

The Striders Celebrate 30 Years of Running



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By Dave Bokros

The evening of September 19th is one we will long remember. Florida Striders from all over gathered for a celebration of the 30th anniversary of the Florida Striders Track Club. Around 6:00 pm guest began arriving. Marge Ruebush, Kellie Howard, and Glenn Hanna greeted the steady stream of arrivals at the entrance to the main ball room at the Hilltop

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Prez Sez

By Dave Bokros



It's finally here! The Fall season has bestowed upon us some gorgeous days with clear air and cool temperatures. For those of you that slogged through the summer heat, this is when your running will take off. For those of you who hate running through the summer and wait for cool weather to train for the winter season, then wait no longer.

The long-shadow season also shortens the days. Many of us will find ourselves running in the dark more often. Remember to be safe. Wear reflective gear, flashing lights, and a headlight so you don't end up turning your ankle in a hole that you didn't see. I found a neat light years ago that clips to the bill of my hat. The light allows me to see very well and also alerts motorists if you happen to be running on the road. The light is very tiny and you can find it at 1st Place Sports. Wear a hat or visor in the dark. When oncoming traffic blinds you you can drop your head a little and block the headlights with the bill of the hat and this will still allow you to see the ground and, if you happen to hop off the street to get out of the way, you won't be as likely to slam into a mailbox! Run in pairs and groups in the dark, and, please, get yourself a Road ID or other well-recognized form of identification and wear it at all times. With cell phones shrinking in size you can find an armband or belt that will allow you to carry one of those, as well.

This is prime time for runners. Let's go out there and put in those miles and don't forget to have a great time doing it!

See you on the road! =

Board of Directors' Minutes 09/08/2008

The Meeting was called to order by Dave Bokros at 7:10 pm. Board members in attendance were Dave Bokros, Kellie Howard, Mike Mayse, Glenn E. Hanna, Mike Ford, Keith Poythress, Randy Arend, Regina Taylor, and Mike Marino.

Welcome Mike Marino: Dave Bokros took a moment to welcome Mike Marino to a position as Director at Large. Mike has done a great job with the Back Page section of the Strideright and we are excited to have him join the Board of Directors.

Minutes: There were no changes to the August minutes.

Treasurer's Report: Dave Bokros presented the Treasurer's report in the absence of Janis Dolemba, the club's treasurer. Dave Bokros mentioned that the two race accounts with balances over \$550.00 should have the excess funds transferred before the next meeting. Mike Ford asked where the excess race funds go when transferred and Dave Bokros answered that the funds are transferred to the club's main checking account.

One CD will mature on February 6th, 2009. Keith Poythress formed a motion that the club agree to give the treasurer the right to roll them over without a vote on the matter. The motion was not seconded and Keith withdrew the motion.

Memorial Day 5k Report for 2008: Dave Bokros presented the Memorial Day 5k race report. Net Profit projected was \$5,892.33 while the actual net profit was \$4,598.00. The difference was attributed to no participation this year from Ronnie's Wings, spending a little more on refreshments than projected, and the overwhelming number of race entries that came in early enough to take advantage of the \$12 rate. Dave mentioned that it didn't look right at first glance but after counting all the entries and doing the math, it is accurate. The race grew from 695 to 814, but the race has become so an-

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2008-2009 Board of Directors & Key Members

(Board Members marked with an *)

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Run to the Sun 8K &
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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.

How to Coach Kids

Having coached young people for more than 40 years, with consistent success, I feel emboldened to offer some unsolicited advice on the topic. Recent observations of others have provoked this outburst. My motivation is to encourage fellow Striders to protect youngsters from bad practices.

My first coaching job was in 1969 at rural Kenton High School in Ohio. Hired to coach track, I talked the AD into a cross country team the first week of school. Ten sophomores from my biology classes and one senior (the band's drum major) went from no mileage to 35 per week the first month. We won our first meet on the sixth week and placed second in the 8-team Western Buckeye League championship in November.

