



Volume 27, Number 2

# STRIDERIGHT

Florida Striders Track Club



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



February 2008

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## River Road Resolution – Part Deux, January 12, 2008

By Bob Boyd • Photos by Vanessa Boyd



**D**irecting a race is interesting at the very least. If your team is good, everything looks easy on race day and the details disappear into the background, as they should. I had a great team. As Director, you are hoping for people to remember the race as a good time and a good event that flows smoothly. Based on all the results and feedback, our 2nd River Road Resolution 5K and One Mile Fun Run was a big success. The resources and details that go into an event are considerable. The 2008 River Road Resolution included 534 registered runners in the 5K and 1155 in the One Mile Fun Run. Behind the scenes, making it look easy, were 83 volunteers, which includes both the Clay County Fire Rescue and the Clay County Sheriff's Department. 125 gallons of Blue Ridge water and PowerAde, in 3000 plus cups, 1000 Krispy Kreme donuts, 25 loaves of Village Bread, 320 pounds of bananas and 900 cookies were distributed and enjoyed. I think I need a separate article to do justice to the amount of traffic cones, tables, chairs, start & finish line equipment, refreshment supplies, registration supplies, and more that magically appear and disappear on race day. After 1155 ribbons

**Continued on page 5**

## Florida Striders River Run Hospitality Tent Saturday March 8...Starting at 6am...

Stan Scarlett, Tent Coordinator, needs your help in setting up the interior of the tent and preparing for the feast of food and beverages. Stan knows how to have a River Run party! To volunteer at the tent, please contact Stan at [stanscarlett@msn.com](mailto:stanscarlett@msn.com) or 994-2687. Come out and enjoy the festivities of the Florida Striders River Run Hospitality Tent!!! Drop off your things prior to the race, and bring a chair to relax in after the race. Bring a dish to share. Florida Striders Track Club Merchandise will be available for sale at the tent! **Please see important additional club information on page 18.**



## Prez Sez By Dave Bokros

It was cold in Jacksonville this past Friday evening. I carried my running gear to work, changed at the office and headed downtown for a run with a visitor from out of town.

We met downtown near the Charthouse and began to run through downtown. We started by running down Prudential Drive to the Treaty Oak and ran up and among the branches. She had never seen a live oak and was amazed. We headed from there over the Main Street Bridge, east along the riverfront to Birkman Plaza.

Running back through the landing, we headed over the walkway across the CSX tracks, and a ways into Riverside before turning around. We ran back along in front of the landing, back over the Mainstreet, and back to the Charthouse to stretch a little and part ways.

She commented constantly at the unique riverfront and how much fun she had been having seeing Jacksonville while she was here. That was fun and we have another loyal Strider- in Seattle!

Continued on page 4

## Board of Directors' Minutes 1/8/2007

The meeting was called to order by Dave Bokros at 7:07 p.m. Directors present were Jay Birmingham, Dave Bokros, Vicky Connell, Gary Hallett, Glenn Hanna, George Hoskins, Kellie Howard, Kim Lundy, Keith Poythress, Mike Mayse, John Steinburg, Mary Steinburg, James Vavrina, and Kay Womack.

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

**Treasurer's Report:** George Hoskins reviewed the December report. He pointed out the most significant income increase was the Memorial Day deposit of \$4775.62. He also pointed out a charge of \$2530.60 for our RRCA Affiliation and Insurance. Cash on hand in checking is currently 16,102.28. He noted that he closed out the Vystar accounts completely and purchased a new 5 month CD at 4.88% interest rate. The report was filed as presented.

**Club Direction for 2008 and Beyond:** Dave Bokros talked about where we are currently with 505 memberships, approximately 60% of which are family memberships. He talked about things we do such as children's running, scholarships, etc. Then he asked what are we here for? Do we want to increase memberships? Dave stated how the work has spread out more this year with more people participating and doing the work. He discussed what our current priorities are: Support the Sport, Community Wellness, High Quality/Low Cost Events, Racing (as in Track and Field or possibly a team), and providing a running resource for the community. A suggestion was that maybe we need to have a signature run such as the Gate River Run for the Jacksonville Track Club

There was general consensus that growth is desirable. Some key areas where we'd like to grow were: 1) Running Development (more runner's classes, marathon training, solicit school participation); 2) Group Training Runs; 3) Reduce losses from expired memberships and contact new members; 4) Be a Resource for our membership (website, newsletter); 5) Marketing 6) Sponsorship 7) Increase Race Participation. In addition, some goals were determined for the future. Goals for 2010: add 1000 new members and add 1000 additional runners to our 4 races. Dave asked for volunteers to take these key areas and discuss how we can develop growth in the future. We will discuss this again at another meeting.

Continued on page 15

## 2007-2008 Board of Directors & Key Members

(Board Members marked with an \*)

**President/Memorial Day 5K Director:**

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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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# Ron Daws, The “Self-Made Olympian”

With the start of my 50th track season just weeks away, I've covered many recent miles thinking of the numerous influential people in my running life.

Ohio English teacher Glen McElwee introduced me to the sport. He complimented my efforts more than my actual performances. His praise was like bellows on a smoldering ember.

Percy Cerruty, the flamboyant Australian coach of four world record setters wrote *Athletics: How to Become a Champion*. I acquired a copy at age 14 and learned about the mental toughness I didn't have and the virtues of “running to exhaustion”. I exchanged three letters with him in the early 1960's and contemplated going to Australia to train in the bush.

Arthur Lydiard articulated the concept of constructing a substantial endurance base. His articles and books introduced me to concepts like patience and long-range planning.

But I believe that Minnesota runner Ron Daws may have influenced me most. He was a runner I could identify with. Daws was not very fast, a late bloomer. He used his persistence and willingness to out-train more talented opponents to eventually become competitive.

Daws explored esoteric concepts like heat acclimation, shoe modifications, and four hour training runs before anyone else that I had ever heard of. He was at my first marathon in 1966 and two years later, earned a berth on the U.S. Olympic marathon team. I worked with him twice at Colorado running camps and later hosted him at my Jacksonville home for one of the early River Runs.

Daws book, *The Self-Made Olympian*, is an old-time classic. Dealing mostly with Daws' frustration and persistence, the book suggests an approach to reaching difficult goals that was more valuable than any workout plan. Daws' determination and willingness to experiment led to several modest successes.

Strongly influenced by Lydiard, Daws learned to peak when it mattered, balancing his training so he would be at a physical and psychological apogee on The Day of the Big Race. Fast-twitch impaired, Ron Daws nevertheless became an Olympian, was first American in a Boston Marathon, and won a National marathon championship.

## PRES SEZ

Continued from page 2

I guess what I am getting at is that we both made a new friend, ran a leisurely hour through what can easily be one of the neatest places to run.

Qualifying for Boston. Training for the next race. Trying to beat your last 5k time. In all of your trials and attempts to set and achieve goals, remember to take a run once a month or so to just relax, have a conversation, see the city, or some trails, or the woods, and just enjoy your time outside. Have a good time!

See you on the road! ●

## The Wide World of Running

By Jay Birmingham

Here's what I learned from Ron Daws—

Run in all weather. No excuses. Cold doesn't matter, rain doesn't matter, heat is your best training partner if there is any chance you'll compete on a hot day.

If you have to run twice as many miles as a more gifted runner in order to compete at that level, then, well . . . , you simply have to do it.

A 30-mile run, if you are preparing to actually race a marathon, just makes good sense. A miler wouldn't settle for long runs of 1200 meters, right?

Cut up your shoes. If they pinch, blister, hurt your knee, then get a razor blade and rectify the problem. They are YOUR shoes and you own them. They should comply with your needs.

Forget all the frills and gimmicks. Holding your tongue a certain way or taking a nutritional supplement is not the reason one runner prevails over another. Spending too much time on the details undermines your time spent on the basics. Runners run.

Ron Daws was good-natured but was very focused. On several occasions, I watched as he ignored comfort and social graces to get to the top of a challenge in first place.

Daws was a runner's runner, however, and I have alluded in an earlier article to his habit of running back out on the course to cheer in others. I'll never forget that gesture extended to me in my inaugural foray over the marathon distance.

He had considerable success coaching individuals who came to him for suggestions including Steve Hoag, once second at Boston; and New Zealand Olympian, Lorraine Moeller.

Ron Daws died suddenly of a heart attack at age 55, several years ago.

I'm thankful I had the chance to learn from him.

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

## WE NEED VOLUNTEERS!

February 17, 2008

Please contact Dave Bokros  
at [dbokros@comcast.net](mailto:dbokros@comcast.net)



March 1, 2008 <http://www.ironhorse100kmclub.com>

Please contact Chris Rodatz at [crodatz@belsouth.net](mailto:crodatz@belsouth.net)

**Iron Horse**  
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## RIVER ROAD RESOLUTION 5K

Continued from page 1

were handed out to all of our One Mile Fun Run finishers, their tags were pulled and counted to figure out which of the 25 schools represented would share in the \$1872 in school prize money. Jacksonville Greyhound Racing provides \$1800 in donations and we round up some of the awards to just under \$1900. The result: eleven schools' Run/Walk Clubs earned money for their run/walk programs in the Fun Run.

Those eleven schools are recognized below for their great turnout. All of the Run/Walk Club coaches and volunteers in our area schools are real champions and are appreciated for the differences they make every day in our children's lives.

The efforts and contributions of all of our volunteers and sponsors allow us to not only provide top quality races and Fun Runs for our community, but also result in approximately \$14,000 going to support children's fitness and scholarships in our area. I am so impressed with the generosity of so many of you who give of your time and money to make these events work so well. I am also blessed with a great group of coordinators, volunteers, and sponsors. If you were involved in putting on this event, please accept my thanks for a job done very well indeed. If you were a participant in the event, thank you for coming out and participating. The feedback on how we can make things even better is always welcome and you can reach me most easily at BobBoydFL@gmail.com. If you are reading this and would like to get involved as a participant or a volunteer, just let me know and we will make it happen. Not only do the Florida Striders make good things happen, we have fun in the process. Please also thank and acknowledge our generous sponsors who are making a real difference in our community through their support. ●



### VOLUNTEERS

John Aimone	Karen McCormick
Diane Aimone	Patt McEvers
Kim Anthony	Chris McKenney
Ken Bendy	Dave Melton
Marie Bendy	Elke Miller
Kevin Benedict	Kathy Murray
Dave Bokros	Lisa Myers
Bob Boyd	Michael Myers
Roberta Boyd	Pam Nelson
Vanessa Boyd	Jeff Nelson
Barbara Bradford	Casey Pfunter
Laurie Burke	John Powers
Jim Cates	Keith Poythress
Vicky Connell	Peggy Pruett
Tori Connell	Pat Raiford
Joe Connolly	Sabrina Randin
Greg Costa	Marge Ruebush
Pat Czarnecki	Paul Ruebush
Darcy Daniel	Cheryl Ruppert
Charles Desrosier	Melissa Saunders
Elena Etter	Lori Scarlett
Mike Ford	Stan Scarlett
Frank Frazier	Jeannette Schmidt
Sara Gessner	Ed Schmidt
Susan Gostage	Ruth Smith
Annette Gray	JD Smith
Brandon Howell	Linda Stapleton
Sindy Indacochea	Mary Ann Steinberg
Lesley Jones	David Steinberg
Zachery Jones	Luke Steinberg
Ian Jones	Denise Stuart.
Garrett Jones	Jeff Suits
Pat Kean	Staci Suits
John Kellogg	Kim Tracanna
Edith Limardo	Greg Turner
Kim Lundy	Renee Vann
Carol MacDougall	Danny Weaver
Melissa MacDougall	DeAnna Wilkinson
Lisa Mattis	Denise Williams
Mike Mayse	Rose Woolwine

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## January 12, 2008 - Results

CLASS	ID#	PLACE	PLACE	FINISHER	TIME	PACE
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### Open Men

