



New beginnngs... to old traditions!

There have been many changes over the last couple of months. The Striders have a new logo, a totally awesome interactive website, and now FINALLY a new and improved StrideRight.

Enjoy!

Trish



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APRIL SOCIAL & ANNUAL PICNIC

The Striders Annual Picnic & Board of Directors Elections is just around the corner. Mark your calendars now for Sunday April 27 at 12 noon. Come on over to the Southside of Jax at Secret Cove, near Danny and Jenny Suber's house close to St. Lukes Hospital.

APRIL 27 • 12 NOON

Hamburgers, hot dogs, and garden burgers with all the trimmings will be provided by the club, along with beverages. Please bring a dish to share and some comfy chairs to sit on. For more info or to volunteer at the picnic, please contact Glenn Hanna at (904) 777-9351 or ghanna3@bellsouth.net. **Directions:** Exit I-95 at JT Butler Blvd. East (towards beaches). Stay in the right lane to get to Belfort and make a left (north) onto Belfort. Go past St. Lukes, about 1 mile to Secret Cove entrance on the right. Go 1 block to gravel road on left - follow gravel road to parking and pavilion.

UPCOMING SOCIALS: **MAY**- Social and Volunteer party for the Memorial Day Race May 26th at the Lighthouse Apartments Clubhouse in Fleming Island. **JUNE**- Outback Crab Shack **JULY** - A family picnic at Hanna Park in conjunction with the X-Terra 5K Trail Run. Details to follow =

We need your help to support the Run to the Sun!

We especially need volunteers that are not planning to run the race to be 8k course marshals, help out with Fun Run registration and as Fun Run course marshals! We are expecting a huge turnout and we need your help! Volunteers need to contact Karen McCormick at skmac@bellsouth.net. Volunteers get a free race T-shirt! =

Thanks for your
continued support!



Prez Sez

By Dave Bokros



I have met people over the years that started running by themselves and somehow maintained their training, by themselves, through their first marathon without missing a beat. In fact, I have met a few people that did this amazing feat and never knew that there were organized running and track clubs that they could meet up with for support. I find this amazing, and a little unusual.

Nothing gets a person out the door for a run like a commitment to a running partner to meet and run. One of the things that the Striders do best is to make sure that runners who contact us get connected with the right group and get the support and encouragement that they need. For all of you who take the time out to help someone get their running groove on, you represent the spirit of this club and you should give yourself a big pat on the back. We have so many members that give back that I would like to take the opportunity to say thank you. It is this spirit that attracted me to the Striders in the first place and it is that spirit that makes me proud to represent this running family.

I throw this out from time to time, but I want everyone to think of a runner that you haven't seen in a while and reach out. That phone call or email might be what brings them out of a slump or a work-life rut that has kept them from running. I will do the same. Let's give them a call so they can get back in the groove before it gets too hot!

See you on the road! ■■

Board of Directors' Minutes 3/11/2008

The meeting was called to order by Dave Bokros at 7:09 p.m. Directors present were Dave Bokros, Vicky Connell, Gary Hallett, Glenn Hanna, Kellie Howard, Kim Lundy, Keith Poythress, Mike Mayse, Denise Metzgar, John Metzgar, John Steinburg, Mary Ann Steinburg, James Vavrina, and Kay Womack.

Minutes: No changes to the February minutes.

Treasurer's Report: Gary Hallett gave the Treasurer's report in George Hoskins absence. Gary noted that we started the month of February with \$11,519 in our checking account and ended the month with \$7,718. We currently have \$13,123 in our race accounts and \$42,619 in our CD accounts. The treasurer's report was filed as presented.

Proposed Run To The Sun Race Budget: Kay Womack presented the RTTS race budget. She's estimating around 500 entries this year. She reviewed some of the sponsors that have committed for total sponsorship of \$5,500. It was noted that there was lower race attendance last year because of multiple activities happening on the same weekend. Kay also said we don't have money from Sponsors for the schools in the Fun Run this year. Keith Poythress stated that we could always come up with the money ourselves for this program. Kelly Howard seemed to think it would be easy for us to get the money donated from a corporate sponsorship. Some discussion ensued. Gary Hallett made a motion that we use \$1000 out of the RTTS race profits to cover the competition among the Schools in the Fun Run. Mike Mayse seconded the motion and it was passed unanimously. The race budget was also approved unanimously.

Web Site Proposal: Dave Bokros asked if everyone had a chance to view the proposed Strider website and whether we had any questions. He also stated that Kristin Hughes has volunteered

Continued on page 18

2008-2009 Board of Directors & Key Members

(Board Members marked with an *)

President/Memorial Day 5K Director:

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Vice President/Membership Director/ Newsletter Circulation Manager*:

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*James Vavrina...(C) 718-4247
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River Run Hospitality Tent Coordinator:

Stan Scarlett(H) 994-2687
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Run to the Sun Director/Assistant Social Coordinator:

*Kay Womack: ... (C) 718-4210
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Scholarship Coordinator

*Mike Ford(H) 406-2989
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Run to the Sun

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The Florida Striders Track Club is incorporated as a non-profit organization under the laws of Florida and is granted federal tax exempt 501(c)3 status under the blanket exemption of the RRCA ID#74-2194707. StrideRight is published monthly at P.O. Box 413, Orange Park, FL. Non-profit Organization Bulk Rate postage is paid at Orange Park, FL.



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Krispy Kreme

Death of an Old Strider: *Frank Morse* 1924 – 2008

Frank was a typical part of the WWII Greatest Generation and did a lot of things that even I had a hard time gleaning, although we were best friends for forty-two years. We joined The Florida Striders in their fifth year in 1983 and eventually served several years on its Board of Directors and had management roles in several of the runs. The second Run-to-the-Sun (Ken Pekie directed the first) Hog Jog one and two in Middleburg; the one won by Keith Brantley. Also, the Shipshape 5K in Green Cove Springs on Memorial Day, Frank did the Course Director duties and was nice enough to order XXXL shirts for the three men on the cone company truck.

From 1983 until a few years ago, Frank survived three serious cancer surgeries. They were in his colon, later in his chest and lastly in his prostate. Dr. Matthew Becker, MD was an early Strider and removed the first and got talking to Frank about the Striders. Matt was a marathon runner out of the Sun Tire Sunday runs and Frank and I would trot about one third of that distance with Matt's wife Glenn who became the Stride Right Editor and won us a National Award. Frank had two feet of his intestines removed yet two years later at age sixty-two finished the Marine Corps Marathon in 4 ½ hours which turned out to be about the half way



This photo is from the 1989 Ed Root 10K in New Smyrna Beach. The course was two miles on elevated boardwalk in marsh near the Coast Guard Station after two miles on hard road. The final two miles were on beach back to bath house.

Left to right: Betty Cornett, Frank Morse *, Chuck Cornett *, Ron Weinert *, Ed Root*, Nick Wigelius, Ernie Heisman, and Jack Knee. * Deceased

point of the pack. Those three eventually faced mediscis knee problems and went into other activities. Our fires are banked now and this reminds me of Walt Stack out in San Francisco. Walt was a welder and gained notoriety for running the Golden Gate Bridge daily for fifty years before or after work. In his final years he had this on the back of his shirt – “Runner: as you pass me by; as you are I once was; as I am you will become.”

When you first saw Frank it was obvious he had only one eye. After several years I gradually learned he had been a Marine assigned to a twenty millimeter gun crew on the CV-10 Yorktown aircraft carrier which was at the time our biggest carrier. A kamikaze off Okinawa made a vertical drop grazing the Bridge and killing over two dozen and left Frank blind for over a month. Navy surgeons back at Puget Sound managed to recoup the sight in one eye and he spent months there recovering.

He was born in Baltimore and his father was the conductor for the orchestra

owned by The Baltimore Sun which was common for larger newspapers back then. However, the Great Depression caused its demise and the family moved to what is called Hell's Kitchen on 48th Street in Manhattan where his dad could catch what work he could writing sheet music arrangements, etc. His high school days were at Aviation High School in Harlem about 110th St. (It has since moved to Long Island). Frank's mom would pack his daily lunch and place a nickel on top for the subway ride to school but he had to walk home for money was tight then. It was sixty-two blocks but the family knew he would be hungry enough for supper to make it.