The greatest success of that first season? Two of those "boys" are still running and have renewed contact with their old coach.

In this age of youth teams, endless competition, camps, "high performance" training centers, and egotistical coaches (and parents), I'm campaigning for two things:

- A. Instilling a love of running.
- B. Keeping young runners healthy.

How does a parent, coach, or other concerned adult accomplish these two goals and still give the young runner a chance to succeed?

The answer is that a kid who is uninjured and loves to run is already successful. But beyond that, competitive success does not depend on brutal training methods. A running life, even at the grade school and high school level, should be a series of PRs. But a child whose coach (parent) derides her competitive results, screams "run faster", or dissects every race, looking for more improvement, is heaping pressure on a developing ego and an immature body.

Do you know of any runner that does not give the best effort of which he is capable in every serious workout or race? Yet, from the screaming and criticism that I observe, the opposite would seem to be the belief of many parents and coaches.

"Why didn't you catch her?"

"You should have stayed with the leaders!"

"You just didn't want it badly enough."

Would you respond in a positive manner to such comments? Of course not. Even your dog would fail to respond to training with that kind of negative reinforcement.

Here are some guidelines that have worked for me and my runners over the past four decades:

A) Always believe a runner who says she/he is sick, sore, or injured. To do otherwise is to destroy the confidence that a child might develop, that you have their best interests at heart.

B) Don't race in training. It is boloney to believe that you must kill a runner in training in order for them to race well. Competition is super-normal effort. How ridiculous to beat a young person down to prepare them to hurt in races.

C) Strive for an OPTIMAL stimulus, not a MAXIMAL one.

Wide World of Running By Jay Birmingham

The body recovers best, and super-compensates, when a training effort is hard but not exhausting.

D) Run lots of different courses, workouts, and distances. Variety is the spice of running. We don't have to perform in a small arena in our sport—training should take advantage of that freedom.

E) Set achievable goals for practice. Confidence comes from successful training.

F) Recognize and praise every improvement that you want to reinforce. You are unlikely to compliment a runner too much.

G) The rate of development of runners varies. Some are prodigies, some are late bloomers. Most are average. You cannot force someone to improve.

H) Are the runner's goals THEIR goals? Most kids put plenty of pressure on themselves. You needn't add to that.

I) Adopt the long view. Make it your goal, as a coach, to have your child running when they are your age. "I love to run," is the sweetest thing a coach can hear.

Larry Monts, the retired coach of FCCJ's nationally-successful teams in the 1970s and 1980s observed, "If you don't hurt them, they'll improve." What's even better, they'll love you for it. =

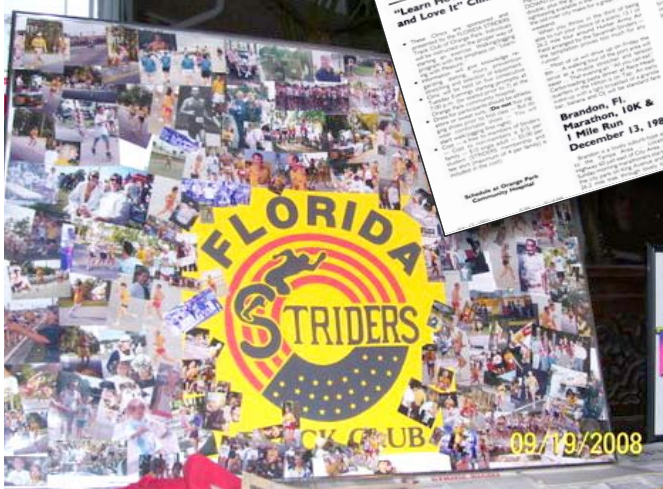
Jay Birmingham coaches at St. Johns Country Day School. He has coached 24 individual state champions, 30 collegiate All-Americans, and was the 1996 NAIA National Men's Cross Country Coach of the Year.

