



Volume 26, Number 11

# Florida Striders Track Club STRIDERIGHT

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



November 2007



## 29th Annual Jenny's Pennies Anniversary Celebration

More photos on page 11

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## November Social

Sunday, November 18 at 1:30 PM

Ocean Grove Condominiums Club House, Ponte Vedra

The November social will be on Sunday, November 18 at 1:30 at the Ocean Grove Condominiums Club House in Ponte Vedra. Hosted by Vicki Choinski and Bernie Candy. They will be supplying barbeque and beer. The Club will provide soft drinks, please bring a covered dish and any additional adult beverages. There is plenty of seating in the clubhouse and pool area, hopefully the weather will cooperate; if not no problem we'll be covered.

**Location** – 1 Arbor Club Drive, Ponte Vedra Beach: Ocean Grove Condominium clubhouse.

**Directions** – Take JTB East to the beach, exit right towards Ponte Vedra/St. Augustine. Continue on A1A South 2.9 miles turning Right on Thousand Oaks Blvd. Ocean Grove is the first entrance on the right, clubhouse is straight ahead with plenty of parking

## December Social

Sunday, December 16 • 6 PM

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

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



## Prez Sez By Dave Bokros

I received an email recently from Mike Ford about a Strider who is currently serving in Iraq with the Army. I know that we have members serving, not just in Iraq, but all over the globe! Having served myself, as many of us have, I felt a significant lapse of duty on my part that, especially in these trying times, it hadn't occurred to me to make sure we know who is serving, who is deployed, and reach out to them with some kind of support, even if it is just so that they know we have not forgotten.

I shared this with the Board of Directors, and our own Secretary, Vicky Connell, agreed to be the point of contact for our men and women in the armed forces. If you are currently serving or deployed with the military, or you have loved ones who are, please get their names and current contact information to Vicky. You can reach Vicky at VickyJC@comcast.net. Vicky Connell currently serves as colonel in the Army Reserve.

If you are out there, I know you can't all get a run in due to operational commitments and, in many cases; it's just not possible for safety reasons. We understand this. We, however, as the Strider family, want you to know that we have not forgotten you. If you

## Board of Directors' Minutes 10/9/2007

Glenn Hanna, Kelly Howard, The Steinbergs, Keith Poythress, James Vavrina, Kay Womack, Kim Lundy, Mike Mayse, George Hoskins, Dave Bokros, Senior Systems Analyst

**No Changes to last minutes.** Filed as appeared in SR

### George- Treasurer's Report

Start month 9000.50. Increased income with pay pal due to Mike M. efforts. Encourage to sign up this way. Still concerns with Compass bank charging \$5/month from each account. Race Accounts- still need some financial info from Gary H and Dave 68225.78 ending balance. Children's running spending is below budget at 6310.41. budget is 8K. Accepted as presented

**Kim Lundy-** Ridgeview Elementary funding request of start up funds \$500 to start run walk club by PE teacher. After startup, school will receive funds from participating in local strider races and is not likely to need more funding. Childrens running committee recommends that this be approved. Kelly states we have \$1600 left in budget for children's running clubs. George Hoskins makes motion to support. Kelly Howard seconds the motion. Reminder to put strider logo on t-shirts. Motion is passes unanimously.

**Dave Bokros** – Fun Run for Fleming Island Elementary, Karen McCormack putting on, needs to borrow equipment. Concern from Mike Mayse as to conflict with other races. Karen is working with Bob Boyd on scheduling. Fun Run will be fundraiser. Exact date is unknown but is in Jan or Feb. Keith questioned liability issue. This is not a concern. The Board requests more details before loaning equipment. Dave will report back next meeting.

**Mike Mayse – Kids Run the Nation**

**Continued on page 8**

## 2007-2008 Board of Directors & Key Members

(Board Members marked with an \*)

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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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# Heading Back Out

It happened the first time in 1966, at the Heart of America in Columbia, Missouri,. hanging on for dear life in my first marathon, I was almost startled to see a runner jogging toward me in the final mile.

"You've got tenth wrapped up," said Ron Daws. "There's nobody close."

Daws, who two years later would run the marathon in the Mexico City Olympics, had just placed second, about 15 minutes earlier. It was his habit to cool down by heading out on the course, encouraging those who were still engaged in battle.

When Daws wrote his book, *The Self-Made Olympian*, he described how Buddy Edelen, a fellow Minnesotan, and world record setter in the marathon, jogged out on the cross country course to encourage Daws and his slower teammates in college.

A decade before the running boom, when I knew virtually everyone in every race, jogging back out became a habit that has persisted through today: go out on the course to cheer in the others.

Of course, now there isn't as much time. I finish so far from the front that I find myself encouraging the folks that walked the course. But there is satisfaction, nonetheless. The smile of a fellow runner/jogger/walker, who receives an encouraging word, is worth the effort of revisiting the agonizing final mile.

Going back out on the course holds more than its social aspect. Perhaps the best reason to keep moving is the physiological benefit of cooling down. A gentle jog over 20 minutes

## The Wide World of Running

By Jay Birmingham

or more, or even a couple of miles walking, enhances the removal of lactic acid, oxygenates the blood, and calms the sympathetic nervous system.

But blood chemistry aside, some of the most poignant moments are those shared with road warriors who need a witness to their final struggle. By the time one reaches the finish line, the battle is done. But a half-mile out, or a mile, or even more—the certainty of finishing is far from certain. In their mile of need, you can be there to help.

Since Daws cheered me in, (gasp!) over 40 years ago, countless others have been there for me. It always helps. Sometimes I get a "Good job", more often, a "You're almost there." If the weather is brutal and no one comes out, I think, as Edelen recalled, "where are the hecklers when you really need them?" But most words are supportive; most thoughts are positive; all smiles are genuine.

