FLORIDA STRIDERS TRACK CLUB

Club #229 RRCA Volume 27, Number 5

StrideRight

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Photos by Vanessa Boyd

UPCOMING SOCIALS

MAY 26 • 2 PM

Volunteer Appreciation Party/Social on Memorial Day, May 26th at the Lighthouse Apartments (Fleming Island) Clubhouse -2285 Marsh Hawk Lane – starting at 2:00 PM. The club will provide water/sodas. Everyone should bring their own "Adult" beverages and a covered dish to share.

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

JUNE: Outback Crab Shack on **Sunday, June 22 at 1:00 PM.** Bring yourself and keep your fingers crossed that it does not rain. We would like to get some idea who will attend as we get closer to the day so that we can make sure that we have seating together.

JULY: Picnic after the Xterra 5K Trail run on **Saturday, July 26th**.

Prez Sez

By Dave Bokros

I am encouraged by the direction that the club is taking. We have a number of projects going on right now that will have long-term impact on the club and the running community in our area. The most notable, I think, will be the Half-Marathon/Marathon training class in the fall season.

There has been a lot of talk and a lot of controversy over the past winter. Some of the changes have had some emotional impact on many of us, but they are good changes in the long run.

If you have followed the minutes through the last few months you have seen some ideas and plans that may sound ambitious and may not seem to fall in line with how we see our organization. I would like to say that this is the first time in a few years that we have both a dynamic board of directors as well as many returning members with plenty of energy and are on the positive side of the learning curve for managing the club. This is an exciting time. The club is not all about growth for the sole purpose of growing. The point is that since we have this dynamic board then we should make use of this energy to grow our running fam- **Continued on page 12**

Board of Directors' Minutes 4/8/2008

The meeting was called to order by Dave Bokros at 7:08 p.m. Directors present were Dave Bokros, Vicky Connell, Janis Dolembo, Mike Ford, Glenn Hanna, 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 March minutes.

Treasurer's Report: Janis Dolembo presented the Treasurer's Report. She reviewed the report for February as well as March since the balance sheet for February was not available at the March meeting. The balance in checking for February was $9,264.96. For March, there was some shifting of money between race accounts which was erroneous, resulting in an income amount of zero. Once everything was corrected, the balance for March in our checking account was $5,237.44. Janis pointed out that moneys shown under the River Road Resolution account will be lower next month since she moved the money to the correct location.

Hog Jog Race Report: Dave Bokros reviewed the report submitted by Steve Bruce. Dave pointed out that there was a race profit of $2,618.34 which was $868.34 over the budgeted amount. Dave also mentioned that Steve did a fantastic job. Mike Ford asked if Steve would continue to direct the Hog Jog in the future. Dave replied that he would. Mike Mayse made a motion to accept the Race Report as presented, seconded by Keith Poythress. It was passed unanimously.

River Road Resolution Report: Dave Bokros reviewed the number of entries, pointing out there were 534, which was an increase from last year. And even though sponsorship was down slightly, profit was higher than projected. Bob Boyd did a great job with the race. Dave also mentioned the race registration report that everyone got in their email, so he didn't review it. John Steinburg asked about the $350 permit fee listed in the report. Dave answered that it is a city fee for race closure permits. This pays for notices which go out to the residents of Orange Park when we conduct a race. Mike Mayse moved to accept, Glenn Hannah seconded, all approved.

Scholarship Nominees: Kim Lundy stated **Continued on page 13**

2008-2009 Board of Directors & Key Members

(Board Members marked with an *)

President/Memorial Day 5K Director:
***Dave Bokros** . . . . . .(C) 545-4538
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Directors at Large:

*Kim Lundy . . . . . .(H) 213-0250
email: woodski135@aol.com

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Steve Bruce . . . . . .(H) 728-7759
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North Florida RRCA Representative:
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email: michael.s.bowen@gmail.com

Run to the Sun Director/Assiatant Social Coordiator:
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email: kaywoma@hotmail.com

Strider "Person" Coordinator for Races:
Al Saffer . . . . . .(W) 665-6996
email: saffat@jea.com

Scholarship Coordinator
*Mike Ford . . . . . .(H) 406-2989
email: forddog92@hotmail.com

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

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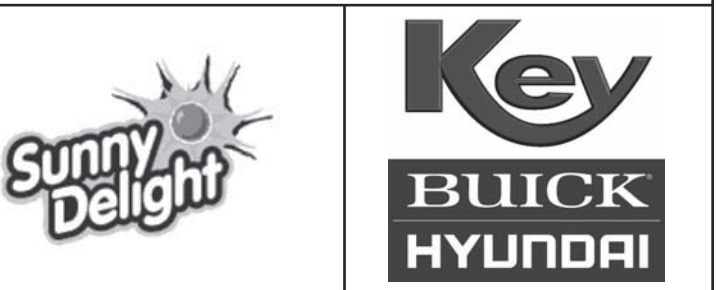

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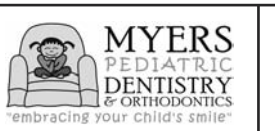

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The Florida Striders Track Club is incorporated as a non-profit organization under the laws of Florida and is granted federal tax exempt 501(c)3 status under the blanket exemption of the RRCA ID#74-2194707. StrideRight is published monthly at P.O.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

Four Challenges

WIDE WORLD OF RUNNING By Jay Birmingham

Thirty years ago, I owned a small running specialty shop in the Arlington neighborhood of Jacksonville. In addition to selling running shoes and putting on races, I promoted the Phidippides Challenges. I still have some of the 3" embroidered patches that successful aspirants would earn upon completion of one or more of the four running labors.

The purpose, of course, was simply to set a goal, as all coaches and athletes do. The goals were challenging but reachable. All required determination, some required additional training, and one required self-discipline above all else. I thought I'd share the Phidippides Challenges with the Striders for fun. Let me know if you would like to "Go For It" yourself. Perhaps it is an idea whose time has come around again.

The Strength Challenge—50 repetitions of the first hill on the old Last Gasp cross country course at Jacksonville University. The grade was short but quite steep by local standards, the footing soft, and often made more interesting by acorns and magnolia seed cones that would roll beneath one's feet. The time limit was 50 minutes and most runners could accomplish the challenge in 30.

The Stamina Challenge—This five-mile run through sand and trails was on the Sand Dunes course that I carved from the vast dune field that lay north of Regency Square in the early 1980s. Now covered with additional businesses and apartments, this loop was a regular training site for several competitive runners of the time, the Episcopal cross country team that I coached, and the annual Jacksonville's Toughest Cross Country race. Finishers won monogrammed mugs and jars of sand. Men had to complete the course in 50 minutes, women in 60.

The Endurance Challenge—This was simple; a 30-mile run in less than five hours. The usual course was from my store in Arlington, across the Acosta Bridge, through Riverside and Ortega to the Shell station at the south end of Ortega Boulevard, then back to the store. About four times a year, I'd lead a group of five to 15 runners, inviting them to stick with me through the 25-minute run, 5-minute walk routine. We'd stop near halfway at a 7-Eleven for a bottle of Gatorade and a couple of cookies (still on the clock). The usual pattern was that my group would overtake most of the impatient runners between 22 and 26 miles.

The Persistence Challenge—This was my personal toughest, the patch that took me the longest to earn. The goal: 60 days of running, a minimum of two miles, without a day off. No pace requirement, just the determination to get out the door every day for two months.

I've been mulling these things for a while, thinking of new venues with acceptable merit, modifying the time requirements (at least for myself!), and wondering if any of you Striders would like to accept the personal challenges involved. Let me know of your interest by contacting me by email at jaygreatheart@aol.com

Even if I don't hear from you, be assured that this little jog down Memory Lane has got my motivation hormones flowing. I'm gonna go for all four patches again, and I won't quit until I get it done.

And the 2008 FSTC Scholarship winners are...

The Striders awarded $1,000 scholarships to three deserving high school seniors. Here are the essays they submitted about their running.

Mark Heh

Senior at Palatka High School and will be attending the University of Florida - Civil Engineering Major

When I started third grade, I moved to a new school. I was shy, nervous and inexperienced at a great many things, especially the sport of running. In physical education class, I posted a time of 12:38 for the mile; I was amazed that I even finished. Due to a skin condition and no apparent intrinsic talent for running, I joined the band in middle school, putting a three-year hiatus between fifth grade and the time I laced up my running shoes and once again hit the track.

High school opened up a whole new world of opportunities. There were so many different cliques and groups; it was hard to know where to even start trying to fit in. The influence for running came from my older sister, Alice. Alice ran for our high school for 4 years straight, earning All-County honors. Being a firsthand witness to her success and entertaining the thought of meeting new people, I worked through my apprehension and decided to run. Thus the world of high school Cross Country began.

Now Cross-Country isn't what everyone thinks it is, just running a really long time while wearing skimpy shorts. It is cruising through 5 kilometers (3.1 miles)

of nature trails while enjoying the feeling of the cool breeze against my face. It is a simple and enjoyable way of relieving stress. I have to constantly push myself to maintain my pace. It wasn't always like this; it was a challenge at first. I was constantly aware of others when I ran, so I tended to run faster when in view of spectators, leading to an uneven pace. I tended to start out fast and as a result, tire soon afterwards. Through time and experience, such tendencies were corrected until I finally ran at a constant pace the whole 5k; it was then that I started to run for myself.

Running has been said to be 90% mental and 10% physical. In training, I bear witness to this statement. It is rigorous and requires intrinsic motivation to push oneself to the threshold of exhaustion in order to improve. This applies to academics as well. Overcoming barriers in running has helped me succeed in my schoolwork. While running during Cross-Country, I have to be constantly aware of obstacles that could impede my progress. I have to seeking a short path in order to use less energy. In mathematics and sciences courses, knowing how to use the most direct and effective method of solving something has been useful. Being an athlete, I am constantly faced with mental struggles, and the skills acquired through running translate well to the classroom.

Through my experiences with Cross-Country, I have developed into the person I am today. It has helped me gain invaluable life skills, which, in turn, have allowed me to succeed in my high school career.

Alexandra Heuertz

Senior at Bishop Kenny High School and will be attending the University of Nebraska - Lincoln - Accounting Major

Eight laps are all it took. Just thirty-two meters to make the journey worthwhile. Nine minutes and seventeen seconds to win a state championship. We were underdogs to say the least. With a relay team of three freshmen and one sophomore, many pegged us as too young and inexperienced to make the dream happen.

During the warm up for the race, there was a calm surrounding us. No one talked; we were in our zones, ready to set our legs free. Before we entered the track, we prayed for strength and endurance, double checked our shoelaces, and grabbed our baton. A year before, that same baton was a symbol of our downfall, but not this year. It was different; it had to be. With the boom of the gun, the race began. The first four laps and two exchanges were flawless. With one hundred fifty meters to go in her leg, our third runner flew by the first place team, giving us a ten meter lead. I could not stand still, so I paced the fence line. The final two hundred meters of the race were gut wrenching. There were three teams competing for first place and no one was giving up ground. Our final runner started her kick and removed herself from the ferocious pack and chased down the finish line. I knew we had it, so instead of watching her finish, I turned to my other teammates and screamed for joy. I was so overcome with happiness that I lost my left contact lens. People around us just stared, but it didn't matter. We had just won a state title! My body shook from the overload of adrenaline pumping through my veins. It was surreal.