Frank never met a stranger, was incredibly strong and no one ever had a better friend. He helped a lot during that segment of the Strider's history and now it is someone's else's turn to run around the track during life's relays.

– Jack Knee
kneejack@bellsouth.net

New Runners Class

By Bob Boyd

It was exciting at the St. Johns Country Day School track last Wednesday, when our latest Running Class fired up. There are 116 athletes registered for our class and 26 Florida Striders helping to support them in meeting their goals. About 80% of our athletes are beginning or renewing their training as runners. Approximately 10% are Intermediate runners and 10% are there to sharpen their skills, knowledge, or just get faster. The Memorial Day 5K on May 26th is the graduation race for our class. Our athletes are going to have a great race and I foresee a lot of PR's will be enjoyed. I am impressed and proud of all the athletes who are committing themselves to this 10 week class to improve their conditioning. It is my desire that those who are new to our sport will learn to love it, as I have, and find running an enhancement to their lives. Speaking of life enhancing, I am very blessed to have a wonderful team of Striders as Group Leaders and Speakers. Each week of our 10 week class, the group leaders are there to encourage, support, share tips, and answer questions throughout the training sessions. We are also blessed to have excellent speakers who share their expertise with a brief lecture on an important aspect of running. As the size of our classes has grown, we have now added a Feedback session to each class where the athletes share how they are progressing, along with any questions or concerns they have, with a team of Group Leaders who are specifically assigned to them. In a perfect world I would get to run with, talk, and individually coach each and every athlete in our class – every week. While I haven't figured out how to make that happen literally, our awesome Group Leaders take care of that very need and do it very well. Our training program is successful because of them, each and every one a volunteer in keeping with the fine tradition of the Florida Striders. I lack the eloquence to adequately express my appreciation to our Group Leaders for the contribution they provide each and every week.

I also wish to acknowledge the help of the St. Johns Country Day **Continued on page 14**

Athletes In Training

Lisa Adams
Karen Allbritton
Marie Allison
Dana Anderson
Isel Arias
Isel Arias
Cyndi Arnold
Kendall Arnold
Rebecca Bielejeski
Stephen Bielejeski
Lynn Bonnette
Kim Brown
Lisa Brown
Ivy Bryan
Don Burke
Karen Burke
John Carroll
Ashley Carter
Courtney Carter
Diane Carter
John Carter
Kristin Carter
Bill Clark
Shannon Clark
Sarah Coffin
Barbara Coleman
Drew Cox
Laurie Creech
Shelley Cullison
Darcy Daniel
Elyn Denmark
Dorothy DeRosa
Stacey Dingman
Stacie Drawdy
Bonnie Dubberly
Dennis Dubberly
Kitty Ferrell
Claire Gilbert
Henry Gilbert
Ivelisse Gonzalez
Rachel Goodrich
Christine Goodson
Sarah Green
Jen Greenwood
Brandi Gunter
Dawn Guthrie
Hannah Guthrie

Peggy Haddle
Beverly Hallisey
Dan Hallisey
Lorraine Hans
Kim Harrell
Sarah Harrell
Michele Hartley
Joe Hildebrand
Alicia Hunter
Gabe Hunter
Nikki Hutcheson
Fran Jackson
Bill Johnson
Amy Kennedy
Debra Kernop
Angie Knapp
Jonathan
(David) Lineberry
Clara Lowe
Kim Lowe
Lynsie Lowe
Cassie Marquis
Tony Martin
Haley Mason
Lynda Massa
Claire McCool
Melissa McCrosky
Gina McGinn
Michele McGowan
Jenna McNarny
April Mechler
Carmela Middleton
Charlotte Milligan
Sharon Mitchell
Kim Morrison
Audrey Myers
Heather Myers
Mr. Myers
Rachel Nieves
Megan Paquette
Melissa Penuel
Cybel Perez
Zulma Perez
Sue Pillsbury
Erin Ralston
Cauly Redenius
Dorothy Ring
Melissa Saunders
Barbara Scott
JoAnne Seach

Cindy Sikes
Judy Skjordahl
Marielle Slappe
Emily Smichnick
Mike Spencer
Sandy Spencer
Jennifer Stanton
Patty Taylor
Lori Theus
Miranda Tucci
Kelly Turner
Mark Van Landingham
Sarah Van Landingham
Richard Vance
Susan Von Bargaen
Ann Waters
Teresa Wilcox
Kimberly Wilson
Jennifer Wood

Strider Group Leaders & Speakers

Debbie Adams
Kim Anthony
Jay Birmingham
Dave Bokros
Vanessa Boyd
Bernita Bush
Eric Bush
Vicky Connell
Mark Lay
Maria Littlejohn
Kim Lundy
Katie Maveety
Sandra Maveety
Karen McCormick
Patt McEvers
Denise Metzgar
John Metzgar
Keith Poythress
Michelle Ramos
Allen Weiss
Staci Suits
Rena Towsley
Heather Trubey
James Vavrina
Kay Womack

2008-09 Florida Striders Board of Directors Nominees

Randy Arend

Randy began running about 10 years ago, and became a Strider in 2000 after participating in his first Gate River Run. His enthusiasm for running has grown over the years, in part from the great camaraderie and advice received from other runners, especially fellow Striders. He believes that running is a beneficial activity for all who participate, and that the Striders' efforts local asset. Randy looks forward to assisting the to provide opportunities and encourage participation from the community, particularly through its youth programs, make it a valuable Striders Track Club in achieving its objectives of promoting and encouraging running in the community. Randy and his wife Krissa have a 16-year old son, Scott.



began to do more serious running, eventually leading to her first marathon. From there she began participating in triathlons, which is where she is most competitive. Vicky moved to Orange Park in 1994 and did a lot of solo running, till she stumbled onto some info about the Striders. She's been a member ever since. She loves the camaraderie she has found being a part of the Striders, and is happy to volunteer for the board and do what she can for the organization. Vicky is married to Jim who runs with her occasionally but mostly provides support, and has two daughters, Tori (18) and Marissa (14). She is also certified as a Personal Trainer and enjoys helping others to become fit and healthy.



Janis Dolembro

Janis is an accounting and business professor at FCCJ and Jones College—both online teaching and on campus. She homeschools her two children, Roger, 6, and Frances, 4. Janis has competes in running races and triathlons, and she also just started ballroom dancing which she finds really fun and challenging. She loves doing many different activities, and meeting new people. Janis was born and raised in Jacksonville.

Mike Ford

Mike is a native of Hartford, CT where he ran for Southern Connecticut State University and graduated with a Bachelor of Science in Physical Education in 1992. He coached the men and women's distance runners at East Carolina between 1993-1998 and graduated from ECU with a Masters Degree in Adaptive Physical Education in 1996. Between 1999 and 2004 Mike was



a physical education teacher in Pasco County Florida and in 2001 became the Special Olympic Coach of the Year. In 2004, he began working for Clay County School System at Paterson Elementary and inherited a very healthy run/walk club which surpassed the 325 member mark. He is presently teaching at OakLeaf school (k-8). Mike is coaching junior high track and boys and girls cross country teams. Mike and his wife, Rachel, have been married for 6-1/2 years. Their son, Keegan, is almost three.



Glenn Hanna

Having lived in Jacksonville since 1990, Glenn has been running off and on since junior high school. He joined the Striders in 2001 to meet other runners and to gear back up on the pavement. He has four grown children, one older son and three "lovely and kinda wacky" daughters. Glenn is the Quality Program/Continuous Improvement Coordinator at a Wire Mill on the Westside of Jacksonville. As a Board of Director, he would like to be more involved in the childrens' running programs and the overall growth of the Striders on getting the word out to all about the benefits of a running lifestyle.

Kellie Howard

Kellie is in the 35 – 40 age group and has been running road races since elementary school. Her father was an excellent runner who she enjoyed going to road races with. Kellie's favorite race as a child was sponsored by the Nestle candy company.

Her training runs are with fellow Striders in the San Marco, San Jose and Beauclerc areas and She averages about 28 miles per week. She supports the Striders message to encourage running at all levels. Besides running, Kellie enjoys playing tennis and working out at the gym. She works at Shands Jacksonville Medical Center as the Director of Medical Staff Services.