185	1	1	Justin Jacobs, 24	16:03	5:10
2	2	2	John Metzgar, 45, Orange Park, FL	16:19	5:15
1	3	3	John Steinberg, 48, Orange Park, FL	16:37	5:21

### Open Women

153	1	1	Lindsay Larose, 25, Gainesville, FL	18:10	5:51
199	2	2	Mary Ann Brown, 13	19:48	6:22
79	3	3	Kim Scurti, 39, Jacksonville, FL	20:33	6:37

### Masters Men

77	7	1	John Wisker, 41, Palatka, FL	17:42	5:42
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### Masters Women

7	4	1	Kathleen Kaye, 49, Jacksonville, FL	20:49	6:42
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### Grand Masters Men

157	16	1	Bill Phillips, 53, St Augustine, FL	18:41	6:01
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### Grand Masters Women

13	9	1	Elfrieda Wyner, 65, St Augustine, FL	22:04	7:06
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CLASS	ID#	PLACE	PLACE	FINISHER	TIME	PACE
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### Women 2 & Under

294	107	1	Kathleen Jasper, 2	31:00	9:58
19	158	2	Cristin Kelly-Green, 2, Jax, FL	35:44	11:30

### Women 3 - 10

111	28	1	Mary Crean, 8, St Augustine, FL	24:17	7:49
295	106	2	Grayson Jasper, 7	30:59	9:58
263	108	3	Nashali Rivera, 10	31:04	10:00
169	120	4	Abbey Newton, 7	31:57	10:17
55	144	5	Lindsey Averitt, 10, Jacksonville, FL	33:46	10:52
572	173	6	Jovanina Mendez, 9, OP, FL	37:45	12:09
206	191	7	Ashlynn Everington, 10, OP, FL	41:32	13:22
441	192	8	Haley Mason, 8, Keystone Heights	41:40	13:24
202	195	9	Jessica Sparks, 8, Middleburg, FL	42:16	13:36
559	218	10	Mattie Locke, 10, Jacksonville, FL	46:19	14:54
275	223	11	Lauren Boyd, 7	49:24	15:54

### Women 11 - 14

308	25	1	Nancy Harms, 13, Neptune Bch, FL	24:03	7:44
506	37	2	Lauren Barr, 14, St Augustine, FL	25:37	8:15
498	42	3	Paige Boran, 12, Orange Park, FL	26:09	8:25
80	61	4	Lindsey DePontes, 11, Jax, FL	27:35	8:53
423	65	5	Marie Sullivan, 13, Jacksonville, FL	27:47	8:56
499	78	6	Jessica Fletcher, 11, Orange Park, FL	29:11	9:24
425	80	7	Abigail Sears, 12, Orange Park, FL	29:16	9:25
218	89	8	Marisa Cepeda, 12, Middleburg, FL	29:43	9:34
241	91	9	Savannah Hollis, 12	29:52	9:37
136	132	10	Victoria Jones, 12, Jacksonville, FL	33:01	10:37
427	162	11	Joelle Freeman, 11, Orange Park, FL	36:07	11:37
583	181	12	Devin Jones, 12, Middleburg, FL	39:36	12:45
256	205	13	Catherine Murphy, 14	44:47	14:25
192	207	14	Erin Ruel, 12	44:57	14:28

### Women 15 - 19

178	12	1	Kaitlin Yaracs, 16	22:31	7:15
222	27	2	Caitlin Murphey, 19, Orange Park, FL	24:16	7:49
262	43	3	Lindsey Morgan, 18	26:10	8:25
562	212	4	Caddie Locke, 15, Jacksonville, FL	45:54	14:46
537	216	5	Stephanie Waldeck, 18, Jax, FL	45:59	14:48
548	217	6	Heather Faircloth, 16, Jacksonville, FL	45:59	14:48

### Women 20 - 24

204	40	1	Emma Humphries, 24, Jax, FL	25:58	8:21
208	47	2	Amber King, 24, Orange Park, FL	26:27	8:31
329	64	3	Cathy Rauscher, 24, Jax Bch, FL	27:43	8:55
26	204	4	Peggy Bryant, 24, Jacksonville, FL	44:09	14:12
251	227	5	Melissa Finnell, 24	51:02	16:25
252	229	6	Cristin Cuozzo, 24	51:04	16:26

### Women 25 - 29

207	21	1	Jennifer Crane, 27, Jacksonville, FL	23:37	7:36
72	29	2	Jessica Narducci, 29, Jacksonville, FL	24:21	7:50
518	33	3	Joanne Person, 27, Jacksonville, FL	24:55	8:01
458	41	4	Mylyn Shelvy, 27, Jacksonville, FL	26:00	8:22
438	52	5	Kristie Matherne, 25, OP, FL	26:41	8:35
541	54	6	Bree Adams, 26, Jacksonville, FL	26:50	8:38
90	97	7	Jessica Rodriguez, 27, Jax, FL	30:10	9:42
337	104	8	Mirela Halilovic, 29, Jacksonville, FL	30:55	9:57
63	126	9	Marcia Elaine Howlett, 29	32:29	10:27
118	134	10	Nicole Pischke, 27, Jacksonville, FL	33:06	10:39
455	135	11	Rachael Myers, 25, Jacksonville, FL	33:06	10:39
530	136	12	Candice Young, 25, Jacksonville, FL	33:11	10:41
174	137	13	Anna Glenn, 25	33:18	10:43
119	146	14	Haley Blount, 25, Jacksonville, FL	34:13	11:01
151	148	15	Anna Aman, 29, St Augustine, FL	34:29	11:06
246	172	16	Brandy Ellis, 29	37:42	12:08
205	179	17	Jennifer Lainhart, 28, Jacksonville, FL	38:40	12:27
524	194	18	Lisa Ward, 26, Orange Park, FL	42:07	13:33
284	202	19	Christina Shelhamer, 29	43:53	14:07
183	210	20	Kristen Butler, 25	45:43	14:43
229	225	21	Linda Jahner, 27	51:01	16:25
254	226	22	Ella Kinberg, 25	51:01	16:25
173	228	23	Crystal Catania, 26	51:04	16:26
203	233	24	Heather Harmon, 26, Jacksonville, FL	54:25	17:31

### Women 30 - 34

93	7	1	Barbara Carrico, 33, Jacksonville, FL	21:32	6:56
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315	11	2	Joy Murphy, 32, Jacksonville, FL	22:21	7:12	462	67	11	Allison Hastie, 37, Orange Park, FL	28:08	9:03
159	34	3	Angela Chesser, 30	25:03	8:04	71	68	12	Vanessa Del Orbe, 37, Jax	28:10	9:04
585	35	4	Jennifer McKay, 31, Jacksonville, FL	25:04	8:04	266	73	13	Anne Leeper, 37	28:47	9:16
404	38	5	April Martin, 31, Orange Park, FL	25:48	8:18	233	79	14	Elizabeth Crane, 39	29:11	9:24
412	58	6	Suzanne Baker, 34, Jacksonville, FL	27:16	8:46	449	82	15	Suzanne Cain, 36, Middleburg, FL	29:20	9:26
484	60	7	Stacy McMahan, 33, Middleburg, FL	27:33	8:52	243	84	16	Lisa Evans-Bosley, 39	29:23	9:27
496	66	8	Jenny Orebaugh, 31, OP, FL	27:51	8:58	460	85	17	Melissa Pittman, 35, Orange Park, FL	29:25	9:28
483	69	9	Tabitha Rogers, 33, Middleburg, FL	28:32	9:11	330	88	18	Tracey Martinez, 36, Neptune Bch, FL	29:43	9:34
145	71	10	Penny Punnett, 34, St Augustine, FL	28:38	9:13	31	90	19	Sandra Salley, 38, Jacksonville, FL	29:49	9:36
327	81	11	Rebecca Iannello, 31, Jax Bch, FL	29:17	9:25	253	93	20	Melissa McCrosky, 38	29:54	9:37
597	86	12	Jennifer Otero, 34, Orange Park, FL	29:30	9:30	452	101	21	Christina McKenney, 35, Jax, FL	30:22	9:46
161	94	13	Anitra Blanco, 30	30:06	9:41	227	103	22	Heather Johnson, 37, Jax, FL	30:47	9:54
232	98	14	Dawn Bergeron, 33	30:10	9:42	578	112	23	Josie Bryan, 37, Jacksonville, FL	31:14	10:03
418	110	15	Staci Suits, 34, Orange Park, FL	31:06	10:00	321	113	24	Sheri Dart, 36, Jax Bch, FL	31:17	10:04
310	129	16	Jennifer Cooper, 33, PVB, FL	32:44	10:32	478	115	25	Sandy Kishton, 37, Lake City, FL	31:27	10:07
126	150	17	Candy Romang, 33, St Augustine, FL	34:43	11:10	128	116	26	Angela Masci, 38, Jacksonville, FL	31:34	10:09
539	153	18	Kara Albach, 31, GCS, FL	35:06	11:18	96	117	27	Eva James, 38, Jacksonville, FL	31:34	10:10
569	156	19	Chrissy Tadiello, 34, Orange Park, FL	35:34	11:27	416	119	28	Caroline Williams, 35, Jacksonville, FL	31:53	10:16
316	174	20	Lori Smalby, 34, Jacksonville, FL	37:47	12:09	324	123	29	Cheryl Dillard, 37, Jacksonville, FL	32:15	10:23
522	177	21	Kari Nutter, 33, Orange Park, FL	38:38	12:26	491	130	30	Jenny McQuaid, 35, OP, FL	32:45	10:32
574	183	22	Krista Artis, 32, Orange Park, FL	40:04	12:54	431	142	31	Michelle Henry, 39, Middleburg, FL	33:44	10:51
584	184	23	Amy Skinner, 30, Middleburg, FL	40:05	12:54	465	147	32	Jill Wright, 39, Middleburg, FL	34:19	11:02
573	185	24	Brenda Mendez, 33, Orange Park, FL	40:10	12:56	180	154	33	Rose Rondeau, 38	35:26	11:24
137	187	25	Crystal McKenzie, 32, Jax, FL	40:33	13:03	172	155	34	Tammy Dollarhide, 35	35:34	11:27
504	190	26	Bryanne Kernan, 31, Jax, FL	41:15	13:16	556	170	35	Sloan Lewis, 37, GCS, FL	37:41	12:08
225	206	27	Billi West, 31, GCS, FL	44:49	14:25	591	176	36	Beth McKendry, 37, Orange Park, FL	38:31	12:24
129	219	28	Kelli Thompson, 34, Jacksonville, FL	47:25	15:15	260	200	37	Christie Whitt, 39	43:03	13:51
132	220	29	Darcie Carbone, 30, Jax Bch, FL	47:25	15:16	97	201	38	Cindy Styers, 36, Jacksonville, FL	43:10	13:53
318	230	30	Viktoria Argerich, 31, Jacksonville, FL	52:10	16:47	102	213	39	Teressa Burkholder, 39, St Aug, FL	45:58	14:48
						549	215	40	Christina McUen, 36, Jacksonville, FL	45:59	14:48
						131	221	41	Barbara Wamsley, 38, Jax, FL	47:29	15:17
						320	231	42	Holly Washburn, 39, Jax Bch, FL	52:11	16:47

#### Women 35 - 39

221	8	1	Susan Jennings, 38, Orange Park, FL	21:47	7:01
600	13	2	Tracy Pouncy, 37, Middleburg, FL	22:48	7:20
344	17	3	Leah Barker, 39	23:10	7:27
497	24	4	Abby Butler, 38, Orange Park, FL	23:54	7:41
273	31	5	Lisa Meadows, 35	24:47	7:59
122	44	6	Gretchen Jackson, 36, Jax, FL	26:11	8:26
417	46	7	Millie Thrasher, 36, Orange Park, FL	26:26	8:30
564	49	8	Jennifer Roberts, 37, GCS, FL	26:38	8:34
217	50	9	Lonnie Klidies, 38, Orange Park, FL	26:39	8:35
194	59	10	Christy , 37	27:26	8:50

