk22@aol.com](mailto:trishk22@aol.com) for more information.



## RRCA Welcomes FOOTNOTES Managing Editor

Columbia, MD – The Road Runners Club of America is pleased to announce that 2006 RRCA National E-Newsletter Award winner, Sandy Walton of the Maine Track Club, has been named the Managing Editor for FOOTNOTES, the RRCA's online membership magazine.

Sandy has three mottos that help her to achieve her goals: "practice makes perfect," "you get back what you put into it," and "many hands make light work".

In January 2006, the RRCA launched FOOTNOTES as

an online publication after a four year hiatus from circulation. For the Members By the Members, FOOTNOTES offers the RRCA an affordable way to promote the efforts of our member clubs and events around the country. Archived issues of FOOTNOTES can be found at <http://www.rrca.org/resources/footnotes>.

If you would like to contribute royalty free content or images to future issues of FOOTNOTES, contact Sandy at [footnotes@rrca.org](mailto:footnotes@rrca.org).



# Memorial Day 5K

May 28  
2007



## Florida Striders Track Club

Green Cove Springs, Florida

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

**ENTRY FEE:** \$14.00 before May 20, \$17.00 May 20 thru 26, \$20.00 Day of race.  
\$2.00 discount for Military and Florida Striders before May 26, \$2.00 discount for personal ChampionChip.  
T-shirts guaranteed for all preregistered runners. **Make check payable to: Memorial Day 5k.**

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

### PACKET PICK UP AND REGISTRATION:

Packet pick up and registration at all First Place Sports locations, 3931 Baymeadows Road, 550-7 Wells Road in Orange Park, or 424 South Third Street in Jacksonville Beach. Race hotline 904-688-0993  
Packet pick up will be at First Place Sports Friday and Saturday May 25 & 26 from 10 am to 6 pm or day of race at Spring Park.

Register online at Active.com. See our website, [www.FloridaStriders.com](http://www.FloridaStriders.com), for more information including course map, directions to the race, and club information! **USATF Course FL-02022DL**  
Mail entry form to: Memorial Day 5k, 3931 Baymeadows Rd, Jacksonville, FL 32217

### AWARDS:

Top three male and female, Top Masters male and female, First Green Cove Springs residents male and female, and Top 3 male and female ages: 10 & under, 11-13, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, and 80 & over (no multiple awards).



**We need volunteers for the Memorial Day 5K. Please contact Dave Bokros at 545-4538 or email him at DBokros@comcast.net, if you want to help out at the best 5K race in Green Cove Springs over Memorial Day!**



## RACE SPONSORS



## Memorial Day 5k OFFICIAL ENTRY FORM

☐ 5k

☐ Fun Run

No fee for Fun Run, bring entry form on race day!

Official Use Only

First Name										Last Name									
------------	--	--	--	--	--	--	--	--	--	-----------	--	--	--	--	--	--	--	--	--

Put your ChampionChip Number here and deduct \$2.00

M F		S M L X			
-----	--	---------	--	--	--

Age on race day SEX Shift 520

E-mail address for confirmation and up to date race information

Street address																			
----------------	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Payment Enclosed

CITY										STATE		ZIP CODE			
------	--	--	--	--	--	--	--	--	--	-------	--	----------	--	--	--

Entry Fee \$ \_\_\_\_\_

Discount for chip \$ - \_\_\_\_\_

Strider discount \$ - \_\_\_\_\_

TELEPHONE NUMBER									
------------------	--	--	--	--	--	--	--	--	--

<input type="checkbox"/> Repulse Road	<input type="checkbox"/> Joe Beach	<input type="checkbox"/> Orange Park	<input type="checkbox"/> Day of race only
---------------------------------------	------------------------------------	--------------------------------------	---

Make Checks Payable and mail to:  
Memorial Day 5k,  
5951 Baymeadows Rd  
Jacksonville, FL 32217