Dave Bokros

Dave Bokros has been running since 2001. He has served on the Board of Directors for the striders for several years, and as President for two. He has also performed many tasks as a volunteer including Course Director and Race Director for the Memorial Day 5k. Dave enjoys running for fitness and coaching others in their running pursuits. His favorite runs include the Outback Distance Classic, Gate River Run, and bridge loops in Downtown Jacksonville.

Vicky Connell

Vicky started out her modest athletic career as a swimmer in High School. From there she ran occasionally to keep those college pounds off.



After college she joined the Army and

Kim Lundy

Kim's first ever race was our very own Autumn Fitness 5K in 2003. She has been hooked on running ever since. Kim has been a Strider for 3 years and is currently serving on the Board. She also is the sponsor of the Run/Walk Club at Middleburg Elementary which is in its first year. She also enjoys helping Bob and Vanessa Boyd with the Beginning Running Classes by being a Group Leader. She enjoys the friendship of the Wednesday evening runners as she trained for the Disney Half Marathon in January. Kim is a Clay County school counselor and also looks forward to helping with the Children's Running Programs.



Michael J. Mayse

Mike moved to Jacksonville in the late fall of 1994 after retiring from the best damn Air Force on the entire planet. He met Ken Bendy at the Winter Beaches run in 1995 and has been a Strider member ever since, except for a brief period when he moved back to Dayton, Ohio for a couple years.

Mike was an avid runner for 30 plus years finishing the Marine Corp Marathon twice, standing up. His personal best marathon time was the 1993 Columbus Marathon with a 3:46 finish, not bad for a fat boy! After all those years of pounding his knees on concrete and asphalt his running days are pretty much over. However, he still enjoys supporting the club and those six mile walks on Sunday mornings with the rest of those worn out Striders with bad knees.

Over the years Mike has served the Striders in various positions. He built and maintained the original Strider Website. He was Equipment Coordinator for several years and at one time held the Secondary Illustrious Potentate, more commonly called Vice President position. Currently Mike is the club's Membership Coordinator and StrideRight Distribution Coordinator.

Mike looks forward to many more wonderful years of working with the club because of the really great folks in the Strider

organization and the valuable services the Strider's provide to the community.

Keith Poythress

Keith has been a Strider member since 2004. He really enjoys the camaraderie with fellow runners at the races and the socials. Keith is the merchandise coordinator for the Striders. Keith and Gayla have a daughter Amanda (16) and son Jesse (22). He has expressed a deep love of running and would like to help the Striders any way possible.



Regina Sooev

Regina started running in 2001 as a result of an alcohol induced dare a few months before her rapidly approaching 30th birthday. After the Winter Beaches and Gate River Run, she was hooked, and decided to sign up for a marathon. Since there were no running groups that met at a sensible hour, she started hammering out the long miles with the Sun Tire group, often on not nearly enough sleep. Thanks to these wonderful, experienced runners she was well-prepared for the marathon, and hooked on the comraderie of the Jax running community. 14 marathons, 3 Ironmans, and countless miles later, serious training and racing are here to stay.

In 2004, Regina decided to use her love of sports to help others as the triathlon coach for Team in Training. She turned couch potatoes into triathletes while they raised thousands of dollars to fight blood cancers and made lifelong friends. Regina felt very strongly about sharing the gift of fitness with others. This year Regina is a Girls on the Run coach, where she trains pre-teen girls for a 5K while teaching them life's lessons. Sports and philanthropy are a great combination; which is exactly why Regina is excited to serve on the Strider Board and contribute to the running community even more.

Regina is a lawyer turned Realtor with Watson Realty. In her "free" time she loves to travel, dive, hike, camp, experience fine wine, and spend time with her fiance Darin

and her beloved dog and running buddy Maggie. In 2002 Regina backpacked around the world solo.

John and Mary Ann Steinberg



John and Mary Ann Steinberg moved to Fleming Island from Saint Joseph, Michigan in 2006. Together with sons David, 16 and Luke, 14 they have enjoyed becoming active in the local running circuit and making many great new friends.

In John's 35 years of running he has had many accomplishments. A 3-time NCAA All-American at Ferris State University, he was inducted into the Hall of Fame in 2004. Having been sponsored by both Brooks and Reebok National Teams, he has run 18+ marathons, including an overall win at the Charlotte Observer Marathon. He was also selected twice on National Ekiden Teams. John's "other" claim to fame is winning a major 15k race (48:40) while pushing then 18month old David in the Baby Jogger. John served as the Michigan Long Distance Chairman for the USATF as well as Elite Athlete Coordinator for various races. John has optical and business degrees and currently works in sales.

Mary Ann, a runner for 38 years, has 36+ marathons under her belt. She competed on scholarship at Boston University under the coaching of Joan Benoit-Samuelson and graduated with a degree in Human Movement. She did post graduate studies at Michigan State University in Exercise Physiology where she began competing in triathlons. Career highlights include National Junior records at 20km and 25km and All-American in Indoor Track. She was formerly sponsored by Nike and Brooks National Teams. Mary Ann works for the Department of Health as the "Step Up, Florida! Healthy Communities Program Coordinator" for Clay County. She has also worked in education and has previously coached high school track and field.

John and Mary Ann are grateful for all the opportunities and friendships' running has given them. It will come as no surprise that they met at a marathon! They are very passionate about giving back to a sport that has given them so much. They hope to continue using their talents, experience and motivation to engage more people, especially youth, in healthy and active lifestyles.

Regina Taylor

Regina is a Jacksonville native but still a



relative new comer to the running circuit. She ran for a couple of years back in the late ninety's and did the Gate River Run in 1997. But it wasn't until 2004 after she turned 40 that Regina really became interested. She wanted to lose weight and get in shape so I decided to try running again. To get started Regina followed a training program called "The Couch Potato to 5K" around July of that year. She also used the 2005 Gate River Run as a goal to keep me motivated. Soon after that race she learned of the Grand Prix and all the good road races throughout the year and kind of got hooked. Regina enjoys pushing

herself and the races keep her focused. She really had a good year her first year and was named the 2005-2006 Outstanding Women's Master Division Runner by the Jacksonville Track Club. Regina is very proud of that. She joined the Striders in 2005 and it really is the best running club in the area. Besides running she also enjoys bowling, being a member of the Gold Wing Road Riders Association, and going to baseball games. She also spends a lot of time with her dachshund, Willie, and of course my boyfriend Larry who most of you usually see at the races with her. He is Regina's biggest supporter.

NEW MEMBERS

Dan Adams	3/31/09
Barbara Carrico	3/31/09
Shani Dempsey	3/31/09
Teri Detwiler	3/31/09
Sheri Gaunt	3/31/09
Todd & Camille Hockett	3/31/09
David Horn	3/31/09
Bruce Howard	3/31/09
Ann Krause	3/31/09
Coleman Lakeesha	3/31/09
Leslie Magruder	3/31/09
John McBrearty	3/31/10
Christina McDonough	3/31/09
Mickel Myriam	3/31/09
Nicole Disher Nevins	3/31/09
William Powers	3/31/09
Gail Pylipow	3/31/09
Sheila Caplan Reinken	3/31/09
Melissa Saunders	3/31/09
Paul Spicer	3/31/09
Gena Star	3/31/09
Richard Vance	3/31/09
Tamara Whitaker	3/31/09
Jesse Withrow	3/31/09

RENEWING MEMBERS

Randy & Krissa Arend	3/31/11
Cris Barlow	3/31/11
Paul Berna	3/31/11
Alicia "Renee" Boutwell	3/31/09
Linda Brown	3/31/09

Tanys Cabra	3/31/09
Celita Cole	3/31/09
Victor & Amy Corrales	3/31/09
Amy, Joe, Micayla, Jordyn & Josh Costa	3/31/11
CalLee/Heather Davenport/Burke	4/30/09
Janis Dolembro	3/31/09
John Donnelly	3/31/09
Evan Gould	2/28/11
Dawn Hagel	3/31/11
Jennifer Halter	3/31/09
Rosa Haslip	3/31/09
Trish Kabus	2/28/09
Jack Knee	3/31/11
Alan & Tina Koch	3/31/10
Peg Lawson	3/31/11
Mark Lay	4/30/09
Gary Ledman	2/28/09
Cynthia Maerz	3/31/11
Kay Manly	2/28/10
George Martin	2/28/09
Miller McCormick	3/31/09
Kelly Minor	3/31/11
George Mosely	9/30/09
Tracy Pfuntner	3/31/09
Edward Schmidt	3/31/11
Scott Seibler	4/30/09
James & Debbie Smith	3/31/11
Don Thieman	3/31/11
William Tomlinson	10/31/10
Lupita Trujillo-Thieman	3/31/09
Holly & Fletcher Turner	3/31/09
Gerry & Margaret Tyburski	3/31/11