At the beginning of the track season, our coach told us that this was the year we would be state champions. Physically, the gold was ours. Mentally, we had our work cut out for us. To truly convince oneself that something must be done, it gets done, and we did it. We won state and set a school record.

Running has not only been beneficial physically, but mentally as well. The sport has taught me that pain is only temporary. It made me tough enough to put aside my weaknesses and push forward to success. The knowledge that I can endure physical pain forces me to excel in other aspects of my life such as school. I am a much stronger and reliable person since before I started to run. I truly believe runners are the cream of the crop because we embrace pain and keep going. My sport is other sport's punishment.

Laura Steel

Senior at Episcopal High School and will be attending University of Pennsylvania - Cognitive Science Major

What does running mean to me personally? This is such a hard question for me to answer because of how encompassing running is in my life. I started running in seventh grade after years of being a soccer player and a swimmer and was immediately welcomed into an amazing program that greatly influenced who I am today. I honestly believe that God gave me the gift to run so that I may pursue it to my fullest potential, and so that in following my dreams I may come to meet people who have become my heroes and people who have become my guardian angels.

Running has taken me so many places and allowed me to experience so many things that I know I would have never been able to do otherwise. The lessons I have learned through cross country and track are innumerable, and I am sure that running will continue to teach me more about myself through the rest of my life. It is helping me attend college next year, and I know that God will continue to act through His gift in order to open more doors for me in the future.

Practice is my stress-relief and my sanctuary. As hard as a workout is, it is something I know and is a challenge that continuously reminds me of inner

Continued on page 19

NEW MEMBERS

Randy Abate	4/30/09
Kara Albach	4/30/09
Dana Anderson	5/31/09
Nick Anderson	4/30/09
Sherry Anderson	4/30/09
Isel Arias	5/31/09
Cyndi &Kendall Arnold	5/31/09
Suzanne Baker	4/30/09
Rebecca & Stephen Bielejeski	5/31/09
Lisa Brown	5/31/09
Kyle Bruner	4/30/09
Ivy Bryan	5/31/09
Karen & Don Burke	5/31/09
John Carroll	5/31/09
Diane Carter	5/31/09
Ashley & John Carter	5/31/09
Shannon & Bill Clark	5/31/09
Sarah Coffin	5/31/09
Barbara Coleman	5/31/09
E Gary Cook	4/30/09
Laurie Creech	5/31/09
Shelley/Patty Cullison/Taylor	5/31/09
Elyn Denmark	5/31/09
Dorothy DeRosa	5/31/09
Sheri Dickey	5/31/09
Stacey Dingman	5/31/09
Stacie Drawdy	5/31/09
Bonnie & Dennis Dubberly	5/31/09
Kitty Ferrell	5/31/09
Scott Forrest	5/31/09
Claire & Henry Gilbert	5/31/09
Rachel Goodrich	5/31/09
Christine Goodson	5/31/09
Charlynne Graham	4/30/09
Sarah Green	5/31/09
Jennifer Greenwood	5/31/09
Dawn Guthrie	5/31/09
Peggy Haddle	5/31/09
Sarah Harrell	5/31/09
Kim Harrell	5/31/09
Michele Hartley	5/31/09
Julie Hayes	5/31/09
Nancy Hendrickson	4/30/09
Mitchell Herold	4/30/09
Joe Hildebrand	5/31/09
Hall Hunt	4/30/09
Alicia & Gabe Hunter	5/31/09
Nikki Hutcheson	5/31/09
Michael Johnson	4/30/09
Bill Johnson	5/31/09
Amy Kennedy	5/31/09
Debra Kernop	5/31/09
Angie Knapp	5/31/09
Heather LaBelle	4/30/09
Kim Lowe	5/31/09
Jana Manning	5/31/09
Cassie Marquis	5/31/09
Tony Martin	5/31/09
Michael Martinez	4/30/09
Tracey Martinez	4/30/09
Lynda Massa	5/31/09
Michelle McCollum	4/30/09
Claire McCool	5/31/09
Lowry McCool	5/31/09
Melissa McCrosky	5/31/09
Gina McGinn	5/31/09
Michele McGowan	5/31/09
Jenna McInarny	5/31/09
Jenny McQuaid	5/31/09
Renota Mcvay	4/30/09
April Mechler	5/31/09
Carmela Middleton	5/31/09
Charlotte Milligan	5/31/09
Sharon Mitchell	5/31/09
Andrea Morrison	5/31/09
Rachel Nieves	5/31/09
Megan Paquette	5/31/09
Cybel Perez	5/31/09
Zulma Perez	5/31/09
Bernie Powers	4/30/09
Erin & Robert Ralston	5/31/09
Cauly Redenius	5/31/09
Chanda Rollins	5/31/09
Alison Ronzon	4/30/09
Cindy Sikes	5/31/09
Judy Skjordahl	5/31/09
Emily Smichnick	5/31/09
Mike & Sandy Spencer	5/31/09
Brooke Springer	4/30/09
Jennifer Stanton	5/31/09
Lori Theus	5/31/09
Miranda Tucci	5/31/09
Kelly Turner	5/31/09
Sarah & Mark Van Landingham	5/31/09
Susan Von Bargen	5/31/09
Ann Waters	5/31/09
Teresa Wilcox	5/31/09
Kimberly Wilson	5/31/09
Jennifer Wood	5/31/09
Maryanne Yeomans	5/31/09

RENEWING MEMBERS

David Albritton	4/30/09
Tom Bass	4/30/09
Glenn & Ann Batteiger	3/31/09
Larry Branz	4 / 3 0 / 1 0
Bob Buehn	4/30/11
Del & Kathy Conner	4/30/09
Denise Dailey	3/31/09
Carolyn & Tom Disher-Ryan	4/30/09
Mamie Davis	4/30/09
Janet Elliott	4/30/09
Claudia French	4/30/09
John Funk	4/30/09
Scott Grimm	4/30/09
Gary Hallett	4/30/11
Teresa Hankel	4/30/09
Jack Hayes	10/31/09
Mary Heinton	4/30/09
Tom & Shirley Henkel	4/30/09
Irene Herbertson	4/30/09
Jim Hughes	4/30/11
Theresa Kamajian	4/30/10
Drew Kenny	4/30/09
Ed/Kristi Kirby/Houlberg	4/30/11
Robin McBride	3/31/10
Karen & Steve McCormick	4/30/09
John, Denise, Chelsea & Cameron Metzgar	3/31/09
Bill & Dot Mitchell	4/30/09
Marvin, Cindy & Spencer Mollnow	4/30/09
Rex & Wendy Patterson	4/30/09
Cheryl & Tim Pfannenstein	4/30/10
Pat Raiford	4/30/10
Raymond & Michelle Ramos Jr	4/30/09
Danny Randolph	3/31/09
Rod Reeves	7/31/09
Matt Ross	4/30/09
Paul & Marge Ruebush	4/30/09
Al Saffer	3/31/10
Kim Schaefer	3/31/09
Kent Smith	3/31/10
Herbert Taskett	4/30/09
Susan Thibodeaux	3/31/09
Roberta Tomlinson	3/31/09
Annie White-Butler	4/30/11
Sue & Darrell Whitworth	3/31/09
Tom & Kary Zicafoose	4/30/09

MULTI-YEAR RENEWALS

Diane Jacobs	4/30/09
Danny & Anne Weaver	4/30/09
JoAnne Seach	4/30/09
Mark Johnson	4/30/09
Jim Kelley	4/30/09
Patricia Czarnecki	4/30/09
Bob & Judy Moyer	4/30/09
John & Michelle Dunsford	4/30/09
Justin Jacobs	4/30/10
Staci Suits	4/30/10
Kathleen Ngo	4/30/10

Natalie Bryan	4/30/10
Sharon Pentaleri	4/30/10

MULTI-YEAR RENEWALS

Dave Balz	3/31/08
Paul Barnett	3/31/08
Cassidy Binderim	3/31/08
Melody Blythe	3/31/08
Hilda Boitnott	3/31/08
David & Rebecca Brownell	3/31/08
David & Susan Caldwell	3/31/08
Bob Glod	3/31/08
Charles Hammonds	3/31/08
Stephany Holt	3/31/08
Mary Hutto	3/31/08
Brian Joyner	3/31/08
Barry Marquart	3/31/08
Patty Moon	3/31/08
Grady Pauley	3/31/08
Angela Spofford	3/31/08
Amy Stauffer	3/31/08
Nadine Thomas	3/31/08
Stephen Whittle	3/31/08
Tim Young	3/31/08
Murray Ann Ziegenfus	3/31/08

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.

Thanks to our Run to the Sun Volunteers!

Jenny Allen
Richard Allen
Doug Alred
Kim Anthony
Cyndi Arnold
Justin Bass
Marie Bendy
Ken Bendy
Jay Birmingham
Debbie Birmingham
Dave Bokros
Roberta Boyd
Bob Boyd
Vanessa Boyd
Barbara Bradford
Chris Breauk
Karen Burke
Heather Burke
Jim Cates
Vicky Connell
Gregory Costa
Pat Czarnecki
Darcy Daniel
Dottie DeRosa
Charles Desrosier
Carolyn Disher-Ryan
Elena Etter
Betsy Ferry
Heather Ferry
Paige Ferry
Mike Ford
Frank Frazier
Sue Gostage
Annette Gray
Chrystal Gray
Gary Hallett
Glenn Hanna
Brenda Harbin
Brandon Howell
Kristen Hughes
Alicia Hunter
Lesley Jones
Patrick Kean
John Kellogg
Drew Kenny
Camilla Koepfer (w/son)
Kyle Koepfer (14 yo)
Brent Kupfer
Mark Lay
Carol MacDougal
Melissa MacDougal
Lynda Massa
Sara Matukaitus
Mike Mayse
Karen McCormick
Patt McEvers
Jamie McKinstry
April McKinstry
Chelsea Metzgar
Denise Metzgar
Elke Miller
Olivia Miller
Andrea Morrison
Kathy Murray
Jeff Nelson
Rachel Nieves
Pat Noonan
Jennifer O'Brian
Terrence Popplewell
Maria Potter
Keith Poythress
Pat Raiford
Cauly Redenius
Paul Ruebush
Marge Ruebush
Cheryl Ruppert
Judy Saffer
Al Saffer
Jeannette Schmidt
Ed Schmidt
Nancy Sirmons
J.D. Smith
Ruth Smith
Terry Smith
Hodewou Sokpoh
Jeff Suits
Staci Suits
Lori Theus
Rena Towsley
Kim Tracanna-Breauk
Rene Vann
James Vavrina
Denise Williams
Kay Womack
Rose Woolwine

We could not have done it without you!