Should you forsake the comfort of the curb and the snack line to turn on your heel and take another look at the course you just finished? I'm not promoting this because there aren't any people doing it. But if you have never gone out there, someday give it a try. I suspect you'll discover another great reason for being a runner.

*Jay Birmingham has been a contributor to the StrideRight for several years..* ●

## 1st Annual OakLeaf Autumn Fitness Fun Run

By Mike Ford

The 1st Annual OakLeaf Autumn Fitness Fun Run was a great success. Many of our area Florida Strider supported Run/Walk clubs were present and earned either 1 mile or 3 miles to credit towards their school based club totals. there were a total of 362 participants. 1st place Lakeside Elementary, 2nd place OakLeaf School, 3rd place Swimming Pen Creek Elementary, and 4th place Middleburg Elementary recieved plaques for having the most participants. other schools were Lake Asbury Elementary, S. Bryan Jennings elementary, Ridgeview Elementary, Tynes elementary, Paterson Elementary, and the Goddard school.

Special thanks to the Children's Running Committee and the Executive Board for the support. Mike Mayse coordinated the necessary cones and tables, Dave Bokros, Glenn Hanna, and Jeb for being race day jack of all trades and trainer of parent volunteers, and Kim Lundy for coordinating some of the donations and the awards, Pat Czaenecki, Karen McCormick and Rachel Ford for coordinating registration, volunteers, refreshments, and sound system tables.

Overall this was a great experience for the 43 Oakleaf Junior High Cross Country team runners. This event was in part a community service project for them. These young runners functioned as running buddies for the younger kids, volunteers for the various food, registration, and course marshals. Our adults involved did a great job mentoring our young harriers.

Finally, thank you to Dr Gary Meyers for his sponsorship and day of give aways and balloons, John Powers and PowerTrane, Mike Hunt and OakLeaf AllState insurance, Kellie Howard for securing Shands Hospital/Division of Plastic Surgery, Mary Ann Steinberg for Clay County Health Department for the 200 frisbees and 200 jump ropes that the participants were able to take home, Chick Fila and the "Moo Cow mascot." Lastly, thank you to George Hoskins our club Treasurer for the assistance with the books and Vanessa and Bob Boyd in Maine. It is amazing how involved and helpful they are with club business and functions from the other corner of the country. ●

## How to Get There! It's just a short drive from Orange Park with 2 main routes:

### From Blanding & I-295:

- 1) South on Blanding to Knight Box Rd - 6.5 miles
- 2) Left on Knight Box to 220 - 1.2 miles
- 3) Right on 220 to 209 (Russell Rd) - 1.1 miles
- 4) Left on 209 to 739 (Henley) - 1.3 miles
- 5) Right on 739 to Sandridge Rd (739B) - 2.3 miles
- 6) Left on Sandridge to Ronnie VanZant Memorial Park - .6 miles

### From US 17 & I-295:

- 1) South on US 17 to 220 - 5.5 miles
- 2) Right on 220 to 209 - 6.7 miles
- 3) Follow Steps 4-6 above

For more information contact Steve Bruce at  
904-864-4994 or email [stevebruce@comcast.net](mailto:stevebruce@comcast.net)



**HEY KIDS!!! Don't forget our FREE one mile Fun Run!**  
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**1 Mile Fun Run - 10:00 AM • Awards Ceremony 10:15 AM • Lake Asbury, FL**

Cross Country course starts and finishes at Ronnie VanZant Memorial Park, 2760 Sandridge Rd

This course will not be suitable for wheelchair or other physically challenged participants.

Two lap cross country course. Spikes may be worn. Please arrive early to familiarize yourself with the course.

Walkers are welcome but there will be no separate walking awards.

**Awards & Registration:** 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.

**FUN RUN:** There is no charge for the Fun Run, but all runners must complete an entry form. Ribbons awarded to all finishers.

**RACE PACKET PICKUP:** Day of race only. Packet pickup & day of race registration will begin at 7:30 AM.

**COSTS:** (Includes T-Shirt and Post-race refreshments; T-Shirts are guaranteed to all pre-registered 5K entrants.):

<u>Entry received by</u>	<u>Striders/Military</u>	<u>Others</u>
<b>November 3rd</b>	<b>\$10</b>	<b>\$12</b>
<b>11/04 - 11/9</b>	<b>\$13</b>	<b>\$15</b>
<b>Race Day, 11/10</b>	<b>\$20</b>	<b>\$20</b>

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<small> <b>MY SIGNATURE I ACKNOWLEDGE THAT:</b> 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 Green Cove Springs, 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 recklessness 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 Releasees 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 physically disabled participants). Animals are prohibited from the race course unless for the use and assistance of handicapped or physically disabled participants. Rev. 2/05                     </small>																			
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# Getting Back My Life

By Vicky Connell

A year ago this month in October 2006, I was on a perpetual physical fitness high. I ran the Race for the Cure, receiving 3rd place in my age group with a time that gave me a seeded entry for the Gate River Run coming up in March. (For those that don't know, that means you get to start up front, just behind the professionals.) I had also completed the best summer I'd ever had racing Triathlons. Although my running speed can sometimes get me a finish in the top ten of my age group, when I added biking and swimming, I sometimes shot up to first or second. This particular summer netted me 4 first place age group finishes to include the Olympic Triathlon at Camp Blanding and my first ever Masters award for the Jacksonville Triathlon series. I was in the best shape of my life.