AMOUNT PAID WITH ENTRY

By my signature, I acknowledge that: Participating in an organized running event is a potentially hazardous activity. I will not participate unless physically and medically able. I agree to abide by all decisions of race officials relative to my ability to safely complete the race course. I assume all risks associated with participating in this event including, but not limited to, participant contact with other participants, weather conditions, traffic and conditions of the racecourse, 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 those named or intended to act on my behalf, waive and release in advance and irrevocably all claims for damages or injury to the Florida Striders Triathlon Club (FSTC), Road Runners Club of America (RRC), the town of Green Cove Springs and all sponsors, their representatives and successors, from all claims and/or damages of any kind arising out of the participation in this event, including but not limited to negligence or carelessness by persons or organizations named in this waiver, agree and grant permission that should a participant be injured, I agree to release officials and/or qualified persons, as to my needs to be exercised and to be 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 be suffering from a life threatening condition. I further grant the release the right to use any and all photographs, images, or accounts of this event in any manner that it deems appropriate. I agree to abide by all RRC's rules, including but not limited to: my use of headphones or any other device that limits awareness of the participant or any type of electronic device that is used by the participant or physically disabled participants. All events are provided from the race course unless for the use and enjoyment of handicapped or physically disabled participants.

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

Date signed



# Striders at the Races

## RACE RESULTS

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

### COOPER BRIDGE RUN

Charleston, SC

May 31, 2007

Kent Smith 55:01  
Trish Kabus 1:29:36

Steve O'Brien 42:53 2nd A/G  
Bill Pennington 43:58 3rd A/G  
Frank Frazier 44:10 2nd A/G  
Randy Hokaj 44:26  
David Clarkson 44:35  
Kathy Murray 44:58

Elda Bell 1:13:14 2nd A/G  
Connor Stubbs 1:14:36  
Gayla Poythress 1:17:09  
Michelle Ramos 1:18:52  
Diane Aimone 1:22:28 1st A/G

### BOB COOKE MEMORIAL 5K

Atlantic Beach

March 31, 2007

Stephen Beard 19:15 3rd A/G  
Bernie Candy 19:32 1st A/G  
Keith Poythress 19:59 3rd A/G  
Rosa Haslip 20:21 1st A/G  
Paul Smith 22:35 1st A/G  
Michael Mandt 21:29  
Gil Flores 27:20  
Maria Littlejohn 27:21  
Stephen Whittle 28:15  
Gayla Poythress 28:19  
Kim Anthony 28:26 1st A/G  
Vicki Choinski 29:15  
Leslie Jones 29:36  
Preston Reidy 30:09  
Jonie Davis 30:34  
Susan Gostage 31:01 1st A/G  
Mark Lay 31:27  
Sandra Shines 31:54  
Cathy Reidy 34:38  
Denise Stewart 39:04  
Joe Connolly 43:54 1st A/G

Denise Metzgar 45:04 1st A/G  
Mark Cornett Jr. 45:05 1st A/G  
Michael Mandt 45:08  
Danny Cole 45:09  
Kent Smith 45:12  
Thom Henkel 45:27 3rd A/G  
Christine Hokaj 45:36 1st A/G  
John Hirsch 45:51 1st A/G  
Raymond Ramos 45:53  
Everett Crum 46:15 1st A/G  
Ed Hardee 47:04  
Bonnie Brooks 47:21 1st A/G  
Danny Weaver 48:29  
Hernando DeSoto 48:56  
Paul Berna 49:08  
Stephanie Griffith 49:45

#### Grandmasters Female

Kwan Supapan McCall 51:04 1st A/G  
Jd Smith 54:42  
Kimberly Lundy 55:23 3rd A/G  
Earl Vinson 55:41  
Curtis Stubbs 55:56  
Doug Barrows 57:07  
Tony Frey 58:17  
Maria McNary 58:20 1st A/G  
Gary Ledman 58:27  
Robert Meister 59:10 2nd A/G  
Patricia Czarniecki 1:00:37  
Kathleen Ngo 1:01:12  
Kim Anthony 1:02:04  
Kevin Ott 1:02:20  
Freddy Fillingham 1:02:54 3rd A/G  
Cheryl Pfannenstien 1:05:43  
Rebecca Brown 1:06:09 2nd A/G  
Cathy Haga 1:06:32 3rd A/G  
Shirley Henkel 1:06:33  
Susan Gostage 1:07:35 3rd A/G  
John Aimone 1:08:32 3rd A/G  
Sandra Kelly 1:09:20  
Roxanne Kissinger 1:12:02  
Terry Bell 1:13:14

### CAPTAIN CHUCK CORNETT MEMORIAL NAVY 5K

Kay Womack 35:05  
Charles Desrosier 54:46

### CATFISH RUN 5K

Crescent City

April 7, 2007

Elfrieda Wyner 21:55 1st A/G  
Jerry Hiatt 28:53  
Norm Wyner 30:54 1st A/G  
Margaret Tyburski 33:43

