

Florida Striders Host the District Hershey Games – May 10, 2008

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By Bob Boyd • Photos by Vanessa Boyd

The Hershey Games District Meet is behind us now, but a lot of children are left with good memories, experiences, and a lot of awards of which they are rightfully proud. The Hershey Games provide two field events (softball throw & standing long jump (SLJ)) and a myriad of track events for children between the ages of 9 to 14. The 1st and 2nd place winners in each event for their age group at our district meet are eligible to compete in the State Hershey Meet. In addition to the 1st – 6th place award ribbons provided by Sigma Marketing, the Florida Striders provided T-shirts to the 1st & 2nd place finishers in each event, which they can wear to the State Meet or just to show off a bit. The complete results and photos from

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UPCOMING SOCIALS


JUNE 22 • 1 PM

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: A family picnic after the Xterra 5K Trail run on **Saturday, July 26th.** Details are still being worked out.

August: Picnic at Camp Blanding over the weekend of **August 23-24.**

September: Founders Banquet, in commemoration of the 30 years of the Florida Striders. More details to come! 

Prez Sez

By Dave Bokros



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

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

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

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Board of Directors' Minutes

5/13/2008

The meeting was called to order by Dave Bokros at 7:10 p.m. Directors present were Dave Bokros, Vicky Connell, Janis Dolemba, Mike Ford, Glenn Hanna, Kellie Howard, Keith Poythress, Mike Mayse, Regina Taylor, Regina Sooeey, John Steinberg, Mary Ann Steinberg, James Vavrina, and Kay Womack.

Welcome to New Board of Directors: Dave welcomed all the new board members and encouraged them to offer their opinions on topics of discussion.

Nomination of Club Officers: Mike Mayse presented the nominations for officers as follows: President - Dave Bokros; Vice President - Kellie Howard; Secretary - Vicky Connell; Treasurer - Janis Dolemba. Mike made a motion to accept these individuals, seconded by Keith Poythress. The motion was passed unanimously.

Minutes: There were no changes to the April minutes. Vicky explained to the new board members that after each board meeting, she will send out a draft version of the minutes to everyone. She asked that each member review them carefully and let her know if any corrections need to be made. She will wait about a week for corrections and then send the final version to all board members and to be printed in the Strideright.

Treasurer's Report: Janis Dolemba reviewed the Treasurer's report, noting that the Hog Jog and River Road Resolution accounts were now closed out. Keith Poythress asked about the CD which was coming due this month. Kay Womack moved that Janis find the best CD rate available and roll it over. It was seconded by Kellie Howard and passed unanimously.

Proposed Memorial Day 5K Budget: Dave reviewed the Memorial Day 5K budget, pointing out that Garber Auto is not a sponsor this time because they need to get notice by December. He also pointed out that 6 extra portalets have been added, and more t-shirts ordered to accommodate a higher attendance. He is using 18% as the estimated additional attendance. A new sponsor this year is BodyWise International with a contribution \$1250, which was split between the four race directors. This is a vitamin supplement company out of California. Mike Mayse stated he is replacing the posters with glass signs for the race.

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2008-2009 Board of Directors & Key Members

(Board Members marked with an *)

President/Memorial Day 5K Director:

*Dave Bokros(C) 545-4538
email: DBokros@comcast.net

Vice President and Scholarship Coordinator

*Kellie Howard(H) 732-7377
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Membership Coordinator/Newsletter

Circulation Coordinator/Equipment

Coordinator:

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Mike Marino.....(H) 477-8631
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Social Coordinator/Quarterly Meeting

Speaker Coordinator:

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

Run to the Sun Director/Assistant Social

Coordinators:

*Kay Womack.....(C) 718-4210
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Directors at Large:

*Randy Arend(H) 272-3861
arendrr@aol.com

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Stan Scarlett(H) 994-2687
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RRCA Southern Region Director:

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River Road Resolution Run 5K

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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.

Fiftieth Running Anniversary

Who could have guessed it? In the spring of 1958, Glenn McElwee, a 7th grade English teacher and basketball coach, introduced about

125 kids to the sport of track and field. For two weeks, he held clinics and time-trials for the various events. Then—the Seventh Grade Olympics!

I won a blue ribbon on the 4 x 220 yard relay team, placed fourth in the high jump, and—still one of the big disappointments of my athletics life—sixth in the 440 yard run. (In time trials, I had placed no worse than third and actually thought I could win.)

It was a start. And here I am, fifty track seasons later, still at it. Still enthusiastic. Still eager to share the message with anyone who is interested.

There have been some years without races on the cinders (or paved or rubberized tracks). And, like many inherently slow trackmen, I have pursued challenges on the roads, trails, and highways.

Before leaving high school, I was a coach, of sorts. “You other distance men just follow Birmingham,” Coach Maple said. “He knows what he’s doing.”

I didn’t know much then and just a little more now. Somehow, the passion still rises up from within for my own, and other people’s, running. And like the rat in the box that only gets rewarded intermittently, I stubbornly persist.

Please indulge me, then, in a little journey through some highlights of five decades of running and coaching memories.

- 1959 First win, 880 yard run, 8th grade.
- 1959 Won varsity letter in track, 9th grade.
- 1963 Won Conference championships, mile and 880.
- 1964 Ran first road race (4 miles, Columbus, OH)
- 1965 Joined Ohio Valley Track Club in Cincinnati, ran first cross country race.
- 1966 Ran first marathon, Heart of America, Columbia, MO
- 1967 PRs in mile, 880, 3-mile. Competed in NAIA championships, steeplechase. Ran Pikes Peak for first time; first 50-mile training run
- 1968 First Boston Marathon
- 1969 First full-time teaching/coaching position, Kenton, OH
- 1973 Moved to Florida
- 1975 Ran Grand Canyon on 30th birthday
- 1976 First New York City Marathon; competed in AAU national marathon
- 1977 First attempt to run across America
- 1978 Marathon PR, Boston; started coaching at Episcopal High School
- 1980 Los Angeles to New York City run
- 1981 Death Valley to Mt. Whitney
- 1982 Ft. Kent, Maine to Key West, FL run; Florida girls CC Coach of the Year
- 1985 Ran Grand Canyon on 40th birthday
- 1991 Graduate school and coaching assistant, Adams State, CO

WIDE WORLD OF RUNNING By Jay Birmingham


- 1992 National masters 2nd in steeplechase
- 1994 Started coaching at Dana College, NE
- 1995 Ran Grand Canyon on 50th birthday
- 1996 NAIA National men’s cross country coach of the year
- 2004 BadwaterUltra, Death Valley, PR by 9 hours, 44 minutes; Started teaching and coaching at St. Johns Country Day School
- 2005 Ran/walked Grand Canyon on 60th birthday
- 2008 Selected to compete at BadwaterUltra, July 14-16

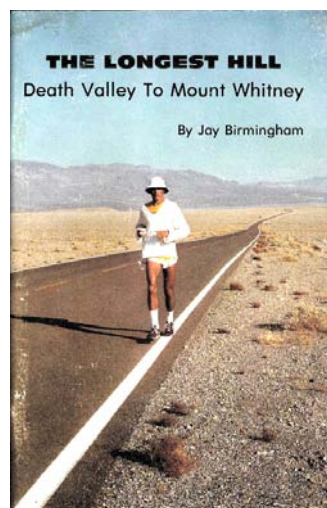
Running is its own reward. As my slow-twitch endowed legs get ever slower, the joy of training surpasses the excitement of competing. Personal records are far apart. The only PR I can count on now, is to get out and log another mile.

The sights, sounds, and smells of running are more appreciated than ever in my youth. Once, I could keep pace with the occasional rabbit; now, I enjoy closing the gap on an armadillo. Does honeysuckle smell sweeter when it takes longer to run past it?

Will I reach 60 years of running? Perhaps I can avoid the career-ending injuries that have befallen dozens of my comrades.

From my perspective as a lifer, every mile has been worthwhile; and it will be worthwhile to keep on my feet as long as I can.

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



Editors Note: For additional information about Jay’s 1981 record and journey from Death Valley to Mount Whitney or to view cool photos from Jay’s book, The Longest Hill, please check out <http://www.badwater.com/stories/1981/index.html>.



HERSHEY GAMES

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the event can be found on our website, www.FloridaStriders.com. Special awards were also made to the Most Outstanding Performer in each age group and these individuals are listed below. A special thanks to Ken Remson for taking all those great photos and Vanessa Boyd and Kristen Hughes for putting them on the website. With such a well-organized, high quality meet available at no cost to our young athletes we hope to continue to grow attendance in years to come. We had 115 pre-registered athletes. This

is just below the record of last year, when the State Hershey Meet was in Gainesville, rather than Miami, as it is this year. The meet moved very smoothly on Saturday, May 10th, finishing about 2 hours earlier than the year before, an amazing improvement and what I would consider a "PR" performance. Fun, Fast, & Fair was the plan for this year and we nailed it with the help of an excellent all-volunteer team. All of our volunteers are listed below but I want to mention several of our coordinators. Kim Hoyt not only worked with me through the event planning, but served as Clerk of the Meet and organized a

Continued on next page



Volunteers

Elder Bonham
Elder Albertson
Elder Roberts
Elder Webster
Elder Pinto
Elder Chapman
Dave Bokros
Bob Boyd
Vanessa Boyd
Debbie Adams
Chelsey Clark
Celita Cole
Vicky Connell
Christy D'Andrea
Samantha Delp
Erica Fitzgerald
Karen Fleming
Mike Ford
Shannon Gibson
Glenn Hanna
Kim Hoyt
Lesley Jones
Tiffany Jones
Vince Justice
Brandon Lundin
Kim Lundy
Carol MacDougall
Katie Maffeo
David May
James May
Mitch Morrell
Ashley Newsome
Cathy Rangeo
Ken Remson
Chris Rohr
Yesenia Rodriguez
Jeb Stewart
Mikayla Stoner
Kaitlyn Stout
Taylor Tate
Javon Thomas
Derus Thompson
Eddie Valdes
Joshua Walker
Alyssa Wheele
Faleasha Wilson

HERSHEY GAMES

Continued from page 5

great group of Orange Park High School volunteers. Carol MacDougall handled all of the pre-registration, with Katie Maffeo's assistance). Kim Lundy raised the quality bar and comfort level for many by providing a Florida Strider refreshment concession stand for the meet. Mike Ford was the standing long jump event coordinator, started all the track events, and provided much of

the equipment. James May coordinated the softball throw event, also provided equipment, volunteers from his church, and coordination with the Hershey National organization. Cathy Rangeo did a great job handling announcements for our meet and NCAA Hurdle Champion, Josh Walker, presented the awards to our young athletes. Dave Bokros coordinated the track event timing. Glenn Hanna and Vicky Connell, coordinated Long Jump & Softball throw events in addition to

other duties that morning. We wish to especially thank Orange Park High School for the use of their fine facility. I have the nagging feeling that I have overlooked one or more of the contributors that made the 2008 Hershey Games a big success so please accept my apologies in advance. All of our volunteers, sponsors, and the Florida Striders in particular should feel very good about helping make a positive difference in the lives of the children in our community. ■■



Most Outstanding Performer By Age Group Awards to:

9-10 Girls - Ann Marie Ortega, Fleming Island Elementary (1st in 50, 100, and SLJ with meet records in 50 and 100)

9-10 Boys - Jeremy Beaulieu, Lake Asbury Elementary (1st in 50, 100, and SLJ)

11-12 Girls - Antonia Marshall, Tynes Elementary (1st in 200 and 400, 2nd in SLJ)

11-12 Boys - Ronald Jackson, Patterson Elementary (1st in 200 and softball throw, 2nd in 100)

13-14 Girls - Breandra Bellamy, Middleburg Elementary (1st in 100 and 200 with meet records in both, 2nd in SLJ)

13-14 Boys - Aaron Armstrong, Oakleaf School (1st in 100, 200, and SLJ with meet record in SLJ)

Running Class Graduates!