Please Print

Application for Membership
FLORIDA STRIDERS TRACK CLUB

New O
Renewal O

Name: Last _____ First _____ M.I. _____

Address _____ # in Family _____

City/State/Zip _____ Spouse's Name _____

Phone: Home _____ Birthdate(s) _____

Phone: Work _____ Employer _____

E-mail _____ Occupation _____

Signature _____

Date _____

Annual Dues:

Family $20	O
Single $15	O
Junior (under 18) $10	O
Senior (over 65) $10	O

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.

April 12, 2008 Results

ID#	PLACE	CLASS PLACE	FINISHER	TIME	PACE
Open Men					
3	1	1	Justin Jacobs, 25, Jacksonville, FL	26:05	5:13
1	2	2	John Metzgar, 45, Orange Park, FL	26:33	5:19
2	3	3	John Steinberg, 48, Orange Park, FL	27:27	5:29
Open Women					
9	1	1	Michelle Krueger, 32, Jacksonville, FL	30:25	6:05
236	2	2	Lindsay Larose, 25, Gainesville, FL	31:01	6:12
5	3	3	Kim Pawelek, 34, Jacksonville, FL	31:25	6:17
Masters Men					
146	7	1	John Wisker, 41, Palatka, FL	29:43	5:57
Masters Women					
265	5	1	Kim Scurti, 40, Jacksonville, FL	33:05	6:37
Grand Masters Men					
263	8	1	Bill Phillips, 53, St Augustine, FL	30:06	6:01
Grand Masters Women					
233	12	1	Kathleen Kaye, 50, Jacksonville, FL	35:09	7:02

ID#	PLACE	CLASS PLACE	FINISHER	TIME	PACE
Men 3 - 10					
118	199	1	Jp Ashton, 9, Atlantic Bch, FL	48:32	9:42
353	201	2	Logan Green, 10, Middleburg, FL	48:34	9:43
462	213	3	Cody Wolfenbarger, 10, Orange Park, FL	50:14	10:03
272	241	4	Harrison Vann, 8, Green Cove Sprngs, FL	57:38	11:31
347	244	5	Christopher Peek, 8, Jacksonville, FL		58:44
11:45					
77	248	6	Christopher Mickel, 6, Middleburg, FL	1:00:41	12:08
Men 11 - 13					
205	17	1	Matthew Walker, 13, Jacksonville, FL	31:25	6:17
468	65	2	Steven Barlow, 11, Orange Park, FL		35:37
7:07					
289	67	3	Bryce Browning, 13, Jacksonville, FL		35:57
7:11					
122	92	4	Alek Abate, 12, Ponte Vedra Bch, FL		38:00
7:36					
355	161	5	Paige Boran, 12, Orange Park, FL		43:44
8:45					
310	229	6	Matthew Warpool, 11, Jacksonville, FL	55:24	11:05
566	252	7	Jason Taylor, 11, Middleburg, FL	1:03:54	12:47
565	261	8	Joshua Taylor, 11, Middleburg, FL	1:21:37	16:19
Men 14 - 19					
262	28	1	Michael Evans, 17, Satsuma, FL	32:15	6:27
554	93	2	Daniel Bean, 19, Kingsbay, GA	38:04	7:37
96	127	3	Tyler McCarthy, 14, Jacksonville, FL	40:32	8:06
309	135	4	John Kearney, 16, Ponte Vedra Bch, FL	41:14	8:15
243	175	5	Aaron Benino, 15, Jacksonville, FL	45:09	9:02
550	183	6	Michael Dover, 19, Kings Bay, GA	46:29	9:18
502	198	7	Rob Pruette, 16, Green Cove Sprngs, FL	48:20	9:40
Men 20 - 24					
341	9	1	Gary Schneider, 21, Jacksonville, FL	30:20	6:04
475	33	2	Matthew Worsham, 21, Jacksonville, FL	32:36	6:31
547	41	3	Derek Norris, 24, Lake City, FL	33:19	6:40
506	50	4	Jonathan Greenwald, 24, JaX, FL	34:12	6:50
474	55	5	Kip Michalak, 24, Jacksonville, FL	34:43	6:57
152	74	6	Michael Coutu, 21, Jacksonville, FL	36:23	7:16
519	95	7	Isidoro Ramirez, 22, Orange Park, FL	38:07	7:37
339	99	8	William Burgess, 23, Jax Bch, FL	38:26	7:41
518	107	9	Kyle Bruner, 20, Kings Bay, GA	38:57	7:47
247	122	10	Kyle Eldred, 22, Jacksonville, FL	40:06	8:01
251	182	11	Patrick Robinson, 23, Lake City, FL	46:27	9:17
Men 25 - 29					
10	6	1	Bradford Risner, 28, Jacksonville, FL	29:16	5:51
183	11	2	Ryan Haltiwanger, 26, Jacksonville, FL	30:41	6:08
159	15	3	Adam Maveety, 25, Jacksonville, FL	31:14	6:15
168	24	4	Anthony Lemus, 25, Jacksonville, FL	31:53	6:22
145	32	5	James Wightman, 26, Jacksonville, FL	32:25	
230	44	6	James Howell, 28, Jacksonville, FL	33:28	6:42
549	56	7	Tony Richards, 27, Lake City, FL	34:46	6:57
427	66	8	Seth Myers, 25, Jacksonville, FL	35:51	7:10
155	72	9	Hall Hunt, 26, Jacksonville, FL	36:11	7:14
177	78	10	Nick Anderson, 28, Jacksonville, FL	36:28	7:18
445	114	11	Carlos Calzada, 26, Jacksonville, FL	39:30	7:54
553	115	12	Matthew Hornacek, 25, St Marys, GA	39:31	7:54
512	117	13	William Gaitanis, 27, Orange Park, FL	39:44	7:57
171	126	14	Michael Butler, 27, Jacksonville, FL	40:27	8:05
529	173	15	Dave Coyle, 25, Orange Park, FL	45:00	9:00
513	177	16	Jacob Wilson, 27, Jacksonville, FL	45:25	9:05
313	181	17	Travis Wilson, 28, Jacksonville, FL	46:21	9:16
154	220	18	Jonathan Thompson, 25, Jacksonville, FL	52:10	10:26
487	222	19	Chad Dillard, 29, Jacksonville, FL	52:32	10:30
Men 30 - 34					
4	4	1	Shawn Williams, 32, Jacksonville, FL	28:10	5:38
240	5	2	Jason Arnold, 33, Palatka, FL	28:31	5:42
257	12	3	Justine Breidenstein, 30, St Augustine, FL	30:43	6:08
264	20	4	John Funk, 30, Jacksonville, FL	31:27	6:17
334	27	5	Alexander Jones, 31, Jax Bch, FL	32:13	6:26
141	35	6	Seth Pajcic, 31, Jacksonville, FL	32:53	6:35
335	39	7	Michael Grosh, 30, Atlantic Bch, FL	33:16	6:39
406	40	8	Robert Crampton, 32, Jacksonville, FL	33:19	6:40
534	42	9	Robert Ralston, 30, GCS, FL	33:22	6:40
319	59	10	Charles Linder, 32, Ponte Vedra, FL	35:03	7:01
73	73	11	Robert Steinhoff, 31, Ponte Vedra Bch, FL	36:20	7:16
136	105	12	Jason Neiner, 32, Lake Mary, FL	38:49	7:46
33	106	13	Lawrence Stake, 31, Callahan, FL	38:56	7:47
143	112	14	Brian Gifford, 33, St Johns, FL	39:10	7:50
225	128	15	Todd Hockett, 30, Jacksonville, FL	40:40	8:08
238	137	16	Jay Erne, 32, Jacksonville, FL	41:29	8:18
150	138	17	Ramil Odvina, 34, Jacksonville, FL	41:31	8:18
315	148	18	Todd Hardie, 34, Jacksonville, FL	42:29	8:30
401	154	19	Jonathan Lineberry, 34, Orange Park, FL	42:51	8:34
148	179	20	Keith Challet, 30, Jacksonville, FL	45:33	9:06
100	187	21	Tom Allen, 33, Jacksonville, FL	46:42	9:20
123	194	22	Peter Powell, 34, Jacksonville, FL	47:20	9:28
454	203	23	Jeff Suits, 34, Orange Park, FL	48:36	9:43
64	232	24	Dennis Holler, 32, Jacksonville, FL	55:49	11:10
488	245	25	Chris Miller, 30, Jacksonville, FL	58:44	11:45
Men 35 - 39					
354	30	1	Michael Arnold, 38, Orange Park, FL	32:20	6:28
198	31	2	Scott Olivolo, 39, Middleburg, FL	32:20	6:28
71	46	3	Jesse Withrow, 37, Brunswick, GA	33:38	6:44
221	75	4	Evender Spradlin, 35, Jacksonville, FL	36:24	7:17
242	76	5	Ron Williams, 38, Orange Park, FL	36:25	7:17
147	81	6	Scot Jezik, 37, Jacksonville, FL	36:46	7:21
352	87	7	Dan Adams, 35, Orange Park, FL	37:17	7:27
234	94	8	John Donnelly, 36, Jacksonville, FL	38:05	7:37
189	96	9	Erwin Alberto, 37, Jacksonville, FL	38:16	7:39
405	111	10	Eric Bush, 39, Green Cove Sprngs, FL	39:10	7:50
436	124	11	William Powers, 37, Orange Park, FL	40:16	8:03

318	129	12	Carlos Gomez, 36, Jacksonville, FL	40:41	8:08
481	131	13	Darrell Life, 39, Jacksonville, FL	40:45	8:09
439	132	14	Jeffrey Prieto, 37, St Johns, FL	40:51	8:10
451	133	15	Thomas Pittman, 38, Orange Park, FL	41:01	8:12
58	136	16	David Horn, 35, Jacksonville, FL	41:26	8:17
210	147	17	Robert Preston, 35, Douglas, GA	42:11	8:26
237	157	18	Erick Conder, 37, Middleburg, FL	43:16	8:39
558	163	19	Mark Benino, 36, Jacksonville, FL	43:51	8:46
530	164	20	Carrell Whaley, 36, Jacksonville, FL	44:05	8:49
437	166	21	Gerry Boeneman, 37, Orange Park, FL	44:17	8:51
471	202	22	Craig Martin, 36, Orange Park, FL	48:35	9:43
461	210	23	John Jones, 38, Orange Park, FL	50:04	10:01
223	212	24	Chris Carr, 35, Neptune Bch, FL	50:14	10:03
17	214	25	Jonathan Sickels, 37, St Augustine, FL	50:38	10:07
114	216	26	Clifton Browning, 38, Hilliard, FL	51:09	10:14
51	226	27	Jeffrey Hicks, 36, Jacksonville, FL	54:12	10:50
273	255	28	Todd Vann, 38, Green Cove Sprngs, FL	1:07:03	13:25