### RUNNING THE BLUES 5K

Jax Beach

April 7, 2007

Bernie Candy 20:47 2nd O/A  
Craig Harms 24:51  
Gil Flores 25:17 1st A/G  
Bonita Golden 26:08 1st A/G  
Maria Littlejohn 27:34 2nd A/G  
Isabel Torres-Padin 29:01 2nd A/G  
Steve Bruce 29:05 3rd A/G  
Steve Whittle 29:32  
Vicki Choinski 30:09  
Al Saffer 31:32 1st A/G  
Kerrie Johns NTR 1st A/G  
Mark Lay 31:43

### CAPTAIN CHUCK CORNETT

MEMORIAL NAVY RUN 10 K

NAS JAX

April 7, 2007

John Metzgar 34:43 1st O/A  
Orestez Gutierrez 37:21 1st A/G  
Patti Stewart-Garbrecht 39:29  
2nd O/A Female  
Scott Olivolo 41:34 2nd A/G  
Stephen Beard 42:09  
Grandmaster Male  
Randy Arend 42:20 2nd A/G  
Keith Poythress 42:21 2nd A/G  
Paul Geiger 42:53 1st A/G

### 111th BOSTON MARATHON

April 16, 2007

Sung Ho Choi 3:07:42  
David Bonnette 3:16:07  
Tim Deegan 3:32:00  
Kathy Murray 3:36:45  
Gary Hallett 3:39:02  
Celita Ricks 3:52:59  
Carol Fitzsimmons 4:12:19

Kim Crist	4:14:33	Stephen Beard	20:08	2nd A/G	Bradley Shepard	24:36	
Augie Leone		Randy Arend	20:19	2nd A/G	Tracy Pfuntner	24:49	
Paul Smith	5:10:40	George White	20:57	1st A/G	Gil Flores	24:53	3rd A/G
<b>SPARTAN 5K</b> <b>Johns Country Day School</b> <b>Orange Park</b> <b>April 21, 2007</b>		Frank Frazier	21:16	2nd A/G	Curtis Stubbs	24:58	
		Regina Taylor	21:40	1st A/G	Jd Garbrecht	25:19	
		Raymond Ramos	22:01		Kimberly Lundy	25:37	1st A/G PR
		Lewis Buzzell	22:13	2nd A/G	Steve Bruce	25:50	
Patti Stewart-Garbrecht 19:18		Robert Crampton	22:33		Ed Kelly	27:08	3rd A/G
		Dave Bokros	23:04		Mary Hutto	27:12	1st A/G
Bernie Candy 19:24 1st A/G		Gary Gills	23:13		Isabel Torres-Padin	28:33	PR
		Glen Hanna	24:37	PR	Freddy Fillingham	29:37	1st A/G
Keith Poythress 19:50 PR		James Vavrina	23:39		Gordon Slater	30:00	2nd A/G
		Janis Dolembro	24:28	2nd A/G	Cathy Reidy	30:43	

## 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.	Dave Bokros at DBokros@comcast.net or 904-545-4538
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 <b>NEW! Use main gate on Doctor's Lake Drive and park in the parking lot near the athletic field</b>	Dave Bokros at DBokros@comcast.net or 904-545-4538
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

Lesley Jones	30:55		Jennifer O'Brian	35:05	3rd A/G
Mark Lay	31:20		Kay Womack	35:04	2nd A/G
Kelly Minor	32:09	3rd A/G	Michelle Ramos	36:42	
Al Saffer	33:09	1st A/G	Traci Bane	36:46	
Dotti Cahill	34:41		Robert Grimmig	38:30	
Mark Sawicki	35:04				

**BILL WALTER III MELANOMA  
RESEARCH FUND 5K**  
Daytona Beach  
April 21, 2007

Kent Smith 26:27 ●

## NEW MEMBERS

Stephanie Atkinson  
Diane Banner  
Tom Bass  
Joshua & Shana Boer  
Garry Briggs  
Patty Brisky  
Pam Brisky  
Leilia Brown  
Sarah Calhoun  
Kristin Carter  
Diane Carter  
E. Cook  
Robert Crampton  
Carla & Justin Cran  
Amanda Crews  
CalLee/Heather  
Davenport/Burke  
Mamie Davis  
Amy Decker  
Janis Dolemba  
John Donnelly  
Deb Dye  
Billie Eason  
Brian/Lisa Forester/Joca  
Jane French  
John Funk  
Nicole Galvan  
Thomas & Jenny Gamble  
Christy Gemmill  
Franco Hall  
Jacqueline Hardin