#### Women 40 - 44

29	5	1	Regina Taylor, 43, Jacksonville, FL	21:13	6:50
313	6	2	Alison Ronzon, 43, Neptune Bch, FL	21:13	6:50
342	10	3	Laurie Pinover, 44, Jacksonville, FL	22:07	7:07
135	18	4	Vivian Johnson-Jones, 44, Jax, FL	23:16	7:29
525	19	5	Janie Williams, 42, Orange Park, FL	23:20	7:30
542	22	6	Tracy Pfuntner, 41, Orange Park, FL	23:43	7:38
188	23	7	Sandra Foskey, 41	23:47	7:39



230	45	8	Danielle Smith, 41, Orange Park, FL	26:19	8:28	57	96	12	Sara Winchester, 53, Jacksonville, FL	30:09	9:42
430	48	9	Kimberly Wilson, 42, Middleburg, FL	26:31	8:32	577	99	13	Edna Tecson, 51, Orange Park, FL	30:12	9:43
446	51	10	Chelle Mahaney, 40, Orange Park, FL	26:40	8:35	184	102	14	Nancy Martin, 52	30:25	9:47
448	56	11	Nancy Trice, 44, Middleburg, FL	27:01	8:42	23	105	15	Mary Conely, 53, Jacksonville, FL	30:57	9:57
411	63	12	Gayla Poythress, 40, Fleming Island, FL	27:41	8:55	134	111	16	Denise Sellers, 54, Jacksonville, FL	31:10	10:02
550	72	13	Carolyn Sabatella, 41, GCS, FL	28:44	9:15	76	163	17	Andrea Bishop, 50, Jacksonville, FL	36:17	11:41
516	77	14	Nancy Bennett, 43, Jacksonville, FL	29:11	9:23	106	169	18	Stephanie Sipp, 52, Jacksonville, FL	37:11	11:58
85	114	15	Robin Giles, 44, St Johns, FL	31:19	10:04	566	171	19	Cedera Newman, 50, Oran Park, FL	37:42	12:08
170	121	16	Tammy Newton, 40	31:58	10:17	272	186	20	Dorothy Ring, 54	40:30	13:02
588	122	17	Traci Bane, 43, Orange Park, FL	31:59	10:17	466	203	21	Robin Nutter, 53, GCS, FL L	43:56	14:08
323	124	18	Tracy Navarro, 41, Jacksonville, FL	32:15	10:23	<b>Women 55 - 59</b>					
401	125	19	Judith Gould, 41, Orange Park, FL	32:19	10:24	589	74	1	Donna Rettini, 56, Jacksonville, FL	28:52	9:17
489	133	20	Sophie Willadsen, 41, OP, FL	33:06	10:39	528	100	2	Kathleen Clouse, 59, San Mateo, FL	30:21	9:46
594	141	21	Lorraine Hughey, 44, Jacksonville, FL	33:38	10:49	526	127	3	Cauly Redenius, 57, OP, FL	32:29	10:27
406	143	22	Bernita Bush, 41, GCS, FL	33:46	10:52	596	128	4	Sharon Medders, 55, Hollister, FL	32:35	10:29
54	145	23	Lori Averitt, 42, Jacksonville, FL	33:47	10:52	86	138	5	Kathy Williams, 58, Waycross, GA	33:21	10:44
551	149	24	Julie Boyden, 44, Orange Park, FL	34:36	11:08	82	161	6	Jill Johnson, 55, Jacksonville, FL	35:56	11:34
64	157	25	Tina Kennon, 44, Live Oak, FL	35:44	11:30	28	168	7	Diane Rogers, 57, Jacksonville, FL	37:07	11:56
258	159	26	Barb Kearney, 44	35:44	11:30	487	188	8	Nancy Fraser, 57, Orange Park, FL	40:34	13:03
69	160	27	Vicki Durrance, 43, Lake City, FL	35:54	11:33	<b>Women 60 - 64</b>					
558	164	28	Anita Locke, 40, Jacksonville, FL	36:53	11:52	179	32	1	Theresa Coomes, 61	24:48	7:59
599	165	29	Carol Porter, 44, Sanderson, FL	36:53	11:52	42	55	2	Donna Scalia, 62, Amelia Island, FL	26:58	8:41
482	175	30	Becci Powell, 40, Middleburg, FL	38:27	12:22	429	118	3	Susan Cervantes, 60, Jax, FL	31:43	10:12
249	178	31	Karen , 41	38:40	12:26	148	167	4	Rosalee Connor, 61, Jacksonville, FL	37:05	11:56
444	180	32	Simone Meyenberg-Shield, 44, OP, FL	39:19	12:39	331	199	5	Anne Weiss, 62, St Augustine, FL	42:46	13:46
581	182	33	Lesley Jones, 43, Middleburg, FL	39:41	12:46	529	214	6	Kathleen Schwartz, 62, St Aug, FL	45:58	14:48
595	193	34	Dawn Marsh, 43, Jacksonville, FL	42:04	13:32	<b>Women 65 - 69</b>					
453	196	35	Michelle Ramos, 43, Jacksonville, FL	42:29	13:40	301	76	1	Susan Wallace, 66, Atlantic Bch, FL	29:10	9:23
472	197	36	Darin Sibley, 41, GCS, FL	42:44	13:45	450	151	2	Elda Bell, 68, Orange Park, FL	34:46	11:11
193	208	37	Jennifer Ruel, 43	44:57	14:28	242	224	3	Lynne Ryan, 66	50:52	16:22

#### Women 45 - 49

311	15	1	Kathy Murray, 45, Jacksonville, FL	22:51	7:21
307	30	2	Susan Harms, 48, Neptune Bch, FL	24:40	7:56
66	36	3	Vicky Connell, 48, Orange Park, FL	25:34	8:13
445	70	4	Pamela Miller, 45, Orange Park, FL	28:37	9:13
304	92	5	Jackie Rowley, 46, Jacksonville, FL	29:53	9:37
341	95	6	Naoko Hush, 47, Jacksonville, FL	30:08	9:42
557	109	7	Kim Anthony, 47, GCS, FL	31:05	10:00
223	139	8	Janet Tellier, 48, Orange Park, FL	33:29	10:46
250	140	9	Rita Geer, 47	33:33	10:48
443	152	10	Sandy Kelley, 49, Orange Park, FL	35:01	11:16
517	166	11	Anne Gorman, 47, Jacksonville, FL	36:54	11:52
433	198	12	Dana Robles, 46, Jacksonville, FL	42:45	13:45
104	209	13	Susan Jones, 45, Yulee, FL	45:00	14:29
100	211	14	Donna Fenchel, 45, Jacksonville, FL	45:53	14:46
240	222	15	Theresa Hollis, 45	47:50	15:24
503	232	16	Teresa Lockwood, 46, Jax, FL	54:24	17:30

#### Women 50 - 54

535	14	1	Holly Turner, 52, Orange Park, FL	22:51	7:21
149	16	2	Maggie Miller, 53, Bradenton, FL	23:03	7:25
17	20	3	Ann Krause, 50, Jacksonville, FL	23:29	7:33
415	26	4	Gail Pylipow, 51, Orange Park, FL	24:15	7:48
464	39	5	Sue Whitworth, 52, Orange Park, FL	25:54	8:20
409	53	6	Kimberly Lundy, 50, Orange Park, FL	26:45	8:36
75	57	7	Faith Leri, 51, Jacksonville, FL	27:04	8:43
34	62	8	Susan Roche, 52, Jacksonville, FL	27:41	8:54
73	75	9	Kimberly Pearce, 50, Jacksonville, FL	29:08	9:23
515	83	10	Mamie Davis, 53, Jacksonville, FL	29:21	9:27
334	87	11	Leigh Jacobs, 51, Jacksonville, FL	29:38	9:32

57	96	12	Sara Winchester, 53, Jacksonville, FL	30:09	9:42
577	99	13	Edna Tecson, 51, Orange Park, FL	30:12	9:43
184	102	14	Nancy Martin, 52	30:25	9:47
23	105	15	Mary Conely, 53, Jacksonville, FL	30:57	9:57
134	111	16	Denise Sellers, 54, Jacksonville, FL	31:10	10:02
76	163	17	Andrea Bishop, 50, Jacksonville, FL	36:17	11:41
106	169	18	Stephanie Sipp, 52, Jacksonville, FL	37:11	11:58
566	171	19	Cedera Newman, 50, Oran Park, FL	37:42	12:08
272	186	20	Dorothy Ring, 54	40:30	13:02
466	203	21	Robin Nutter, 53, GCS, FL L	43:56	14:08

#### Women 55 - 59

589	74	1	Donna Rettini, 56, Jacksonville, FL	28:52	9:17
528	100	2	Kathleen Clouse, 59, San Mateo, FL	30:21	9:46
526	127	3	Cauly Redenius, 57, OP, FL	32:29	10:27
596	128	4	Sharon Medders, 55, Hollister, FL	32:35	10:29
86	138	5	Kathy Williams, 58, Waycross, GA	33:21	10:44
82	161	6	Jill Johnson, 55, Jacksonville, FL	35:56	11:34
28	168	7	Diane Rogers, 57, Jacksonville, FL	37:07	11:56
487	188	8	Nancy Fraser, 57, Orange Park, FL	40:34	13:03

#### Women 60 - 64

179	32	1	Theresa Coomes, 61	24:48	7:59
42	55	2	Donna Scalia, 62, Amelia Island, FL	26:58	8:41
429	118	3	Susan Cervantes, 60, Jax, FL	31:43	10:12
148	167	4	Rosalee Connor, 61, Jacksonville, FL	37:05	11:56
331	199	5	Anne Weiss, 62, St Augustine, FL	42:46	13:46
529	214	6	Kathleen Schwartz, 62, St Aug, FL	45:58	14:48

#### Women 65 - 69

301	76	1	Susan Wallace, 66, Atlantic Bch, FL	29:10	9:23
450	151	2	Elda Bell, 68, Orange Park, FL	34:46	11:11
242	224	3	Lynne Ryan, 66	50:52	16:22

#### Women 70 - 74

586	131	1	Shirley Newport, 71, Jacksonville, FL	32:55	10:36
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#### Women 75 - 79

305	189	1	Diane Aimone, 78, Jacksonville, FL	41:04	13:13
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CLASS					
ID#	PLACE	PLACE	FINISHER	TIME	PACE

#### Men 2 & Under

281	137	1	Connor Kirkham, 1	26:52	8:39
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#### Men 3 - 10

533	88	1	Matt Mineo, 9, Orange Park, FL	23:30	7:34
532	89	2	Danny Mineo, 7, Orange Park, FL	23:31	7:34
563	122	3	Jack Roberts, 8, GCS, FL	25:54	8:20
287	124	4	Christian Airkhamn, 8	25:55	8:20
552	132	5	Shane Boyden, 10, Orange Park, FL	26:15	8:27
123	152	6	Wolfgang Podeyn, 10, Jax, FL	27:43	8:55
424	191	7	David Sullivan, 10, Jacksonville, FL	30:36	9:51
276	221	8	Connor Boyd, 10	34:29	11:06
288	239	9	Spencer Molnow, 9	38:26	12:22
271	240	10	Austin Burke, 8	38:26	12:22
289	246	11	Josh Gssner, 7	42:11	13:35
333	247	12	Dawson Weiss, 7, St Aug, FL	43:23	13:58
285	249	13	Charlie Wood, 7	43:53	14:07
290	252	14	Ben Gessner, 9	45:48	14:44