By November, I was starting to feel an occasional back ache, but having had them many times off and on throughout my life, I truly thought nothing of it. I continued to run, bike, and race, to include the Outback Half-Marathon on Thanksgiving Day. I even went snow skiing during Christmas break with my family, going as fast and hard as I dared down the trails. My only concession was to spend a little more time lying flat on my back afterwards to recover. And to take a bit more pain medication than I was used to taking.

By January, my aching back began to get worse. I started noticing pain in my hip and legs, but at the time I thought it was unrelated. I just ignored it all, as many of us do. I noticed at the time that it never seemed to hurt when I ran, only afterwards or even before. Running seemed to actually make it better, even if only during the run itself. I showed up for the River Road Resolution 5K, lining up for the start beside several friends. One of them, Sandra, had gone through some back problems the previous year. I mentioned to her that I was having some rather consistent back pain myself now, and she immediately told me I shouldn't be racing, I could rupture a disk or do something to make things a lot worse. I smiled and replied that it never hurts when I run. Needless to say, I did do the run, much to my regret.

By the end of that morning, I knew there was something seriously wrong. I almost crawled to my car, went home and got into the tub to soak for a long time. It was the only thing that relieved the pain. Lying down on the bed didn't even help at this point – I needed to be weightless.

The next week I began a long period of visits to many doctors. Of course I had to start with my primary physician to get a diagnosis. He took x-rays, which showed a curve in my spine. Turns out I've probably had that my whole life as many people do. It was scary at the time, but not what was causing my pain. He then sent me to have an MRI. The results showed "degenerative disk disease" and a "bulging disk". He gave me three options: Physical Therapy, Chiropractic

Treatment, or if I wanted to really go out on a limb I could try this new treatment called Vax-D, but he didn't know if it ever worked. Basically, he was very negative that any of these options would help, but he left it up to me to figure out. I left his office feeling very disheartened.

I decided to start with the therapy option. I had talked with Physical Therapist Allen Weiss several times previously, and knew he was very knowledgeable and would give me honest opinions and advice. I made an appointment right away. By this time I was having such severe pain in my hip that it made sleeping difficult at night. I had to use my hand to push my left hip any time I needed to turn over because I couldn't move without terrific pain otherwise. And forget sleeping on that side! I was also starting to feel streaks of pain down my left leg, and my big toe along with the toe beside it was going numb.

Allen evaluated all these issues and started me on therapy right away. I was so glad to have him to talk to, because he was one of the few people I've met along the way who would really listen. He also was very up front about anything he couldn't answer, and made every effort to find the right answer. He was worried about my hip pain, and we both thought there might be something else going on. He helped me search for an Orthopedic Surgeon to evaluate me more thoroughly. Unfortunately, I was to discover that most Orthopedic doctors don't want to see patients with back problems. The administrators of the first one I went to basically threw me out of the office when they found out I had back issues, even though I told them that my hip was my biggest concern. Having put my hopes into this doctor helping me, I had thought to get a shot of cortisone or a steroid that would help with my pain. My teenage daughter had driven me to the appointment in case I couldn't drive home. Instead she helped me to the car as I had a hard time seeing through my tears of anger and frustration.

By this time the constant pain seemed to have peaked and receded a bit through the therapy I was doing, so I talked with Allen about doing the therapy on my own at home, although I still needed to find a doctor about my hip. He agreed that I wasn't like his normal patients who needed supervision to ensure they did their exercises correctly. I was lying on ice packs twice a day along with my stretching and strengthening exercises, and I resolved to continue. Part of my concern was paying for the therapy which was a \$12 co-pay twice a week. I really thought I could do it just as well on my own. I was just being cheap at my own expense.



I finally found an Orthopedic Surgeon who would see me, but unlike Allen, he was not good at listening. In fact, he talked so much in medical jargon that I had to repeatedly ask him to speak in English that I could understand. The one thing he did say that was clear was that nothing was wrong with my hip; it was just "referred pain" from the injuries in my back. I had a hard time believing that, especially when he gave me a steroid shot in my hip. (The shot didn't help at all.) On my second visit, he started talking about doing an epidural procedure that would give me more pain relief. My biggest fear about getting the shot was that if all pain was relieved, would I be liable to make the injury worse by resuming my active lifestyle? His answer was that I just shouldn't be so active, and especially no running. The day he told me this was just a few days after the River Run. He spent most of the appointment telling me how great a race he had. This was just before he told me never to run again. I never went back.

At the time, I was still active in the Army Reserve. I was counting down to going Inactive in June, and working as many days as possible to put aside some money in the meantime. Part of my duties was to take a Physical Fitness test in April. Although I could easily have gotten a doctor's excuse and skipped it, my pride wouldn't let me do that. So, going against my husband's advice and my own good common sense, I did the test. I promised myself that I would only do enough to pass, instead of my usual Maximum score. But once the test started and other Soldiers started cheering me on, I ran way too fast and managed to get the max score, much to my later regret. The next day, once again I could barely walk for the excruciating pain. I had just undone months of physical therapy!!

A week or two later, a friend called to see how I was. That was not a good question for me, because I was terrible and couldn't talk about it without breaking into tears. She recommended her chiropractor as having helped her tremendously in the past. I went to see her the next day. Again, the cost had gone even higher for each appointment (\$40), and they wanted me there 3 times a week. I tried it for awhile, and I have to say that it did help some, and probably would have helped more had I continued to go, but I just couldn't swallow some of the things that I saw and heard. (Like recommendations that your children not be vaccinated, and no medication, even if you're in great pain.)