Patrick Hargarten  
Mary Heinton  
Mike & Kim Helinsky  
Craig & Theresa Hollis  
Jim Hughes  
KimBerly James  
Bill & Megan Kayser  
Ed & Erin Kirby  
Katherine Klemm  
Rolanda Lamb  
Josh Linder  
Thomas & Donna Lovelace  
Sheri Malone  
Cathy McCrary  
Dave Melton  
Jennifer Merante  
David Michal  
Kim Morrison  
Kevin O'Brien  
Donna Parish  
Valerie Petrosky  
Tracy Pfuntner  
Rod Reeves  
Evelyn Rowell  
Barbara Scott  
Marielle Slappe  
Ryan & Shelli Smith  
Sunshine Smith  
Erica Smith  
Joe & Rachel Spradling  
Amy Stauffer  
Brenda Thomas

Rena Towsley  
Heather Trubey  
Mary Jane Waugh  
Allen Weiss  
George White  
Carol Wright  
Murray Ann Ziegenfus

## RENEWING MEMBERS

Paul Barnett  
Larry Branz  
Natalie Bryan  
Del & Kathy Conner  
Patricia Czarnecki  
Carolyn & Tom Disher-Ryan  
Leslie & Cliff Doucette  
Teresa Hankel  
Tom & Shirley Henkel  
Irene Herbertson  
Bo Holub  
George Hoskins  
Diane Jacobs  
Jim Kelley  
Drew Kenny  
James & Denise May  
Dick & Elke Miller  
Bill & Dot Mitchell  
Marvin, Cindy & Spencer  
Mollnow  
George Mosely  
Sharon Pentaleri

Raymond & Michelle  
Ramos Jr  
Paul & Marge Ruebush  
Sally Sawicki  
JoAnne Seach  
Scott Seibler  
Robert Shields  
Regina Sooley  
Nicole Sullivan  
Ana Wallace  
Maureen Weiler  
Wayne & Linda  
Wolfenbarger  
Tom & Kary Zicafoose

## MULTI-YEAR RENEWALS

Jack Hayes  
George Smith  
Janet LaVoie  
Pat Raiford  
Bob Buehn  
Steve Edgell  
Michael & Linda Marcet  
Annie White  
Cheryl & Tim Pfannenstien  
Paul Kelley  
Bob & Judy Moyer  
Mark Johnson  
John & Michelle Dunsford  
Danny & Anne Weaver ●

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.



# May 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](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
May 5	Run for Cover 5K	8:00 a.m	Duval Cty. Courthouse 301 Bay Street Jacksonville	(904) 731-1900 First Place Sports
May 5	13th Annual Shrimp Festival 5K	8:00 a.m.	Dolphin St. & N. Fletcher Ave. Fernandina Beach	(904) 261-1080 McArthur Family YMCA
May 5	Fleming Island 5K	8:00 a.m.	Fleming Island Plantation Orion Fitness Center Orange Park	(904) 284-1808 margaretschildren@yahoo.com
May 12	RITA Cash in the Spring 5K	8:30 a.m.	Seven Bridges Restaurant Tinseltown 9735 Gate Parkway Jacksonville	((904) 731-1900 First Place Sports
May 19	Pine Forrest Fitness 5K	8:00 a.m.	Pine Forest Elem. School 3929 Grant Ave. Jacksonville	(904) 731-1900 First Place Sports
May 19	Vilano Bridge Run 5K	8:00 a.m.	Community Center 120 Meadow Ave. Vilano Beach	(904) 824-2111 jmac@kingfishgrill.com North Shore Improvement Assn.
<b>May 28</b>	<b>Memorial Day 5K FUN RUN</b>	<b>8:00 a.m.</b>	<b>Spring Park Green Cove Springs</b>	<b>(904) 545-4538 Dbokros@comcast.net Florida Striders Track Club</b>
June 2	Davidson Realty World Golf Village 5K	8:00 a.m.	World Golf Village St. Augustine	(904) 731-1900 First Place Sports