Men 40 - 44

215	10	1	Timothy Starling, 41, Jacksonville, FL	30:35	6:07
414	13	2	David Bonnette, 41, Orange Park, FL	30:57	6:11
68	14	3	Malachi Braddy, 44, Jacksonville, FL	31:09	6:14
203	16	4	Theo Lundy, 40, Jacksonville, FL	31:21	6:16
250	36	5	Jay Clarke, 40, Lexington Park	32:58	6:36
423	37	6	Keith Poythress, 44, Fleming Island, FL	32:59	6:36
345	43	7	Mark Grubb, 43, Atlantic Bch, FL	33:25	6:41
271	45	8	David Green, 44, Jax Bch, FL	33:33	6:42
220	48	9	John Charlie, 43, Ormond Bch, FL	33:53	6:46
193	53	10	Lewis Preddy, 40, Jacksonville, FL	34:40	6:56
544	57	11	Michael Mandt, 41, Orange Park, FL	34:46	6:57
246	60	12	Steve McCormick, 41, Orange Park, FL	35:05	7:01
278	62	13	Davey Jones, 44, Orange Park, FL	35:07	7:01
497	69	14	Gerald Murphy, 43, Orange Park, FL	36:05	7:13
222	70	15	Todd Pye, 41, Jacksonville, FL	36:07	7:13
121	83	16	Randy Abate, 44, Ponte Vedra Bch, FL	36:50	7:22
464	86	17	Rick Dufresne, 42, Jacksonville, FL	37:17	7:27
34	98	18	Nestor Bautista, 42, Jacksonville, FL	38:20	7:40
188	102	19	Nate Parker, 41, Jacksonville, FL	38:39	7:44
115	116	20	Brian Zoldak, 40, St Johns, FL	39:40	7:56
420	125	21	Callee Davenport, 40, Jacksonville, FL	40:20	8:04
156	130	22	Steven Zipes, 43, Jacksonville, FL	40:43	8:08
555	145	23	Pat Farenga, 40, Ponte Vedra Bch, FL	42:08	8:26
571	151	24	Takashi Nakamura, 40, Jacksonville, FL	42:44	8:33
337	152	25	Michael Breeden, 44, Jacksonville, FL	42:45	8:33
435	155	26	Scott Henry, 43, Middleburg, FL	42:59	8:36
244	159	27	Billy Pabon, 44, Orange Park, FL	43:31	8:42
130	171	28	James Churilla, 41, Jacksonville, FL	44:49	8:58
181	180	29	Michael Marshall, 41, Jacksonville, FL	45:48	9:10
86	185	30	Gregory Lower, 43, Jacksonville, FL	46:40	9:20
144	190	31	Edward Kay, 42, St Marys, GA	47:08	9:26
541	191	32	Daniel Wilson, 43, Green Cove Sprngs, FL	47:08	9:26
485	218	33	Don Strunk, 42, Jacksonville, FL	51:25	10:17
457	225	34	Michael Martinez, 42, Jacksonville, FL	53:46	10:45
409	228	35	Evan Gould, 41, Orange Park, FL	55:20	11:04
218	231	36	Wastell Taylor, 43, Jacksonville, FL	55:36	11:07
254	250	37	Charlie Kirksey, 42, Middleburg, FL	1:01:06	12:13
431	257	38	Tim Willadsen, 41, Orange Park, FL	1:08:51	13:46
200	258	39	Gerry Doyle, 43, Jacksonville, FL	1:11:52	14:22
346	262	40	Hoyt Tomlinson, 43, Jacksonville, FL	1:22:52	16:34

Men 45 - 49

90	25	1	Clay McLeod, 47, Jacksonville, FL	32:02	6:24
187	26	2	Bill Dunn, 49, Orange Park, FL	32:05	6:25
201	38	3	Keith Brantly, 45, Jacksonville, FL	33:12	6:38
44	47	4	Randy Arend, 47, Orange Park, FL	33:45	6:45
424	49	5	Raymond Ramos Jr, 46, Jacksonville, FL	34:10	6:50
486	71	6	Rick Moss, 47, Jacksonville, FL	36:09	7:14
320	85	7	Michael Johnson, 46, Jacksonville, FL	37:08	7:25
433	89	8	David Arnold, 45, Fleming Island, FL	37:33	7:30
516	100	9	Wayne Holder, 47, Middleburg, FL	38:39	7:44
127	101	10	Mike Haga, 46, Jacksonville, FL	38:39	7:44
80	103	11	Brian Pate, 48, Atlantic Bch, FL	38:40	7:44
290	113	12	Steve Browning, 48, Jacksonville, FL	39:17	7:51
551	123	13	William James, 48, Orange Park, FL	40:10	8:02
75	146	14	James Masellis, 48, Lake City, FL	42:10	8:26
466	150	15	Jay Manner, 49, Orange Park, FL	42:42	8:32
292	156	16	Horace Jones, 48, Middleburg, FL	43:13	8:38
496	160	17	Danny Smith, 46, Orange Park, FL	43:40	8:44
440	162	18	Jon Braasch, 47, Orange Park, FL	43:50	8:46
528	165	19	Arthur Harmon, 49, Orange Park, FL	44:07	8:49
165	172	20	Steven Dimmitt, 47, Jacksonville, FL	44:56	8:59
522	176	21	Bruce Kane, 46, Green Cove Sprngs, FL	45:18	9:03
308	186	22	John Kearney, 45, Ponte Vedra Bch, FL	46:41	9:20
413	189	23	Thomas Bass, 45, Orange Park, FL	46:48	9:22
186	196	24	Stephen McNally, 47, Jacksonville, FL	47:53	9:34
137	200	25	Dan Sizemore, 47, St Johns, FL	48:33	9:42
66	205	26	Stuart McLeroy, 47, Jax Bch, FL	48:46	9:45
523	207	27	David Selock, 46, Jacksonville, FL	49:19	9:52
573	223	28	Joel Preston, 48, Orange Park, FL	52:36	10:31
102	224	29	Timothy Winslow, 47, Etna, NH	52:58	10:35
268	253	30	Robert Taylor, 45, Jacksonville, FL	1:05:27	13:05

Men 50 - 54

482	18	1	Terry Sikes, 51, Jacksonville, FL	31:26	6:17
249	21	2	Larry Sassa, 54, Jax Bch, FL	31:28	6:17
444	23	3	Steve Johnson, 50, Jacksonville, FL	31:41	6:20
53	34	4	Stephen Beard, 52, Jacksonville, FL	32:42	6:32
16	54	5	Scott Seibler, 54, Jacksonville, FL	34:43	6:56
49	63	6	Steve O'Brien, 53, Jacksonville, FL	35:12	7:02
260	64	7	Whit Hyde, 51, Jacksonville, FL	35:26	7:05
291	77	8	Mark Cochran, 51	36:27	7:17
54	90	9	Tom Zicafoose, 54, St Augustine, FL	37:54	7:35
568	97	10	Mark Dickson, 50, Orange Park, FL	38:18	7:40
252	104	11	Allan Smith, 52, Jacksonville, FL	38:42	7:44
94	119	12	Lee Turner, 50, Jacksonville, FL	39:51	7:58
76	120	13	Jim Connell, 52, Orange Park, FL	39:53	7:58
50	139	14	Simon Jacobson, 50, St Augustine, FL	41:32	8:18
43	140	15	Daniel Langston, 50, Jacksonville, FL	41:36	8:19
6	144	16	Jack Sykes, 53, Jacksonville, FL	41:56	8:23
93	149	17	Gordon Siegwald, 52, Jacksonville, FL	42:35	8:31
235	158	18	Mark Goode, 51, Jacksonville, FL	43:22	8:40
20	167	19	Gerry Tyburski, 52, St Augustine, FL	44:22	8:52
525	197	20	James Hughes, 51, Orange Park, FL	48:11	9:38
219	208	21	Wayne Pollaci, 50, St Augustine, FL	49:38	9:55
97	209	22	Larry Leach, 53, Orange Park, FL	49:50	9:58
178	227	23	Joseph McCoy, 53, St Augustine, FL	54:42	10:56
231	230	24	Mark Lay, 51, Jacksonville, FL	55:34	11:07
208	242	25	Mark Clanton, 50, Jacksonville, FL	58:24	11:41
37	251	26	Bill Krause, 51, Jacksonville, FL	1:02:21	12:28
176	254	27	Edwin Hicks, 52, Jacksonville, FL	1:06:39	13:20

Men 55 - 59

15	58	1	Paul Geiger, 55, Jacksonville, FL	34:48	6:58
535	68	2	Glenn Gergen, 55, Orange Park, FL	35:58	7:12
304	79	3	Craig Harms, 57, Neptune Bch, FL	36:36	7:19
328	84	4	Joseph Blackshear, 56, Ponte Vedra, FL	36:57	7:23
232	91	5	Michael Fitzsimmons, 59, Jacksonville, FL	37:56	7:35
531	109	6	Lewis Buzzell, 56, Jacksonville, FL	39:09	7:50
256	121	7	John Stringfellow, 56, Jax Bch, FL	40:02	8:00
81	142	8	Larry Lusk, 56, Orange Park, FL	41:46	8:21
45	143	9	Allan Darby, 56, Jacksonville, FL	41:55	8:23
483	169	10	Jd Smith, 55, Orange Park, FL	44:40	8:56
87	178	11	Russell Miller, 58, Bradenton, FL	45:29	9:06
429	215	12	Bernie Powers, 57, Jacksonville, FL	50:41	10:08
36	233	13	Jim Bailey, 56, East Palatka, FL	55:52	11:10
412	239	14	Ed Hardee, 56, Fernandina Bch, FL	57:29	11:30
132	256	15	Dennis Maloney, 56, Jacksonville, FL	1:07:48	13:34

Men 60 - 64

14	22	1	Bruce Holmes, 60, Jacksonville, FL	31:30	6:18
301	29	2	Bernie Candy, 60, St Augustine, FL	32:16	6:27
415	51	3	George White, 61, Orange Park, FL	34:16	6:51
26	52	4	Herbert Taskett, 60, Jacksonville, FL	34:39	6:56
46	82	5	Thom Henkel, 64, St Augustine, FL	36:50	7:22
499	141	6	E Gary Cook, 63, Orange Park, FL	41:37	8:19
42	174	7	Joe Butler, 60, Jacksonville, FL	45:05	9:01

13	188	8	John Gauer, 64, Orange Park, FL	46:44	9:21
259	192	9	Richard Lenz, 63, Mobile, AL	47:15	9:27
69	195	10	Dale King, 60, Jacksonville, FL	47:23	9:29
478	206	11	Vincent Seiferd, 63, GCS, FL	49:15	9:51
417	211	12	Doug Barrows, 64, Orange Park, FL	50:08	10:02
40	234	13	Bruce Howard, 63, Ocala, FL	56:25	11:17
120	243	14	Lawrence Roberts, 60, Jacksonville, FL	58:36	11:43
504	247	15	Kim Leinbach, 63, Temple Terrace, FL	1:00:00	12:00
411	249	16	Terry Bell, 60, Orange Park, FL	1:00:49	12:10