Pat Wagoner	3/31/09
George White	3/31/11
Rexxmann Wier	3/31/09
Rebekah Lynn Wild	5/31/09
Lonnie Willoughby	3/31/09
Wayne & Linda Wolfenbarger	3/31/10

MULTI-YEAR RENEWALS

Tracy Dawson	3/31/10
Kathy Murray	3/31/09
Ed Hardee	3/31/11
George Hoskins	3/31/09
Charles Mann	3/31/09
Dick & Elke Miller	3/31/09
Rebecca Brown	3/31/09
Sandy Rosenberg	3/31/09
Patt McEvers	3/31/09
Vicky, Jim, Tori & Marissa Connell	3/31/09
Chelle Mahaney	3/31/10
Keith & Gayla Poythress	3/31/10
Paul & Gene Geiger	3/31/10
Judith Daniel	3/31/10

EXPIRING MEMBERSHIPS

Lillian Arnold	2/28/08
Lisa Girgis	2/28/08
L. Alberto Gonzalez	2/28/08
Miles & Judy Hyman	2/28/08
Chris Rodatz	2/28/08
Matt Ross	2/28/08
Elbert & Linda Shubert	2/28/08
Paul Smyth	2/28/08

In our continuing efforts to improve communications we are adding another feature to our monthly report. We have added the membership expiration date. This will allow you to double check my work and ensure I get it right. If your name does not appear in this column or you think something is in error with your renewal date please email me at floridastriders.com or call Mike Mayse (904) 777-6108.

James Vavrina

James was a cross country runner in high school. After a few years of sedentary life, he decided to take up running again and joined the Striders Beginning Running Class. Since then, he has completed the Disney half marathon, the Gate River Run, and many other road races. James feels like he has made a lot of great friends in the organization and is excited to serve on the board.



Kay Womack

Kay has been a casual runner since 1999. After relocating to Orange Park for work, she joined the Striders and participated in the Beginning Runner class in 2005. In the class, she met a lot of great friends. Kay has completed the Mayor's Marathon in Anchorage, Alaska, the Mardi Gras half marathon in New Orleans, the Disney half marathon, and a plethora of 5 and 10 K races. She has really enjoyed meeting everyone in the Striders and looks forward to giving back to such a great organization. ■■

A Little Girl Needs You... Be Her Running Buddy!



Short on time, but you still want to make a BIG difference in the life of a young girl?

A Girls on the Run Running Buddy helps one of our girls complete both the Practice 5K and our end-of-the-season 5K, the RITA CASH 5K on May 10th at 9:00am at Tinseltown.

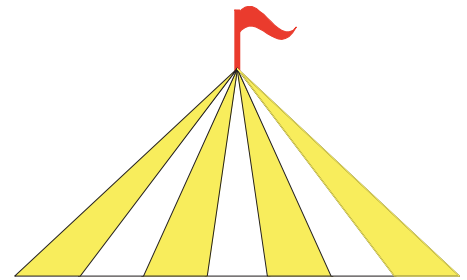
Your job: To run/walk with your buddy, and cheer her on!!

Each Running Buddy is matched one-on-one with a Girls on the Run girl to accompany, encourage her and serve as her mentor for two 5K events.

- o The first event is a "Practice" 5K at the girl's program site.
- o The second event is a Community 5K event two weeks later.

For more information or to become a Running Buddy, contact Steph at GOTRSteph@comcast.net. You're in for an amazing volunteer experience!!

http://www.active.com/event_detail.cfm?CHECKSSO=0&EVENT_ID=1549409



A Quick Note from Stan

I would like to take a moment to thank all the volunteers that helped at the Strider Hospitality Tent for 2008. No one person can take credit for putting this event on. It's a group effort as are all the Strider events. I plan on writing a later article about the Tent, which I hope you and our Members will enjoy. The title will be "Strider USS Enterprise Tent lost in Space". Stay tuned!" thanks

Thanks to:

Jenny Allen
Richard Allen
Dave Bokros
John Bonnelly
Bob Boyd
Vanessa Boyd
Davis Brownell
Rebecca Brownell
Carolyn
Disher-Ryan
Janet Elliot
Elena Etter
Ginger French
Mike Ford
Paul Geiger
Susan Gostage
Bobby Greene
Glenn Hanna
Gary Hallet
George Hoskins
Robert Irvin

Trish Kabus
Mike Mayse
Elke Miller
Kelly Minor
Bob Moyer
Michael Myers
Jeff Nelson
Pam Nelson
John Powers
Marge Ruebush
Lori Scarlett
Keith Poythress
Gayla Polythress
Al Saffer
Kim Simms
J.D.Smith
Kent Smith
Frank Sutman
Kevin Terry
Melinda Terry
Will Terry
Danny Weaver

Also, to:

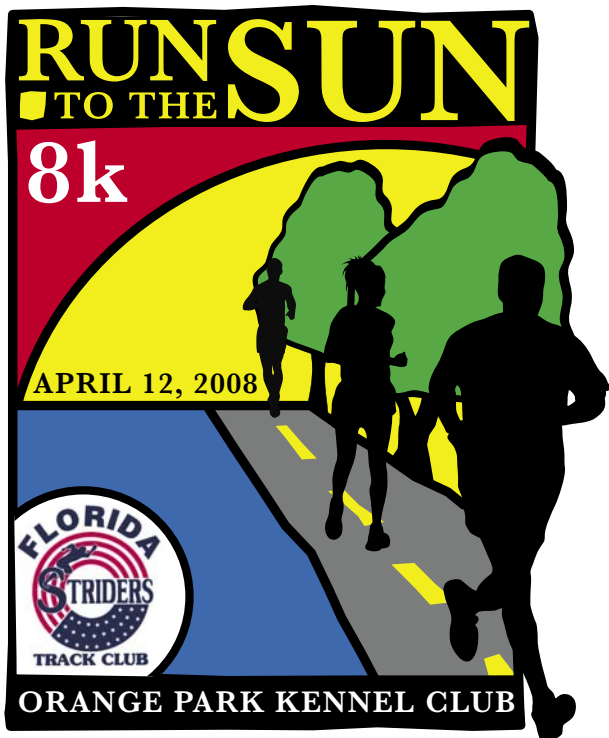
Doug Alred, River Run Director, for his great cooperation

Kirby Tent Rental

Portable Sanitation

Susan Stephenson and her staff/group of great massage people

The Florida Striders Track Club hopes Kevin O'Brien gets well soon!



Mike Shad. 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

<u>Entry Received By</u>	<u>Striders/Military</u>	<u>Other</u>
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.