By Bob Boyd

It is hard to believe that 10 weeks of class have already flown by (I am writing this on Saturday, May 24th). Our bodacious class celebration picnic is just over and the Memorial Day 5K graduation race is imminent. It was literally my pleasure to award class T-shirts at the party. We were able to upgrade to technical wicking shirts this class and, thanks to Tori Connell who designed the logo, they are extremely good looking as well. I am going to share the names of our athletes and our all-volunteer team of group leaders, speakers, and support team again, as our group has expanded since the first article at the beginning of class. The fine group of volunteers listed below gave generously of their time and talent to make the class not only possible, but a success. I am proud of all of our athletes for their good work, both in class and on their own, who have made running a regular part of their lives. There is no lack of time challenges in our busy world, but I do want to make special note of those athletes who found a way to attend 70% or more of the classes, noted with an asterisk beside their names below. For those who managed to achieve 100% attendance a double asterisk is noted by their names. I have always found runners to be a great group of people. The athletes who have attended our class not only resemble that remark, they make a wonderful addition to the Florida Striders, already an awesome group.

I am inspired by our athletes, many of whom will be in their first races on Memorial Day. For those who have raced before, I suspect we will see more than a few PR's out there. Our athletes have put in the work to improve their conditioning and it shows. I hope to see them all continue to come out to our Wednesday and weekend group runs for many, many years to come. I also wish to express again my deepest thanks to the wonderful team of group leaders, speakers, and support team who did such a wonderful job with our athletes each week. Special thanks are due to St. Johns Country Day School for the use of their fine track facility on Wednesday evenings and Ridgeview Elementary for hosting our class party, which you can see on our website at www.FloridaStriders.com. ■■

March – May 2008 Class Athletes

Lisa Adams *
Marie Allison
Dana Anderson
Isel Arias
Cyndi Arnold*
Kendall Arnold*
Suzanne Baker**
Lisa Brown
Ivy Bryan
Don Burke*
Karen Burke**
John Carroll
Ashley Carter
Diane Carter
John Carter
Bill Clark*
Shannon Clark*
Sarah Coffin**
Barbara Coleman 4
Laurie Creech
Shelley Cullison*
Darcy Daniel*
Elyn Denmark
Dorothy DeRosa*
Sheri Dickey
Stacey Dingman
Stacie Drawdy*
Bonnie Dubberly
Dennis Dubberly
Kitty Ferrell*
Scott Forrest*
Claire Gilbert**
Henry Gilbert*
Rachel Goodrich
Christine Goodson
Sarah Green
Jennifer Greenwood
Brandi Gunter
Dawn Guthrie*
Hannah Guthrie*
Peggy Haddle*
Kim Harrell**
Sarah Harrell**
Michele Hartley
Julie Hayes
Joe Hildebrand
Tahisha (TJ) Humes
Jim Hughes*
Alicia Hunter
Gabe Hunter
Nikki Hutcheson
Bill Johnson*
Amy Kennedy*
Debra Kernop*

Angie Knapp*
David Lineberry*
Clara Lowe
Kim Lowe
Lynsie Lowe
Isel Maldonado
Jana Manning*
Cassie Marquis*
Tony Martin
Haley Mason**
Lynda Massa*
Claire McCool
Lowry McCool
Melissa McCrosky**
Gina McGinn
Michele McGowan*
Jenna McNarny
Jenny McQuaid
April Mechler*
Carmela Middleton*
Charlotte Milligan
Sharon Mitchell*
Andrea Morrison*
Kim Morrison*
Audrey Myers**
Rachel Nieves*
Megan Paquette*
Cybel Perez
Zulma Perez

Sue Pillsbury
Erin Ralston**
Robert Ralston*
Cauly Redenius*
Chanda Rollins
Melissa Saunders*
Barbara Scott*
Dawn 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
Maryanne Yeomans

Group Leaders, Speakers, and Support Team

Debbie Adams
Kim Anthony
Jay Birmingham
Dave Bokros
Bob Boyd
Vanessa Boyd
Bernita Bush
Eric Bush
Tori Connell
Vicky Connell
Mark Lay
Maria Littlejohn
Kim Lundy
Sara Matukaitus
Katie Maveety
Sandra Maveety
Karen McCormick
Denise Metzgar
John Metzgar
Brandy Nelson

Keith Poythress
Michelle Ramos
Staci Suits
Heather Trubey
James Vavrina
Allen Weiss
Kay Womack

New, Renewing and Expiring Memberships

NEW MEMBERS

Alek Abate	5/31/09
Jason Arnold	5/31/09
Kathy Balek	5/31/09
Zach Bryant	5/31/09
Michael Evans	5/31/09
Wayne Holder	5/31/09
Jack Howdeshell	5/31/09
Jerry Hulshult	5/31/09
Stephen Kozakoff	5/31/09
Brandon Lunden	5/31/09
Sharon Medders	5/31/09
Michael Ryan	5/31/09
Robert Sroka	5/31/09
Pat Stack	5/31/09
Petika Tave	5/31/09
Aaron Watson	5/31/09
Charles Wrye	5/31/09

RENEWING MEMBERS

Debbie Adams	5/31/09
Richard & Jenny Allen	5/31/09
Dave Balz	5/31/09
Dylan Barbetti	5/31/09
David & Rebecca Brownell	5/31/09
Virginia & Gordon Butler	5/31/11
Luke Byrne	5/31/10
Sung Ho Choi	5/31/09
Tommy & Cathy Dobbs	5/31/09
Freddy Fillingham	5/31/11
John Gauer	5/31/11
Bonita Golden	5/31/09
Sherry Gonyon	5/31/09
Patrick Hargarten	5/31/10
Irene Herbertson	5/31/10
David Kelley	5/31/09
Lorri & Benjamin Howard	5/31/10
Benjamin Mathews	5/31/09
James & Denise May	5/31/09
Annalee McPhilomy	5/31/09
Dave Melton	5/31/09
Warner Millson	5/31/10
Patricia & Pete Noonan	5/31/09

Terry Oglesby	5/31/09
Barry & Harriet Panensky	5/31/09
Robert Shields	5/31/09
Danny & Jenny Suber	5/31/09
Philip Trast	11/30/09
Ana Wallace	5/31/09
Kaitlin Yaracs	5/31/09

MULTI-YEAR RENEWALS

Kimberly, Peter & Alexandra Hoyt	5/31/09
Matthew Acheson	5/31/09
Bradley Shepherd	5/31/09
Michael Putala	5/31/09
Frank & Lillian Sutman/Lawless	5/31/09
Robert & Karin Glenn	5/31/10
John & Sandra Bowsman	5/31/10
Warner Millson	5/31/10
Denise Stuart	5/31/10
Stephen Beard	5/31/10
Bernie Candy	5/31/10

EXPIRING MEMBERSHIPS

Stephanie Atkinson	4/30/08
Diane Banner	4/30/08
Joshua & Shana Boer	4/30/08
Garry Briggs	4/30/08
Patty Brisky	4/30/08
Pam Brisky	4/30/08
Leilia Brown	4/30/08
Sarah Calhoun	4/30/08
Kristin Carter	4/30/08
Diane Carter	4/30/08
E. Cook	4/30/08
Carla & Justin Cran	4/30/08
Amanda Crews	4/30/08
Amy Decker	4/30/08
Leslie & Cliff Doucette	4/30/08
Deb Dye	4/30/08
Billie Eason	4/30/08
Steve Edgell	4/30/08
Brian/Lisa Forester/Joca	4/30/08
Jane French	4/30/08

Nicole Galvan	4/30/08
Thomas & Jenny Gamble	4/30/08
Christy Gemmill	4/30/08
Franco Hall	4/30/08
Jerri & Ernie Hamm	4/30/08
Jacqueline Hardin	4/30/08
Mike & Kim Helinsky	4/30/08
Craig & Theresa Hollis	4/30/08
KimBerly James	4/30/08
Bill & Megan Kayser	4/30/08
Paul Kelley	4/30/08
Katherine Klemm	4/30/08
Rolanda Lamb	4/30/08
Janet LaVoie	4/30/08
Josh Linder	4/30/08
Thomas & Donna Lovelace	4/30/08
Sheri Malone	4/30/08
Michael & Linda Marcet	4/30/08
Cathy McCrary	4/30/08
Lisa Meadows	4/30/08
Jennifer Merante	4/30/08
David Michal	4/30/08
Kim Morrison	4/30/08
Kevin O'Brien	4/30/08
Donna Parish	4/30/08
Eugene & Watsie Petree	4/30/08
Valerie Petrosky	4/30/08
Evelyn Rowell	4/30/08
Sally Sawicki	4/30/08
Barbara Scott	4/30/08
Mary Louise Shannon	4/30/08
Marielle Slappe	4/30/08
Sunshine Smith	4/30/08
Ryan & Shelli Smith	4/30/08
Erica Smith	4/30/08
Joe & Rachel Spradling	4/30/08
Nicole Sullivan	4/30/08
Brenda Thomas	4/30/08
Rena Towsley	4/30/08
Heather Trubey	4/30/08
Mary Jane Waugh	4/30/08
Maureen Weiler	4/30/08
Allen Weiss	4/30/08
Carol Wright	4/30/08

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.



PHOTOS BY VANESSA BOYD



Memorial Day 5k

May 26, 2008

CLASS	ID#	PLACE	PLACE	FINISHER	TIME	PACE
Open Men						
1	1	1	M25	Justin Jacobs, 25, Jacksonville, FL	15:59	5:08
2	2	2	M45	John Metzgar, 45, Orange Park, FL	16:30	5:18
157	3	3	M14	Francisco Garcia, 18, Jacksonville, FL	16:45	5:23

Open Women						
7	1	1	W30	Michelle Krueger, 32, Jacksonville, FL	17:57	5:46
353	2	2	W30	Clair Domingo, 31, Jacksonville, FL	18:09	5:50
10	3	3	W25	Jo Shott, 28, Jacksonville, FL	19:31	6:17

Masters Men						
3	4	1	M45	John Steinberg, 48, Orange Park, FL	16:50	5:25

Masters Women						
664	5	1	W40	Kim Scurti, 40, Jacksonville, FL	19:58	6:25

Grand Masters Men						
320	16	1	M50	Jim Shields, 50, Jacksonville, FL	17:45	5:43

Grand Masters Women						
12	13	1	W50	Kathleen Kaye, 50, Jacksonville, FL	21:12	6:49

CLASS	ID#	PLACE	PLACE	FINISHER	TIME	PACE
Men 10 & Under						
692	111	1		Jack Roberts, 9, GCS, FL	23:08	7:27
430	194	2		Jp Ashton, 9, Atlantic Bch, FL	27:15	8:46
589	200	3		David Detwiler, 10, Orange Park, FL	27:36	8:53
137	246	4		Logan Green, 10, Middleburg, FL	30:27	9:48
208	249	5		Adam Robert, 10, Orange Park, FL	30:35	9:51
384	250	6		Kye Runnfeldt, 10	30:40	9:52
173	267	7		Zackary Colbert, 10, Atlantic Bch, FL	31:51	10:15
628	277	8		Cole Mandt, 8, Orange Park, FL	32:41	10:31

84	284	9		Kyle Pierce, 8, Middleburg, FL	33:22	10:44
498	291	10		Casey Jakubowski, 10	33:57	10:55
17	302	11		Christopher Mickel, 6, Middleburg, FL	35:22	11:23
598	305	12		Vincent Sabatella, 7, GCS, FL	35:45	11:30
146	313	13		Matthew Lego, 10, Jacksonville, FL	36:59	11:54
709	315	14		Ryan Hobson, 6, Orange Park, FL	37:05	11:56
124	335	15		Kade Leach, 7, Orange Park, FL	40:13	12:57
433	344	16		Felix Kloc, 10, Jacksonville, FL	42:17	13:36
752	345	17		Dillon Cloud, 10	43:21	13:57
210	370	18		Mitchell Robert, 7, Orange Park, FL	58:42	18:53