Men 65 - 69

480	80	1	Paul Smith, 66, Jacksonville, FL	36:41	7:20
92	153	2	Otto Monroe, 66, Jacksonville, FL	42:49	8:34
48	168	3	Benjamin Holland, 67, Jacksonville, FL	44:32	8:54
12	217	4	Freddy Fillingham, 66, Jacksonville, FL	51:11	10:14
11	235	5	Gordon Slater, 68, Ponte Vedra, FL	56:31	11:18
211	246	6	Bob Preston, 66, Douglas, GA	59:47	11:57

Men 70 - 74

570	193	1	Jimmie Seeley, 70, Orange Park, FL	47:20	9:28
52	219	2	Al Saffer, 73, Jacksonville, FL	51:58	10:24
560	221	3	Richard Gilson, 70, Hurricane, UT	52:18	10:27
545	237	4	Silas Kines, 70, Jacksonville, DE	56:50	11:22
62	238	5	Norman Wyner, 74, St Augustine, FL	57:03	11:25
253	260	6	Charlie Kirksey Sr, 72, Jacksonville, FL	1:17:09	15:26

Men 75 & Up

293	170	1	Bo Wuolbern, 75, Jacksonville, FL	44:45	8:57
61	204	2	Pat Gallagher, 77, Orange Park, FL	48:44	9:45
29	259	3	Joe Connolly, 83, Jacksonville, FL	1:12:37	14:31

ID#	PLACE	CLASS PLACE	FINISHER	TIME	PACE

Women 2 & Under

135	95	1	Kristy Barton, 2, Jacksonville, FL	47:30	9:30
402	161	2	Kim Anthony, 2, GCS, FL	56:42	11:20

Women 3 - 10

348	112	1	Maddie Erwin, 10, Orange Park, FL	50:16	10:03
79	113	2	Emily Mickel, 9, Middleburg, FL	50:25	10:05
108	135	3	Lindsey Averitt, 10, Jacksonville, FL	53:53	10:46
562	168	4	Peyton Labelle, 6, GCS, FL	58:11	11:38
403	170	5	Haley Mason, 8, Keystone Heights, FL	58:17	11:39
209	171	6	Ali Clanton, 5, Jacksonville, FL	58:23	11:41
564	178	7	Cameron Labelle, 7, GCS, FL	1:01:09	12:14

Women 11 - 13

27	106	1	Lindsey Depontes, 11, Jacksonville, FL	48:55	9:47
350	187	2	Katie Charbonneau, 12, GCS, FL	1:04:06	12:4

Women 14 - 19

297	19	1	Micayla Costa, 14, Jacksonville, FL	37:25	7:29
314	149	2	Danielle Smith, 18, Jacksonville, FL	54:50	10:58
82	198	3	Natasha Lamach, 18, Jacksonville, FL	1:13:22	14:40
460	202	4	Nicole Stanley, 18, Orange Park, FL	1:22:49	16:34

Women 20 - 24

191	17	1	Allie Norman, 23, Jacksonville, FL	37:20	7:28
216	30	2	Diane Cote, 23, Ponte Vedra Bch, FL	39:33	7:55
521	35	3	Katie Maveety, 22, Orange Park, FL	39:55	7:59
452	42	4	Lindsey Keester, 24, Middleburg, FL	40:47	8:09
295	44	5	Alison Oates, 22, Arlington, MD	41:22	8:16
269	45	6	Brittney Garmon, 24, St Augustine, FL	41:22	8:16
326	47	7	Susan Mogck, 24, Jax Bch, FL	41:45	8:21
538	53	8	Cary Cauthen, 24, Orange Park, FL	42:42	8:32
74	80	9	Marissa Masellis, 20, Lake City, FL	45:08	9:02
357	82	10	Heather Nance, 24, Jacksonville, FL	45:44	9:09
533	110	11	Stephanie Lundy, 21, Orange Park, FL	49:37	9:55
332	127	12	Christina Michels, 22, Jacksonville, FL	52:39	10:32
116	142	13	Raychel Slater, 22, Ponte Vedra Bch, FL	54:13	10:51
509	150	14	Katie Udy, 24, Woodbine, GA	55:03	11:01
548	151	15	Destiny Norris, 22, Lake City, FL	55:10	11:02

Women 25 - 29

8	8	1	Jo Shott, 28, Jacksonville, FL	34:22	6:52
300	26	2	Melissa Saunders, 29, Orange Park, FL	38:52	7:46
174	28	3	Rebekah Wild, 25, Jacksonville, FL	39:05	7:49
324	55	4	Anna Vitalis, 26, Jacksonville, FL	42:44	8:33
458	58	5	Jennifer Halter, 25, Orange Park, FL	43:06	8:37
492	62	6	Emma Humphries, 25, Jacksonville, FL	43:34	8:43
494	66	7	Jenel Kadlick, 27, Jacksonville, FL	43:49	8:46
343	69	8	Donna Bernardis, 28, Jax Bch, FL	43:57	8:47
192	72	9	Emily Foltz, 27, Jacksonville, FL	44:18	8:51
180	78	10	Jessica Kenton, 26, Jacksonville, FL	44:49	8:58
266	93	11	Elizabeth Billiard, 26, Jacksonville, FL	47:22	9:28
57	97	12	Sherri Chung, 29, Jacksonville, FL	47:44	9:33
202	120	13	Rebecca Hare, 26, Jacksonville, FL	51:22	10:16
426	124	14	Rachael Myers, 25, Jacksonville, FL	51:49	10:22
84	126	15	Lindsey Earl, 26, St Augustine, FL	52:38	10:31
572	128	16	Amanda Maxie, 28, Jacksonville, FL	52:49	10:34
89	140	17	Kim Ertel, 28, Jacksonville, FL	54:11	10:50
72	155	18	Krystle Steinhoff, 25, PPVB, FL	55:39	11:08
140	169	19	Christina Turner, 26, Woodbine, GA	58:13	11:38
160	173	20	Brandy Sneed, 27, Jacksonville, FL	59:54	11:59
151	177	21	Traunia Senior, 28, Jacksonville, FL	1:01:08	12:14
213	184	22	Candice Young, 25, Jacksonville, FL	1:02:46	12:33
104	200	23	Heather Stake, 29, Callahan, FL	1:21:29	16:18
172	204	24	Kelly Usry, 27, Jacksonville, FL	1:26:47	17:21
170	205	25	Amber Butler, 27, Jacksonville, FL	:26:48	17:21

Women 30 - 34

333	7	1	Joy Murphy, 32, Jacksonville, FL	34:21	6:52
25	11	2	Barbara Carrico, 33, Jacksonville, FL	35:01	7:00
351	18	3	Lisa Adams, 33, Orange Park, FL	37:23	7:29
490	23	4	Alise Ferranti, 32, Jacksonville, FL	38:19	7:40
569	27	5	Melissa Hufford, 31, Sanford, FL	39:01	7:48
175	40	6	Melissa Darlington, 30, Jax, FL	40:34	8:07
30	48	7	Carrie Imrich, 32, Jacksonville, FL	41:57	8:23
438	51	8	Nicky Boeneman, 34, OP, FL	42:21	8:28
288	52	9	Roberta Tomlinson, 34, OP, FL	42:32	8:30
524	57	10	Kristen Hughes, 34, OP, FL	43:03	8:36
472	68	11	April Martin, 32, Orange Park, FL	43:51	8:46
537	70	12	Courtney Sheehan, 30, OP, FL	44:07	8:49
190	89	13	Regina Alberto, 34, Jacksonville, FL	46:13	9:15
323	92	14	Shannon Padgett, 34, Jacksonville, FL	46:52	9:22
430	105	15	Leslie Magruder, 34, Orange Park, FL	48:47	9:45
169	108	16	Kelly Best, 33, Jacksonville, FL	49:08	9:50
226	109	17	Camille Larocca, 34, Jacksonville, FL	49:10	9:50
110	111	18	Cindy Williams, 33, St Johns, FL	50:04	10:01
500	130	19	Monique Stahlsmith, 31, OP, FL	53:13	10:39
101	131	20	Alexis Allen, 33, Jacksonville, FL	53:26	10:41
317	132	21	Jennifer Sarson, 34, PVB, FL	53:34	10:43
321	137	22	Sherry Benz, 31, Jacksonville, FL	54:09	10:50
55	147	23	Candy Romang, 34, St Augustine, FL	54:35	10:55
453	162	24	Staci Suits, 34, Orange Park, FL	56:43	11:20
407	203	25	Shannen Crampton, 32, Jax, FL	1:23:45	16:45

Women 35 - 39

277	4	1	Britta Fortson, 35, Jacksonville, FL	32:50	6:34
546	6	2	Michelle McCollum, 35, Lake City, FL	34:04	6:49
448	9	3	Elena Davis, 38, Middleburg, FL	34:49	6:58
536	14	4	Kerri Cook, 35, Orange Park, FL	35:58	7:12
173	43	5	Heather Monroe-Ossi, 35, Jax, FL	40:55	8:11
356	46	6	Abby Butler, 38, Orange Park, FL	41:44	8:21
24	50	7	Dana Summey, 38, Jacksonville, FL	42:09	8:26
465	54	8	Leslie Manner, 35, Orange Park, FL	42:43	8:32
21	60	9	Darcy Daniel, 37, Jacksonville, FL	43:23	8:40
182	74	10	Shawn Keeley, 39, Middleburg, FL	44:23	8:53
179	79	11	Sarah Klepzig, 35, Callahan, FL	44:59	9:00
157	86	12	Heather Ramirez, 37, Jacksonville, FL	46:09	9:14
109	88	13	Susan Kovacs, 35, St Johns, FL	46:10	9:14
577	91	14	Heide Carr, 39, St Augustine, FL	46:38	9:19
65	98	15	Jennifer Robinson, 37, Jacksonville, FL	47:50	9:34
349	99	16	Denise Erwin, 39, Orange Park, FL	48:05	9:37
212	107	17	Sherry Anderson, 37, Jacksonville, FL	49:01	9:48

164	115	18	Kelli O'Leary, 35, St Augustine, FL	50:39	10:08
161	117	19	Elizabeth Caccamise, 37, Jax, FL	50:47	10:09
331	118	20	Tracey Martinez, 36, Neptune Bch, FL	51:08	10:14
450	144	21	Melissa Pittman, 35, Orange Park, FL	54:30	10:54
131	145	22	Lane Cook, 38, Jacksonville, FL	54:31	10:54
95	152	23	Gina McCarthy, 36, Jacksonville, FL	55:27	11:05
63	163	24	Lisa Myers, 36, Middleburg, FL	56:43	11:21
106	167	25	Brooke Springer, 35, Fernandina Bch, FL	57:29	11:30
322	172	26	Lori Smalby, 35, Jacksonville, FL	59:09	11:50
563	179	27	Heather Labelle, 36, GCS, FL	1:01:10	12:14
527	181	28	Jacinta Carter, 38, Jacksonville, FL	1:01:52	12:22
78	188	29	Myriam Mickel, 37, Middleburg, FL	1:04:11	12:50
158	195	30	Bridget Trotter, 35, Jacksonville, FL	1:08:27	13:41