If you haven't heard yet, the Strider's have been busy planning a summer running camp for youth 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 at Ridgeview High School. The purpose of this camp is to develop a love of running for kids who are interested. We will be accepting youth 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 im-

prove 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. =

[illegible]

**For more
information
contact
Kay Womack
at
904-718-4210
or
kaywom@
hotmail.com**

Please Print

Application for Membership

FLORIDA STRIDERS TRACK CLUB

New ☐

Renewal ☐

Name: Last _____ First _____ M.I. _____

Address _____

City/State/Zip _____

Phone: Home _____

Phone: Work _____

E-mail _____

Signature _____

Date _____

in Family _____

Spouse's Name _____

Birthdate(s) _____

Employer _____

Occupation _____

Annual Dues:

Family \$20	<input type="radio"/>
Single \$15	<input type="radio"/>
Junior (under 18) \$10	<input type="radio"/>
Senior (over 65) \$10	<input type="radio"/>

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

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

Striders at the Races

Race Results

To get your race results published, email m.t.marino@clearwire.net

Dailey's Ortega River Run 5 Mi. St. Mark's School (Jax) February 23, 2008

Justin Jacobs	26:04	1st O/A	Gayla Poythress	43:06		Lonnie Willoughby	19:53	
John Metzgar	26:50	3rd O/A	Cailee Davenport	43:21		Robert Crampton	20:33	1st A/G
John Steinberg	27:19		Harry Edwards	43:50	3rd A/G	George "Skeeter" White	21:07	1st A/G
			Kimberly Lundy	43:59		Rebekah Wild	22:31	2nd A/G
			Chelle Mahaney	44:18		Gary Hallett	22:37	2nd A/G
			Glen Hanna	44:37		James Vavrina	24:51	
			Sandra Maveety	44:55		Sue Whitworth	25:41	2nd A/G
		Masters Male	Ben Holland	45:04		Gayla Poythress	25:54	1st A/G
John Wisker	29:56	3rd A/G	Gordon Simms	45:21		Marie McNary	27:39	1st A/G
Mark Woods	30:33	2nd A/G	Carrie Imrich	45:24		Cole Mandt	29:10	
Sharon Pentaleri	31:54		Jack Hayes	45:04		Freddy Fillingham	30:11	1st A/G
		Masters Female	Diana Stewart	45:15		Shanna Rautio	30:46	
Robert Walker	32:45		Doug Barrows	45:39		Lesley Jones	31:50	
Keith Poythress	32:46		John Gauer	46:01		Kay Womack	31:57	
Terry Sikes	32:51		Annie Pentaleri	46:09		Al Saffer	32:22	1st A/G
Bruce Holmes	33:02	1st A/G	Darcy Daniel	46:20		Shannen Crampton	46:58	
Stephen Beard	33:05		Traci Bane	48:15				
Sam Gladding	33:14	2nd A/G	Barbra Whitter	48:50				
Randy Arend	33:28		Robert Meister	51:19	1st A/G			
Patrick Gaughan	34:15	1st A/G	Carol Palmer	51:39				
George White	35:08	3rd A/G	Denise Williams	51:52				
Raymond Ramos	35:14		Janet Elliott	52:04	3rd A/G	Stephen Beard	19:59	1st A/G
Regina Taylor	35:15	3rd A/G	Leslie Jones	52:19		Bernie Candy	20:08	1st A/G
Paul Geiger	35:19	2nd A/G	Freddy Fillingham	53:28		Gordon Slater	34:34	2nd A/G
Robert Crampton	35:36		Al Saffer	53:32		Hal Higdon	42:10	2nd A/G
Steve O'Brien	35:37		Nicole Weiss	54:15				
Elfrieda Wyner	35:39	1st A/G	Dave Butler	55:05				
Holly Turner	36:38	1st A/G	Annie White-Butler	55:06				
Alan Weiss	36:25							
Regina Sooley	36:43							
Stephanie Griffith	37:05	3rd A/G	Shirley Henkel	55:32		Justin Jacobs	49:57	
Paul Berna	37:11		Judith Gould	55:32		John Metzgar	52:40	2nd A/G
Paul Smith	37:28	1st A/G	Kay Womack	56:14		John Wisker	57:49	
Tom Henkel	37:44		Ed Hardee	56:30		Mark Woods	59:13	
Rebekah Wild	37:47	A/G	Gordon Slater	58:32		Page Ramezani	1:00:16	4th A/G
Bill Gladding	37:51		Tom Ryan	1:01:18		Mike Ryan	1:00:21	
Michael Pentaleri	38:34		Michelle Ramos	1:02:51		Sharon Pentaleri	1:01:03	1st A/G
Tom Zicafoose	39:16		Mark Lay	1:03:53		Keith Poythress	1:03:06	
Matthew Pentaleri	39:35		Tyler Imrich	1:07:00		Bruce Holmes	1:03:25	1st A/G
Jacob Gladding	39:42		Shannen Crampton	1:18:59		Stephen Beard	1:03:45	
John Hirsch	40:21					David Steinberg	1:03:27	
Steve Bruce	41:16					John Steinberg	1:03:27	
Michael Pentaleri	41:24					Robert Smith	1:03:38	
Bonita Golden	41:42					Chris Hallett	1:04:17	
Laurie Pinover	41:52					Patrick Gaughan	1:05:06	
Dave Bokros	41:53					Randy Arend	1:05:06	
James Vavrina	42:05					Frank Sutman	1:05:18	
Sue Whitworth	42:45					Michael Mandt	1:05:49	
Roberta Tomlinson	43:04					Tim Deegan	1:06:03	
						Bernie Candy	1:07:15	

NOCATEE TRAILBLAZER 5K

March 1, 2007

GATE RIVER RUN15K

Jacksonville

March 8, 2008

Running with a new knee!

FLEMING ISLAND 5K

March 1, 2008

Male Masters & 2nd over-all

With Parent

Robert Crampton	1:07:21		Simon Jacobson	1:21:29	Barry Marquart	1:34:31	
Raymond Ramos	1:07:45		Caranne Boden	1:22:09	Pamela Miller	1:34:35	
Samuel Gladding	1:08:09	2nd A/G	Katie Yaun	1:22:24	Ed Kelly	1:34:57	
George White	1:08:20	4th A/G	Danny Weaver	1:23:12	Kelly Komatz	1:34:58	
Steve O'Brien	1:08:27		Bob Kennedy	1:23:18	John Gauer	1:35:01	
David Ohnsman	1:09:14		Ana Wallace	1:23:35	Barbara Whitter	1:35:05	
Elfrieda Wyner	1:09:18	1st A/G	John Coleman	1:23:56	Kellie McGreevy	1:35:07	
Laurie Pinover	1:09:32		Joanne Harris	1:24:18	Susan Gostage	1:35:18	
Regina Taylor	1:09:44		Charles Mann	1:24:49	Linda Wolfenbarger	1:35:22	
Paul Geiger	1:09:44		Mary Anne Steinberg	1:24:50	Marie Bendy	1:35:35	5th A/G
Del Conner	1:10:00		Kellie Howard	1:25:08	Carol Palmer	1:36:10	
Regina Sooley	1:10:00		Elbert Shubert	1:25:16	Bob Meister	1:37:36	5th A/G
Katlin Yaracs	1:10:15		Gordon Simms	1:25:34	Rebecca Brown	1:37:51	
Rexx Weir	1:10:15		Dan Ovshak	1:25:35	Cathy Haga	1:38:56	
Wendy Patterson	1:10:24		Eric Bush	1:25:37	Jennifer Milam	1:39:08	
Scott Seibler	1:10:28		Angela Adamson	1:25:43	Roxanne Slater	1:39:54	
Holly Turner	1:11:10	2nd A/G	Maria Littlejohn	1:25:43	Denise Williams	1:39:41	
Mallory Bane	1:11:29	2nd A/G	Kimberly Lundy	1:25:55	Sandy Rosenberg	1:40:05	
Paul Berna	1:12:04		Kevin Terry	1:26:21	Tina Koch	1:40:54	
John Donnolly	1:12:08		Jack Hayes	1:26:23	Alan Koch	1:40:54	
Craig Harms	1:12:38		Denise Dailey	1:26:40 (walker!)	Stephanie Fischer	1:41:00	
Paul Smith	1:12:43	4th A/G	Harry Edwards	1:26:40	Laurie Fischer	1:41:01	
Thom Henkel	1:13:27		August Leone	1:26:29	Tamara Bowers	1:41:05	
Ken Brinsko	1:13:58		Gerry Tyburski	1:26:32	Christina McKenney	1:41:06	
Stephanie Griffith	1:14:06		Chuck Bryner	1:26:37	Margaret Tyburski	1:41:07	
Paul Smyth	1:14:07		Glen Landers	1:26:48	Kate Clouse	1:41:10	
Nancy Harms	1:14:20	4th A/G	Eric Conder	1:26:49	Robin Giles	1:41:49	
Bonnie Brooks	1:14:22		Jen Roberts	1:27:30	Jonie Davis	1:42:08	
David Godtke	1:14:55		Larry Flowers	1:27:53	Pat Noonan	1:42:09	
Gary Hallett	1:15:26		Jonathon Lineberry	1:28:15	Tracy Bane	1:42:19	
Saxon Wright	1:16:48	4th A/G	Chelle Mahaney	1:28:20	Jeff Nelson	1:42:???	
Celita Cole	1:16:52		Simone Meyenberg-Shields	1:28:24	oops...chip was in his pocket		
Michael Fitzsimmons	1:17:18		Sherrie Chung	1:28:35	Annie White	1:44:40	
James Giles	1:17:41		Alexander Combs	1:28:35	Sandra Shines	1:44:41	
Vicky Connell	1:18:29		Julie Runnfeldt	1:28:41	Nancy Pullo	1:44:44	
Carol Fitzsimmons	1:18:31		Randy Pullo	1:28:57	Shan Rautio	1:44:46	
Sharon Lucie	1:18:33		Melinda Terry	1:29:27	Vicki Choiniski	1:45:11	
Cynthia Maerz	1:18:37		Dennis Lee	1:29:33	Leo Sheckells	1:45:32	
Janis Delombo	1:18:43		Doug Barrows	1:29:46	(31st River Run)		
John Hirsch	1:18:50		Mamie Davis	1:29:48	Laurie Ricciardi	1:45:38	
Kim Hoyt	1:18:58		Ben Holland	1:29:52	Ed Hardee	1:45:41	
Bob Boyd	1:19:00		Patrick Hargarten	1:30:00	Annie White-Butler	1:45:44	
Susan Harms	1:19:26		Robert Irvin	1:30:17	Donna Hiatt	1:45:54	
Alexandria Midgett	1:19:32	5th A/G	Rebecca Brownell	1:30:25	E. Gary Cook	1:45:58	
Jerry Bennett	1:19:32		David Brownell	1:30:26	Keith Timmons	1:46:00	
Leslie Hague	1:19:58		Christie Castelli	1:30:53	Billy Fehrs	1:46:03	
Everett Crum	1:20:01	4th A/G	Melody Blythe	1:31:32	Bo Holub	1:46:07	
Gayla Poythress	1:20:18		Ann Batteiger	1:32:30	Heather Trueby	1:46:51	
Katy Maveety	1:20:35		Heather Burke	1:33:02	Robin McBride	1:47:49	
Sue Whitworth	1:20:45		Wayne Wolfenbarger	1:33:08	Kim Anthony	1:49:39	
Lewis Buzzell	1:20:47		Glenn Hanna	1:33:11	Kay Womack	1:49:49	
Bonita Golden	1:20:51		Patricia Czarnecki	1:33:29	Tom Zicafoose	1:50:35	
Ashley Peterson	1:20:52		Will Tomlinson	1:33:29	Kent Smith	1:50:43	
Jason Gross	1:21:03		Dawn Hagel	1:33:38	Donna Parish	1:51:04	
Tracey Pfuntner	1:21:06		Lesley Jones	1:34:19	Mark Lay	1:51:22	
David Kelley	1:21:19		Dave Balz	1:34:25	Evan Gould	1:51:23	
Cailee Davenport	1:21:23		Vanessa Del Orbe	1:34:25	Judith Gould	1:51:23	→