Another round of doctors, and I finally found an orthopedic surgeon who answered all my questions. He said that my level of activity was totally dependent on the pain I was willing to endure. He told me running wouldn't make my problems worse, that I'd been heading this way for a long time. He showed me on my MRI where the vertebrae were pinching my nerves, which caused me so much pain. He also said he didn't recommend surgery, because although that would relieve the pain, it would limit my mobility. He recommended I see a pain management specialist.

And then began the nightmare of getting approval for this new doctor. I started the process sometime in June, and finally got an appointment for late September. In the meantime, I

quit all physical exercise with the exception of a little treading water in the pool. It was the only thing that didn't hurt. Over the summer, I went to Sea World three times on a season pass. Each time by the end of the day I had to have help to walk to the car. My oldest daughter even carried me piggy back a few times so I wouldn't have to walk. They tried to talk me into using a wheelchair (which I should have done), but my pride wouldn't let me. I chose to suffer instead. I was taking a great amount of pain medication, but it just wasn't helping any more.

By the beginning of August, I was absolutely miserable. I felt like my life as I'd known it was over. I would start crying at the drop of a hat. It came to a head one day when I stayed outside in the pool most of the day so my kids wouldn't see me crying. I couldn't wait for this new appointment in 6 weeks. My husband had often talked about this clinic we see advertised on TV where they do a treatment called "Vax-D". He seemed to think it just made sense. On a total whim the next day, I called them and they took me in almost immediately (within an hour!). I saw several doctors who reviewed my MRI and said they thought they could help me. I was extremely skeptical, but absolutely desperate. They recommended 24 therapy sessions, starting four times a week. My cost share would be \$60 per session. I started therapy the next day. At this point, cost was irrelevant!

The therapy was surprising to me. They had me do a 10 minute warm up on a recumbent bike, then a series of stretching and strengthening floor exercises. After that came a series of weight lifting exercises on medical grade machines. The first machine was the hardest because it required me to extend backwards, which I couldn't do. They had to take the weight down extremely low while I worked on regaining my ability to move.

Next was the "torture rack" as I lovingly called it. I was strapped into a harness lying face down on a table. For 30 minutes the machine stretches your lower back in intervals of 30 to 40 seconds. It's not so bad lying there being stretched, but getting off the machine is the worst part in the beginning. I had to have help to straighten up and move to the next table where I received electrical stimulus.

By the end of the month, my hip pain was gone and all my old mobility was back!!! I was just amazed! (They were pretty amazed too at how far I can bend backwards when I'm pain free!) Looking back, it all seems so simple now. I realize that all of the therapies I did were helpful, but I hadn't stuck with any of them long enough. The Vax-D therapy was definitely the most intense, which is what I needed for such extensive injuries. I also realize that although you shouldn't overdo the workouts when you're injured, doing no workouts at all is just as bad. That's when my pain was the worst.

Although the worst of my pain is gone, I don't believe at this point I'll ever be back to 100%. I wish I could do a follow up MRI, but insurance won't pay for it and I hear they cost a fortune. I have learned that I need to always do an exercise routine that includes weight bearing exercises to keep my

muscles strong. It's important to do them correctly and to make sure I do them to keep my body in balance. It's no good to have strong abdominals if you don't do the equivalent work for your back. To do otherwise is just asking for trouble!! And of course flexibility is the other part of the equation. Any time I watch TV, I spend 30 minutes on the floor stretching.

I have an inversion machine that I use daily for at least 10 minutes (for hanging upside down). My doctors didn't actually recommend it, because of blood pressure problems and fear of stroke and similar issues. However, I've been doing head stands my entire life and my blood pressure is exceptionally low, so I feel it's safe for me and is important to maintain my progress. I also wear a back brace whenever I know I'll be standing for a long period of time (unless I'm too dressed up unfortunately!). Standing around for too long is the last thing that seems to give me problems.

I've worked up to 30 minutes of pool time most days. I think this was also a big part of my recovery. Blood flow is important which is what exercise increases, and this gave me a weightless workout in cool water. I invented a workout that really gets my heart pumping without putting my head under water. Hopefully it has helped me not lose too much conditioning.

Today I went for my first run outside, pain free! It was exhilarating! I only ran for 5 minutes (plus 20 minutes walking). I'm determined to work up slowly and listen to my body. I also plan to use ice whenever I feel any nagging aches. (Did I mention I iced twice a day while in therapy? As Allen told me, "ice is your friend!") So don't be surprised to see me at a race sometime in the future. I now have my life back!! ●

**Save the Date!**

## Reindeer Run 5K/10K

with a 5K walk and one-half and one mile kids' runs

December 8 • 8:30 a.m.

Atlantic Avenue Recreation Center in Fernandina Beach, with the 5K and 10K both running through Fort Clinch State Park

(904) 277-8365

Amelia Island Runners

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

### PREZ SEZ

Continued from page 2

would like to share your experience please contact Vicky and let her know. Understand that we may also require clearance to publish your accounts.

The Strideright is, primarily, the running publication for the Florida Striders Track Club. Given the circumstances, I feel it important that we make some room for this.

I desperately hope to see all that are standing the watch home safely, and the sooner the better!

See you on the road! ●

### MINUTES

Continued from page 2

RRCA requesting funds to put into children's running. Program has been supported by the community. Mike is requesting that we donate \$300 to the program. Kelly Howard moves to match JTC's donation of \$300. Keith seconds. Motion passed unanimously.

#### Glenn Hanna – Social Report

Jenny's Pennies this weekend. Jenny is organizing. Glenn bringing beverages. November social in Ponte Vedra. Info in Stride right. Food will be provided by hosts of the social. Glenn will put these details in SR. Will also send out an email to this effect. December date is unknown. Is usually the day of the Jax Bank Marathon. Will be announced at a later time. Gayla and Kay have determined a tentative schedule for next year's socials. Standard events are planned. Committee will put out the schedule and request feedback. Kay made a note that when planning the schedule it was taken into account to plan meetings throughout the Jacksonville area.