#### Men 11 - 14

494	25	1	Jacob Gladding, 14, Orange Park, FL	19:29	6:16	25	66	6	Adam Hellenenthal, 26, Jacksonville, FL	22:33	7:15
495	27	2	Sam Gladding, 12, Orange Park, FL	19:36	6:18	345	73	7	Chad Davis, 27	22:59	7:24
110	34	3	Cody Helms, 14, GCS, FL	20:00	6:26	555	76	8	Japeth Ellison, 28, Jacksonville, FL	23:04	7:25
176	41	4	Cody Gibbons, 14	21:01	6:46	154	103	9	Michael Brower, 28	24:23	7:51
196	80	5	Alek Abate, 12	23:12	7:28	314	108	10	Jeff Poore, 27, Jax Bch, FL	24:43	7:57
440	85	6	Jeremy Chipps, 13, Orange Park, FL	23:21	7:31	488	163	11	Philip Shoemaker, 27, OP, FL	28:31	9:11
286	87	7	Jesse Kreidel, 12	23:28	7:33	152	174	12	Nicholas Mousa, 27	29:14	9:24
247	118	8	Harrison Matthews, 14	25:30	8:12	336	188	13	Michael Sevick, 29, Jacksonville, FL	30:28	9:48
261	161	9	Justin Whitt, 13	28:25	9:09	190	204	14	Joshua Cole, 29	32:18	10:24
575	162	10	Tyler Imrich, 11, Jacksonville, FL	28:29	9:10	164	251	15	Matt Reed, 27	44:54	14:27
422	164	11	John Sullivan, 12, Jacksonville, FL	28:42	9:14						
567	167	12	Michael Moody, 12, GCS, FL	28:46	9:15						
426	175	13	Brandon Rice, 11, Orange Park, FL	29:19	9:26						
428	196	14	Joseph Deguino, 14, Jacksonville, FL	31:13	10:03						
201	212	15	Stephen Sparks, 12, Middleburg, FL	32:47	10:33						
322	215	16	Chris Dart, 13, Jax Bch, FL	33:01	10:37						

#### Men 15 - 19

150	5	1	Christopher Haynes, 15, Jax, FL	17:24	5:36	3	4	1	Shawn Williams, 32, Jacksonville, FL	16:49	5:24
278	35	2	Michael Evans, 17	20:05	6:28	226	9	2	Jason Arnold, 33, Palatka, FL	17:49	5:44
582	58	3	Ian Jones, 15, Middleburg, FL	22:02	7:05	160	11	3	Orestes Gutierrez, 31	17:57	5:46
510	63	4	Christopher Henry, 16, Middleburg, FL	22:22	7:12	335	26	4	Michael Grosh, 30, Jacksonville, FL	19:30	6:16
274	70	5	Adam Soldo, 16	22:50	7:21	182	59	5	Chuck Deray, 30	22:03	7:06
198	90	6	Eric Hamilton, 16	23:34	7:35	338	60	6	Jacob Iannello, 33, Jax Bch, FL	22:10	7:08
51	91	7	Scott Arend, 16, Orange Park, FL	23:35	7:35	343	67	7	Jake Piasecki, 30	22:39	7:17
486	111	8	Marquis Wright, 16, Midway, GA	24:49	7:59	95	71	8	William Morris, 34, Jacksonville, FL	22:53	7:22
511	113	9	Jeffrey Thompson, 16, Callahan, FL	25:13	8:07	269	107	9	Doug Dorsey, 34	24:39	7:56
325	134	10	John Kearney, 16, PVB, FL	26:16	8:27	419	112	10	Jeff Suits, 34, Orange Park, FL	25:12	8:07
105	179	11	Casey Jones, 16, Yulee, FL	29:29	9:29	44	115	11	Christopher Day, 30, Jacksonville, FL	25:21	8:10
561	228	12	Justin Locke, 17, Jacksonville, FL	35:57	11:34	571	127	12	Jonathan Lineberry, 34, OP, FL	26:00	8:22
434	238	13	Samuel Robles Jr, 15, Jacksonville, FL	37:59	12:13	94	129	13	Shawn Wallace, 32, Jacksonville, FL	26:07	8:24
						120	131	14	Jason Lainhart, 30, Jacksonville, FL	26:13	8:26
						317	144	15	Scott Wilson, 32, Jacksonville, FL	27:22	8:48
						191	145	16	Jason Coots, 33	27:26	8:50
						87	159	17	David Albritton, 32, Keystone Heights, FL	28:13	9:05
						210	160	18	Brian Low, 33, Jacksonville, FL	28:15	9:05
						130	177	19	Nathan Thompson, 31, Jacksonville, FL	29:22	9:27
						20	183	20	Chris Green, 33, Jacksonville, FL	29:44	9:34
						147	189	21	Peter Rowell, 34, Jacksonville, FL	30:28	9:48
						27	203	22	William Willis, 30, Jacksonville, FL	32:17	10:23
						125	205	23	Craig Welch, 33, Jacksonville, FL	32:20	10:24
						238	206	24	Bryan Campbell, 33	32:24	10:25
						216	22	25	Jerry Klidies, 34, Orange Park, FL	34:26	11:05
						142	222	26	Andrew Lawson, 32	34:33	11:07

#### Men 20 - 24

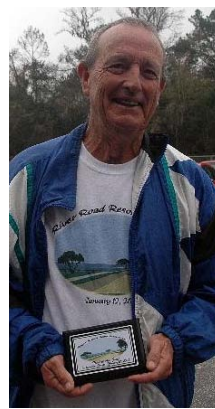
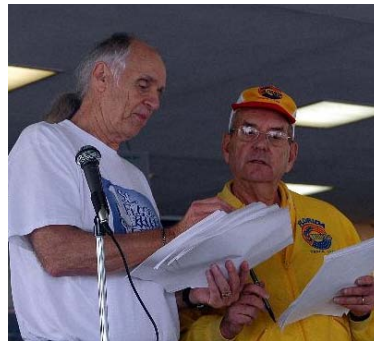
156	28	1	Timothy Shaffer, 22	19:40	6:20
523	78	2	John Reid, 23, Orange Park, FL	23:07	7:26
165	96	3	Tyler Morrison, 23	24:07	7:46
143	237	4	Ben Huston, 24	37:42	12:08

#### Men 25 - 29

155	6	1	Matthew Altman, 25	17:27	5:37
81	10	2	Bradford Risner, 28, Jacksonville, FL	17:53	5:45
50	12	3	Chris Gruwell, 26, Jacksonville, FL	18:05	5:49
346	46	4	James Cameron, 29	21:28	6:54
163	48	5	Lynn Preston, 29	21:32	6:56

#### Men 35 - 39

457	8	1	Jose Dominguez, 37, Orange Park, FL	17:45	5:43
421	13	2	Andrew Marchand, 36, OP, FL	18:11	5:51
11	21	3	Charlie Parker Jr, 37, Jacksonville, FL	19:12	6:11
24	23	4	Scott Olivolo, 39, Middleburg, FL	19:20	6:13
540	24	5	Richard Harper, 37, Jacksonville, FL	19:21	6:13



268	52	6	Allen Weiss, 35	21:46	7:00	74	79	13	John Depontes, 41, Jacksonville, FL	23:08	7:27
500	55	7	Ronald Williams, 38, Orange Park, FL	21:56	7:04	521	82	14	Terence Gaar, 40, Orange Park, FL	23:19	7:30
47	62	8	Chris Kuharich, 37, Jacksonville, FL	22:16	7:10	181	83	15	Thomas McDonald, 41	23:20	7:31
88	69	9	Hector Diaz, 36, Jacksonville, FL	22:49	7:21	84	94	16	James Giles, 41, St Johns, FL	23:49	7:40
531	74	10	Michael Mineo, 37, Orange Park, FL	22:59	7:24	112	100	17	James Crean, 44, St Augustine, FL	24:17	7:49
267	84	11	Jeff Nettles, 36	23:21	7:31	485	102	18	Donald Wright, 41, Midway, GA	24:22	7:51
407	101	12	Eric Bush, 39, GCS, FL	24:19	7:49	212	126	19	Bradley Shepherd, 41, GCS, FL	25:58	8:21
502	110	13	Jeffrey Prieto, 37, St Johns, FL	24:45	7:58	326	135	20	John Kearney, 44, PVB, FL	26:17	8:27
459	116	14	Thomas Pittman, 38, Orange Park, FL	25:27	8:11	432	136	21	Scott Henry, 43, Middleburg, FL	26:18	8:28
214	121	15	James Gillard, 37, Fleming Island, FL	25:47	8:18	520	148	22	Jerry Davis, 44, Jacksonville, FL	27:31	8:51
513	125	16	Larry Ashley, 36, Jacksonville, FL	25:58	8:21	189	153	23	Robert Foskey, 41	27:49	8:57
576	128	17	Gene Imrich, 36, Jacksonville, FL	26:02	8:23	195	155	24	Gary Gills, 44	28:05	9:02
283	142	18	Raymond Watkins, 36	27:15	8:46	187	156	25	Jeffrey Terrell, 42	28:06	9:03
158	147	19	Timothy Battin, 36	27:29	8:51	168	165	26	Mark Newton, 43	28:44	9:15
213	150	20	Darren Golez, 38, Jacksonville, FL	27:36	8:53	211	166	27	Michael Kieffer, 42, Middleburg, FL	28:45	9:15
512	157	21	Gary Thompson, 39, Callahan, FL	28:11	9:04	99	170	28	A R. Camarce, 40, Jacksonville, FL	28:59	9:20
68	182	22	Clifton Browning, 38, Hilliard, FL	29:34	9:31	127	171	29	Paul Masci, 40, Jacksonville, FL	29:03	9:21
264	187	23	Marlo Zarka, 37	30:12	9:43	403	172	30	Kevin Panichello, 42, Jacksonville, FL	29:10	9:23
38	207	24	Chris Edwards, 38, Jacksonville, FL	32:25	10:26	265	178	31	Andrew Zarka, 40	29:28	9:29
492	211	25	Brian McQuaid, 36, Orange Park, FL	32:46	10:32	239	194	32	Craig Hollis, 43	30:53	9:56
<b>Men 40 - 44</b>						481	197	33	Kevin Powell, 43, Middleburg, FL	31:19	10:04
408	14	1	David Bonnette, 41, Orange Park, FL	18:29	5:57	116	201	34	Mark Jones, 42, Yulee, FL	32:14	10:22
257	18	2	Jay Huie, 40	18:45	6:02	479	208	35	Scott Kishton, 44, Lake City, FL	32:29	10:27
171	22	3	Theo Lundy, 40	19:12	6:11	402	214	36	Evan Gould, 41, Orange Park, FL	32:56	10:36
410	30	4	Keith Poythress, 44, Fleming Island, FL	19:45	6:21	501	219	37	Tim Willadsen, 41, Orange Park, FL	34:24	11:04
177	37	5	Mark Grubb, 43	20:06	6:28	560	229	38	Stephen Locke, 44, Jacksonville, FL	36:01	11:35
505	39	6	Andrew Barr, 43, St Augustine, FL	20:18	6:32	291	234	39	John Gessner, 40	36:54	11:52
468	40	7	Michael Mandt, 41, Orange Park, FL	20:40	6:39	83	254	40	Chuck Bishop, 43, Jacksonville, FL	48:48	15:42
167	44	8	David Clarkson, 40	21:21	6:52	<b>Men 45 - 49</b>					
456	54	9	David Arnold, 44, Fleming Island, FL	21:56	7:03	234	17	1	Nunez Encarnacion, 46	18:44	6:02
200	56	10	James Rolland, 43	21:58	7:04	113	20	2	Bill Dunn, 49, Orange Park, FL	19:08	6:09
544	57	11	Leonard Pfuntner, 41, OP, FL	21:59	7:04	52	36	3	Randy Arend, 47, Orange Park, FL	20:05	6:28
461	65	12	Todd Hastie, 41, Orange Park, FL	22:32	7:15	454	50	4	Raymond Ramos Jr, 45, Jacksonville, FL	21:41	6:59