Kay Manley	1:51:25	
Mary Pregler	1:51:35	
Donna Deegan	1:52:12	
Cynthia Heinman	1:53:12	
Christine Kerr	1:53:35	
Jim Kehr	1:53:36	
Shirley Henkel	1:54:00	
Patt McEvers	1:54:07	
Ken Bendy	1:54:07	
Al Saffer	1:54:10	
Danny Randolph	1:54:47	
Stephen McClung	1:55:06	
Lorraine Hughey	1:55:14	
Bobby Green	1:55:40	
Bernita Bush	1:57:15	
Ginger Frazer French	1:58:07	
Freddy Fillingham	1:58:18	
Meg Frey	1:58:59	
Dottie Cahill	1:59:03	
Cathy McCrary	1:59:57	
Winnie Yaun	2:00:21	
Richard Allen	2:00:30	
Stan Scarlett	2:00:53	
Bill Zipperer	2:01:43	
George Mosley	2:02:56	
Gina Waterhouse	2:03:42	
Terry Bell	2:03:45	
Elda Bell	2:03:46	
Jill Wright	2:02:57	
Maureen Weiler	2:04:39	
Joyce Duarte	2:05:07	
Nadine Thomas	2:05:58	
Marie Allison	2:07:01	
Gil Flores	2:07:31	
Michelle Ramos	2:09:46	
Joe Blewett	2:15:03	
Norm Wyner	2:15:37	
	(31st River Run)	
Diane Aimone	2:19:30	1st A/G
Thomas Warren	2:19:47	
George Obi	2:22:29	

Hall Higdon	2:22:33	
Irene Herbertson	2:27:08	2nd A/G
Trish Kabus	2:28:50	
Janet Irvin	2:29:07	
Joe Connolly	2:31:58	1st A/G
Bill Mitchell	2:37:13	
Dot Mitchell	2:37:14	
Bill Weaver	2:37:53	
Shannen Crampton	2:39:23	

St. PATTY'S DAY 10K
Evergreen Cemetery
March 16, 2008

Justin Jacobs	32:25	2nd O/A
John Metzgar	33:30	3rd O/A
John Steinberg	34:33	
	Masters Male	
Terry Sikes	40:05	3rd A/G
Keith Poythress	40:41	3rd A/G
Stephen Beard	40:50	
Mark Woods	40:55	2nd A/G
Bruce Holmes	41:25	1st A/G
Robert Crampton	41:50	
Mike Mandt	41:54	
George White	43:29	3rd A/G
Paul Geiger	43:52	1st A/G
Regina Taylor	44:01	
	Masters Female	
Elfrieda Wyner	44:47	1st A/G
Denise Metzgar	44:48	2nd A/G
Raymond Ramos	45:52	
Paul Smith	46:23	2nd A/G
Mike Haga	47:17	
Rebecca Wild	48:09	
Paul Smyth	49:22	
Kellie Howard	49:22	
James Vavrina	52:02	
Bonita Golden	52:09	2nd A/G
Lewis Buzzell	52:29	
Janet LaVoie	52:42	

Shannen Crampton	53:04
Kevin Terry	54:01
Chelle Mahaney	54:41
Ben Holland	55:18
Kimberly Lundy	55:20
Ed Hardee	56:23
Melinda Terry	55:27
Cathy Haga	59:20
Joanne Search	1:04:49
Leslie Jones	1:07:53
Al Saffer	1:08:38
Kay Womack	1:10:49
Michelle Ramos	1:21:06

St. PATTY'S 5K

Tracy Pfuntner	24:01	1st A/G
Carrie Imrich	25:33	3rd A/G
John Hirsch	25:45	2nd A/G
Gayla Poythress	25:57	
John Gauer	27:29	1st A/G
Tyler Imrich	27:46	3rd A/G
Heather Trubey	31:17	
Jonie Davis	33:16	
Gordon Slater	34:29	1st A/G
Kim Anthony	35:25	
Amy Mandt	36:36	
Nicole Galvan	42:51	

**NATIONAL MARATHON TO FIGHT
BREAST CANCER (26.2 with Donna)**
February 17, 2008
Jacksonville Beach

Kristie Matherne	4:32
------------------	------

*Editor's Not: My apologies for omitting
Kristie's time from the March StrideRight.
Congrats to her on finishing her first
marathon! ==*

NEW RUNNERS CLASS

Continued from page 5

School for their ongoing support of health and fitness in our community and the Florida Striders in particular. They are very generous to share their beautiful facility with us.

The Florida Striders also have a tradition of being very open about their money and where it goes. Each of our athletes pays for being in the class. The \$30 cost for a single athlete is designed to be a breakeven financially, covering an annual membership in the Florida Strid-

ers, \$15, and the rest of the money, \$15, goes to cover the cost of the class T-shirts (all class members who attend seven or more classes receive one) and a bodacious and tasty class party. When couples or families join the class, which I'm pleased to say happens frequently, they only pay for a family membership and the cost goes down accordingly. Athletes who are already Florida Striders only pay \$15. In case anybody wonders, the membership cost itself is used to help with the cost of our liability insurance, Road Runners Club of America dues, the

complimentary Florida Strider club membership T-shirts, and to help defray the costs of our newsletter and expenses. While on the financial topic, I can't resist patting the Florida Striders on the back for the \$14,000 they direct to support children's running and scholarships.