Men 11 - 13						
684	77	1		Steven Barlow, 11, Orange Park, FL	21:29	6:55
223	95	2		Alek Abate, 13, Ponte Vedra Bch, FL	22:22	7:12
401	125	3		Joseph Razon, 13, St Augustine, FL	23:51	7:40
305	187	4		Nicholas Hill, 11, St Augustine, FL	26:50	8:38
258	193	5		John Vannatta, 13, South Pittsburg, TN	27:13	8:45
497	198	6		Tj Jakubowski, 12	27:34	8:52
646	219	7		Mitchell Herold, 13, Orange Park, FL	28:46	9:15
453	247	8		Schayer Reinken, 11	30:32	9:50
475	254	9		Matthew Dews, 11	30:54	9:57
699	262	10		Taylor Ferrell, 12, GCS, FL	31:31	10:09
96	339	11		Joey Suggs, 12, Orange Park, FL	40:55	13:10

Men 14 - 19						
459	9	1		Martinique Sykes, 17	17:32	5:39
777	10	2		Chris Dendos, 17	17:37	5:40
377	12	3		Matthew Walker, 14	17:39	5:41
787	15	4		Trenton Blair, 17	17:44	5:42
460	24	5		Dominique Sykes, 17	18:23	5:55
81	29	6		Cody Gibbons, 15, St Augustine, FL	18:35	5:59
383	32	7		Matthew Acheson, 19	18:46	6:02
300	35	8		Michael Evans, 17, Satsuma, FL	19:00	6:07
282	56	9		Cody Helms, 14, GCS, FL	19:59	6:26
313	58	10		William Rolke, 16, Jacksonville, FL	20:09	6:29
355	61	11		Kurt Butler, 14, Jacksonville, FL	20:29	6:36
412	64	12		David Emami, 16, Jacksonville, FL	20:33	6:37
264	65	13		Nathan O'Nora, 15, GCS, FL	20:39	6:39
308	100	14		Peter Kelley, 16, Jacksonville, FL	22:34	7:16
718	109	15		Taylor Chase, 15, GCS, FL	23:06	7:26
411	140	16		Patrick Emami, 14, Jacksonville, FL	24:47	7:58
620	141	17		Zachary Jones, 17, Middleburg, FL	24:47	7:59
745	155	18		Cheries Harmon, 16	25:19	8:09
691	160	19		Brice Bursey, 15, Middleburg, FL	25:34	8:13
621	161	20		Ian Jones, 15, Middleburg, FL	25:34	8:14
766	162	21		Sean Stack, 15	25:35	8:14
457	163	22		Daniel Lee, 18	25:44	8:17
69	169	23		Michael Ryan, 14, Jacksonville, FL	25:59	8:22
138	175	24		Evan Green, 15, Middleburg, FL	26:05	8:24
693	208	25		Nathan Roberts, 14, GCS, FL	27:52	8:58
370	235	26		Darryl Gilbert, 15	29:35	9:31
707	318	27		Justin Bryce, 17, Orange Park, FL	37:20	12:01



172	354	28	Jamie Clark, 18, Jacksonville, FL	46:48	15:04
418	360	29	Daniel Rosero, 18, Jacksonville, FL	48:39	15:39

Men 20 - 24

400	7	1	Gary Schneider, 21	17:19	5:34
642	14	2	Sam Blackshear, 20, Ponte Vedra, FL	17:42	5:42
740	19	3	Evan Clay, 20	18:08	5:50
455	21	4	Tommy Brauer, 20	18:14	5:52
421	52	5	Kyle Eldred, 22, Jacksonville, FL	19:49	6:23
749	97	6	Jason Chavez, 24	22:32	7:15
776	145	7	John Howard, 23	24:56	8:01
520	146	8	Ray Renaud, 20, Middleburg, FL	24:59	8:02
713	148	9	Jarrod Heath, 24, Orange Park, FL	25:06	8:05
714	151	10	Nick Heath, 21, Orange Park, FL	25:10	8:06
747	159	11	Justin Hildebrand, 21	25:33	8:13
379	201	12	Mario Worthy, 20	27:37	8:53
450	204	13	Steve Rodriguez, 21	27:42	8:55
73	218	14	Craig Creegan, 23, Jacksonville, FL	28:30	9:10
449	297	15	Sean Hull, 20	34:57	11:15
751	348	16	Kris Skinner, 24	43:40	14:03

Men 25 - 29

496	8	1	James Patterson, 25	17:29	5:37
6	11	2	Bradford Risner, 28, Jacksonville, FL	17:37	5:40
473	18	3	Jim Cardosi, 28	18:02	5:48
785	28	4	Japeth Koech, 29	18:34	5:58
469	38	5	Sean Kitchen, 28	19:11	6:10
683	50	6	Timothy Dalton, 27, Middleburg, FL	19:42	6:20
35	76	7	Dudley Deshommes, 27, Jacksonville, FL	21:27	6:54
778	94	8	Eric Bush, 29	22:16	7:10
277	102	9	Jonas Loh, 27, Jacksonville, FL	22:36	7:16
803	103	10	Anthony Roman, 28	22:37	7:17
273	110	11	Brett Blankenship, 28, Houston, TX	23:07	7:26
779	120	12	Matthew Hornacek, 25	23:42	7:37
233	122	13	Lynn Preston, 29, Jacksonville, FL	23:44	7:38
486	129	14	Joseph Farmer, 25	23:58	7:43
652	132	15	Pablo Medina, 26, Jacksonville, FL	24:18	7:49
235	142	16	Michael Butler, 27, Jacksonville, FL	24:51	8:00
163	152	17	Robert Asay, 26, Jacksonville, FL	25:11	8:06
279	184	18	Brad Hill, 26, Jacksonville, FL	26:41	8:35
726	225	19	Michael Blake, 27, Jacksonville, FL	29:00	9:20
76	241	20	Kevin Smalley, 27, Jacksonville, FL	29:56	9:38
263	244	21	Matthew Hornacek, 25, St Marys, GA	30:05	9:41
34	265	22	Joe Sampson, 26, Palm Coast, FL	31:45	10:13
348	301	23	Robert Knapp, 27, Jacksonville, FL	35:18	11:22
687	316	24	Matthew Hobson, 27, Orange Park, FL	37:05	11:56
492	326	25	Steven Neihaus, 28	38:32	12:24
316	338	26	Luis Velez, 28, St Augustine, FL	40:45	13:07
732	351	27	Kevin McDaniel, 29	44:17	14:15
773	359	28	Levi Townley, 27	48:13	15:31
29	361	29	Alex Townley, 26, Hardin, MT	50:32	16:16

Men 30 - 34

470	5	1	Shawn Williams, 32	16:52	5:26
4	6	2	Jason Arnold, 34,	17:06	5:30
299	20	3	Orestes Gutierrez, 32, Jacksonville, FL	18:13	5:52
454	25	4	Brad Scavelli, 31	18:27	5:56
72	36	5	Sung Ho Choi, 32, Jacksonville, FL	19:01	6:07
436	45	6	Alexander Jones, 31, Jax Bch, FL	19:32	6:17
239	55	7	Chris Madden, 31, Jacksonville, FL	19:59	6:26
554	63	8	Robert Crampton, 32, Jacksonville, FL	20:33	6:37
335	74	9	Agusto Soltero, 30, Jacksonville, FL	21:17	6:51
441	96	10	Brett Smithley, 33, St Augustine, FL	22:32	7:15
278	105	11	John Nagy, 30, Jacksonville, FL	23:00	7:24
332	115	12	Todd Hockett, 30, Jacksonville, FL	23:22	7:31
359	116	13	Chris Day, 31, Alpharetta Ga	23:23	7:32
126	131	14	Sahne Pipher, 34, Jacksonville, FL	24:09	7:46
504	153	15	Jonathan Lineberry, 34, OP, FL	25:12	8:06
561	165	16	Matt Enyedi, 34, GCS, FL	25:47	8:18
489	168	17	Jon Cornaire, 33	25:53	8:20
409	170	18	Armand Panganiban, 32, Jax, FL	25:59	8:22
254	177	19	Michael Myers, 30, Middleburg, FL	26:08	8:24
406	205	20	Ken Solomon, 33, Jacksonville, FL	27:45	8:56
577	207	21	Curtis Fisher, 34, Jacksonville, FL	27:50	8:57
739	226	22	Harold Chapman, 34	29:07	9:22
100	266	23	John Harward, 34, GCS, FL	31:46	10:13
668	274	24	Brian Duenas, 31, Orange Park, FL	32:28	10:27
114	307	25	Brian Vaesa, 33, Jacksonville, FL	36:08	11:38
810	308	26	Bryan Campbell, 33	36:09	11:38
204	309	27	Olexiy Pletenets, 30, St Augustine, FL	36:10	11:38
697	310	28	Chad Hartley, 33, Orange Park, FL	36:39	11:47
59	343	29	Ryan Worthington, 31, OP, FL	41:39	13:24
169	368	30	Victor Cardenas, 30, Jacksonville, FL	56:58	18:20

Men 35 - 39

639	17	1	Andrew Marchand, 37, Orange Park, FL	17:56	5:46
140	27	2	Mills Ramseur, 36, Jacksonville, FL	18:32	5:58
40	42	3	Scott Olivolo, 39, Middleburg, FL	19:26	6:15
437	44	4	Chris Brock, 37, Ponte Vedra, FL	19:29	6:16
755	49	5	Travis King, 38	19:39	6:19
583	57	6	Manny Cordero, 39, Orange Park, FL	20:01	6:26
229	60	7	Ron Cassette, 38, Jacksonville, FL	20:24	6:34
186	68	8	Tom Gildersleeve, 39, Jacksonville, FL	20:55	6:44
103	79	9	Evender Spradlin, 35, Jacksonville, FL	21:34	6:56
765	83	10	Ron Williams, 38	21:45	7:00
228	86	11	Scot Jezik, 37, Jacksonville, FL	21:50	7:01
802	101	12	Luis Holkon, 38	22:35	7:16
688	104	13	Jeff Prieto, 37, St Johns, FL	22:58	7:23
237	124	14	Andrew Anderson, 38, St Augustine, FL	23:50	7:40
87	137	15	Jim Klepzig, 35, Callahan, FL	24:30	7:53
700	154	16	Thomas Drell, 39, Jacksonville, FL	25:18	8:08
626	156	17	Thomas Pittman, 38, Orange Park, FL	25:21	8:09
590	166	18	David Condie, 35, Orange Park, FL	25:51	8:19