277	72	5	Wayne Holder, 47	22:57	7:23	328	32	2	Bernie Candy, 59, St Augustine, FL	19:49	6:22
259	81	6	Michael Kearney, 47	23:18	7:30	30	43	3	Lewis Buzzell, 56, Jacksonville, FL	21:19	6:51
493	86	7	Bill Gladding, 47, Orange Park, FL	23:22	7:31	67	45	4	Paul Geiger, 55, Jacksonville, FL	21:23	6:53
490	98	8	William James, 48, Orange Park, FL	24:12	7:47	309	64	5	Craig Harms, 57, Neptune Bch, FL	22:26	7:13
405	99	9	Doug Aiosa, 45, Orange Park, FL	24:14	7:48	108	97	6	Jerry Bennett, 57, San Mateo, FL	24:10	7:46
22	104	10	Buddy Denny Jr, 45, Jacksonville, FL	24:25	7:51	91	106	7	David Townley, 57, Jacksonville, FL	24:38	7:55
10	109	11	Simon Jacobson, 49, St Augustine, FL	24:43	7:57	463	120	8	Glenn Hanna, 57, Jacksonville, FL	25:35	8:14
248	117	12	Timothy Matthews, 49	25:30	8:12	115	138	9	Pat Self, 58, Jacksonville, FL	27:03	8:42
414	119	13	Arnel Larcia, 46, Jacksonville, FL	25:31	8:13	175	141	10	Ray Johnson, 58	27:13	8:45
439	123	14	Jp Chipps, 46, Orange Park, FL	25:55	8:20	220	158	11	David Albritton, 56, Orange Park, FL	28:13	9:05
133	133	15	David Sellers, 46, Jacksonville, FL	26:16	8:27	62	80	12	Dale King, 59, Jacksonville, FL	29:30	9:30
255	143	16	Mark Boyden, 49	27:21	8:48	514	186	13	Bemie Powers, 57, Jacksonville, FL	30:06	9:41
139	149	17	Larry Branz, 49, Orange Park, FL	27:36	8:53	215	213	14	David Wiltsey, 56, Orange Park, FL	32:48	10:33
568	168	18	Eugene Moody, 49, GCS, FL	28:48	9:16	447	225	15	Ed Hardee, 56, Fernandina Bch, FL	35:29	11:25
420	173	19	Jon Braasch, 47, Orange Park, FL	29:12	9:24	<b>Men 60 - 64</b>					
279	181	20	Bill Tretina, 47	29:33	9:31	56	38	1	Bruce Holmes, 60, Jacksonville, FL	20:08	6:29
303	184	21	Tom Rowley, 48, Jacksonville, FL	29:53	9:37	39	42	2	Herbert Taskett, 60, Jacksonville, FL	21:08	6:48
103	202	22	Donald Jones, 45, Yulee, FL	32:15	10:22	442	75	3	George Hoskins, 63, Orange Park, FL	23:01	7:24
534	226	23	Kevin Ott, 49, Orange Park, FL	35:30	11:25	4	95	4	Danny Weaver, 60	23:53	7:41
231	227	24	Chuck Fry, 49	35:47	11:31	70	139	5	Joe Butler, 60, Jacksonville, FL	27:09	8:44
101	253	25	Richard Fenchel, 49, Jacksonville	45:53	14:46	9	176	6	John Gauer, 64, Orange Park, FL	29:19	9:26
<b>Men 50 - 54</b>						553	209	7	Doug Barrows, 64, Orange Park, FL	32:30	10:28
519	29	1	Terry Sikes, 51, Jacksonville, FL	19:40	6:20	451	223	8	Terry Bell, 60, Orange Park, FL	34:46	11:11
536	31	2	Steve Johnson, 50, Jacksonville, FL	19:46	6:21	209	244	9	Don Fraser, 62, Orange Park, FL	40:34	13:03
53	33	3	Stephen Beard, 52, Jacksonville, FL	19:54	6:24	480	250	10	Bill Sallette, 60, Melrose, FL	44:10	14:13
236	47	4	Ken Marsh, 53	21:29	6:55	<b>Men 65 - 69</b>					
570	49	5	Whit Hyde, 51, Jacksonville, FL	21:33	6:56	58	61	1	Frank Frazier, 65, Orange Park, FL	22:11	7:08
509	51	6	Eric Tallbacka, 50, Jacksonville, FL	21:45	7:00	467	68	2	Paul Smith, 66, Jacksonville, FL	22:46	7:20
5	53	7	Zachary Scott, 50, Jacksonville, FL	21:56	7:03	166	105	3	Joseph Fournier, 67, Elkton, FL	24:30	7:53
340	77	8	Geoffrey Hush, 50, Jacksonville, FL	23:06	7:26	49	130	4	Otto Monroe, 66, Jacksonville, FL	26:07	8:24
40	92	9	Tom Zicafoose, 54, St Augustine, FL	23:38	7:36	59	151	5	Benjamin Holland, 67, Jacksonville, FL	27:38	8:53
138	93	10	Steve McMahon, 51, Jacksonville, FL	23:45	7:38	43	154	6	Pete Scalia, 65, Amelia Island, FL	27:52	8:58
21	114	11	Daniel Langston, 50, Jacksonville, FL	25:19	8:09	8	198	7	Freddy Fillingham, 66, Jacksonville, FL	31:36	10:10
186	140	12	Jay Hamm, 54	27:12	8:45	332	217	8	Wilhelm Breitenselder, 68, St Aug FL	34:01	10:57
6	146	13	Jack Sykes, 52, Jacksonville, FL	27:28	8:50	61	236	9	Charles Goodyear, 68, Jacksonville, FL	37:15	11:59
89	169	14	Wayne Pollaci, 50, St Augustine, FL	28:57	9:19	<b>Men 70 - 74</b>					
471	185	15	Jd Smith, 54, Orange Park, FL	29:57	9:38	527	190	1	Harold Jackson, 70, San Mateo, FL	30:36	9:51
565	192	16	David Newman, 54, Orange Park, FL	30:38	9:51	15	210	2	Al Saffer, 73, Jacksonville, FL	32:37	10:30
48	195	17	Larry Leach, 53, Orange Park, FL	31:01	9:59	14	224	3	Norm Wyner, 74, St Augustine, FL	35:27	11:25
36	200	18	William Maffett Jr, 54, Orange Park	31:47	10:14	<b>Men 75 - 79</b>					
124	218	19	Mike Kushner, 53, Jacksonville, FL	34:20	11:03	60	193	1	Elmer Schroer, 75, Jacksonville, FL	30:39	9:52
302	230	20	Layne Wallace, 53, Atlantic Bch, FL	36:19	11:41	109	199	2	Bo Holub, 76, St Augustine, FL	31:39	10:11
282	231	21	Rocky Womack, 51	36:32	11:45	306	216	3	John Aimone, 77, Jacksonville, FL	33:21	10:44
280	232	22	Tom Brandies, 52	36:32	11:45	114	243	4	Bob Carr, 79, St Augustine, FL	40:14	12:57
12	233	23	Mark Lay, 51, Jacksonville, FL	36:35	11:46	<b>Men 80 &amp; Up</b>					
237	235	24	Robert Baltzegar, 51	36:55	11:53	437	245	1	George Smith, 82, Orange Park, FL	41:19	13:18
590	241	25	Robert McKendry, 51,	38:33	12:24	16	248	2	Joe Connolly, 83, Jacksonville, FL	43:37	14:02
18	255	26	Bill Krause, 51, Jacksonville, FL	48:53	15:44						
<b>Men 55 - 59</b>											
270	19	1	Page Ramezani, 58	18:48	6:03						

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

## COMING NEXT ISSUE!

A member profile of a new Florida Striders member, Patrick Gallagher!



# Disney Marathon – Back of the Pack Report

By Kay Womack

I'll start out by saying that I am glad to not have this hanging over my head anymore. I would say that most of the marathon was a great time. However, as many of you know, there are the miles where you find out what you are made of. These miles are not always so fun. Here's the race from my perspective. Goals: Just finish and have a somewhat fun time. Finish in time to get a medal. Take pictures with as many Disney characters as possible along the way.

We'll start with the Expo. This is organized well and runs efficiently (as one would expect from Disney). I believe that I read that over 700 volunteers help to run the Expo alone. James and I had not received our packets prior to the race weekend. We moved and I'm suspecting that they were not forwarded. This was not a problem. We simply had to go to the Race Relations area and were given the information that we needed. Then, we headed off to our separate lines to pick up our bibs and chips. The lines moved quickly and soon we were headed to have our chips validated. As you walk to the Expo booths, there is a clock counting down the time until the race start. I believe we had about 19 hours to go at that point. The Expo was pretty typical. My only complaint is that there are so many people there. It is difficult to check out some of the booths. But, knowing that the River Run Expo is around the corner, this was OK with me. We picked up our shirts and wandered around the Expo for a little while. Disney provides race participants with a long sleeved technical shirt. It's a nice shirt, which you will see me in, when it's cool enough.

The night before a Disney race is, to me, the most daunting. Trying to get to sleep at 8:00 PM proved to be a challenge. Our alarm was set for 2:45 AM. The plan was to catch a cab at 3 or 3:15 and meet up with our running buddies.

This actually worked out well, although, I'm pretty sure that the bellman just took us there in his personal vehicle. He turned on the GPS and pretended it was a meter. I didn't care much about that. It was VERY early and I just wanted to get to where I needed to be. We caught up with our running partners and fellow Striders, Jennifer O'Brian and Kristen Hughes, at the Caribbean Beach Resort. From there, we caught a shuttle bus to the waiting area, near the starting line. Then, it was hurry up and wait. We spent about an hour sitting and people watching. At 5AM, we checked our bags and headed for the PortOLetts. The line was pretty long and seemed to be moving slowly. We walked to the starting line, about ¼ mile away. In general, everyone was excited and this did not seem like a death march. We got to the start just as the fireworks were going off and Mickey, Minnie, and Donald were wishing everyone luck. Then, we were off.

The smart people at Disney set up two different starting



lines. The fast people were on the blue course that ran around Epcot before joining the other course at mile 3.4. Middle and back of the packers were assigned to the red course. This is one time where being slow actually paid off. The red course ran through the front of Epcot and continued throughout the park. The course, at this point, was still very crowded. We spent a lot of concentration running around people and trying not to get run over ourselves. James and Kristen were history as they sped off into the night. Disney did a nice job in Epcot. The buildings were lit up and the music was going. It was still really dark, so we didn't see a lot of characters at this point.

Leaving Epcot, the course continued onto the service road, heading toward the Magic Kingdom. These stretches, I found to be boring. But, Disney offered entertainment in the

form of DJs, cheerleaders, and witty little signs sponsored by Sharpie. At Mile 10, we hit the Magic Kingdom (and our first chance for a REAL bathroom). The run up Main Street is one of my favorite parts. There were tons of spectators cheering and really helping with morale. At Cinderella's castle, we stopped for a picture with the evil stepmother and stepsisters. They were quite entertaining, making snide comments to each other and other characters. Then, we were out the back of the Magic Kingdom, off to service road wasteland again for 4 more miles.

Everyone was still in good spirits, enjoying Sharpie's signs, and some music for this stretch. Running into the Animal Kingdom was fun. There were some Cast Members there with a few animals. I remember a llama, a tortoise, and a falcon. (Got my picture with the falcon). The course wound through the Animal Kingdom, past Expedition Everest. Once out of Animal Kingdom, it was back on the service road.

At this point, we were getting a little tired but still going strong. We decided to employ the old run/walk strategy. This really helped to break up the miles. At the beginning of the race, I had told Jennifer that when we hit MGM, it was Party Time! I think MGM was around mile 22. The race ran past the sorcerer's hat, through the rest of the park. After MGM, we were not on service roads anymore, much to my relief. I didn't care much about character pictures anymore.

As I started onto the boardwalk, things started to get tough. At around mile 17, it had gotten hot. The sun was beating down on the boardwalk and I was at that point. The point where you know you have to finish but the end seems to be pretty far away. I just trudged ahead, mostly walking at this point. I knew that I was going to make it in time to get a medal so I forged ahead. When I heard, "Welcome back to Epcot!", I was overjoyed. I wanted to kiss the lady that said it. At the mile 26 marker, I jogged it in. In the line of spectators, I saw James and Amy waiting for me. I crossed the finish line somewhere in the 6:50s. (I've looked it up but it's not sticking with me). Jennifer was right behind me. Kristen was already back in her room, taking a shower.