Iron Horse **endurance runs**

Save the Date!

The **2009 IRON HORSE 100MILE, 100KM AND 50 MILE ENDURANCE RUNS** will be held on February 21, 2009.

The new location for the run will be the old Norfolk-Southern railroad track that runs from Lake Butler to Palatka. Our course will start in Grandin and go east 12.5 miles and then back. So if you have the urge to try a trail Ultra this is for you. The course is unimproved and is in all respects a trail run. We also have a dire need for volunteers to man aid stations during the day and particularly at night. If any of you want to volunteer to do some trail maintenance prior to the race with weed whackers and chain saws that also would help me out. More info to follow. If you have interest e mail me at crodatz@bellouth.net The website IronHorse100km-club.com will be updated within a week. =



30 Years of Running – 30 Years of Lasting Friendships!!

What a pleasure it was to see so many of our longtime Strider friends on Friday night, September 19, 2008. Approximately 125 Striders came to the Hilltop Club in Orange Park to share good food, good music and great conversation and reminiscing.

There was a good variety of memorabilia to look at including old newsletters, shirts, and awards. We also had several picture albums with pictures of a lot of the Striders at the many races we attended since 1980.

The pictures invoked memories of a lot of good times we shared—especially at the out of town marathons.

We had a large cake decorated in Strider colors with a large Strider Logo in the center.

Our president, Dave Bokros, gave a video presentation. He recognized several of our race sponsors who were in attendance. He also gave a special tribute to John TenBroeck, a longtime member who just two weeks earlier lost his long battle with cancer. We will all miss John very much.

There have been twenty-one presidents in the history of the Striders. Eleven of those were present Fri night.

They are: Jack Stanley, Bill Zipperer, Frank Frazier, India Hendley, Stan Scarlett, Wally Lastinger, Ken Bendy, Lou Carter, John Powers, Hardie Alexander, and Dave Bokros.

Three past presidents are deceased. They are Dave Taylor, Chuck Cornett and John TenBroeck.

I think that Jack Stanley and Bill Zipperer have the honor of having been members the longest. They were there when the Striders were first getting organized. There were several more of us who had joined in 1980 and 1981.

We have gained a lot from our long membership in the Striders. The runs and social events have been a large part of our social life for 28 years. We value the friends we have made through running. We are very proud of what the Florida Striders have put back into the community. They have always promoted health and family values and have concentrated on drawing the youth of our community into running through all our children's programs. =

-Marge and Paul Ruebush

ANNIVERSARY

Continued from page 1

Club on Orange Park.

Arranged on display tables was an impressive array of Strider archives and cool memorabilia. Marge Ruebush and Jenny Allen provided a number of old Strideright issues that never made it to electronic print. Various T-shirts and race logos from years past, some from races that no longer exist, were also on display. There was even a copy of the first Strideright dated January 1982. Past President Bill Zipperer and Marge Ruebush swear that there was a newsletter prior to this one, however nobody could seem to put their hands on a copy. If anyone happens to have one that they could scan and send to the Board of Directors we would love to see it.

By 6:30 it was obvious by the rising din that spirits were high and friends that had not seen each other in many years were getting reacquainted. The main ballroom at the Hilltop has a bar whose line backs up to block the path for the wait staff to stock the buffet. Due to traffic and the overwhelming attendance, the line for the bar kept the staff frustrated for long after the time that dinner was supposed to start. The calls from the DJ to have everyone take their seats for dinner went largely unheeded. My attempts to spread the word and get everyone to their seats were greeted with polite smiles but little movement. I finally gave up realizing that this party was in full swing! There was no getting around the fact the everyone was having a great time socializing. Dinner would just have to wait a little while!