393	185	19	Edward Weiser, 36	26:42	8:35	720	71	6	Jeb Stewart, 47, Orange Park, FL	21:10	6:48
680	189	20	Wayne King, 37, St Augustine, FL	26:58	8:41	788	72	7	Scott Meier, 49	21:11	6:49
586	196	21	Richard Tygrest, 36, Jacksonville, FL	27:21	8:48	594	75	8	Raymond Ramos Jr, 46, Jacksonville, FL	21:21	6:52
813	197	22	Joe Kissane, 35	27:23	8:49	768	80	9	Gerald Kurtz, 45	21:38	6:58
770	209	23	Bill Eisert, 37	27:52	8:58	25	81	10	Brian Pate, 48, Atlantic Bch, FL	21:41	6:58
606	212	24	Maxim Davis, 35, Middleburg, FL	28:03	9:02	538	84	11	David Arnold, 45, Fleming Island, FL	21:45	7:00
592	220	25	Craig Martin, 36, Orange Park, FL	28:48	9:16	55	91	12	George Johnston, 46, Fruitcove, FL	22:11	7:08
482	243	26	Jason Chalmers, 36	30:02	9:40	666	106	13	Dale Dyal, 47, Jacksonville, FL	23:01	7:24
574	257	27	Bill Clark, 39, Orange Park, FL	31:21	10:05	815	108	14	Michael Kearney, 48	23:06	7:26
786	263	28	David Blair, 36	31:31	10:09	363	113	15	Kevin Claney, 47	23:14	7:28
826	276	29	Kevin White, 37	32:34	10:29	494	118	16	Hans Liske, 45	23:34	7:35
347	293	30	Steven Benjamin, 35, Jacksonville, FL	34:14	11:01	402	127	17	Didier Razon, 48, St Augustine, FL	23:53	7:41
495	317	31	Brian Whitaker, 38	37:15	11:59	367	135	18	Brian Pruegger, 48	24:28	7:52
708	319	32	John Bryce, 38, Orange Park, FL	37:20	12:01	784	136	19	Frank Parker, 46	24:30	7:53
205	365	33	Raymond Ponce, 38, Jacksonville, FL	54:48	17:38	135	138	20	Jim Masellis, 48, Lake City, FL	24:41	7:56
211	369	34	Paul Robert, 39, Orange Park, FL	58:40	18:53	356	150	21	Jerry Hulshult, 46, Jacksonville, FL	25:10	8:06
826	371	35	Kevin White, 37	1:02:03	19:58	804	158	22	Chris Staggers, 46	25:30	8:12
Men 40 - 44						541	167	23	Jon Braasch, 48, Orange Park, FL	25:52	8:19
330	13	1	John Wisker, 41, Palatka, FL	17:39	5:41	65	179	24	Robbie Milligan, 45, Jacksonville, FL	26:11	8:25
653	22	2	Timothy Starling, 41, Jacksonville, FL	18:16	5:53	484	180	25	Gordon Simms, 48	26:15	8:27
565	26	3	David Bonnette, 41, Orange Park, FL	18:29	5:57	312	191	26	David Rolke, 47, Jacksonville, FL	27:02	8:42
464	33	4	Mike Cummings, 44	18:47	6:03	328	192	27	Stephen McNally, 47, Jacksonville, FL	27:09	8:44
782	37	5	Peyton Godwin, 43	19:07	6:09	257	195	28	Eric Horst, 49, Sanford, FL	27:15	8:46
54	46	6	Dean Krueger, 42, Jacksonville, FL	19:33	6:17	694	211	29	Thomas Bass, 46, Orange Park, FL	28:03	9:02
551	47	7	Keith Poythress, 44, Fleming Island, FL	19:36	6:18	809	216	30	James Jacola, 45	28:23	9:08
121	51	8	Malachi Braddy, 44, Jacksonville, FL	19:44	6:21	410	223	31	Mike Emami, 46, Jacksonville, FL	28:56	9:18
408	54	9	Mark Grubb, 43, Atlantic Bch, FL	19:57	6:25	322	224	32	Guy Thompson, 46, Orange Park, FL	28:58	9:19
775	62	10	Michael Mandt, 41	20:32	6:36	579	239	33	Bill Stack, 49, Orange Park, FL	29:51	9:36
38	66	11	Robert Smith, 40, Jacksonville, FL	20:44	6:40	798	242	34	Kevin Hughes, 49	30:00	9:39
599	73	12	Chaz Bartucz, 43, Kenosha, WI	21:15	6:50	351	258	35	Mark Bowden, 47, Jacksonville, FL	31:23	10:06
398	78	13	Coy Orange, 42	21:29	6:55	616	264	36	Timothy Clay, 46, Orange Park, FL	31:42	10:12
147	87	14	Todd Pye, 44, Jacksonville, FL	21:52	7:02	296	271	37	Mark Borello, 45, Jacksonville, FL	32:13	10:22
222	88	15	Randy Abate, 44, Ponte Vedra Bch, FL	21:54	7:03	676	285	38	Charles Wrye, 48, Jacksonville, FL	33:22	10:44
225	90	16	John Depontes, 41, Jacksonville, FL	21:59	7:04	162	292	39	Robby Asay, 45, Jacksonville, FL	34:01	10:57
615	123	17	Rick Dufresne, 43, Jacksonville, FL	23:47	7:39	781	304	40	Steven Miller, 45	35:41	11:29
795	126	18	Tom Jakubowski, 42	23:52	7:41	48	332	41	Philip Peterson, 47, Jacksonville, FL	39:49	12:49
261	133	19	Jack Howdeshell, 44, Mayo, FL	24:23	7:51	735	334	42	Dan Presson, 45	40:11	12:56
793	134	20	Jason Williams, 40	24:26	7:52	731	352	43	Mark Wynter, 46	44:35	14:21
772	171	21	Chris Yamnitz, 40	26:00	8:22	214	358	44	Charlie Sininger, 48, Jacksonville, FL	47:34	15:18
144	172	22	Michael Boyle, 44, Rockville, MD	26:01	8:22	Men 50 - 54					
481	176	23	Pat Farenga, 40	26:06	8:24	636	31	1	Terry Sikes, 51, Jacksonville, FL	18:42	6:01
674	178	24	Bradley Shepherd, 42, GCS, FL	26:08	8:25	151	34	2	Bill Dunn, 50, Orange Park, FL	18:56	6:05
394	203	25	Jonathan Ambrose, 43	27:40	8:54	505	40	3	Bob Thompson, 52, Davenport, IA	19:23	6:14
113	206	26	Glenn Barnes, 41, Jacksonville, FL	27:48	8:57	613	43	4	Steve Johnson, 50, Jacksonville, FL	19:29	6:16
142	215	27	Edward Gefen, 42, Jacksonville, FL	28:14	9:05	16	53	5	Stephen Beard, 52, Jacksonville, FL	19:54	6:24
744	221	28	Greg McCrary, 41	28:54	9:18	434	69	6	Dan Holloway, 53, Atlantic Bch, FL	21:02	6:46
440	230	29	Ike Sherlock, 40, Macclenny, FL	29:14	9:24	447	82	7	Victor Corrales, 50, Jacksonville, FL	21:42	6:59
656	231	30	Richard Daege, 40, Orange Park, FL	29:19	9:26	15	85	8	Steve O'Brien, 53, Jacksonville, FL	21:46	7:00
640	233	31	Tony Frey, 42, Orange Park, FL	29:29	9:29	602	89	9	Charles Lechner, 54, Jacksonville, FL	21:57	7:04
632	252	32	Bill Burrell, 41, Kingsland, GA	30:51	9:56	340	92	10	Emory Sanders, 54, Woodstock Ga	22:15	7:10
297	259	33	Elbert Shubert, 44, Jacksonville, FL	31:25	10:07	479	93	11	Mark Cochran, 51	22:16	7:10
808	269	34	Guy Jackson, 43	31:58	10:17	364	99	12	Allan Smith, 52	22:34	7:16
451	279	35	James Levasseur, 42	33:04	10:38	128	107	13	Kevin Brown, 54, Jacksonville, FL	23:02	7:25
493	281	36	Hoyt Tomlinson, 43	33:07	10:39	774	114	14	Mark Dickson, 50	23:18	7:30
701	286	37	Joe Spradling, 43, GCS, FL	33:23	10:45	407	117	15	Paul Berna, 52, Jacksonville, FL	23:26	7:32
736	298	38	Frank Pelletier, 42	35:05	11:17	116	139	16	Tom Zicafoose, 54, St Augustine, FL	24:44	7:58
145	314	39	David Lego, 42, Jacksonville, FL	36:59	11:54	281	147	17	Danny Senn, 54, Newberry, SC	25:04	8:04
286	322	40	Tom Magyari, 43, Gainesville, FL	38:09	12:17	387	149	18	Lee Jones, 51	25:07	8:05
654	329	41	Charles Pack, 43, Orange Park, FL	39:23	12:40	566	157	19	Jerry Carter, 50, Middleburg, FL	25:22	8:10
220	330	42	Yuri Za-Skiy, 40, Jacksonville, FL	39:46	12:48	462	164	20	John Coleman, 51	25:45	8:17
217	331	43	Oleg Svitetkiy, 41, Orange Park, FL	39:46	2:48	427	173	21	Steve Bruce, 51, Jax Bch, FL	26:03	8:23
607	333	44	Robert Webster, 44, Orange Park, FL	40:10	12:55	368	182	22	James Hughes, 51	26:24	8:30
31	350	45	Gerry Doyle, 43, Jacksonville, FL	44:14	14:14	743	222	23	Chris Gentry, 51, Orange Park, FL	28:54	9:18
196	357	46	Darryl McIntire, 41, Jacksonville, FL	47:19	15:14	472	229	24	James Cardosi, 53	29:13	9:24
817	363	47	Paul Christos, 44	54:37	17:35	675	232	25	Alex Affronti, 54, GCS, FL	29:21	9:27
Men 45 - 49						149	236	26	Jim Nasella, 54, Jacksonville, FL	29:39	9:32
761	23	1	Mark Woods, 46	18:18	5:53	287	238	27	Wayne Pollaci, 50, St Augustine, FL	29:50	9:36
760	30	2	Chris Boutte, 46	18:41	6:01	270	245	28	Don Skidmore, 52, St Augustine, FL	30:15	9:44
82	41	3	Clay McLeod, 47, Jacksonville, FL	19:23	6:14	78	251	29	Jim Connell, 52, Orange Park, FL	30:47	9:54
269	48	4	David Jones, 47, Indialantic, FL	19:38	6:19	463	260	30	Alonzo Mauncy, 53	31:28	10:07
70	59	5	Randy Arend, 47, Orange Park, FL	20:15	6:31	90	261	31	David Hodson, 53, Jacksonville, FL	31:30	10:08
						21	268	32	Gerry Tyburski, 52, St Augustine, FL	31:52	10:15

285	275	33	Peter Magyari, 50, Jacksonville, FL	32:28	10:27	414	299	5	Stewart Geiger, 71, Neptune Bch, FL	35:10	11:19
339	280	34	Greg Lohman, 53, Jacksonville, FL	33:06	10:39	386	300	6	Larry Nelder, 71	35:12	11:20
523	283	35	Jeff Clarke, 54, Orange Park, FL	33:20	10:43	756	311	7	Robert Shields, 73	36:40	11:48
119	290	36	Glenn Klauer, 50, Jacksonville, FL	33:55	10:55	Men 75 - 79					
53	294	37	Thomas Ryan, 53, Jacksonville, FL	34:27	11:05	61	273	1	Bo Holub, 76, St Augustine, FL	32:28	10:27
762	296	38	Chuck Fry, 50	34:53	11:13	763	349	2	Bob Carr, 79	43:52	14:07
719	303	39	Bruce Chase, 51, GCS, FL	35:23	11:23	799	362	3	Jim Hughes, 75	51:39	16:37
600	321	40	Steven Sabatella, 54, GSC, FL	37:53	12:12	Men 80 & Up					
221	325	41	Walter Dereu, 50, Jacksonville, FL	38:29	12:23	64	353	1	Joe Connolly, 83, Jacksonville, FL	44:36	14:21
125	327	42	Larry Leach, 53, Orange Park, FL	39:10	12:36						
404	328	43	Layne Wallace, 53, Atlantic Bch, FL	39:16	12:38						
41	336	44	Edwin Hicks, 52, Jacksonville, FL	40:21	12:59						
212	341	45	Dan Scharman, 51, Jacksonville, FL	41:25	13:20						
80	342	46	Bill Krause, 51, Jacksonville, FL	41:39	13:24						
139	355	47	Mark Lay, 52, Jacksonville, FL	46:49	15:04						
179	367	48	Chuck Dupont, 51, Jacksonville, FL	55:23	17:49						