I hobbled through the finishing area, got a mylar blanket, a medal, and some food. I proceeded to the family area, where I met up with James and Amy. Fellow Strider, Amy Randall (Friend extraordinaire and Disney chauffeur) guided us to our hotel shuttle. She was also nice enough to carry my stuff. Right as we boarded the bus, the sky opened and it poured!!!! Great timing!

All in all, Disney throws a great race. There were plenty of refreshments and none of the horror stories that we heard from Chicago. The only drawbacks are the number of people running in pretty small areas (in the parks, entrance ramps, etc.) and for the last two years, it has been HOT. I think I'm going to skip next year but James and I may be back in 2010 for the Goofy challenge. ●

#### Total Marathon Finishers: 12964

##### Top 3 Men:

Adriano Bastos	2:20:56
John Garten	2:35:02
Lance Jones	2:37:57

##### Top 3 Women

Melanie Peters	2:47:29
Sonja Friend-Uhl	2:49:25
Christa Benton	2:52:49

#### Representing the Florida Striders in the Marathon:

Robert Crampton (who did the Goofy Challenge) 3:58:30	Kelli McGreevy (also Goofy) 5:33:13
Kristen Hughes 4:29:54	Wally Perez (Goofy Challenger) 4:29:03
Callee Davenport 4:59:44	Regina Sooley 3:43:07
Jennifer O'Brian 6:57:52	Ana Wallace 5:20:14
Kim Schaefer 6:14:10	Kay Womack 6:53:49
Dave Shaffer 3:28:24	James Vavrina 5:05:21
George White 4:32:28	

#### Representing the Florida Striders in the Half-Marathon:

Robert Crampton (Goofy) 1:42:00
Cathy McCrary 2:46:45
Kelli McGreevy (Goofy) 2:32:34
Wally Perez (Goofy) 2:04:27



MIKE MAYSE

# WOW!

Take a look at the Stider's new clock. Wish we could say that it would improve your times! Nonetheless, the club will certainly get a lot of use out of it.



**Mike Shado Nissan**  
of Orange Park



**Saturday, April 12, 2008, 8:00 AM**

**Course begins and ends at the Orange Park Kennel Club**

**1 Mile Fun Run 9:30 AM • Awards Ceremony 10:00 AM**

Entry Received By	Striders/Military	Other
April 2, 2008	\$12	\$14
4/3/08 to 4/11/09	\$14	\$17
Day of Race	\$20	\$20

*Sorry, no refunds!*

Make checks payable to:

Run to the Sun 8K

Mail to:

Run to the Sun 8K

3931 Baymeadows Road,  
Jacksonville, FL 32217

USATF Certified Course  
#FL-02016DL

#### AWARDS

Awards will be given to Top 3 overall male and female, Top Master's male and female, Top Grandmaster's male and female. Awards will also be given to the first three finishers in each age group as follows: 10 and 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 and over. The awards ceremony will be held at the Orange Park Kennel Club at 9:30 AM.

#### RACE PACKET PICKUP

Packets will be available at your selected 1st Place Sports location (be sure to select location on your registration form) on Thursday, April 10 and Friday, April 11. Packets will also be available at the starting line beginning at 6:30 AM on the day of the race.



384-0053



810-5009

**BLUE RIDGE**  
Water Company, Inc.



**RoadID™**  
Be seen wearing it.





**RUN TO THE SUN 8K ENTRY FORM**

RACE#  (FSTC USE ONLY)

**Packet Pick-Up (Please Choose One)**

☐ Baymeadows 1st Place Sports 4/10 or 4/11 ☐ Orange Park 1st Place Sports 4/10 or 4/11 ☐ Jax Beach 1st Place Sports 4/10 or 4/11 ☐ Day of Race @ Orange Park Kennel Club

First  Last  Ever run/walked a race? Y N

Age  Sex  M  F Adult Sizes  S  M  L  XL ☐ 8k ☐ Fun Run (no charge - just bring entry form with you on Sat., 4/12, race day) ☐ Personal Champion Chip (can NOT be used for Day of Race registration) \$2.00 Discount for using own chip

Street Address (Please Include Apt. #)

City  State  Zip Code

Telephone Number.  ☐ Cash ☐ Check Fee Inclosed \$ ☐ FL Strider Member ☐ Military

BY MY SIGNATURE I ACKNOWLEDGE THAT: Participating in an organized running event is a potentially hazardous activity. I will not participate unless physically and medically able. I agree to abide by all decisions of race officials relative to my ability to safely complete the race course. I assume all risks associated with participating in this event including but not limited to: Slip/trip/fall, contact with other participants, weather conditions, traffic and conditions of the road/course, all such risks being known and accepted. Having read this waiver and in consideration of entry into this event being accepted, I, for myself and anyone named or entitled to act on my behalf, waive and release members and volunteers of the Florida Striders Track Club (FSTC), Road Runners Club of America (RRCA), the town of Orange Park and all sponsors, their representatives and successors, from all claims and/or liabilities of any kind arising out of my participation in this event, including any liability that may arise out of negligence or carelessness by persons or organizations named in this waiver. I agree and grant permission that should circumstances arise, I defer to race officials and/or qualified persons as to my need to be examined and/or treated medically during the race. I agree that race officials and/or qualified persons have the right to disqualify and remove me from the race course should I be suffering from a life threatening condition. I further grant to Releaseses the right to use any and all photographs, images, or accounts of this event in any manner that it feels appropriate. I agree to abide by all RRCA Guidelines, including but not limited to: No use of headphones or any other device that limits awareness of the participant or any type of wheeled conveyance (excluding use by handicapped or physically disabled participants). Animals are prohibited from the race course unless for the use and assistance of handicapped or physically disabled participants.

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

Make checks payable to: Run to the Sun 8K

Mail to: Run to the Sun 8K • 3931 Baymeadows Road, Jacksonville, FL 32217, Or Drop off at any 1st Place Sports Location

**For more  
information  
contact  
Kay Womack at  
904-718-4210 or  
kaywoma@hotmail.com  
or  
www.fl oridastriders.com**

## MINUTES

Continued from page 2

**Logo Contest Results:** Dave presented 3 new logos from the 17 that were submitted. By general consensus, one of them was chosen as the favorite. A motion was made by Kay Womack to accept the new logo pending approval of some minor changes to be made. Seconded by Mike Mayse and approved unanimously.

**Social Update:** Kay Womack mentioned the January 20th pizza party at Carloni's Restaurant. Need to RSVP so they have the right amount of staff. There is a dinner at Biscotti's in February with Chris Twiggs as the speaker. Seating limited to 36 people. \$20 for appetizer, entrée, dessert and salad.

**Step Up, Florida:** Mary Ann Steinburg passed out flyers for the 5K and 1 mile fun run & walk on February 2nd. Entry to the race is free. She still needs volunteers who will get some nice items for their efforts. She stated there will probably be a lot more entries this year.

**General:** Keith Poythress stated that Gayla noticed Key Buick is a race sponsor but was not mentioned in the Strideright.

Kim Lundy mentioned that the scholarship committee is sending out scholarship applications to local schools.

There was a motion for adjournment and the meeting was adjourned at 8:55. ●

Respectfully submitted,  
Vicky Connell

## NEW MEMBERS

Doug Aiosa  
Jessica Lee Fletcher  
Jennifer Milam  
Robin Nutter  
Vanessa Del Orbe  
Laurie Pinover  
Bill Sallette

## RENEWING MEMBERS

David Albritton  
Traci Bane  
Lewis Buzzell, III  
Everett Crum  
Rosalind Flowers

Meg Frey  
Patrick Gaughan  
Jason Gross  
Cynthia Heineman  
Donna & Jerry Hiatt  
Jeanette & Clint Johnson  
Sandy Kelley  
Ed Kelly  
Frances Kennedy  
Harry Klug  
Gary Lewis  
Jonaththan Lineberry  
Michael Mayse  
Simone Meyenberg\_Shields  
Tony Nading  
John Nalley

Alan & Ann Phillips  
Misty Plunkett  
Julie Runnfeldt  
Babs & Dave Shutt  
Mary Ann & John Steinberg  
Jeb Stewart  
Bob Tatum  
Tom Tresca  
Bill Weaver

## MULTI-YEAR RENEWALS

John Coleman, DPM  
Leslie Hague  
Janine Moore  
Carol Palmer  
Randolph & Patricia Sandy ●

# Let the Games Begin!

By George Hoskins

Quiz: what do John and Diane Aimone, Al Saffer, Everett Crum, and Joe Connolly have in common? If you guessed “old enough for AARP, grandkids, senior citizen discounts, and the rocking chair”, you would be correct (three out of four, anyway). But more importantly, these Striders, and quite a few others I could name, have chosen an active lifestyle in their senior years, and are probably fitter than the vast majority of folks their age. They continue to be competitive athletes, entering numerous races every year, and picking up some age group awards along the way. And they are not alone in choosing an active life. Perhaps you have not heard much about a growing phenomenon in the United States, of men and women fifty and older, who continue, way into “old age”, to participate in organized, competitive sports. The movement that makes this possible for many elders is the Senior Games, at the local, state, and national levels. If you are a little vague about what the Senior Games are, as I was until a few months ago, read on.

I happened to see an obscure announcement in the newspaper, stating that the Jacksonville Senior Games would be held in October. After calling for information and tracking down the location, I participated in the 5K run. The goody bag had some literature about local and state Games that really got my attention. I became intrigued, and ended up going to Ft. Myers in December, for the 5K road race in the Florida Senior Games State Championships.

What were the races like? Well, definitely a smaller number of participants than any of the local races most of us do, and I didn't get passed by a single twelve year old child or parent with a jogging stroller. While the competitiveness was definitely there (especially the race in Ft. Myers), the obvious age similarities made for immediate friendliness and camaraderie. And for a change, I certainly didn't mind being near the front in both races, instead of my usual middle of the pack position. How do these events come about, you might ask? I was curious too, and with some research I found out about the Senior Games movement.

In the early 1980's there were several cities and states around the country promoting fitness and active lifestyles by holding different types of organized sports for the fifty and older crowd. A group of people involved in some of these state events got together to coordinate their efforts and find new ways to promote sports for seniors. An organization was formed, and this resulted in the first ever National Senior Olympic Games, held in St. Louis in 1987. It was a great success, and the Senior Games movement has been growing, at the local, state, and national level, ever since. The National Senior Games have been held every other year since 1987, with athletes who have qualified for their sport at a State Championship Games. So if you put on a swim or track meet

(and other sports) for seniors, does anyone show up? How about this - over 10,000 people participated in the 2005 Games in Philadelphia, and over 12,000 went to Louisville, KY for the 2007 Games. The next National Games will be in San Francisco in 2009, and the planners expect a huge turnout.

So what takes place in the Senior Games? In Jacksonville in October, for example, there were several hundred participants in eleven events in a variety of locations. For those wanting a less strenuous activity, there was golf, bowling, and croquet. For the more athletic and competitive, there was basketball, softball, a swimming competition, and bike races at several distances. And near and dear to the heart of a Strider, there were 5K and 10K road races, and a complete track and field meet. Throughout 2007 there were similar Games in twenty one communities in Florida.

The Florida Senior Games State Championships in December, in Ft. Myers and Cape Coral, were more extensive. There were over a thousand participants, and twenty-three events were held over nine days. Some events, such as the 5K and 10K, were “open”, meaning anyone who registered could participate. For the majority of events, however, an individual could participate only if they qualified for that sport in one of the local Senior Games held somewhere in Florida during 2007. That's how the National Games work, as well.

For Striders fifty and over, Senior Games are another opportunity for fun, competition, and meeting like-minded people. It would be great to see a lot of Striders next September, in the Jacksonville Games! Information about Senior Games can be found at [www.nsga.com](http://www.nsga.com) (National Senior Games Association) and [www.flasports.com](http://www.flasports.com).