Just for Children Ages 9 – 14, Saturday May 5th 2007

## Hershey Track & Field District Championship at the Orange Park High School Track

Registration begins at 8:30 am

# Pacing with Patti

BY PATTI STEWART-GARBRECHT



Sadly this will be my last column before moving away to Bethesda, MD. For those not familiar with Bethesda, it is one of the Maryland suburbs of the Washington, DC area. I will be working as a Nurse Midwife at the National Naval Medical Center. While I am looking forward to the move professionally, I am quite sad to be leaving this wonderful running community and all of the great friends I have made here. Over the past four years I have come to feel as if Jacksonville is my home. I can't see myself retiring any where else. The Jacksonville running community welcomed me with open arms and I have made many lasting friendships as a result of living here. Saying "good-bye" is so difficult. I prefer to say "until we meet again". I will miss everyone here, but there are a few people who are near and dear to my heart. Kim, my tiny Asian friend, you are but a smaller, faster, younger version of me. You inspire and motivate me to be my best. Best of all, I know you understand me inside and out. David, my very dedicated student of the sport and even more dedicated running partner and friend, I'll miss you a bunch. Bill Dunn, Chris Burns, Mark Woods, Frank Frazier, David Geraci, Dave Bokros, Bruce Choi, Paul McRae, Owen and Jo, Cathy Vasto, Page Ramezani, Paul Smyth, Keith Brantley, Bob Boyd and Vanessa, John and Denise Metzgar, Doug and Jane Alred, The Fast Girls...Wendy, Carrie, Paulette, Tracy (et al), you guys have all had an enormous impact on me as a runner and as a person. The list could go on and on. Thank you to the "Starbucks" crowd who let me come and drink coffee despite my perceived aloofness (I'm not aloof, I'm just shy) (but only 'til you've known me ten minutes). Once I am settled into my new home, please visit. The DC area is a great place to train. Plus there are lots of hills. I will publish my new address when it is available and everyone knows my email. It is now time to change the subject to something more cheerful, it's off to the races.

Starting off we have the **Bob Cooke Memorial 5K** in Atlantic Beach on March 31, 2007. **Stephen Beard** was our first male Strider in a time of 19:15. Stephen was followed by **Bernie Candy** in 19:32 (an age group win) and **Keith Poythress** in a time of 19:59. **Rosa Haslip** was our first female Strider in a time of 20:21 which was good enough to win her age group. She was followed by **Maria Littlejohn** in 27:21 and **Gayla Poythress** in 28:19. Other age group winners were **Kim Anthony**, **Susan Gostage** and **Joe Connolly**.

The **Captain Chuck Cornett Memorial Navy Run 10K** was held at NAS Jacksonville on April 7. A large number of Striders participated on this unseasonably cold and VERY windy day to make this race a sweeping success. **John Metzgar**, retired P-3 pilot was our top male Strider in a time of 34:43 and winning the race outright. John was fol-

lowed by **Orestes Gutierrez** an active duty Navy doctor in a time of 37:21. I would like to mention that this was a HUGE PR for Orestes and his first experience wearing racing flats in a race. Don't ever let anyone tell you that running fast in flats is all in your head. Next male strider to cross the line was **Scott Olivolo** in a time of 41:34. On the female side, **Patti Stewart-Garbrecht**, **Kathy Murray** and **Denise Metzgar** rounded out the top three Striders. Kathy also won the Master's category. **Stephanie Griffith** won the female Grand Masters category. Age group winners include **Orestes Gutierrez**, **Paul Geiger**, **Denise Metzgar**, **Mark Cornett Jr.**, **Christine Hokaj**, **Everett Crum**, **Bonnie Brooks**, **Kwan Supapan**, **Maria McNary** and **Diane Aimone**.

**The Catfish Run 5K** was held on April 7th in Crescent City. **Elfrieda and Norm Wyner** both won their age groups in 21:55 and 30:54 respectively. **Jerry Hiatt** and **Margaret Tyburski** also ran.

**Running the Blues 5K** was also held on April 7th at Jacksonville Beach. **Bernie Candy** was our first male Strider and 2nd overall in a time of 20:47. **Bonita Golden** was our first female Strider in 26:08 also winning her age group. Other age group winners include **Gil Flores** and **Kerrie Johns**.