The buffet opened a little late, around 6:45, and the Hilltop hostess began to visit various tables to call them up to the buffet for dinner. The food was terrific and the room, surrounded by windows, gave diners the feeling that they were seated in the center of a lush garden. Marge Ruebush and Jenny Allen brought a fantastic cake for the celebration which had the anniversary logo reproduced in the center in marvelous fashion.

Sometime shortly before 8:00 pm I asked everyone for their attention for a brief presentation and speech commemorating the last thirty years. I did my best

to bring long-lost members and founders up to date on the work of the club. I had some trouble with my remote for the presentation on my laptop and, after a little frustration with it, proceed with the speech in earnest. I did my best to thank founding members, past presidents, and sponsors for creating an organization that continues to work hard to spread the word about healthy, active lifestyles throughout our community, particularly among our children. I also thanked everyone for building something that allows so many people to give back to their community on a scale that would be difficult to achieve any other way.

The party continued long into the evening. We raffled off some coffee mugs that John TenBroeck had made in 1984. John gave me a bag of these cups a few years ago and I have held on to them waiting for a fitting occasion to pass them on and this seemed like a good time. Many of the Striders took to the dance floor like Striders often do and had a grand old time! Watching Gail Pilipow and Ann Krause do the pogo to the B52's was priceless!

We were also enjoyed the company of past presidents Jack Stanley, Bill Zipperer, Frank Frazier, India Hendley, Stan Scarlett, Walley Lastinger, Ken Bendy, Lou Carter, Hardie Alexander, and John Powers.

I would like to thank Kellie Howard,

Glenn Hanna, Regina Sooley, Mike Mayse, Marge Ruebush, Paul Ruebush, Jenny Allen, and Richard Allen for all of their help and the use of cherished artifacts for the dinner. It was an honor to meet so many of my predecessors and see that runners throughout the years have not changed much. Runners are by far the warmest group of people you could ever hope to find and they really know how to enjoy life and have a great time!

I would also like to thank our sponsors, John and Jan Powers of Florida Powertrain & Hydraulics, Jim and Debbie Powers of Body Wise International, and Gary & Julie Meyers of Meyers dentistry for their support and for honoring us with their presence at our gala celebration. After the success of this dinner, we won't wait so long to have this kind of celebration again!

Here's to another 30 years of running, good times, and good work in the community! =



Presidents of the Florida Striders

Jim Finigan	1978	Gordon Huddleston	1990
Harry Hooker	1979	Stan Scarlett	1990 - 1991
Dave Taylor	1980	Jim Emmert	1991 - 1993
Sharon Paul	1981	Wally Lastinger	1993 - 1995
Chuck Cornett	1982	Ken Bendy	1995 - 1997
John TenBroeck	1983	Lou Carter	1997 - 1999
Jack Stanley	1984	Bill Cornell	1999 - 2000
Bill Zipperer	1984 - 1985	John Powers	2000 - 2001
Chuck Cornett	1986	Hardie Alexander	2002 - 2003
Frank Frazier	1987	Bob Boyd	2004 - 2005
India Hendley	1988 - 1990	Dave Bokros	2006 - Present

2008 Marine Corps Half-Marathon Race Report



By Lonnie Willoughby

I finished the Marine Corps Half-Marathon in Jacksonville, Florida on October 4th and loved every minute of it. My final time was 1 hour, 34 minutes, 19 seconds -- 7:12/mile pace. I placed 11th (out of 111) in my age group (35-39) and 77th overall (out of 1,205 runners). Here is a synopsis of my race:

Where do I start...

I could start with all my training runs that prepared me to run 13 miles, but that might take a very long time. I could start the day I registered for the race, but that might be a little boring. I guess I'll start with the night before the race...