#### Mike Ford – Oakleaf Fun Run

Volunteers are needed. 1,2, and 3 place plaques being

made. There is a lot of dependence on parents. No knowledge of how many people will run. Volunteers needed at 7:45. Start for both 3.5 and 1.5 mile races is the same with option to run either race. Striders will be receiving bills for some things due to logistics but sponsorship checks have been received and will cover these costs. Fun Run planned in short amount of time, so turnout is not known.

#### General Discussion

Mike Mayse requesting volunteer for e-news publisher since the retirement of Lillian Lawless. Dave suggested that it may be possible to automate on the website but we still seek a volunteer.

**Mike Ford** – County championship for High School today. Lots of HS striders there. Last Saturday, OP Jr and Oakleaf went to Wide World of Sports at Disney. 26 new Strider members as a result. Won Women's and Men's championships there. Each school has a trophy.

Motion to adjourn at 7:50. Unanimously approved.

Respectfully submitted, Kay Womack, Race Director ●

## We Get Letters

Dear Striders Track Club:

We appreciate your approval of our request. The check can be made out to Ridgeview Elementary.

Thank you so much for the support you are giving for our Run/walk program. I know the students will wear the Run/walk t-shirts with pride. We had our first day this week and have 149 students registered. We are looking forward to a very successful year. Again, thank you for your kind generosity. The students and faculty of Ridgeview Elementary greatly appreciate it.

Sincerely,  
Chrystal Gray

*Editor's Note: The Striders awarded Ridgeview Elementary a \$500 grant at the October board meeting.*

Bob,

I'd like to thank your group once again. I lost my keys at the Pumpkin Run Sunday, and several of your members organized a search party to try to locate them. Although we could not find them, the effort and comraderie is much appreciated. Wish you all safe and successful running.

Coy Orange  
El Guapo Running Club ●

The Social committee will publish a tentative schedule of events for 2008. Look for it in an upcoming issue of the StrideRight.

## Rock 'n' Roll Half Marathon

Virginia Beach, Virginia  
September 2, 2007

A group of Striders traveled to Virginia Beach to run the Rock 'n' Roll Half Marathon in September. Looks like they had a great time!



Kim Anthony 2:40:39  
Lesley Jones 2:40:40  
Maria Littlejohn 2:06:51  
Kristie Matherne 2:11:37

We welcome your race photos.  
Please send them to  
[StrideRightEdit@aol.com](mailto:StrideRightEdit@aol.com).

### NEW MEMBERS

Gene & Carrie Imrich

### RENEWING MEMBERS

Maryellen Barber

Vicki Choinski  
Danny Cole  
John Heisner  
Sharon & Steve Lucie  
Russell & Connie Pratt  
Melissa Stone

### MULTI-YEAR RENEWALS

Elfrieda & Norm Wyner  
Doug Barrows  
William Tomlinson  
Scott Olivolo ●

# RRCA: Kids Run the Nation

In 2007, we will launch the revision efforts for the RRCA Teacher's and Coach's Curriculum Guide and the children and parents booklet. The RRCA will highlight successful running programs designed by our members. The programs can be easily replicated in any community in the US. Running heroes will be highlighted throughout the publications to inspire and motivate the audience.

Once published, the revised curriculum will be called "RRCA: Kids Run the Nation®". RRCA: Kids Run the Nation materials will outline proper running form, training cycles, proper nutrition, goal setting and recovery. The central focus of the materials is to develop self-motivation to run and to adopt running as a lifelong activity. The program can be utilized in the classroom setting, as an after school program, as a parent led activity or as a running club led program. With the focus of the program centered on goal setting and physical activity to improve academic performance, the lessons learned through the program can be transferred to other aspects of children's lives. The materials will encourage teachers and/or running clubs and events to encourage children of all ages and both genders to engage in the activity of running as a way to balance between calories consumed and energy expended.

To promote the RRCA: Kids Run the Nation materials, we will work with our member clubs and events and education based associations to provide the Kids Run the Nation materials at no cost to at least 2000 primary and secondary schools in the United States that are considered under funded. The goal of this objective is to provide needed physical activity resources to teachers and students. Every member club and event in the RRCA will also receive a copy of the materials to assist them with implementing new youth running programs or supplementing existing programs.

To address the concern that resources are not being invested in prevention initiatives, we have also embarked on the development of a small grants program called the Kids Run the Nation Fund to assist running clubs, events, and schools that are interested in implementing the RRCA: Kids Run the Nation® program. This small grant program will be funded by restricted contributions from private individuals, foundations, and corporations. By December 2007 we hope to have \$65,000 to invest in the Kids Run the Nation Grant Fund. Grants will be awarded on an annual basis through an application and selection process overseen by a volunteer committee of youth running experts.

## **RRCA Criteria for a Grant from Kids Run the Nation**

In the fall of 2007, the RRCA will announce the grant application period for Kids Run the Nation Grants. In this inaugural year, a total of \$5000 will be awarded in a combination of grants ranging from \$500-\$1000. Running clubs, events, or other organizations with the IRS 501(c)3 designa-

tion are eligible to apply. Elementary and middle schools that provide an organized after-school running programs are eligible as well.