Women 40 - 44

18	10	1	Regina Taylor, 43, Jacksonville, FL	34:50	6:58
312	13	2	Alison Ronzon, 44, Neptune Bch, FL	35:43	7:09
340	21	3	Lisa Thomas, 44, Jacksonville, FL	37:33	7:30
543	22	4	Celita Cole, 44, Orange Park, FL	38:13	7:38
270	29	5	Karen McCormick, 40, Orange Park, FL	39:28	7:54
7	32	6	Vivian Johnson-Jones, 44, Jacksonville, FL	39:49	7:58
41	37	7	Kellie Howard, 40, Jacksonville, FL	40:18	8:04
542	38	8	Tracy Pfuntner, 41, Orange Park, FL	40:22	8:04
217	39	9	Cynthia Maerz, 41, Jacksonville, FL	40:30	8:06
422	49	10	Gayla Poythress, 40, Fleming Island, FL	42:01	8:24
419	56	11	Chelle Mahaney, 40, Orange Park, FL	43:00	8:36
567	67	12	Mollie Garcia, 44, Jacksonville, FL	43:50	8:46
241	83	13	Simone Meyerberg, 44, OP, FL	45:47	9:09
207	87	14	Lani Baruch, 43, Jacksonville, FL	46:10	9:14
239	90	15	Kim Starline, 41, Jacksonville, FL	46:15	9:15
459	96	16	Caroline Sabatella, 41, GCS, FL	47:30	9:30
329	101	17	Robyn Harden, 40, St Augustine, FL	48:18	9:40
501	104	18	Melissa Pruette, 42, GCS, FL	48:40	9:44
463	116	19	Linda Wolfenbarger, 44, OP, FL	50:41	10:08
473	122	20	Lesley Jones, 43, Middleburg, FL	51:43	10:21
67	125	21	Joanne Cantarini, 41, Jacksonville, FL	52:34	10:31
455	134	22	Lorraine Hughey, 44, Jacksonville, FL	53:43	10:45
107	136	23	Lori Averitt, 42, Jacksonville, FL	53:53	10:46
185	139	24	Kathleen Ngo, 42, Jacksonville, FL	54:11	10:50
119	143	25	Sharon Ashton, 42, Atlantic Bch, FL	54:21	10:52
498	146	26	Deana Jones, 40, Orange Park, FL	54:34	10:55
408	154	27	Judith Gould, 41, Orange Park, FL	55:35	11:07
432	156	28	Sophie Willadsen, 42, Orange Park, FL	55:43	11:08
111	160	29	Lori Young, 43, St Johns, FL	56:02	11:12
404	165	30	Bernita Bush, 41, GCS, FL	56:44	11:21
199	166	31	Jonie Davis, 42, Hilliard, FL	57:27	11:29
552	185	32	Patricia Esteban, 40, Jacksonville, FL	1:03:23	12:40
467	186	33	Gigi Gonzales, 41, Orange Park, FL	1:03:26	12:41
166	190	34	Deborah Johansen, 43, Jacksonville, FL	1:05:27	13:05
425	191	35	Michelle Ramos, 43, Jacksonville, FL	1:05:36	13:07
255	193	36	Chrisine Kirksey, 41, Middleburg, FL	1:07:42	13:32
129	194	37	Jeanmarie Reed, 43, Jacksonville, FL	1:07:45	13:33

Women 45 - 49

479	25	1	Jody Dolan-Aldrich, 47, Jacksonville, FL	38:31	7:42
248	34	2	Vicky Connell, 49, Jacksonville, FL	39:53	7:58
305	36	3	Susan Harms, 48, Neptune Bch, FL	40:01	8:00
557	61	4	Mary Roebuck, 46, Orange Park, FL	43:27	8:41
520	63	5	Sandra Maveety, 48, Orange Park, FL	43:37	8:43
556	65	6	Peggy Stern, 45, Middleburg, FL	43:47	8:45
279	76	7	Jennifer Milam, 45, Fruit Cove, FL	44:32	8:54
194	77	8	Terre Smith, 49, Jacksonville, FL	44:43	8:57
526	84	9	Pamela Miller, 45, Orange Park, FL	45:50	9:10
19	129	10	Margaret Tyburski, 45, St Augustine, FL	53:05	10:37
442	141	11	Roberta Zukauskas, 49, Elkton, FL	54:13	10:50
311	153	12	Donna Warpool, 45, Jacksonville, FL	55:29	11:06
227	158	13	Tina Tillis, 47, Jacksonville, FL	55:59	11:12
267	180	14	Meg Frey, 49, Orange Park, FL	1:01:34	12:19
214	183	15	Diane Crawley, 47, Callahan, FL	1:02:46	12:33
133	196	16	Susan Maloney, 45, Jacksonville, FL	1:08:28	13:41
338	197	17	Betty Chasteen, 49, Jacksonville, FL	1:12:34	14:31
83	199	18	Rita Lamach, 48, Jacksonville, FL	1:13:22	14:40
105	201	19	Beth Arnold, 49, Jacksonville, FL	1:21:30	16:18

Women 50 - 54

470	15	1	Holly Turner, 52, Orange Park, FL	36:22	7:16
88	20	2	Maggie Miller, 53, Bradenton, FL	37:27	7:29
38	24	3	Ann Krause, 50, Jacksonville, FL	38:27	7:41
416	31	4	Gail Pylipow, 51, Orange Park, FL	39:38	7:56
39	41	5	Bonita Golden, 52, Jacksonville, FL	40:39	8:08
539	59	6	Mary Helen Cauthen, 54, OP, FL	43:06	8:37
206	71	7	Suzan Schumacher, 54, Jax, FL	44:08	8:49
532	73	8	Kimberly Lundy, 50, Orange Park, FL	44:20	8:52
184	75	9	Susan Worthington, 52, Starke, FL	44:30	8:54
91	85	10	Susan Roche, 52, Jacksonville, FL	46:02	9:12
294	100	11	Debbie Adams, 51, Orange Park, FL	48:13	9:38
484	102	12	Kimberly Pearce, 50, Jacksonville, FL	48:19	9:40
125	103	13	Cathy Haga, 52, Jacksonville, FL	48:25	9:41
447	119	14	Sarah Harrison, 51, GCS FL	51:12	10:14
574	133	15	Susan Thibodeaux, 50, Middleburg, FL	53:43	10:44
446	138	16	Debra Denman, 53, GCS, FL	54:09	10:50
70	148	17	Mary Conely, 53, Jacksonville, FL	54:36	10:55
35	157	18	Rita Fullerton, 52, San Mateo, FL	55:52	11:10
47	164	19	Shirley Henkel, 53, St Augustine, FL	56:44	11:21
299	174	20	Dorothy Derosa, 54, Jacksonville, FL	1:00:09	12:02
316	176	21	Cynthia Sorensen, 51, Jacksonville, FL	1:01:05	12:13
576	182	22	Anastassia Littlefield, 50, OP, FL	1:02:00	12:24

Women 55 - 59

228	33	1	Sharon Lucie, 57, Jacksonville, FL	39:52	7:58
296	64	2	Barb Ebers, 59, Jacksonville, FL	43:42	8:44
421	81	3	Donna Rettini, 56, Jacksonville, FL	45:41	9:08
197	114	4	Pat Noonan, 59, Orange Park, FL	50:33	10:06
134	192	5	Renota McVay, 55, Jacksonville, FL	1:05:56	13:11

Women 60 - 64

245	121	1	Susan Gostage, 62, Jacksonville, FL	51:40	10:20
23	189	2	Maureen Weiler, 60, Jacksonville, FL	1:04:39	12:56

Women 65 - 69

22	16	1	Elfrieda Wyner, 65, St Augustine, FL	36:37	7:19
302	94	2	Susan Wallace, 66, Atlantic Bch, FL	47:24	9:29
559	123	3	Joy Schoenecker, 68, Honolulu, HI	51:46	10:21
261	159	4	Dolores Raffaelly, 67, Orange Park, FL	56:01	11:12
410	175	5	Elda Bell, 68, Orange Park, FL	1:00:49	12:10

For more color photos, please go to www.floridastriders.com

Race Results

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

31ST ANNUAL OKEFENOKEE SWAMP RUN 10K.
Laura S. Walker State Park, Waycross, GA
March 22, 2008

Steve O'Brien	43:20	
	Grandmasters Male	
Thom Henkel	46:10	1st A/G
Randy Pullo	48:55	1st A/G
Nancy Pullo	1:05:31	3rd A/G
Shirley Henkel	1:12:22	

CAPTAIN CHUCK CORNETT MEMORIAL NAVY RUN 10K
NAS Jax
April 5, 2008

John Metzgar	34:30	1st O/A
John Funk	40:05	2nd A/G
Stephen Beard	42:09	1st A/G
Raymond Ramos	43:45	1st A/G
Keith Poythress	43:46	3rd A/G
Paul Geiger	43:49	1st A/G
Robert Crampton	44:39	
George White	45:12	1st A/G
Steve O'Brien	45:23	
Denise Metzgar	46:23	
	Master Female	
Bob Boyd	46:23	
Paul Smith	46:29	1st A/G
Holly Turner	47:13	
	Grand Masters Female	
Rexx Weir	47:15	
Bill Dunn	47:22	3rd A/G
Thom Henkel	47:31	2nd A/G
Stephanie Griffith	48:01	1st A/G
Bonnie Brooks	48:22	1st A/G
Michael Fitzsimmons	48:45	3rd A/G
Danny Cole	49:19	
John Hirsch	50:27	
Mike Haga	51:37	
Sharon Lucie	52:09	1st A/G
John Bowsman	52:49	3rd A/G
Paul Berna	53:15	
David Kelley	53:25	
James Vavrina	53:33	
Kimberly Lundy	53:49	3rd A/G
Carrie Imrich	54:51	
Gayla Poythress	55:12	
Chelle Mahaney	55:24	
Kevin Terry	56:01	
Scott Olivolo	57:05	
Melinda Terry	57:37	
Denise Dailey	58:46	
jd Smith	59:23	
Cathy Haga	1:01:22	
Pat Gallagher	1:01:27	1st A/G
Patricia Czarnecki	1:02:14	
Laurie Ricciardi	1:03:24	
Stephanie Lundy	1:04:17	3rd A/G
Susan Gostage	1:07:01	1st A/G
Freddy Fillingham	1:08:27	2nd A/G
Lesley Jones	1:09:02	
Kay Womack	1:11:34	
Kim Anthony	1:11:34	
Shirley Henkel	1:12:56	
Patt McEvers	1:13:06	
Chuck Griffith	1:16:49	
Michelle	1:21:38	
Shannen Crampton	1:45:22	