The night before the race I gathered all my running materials. I pinned my number on my t-shirt, picked the right pair of running shorts and socks, verified my shoes were laced properly and timing chip was secure. I ensured my GPS watch, heart-rate monitor and sunglasses were packed. I also synced my iPod Shuffle with appropriate motivational music for the race -- Here is my playlist:

Blink 182 - *What's my age again?*
Green Day - *Time of your life*
Green Day - *She*
Eddie Vedder - *Guaranteed*
Blink 182 - *All the Small Yhings*
Blink 182 - *The girl at the rock show*
Joshua Radin - *I'd rather be with you*
Sum 41 - *Underclass hero*
Lifehouse - *You and me*
Colbie caillat - *Bubbly*
Breaking Benjamin - *Diary of jane*
Blink 182 - *American pie theme song*
Joshua Radin - *Sky*
Joshua Radin - *Someone else's life*
James Blunt - *You are beautiful*
Daniel Powter - *You had a bad day*
Colbie Caillat - *Realize*
Nirvana - *Lithium*
Augustana - *Boston*
Ben Folds - *Landed*
The Cranberries - *Dreams*
Howie Day - *Collide*
Nirvana - *Heart Shaped Box*
Atreyu - *Lead Sails*
Carbon Leaf - *On any given day*
TOTAL TIME 1.5 HOURS

After my iPod was loaded and packed, I ensured the Body Glide and 2 Band-Aids were packed. Just in case you were

wondering, the Body Glide would be used on my inner thighs to prevent chafing by my shorts, and the 2 band-aids would be placed over my nipples to prevent nipple chafing. Chafing is quite common in all runs over 10 miles if unprotected.

Finally, I set the coffee pot to brew at 5:20am, my alarm to sound at 5:30am and went to bed at 9:30pm.

Alright, it's finally race day. A quick shower, dressed and some coffee and I'm on the road at 6:00am. It's a 30-minute drive to downtown Jacksonville and I want to get there by 6:30am to get parked and lined up at the start in a decent position. It's awfully dark outside and not a sound in my neighborhood, but the traffic picks up the closer I get to downtown, and, at the stadium, the parking lot is filling up fast. I found a good parking spot at 6:32am and made my way to the starting line.

I lined up about 6 rows back from the start. I didn't want to get too close to the front as it is commonly known that the front of the line is for the "elite" runners -- those that will most likely be competing for the top finish in their age groups. I made a few friends while waiting for the start and discovered we were all members of the same running club "Florida Striders Track Club".

Since this was the Marine Corps Half-Marathon, the Marines came out in force led by a visiting Marine Colonel. He introduced the race, welcomed the runners and announced the posting of the colors (the parading of the US Flag). The Navy Band played the National Anthem and the cannon fired, starting the race. We were off!!!

The beginning of any race is usually very crazy. The runners are packed tight and everyone is jockeying for position. Usually, the runners in the back of the line-up are limited to walking for the first 1-2 minutes because it's so crowded. But I was in the front of the pack so I started out strong. Perhaps a little too strong though as I stepped on the heel of the guy in front of me -- Sorry :(

The course of the Marine Corps Half-Marathon, starts at the Jaguars stadium and heads downtown. At Mile 1, the runners cross the Main Street Bridge (up and over), and at Mile 2 the runners cross the Acosta bridge (up and over). At the bottom of the Acosta Bridge, the course winds it's way south through the historic area of Riverside along the St. Johns River. At Mile 7, the runners turn around and head back north, basically along the same route to the bottom of the Acosta Bridge at Mile 11. Instead of crossing the Acosta bridge, the course follows the north bank of the Riverwalk, passing many Jacksonville points of interest -- the Times Union Center, the Jacksonville Landing, and the courthouse among others. At mile 12, the course is back on the road leading to the Jaguars stadium. It's a straight 1.1 miles to the finish at Metropolitan Park, across from the stadium. **Continued on next page**

MARINE CORPS HALF-MARATHON

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The weather was perfect for an October race in Jacksonville. The temperature was in the 60s at the start and there was very little wind (if any). The sky was blue and the scenery was awesome.