For any “mature” but younger Striders out there wondering what is going on in sports for other age groups, check out [www.geezerjock.com](http://www.geezerjock.com), or the magazine Masters Athlete. You can learn all about amateur athletics for people thirty and over. If you previously thought Senior Games probably meant a bridge or shuffleboard tournament at a retirement home, I hope this article has given you some new thoughts about aging and active lifestyles. See you at the races! ●

The Florida  
Striders Track  
Club would like to  
welcome a new  
sponsor!

Thank you!

Key

BUICK  
HYUNDAI

# Strider Running Camp Coming this Summer!

If you haven't heard yet, the Strider's have been busy planning a summer running camp for kids in 7th through 12th grades. The dates for the camp are June 9th through the 13th, and will run from 8am to noon each day. The purpose of this camp is to develop a love of running for kids who are interested. We will be accepting children of all ability levels, whether a beginner or experienced runner. We will have ability group runs daily in a safe environment with group leaders. We plan to provide some fun classes where they can learn the basics of running safely, as well as how to improve and get

faster if they desire. We'll also provide a daily snack which will include some information on how to eat more healthfully. The cost of the camp will be \$30, and includes a Strider membership, Strider T-shirt, Strider logo water bottle, and a special running camp T-shirt.

If all this sounds like something you'd like to be involved with, then we need you! The camp will be run completely by volunteers, and there will be lots of jobs to do. If you want to volunteer or just get more information, contact Vicky Connell, the Camp Director at 276-0193. ●



## Striders do well in the 2007 RRCA Southern Region Awards Competition

Justin Jacobs and John Steinberg have been selected as the RRCA Southern Region's Road Runners of the year for 2007. Justin topped all contenders in the Open category and John bested all comers to take the Male Masters award. Strider Mary Ann Steinberg garnered an Honorable Mention in the Female Masters Category.

Strider Jay Birmingham was 1st Runner-up in the Southern Region Club Writer of the Year category. Striders Frank Sutman and Mike Mario received Honorable Mention.

The StrideRight was deadlocked in a three way tie for 2nd Runner-up in the E-newsletter category and will receive a certificate of merit.

Justin and John will now compete against the winners of the RRCA Western, Central and Eastern Regions for the National Honors. National Winners will be honored at the

RRCA Convention Awards Banquet May 3 in Cincinnati. Southern Region awards will be presented at the Convention Regional meeting on May 2. Those unable to attend will be presented their awards locally.

Congratulations to all of you! ●

*The RRCA Southern Region serves eleven states and the Commonwealth of Puerto Rico. Membership consists of 253 clubs and nearly 25,000 members. Judging committees for the Southern Region awards consisted of well qualified volunteer judges in their respective fields from the states of GA, SC, TX, FL and TN.*

*Longtime Strider member Ken Bendy is the RRCA Region Director.*

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 ☐  
Single \$15 ☐  
Junior (under 18) \$10 ☐  
Senior (over 65) \$10 ☐  
Date \_\_\_\_\_

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.



# Additional River Run News

As some of you know, the finish line for River Run 2008 this year is going to be in the Jaguar stadium. You will see yourselves on the jumbo television screen. After crossing the finish line, all 15,000 runners and walkers will be directed over to the fairgrounds. They will enter the fairgrounds through the large gate next to where the Strider Hospitality Tent will be. Yep!!! All 15,000 runners and walkers. As you can imagine, as they come by our area, some of them who are not Strider members and "their guests", will be attracted and tempted to come see us. In order to get maximum benefit from our resources (bathrooms, food, massages, music etc.) for Members and "their guests", I have come up with the following procedures to try to handle this.

We are ordering wrist bands, to distribute, prior to March 8th, to our Members and "their guests", to give them access to the Tent area. (Please don't forget to bring food and ask your guests to bring food) We will start giving them out to Members and "their guests" as soon as we get them. We will give out groups of the bands to many Members and they will get them to other Members and "their guests", as they see them prior to River Run Day, March 8th. Prior to Race day, if a Member or "their guests" gets a band, they need to have it on their wrist when they come to the Tent to come in. There will be a special chute for any Member or guest that has a band on. Someone will check for the band and if you have one

on, you will go on into the Tent area. No roster will be checked to verify if you are a member or a guest of a member. Once you get the band, you can leave and return back to the area, through the same chute. Leave your band on until you leave the area to go home.

There will be another chute for any Member (includes spouse and children) that doesn't have a band or forgot the one they did have. As you go through this chute, someone with a member roster, will ask you your name and check your name against the member roster. Bands will be given to you (and family) which will give you access in and out through the "band only chute". (See above paragraph). If you are not on the roster but should be, proceed to the "Problem table" so we can resolve the situation.

The last chute is for those Member's "guests" that didn't get a band early or forgot it. The people in this line will have to identify the Strider that invited them to the Tent. We will have someone in this line with a Strider Membership roster. If anyone has a problem in this line, they will be sent to the "Problem table".

I hope this will work out for everyone and appreciate your cooperation. You can call me at 268-6272 or Mike Mayse 777-6108 to find out when the bands will be ready for distribution. My email address is [stanscarlett@msn.com](mailto:stanscarlett@msn.com). Mike's email address is [floridastriders@comcast.net](mailto:floridastriders@comcast.net). We will send a "blast" email to our members when the bands come in. ●

## Striders Social Corner

By Gayla Poythress

The 2008 Striders social scene kicked off with a pizza party at Carlanni's Italian Restaurant on January 20th.

Annie, the manager, set aside half of the restaurant for our function and the wait staff was very attentive. About 40 Striders were in attendance, familiar faces and some new ones, too. Conversations were lively...rehashing the River Road Resolution, taking a poll of who was going to see the marathon movie the following Thursday, comparing previous and past injuries and rehab plans...all the running bases were covered!

Thanks to everyone who stopped by and made this a great event!

If you haven't been to a social before, put it on your to-do list. It's an opportunity to get to know more about your fellow Striders and "Hey!" everyone smells a lot better at the socials than they do after the races!

There are a few seats left for the February 19th social at Biscotti's. Chris Twiggs will be speaking about his ultramarathon experiences and sharing his training tips. Please email [poyth@bellsouth.net](mailto:poyth@bellsouth.net) if you would like to attend.



**Florida Striders Track Club  
2007 Financial Report**

	Actuals As of 12/31/07	
<b>Income</b>		
Run to Sun	\$6,419.89	
Memorial Day 5k	\$6,025.62	
River Road Resolution 5k	\$5,449.89	
Hog Jog	\$0.00	Not reported
<b>Race Proceeds</b>	<b>\$17,895.40</b>	
Dividends & Interest	\$ 1,704.85	
Memberships	\$7,662.74	
Merchandise Sales	\$2,128.95	
Dinner Socials Sales	\$0.00	
Donations & Adult Running Program	\$1,050.00	
Advertising	\$0.00	
Children's Pass Through Sponsorships	\$3,300.00	
Reinhold Award	\$500.00	
<b>Other Income</b>	<b>\$ 16,346.54</b>	
<b>Total Income</b>	<b>\$ 34,241.94</b>	
<b>Expense</b>		
<b>Administrative</b>		
All Postage and Mailing	\$ 2,122.80	
Newsletter Printing and Layout	7,065.30	
Membership (Combined item above)	-	
Affiliation Costs and Insurance	2,666.85	
New Equipment/Maintenance/Insurance	524.38	
Storage Rental Fees	1,020.00	
Website Fees	218.95	
Misc.; Awards/Other	94.94	
Merchandise Cost Expense	2,620.70	
<b>Total Administrative Expense</b>	<b>\$ 16,333.92</b>	
<b>Club Activity</b>		
River Run Tent	\$780.25	RR Tent Only
Club Socials/Picnic	\$505.33	
Monthly Socials (combined item above)	\$0.00	
RRCA Convention	\$1,200.00	
Banners & Signs	\$869.20	
<b>Total Club Activity Expense</b>	<b>\$3,354.78</b>	
<b>Community Activity</b>		
Donations	\$ 800.00	
Adult Running Programs	\$1,362.40	
Children's Running Programs	\$7,270.16	
Children's Pass Through Sponsorships	\$3,300.00	
Scholarships	\$3,500.00	
<b>Total Community Activity Expense</b>	<b>\$ 16,232.56</b>	
Contingency Funds	\$0.00	
<b>Total Expense</b>	<b>\$ 35,921.22</b>	

Funds Summary: Two Compass Bank CDs = \$42,416.07; Checking Account = \$16,102.28; Race Accounts = \$7,023.00

**TOTAL FUNDS 12/31/07 = \$65,541.35**

Respectfully Submitted, G. Hoskins, Treasurer

**www.floridastriders.com**

# February 2008 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
February 10	Winter Beaches Run 5/10 Mile	3:00 p.m.	Comfort Inn Jax Beach	(904) 731-1900 JTC Running
February 16	Swoop the Loop 5K	9:00 a.m.	UNF Arena Jax	(904) 731-1900 First Place Sports
<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>
February 23	Healthy Heart 5/10K	7:00 a.m.	Port Orange YMCA Family Center 4701 City Center Pkwy Port Orange	(386)-760-9622 Port Orange YMCA
February 23	30th Anniversary Super Dolphin Day 10K 1 Mi 5K	7:30 9:00 10:00 a.m.	Neptune Park St. Simons Island GA	(912) 222-3005 AltaViata Sports
February 23	Dailey's Ortega River Run 5 Mi	8:30 a.m.	St. Mark's Episcopal Church Ortega Blvd Jax	(904) 731-1900 First Place Sports
March 1	24 Hours of Endurance Iron Horse 100 mile/100K/50 Mile	6:00 a.m.	Black Creek Park Orange Park	(904) 655-6511 crodatz@bellsouth.com
March 1	Nocatee Trail Blazer 5K	8:00 a.m.	Town Center Nacotee	((904) 731-1900 First Place Sports
March 1	Fleming Island 5K	8:00 a.m.	Box Seats Village Square Fleming Island Plantation Orange Park	(904) 284-3030 margaretschildren@yahoo.com St. Margaret's Catholic Church