RUNNING THE BLUES 5K
Jax Beach
April 5, 2008

Kristie Matherne	23:22	3rd A/G
Maria Littlejohn	23:32	1st A/G
Gil Flores	25:20	1st A/G
Al Saffer	30:26:	1st A/G

CATFISH FESTIVAL 5K
Crescent City
April 5, 2008

John Wisker	17:51	1st A/G
Jerry Hiatt	31:48	
Donna Hiatt	31:47	2nd A/G
Jack Stanley	38:11	1st A/G

ANY WAY YOU CAN 5K
Oak Leaf Village
April 19, 2008

Robert Crampton	20:15	
George White	21:15	2nd A/G
Alex Abate	22:16	1st A/G
Rebekah Wild	22:31	3rd A/G
Ann Krouse	22:34	1st A/G
Callee Davenport	23:53	
Tracey Pfuntner	24:12	1st A/G
Pamela Miller	27:34	3rd A/G
Bernie Powers	29:41	3rd A/G
	1st race as a Strider	
Freddy Fillingham	30:14	3rd A/G
Al Saffer	31:29	
Bill Krouse	35:25	
Shannen Crampton	54:12	
Emilee Bush	1:12:35	
Eric Bush	1:12:36	

BOSTON MARATHON
April 21, 2008

Mark Woods	3:03:37
David Bonnette	3:15:36
Kim Crist	3:50:11
Kim Hoyt	3:51:36
Hernando DeSoto	4:06:37
Carol Fitzsimmons	4:09:44
Paul Smith	4:17:36
Danny Weaver	4:26:32

PREZ SEZ

Continued from page 2

ily. I believe that this is happening already. We will continue to try new ideas. We will focus on improving the areas that we feel have been neglected or stagnated. We will work hard to make sure that our community and all of North Florida know who to come to when they want a positive, generous group of runners to help them get their start or teach them how to train and achieve their goals. We will also, like we always have, continue to insure that every one of them are welcome and understand just how much their contributions to the Striders means every time they pitch in.

There is no such thing as an ordinary person. I am always impressed with people that come out to a new class, a group run, or the track that take that first step to go and meet a bunch of strangers in an attempt to change their lives or meet new people. I have met countless people while working with the Striders and they have always impressed me with their abilities, their generosity, and their spirit. If I never had this conversation with you and you are reading this article then maybe you and I just have not met yet. I am sure that I would say the same thing about you.

I believe that growth will come from some of our ideas, but I also believe that we will attract more and more runners just by our nature. Keep up the good work and continue to enjoy yourselves in the process!

See you on the road

MINUTES

Continued from page 2

that her committee met last week and reviewed the scholarship applications. The committee consists of herself, Kelly Howard, Mike Ford and Sharon Pentaleri. She gave the board the names of the winners which were: Laura Steel from Episcopal High School, Alexandra Heuertz from Bishop Kenny High School and Mark Heh from Palatka High School. There were each awarded scholarships of $1000. Each recipient had a GPA of 4.0 or above and was either captain or co-captain of their track and/or cross country teams. There were 12 applicants which were all very high quality individuals that came from numerous local areas. Kim mentioned their essays and photos will go in the Strideright. John Steinburg asked if we will have a Strider representative to award these scholarships in person. Kim stated that they were making plans to do just that. Mike Mayse asked if maybe we wanted to increase the amount of our scholarships, considering how expensive college is for these youth. Dave Bokros stated that we should probably wait until we see how the economy affects the Strider bottom line when the annual report comes out. John Metzgar mentioned that maybe we should give additional scholarships instead of increasing the amount of the ones we have. Kim suggested we might want to add additional scholarships from some of the elite running camps next year as a benefit to encourage talented runners. This idea met with some agreement but was postponed for discussion till next year. Kay Womack made a motion that we approve the award of the three $1000 scholarships recommended by the committee, seconded by Mary Ann. It was passed unanimously.

Confirmation of Prospective Board Members: Mike Mayse reviewed the nominee list of returning members as well as the new ones. Glenn asked if there is a requirement for a larger number of board members, and Dave responded that our by-laws have a cap of 20. He further stated that it is difficult to find that many people willing to serve regularly but he would gladly add more if there were other people who are interested.

Kids Camp Update: Vicky Connell let the board know that there has been a lot of interest in the camp. She is still looking for volunteers to help the week of the camp, especially people to be ability group leaders for the run portion each day. She stated she particularly needs faster runners to be leaders for the High School students. There are a few classes that still need instructors as well. John Metzgar and John Steinburg both volunteered to teach some of the classes. Other board members said they would help recruit volunteers to run.

Socials: Glenn stated he needs at least one more person to cook at the Strider picnic coming up this month. Dave volunteered to bring a grill. Glenn also stated that the Xterra Run at Hanna Park on July 26th would require a recon so he can reserve a pavilion area. Glenn mentioned that the Outback Crabshack lunch would be moved from July to June. Glenn talked a bit about the September dinner for the Strider 30th Anniversary where we recognize our sponsors and have a slide show of Strider history. Dave stated he thought we need a committee to work on this. Mike Mayse mentioned that John Powers would be a good person to include on this committee. Dave stated we should try to have details nailed down by June. Mike Mayse volunteered to look into the Hill Top restaurant as a possible venue.

General Discussion:

Mike Mayse mentioned that everything we see at the Race this weekend should have "floridastriders.com" on it and to let him know if it doesn't.

Kim Lundy stated that the Hershey Games are coming up May 10th. She said that she will be doing refreshments and could use assistance if anyone was willing. It starts at 8:00 a.m., and volunteers should be there no later than 7:15 a.m. For anyone unfamiliar with the games, it's for 9-14 year olds, held at Orange Park High School. Bob Boyd and Kim Ericson are running this program.

Keith said he should have new Strider shirts this week with the new logo, to include technical shirts. He said he will also have hats and visors. Keith also stated he will be asking for requests from anyone who wants a shirt with the 30th Anniversary Logo, and after that it will be retired. Denise Metzgar asked what color the new shirts are, and Keith said they are initially white only.

Mike Ford stated that the website looks great. He also thanked Dave for running our new timing system at the Clay County Junior High Track meet. It was an opportunity to give the timing system a trial workout. Mike also mentioned that there is a 5K race on April 19th called "Any Which Way You Can". The Oakleaf Run/Walk club will be the recipient of the profits.

Mary Ann said the NE Florida Grand Slam has not been completely finalized, but an information sheet is out to give the date and time. The flyer will be completed by Friday. She said they have a need for about 30 volunteers. She will probably get some from the Health Department and from Duval County in addition to the Striders. The School Board Health Advisory Committee (SHAC) meeting for Duval County schools meets on April 16th. Bob and Vanessa Boyd will attend to explain how a Run/Walk program is organized and how the Striders contribute with grants to get them started, as well as t-shirts and tokens for motivational items. They will also give them info on the Hershey Games Track Meet and the Youth Running Camp. Mary Ann, Bob and Vanessa have previously attended meetings for the Clay County SHAC. Mary Ann will also attend a meeting of all the Clay County Principals to explain as well. She already has two schools who have committed to the program. Mary Ann and Bob Boyd are also working on a Saucony Grant for Children's Running.

John Steinburg asked if people have to be Strider members to volunteer at the Youth Running Camp this summer. Dave Bokros replied that it wasn't necessary for volunteers to be members.

John Metzgar said farewell to the group since this is his last board meeting. Dave thanked John and Denise Metzgar for their dedicated work on the Strider Board.

There was a motion for adjournment and the meeting was adjourned at 8:26.

Respectfully submitted,
Vicky Connell

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		

Go to www.floridastriders.com 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 me 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.

The North Florida Grand Slam
1 Mile Fun Run & Walk

"Step up to Give Tobacco Use the Grand Slam"

Saturday, May 17th in front of the Baseball Grounds of Jacksonville

FREE EVENT & FUN RUN

Free Event for Entire Family!

- Registration begins @ 3PM
- Fun Run begins @ 4:30 PM
- Free T-shirts and tickets for the first 250 participants!
- Enjoy a Jacksonville Suns Baseball Game after the event!

Call Mary Ann Steinberg or Heather Sciartelli at the Clay Co. Health Department for more info: (904) 529-2800

STOMP OUT TOBACCO

CLAY COUNTY HEALTH DEPARTMENT

FLORIDA STRIDERS TRACK CLUB SETTING THE PACE

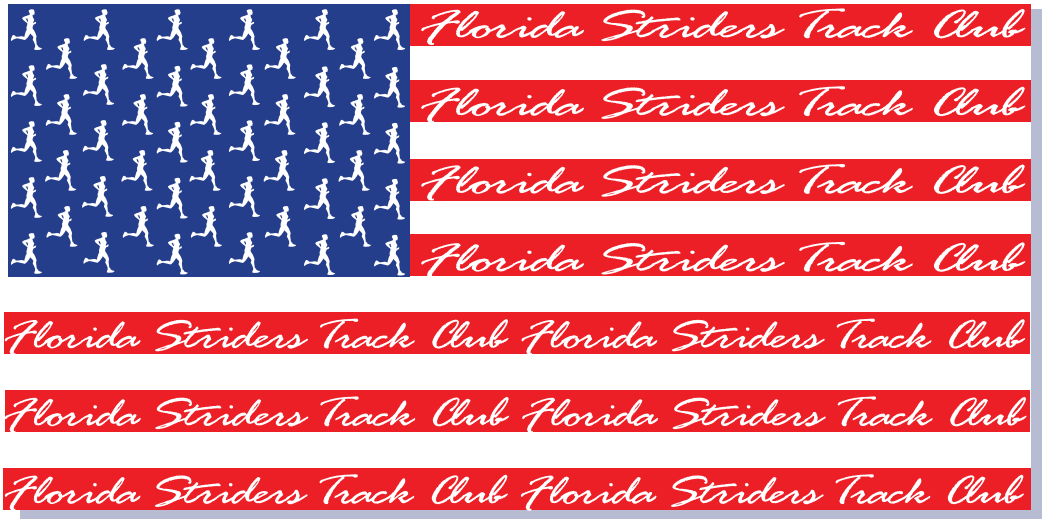
The North Florida Grand Slam Fun Run Entry Form

First Name **Last Name** **Age**

School Name

I am voluntarily participating in the North Florida Grand Slam. This is an event that will occur on public thoroughfares. I understand that there are certain risks inherent in this type of activity, including but not limited to unknown hazards along the route, traffic hazards, slip/trip/fall, and contact with other participants, weather conditions, and the conditions of the road/surface and the possible hazards of physical activity due to unknown medical conditions. By signing this statement, I am acknowledging that I understand that I should consult with a physician prior to engaging in any physical activity. I also acknowledge that I have chosen to engage in this event with its inherent risks and accept the liability for such risks attendant to this activity. I also acknowledge that by signing this statement I give my consent to release the use of any images of me obtained during the event to be used in any publication or news release promoting or reporting this event. If I am an employee of the Department of Health I am also acknowledging by signing this statement that I have not been required to participate and that I am voluntarily accepting participation in this activity as part of my normal job responsibilities. 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), Clay County Health Department (CCHD), Road Runners Club of America (RRCA), the City of Jacksonville 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 period. 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 _____



Memorial Day 5k

May 26, 2008

Course begins and ends at Spring Park in Green Cove Springs, FL

5K 8:00 AM • 1 Mile Fun Run 9:00AM • Awards Ceremony 9:30 AM

Entry Received By	Striders/Military	Other
May 18, 2008	$12	$14
May 18-24, 2008	$15	$17
Day of Race	$20	$20

Sorry, no refunds!