## **Other important criteria include:**

- The running program should be more than just a one time event. It should be a structured running program that ideally utilizes the RRCA youth running materials, but this is not required. The goal of the program is to have kids running regularly, at least once a week for multiple weeks, as opposed to participating in a single event. However, the program may culminate in participation at a kids' race.
- The program may be a start-up program or a pre-existing program
- The program should not be gender specific but open for both girls and boys. The program may not discriminate on the basis of race, religion, ethnic origin, or economic status. The program may outline age groups and may place a minimum and maximum age for participation.
- The program may focus on participation or may emphasize competition or a combination of both.
- The running program has adopted policies and procedures that ensure the safety of the participants and outlines expectations of the program leaders including submitting to criminal background checks.

## **What the Kids Run the Nation Grants May Fund:**

- Marketing materials – brochures, posters, fliers, etc informing parents about the program.
- Advertising the program in a community newspaper or website
- Hosting a program website
- Fees for permits or usage fees for a local park or running track
- Purchase hydration supplies – water, Gatorade, cups, etc.
- Participation awards (ribbons, shirts, patches, etc) for the program
- Mileage logs or other written materials for the program
- Other items that the RRCA grant selection committee sees fit to fund

## **What the Kids Run the Nation Grants Will Not Fund:**

- Sponsoring individual runners
- Travel for competitive teams to events
- Race entry fees for competitive teams
- Social events for program staff or volunteers
- Salaries or travel costs for paid program staff
- Other items the RRCA grant selection committee determines to be ineligible for funding

Two of our RRCA members, Sharlee and David Cotter

have developed a matching gift challenge for RRCA members, individuals and sponsors who make gifts to the RRCA: Kids Run the Nation Fund. Contributions to the fund are tax deductible. For each dollar donated to the Fund, the Cotter's will make a 1:1 matching contribution up to \$5000. To date \$3400 has been donated to the Fund to help us achieve our goal of raising \$5000 to benefit youth running.

Please consider making a contribution to the Fund today!

Mail your check to:

Road Runners Club of America  
1501 Lee Hwy, Suite 140  
Arlington, VA: 22209

Put Kids Run the Nation in the memo line of the check  
You may call 703-525-3890 or email [execdir@rrca.org](mailto:execdir@rrca.org) for more information. ●



## 29th Annual Jenny's Pennies Anniversary Celebration

October 14, 2007

These are just a few fun photos that Jenny took at the anniversary celebration. Look for more photos and Jenny's recap in the December issue of the StrideRight.



Please Print

# Application for Membership FLORIDA STRIDERS TRACK CLUB

 New ☐  
 Renewal ☐

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

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

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

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

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

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

Signature \_\_\_\_\_

Date \_\_\_\_\_

 Annual Dues: Family \$20 ☐  
 Single \$15 ☐  
 Junior (under 18) \$10 ☐  
 Senior (over 65) \$10 ☐

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

I know and understand that running in and/or volunteering to work at FSTC races are potentially hazardous activities. I will not participate in club activities unless I am medically able and/or properly trained to do so. I agree to abide by any decision of a race official relative to my ability to safely complete a FSTC sponsored race. I assume all risks associated with running and volunteering to work in club races including, but not limited to, slip/trip/falls, contact with other participants, volunteers, or officials, the effects of the weather including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and understood by me. Having read this waiver and knowing these facts and in consideration of your acceptance of my application for membership I, for myself and anyone entitled to act on my behalf, waive, release, and agree to hold harmless the Road Runners Club of America, the Florida Striders Track Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities, even though these liabilities may arise out of negligence or carelessness on the part of persons named on this waiver.

## 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	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	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
Saturday	6:30 AM	10 to 15 Miles Moderate pace	Julington Creek Starbucks	Wendy Patterson (904) 237-4100 wenrex@comcast.net

# Striders at the Races

# RACE RESULTS

To get your race results published, email [m.t.marino@att.net](mailto:m.t.marino@att.net)

## SOUTH DAYTONA 5K September 29

Al Saffer 33:11

## MARINE CORPS HALF MARATHON Jax October 6, 2007

Justin Jacobs	1:14:05	2nd O/A
John Metzgar	1:20:28	
		Masters Male
Bill Phillips	1:33:14	3rd A/G
Bruce Holmes	1:38:27	1st A/G
Bernie Candy	1:39:25	2nd A/G
Paul Geiger	1:43:26	3rd A/G
David Bonnette	1:53:54	
Raymond Ramos	1:48:17	
George White	1:48:22	2nd A/G
Del Conner	1:48:45	
Regina Taylor	1:48:57	
Stephanie Griffith	1:49:52	2nd A/G
Regina Sooeey	1:49:56	
Kathy Murray	1:51:26	
Rexx Weir	1:51:40	
Michael Mandt	1:53:50	
Gary Turner	1:54:04	
Keith Poythress	1:54:15	
Frank Frazier	1:55:14	1st A/G
Danny Weaver	2:00:59	
Maria Littlejohn	2:07:28	
Ken Wilson	2:09:02	
Angie Adamson	2:12:57	
Kimberly Lundy	2:13:44	
Sandra Maveety	2:13:45	
Roxanne Slater	2:14:03	
James Vavrina	2:14:07	
Tom Zicafoose	2:17:07	
Gil Flores	2:23:47	
Rebecca Brown	2:28:37	
Jeff Suits	2:29:02	
Susan Gostage	2:29:31	3rd A/G
Leslie Jones	2:35:52	
Vicki Choiniski	2:36:22	
Nancy Pullo	2:37:40	1st A/G
Bob Kennedy	2:37:57	
Al Saffer	2:38:03	1st A/G
Kellie Howard	2:39:16	

John Gauer	2:40:49
Gordon Slater	2:40:57
Kathleen Ngo	2:41:20
Kim Anthony	2:43:01
Staci Suits	2:43:02
Robin McBride	2:48:02
Rich Gilmore	2:49:04
Lorraine Hughey	2:55:32
Sandra Shines	2:58:57
Michelle Ramos	3:07:50
Jennifer O'Brien	3:13:24