Men 55 - 59

375	67	1	Don Healey, 56	20:53	6:43
641	98	2	Joseph Blackshear, 56, Ponte Vedra, FL	22:33	7:15
150	119	3	John Hirsch, 56, Orange Park, FL	23:35	7:35
748	121	4	Joseph Hildebrand, 56	23:43	7:38
30	128	5	David Townley, 58, Jacksonville, FL	23:55	7:42
303	130	6	Michael Fitzsimmons, 59, Jax, FL	24:06	7:45
250	144	7	James Ferrer, 57, Gainesville, FL	24:56	8:01
682	174	8	David Albritton Sr, 56, Orange Park, FL	26:05	8:24
302	186	9	Wynton Hardy, 57, St Augustine, FL	26:43	8:36
703	190	10	Glenn Hanna, 58, Jacksonville, FL	27:00	8:41
502	199	11	Robert Sroka, 55, Orange Park, FL	27:35	8:53
532	210	12	Bernie Powers, 57, Jacksonville, FL	27:55	8:59
690	228	13	Bob Buehn, 56, Orange Park, FL	29:13	9:24
336	240	14	Mark Bronstein, 55, Jacksonville, FL	29:55	9:38
129	253	15	Mike Altes, 56, Jacksonville, FL	30:52	9:56
327	287	16	Patrick Sweeney, 57, Palm Harbor, FL	33:24	10:45
130	289	17	Jim Bailey, 56, East Palatka, FL	33:51	10:54
198	324	18	Horace Mobley, 55, Jacksonville, FL	38:28	12:23
207	337	19	Harry Quiller Jr, 55, Jacksonville, FL	40:39	13:05
588	347	20	Henry Gilbert, 59, Orange Park, FL	43:36	14:02

Men 60 - 64

11	39	1	Bruce Holmes, 60, Jacksonville, FL	19:17	6:12
24	70	2	Herbert Taskett, 60, Jacksonville, FL	21:02	6:46
764	181	3	Neal Cohen, 63	26:21	8:29
63	202	4	John Gauer, 64, Orange Park, FL	27:38	8:53
396	214	5	Ed Kelly, 62	28:11	9:04
723	217	6	Doug Barrows, 64, Orange Park, FL	28:30	9:10
224	227	7	David Pierson, 60, Jacksonville, FL	29:10	9:23
791	248	8	Peter Russel, 61	30:35	9:50
256	278	9	Robert Eberling, 64, PV Bch, FL	33:01	10:37
485	282	10	Art Johnson, 62	33:08	10:40
562	306	11	Terry Bell, 61, Orange Park, FL	36:00	11:35
167	364	12	Thomas Capps, 64, Orange Park, FL	54:48	17:38

Men 65 - 69

88	143	1	Otto Monroe, 66, Jacksonville, FL	24:53	8:00
515	183	2	Jack Hayes, 67, Green Cove Sprngs, FL	26:26	8:30
132	188	3	Benjamin Holland, 67, Jacksonville, FL	26:57	8:40
524	234	4	Ed McDonough, 66, Orange Park, FL	29:30	9:30
14	255	5	Freddy Fillingham, 66, Jacksonville, FL	31:03	10:00
13	288	6	Gordon Slater, 68, Ponte Vedra, FL	33:46	10:52
26	295	7	Ron Elinoff, 65, Jacksonville, FL	34:48	11:12
321	320	8	Edwin Clarke, 68, St Augustine, FL	37:22	12:01
93	323	9	George Mosely, 68, Jacksonville, FL	38:25	12:22
251	340	10	Thomas Demouilly, 69, Gainesville, FL	41:14	13:16
391	346	11	Carl Prater, 67	43:34	14:01
503	356	12	Richard Vance, 68, Palatka, FL	46:49	15:04
567	366	13	Lynn Bankston, 67, Orange Park, FL	54:59	17:42

Men 70 - 74

43	112	1	Hal Lerch, 70, Gainesville, FL	23:14	7:28
127	256	2	Al Saffer, 72, Jacksonville, FL	31:05	10:00
727	270	3	Philip Trast, 70, Glen Ellyn, IL	32:03	10:19
284	272	4	Don Magyari, 72, Gainesville, FL	32:28	10:27

ID#	PLACE	CLASS	FINISHER	TIME	PACE
Women 10 & Under					
789	84	1	Nicole Morse, 10	26:59	8:41
678	110	2	Payton Crews, 8, Orange Park, FL	28:50	9:17
530	112	3	Molly Dawson, 10, Orange Park, FL	28:56	9:19
18	120	4	Emily Mickel, 9, Middleburg, FL	29:17	9:25
426	141	5	Isabel Torres-Padin, 10, Jax Bch, FL	30:46	9:54
518	143	6	Hanna Steward, 10, Orange Park, FL	31:04	10:00
825	170	7	Kayla White, 6	32:33	10:29
812	172	8	Dana Arfsten, 8	32:41	10:31
800	180	9	Relly Morse, 10	33:01	10:38
619	230	10	Hailey Mason, 9, Keystone Heights, FL	36:36	11:47
432	286	11	Lucy Kloc, 8, Jacksonville, FL	42:20	13:37
439	287	12	Caroline Sharko, 10, PV Bch, FL	42:52	13:48
429	288	13	Delaney Pacitti, 10, PV Bch, FL	42:52	13:48
824	340	14	Kaitlin White, 8	53:57	17:22
820	341	15	Julian Christos, 6	53:58	17:22
819	342	16	Jamie Cristos, 7	54:37	17:35
170	346	17	Victoria Cardenas, 4, Jacksonville, FL	56:58	18:20
168	347	18	Diana Cardenas, 4, Jacksonville, FL	56:58	18:20
822	349	19	Keeley White, 9	1:02:03	19:58
825	350	20	Kayla White, 6	1:02:12	20:01

Women 11 - 13

792	73	1	Abby Williams, 11	26:13	8:26
662	82	2	Paige Boran, 12, Orange Park, FL	26:48	8:37
226	89	3	Lindsey Depontes, 11, Jacksonville, FL	27:10	8:44
663	106	4	Jessica Fletcher, 11, Orange Park, FL	28:32	9:11
357	114	5	Bailey Hulshult, 13, Jacksonville, FL	29:01	9:20
319	115	6	Karli Himmelreich, 12, Jacksonville, FL	29:02	9:20
490	116	7	Cecilia McMillan, 13	29:06	9:22
371	126	8	Kaylee Speer, 12	29:34	9:31
358	130	9	Abby Hulshult, 12, Jacksonville, FL	30:02	9:40
695	145	10	Rachel Humphrey, 11, Orange Park, FL	31:06	10:00
582	147	11	Nastassja Cordero, 12, Orange Park, FL	31:09	10:01
705	190	12	Jessica Bryce, 13, Orange Park, FL	33:40	10:50
797	294	13	Brittany Ferrell, 12	44:02	14:10
685	295	14	Hannah Guthrie, 12, Orange Park, FL	44:15	14:14
750	329	15	Rachel Spradling, 11	51:02	16:25

Women 14 - 19

265	20	1	Erin O'Nora, 16, Green Cove Sprngs, FL	22:38	7:17
329	30	2	Katie Modaff, 14, St Augustine, FL	23:18	7:30
290	37	3	Helen Thompson, 17, Orange Park, FL	24:02	7:44
338	43	4	Katie Pruett, 16, Jacksonville, FL	24:35	7:55
712	49	5	Chelsea Metzgar, 16, Orange Park, FL	24:56	8:01
499	52	6	Shelby Wentworth, 16	25:15	8:07
388	66	7	Elizabeth Jones, 17	25:58	8:21
390	72	8	Ashley Laguna, 15	26:04	8:23
266	74	9	Katie Briggs, 16, Jacksonville, FL	26:14	8:26
159	77	10	Lacey Duncan, 17, Middleburg, FL	26:28	8:31
519	90	11	Melissa Boyette, 18, Orange Park, FL	27:10	8:44
517	91	12	Jessica Steward, 17, Orange Park, FL	27:10	8:45
389	93	13	Loriell Grossling, 14	27:29	8:50
295	137	14	Katherine Borello, 16, Jacksonville, FL	30:36	9:51
807	161	15	Chelsea Jackson, 15	31:58	10:17
471	175	16	Alesha Manucy, 19	32:44	10:32
177	194	17	Casey Dentmon, 16, Hastings, FL	33:52	10:54
176	195	18	Alexis Dentmon, 17, Hastings, FL	33:53	10:54
500	213	19	Alix Williams, 15	35:24	11:23

585	243	20	Megan Paquette, 19, Orange Park, FL	37:32	12:05
608	260	21	Paige Webster, 14, Orange Park, FL	40:10	12:55
274	268	22	Brandi Gunter, 15, Jacksonville, FL	41:05	13:13
200	277	23	Jennifer Olsen, 19, Middleburg, FL	41:20	13:18
36	289	24	Natasha Lamach, 19, Jacksonville, FL	43:08	13:53
193	302	25	Caitlin Hyland, 19, Middleburg, FL	45:14	14:33
419	320	26	Caitlyn Mertz, 18, Jacksonville, FL	48:38	15:39
182	324	27	Marcella Gee, 18, Jacksonville, FL	49:46	16:01
182	325	28	Marcella Gee, 18, Jacksonville, FL	49:46	16:01
171	328	29	Adrianna Chandler, 15, Jacksonville, FL	50:53	16:22
659	337	30	Kathy King, 18, Green Cove Sprngs, FL	53:39	17:16

Women 20 - 24

711	54	1	Lindsey Keester, 24, Middleburg, FL	25:17	8:08
74	135	2	Jessica Sexton, 22, Jacksonville, FL	30:23	9:47
374	146	3	Heather Johnson, 23	31:07	10:01
516	183	4	Cassandra Marrquis, 24, OP, FL	33:09	10:40
651	201	5	Lisa Olivarez, 22, St Augustine, FL	34:17	11:02
477	203	6	Jenny Lee, 22	34:25	11:05
268	204	7	Lauren Kingree, 23, Rockledge, FL	34:37	11:08
710	206	8	Stacey Hobson, 23, Orange Park, FL	34:51	11:13
456	216	9	Megan Montour, 20	35:33	11:26
671	248	10	Kimberly Harrell, 24, Middleburg, FL	37:48	12:10
199	280	11	Jessica Moyher, 23, Jacksonville, FL	41:24	13:19

Women 25 - 29

293	11	1	Rebecka Thoms, 29, Jacksonville, FL	21:10	6:49
560	16	2	Angela Enyedi, 29, GCS, FL	22:10	7:08
158	19	3	Rebekah Wild, 25, Jacksonville, FL	22:37	7:17
60	23	4	Melissa Saunders, 29, Orange Park, FL	22:49	7:20
737	36	5	Stacey Gibson, 26	24:01	7:44
794	40	6	Kathleen Parks, 25	24:17	7:49
28	50	7	Sarah Townley, 26, Hardin, MT	24:59	8:02
260	62	8	Lanasha Sims, 27, Jacksonville, FL	25:47	8:18
45	79	9	Sherri Chung, 29, Jacksonville, FL	26:34	8:33
333	86	10	Jillian Capalbo, 26, Solomons, MD	27:06	8:43
771	102	11	Jessica Bishop, 27	28:05	9:02
288	136	12	Jessica Syrus, 29, Jacksonville, FL	30:28	9:48
47	142	13	Keri Roberts, 27, Jacksonville, FL	31:03	9:59
757	144	14	Sarah Green, 26	31:04	10:00
431	153	15	Laura Livingston, 26, Jacksonville, FL	31:27	10:07
539	162	16	Jennifer Shepard, 28, GCS, FL	32:01	10:18
596	173	17	Rachael Myers, 25, Jacksonville, FL	32:42	10:31
280	177	18	Amanda Hill, 27, Jacksonville, FL	33:00	10:37
62	211	19	Angie Knapp, 26, Jacksonville, FL	35:18	11:22
556	217	20	Kristie Bennett, 26, Orange Park, FL	35:40	11:29
77	228	21	Cassandra Smalley, 25, Jacksonville, FL	36:26	11:43
122	238	22	Lisa Lenda, 29, Jacksonville, FL	37:12	11:58
466	247	23	Janine Hunt, 25	37:43	12:08
467	250	24	Amy Hertzberg, 28	38:28	12:23
491	251	25	Tmima Neihaus, 29	38:33	12:24
33	265	26	Rachel Sampson, 27, Palm Coast, FL	40:50	13:08
234	273	27	Amber Butler, 27, Jacksonville, FL	41:09	13:15
725	276	28	Nicole Galvan, 29, Middleburg, FL	41:19	13:18
306	298	29	Ellen Boyer, 25, GCS, FL	44:33	14:20