Check out the list of our class (page 5). You'll be seeing them at the track, at the Memorial Day 5K, and running around town, each and every one a Florida Strider. You may have to look quickly though, they are getting faster and stronger every week. ==



2008 Hershey Track & Field District 2 Championships

(Pre-registration by 5/6 required)

On Saturday May 10th, the District 2 Championships for the Hershey Track & Field Youth Program will be held at Orange Park High School. Boys and girls 9 to 14 years old are eligible to compete (age is determined by year of birth 1999 to 1994).

The top two finishers in each event qualify for the state championship at the Dade Christian School in Miami on June 21st. State winners are entered in a regional pool and become eligible for selection to a Regional Team, which will travel free to Hershey, Pennsylvania, to compete in the North American Final, held July 31 to August 3, 2008.

Participants can compete in three events (two running and one field or two field and one running). Events include the 50-meter dash (9-10), 100-meter dash (all ages), 200-meter dash (all ages), 400-meter dash (9-10, 11-12), 800-meter run (11-12, 13-14), 1600-meter run (13-14), 4x100 meter relay (all ages), standing long jump (all ages), and softball throw (all ages).

A copy of the participant's birth certificate must be provided with registration, if a coach has not previously confirmed date of birth using school records. No shoes designed for spikes are permitted for running events and no turf/spiked shoes are permitted for field events. No jewelry may be worn.

There is no entry fee. The Florida Striders Track Club sponsors this event. Waivers/entry forms are available on www.floridastriders.com. **Pre-registration is required.** There is no day-of registration. Ribbons (1st-6th for each event) were donated by Sigma Marketing. T-shirts will be awarded to state qualifiers so they can be worn at the state championships during opening ceremonies.

All races are finals. If other local Hershey meets send entries, then the top two finishers from each race will compete in finals later in the day or on a future date. Other than long jump, all events are youngest to oldest girl/boy. No parents are allowed on the infield of the track during races.

Schedule of Events (estimated times after start):

8:00	Softball throw	10:40 a.m.	50-meter dash
8:00	Standing-long jump	10:55 a.m.	200-meter dash
9:00	100-meter dash	11:40 a.m.	800-meter run
9:45	1600-meter run	12:05 p.m.	4x100 meter relay
10:10	400-meter dash		

See page 16 for the
Official Entry Form

Please email claysports@bellsouth.net or call James May 779-6105 (w) or 215-1346 (h), if you have any questions. Clay county coaches can send entries through county regular envelope mail (no emails) to Coach McDougall @ Swimming Pen Creek Elementary (no later than MAY 6th). They can be mailed to Carol McDougall, with a copy of the birth certificate, at 1630 Woodpecker Lane, Middleburg, FL 32068. There will be a registration table at the Run to the Sun 8k on Saturday, April 12th at the Orange Park Kennel Club.

Official Local Entry Form



Not every winner at the State/Provincial Final will automatically advance to the North American Final due to the geographical distribution rule which states that a minimum five participants from each State/Provincial Group will compete in the North American Final. A participant may enter only one Local and/or District Meet. All regional winners will qualify for the North American Final Meet.

Please Print

Name _____
(Last) (First) (Middle Initial)

Address _____

City _____ State/Province _____ Zip/Postal _____

Phone Number (____) _____ Date of Birth: Month ____ Day ____ Year ____

E-mail _____

Participants can enter either two track and one field or two field and one track event up to and including the State/Provincial Final. Please circle the events you wish to participate in at this meet.

Boys 9-10 (Born in 1998-1999)

1. 50 Meter Dash
2. 100 Meter Dash
3. 200 Meter Dash
4. 400 Meter Dash
5. 4 x 100 Meter Relay
6. Standing Long Jump
7. Softball Throw

Boys 11-12 (Born in 1996-1997)

1. 100 Meter Dash
2. 200 Meter Dash
3. 400 Meter Dash
4. 800 Meter Run
5. 4 x 100 Meter Relay
6. Standing Long Jump
7. Softball Throw

Boys 13-14 (Born in 1994-1995)

1. 100 Meter Dash
2. 200 Meter Dash
3. 800 Meter Run
4. 1600 Meter Run
5. 4 x 100 Meter Relay
6. Standing Long Jump
7. Softball Throw

Girls 9-10 (Born in 1998-1999)

1. 50 Meter Dash
2. 100 Meter Dash
3. 200 Meter Dash
4. 400 Meter Dash
5. 4 x 100 Meter Relay
6. Standing Long Jump
7. Softball Throw

Girls 11-12 (Born in 1996-1997)

1. 100 Meter Dash
2. 200 Meter Dash
3. 400 Meter Dash
4. 800 Meter Run
5. 4 x 100 Meter Relay
6. Standing Long Jump
7. Softball Throw

Girls 13-14 (Born in 1994-1995)

1. 100 Meter Dash
2. 200 Meter Dash
3. 800 Meter Run
4. 1600 Meter Run
5. 4 x 100 Meter Relay
6. Standing Long Jump
7. Softball Throw

Check out the new Florida Striders website!

www.floridastriders.com

April 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.

for a North Florida list, with web links, see <http://members.aol.com/rrcahtml/rrcocal.htm>

DATE	EVENT	TIME	LOCATION	CONTACT
April 12	Run to the Sun 8K	8:00 a.m.	Kennel Club Orange Park	(904) 215-8656 Florida Striders Track Club
April 12	Rayz Awareness Run 5K	7:30 a.m.	Birthplace of Speed Daytona Beach	(386) 255-1279 Bill Walter III Melanoma Research Fund
April 24	Citistreet Corporate Run 5K	6:30 p.m.	Metopolitan Park Jax	(904) 731-1900 First Place Sports
April 25	All Comers Track Meet #2	7:00 p.m.	Bolles School 7400 San Jose Blvd. Jax	(904) 388-7860 JTC Running
April 26	K of C 5K Beach Run	7:30 a.m..	Ocean Trace Road (Beach ramp off Route A1A) St. Augustine	(407) 896-1160 Knights of Columbus
April 26	Spartan Run 5K	8:00 a.m.	St. Johns Country Day School Park at Lakeside Elem. (Off Moody Rd.) Orange Park	(904) 476-6120/389-4497 BaskinNest@aol.com St. Johns Country Day School
May 3	14th Annual Shrimp Festival 5K	8:00 a.m.	Fernandina Beach	(904) 261.1080 McAuthor Family YMCA
May 4	Publix Family Fitness Weekend 5K	9:00 a.m.	AIA South (near Crescent Beach) St. Augustine	(561) 241-3801 Ext 140 Exclusive Sports
May 26	Memorial Day 5K	8:00 a.m.	Spring Park, Green Cove Springs	Florida Striders Track Club

MINUTES

Continued from page 2

to maintain the new Strider website in exchange for race entries. Mike Mayse stated we should also give her family free membership. Everyone agreed the new web site was an excellent improvement. Kay Womack made a motion that we accept the new website with Kristin as the webmaster for free membership and race entries. Gary Hallet seconded the motion and it was passed unanimously. Dave let everyone know that the site will probably be ready within a week.

Prospective Treasurer Janis

Dolemba: Dave asked if everyone had a chance to review the resume of Janis Dolemba prior to the meeting. He pointed out that she's a Jacksonville resident and she spoke with George Hoskins at length before he left. All board members seemed impressed with her resume. Gary Hallet moved that we accept Janis as the new Treasurer and Board member. Glenn Hanna seconded the motion and it was passed unanimously.

Fun Run Proposal: Mary Ann Steinburg presented a proposal for a Fun Run at the Jacksonville Suns game Saturday, May 17. She also said she has spoken with a representative from the

Suns who said they would work with us. The event would happen around 4:30 p.m., then the gates would open afterwards around 5:30 p.m. Once the city of Jacksonville approves the proposal, the Suns will tell us what they will give us for advertisement. There will be other activities to go along with the fun run. This is going to be promoted as a tobacco free night. Tentative course for the run is in the vicinity of the baseball stadium and Fair Grounds. The Striders would be responsible for set up and the insurance rider. Mary Ann mentioned that Jeff Galloway is interested in getting involved with children's running locally. This event

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

would be a way to get Duval county schools involved in children's running. They currently don't have any programs. Mike Mayse made a motion that we support this fun run, Keith Poythress seconded, and it was passed unanimously.