**Run to the Sun 8K** road race was held at the Orange Park Kennel Club on April 14th. They always say that if you don't like the weather in Jacksonville, just wait a week. While last week's weather conditions were exceptionally cold and windy, this week's weather was HOT and HUMID. In a race dominated by the young guys, our usual fast Striders were not in the top three. However, **John Steinberg** at age 47 ran 26:55 to secure the Men's Masters title. **John Metzgar** was not too far back in a time of 27:17. **Rob Crampton** was next in a time of 31:26, winning his age group along the way. On the Women's side, **Patti Stewart-Garbrecht** was second overall in a time of 31:56 followed by **Rosa Haslip**, who won the Female Masters title in 34:57. **Elfrieda Wyner** was close behind in 35:56 winning the Grand Masters title. Other age group winners included **Jan Taylor**, **Nancy Pullo**, **Everett Crum**, **Regina Taylor**, **Mary Ann Steinberg**, **Luke Steinberg** and **Maria McNary**. **Randy Arend** and **Keith Poythress** both managed to squeeze out PR's despite the stifling humidity. **Joe Connolly**, age 82, ran 1:15 to finish his 871st race in his lifetime.

The **Spartan 5K** Race was held in Orange Park on April 21st. This is a small, well organized race benefiting St. John's Country Day School. The race was well attended by Striders who do their track workouts at the school. It was our way of showing

support to the school who so generously lets us trespass every Wednesday night. Our first female Strider was **Patti Stewart-Garbrecht** who also happened to nab the Masters award. Close behind were **Regina Taylor** (age group winner) and **Tracy Pfuntner**. On the Male side, **Bernie Candy** was the first Strider also winning his age group. **Keith Poythress**, who also had a PR and **Stephen Beard** were just behind. Other age group winners were **George White, Kim Lundy** (also PR'd), **Mary Hutto, Freddy Fillingham** and **Al Saffer**.

On the road, several Striders made the annual trip to Boston to run the esteemed **Boston marathon**. The weather conditions on race morning were reported to be the WORST in the history of the race. Not only was it cold and rainy, but the winds were 20 mph with gusts up to 35 mph. And folks this was not a tail wind either. Despite such adversity, **Sung Ho Choi** AKA Bruce ran a stellar 3:07:42 to become the first Strider finisher. **David Bonnette** was next in a time of 3:18:12. David also ran negative splits which is almost unheard of in Boston considering the downhills in the first half. Fortunately he saved plenty of energy for Heartbreak Hill. **Tim Deegan**, weatherman extraordinaire was next in a time of 3:32:00. Good thing nobody in Boston knew he was a weatherman! He might have been a target for flying objects. **Kathy Murray** ran an excellent race finishing in 3:36, followed by **Gary Hallett** in 3:39, **Celita Ricks** in 3:53, **Carol Fitzsimmons** in 4:12, **Kim Crist** in 4:14 and **Paul Smith** in 5:10. **Augie Leone** ran a 4:56:04. Not bad for 77 years

old! I would like to recognize the fact that the road to Boston begins long before runners even register. It takes plenty of time, energy and dedication to get to the finish line of whatever qualifying race you run. Then there is the time, energy and dedication it takes to prepare for the most prestigious road race in the world. Kudos to all the Boston finishers.

This will be my last training tip as I think my successor will have his own style or gimmick or whatever you want to call it. The best advice I will ever give any runner is to have a group or partner to run with. Whether it is your next door neighbor or someone you meet at a race, or a group you meet through a running club, having others to run with makes training more fun and more effective. Distance running is often considered an individual sport enjoyed most by people who enjoy being alone. Have you ever read "The Loneliness of the Long Distance Runner"? I think there are a few runners out there who prefer to run alone all the time, but the majority of us prefer company. For the recreational runner, having a partner gets you out the door. For the more serious runner, having a faster partner pushes you to run faster than you would alone. Beware of running with these faster people too often. You may get injured. Having a partner who is a little slower is often a good way to help that person run faster (then pretty soon they run faster than you making it a win/win situation). This month's column is all about friends. So if you don't have one, go get one NOW. Happy Trails and keep in touch. [epstewart2002@yahoo.com](mailto:epstewart2002@yahoo.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 [m.t.marino@att.net](mailto:m.t.marino@att.net) or Mike's snail mail 9858 Moorings Dr., Jacksonville, FL 32257

## Local Running Info On The Internet



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