576	299	30	Sarah Harrell, 26, Orange Park, FL	44:38	14:22
758	301	31	Renee Huffman, 27	45:07	14:31
123	305	32	Kathy Armstrong, 26, Jacksonville, FL	45:43	14:43
315	308	33	Lisa Velez, 28, St Augustine, FL	45:59	14:48
417	318	34	Jennifer Amrich, 27, Jacksonville, FL	48:14	15:31
165	322	35	Lakecia Brown, 29, Jacksonville, FL	49:24	15:54
165	323	36	Lakecia Brown, 29, Jacksonville, FL	49:24	15:54

Women 30 - 34

298	14	1	Barbara Carrico, 34, Jacksonville, FL	21:14	6:50
362	15	2	Lisa Adams, 33	21:59	7:04
650	31	3	Alise Ferranti, 32, Jacksonville, FL	23:27	7:33
443	35	4	Char Fosmoe, 32, St Augustine, FL	23:49	7:40
442	41	5	Raina Smithley, 31, St Augustine, FL	24:22	7:50
345	55	6	Janis Dolemba, 31, Jacksonville, FL	25:17	8:08
717	56	7	Holly Sanford, 32, Orange Park, FL	25:20	8:09
741	61	8	Roberta Tomlinson, 34	25:44	8:17
627	71	9	Courtney Sheehan, 30, Orange Park, FL	26:04	8:23
397	76	10	Alicia Boutwell, 30	26:21	8:29
559	92	11	Kara Albach, 31, GCS FL	27:14	8:46
331	97	12	Camille Larocca, 34, Jacksonville, FL	27:54	8:59
665	99	13	Tabatha Rogers, 33, Middleburg, FL	27:55	8:59
677	109	14	Tyree Crews, 32, Orange Park, FL	28:50	9:17
572	111	15	Leslie Magruder, 34, Orange Park, FL	28:54	9:18
314	123	16	Jane Cassette, 33, Jacksonville, FL	29:24	9:28
614	132	17	Tiffany Fravala, 32, Middleburg, FL	30:15	9:44
508	156	18	Kay Womack, 33, GCS, FL	31:34	10:10
648	157	19	Heather Trubey, 30, Jacksonville, FL	31:38	10:11
104	174	20	Michele Spradlin, 34, Jacksonville, FL	32:43	10:32
618	224	21	Erin Ralston, 30, GCS, FL	35:59	11:35
643	229	22	Sandra Spencer, 30, GCS FL	36:29	11:45
696	231	23	Michelle Hartley, 34, Orange Park, FL	36:39	11:48
480	232	24	Emily Simmons, 30	36:41	11:48
108	233	25	Dawn Scott, 34, Orange Park, FL	36:50	11:51
244	235	26	Faith Henderson, 31, Jacksonville, FL	37:02	11:55
547	236	27	Staci Suits, 34, Orange Park, FL	37:07	11:57
110	241	28	Kim Bedford, 33, Jacksonville, FL	37:30	12:04
649	244	29	Amy Kennedy, 34, Jacksonville, FL	37:32	12:05
382	245	30	Kerri Johns, 33	37:33	12:05
644	246	31	Michele McGowan, 32, Jacksonville, FL	37:33	12:05
259	257	32	Molly Akin, 30, St Augustine, FL	39:56	12:51
178	258	33	Jennifer Dentmon, 32, Hastings, FL	40:00	12:52
669	262	34	Alma Duenas, 31, Orange Park, FL	40:32	13:03
446	272	35	Miranda Swindell, 34, Jax Bch, FL	41:08	13:14
307	297	36	Shannon Conner, 32, Jacksonville, FL	44:31	14:20
478	309	37	Tara Hancock, 34	45:59	14:48
106	313	38	Sonia Lindsay, 34, Orange Park, FL	46:53	15:05
98	333	39	Jennifer Bradner, 33, Jacksonville, FL	52:12	16:48
553	336	40	Shannon Crampton, 32, Jacksonville, FL	53:35	17:15
164	345	41	Veronica Ascencio, 31, Jacksonville, FL	56:57	18:20

Women 35 - 39

465	4	1	Britta Fortson, 35	19:45	6:21
461	7	2	Susan Miller, 39	20:23	6:34
605	8	3	Lena Davis, 38, Middleburg, FL	20:34	6:37



728	17	4	Susan Jennings, 38	22:19	7:11	617	78	12	Chelle Mahaney, 40, Orange Park, FL	26:31	8:32
350	21	5	Fina Russell, 35, St Augustine, FL	22:45	7:19	597	85	13	Caroline Sabatella, 41, GCS, FL	27:00	8:41
729	22	6	Kerri Cook, 35	22:48	7:20	805	95	14	Jodie Smith, 44	27:50	8:57
395	25	7	Jacqueline Culver, 39	22:58	7:23	243	103	15	Mary Lord, 42, St Augustine, FL	28:12	9:04
661	44	8	Abby Butler, 38, Orange Park, FL	24:36	7:55	521	107	16	Tonia Steward, 43, Orange Park, FL	28:37	9:12
564	57	9	Suzanne Baker, 35, Jacksonville, FL	25:22	8:10	372	108	17	Kimberly Starling, 41	28:42	9:14
801	58	10	Sarah Klepzig, 35	25:28	8:12	655	121	18	Michelle Daege, 41, Orange Park, FL	29:19	9:26
767	59	11	Dana Summey, 38	25:37	8:14	428	125	19	Marohn Pacitti, 41, Ponte Vedra Bch, FL	29:27	9:29
569	63	12	Shannon Dawson, 36, Orange Park, FL	25:48	8:18	89	134	20	Kelly Beccaccio, 40, Jacksonville, FL	30:23	9:47
369	67	13	Kristen Hughes, 35	26:00	8:22	769	139	21	Leigh Striner, 44	30:43	9:53
369	68	14	Kristen Hughes, 35	26:00	8:22	75	158	22	Joni Smith, 41, Jacksonville, FL	31:39	10:11
311	69	15	Jennifer Papavasiliou, 36, St Aug, FL	26:01	8:22	487	163	23	Laura Toth, 42	32:14	10:22
738	80	16	Heidi Carr, 39	26:43	8:36	742	169	24	Cathy McCrary, 40	32:30	10:28
236	81	17	Gretchen Jackson, 36, Jacksonville, FL	26:46	8:37	292	176	25	Sharon Ashton, 42, Atlantic Bch, FL	32:52	10:35
796	94	18	Connie Walker, 39	27:31	8:51	584	181	26	Maribel Cordero, 40, Orange Park, FL	33:02	10:38
689	96	19	Kimberly Cravey, 36, Fleming Island, FL	27:52	8:58	507	186	27	Bernita Bush, 41, GCS, FL	33:25	10:45
344	101	20	Lids Evans-Boley, 39, Jacksonville, FL	28:00	9:00	622	187	28	Lesley Jones, 43, Middleburg, FL	33:27	10:46
603	104	21	Christina McKenney, 35, Jacksonville, FL	28:12	9:05	513	188	29	Judith Gould, 41, Orange Park, FL	33:36	10:49
531	113	22	Tracy Dawson, 39, Orange Park, FL	28:56	9:19	249	192	30	David Jackson, 41, Jacksonville, FL	33:43	10:51
209	117	23	Cheri Robert, 38, Orange Park, FL	29:06	9:22	601	202	31	Pam Winterstein, 44, Orange Park, FL	34:17	11:02
385	119	24	Katherine Bible, 35	29:09	9:23	733	208	32	Lorraine Hughey, 44	35:03	11:17
56	124	25	Penny Punnett, 35, St Augustine, FL	29:25	9:28	309	209	33	Susan Kelley, 40, Jacksonville, FL	35:12	11:19
722	140	26	Kristen Burke, 37, GCS, FL	30:45	9:54	376	220	34	Liz Cutrone, 43	35:43	11:30
381	148	27	Alisha Levasseur, 36	31:09	10:01	136	252	35	Jossie Delk, 43, Lake City, FL	38:33	12:24
148	150	28	Krista Nasella, 35, Jacksonville, FL	31:20	10:05	593	255	36	Michelle Ramos, 44, Jacksonville, FL	39:31	12:43
488	151	29	Lara Libretto, 35	31:20	10:05	423	263	37	Judi Melott, 41, Jacksonville, FL	40:38	13:04
241	152	30	Kelli O'Leary, 35, St Augustine, FL	31:21	10:05	143	266	38	Kim Lego, 41, Jacksonville, FL	40:59	13:11
468	155	31	Melissa McCrosky, 38	31:33	10:09	341	269	39	Laurie Walsh, 42, Jacksonville, FL	41:06	13:14
625	159	32	Melissa Pittman, 35, Orange Park, FL	31:44	10:13	275	271	40	Charlotte Milligan, 44, Jacksonville, FL	41:07	13:14
754	166	33	Julie King, 38	32:26	10:26	181	278	41	Wendy Estabrook, 41, Jacksonville, FL	41:23	13:19
240	168	34	Leeann Anderson, 38, St Augustine, FL	32:28	10:27	629	282	42	Kim Morrison, 43, Middleburg, FL	41:58	13:30
823	171	35	Tammy White, 36	32:34	10:29	634	296	43	Jill Wright, 40, Middleburg, FL	44:27	14:18
445	179	36	Molly Beran, 36, Jacksonville, FL	33:01	10:38	604	326	44	Jana Manning, 44, Orange Park, FL	50:15	16:10
85	184	37	Kimberly Pierce, 36, Middleburg, FL	33:22	10:44	818	339	45	Kathleen Christos, 42	53:55	17:21
392	189	38	Cindy Frazer, 36	33:37	10:49	180	344	46	Pamela Dupont, 44, Jacksonville, FL	55:23	17:49
706	191	39	Dawn Bryce, 36, Orange Park, FL	33:41	10:50	Women 45 - 49					
575	196	40	Shannon Clark, 37, Orange Park, FL	33:53	10:54	324	6	1	Sue O'Malley, 47, Port Orange, FL	20:22	6:33
133	198	41	Tara Harmon, 35, St Augustine, FL	33:58	10:56	71	10	2	Elisabeth Diamond, 48, Bell, FL	20:50	6:42
476	214	42	Kathy Kelly, 35	35:24	11:23	117	18	3	Pamela Hanson-Peterson, 48, Port Orange	22:35	7:16
19	215	43	Myriam Mickel, 38, Middleburg, FL	35:32	11:26	378	28	4	Willie Tanner, 47	23:14	7:29
246	218	44	Kathy Balek, 37, Jacksonville, FL	35:40	11:29	444	29	5	Laurie Pinover, 45, Jacksonville, FL	23:16	7:29
46	219	45	Jo-Anna Emanuel, 36, GCS, FL	35:41	11:29	49	34	6	Carole Thomas, 45, Port Orange, FL	23:41	7:37
716	222	46	Stacie Drawdy, 37, Orange Park, FL	35:50	11:32	698	42	7	Catherine Ferrell, 46, GCS, FL	24:35	7:55
546	223	47	Karen Burke, 39, Middleburg, FL	35:56	11:34	337	47	8	Kathy Holt, 49, Baton Rouge La	24:43	7:57
624	227	48	Amy Mandt, 39, Orange Park, FL	36:04	11:36	23	48	9	Vicky Connell, 49, Orange Park, FL	24:44	7:57
154	234	49	Brooke Springer, 35, Femandina Bch, FL	36:54	11:52	667	88	10	Tina Dyal, 45, Jacksonville, FL	27:07	8:44
255	237	50	Lisa Myers, 36, Middleburg, FL	37:08	11:57	141	100	11	Joanne Seach, 45, Jacksonville, FL	27:56	8:59
161	240	51	Rebecca Asay, 39, Jacksonville, FL	37:23	12:02	267	105	12	Barbara Cervantez, 45, St Augustine, FL	28:20	9:07
821	254	52	Jen Ryan, 36	39:24	12:41	578	129	13	Pat Stack, 48, Orange Park, FL	29:51	9:36
111	256	53	Toni Sanders, 35, Jacksonville, FL	39:32	12:43	483	131	14	Mary Ann Rouse, 46	30:10	9:42
342	270	54	Debbie Belcher, 38, Jacksonville, FL	41:06	13:14	511	133	15	Susan Welch, 48, GCS, FL	30:21	9:46
540	274	55	Stacie Upchurch, 36, Jacksonville, FL	41:10	13:15	452	138	16	Sheila Reinken, 47	30:38	9:51
188	279	56	Grace Hammonds, 39, Jacksonville, FL	41:23	13:19	549	154	17	Kim Anthony, 49, Orange Park, FL	31:28	10:07
413	304	57	Jennifer Stanton, 35, Jacksonville, FL	45:37	14:41	20	160	18	Margaret Tyburski, 46, St Augustine, FL	31:51	10:15
109	312	58	Eileen Tantsits, 37, Jacksonville, FL	46:51	15:04	373	164	19	Linda Mathiews, 47	32:23	10:25
219	327	59	Carla Williams, 38, Jacksonville, FL	50:30	16:15	354	165	20	Carol Butler, 46, Jacksonville, FL	32:24	10:25
681	330	60	Debra Kernop, 37, Jacksonville, FL	51:08	16:27	120	197	21	Carol Klauer, 48, Jacksonville, FL	33:56	10:55
780	331	61	Erika Brandenburg, 35	51:40	16:38	536	221	22	Carolyn Cullison, 47, Middleburg, FL	35:48	11:31
658	335	62	Ann Waters, 37, GCS, FL	53:11	17:07	816	225	23	Barb Kearney, 45	35:59	11:35
823	351	63	Tammy White, 36	1:02:16	20:02	242	239	24	Teresa Naczi, 47, St Augustine, FL	37:22	12:01
Women 40 - 44						535	249	25	Patty Taylor, 49, Middleburg, FL	38:21	12:21
57	9	1	Regina Taylor, 43, Jacksonville, FL	20:49	6:42	37	290	26	Rita Lamach, 48, Jacksonville, FL	43:15	13:55
405	12	2	Alison Ronzon, 44, Neptune Bch, FL	21:12	6:49	213	293	27	Candace Siningier, 45, Jacksonville, FL	43:58	14:09
790	24	3	April Morse, 44	22:54	7:22	595	300	28	Sharon Mitchell, 46, Orange Park, FL	44:41	14:23
399	32	4	Shayla Spinner, 42	23:28	7:33	32	315	29	Shirley Colston, 49, Jacksonville, FL	48:05	15:28
424	38	5	Jennifer Kidwell, 42, Jacksonville, FL	24:10	7:47	416	317	30	Denise Vonblohn, 46, Middleburg, FL	48:14	15:31
734	39	6	Kim Hoyt, 41	24:14	7:48	420	319	31	Lisa Mertz, 48, Jacksonville, FL	48:38	15:39
573	46	7	Tracy Pfuntner, 42, Orange Park, FL	24:38	7:56	673	334	32	Cyndi Arnold, 45, Orange Park, FL	53:08	17:06
134	51	8	Cynthia Maerz, 41, Jacksonville, FL	25:02	8:03	568	343	33	Linnette Concannon, 46, Middleburg, FL	54:59	17:41
571	64	9	Lisa Cascarelli, 40, Orange Park, FL	25:53	8:20	Women 50 - 54					
550	65	10	Gayla Poythress, 40, Fleming Island, FL	25:56	8:21	79	26	1	Ann Krause, 50, Jacksonville, FL	23:04	7:25
365	70	11	Kim Cornell, 43	26:01	8:22						