Socials:

April – Annual Picnic at Secret Cove on the 27th, starting at noon. Glenn needs someone to volunteer to cook and bring a couple of grills.

May – Dave will have a volunteer appreciation party after the Memorial Day Run on May 28th. It will tentatively be held at the Lighthouse Apartments.

June – Lunch at the Outback Crab-shack.

July – Tentative Family picnic at Hannah Park on the weekend of the 26/27 of July. Kim Lundy suggested they tie in the picnic to the Xterra 5K Trail Run at Hannah Park that weekend. Glenn

agreed this was a good idea. More details to follow.

General Discussion:

Gary Hallet asked about a celebration for our 30th Anniversary, honoring the people who started our club. He suggested we do something at a Town Council meeting with Orange Park. Other suggestions were to have an evening program with a presentation of past achievements and photos. September was suggested as a target month. Vicky Connel made a motion that we plan to honor our long time members with a presentation in September at an evening event. Kay seconded the motion and it was passed unanimously. Location suggestions were the Cypress Ball room, the Dog Track and the Anheuser Busch meeting room. It was also suggested we invite our sponsors and honor them as well.

Mary Ann presented a certificate of ap-

preciation to Dave for the Florida Striders for supporting the Step Up Florida event.

Kelly thanked Mike Mayse for arm bands we used at the River Run tent which helped keep it to members only. Mike stated that we handed out over 1000 arm bands. There were also numerous positive comments about this year's tent which is such a great benefit for members. Mary Ann asked why we didn't have a table at the Expo and general consensus was that we should look into having a table next year.

Denise Metzgar said a PE teacher contacted her from a Duval county school. He wanted info about starting a Run/Walk Club. She put them in contact with Bob and Vanessa Boyd.

There was a motion for adjournment and the meeting was adjourned at 8:10.

Respectfully submitted,

Vicky Connel =

The Back Page

What a big, big month. It's the month we all look forward to each year – the month the nation uses Jacksonville to determine the nation's best at running 15 kilometers. Every runner in Jacksonville gears up for it – that one huge race that truly reflects Jacksonville's big "Hart" for running. Hope everyone enjoyed their March.

As for results, we start with the annual appetizer to the real River Run with the **Daily's Ortega River Run 5 miler** on February 23rd in Jacksonville. While not the River Run, it is still a large, competitive Grand Prix race. **Justin Jacobs** beat all comers, winning the race in 26:04. **John Metzgar** was 3rd overall with a 26:50. Masters division wins were turned in by **John Steinberg** and **Sharon Pentaleri**, who was also our fastest female Strider with a 31:54. Outpacing the competition in their respective age groups were **Robert Meister**, **Paul Smith**, **Rebekah Wild**, **Bruce Holmes**, **Patrick Gaughan**, **Elfrieda Wyner**, and **Holly Turner**. Placing second in their age groups were **Mark Woods**, **Sam Gladding** and **Paul Geiger**; and taking home 3rd place awards were **John Wisker**, **Janet Elliot**, **Harry Edwards**, **Regina Taylor**, **Stephanie**

Griffith, and **George White**.

Also of note, completing the race with a brand new knee was **Annie White-Baker**, and doing the race while pregnant was **Shannen Crampton** (it's a boy!). With Shannen's effort, we'll go ahead consider her little boy as the champion in the "yet to be born age group."

The next weekend saw two races on March 1st, which were the **Fleming Island 5K** and **Nocatee Trailblazers 5K**. We had four Striders getting awards at the Nocatee race, with **Stephen Beard** (19:59) and **Bernie Candy** winning their age groups and **Gordon Slater** and **Hal Higdon** placing second in their age groups. In Fleming Island, **Drew Kenny** led all Striders, winning the Master's division and placing 2nd overall with a time of 18:00. Our age group winners were **Matt Acheson**, **Keith Poythress**, **Robert Crampton**, **George White**, **Gayla Poythress** (fastest female Strider), **Marie McNary**, **Freddy Fillingham**, and **Al Saffer**. Second place age group finishes were recorded by **Rebekah Wild**, **Gary Hallett**, and **Sue Whitworth**. And staying with the baby



BY MIKE MARINO

theme, 2-year-old **Lindsey Myers** covered the course in 19:47...while being pushed by a parent.

Now the BIG ONE. The **Gate River Run 15K National Championship** was

held for the 31st time on March 8th. Race conditions just about blew people away, literally. High winds, sometimes gusting up to 40mph, added to the challenge. I'm told the river was splashing over the wall too in San Marco, getting some runners wet. Can't wait to hear how much better the stories get about 10 years from now. As for the actually running, Striders were in top form, with six winning their age group and 14 others taking home awards. Our age group champions were **Bruce Holmes**, **Elfrieda Wyner**, **August Leone**, **Diane Aimone**, **Joe Connolly**, and our fastest female Strider, **Sharon Pentaleri** (1:01:03). Placing 2nd in their age groups were **John Metzgar**, **Holly Turner**, **Samuel Gladding**, **Mallory Bane**, and **Irene Herbertson**. Five Striders took fourth in their age group, which included **Page Ramenzani**, **George White**, **Paul Smith**, **Nancy**

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CONTINUED FROM PAGE 19

Harms, and **Everett Crum**. And placing fifth in their age groups were **Marie Bendy**, **Alexandria Midgett** and **Bob Meister**. Also of note: **Justin Jacobs** led all Striders with an impressive 49:57, placing 38th overall; PRs were reported by **Vicky Connell** and **Bonita Golden**; **Denise Dailey** speed-walked the course in 1:26:40; and very big-ups go out to **Leo Sheckells** and **Norm Wyner**, who each ran their 31st River Run. Congrats to everyone who participated in this event. And yeah, another little tot effort, with 5-year-old Emilee Bush completing the Jr. River Run (a mile I think) in 15:54.

We round out the results this month with the **St. Patty's Day Run**, which includes the 10K Grand Prix race and accompanying 5K. It was held on March 16th in Jacksonville, and it was hot. Nice to have this event the day before St. Patrick's Day, you know, get the running out of the way so you can dedicate all day on the 17th to good ol' Irish festivities and debauchery, as it should be! In the 10K, **Justin Jacobs** again led all Striders, placing second overall in a time of 32:25. **John Metzgar** also had an overall award, placing third in a time of 33:30. Striders owned the Masters division again, as **John Steinberg** took the men's masters and **Regina Taylor** won the women's masters. Using their skills and perhaps riding the luck of the Irish to age group wins were **Bruce Holmes**, **Paul Geiger**, and **Elfrieda Wyner**. Second place age group efforts were turned in by **Mark Woods**, **Denise Metzgar**, **Paul Smith** and **Bonita Golden**. And finishing third in their age groups were

George White, **Keith Poythress** and **Terry Sikes**. In the 5K, **Tracy Pfuntner** led all Striders with a 24:01, which was good enough to win her age group. Also putting up first place age group times were **John Gauer** and **Gordon Slater**. **John Hirsch** ran to second place in his age group, while **Carrie** and **Tyler Imrich** each posted 3rd place age group finishes.

Striders – They're everywhere!!

Actually, they're all in Jacksonville. There were no out of town races reported this month.

Tidbits and stuff I missed.

I didn't miss nothin'! (at least that I was told about anyway). For the tidbit, I'm sure thousands of finishers at the Gate River Run will remember the joy of crossing the finish line, especially as they got to watch it on the big screen at Jacksonville Municipal Stadium. But I would guess Strider **Regina Sooe** will have the fondest memory of it. Why is that?, you ask...she was proposed to at the finish line. Regina was able to catch her breath long enough to say yes, and I imagine we'll hear about the wedding plans soon. Congratulations Regina.

Award

I'm going to hold off this month. A lot of great efforts this month, but I'm looking for one that stands out. And remember, I take nominations too, so send them in if you feel someone is worthy of an award.

That's all for this month. Remember to record your results on the Strider Man clipboard at the local races. 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 or Mike's snail mail 9858 Moorings Dr., Jacksonville, FL 32257

For Local Running Info



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/rccahtml/rccarep.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>



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