Make checks payable to:
Memorial Day 5K
Mail to:
Memorial Day 5K
3931 Baymeadows Road,
Jacksonville, FL 32217

USATF Certified Course
#FL-02022DL

You can also register online at active.com
There is a $3 charge for online registration.

AWARDS

Awards will be given to Top 3 overall male and female, Top Master's male and female, First Green Cove Springs Residents male and female, Top Grandmaster's male and female. Awards will also be given to the top three male and female 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, & 75-79. The awards ceremony will be held at Spring Park 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 Friday May 23 and Saturday, May 24. Packets will also be available at the starting line beginning at 6:30 AM on the day of the race.

384-0053 BLUE RIDGE WATER COMPANY 810-5009
BLUE RIDGE Water Company, Inc.
WJXT the local station
CITY OF GREEN COVE SPRINGS EST. 1874 FLORIDA
Ronnies Wings & Oyster Bar Green Cove Springs, Florida
RRCA
JACKSONVILLE GRAND PRIX
BW | BODY WISE® for every body · every day

Race Hotline: 904-545-4538 or www.floridastriders.com

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

Strider Running Camp Coming This Summer!

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 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.

May 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/rrcacal.htm

DATE	EVENT	TIME	LOCATION	CONTACT
May 3	14th Annual Shrimp Festival 5K	8:00 a.m.	Fernandina Beach	(904) 261.1080 McAuthur 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 10	RITA Cash 5K	8:00 a.m.	Seven Bridges Restaurant 9735 Gate Parkway Jax	(904) 731-1900 First Place Sports
May 17	Pura Vida 5k	8:00 a.m.	Trails Shopping Center 220 North Nova Rd. Ormond Beach	(386) 871-8392 Christian Surfers
May 26	Memorial Day 5K	8:00 a.m.	Spring Park, Green Cove Springs	Florida Striders Track Club
May 30	33rd Annual Mile Festival	7:00 p.m.	Bolles School 7400 San Jose Blvd. Jax	(904) 388-7860 JTC Running
June 7	Neighborhoods of World Golf Village 5K	8:00 a.m.	World Golf Village St. Augustine	(904) 731-1900 First Place Sports
June 14	Mizuno Jacksonville Championship 5K Invitational Race	7:30 p.m.	Jacksonville Landing Jax	(904) 731-1900 First Place Sports
June 14	OE&S Run for the Pies 5K	8:00 p.m.	Jacksonville Landing Jax	(904) 731-1900 First Place Sports

The Back Page

BY MIKE MARINO

What a busy month for Striders. We've had the **Run to the Sun**, the annual picnic, and training too, of course. And it's getting a little warmer as well, adding degrees of difficulty to all of this. But nonetheless, train, do our club things and race we must…so on to the results.

The local races got started with the **Captain Chuck Cornett Memorial Navy Run 10K** on April 5th at NAS Jax. **John** and **Denise Metzgar** led the Strider charge, with John winning the race in 34:30 and Denise winning the Masters Female division in 46:23. **Holly Turner** also turned in an overall win by winning the Grandmasters Female division. And those 60-64 year old Strider men were at it again, sweeping the top three places in their age group with **George White, Thom Henkel**, and **John Bowsman** pulling off the feat. Running straight and tall to 1st place age group finishes were **Stephen Beard, Raymond Ramos, Paul Geiger, Paul Smith, Stephanie Griffith, Bonnie Brooks, Sharon Lucie, Pat Gallagher**, and **Susan Gostage**. Powering to 2nd place age group finishes were **John Funk** and **Freddy Fillingham**, and refusing to leave the base without an award were **Keith Poythress, Bill Dunn, Michael Fitzsimmons, Kimberly Lundy, and Stephanie Lundy**, all of whom placed 3rd in their respective age groups. Also of note, **Shannen Crampton** refused to let a little thing, or more specifically, her yet to be born baby boy, stop her from being in the race, as she completed the 10K course despite being seven months pregnant.

Also on April 5th was the **Running the Blues 5K Beach Run** at Jax Beach. Only four Striders took part, and all took home awards. **Kristie Matherne** was our fastest Strider with a sweet, smooth 23:22 and a 3rd place age group finish. **Maria Littlejohn, Gil Flores** and **Al Saffer** made sure all others in their age groups felt the blues, as they all won their age groups.

Now for our race, the **Run to the Sun 8K** in Orange Park, held on April 12th. Strider men dominated the race, with **Justin Jacobs** winning the race in a time of 26:05, **John Metzgar** taking 2nd overall and **John Steinberg** taking the 3rd overall spot. Strider men owned the "advanced in age" categories as well, with **John Wisker** winning the Masters division and **Bill Phillips** outpacing all others in the Grandmasters division. And for good measure, the 60-64 year old men swept the category again thanks to **Bruce Holmes, Bernie Candy** and **George White**. In age group championship form were **Terry Sikes, Paul Geiger, Paul Smith** (with a PR by 45 seconds), **Micayla Costa, Holly Turner, Sharon Lucie, Susan Gostage, Elfrieda Wyner**, and our fastest female Strider, **Regina Taylor** (34:50). Eight Striders were the runner-ups in their age group, which included: **Scott Olivolo, David Bonnette, Bill Dunn, Susan Wallace, Pat Gallagher, Barb Ebers, Vicky Connell**, and **Al Saffer**. Rounding out the winning ways with 3rd place age group efforts were **Cody Wolfenbarger** (age 10), **Adam Maveety, Craig Harms, Benjamin Holland, Susan Harms, Katie Maveety, Rebekah Wild**, and **Joe Connelly**. Also putting forth impressive efforts were **Pamela Miller, Mike Martinez** and **Raymond Ramos**, all of whom ran PRs, and **Shannen Crampton** – yeah, she finished another race while being seven months pregnant.

Wrapping up the local races this month was the **Any Way You Can 5K** at Oak Leaf Village on April 19th. The theme here was to somehow, someway, get to the finish line, whether by running, walking or rolling. With that being the theme, I'll start at the bottom and work my way up. Anchoring the Strider effort were 5-year-old **Emilee Bush** and her daddy **Eric Bush**, who covered the 3.1 miles in 1:12:35 (officially, dad was one second behind). The mom to be, **Shannen Crampton**, found her way to the finish line with "baby on board" again. Running to 3rd place age group prizes were **Freddy Fillingham, Pamela Miller, Rebekah Wild** (fastest female – 22:31), and **Bernie Powers**, who was running his first race as a Strider (welcome to club Bernie). **George White** was the runner-up in his age group, and winning their age groups were **Alex Abate** (age 12), **Ann Krouse** and **Tracey Pfuntner**. And leading all Striders was **Robert Crampton** with a time of 20:15.

Striders – They're Everywhere!!

We start our travels in Waycross, Georgia with the **31st Annual Okenfenokee Swamp Run 10K**, which was held on March 22nd in Laura S. Walker

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SCHOLARSHIPS

Continued from page 5

strength as well as my weaknesses. I have had the amazing opportunity to be a member of a team that has grown in spirit and success over the past five years, and that inspires me on a daily basis. Running has taught me to be a leader as well as a follower, and I know that leaving this team will be one of the hardest parts of going away to college. My teammates and my coaches are some of my best friends. I never feel more at home then when I am with them and will forever be in debt for the lessons they have taught me and the motivation they have given me.

Yes, running has become my "thing" in high school. Yes, it is probably one of the first things that pops into people's minds when they think of me. And yes, it will be cool in twenty years to show my children my gold medals and trophies from my high school days, but this sport has given me so much more than that. Running has taught me about faith, determination, discipline, about taking risks, and about having fun. I know that it has influenced who I am and hope it will be a part of my life well into my adult years as I cannot imagine what things would be like without it.

The Back Page

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State Park. Five Striders made the trip and were led by **Steve O'Brien**, who turned in a 43:20 on his was to winning the Grandmasters division. **Thom Henkel** and Randy Pullo won their age groups, **Nancy Pullo** posted a 3rd place age group finish, and **Shirley Henkel** was along for the fun as well.

On April 5th was the **Catfish Festival 5K** in Cresent City, Florida. **John Wisker** led all Striders with a 17:51 and age group win. **Jack Stanley** also won his age group and **Jerry and Donna Hiatt** covered the course together, which was good enough to earn Donna 2nd place in her age group.

And wrapping up our out of town races is one of the biggest of all, the **Boston Marathon,** held on April 21st. **Mark Woods** led all Striders with a very impressive 3:03:37. Leading all female Striders was **Kim Crist**, who ran a 3:50:11. Also up to the challenge of completing this very difficult, hilly course were **David Bonnette, Kim Hoyt, Hernando DeSoto, Carol Fitzsimmons, Paul Smith** and **Danny Weaver**. Congrats to all of you for qualifying for and completing this race.

Tidbits and stuff I missed

A couple of misses, and to one of our most prized members, the keeper of the Strider Man, **Al Saffer**. Sorry Al, don't know how it happened. Al took 2nd in his age group in the **Ortega River Run** and won his age group at the **St. Patty's Day 10K**. Again, sorry for missing those Al. As for a tidbit, **Joe Connelly** ran his 893rd race at the Run to the Sun this month. Seven more to 900. Lets hope the Jacksonville running community can come up with something special for when Joe crosses the finish line for the 900th time.

Award

Yes, there is an award this month! Awards in the past have gone out for great racing, altruistic acts, and just plain silliness (no, there isn't any real criteria here). But this month, someone has really stepped up, and this award is all about effort. While I haven't seen the efforts for myself, I'd have to guess from her comments on the Strider Man that this month's award winner is doing races with a smile, and perhaps even a glow, on her face. And if that last line didn't give it away, then DUH, this month's award winner is **Shannen Crampton** and she is the winner of the Racing with Child Award. Seven months pregnant and still showing up to and finishing races – simply amazing! Well done Shannen! And, of course, with the award, you are hereby entitled to…a nice smug feeling. Enjoy it Shannen. Yes, sometime between the kicks in your belly, back pain and shortness of breath; enjoy the smugness for what is clearly a well-earned award.

Keep up all the great racing folks and remember to write your results on the Strider Man clipboard at the local races. Send the out of town races with details too. And 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/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

FLORIDA STRIDERS TRACK CLUB
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Orange Park, FL 32067-0413

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