529	27	2	Gail Pylipow, 51, Orange Park, FL	23:06	7:26	Women 55 - 59					
97	33	3	Sharon Suggs, 54, Orange Park, FL	23:38	7:36	304	53	1	Carol Fitzsimmons, 58, Jacksonville, FL	25:15	8:07
52	45	4	Bonita Golden, 52, Jacksonville, FL	24:37	7:55	510	98	2	Donna Rettini, 56, Jacksonville, FL	27:54	8:59
631	60	5	Sue Whitworth, 53, Orange Park, FL	25:40	8:15	724	122	3	Sharon Medders, 55, Palatka, FL	29:20	9:26
83	75	6	Susan Roche, 52, Jacksonville, FL	26:20	8:28	245	178	4	Carol Pack-Meyer, 59, St Johns, FL	33:01	10:37
730	83	7	Kimberly Lundy, 51	26:48	8:37	555	207	5	Cauly Redenius, 57, Orange Park, FL	34:54	11:14
366	87	8	Mary Algire, 50	27:06	8:43	587	210	6	Claire Gilbert, 55, Orange Park, FL	35:16	11:21
657	118	9	Debbie Adams, 51, Orange Park, FL	29:06	9:22	581	259	7	Caryn Scott, 58, Jacksonville, FL	40:07	12:55
197	127	10	Susan McKittrick, 50, Fernandina Bch, FL	29:37	9:32	206	275	8	Linda Potts, 56, Jacksonville, FL	41:18	13:18
86	167	11	Nancy Martin, 52, St Augustine, FL	32:27	10:27	645	284	9	Wanda Green, 57, Jacksonville, FL	41:59	13:31
806	182	12	Virginai Covington, 52	33:04	10:38	201	292	10	Maryellen Olsen, 55, Middleburg, FL	43:16	13:56
326	185	13	Cynthia Sweeney, 51, Palm Harbor, FL	33:24	10:45	174	303	11	Victoria D'Agostino, 57, Hastings, FL	45:35	14:40
131	193	14	Rita Fullerton, 52, San Mateo, FL	33:51	10:54						
191	199	15	Linda Humphrey, 53, Atlantic Bch, FL	34:02	10:57	Women 60 - 64					
101	200	16	Deborah Russell, 51, Jacksonville, FL	34:09	10:59	474	149	1	Susan Gostage, 62	31:19	10:05
51	212	17	Dorothy Derosa, 54, Jacksonville, FL	35:20	11:22	94	205	2	Karen Allman, 62, Gainesville, FL	34:50	11:13
537	242	18	Cindy Sikes, 54, Jacksonville, FL	37:30	12:04	630	281	3	Barbara Scott, 60, Middleburg, FL	41:58	13:30
501	253	19	Rachel Nieves, 50, GCS, FL	38:36	12:25	415	306	4	Judy Skjordahl, 64, Ponte Vedra, FL	45:47	14:44
522	261	20	Carmela Middleton, 50, GCS, FL	40:15	12:57	458	311	5	Kathleen Schwartz, 63	46:33	14:59
686	267	21	Dawn Guthrie, 54, Orange Park, FL	41:05	13:13	660	338	6	Carol Raymond, 62, GCS, FL	53:41	17:16
95	285	22	Ann Avery, 54, Gainesville, FL	42:16	13:36						
227	291	23	Sylvia Santa, 53, Jacksonville, FL	43:16	13:55	Women 65 - 69					
557	307	24	Susan Vonbargen, 51, Orange Park, FL	45:48	14:44	403	128	1	Susan Wallace, 66, Atlantic Bch, FL	29:50	9:36
166	314	25	Cathy Burch, 54, Jacksonville, FL	47:32	15:18	563	226	2	Elda Bell, 68, Orange Park, FL	36:01	11:35
27	316	26	Vicki Townley, 52, Jacksonville, FL	48:13	15:31	50	264	3	Lynda Massa, 65, Jacksonville, FL	40:38	13:05
352	321	27	Debra Hill, 51, Jacksonville, FL	48:49	15:42	252	283	4	Eileen Demouilly, 69, Gainesville, FL	41:59	13:31
783	332	28	Linda Swift, 53	51:45	16:39	283	310	5	Judy Magyari, 69, Gainesville, FL	46:30	14:58
558	348	29	Sophonina Rainey, 50, Orange Park, FL	1:01:09	19:41						

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

MINUTES

Continued from page 2

Dave added this to the regular budget under equipment expenses. Kay Womack moved that we accept the race budget as presented, Kellie Howard seconded. The motion was passed unanimously.

Kids Camp Update: Vicky Connell let the board know that registration is rather low at the moment, but she is still expecting a lot more to show up. Dave said he would send out an email to the Striders extending the deadline to May 30th. Mary Ann asked Vicky to send her the flyer so she could send it out as well to her contacts. Vicky stated that she is doing pretty well for volunteers right now and the schedule is looking good.

Grand Slam Update: Mary Ann Steinberg stated that yesterday JSO stated they wanted the time for the race bumped from 4:30 to 4:15 to help with race traffic. She has 10 people for who have volunteered Course Marshals, and 8 for registration. She mentioned that she has 50 tickets reserved for volunteers and that anyone else who wants to volunteer is welcome. She mentioned the commercials that have been airing on TV

which show the Striders as a sponsor.

Socials: 30th Anniversary Picnic – Dave explained to the new board members that we are planning a huge event where we invited all the past presidents and make it a big event. He also said he wants to form a committee to start working on it very soon. John Steinberg volunteered to be on the committee. It will be sometime in September on a Saturday night, a sit down, nice affair. Mike Mayse proposed that we contribute \$1000 from the Strider budget to support this affair. Kellie said we should get some estimates first before we put a dollar amount to it. Everyone agreed that a nice venue downtown would be appropriate, and we need more info to make a decision. Kellie is also on the committee as well as Regina Sooeey who has been doing a lot of research on local venues for her wedding.

Glenn said that the Outback Crabshack social has been moved to June 20 instead of July as usual. He also mentioned the picnic at Hannah Park which is July 26th. He said when he called Hannah Park to reserve a picnic area, they were completely booked up. Glenn said he would go there and check out the area to see if there are any other loca-

tions we can use. Some suggestions were made to either get some camp sites or just go to the beach. Glenn stated that we need to set up the picnic for camp Blanding. Someone mentioned the Hammerhead Triathlon would be going on in August. Vicky said she would make the reservation and asked for help to assemble all the names.

General Discussion:


Dave read a letter from one of our scholarship winners. It was a very nice thank you note from Mark Heh.

Mike Mayse thanked and welcomed new members to the board and mentioned thanks to the ones who have moved on.

James thanked Mike Ford for his work on the Hershey Games, and the other Striders which helped out. Dave stated that Bob Boyd did an excellent job running the event.

Kay Womack asked for volunteers for the Memorial Day race.

There was a motion for adjournment and the meeting was adjourned at 8:03.

Respectfully submitted,
Vicky Connell . 