## INAUGURAL FALL COUNTRY MUSIC HALF MARATHON Nashville, TN October 6, 2007

Marie Bendy 2:11:24 2nd A/G

## LASALLE BANK CHICAGO MARATHON Chicago, IL October 7, 2007

Sung Ho Choi	3:30:15
Stephen Beard	4:05:11
Hernando DeSoto	4:55:44
Bonita Golden	5:05:05
John Hirsch	6:12:13

## BETHEL HALF MARATHON Bethel, NC October 13, 2007

Roxanne Slater	2:04:59	2nd A/G
Marie Bendy	2:09:57	2nd A/G

## BETHEL 5K

Gordon Slater 31:45 2nd A/G

## USA 5K St. Augustine October, 13 2007

Simon Jacobson	22:55
Al Saffer	31:50
Bo Holub	32:48

## RACE FOR THE CURE 5K Jacksonville October 20, 2007

Justin Jacobs	15:24	
		Overall Male
John Wisker	17:22	1st A/G
Frank Sutman	17:57	
		Great to be back!
John Funk	18:59	3rd A/G
Stephen Beard	19:38	1st A/G
Keith Poythress	20:13	2nd A/G
Rosa Haslip	20:27	1st A/G
Robert Crampton	20:32	
Lewis Buzzell	20:35	1st A/G PR
Raymond Ramos	20:58	
Frank Frazier	21:04	1st A/G
Mike Haga	21:11	
Maura Sova	21:27	3rd A/G
Kathy Murray	21:45	2nd A/G
Simon Jacobson	21:35	
Paul Smith	22:22	2nd A/G
Tracy Pfunter	23:02	
Gil Flores	24:48	
Roberta Tomlinson	25:00	
Glen Hanna	25:35	
Kimberly Lundy	25:40	
Matt Ross	26:27	
		Back running again!
Gayla Poythress	27:10	
Kim Anthony	28:20	
Kathleen Ngo	28:27	
Kathy Haga	28:27	
Susan Gostage	28:31	1st A/G
Linda Wolfenbarger	28:39	
Kim Anthony	28:51	
Tom Sullivan	29:14	
Laurie Ricciardi	29:36	
Bonnie Brooks	29:37	
Freddy Fillingham	29:49	
Sandra Shines	30:22	
Cathy Reidy	30:28	
Al Saffer	30:29	1st A/G
Kimberly Pierce	30:36	
Burness Morris	31:01	
Nancy Pullo	31:00	1st A/G
Roxanne Slater	32:12	

Continued on page 15

# November 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
November 3	Native Sun Mandarin 10K	8:00 a.m.	Mandarin Park Jax	(904) 731-1900 First Place Sports
<b>November 10</b>	<b>Hog Jog 5K Cross Country FUN RUN</b>	<b>9:00 a.m.</b>	<b>Van Zant Park, Lake Asbury</b>	<b>(904) 728-7759 stevebruce@comcast.net Florida Striders Track Club</b>
November 10	Tom Walker Memorial Micanopy Half Marathon	8:00 a.m	Fire Station 704 NE Chokolka Blvd Micanopy	(352) 378-8725 Florida Track Club
November 10	Turkey Trot 5K	8:00 a.m	Jax Beach Pier Jax Beach	(904) 421-0298 Fitness First
November 10	1st Annual Compassion 5K Fun Run No Awards	8:00 a.m	US 1 South & Shores Dr. St. Augustine Shores	(904) 806-2730 St. Augustine Sertoma Charity Benefit
November 17	Dignity-U-Wear 5K	8:30 a.m	City Hall 204 Ash Street Fernandina Beach	(904) 491-0369/277-8365 Amelia Island Runners
November 22	Outback Distance Classic Half Marathon & 6K	8:00 a.m	Outback Plaza 9773 San Jose Blvd. Jax	(904) 731-1900 First Place Sports
<b>January 12</b>	<b>River Road Resolution Run 5K FUN RUN</b>	<b>8:00 a.m.</b>	<b>Orange Park Kennel Club</b>	<b>(904) 272-1770 BobBoydFL@gmail.com Florida Striders Track Club</b>
<b>February 17</b>	<b>National Marathon to Fight Breast Cancer "26.2 With Donna"</b>	<b>8:00 a.m.</b>	<b>Near Mayo Clinic Jacksonville</b>	<b>(904) 731-1900 Donna Hicken Foundation</b>

# The Back Page

BY MIKE MARINO

Man have things been wet! Nothing quite like that little squish sound you shoes make when they're really wet. Ah, what fun it is to jump over or around puddles at the beginning of a run, only to later trudge right through those puddles at the end of your run (well, you're wet anyway). And just when are shoes old enough or have enough miles on them before you can run with them in wet conditions? All the little quirks of running; what a life!

The fall brought about the season's first local longer distance race with the **Marine Corps Half Marathon** on October 6th, and it was wet. Over 500 runners turned out, and Striders faired very well in the large field. Leading the Strider brigade was **Justin Jacobs**, who placed 2nd overall with a time of 1:14:05. **John Metzgar** showed his mettle with another Masters win in a time of 1:20:28, and **Regina Taylor** led all female Strider troops with a 1:48:57. Combining to take a strong hold on the 55-59 year old age group were **Bruce Holmes** (1st), **Bernie Candy** (2nd) and **Paul Geiger** (3rd). Also rising to the level of the few and proud folks taking home age group wins were **Frank Frazier**, **Nancy Pullo** and **Al Saffer**. Placing second in the age groups were **George White** and **Stephanie Griffith**, and 3rd place age group finishes were recorded by **Bill Phillips** and **Susan Gostage**.