# Striders at the Races

# RACE RESULTS

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

## OUTBACK STEAKHOUSE DISTANCE CLASSIC HALF MARATHON November 22, 2007

Eric Bush 2:18:07  
Bernita Bush 2:41:17

## JACKSONVILLE HALF MARATHON December 16, 2007

Eric Bush 2:12:08  
Bernita Bush 2:45:34

## LAST GASP 5km CROSS COUNTRY Jacksonville University December 30, 2007

Sung Ho Choi 19:14 6th O/A Male

Bill Dunn 19:39 8th O/A Male

Keith Poythress 21:08 1st A/G

Patrick Gaughan 21:13 2nd A/G

Bruce Holms 21:28 1st A/G

Denise Metzgar 21:55 2nd O/A Female

Steve O'Brien 22:22

Paul Geiger 22:27

Randy Pullo 22:28

Frank Frazier 22:31 1st A/G

Mike Marino 23:57 3rd A/G

Paul Berna 24:22

Everett Crum 25:31 1st A/G

Steve Bruce 26:22

Jeff Suits 28:28

Jerry Tyburski 28:34

Kimberly Lundy 28:53 1st A/G

Susan Haag 29:41 2nd A/G

Doug Barrows 30:35

Dave Brokos 30:54

Gary Ledman 31:01

Kim Anthony 31:06 1st A/G

Claudia French 31:52 3rd A/G

Leo Sheckells 32:04

Margaret Tyburski 33:24 2nd A/G

Staci Suits 34:38 2nd A/G

Leslie Jones 34:50 3rd A/G

Nancy Pullo 35:35 2nd A/G

## VYSTAR GATOR BOWL 5K Jacksonville Landing December 31, 2007

Justin Jacobs 16:02 1st A/G

John Steinberg

16:28

Masters Male

John Metzgar 16:31 1st A/G

John Wisker 17:40 1st A/G

Page Ramezani 18:46 2nd A/G

David Bonnette 18:54 1st A/G

John Funk 19:15

Terry Sikes 19:23 1st A/G

Stephen Beard 19:50

Bernie Candy 20:09 3rd A/G

Keith Poythress 20:09

Randy Arend 20:33

Michael Mandt 20:24

Patrick Gaughan 20:36

Robert Crampton 20:48

George White 21:15 1st A/G

Regina Taylor 21:20 1st A/G

Raymond Ramos 21:29

Lewis Buzzell 21:33

Frank Frazier 22:01 1st A/G

Craig Harms 22:12

Paul Smith 22:43 3rd A/G

Kathy Murray 22:49 3rd A/G

Scott Arend 23:02

Nancy Harms 23:20 1st A/G

George Hoskins 23:20 2nd A/G

Danny Weaver 23:31 3rd A/G

Tracy Pfuntner 23:43

Jerry Bennett 24:14

Susan Harms 24:36

Calee Davenport 25:07

Katie Maveety 25:28

Jeff Suits 26:30

Chelle Mahaney 26:38

Kimberly Lundy 27:17

Ed Kelly 27:56

Pamela Miller 28:42

John Gauer 29:37

Heather Burke 29:42

Kate Clouse 30:11

Staci Suits 30:45

Susan Thibodeaux 31:04

Al Saffer 31:10 2nd A/G

Sandra Shines 31:40

Freddy Fillingham 31:47

Bo Holub 32:05

John Aimone 32:12

Evan Gould 32:22

Judith Gould 32:50

Rachel Myers 32:52

Elda Bell 35:03 2nd A/G

Terry Bell 35:03

Leslie Jones 40:34

Diane Aimone 40:39 1st A/G

Joe Connolly 41:19

George Obi 43:06

Shannen Crampton 49:16

## WALT DISNEY WORLD HALF MARATHON Orlando January 12, 2008

Robert Crampton 1:42:00

Kelli McGreevy 2:32:34

## WALT DISNEY WORLD MARATHON January 13, 2008

Regina Sooley 3:43:07

Robert Crampton 3:58:30

George White 4:36:17

Callee Davenport 5:04:58

James Vavrina 5:08:07

Heather Burke 5:35:04

Kay Womack 6:56:50

Jennifer O'Brian 6:57:52

## ROMANS ROAD 5K Westside Baptist Church January 19, 2008

Randy Arend 19:57 2nd A/G

Stephen Beard 20:05 1st A/G

Michael Mandt 20:24 1st A/G

Robert Crampton 20:30 1st A/G

Kayla Vinson 21:18

1st O/A Female

Scott Arend 22:14 2nd A/G

Dennis Lee 25:20 2nd A/G

Earl Vinson 25:25 3rd A/G

Roberta Tomlinson 25:43 1st A/G

Sandra Maveety 26:20

Female Masters

Kimberly Lundy 26:51 1st A/G

Ben Holland 27:07 1st A/G

Freddy Fillingham 30:48 2nd A/G

Al Saffer 32:32 1st A/G

Shannen Crampton 40:19 2nd A/G

## NAPLES DAILY NEW HALF MARATHON Naples, FL January 20, 2008

Augie Leone 2:09:26 2nd A/G

Continued on the following page

## RESULTS

Continued from page 17

**MIAMI MARATHON**  
Miami, FL  
January 27, 2008

Augie Leone 4:54:09 1st A/G

Augie writes that he just turned 78 years old and the his next marathon will be the Breast Cancer Marathon in three weeks. Way to go! ●

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

# Striders Pictures Needed!!!!

This year at Jennies Pennies we were admiring the Strider picture collage that is displayed at some of the Strider functions. The only problem was that the only person we recognized was Frank Frasier, so that's where the idea came up to make an updated picture collage. If you have any pictures of Striders in action or not (within the last ten years) that you would like to submit to help the cause please email to Weluv2run@aol.com, hand deliver (at the store or the track) or mail to Denise Metzgar 1520 Rivertrace Dr. Orange Park, FL 32003. Please submit as soon as possible. I have a deadline for this project to be done by Gate River Run for everyone to enjoy!!!! ●

## 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

# The Back Page

BY MIKE MARINO

Welcome to 2008. Nothing like the coming of a new year to set new goals, plan to build on what you've done the previous year, or just put the last year behind you. Whatever the case may be for you, best wishes for a great running year in 2008.

Our results this month date back to the end of 2007 with **The Last Gasp "5K" Cross Country Race** (its longer, trust me). It's a fun race. Overall awards go 10 deep for men and 5 deep for women, along with the customary 3 deep in each age group. And then there is a team competition, mentioned in this column in previous months. Cool socks for awards too and a great post race party, which includes free pizza and beverages. Conditions were pretty good this year, with minimal mud and water on the course, though still enough to get good and mucked up. **John Metzgar** was the fastest Strider at the race, but he must have been running bandit, as his name wasn't in the results. As for official results, **"Bruce" Sung Ho Choi** led all Striders to the finish line with a time of 19:14, placing 6th overall. **Denise Metzgar** was the first Strider women, placing 2nd overall in a time of 21:55. **Bill Dunn** trudged his way to an 8th place overall finish, while **Keith Poythress**, **Bruce Holmes**, **Frank Frazier**, **Everett Crum**, **Kimberly Lundy** and **Kim Anthony** won their age group. Second place age group finishes were recorded by **Patrick Gaughan**, **Susan Haag**, **Margaret Tyburski**, **Staci Suits** and **Nancy Pullo**. And rounding out the individual efforts with 3rd place age groups efforts were **Leslie Jones**, **Claudia French**, and **me**. In the team competition, **Leslie Jones**, **Staci Suits**, **Kim Anthony** and **Kimberly Lundy** (along with their friend **Kristen Titus**) named themselves the **Lolas** and easily took the women's team championship (they were unopposed). And on the men's side (remember, we had been the runner-up for the past six years), the **Strider Trail Buffs** finally got **OFF THE SCHNIDE!!!!** Yeeessss, six years of losing has ended. The team of **Bruce Sung Ho Choi**, **Bill Dunn**, **Keith Poythress**, **Frank Frazier**, and **me** as the anchor finally ended that sad losing streak.

Rounding out 2007 was the **Vystar Gator Bowl 5K** on December 31st at the Jacksonville Landing. **Justin Jacobs** was our fastest Strider with a 16:13, good for 1st in his age group (and 4th overall). **Regina Taylor** was our fastest female Strider with a 21:20, which also earned her an age group win. Outpacing all others in the Master's division was **John Steinberg** with a 16:28. Striders owned the 60-64 men's age group, with **George White**, **George Hoskins**, and **Danny Weaver** combining for the age group sweep. Also winning their age groups were **John Metzgar**, **John Wisker**, **David Bonnette**, **Terry Sikes**, **Frank Frazier**, **Nancy Harms** and **Diane Aimone**. Ending the year with 2nd place age group



awards were **Elda Bell**, **Al Saffer** and **Page Ramezani**. And making it to the awards stand one last time in 2007 with 3rd place age group finishes were **Bernie Candy**, **Paul Smith** and **Kathy Murray**.

We had our own race on January 12th, holding the **Resolution Run** in Orange Park; and Striders dominated. **Justin Jacobs** won the race in a time of 16:03, and **John Metzgar** and **John Steinberg** were just behind, placing 2nd and 3rd overall. **Mary Ann Brown** (13 years old) was the 2nd overall female with a time of 19:48. In the Grand Master's divisions, **Bill Phillips** took the men's side and **Elfrieda Wyner** won the women's. And in the Master's men, **John Wisker** was faster than all comers. We had a baker's dozen in age group championship form, which included: **Nancy Harms**, **Regina Taylor**, **Kathy Murray**, **Holly Turner**, **Diane Aimone**, **Jacob Gladding**, **David Bonnette**, **Terry Sikes**, **Page Ramezani**, **Bruce Holmes**, **Frank Frazier**, **Al Saffer** and **George Smith**. Age group runner-up prizes were earned by **Susan Harms**, **Elda Bell**, **Sam Gladding**, **Bo Holub**, **Bill Dunn**, **Paul Smith**, **Norm Wyner** and **Joe Connolly**. And rounding out the winning Strider ways with 3rd place age group finishes were **John Aimone**, **George Hoskins**, **Lewis Buzzell**, **Stephen Beard**, **Randy Arend**, **Orestes Gutierrez** and **Jack Roberts**.

The last of the local races to report was the **Romans Road Race 5K** on January 19th, held at the Westside Baptist Church here in Jacksonville. All 15 Striders participating (at least on the list given to me), won awards. The biggest award was brought home by 14 year old **Kayla Vinson**, who was the first female overall in a time of 21:18. **Sandra Maveety** ran as a nice complement to Kayla's effort, winning the female Master's division. Running to age group wins were **Al Saffer**, **Ben Holland**, **Kimberly Lundy**, **Roberta Tomlinson**, **Robert Crampton**, **Michael Mandt** and **Stephen Beard**. Pacing to 2nd place age group awards were **Randy Arend**

Continued on following page



(fastest Strider – 19:57), **Scott Arend**, **Dennis Lee**, **Freddy Fillingham**, and **Shannen Crampton**. **Earl Vinson** took 3rd in his age group.

## Striders – They're everywhere!!

Revisiting one from last month, somehow we all missed a Strider who went to Savannah, Georgia to do the **Enmark Savannah River Bridge Run** on December 1st. **Susan Thibodeaux** ran the 10K along with her son. Sorry for the mistake Susan, and congrats on the 3rd place age group effort last month in the **Jingle Bell 5K** as well (we missed that too).

On January 12th and 13th, we had eight Striders in Orlando for the **Walt Disney World Half Marathon and Marathon**. **Kelli McGreevy** did the half in 2:32:34. Leading the way in the marathon was **Regina Soeey**, who posted a 3:43:07. Also completing the marathon were George White, Callee Davenport, James Vavrina (his 1st marathon), Heather Burke, and Kay Womack. And **Robert Crampton** did the **Goofey**, which is both races, running a 1:42:00 in the half and a 3:58:30 in the marathon.

From Wilmington, Delaware, **Frank Sutman** did the **32nd Annual PSCI Icicle Run** – a ten mile race with a 560 foot climb. Frank posted a very impressive 1:03:56 on his way to placing second in his age group.

Also on January 13th, I ended up in Waldo, Florida for the first race of the **State of Mind Winter Triathlon/Duathlon Series**. It was the inaugural event, offering sprint and olympic distance triathlons and duathlons, all going off at the same time. It was a small event, with about 50 folks between all four races. There were 15

folks in the sprint triathlon, which I did. The water was cold, about 65 degrees, and there was a thunderstorm during the bike portion of the race. And yeah, I had a lot of fun. I didn't have an answer the for recent West Point graduate who had been on the Army's triathlon team, but I did outdo the rest of the field for a 2nd place overall finish (again, it was a very small race). There are two more races in the series, February 3rd and March 9th. It's a good event for you tri types to get ready for the upcoming season.

## Tidbits

No tidbits this month; got to save room for the award section.

## Award

Could there be any doubt?! This month's award is the "**OFF THE SCHNIDE AWARD**" and it goes, of course, to the **Strider Trail Buffs**, who busted the six-year losing streak for the Strider men at the Last Gasp. **Bruce Sung Ho Choi**, **Bill Dunn**, **Keith Poythress** and **Frank Frazier** brought home the win (my effort didn't count towards the team score). Oh, what a glorious day it was. What pride we all felt – finally, we got our socks. Great effort guys!, and let's hope we can repeat next year. But for now, you are all entitled to enjoy.....that nice smug feeling.

That's all I have for this month. Remember to record your results on the Strider Man clipboard at the local races and keep those out of town results with comments about the races coming into me; and how about submitting some nominations for tidbits and awards. Until next time, 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>