Race Results

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

ANY WAY YOU CAN 5K

Oakleaf Village
April 19, 2008

Robert Crampton	20:15	
George White	21:15	2nd 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	27:23	3rd A/G
Bernie Powers	29:41	1st A/G
Freddy Fillingham	30:14	3rd A/G
AL Saffer	32:29	1st A/G
Bill Krouse	35:45	
Shannen Crampton	54:12	

SPARTAN 5K

April 26, 2008

St Johns Country Day School

Stephen Beard	19:39	1st A/G
Randy Arend	19:40	1st A/G
Robert Crampton	19:45	2nd A/G PR
Mike Mandt	19:49	2nd A/G PR
George White	20:20	1st A/G
Regina Taylor	20:43	
		Masters Female
Gail Polio	23:08	
		Grand Masters Female
Gail Delombo	23:17	1st A/G PR
Ann Krouse	23:23	
Tracy Pfuntner	23:38	1st A/G
James Vavrina	23:39	
Vicky Dove	24:55	2nd A/G
April Martin	24:57	3rd A/G
David Albritton	25:16	2nd A/G
Sandra Maveety	25:19	1st A/G
Dave Brokos	25:20	
Marie Dailey	25:35	2nd A/G PR
Kimberly Lundy	26:09	2nd A/G
Tom Bass	26:14	
John Gauer	27:27	
Ed Kelly	27:41	
Bernie Powers	29:20	

Freddy Fillingham	30:02	1st A/G
Leslie Jones	30:07	3rd A/G
Rachel Slater	30:48	
Kay Womack	30:52	1st A/G
Al Saffer	31:28	1st A/G
Gordon Slater	32:56	2nd A/G
Shannen Crampton	32:57	PR

RUN FOR COVER 5K Duval County Courthouse May 3, 2008

Randy Arend	19:28	2nd A/G
Stephen Beard	19:31	2nd A/G
Robert Crampton	20:05	3rd A/G
Barbara Carrico	20:21	1st O/A
George White	20:50	1st A/G
Maurya Sova	21:57	3rd O/A
Paul Smith	22:04	1st A/G
Rebekah Wild	22:24	1st A/G
Stephanie Griffith	22:31	
		Masters Female
Lewis Buzzell	23:17	2nd A/G
Anna Wallace	24:09	1st A/G PR
Bonita Olden	24:10	1st A/G PR
Chelle Mahoney	26:17	2nd A/G
Ed Kelly	27:18	3rd A/G
Mark Johnson	27:40	
Bernie Powers	27:52	
Freddy Fillingham	29:44	3rd A/G
Al Saffer	30:19	1st A/G
Mike Martinez	31:00	
Gordon Slater	33:18	
Vanessa Crockette	39:45	
Joe Connolly	45:58	2nd A/G
895th Race!		
Shannen Crampton	50:17	

FLYING PIG HALF MARATHON Cincinnati, OH May 4, 2008

Marie Bendy	2:16:51	2nd A/G
Ken Bendy	3:35:20	
		Walking Division

RITA CASH 5K

Tinsel Town
May 10, 2008

Justin Jacobs	15:56	1st O/A
Orestez Gutierrez	18:09	3rd A/G
Bill Dunn	19:18	1st A/G
Bruce Holmes	19:20	1st A/G
Stephen Beard	20:17	2nd A/G
Paul Smyth	20:24	1st A/G
Robert Crampton	20:36	
Regina Miller	20:58	
		Masters Female
George White	21:04	2nd A/G
Paul Smith	22:20	1st A/G
Nancy Harms	22:25	1st A/G
Rebekah Wild	22:42	2nd A/G
Alek Abate	22:45	1st A/G
Craig Harms	22:45	1st A/G
Gayle Polio	23:33	1st A/G
Ann Krause	23:53	
		Grand Masters Female
Susan Harms	24:15	1st A/G
Sue Whitworth	25:25	2nd A/G
Chelle Mahoney	26:46	3rd A/G
Tom Bass	27:41	
John Gauer	28:22	
Leo Sheckells	30:04	3rd A/G
Bernie Powers	30:35	3rd A/G
Freddy Fillingham	31:19	
Al Saffer	31:40	1st A/G
Mike Martinez	32:48	
Roxanne Slater	33:44	
Judith Gould	34:12	
Gordon Slater	34:23	
Brooke Springer	34:48	
Bill Krause	37:43	
Vanessa Crockette	39:49	
Joe Connolly	43:33	2nd A/G

**Don't forget to sign
the Strider Man!**


PREZ SEZ

Continued from page 2

Pay attention to your running partners. We all like to push hard from time to time. If a member of your group looks like

they might be in trouble, take a break, get something cool to drink, and relax. If you are pushing hard, you can progress through these symptoms quickly, so be aware, and don't fell like a whimp if you need to stop!

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

Real runners squish! . 

Group Training Runs

DAY	TIME	DISTANCE	JACKSONVILLE AREA	CONTACT
Sunday	6:30 AM	5 to 10 Miles Various pace groups	Atlantic Beach Ragtime Restaurant First Street & Atlantic Blvd	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. ■

Summer 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
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
June 27	All Comers Track Meet #3	6:00 p.m.	Bolles School 7400 San Jose Blvd. Jax	(904) 388-7860 JTC Running
July 4	Celebration 5K	7:30 a.m.	3931 Baymeadows Rd. Jax	(904) 731-1900 First Place Sports
July 19	New Bridge of Lions 5K	7:30 a.m.	St. Augustine	(386) 736-0002 AltaVista Sports
July 26	First Coast 5K Trail Run	8:00 a.m.	Kathryn Abbey Hanna Park 500 Wonderwood Dr. Atlantic Beach	(904) 838-7359 XTERRA first Coast
July 26	29th Annual Summer Track Classic	5:00 p.m.	Bolles School 7400 San Jose Blvd. Jax	(904) 388-7860 JTC Running
August 2	JDR Bridges Run 5K	7:30 p.m.	Hemming Plaza Jax	(904) 731-1900 First Place Sports
August 8 & 9	Tour de Pain 3 races in 24 hours 4 Mi. Beach Run 5K on Baymeadows 1 Mile Sizzler	7:30 p.m. 7:30 a.m. 4:30 p.m.	Jax Beach Seawalk 1st Place Sports Baymeadows Rd. Hemming Plaza Jax	(904) 731-1900 First Place Sports

The Back Page

BY MIKE MARINO

Hello and a good month wish to all Striders and anyone who cares to join us on a run, or for socials, or for dinner, or for drinks – ah, generally any activity, we enjoy the company – we're a fun bunch. Its definitely starting to warm up. We saw some days hit the 90's this past month, and those will be more frequent as summer revs up. But run and race we must, even if the distances are shorter. Not many races this month, but we did well in those that took place.

On April 26th the **Spartan 5K** was held at the St. Johns Country Day School. Leading all Striders was Stephen Beard, who won his age group with a 19:39. For the Strider ladies, **Regina Taylor** posted a solid 20:43 in winning the Masters division, and **Gail Polio** won the Grandmasters division. In the age groups, 1st place finishes were turned in by **George White**, **Randy Arend**, **Tracy Pfuntner**, **Sandra Maveety**, **Freddy Fillingham**, **Kay Womack**, **Al Saffer** and **Gail Delombo**, who ran a personal record (PR). The 2nd place age group Striders included **Gordon Slater**, **Lundy**, **David Albritton**, **Marie Dailey** (PR), **Vicky Dove**, **Mike Mandt** (PR), and **Robert Crampton** (PR). And coming in 3rd in their age groups were **Leslie Jones** and **April**

Martin. Also turning in a PR, in staying in her award winning form, and even being another week pregnant, was **Shannen Crampton**.

The next weekend found runners at the Duval County Courthouse, and they weren't even in trouble. **The Run for Cover 5K** on May 3rd found our Strider ladies in top form. **Barbara Carrico** was the first overall female finisher with a time of 20:21, **Mau-rya Sova** ran to a 3rd place overall finish, and **Stephanie Griffith** won the female Masters division. **Anna Wallace** and **Bonita Golden** posted PRs on their way to winning their age groups, while **Rebakah Wild** was able to win her age group without a PR. **Chelle Mahoney** turned in a 2nd place age group effort, and **Shannen Crampton** finished another race, this time taking it a little easier than the previous week's PR effort. On the men's side, **Randy Arend** led all Striders with a 19:28 and 2nd place age group finish. Strider men running to 1st place age group prizes were **George White**, **Paul Smith**, and **Al Saffer**. Second place age group efforts were pounded out by **Stephen Beard**, **Lewis Buzzell**, and, in his 895th race, **Joe Connolly**. And rounding out the age



group award winners with 3rd place age group prizes were **Robert Crampton**, **Ed Kelly** and **Freddy Fillingham**.

The final local road race to report on this month happened in Tinsel Town, with the **RITA Cash 5K** on May 10th. Twenty-two Striders took home prizes, with **Justin Jacobs** leading the way by winning the race in 15:56. **Regina Miller** led the female Strider charge with a 20:58 and Master's division win. **Ann Krause** complemented Regina's master's win with a Grandmaster's win. Winning their age groups were **Bill Dunn**, **Bruce Holmes**, **Nancy Harms**, **Alek Abate**, **Craig Harms**, **Al Saffer**, **Paul Smyth**, and **Paul Smith** (yeah, they're different guys). Pacing to 2nd place age group finishes were **Stephen Beard**, **George White**, **Sue Whitworth**, and **Joe Connolly** (that should be 896). And with 3rd place age group efforts were **Bernie Powers**, **Leo Sheckells**, **Chelle Mahoney** and **Orestez Gutierrez**.

Also on the local scene, but with the addition of wheels in one race and wheels and water in another were the **Beaches Fine Arts Series Duathlon** (April 19th) and **Triathlon** (May 17th). **Vicky Connell** was the only Strider re-

Check out the all new, www.floridastriders.com!

Please Print		Application for Membership FLORIDA STRIDERS TRACK CLUB		New <input type="radio"/>	
				Renewal <input type="radio"/>	
Name: Last _____	First _____	M.I. _____			
Address _____		# in Family _____			
City/State/Zip _____		Spouse's Name _____			
Phone: Home _____		Birthdate(s) _____			
Phone: Work _____		Employer _____			
E-mail _____		Occupation _____			
Signature _____		Annual Dues:		Family \$20 <input type="radio"/>	
Date _____		Single \$15 <input type="radio"/>		Junior (under 18) \$10 <input type="radio"/>	
		Senior (over 65) \$10 <input type="radio"/>			
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"><p>Mail Application with dues to: Florida Striders 8559 Boysenberry Lane E. Jacksonville, FL 32244</p></div>					
<small>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.</small>					

The Back Page

CONTINUED FROM PAGE 19

porting and represented us very well. She won her age group at the duathlon with a 1:11:08 while battling some tough winds, and place 2nd in her age group at the triathlon with a 1:08:00. Nice effort Vicky.

Striders – They're everywhere!!

Starting off in Vidalia, Georgia was a brand new Strider, **Claire Gilbert**, running in her first ever race. Claire ran the **Vidalia Onion 5k**, which was part of the Vidalia Onion Festival (hey, Florida has a Strawberry Festival). Claire had a great first race effort, running to a 2nd place age group finish. Congrats Claire and welcome to the club.

Marie and Ken Bendy made a trip to Cincinnati, Ohio for the **Flying Pig Half Marathon** on May 4th. Marie ran a 2:16:51, and Ken took part in the walking division, posting a 3:35:20.

Down in St. Augustine for the **Vilano Bridge Run** were **Jim and Christine Kehr**. They took it in together, each posting a 34:48.

Frank Sutman was out and about, making stops in Dallas, Texas and in his home away from Jacksonville in Delaware. In Dallas, Frank was the overall winner of the **Runnability 5K**, which was actually 2.7 miles, with a 16:05. Frank is claiming a PR, simply because he's never run 2.7 miles before. In Delaware, Frank and three others in the Delaware Running Club combined to win the Co-ed Masters division relay at the **Delaware Marathon** with a 2:35:32, which lowered the co-ed

master's course record by seven minutes. Frank's team was the second overall relay team as well, and you can see pictures of Frank and his teammates at <http://www.delawarerunningclub.com/>. And yes, Frank belongs to the Delaware Running Club, which beckons the question, is there really just one running club in Delaware?, and two in Jacksonville?

And finally, **Karin Glenn** returned to action at the **Ashbury 5K** in Naperville, Illinois. Her time was a somewhat un-Karinteristic 19:54, but she was nonetheless faster than all others, and is now the reigning Ashbury 5K Champion. Way to go Karin, and feel free to thank Frank for letting me know.

Tidbits and stuff I missed.

Somehow we missed another accomplishment from **Al Saffer**. We had his time, but missed the finish in his age group. Al won his age group at **Any Way You Can 5K** on April 19th at Oakleaf Village. Sorry Al, again.

Award

I've decided **Shannen Crampton** gets to keep the nice smug feeling for another month. Send me some nominations folks, let me know of those special efforts that I'm sure are turned in by Striders each month.

That would be all for this month folks. Keep those results and race descriptions coming, and sign the Strider Man at the local races. And as always, 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>



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