Staying patriotic, the **USA 5K** was held in St. Augustine on October 13th. **Al Saffer** and **Bo Holub** were there to represent Striders well, placing 1st and 2nd in the 70 and over age group, respectively.

The **Race for the Cure 5K**, held on October 20th, saw all types join the fight against breast cancer, including 34 breast cancer survivors and many family members and friends of those who have battled breast cancer. It was a great turnout for a great cause, and special thanks to all who were there. **Justin Jacobs** again led the way, winning



the race in a time of 15:24. Also in championship form and winning their age groups were **John Wisker**, **Stephen Beard**, **Rosa Haslip** (fastest female Strider – 20:27), **Lewis Buzzell**, **Frank Frazier**, **Susan Gostage**, **Al Saffer**, **Nancy Pullo**, and **Frank Sutman**, who was back visiting on business from Delaware – good to see you Frank. Taking home 2nd place age group prizes were **Joe Connolly**, **Paul Smith**, **Kathy Murray**, and **Keith Poythress**. Rounding out the winning Strider ways with 3rd place age group finishes were **John Funk** and **Maura Sova**.

Rounding out the local races, or perhaps this led it off, I don't know the date, was the **Jacksonville Senior Games 5K**. All participants have to be 50 years old or older, and there were other sports too. Sounds like something a lot of Striders should have taken on, but only one reported in. **George Hoskins** placed 2nd overall and first in his age group with a 22:25.

## Striders – They're Everywhere!!

Striders were pretty active in other places this month. A little late with their report, but nonetheless covering 13.1 miles at the **Rock-N-Roll Half Marathon** in Virginia Beach on Labor Day Weekend were **Kim Anthony**, **Lesley Jones Kristie Matherne**, and **Maria Littlejohn**, who posted the fastest Strider time with a 2:06:51.

Al Saffer made the trip down I-95 to Daytona on September 29th for the **South Daytona 5K**. Al put forth another great effort, but ran into "some tuff old coots in

Continued on following page

## RESULTS

Continued from page 9

Denise Williams	32:30	
Jonie Davis	32:48	
Denise Williams	33:00	
Kay Manley	34:19	
Gordon Slater	34:53	
Marl Lay	35:32	
Joe Connolly	43:19	2nd A/G
Trish Kabus	45:02	

## Palmer College Paint the Towne 5K N. FL RRCA Championship Daytona Beach October 21, 2007

Patt McEvers	40:17 2nd A/G
Charles Desrosier	41:08

# Don't forget to sign the Strider Man at all the races!

Daytona" (his words, not mine – but I like 'em) that kept him from placing in his age group – a rare thing. Also going to Daytona were **Patt McEvers** and **Charles Desrosier**. Patt and Charles competed in the **Palmer College Paint the Towne 5K**, which served as the North Florida RRCA Championship. Patt managed a 2nd place age group finish.

**Marie Bendy** traveled to Nashville, Tennessee to run the Inaugural **Fall Country Music Half Marathon** on October 6th (hey, there's a Fall one now!). Marie gutted out a 2:11:24 while placing 2nd in her age group. Marie was back at it a weekend later at the **Bethel Half Marathon and 5K** in Bethel, North Carolina, and this time brought friends – **Roxanne and Gordon Slater**. Deuces must have been wild for them, as Marie and Roxanne each finished 2nd in their age groups in the half marathon and Gordon was 2nd in his age group for the 5K.

And finally, a group of Striders not only took on the challenge of 26.2 miles, but also record breaking heat at the **Lasalle Bank Chicago Marathon** in Chicago, IL. Leading the Strider contingent were "**Bruce**" **Sung - Ho Choi** and **Mark Woods** with times of 3:30:15 and 3:31:01, respectively. Also finishing (which was very impressive considering the heat) were **Stephen Beard**, **Hernando DeSoto**, **Ana Wallace**, **John Hirsch**, and **Bonita Golden**, who was ushered off the course at mile 21 due to heat concerns, but found her way back on the course and to the finish line. Congrats to all of you on battling through the heat to finish.

#### Tidbits

This is one of my own, and it was real-

ly cool. And no, running is not involved, but with our President starting a swimming class, this is allowed. This past month I got to witness, first hand, the world record for long distance open water swimming being broken. Yuko Matsuzaki, a member of the Long Distance Swimming Hall of Fame and one of my friends I used to swim with in Orlando, broke this record by swimming, are you ready, 82 kilometers (almost 51 miles – the previous record was 80 kilometers). It took her about 30 hours in the water and who knows how much courage and fight to do it. I was in a kayak providing support for the last 6 kilometers. And as a side note on the same weekend, 50 folks, including me, combined to set a new world record by doing a 100K relay swim. I swam kilometers 68 and 69...from 2:30 to 3:10...in the morning. Yep, open water in Florida at that time of night; ahhh, the things I do for fun.

#### Awards

Pretty tough this month, so many folks deserving...and yet no nominations (c'mon, help me out folks). While many were deserving, I have to go with the folks who beat the heat in Chicago. A marathon in 88 degree heat, that is impressive, and then some having to convince volunteers to let them finish the course, that's dedication and determination. Well done folks, you'll be telling the story of the 2007 Chicago Marathon for a long time. And with the award, you are all entitled to.....a nice smug feeling.

One programming note, I have a new e-mail address and will now begin receiving your race results and nominations for tidbits and awards at [m.t.marino@clearwire.net](mailto:m.t.marino@clearwire.net). Well, til next time folks, train well and be safe. ●

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@clearwire.net](mailto:m.t.marino@clearwire.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>