Initially, my plan was to run this race with a finishing time of 1 hour 40 minutes -- a 7:40/mile pace. But, I just couldn't hold back and started out running a 7:05 pace. (I really did try to hold back.) I was feeling good after the first couple of miles, so I decided I would stick with the 7:05 pace and run my best. According to my GPS (which differs slightly from the chip timing), my mile splits were:

Mile 1 - 7:09
Mile 2 - 13:54 (6:45 pace)
Mile 3 - 21:09 (7:14 pace)
Mile 4 - 28:15 (7:06 pace)
Mile 5 - 35:20 (7:05 pace)
Mile 6 - 42:17 (6:57 pace)
Mile 7 - 49:17 (6:59 pace)
Mile 8 - 56:23 (7:06 pace)
Mile 9 - 1:03:27 (7:04 pace)
Mile 10 - 1:10:40 (7:12 pace)
Mile 11 - 1:18:07 (7:27 pace)
Mile 12 - 1:25:56 (7:49 pace)
Mile 13 - 1:33:17 (7:20 pace)

Other data obtained from my Forerunner 305 GPS include:

Average Speed - 8.2 MPH
Average Heart Rate - 186 BPM
Maximum Heart Rate - 201 BPM
Calories Burned - 1462

As you can tell, I started struggling at Mile 10-11. Other runners (including Keith) were passing me and there was nothing I could do about it. I did have a runner about 100 feet in front of me and decided I would try to "reel her in". Unfortunately, I never caught her, but I never lost sight of her. I guess she kept me going those last few miles - Thanks!

Just before the finish line, I could hear another runner coming up fast. At this point, I decided I would not let another runner pass me -- I picked up the pace. As we were closing in on the finish line, this other runner started his sprint, so I had to sprint. He came up right next

to me, shoulder-to-shoulder. I was at a full sprint at this point, but I couldn't let him pass me. We crossed the finish line simultaneously and clocked the same finish time (though his net time was faster). We high-fived and thanked each other for the extra push.

The post-race activities were nice. Of course, Budweiser was there with the free beer. I guess it might be the only good reason to be drinking beer at 8:30am -- you have to reload those carbohydrates that were just used up on the course, right? I had 2 cups of beer :)

I met up with other Florida Striders Track Club members under the Striders

tent and we discussed the race, our training, and other topics of interest. I met Randy, the guy whose heel I stepped on at the start, he is a great guy and a "Strider". I met Mark, the guy who pushed me so hard at the finish line -- Another Strider and great guy. I met Simon, a semi-pro table tennis champion and Strider -- He also led the Tour de Pain Mile Sizzler for 1/4 mile...nice. Other Striders I met were Dave, Gail, Keith, John, Robert and others. Great people all.

A great race, good people and perfect weather, and, to top it all off, a "Personal Record" in the Half-Marathon for me -- What more could you ask for? =

Jenny's Pennies 30th Anniversary Celebration October 12

There is a long tradition of collecting any money found during the runs and giving it to Jenny Allen, who uses it to provide the goodies for our Sunday Morning Anniversary Celebration. Come help us spend Jenny's pennies! We'll provide champagne, orange juice and coffee. You can bring fruit, bagels, coffeecake, donuts, etc. to share. Join us for a group picture and help celebrate The 30th Anniversary of our Sunday morning runs from Sun Tire on Blanding Boulevard in Orange Park. The party will start about 8AM, after the Sunday morning run. Jenny does a wonderful job and it is always a very enjoyable time. =



November 9th

Ocean Grove Condominiums
Club House, Ponte Vedra

The November social will be hosted by Vicki Choinski and Bernie Candy. They will be supplying barbeque and beer. The Club will provide soft drinks, please bring a covered dish and any additional adult beverages. There is a big screen in the clubhouse to watch the Jaguars at Detroit.

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

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

Hog Jog Volunteers Wanted
Saturday November 8, 2008

Contact Lillian Lawless at lalawless@verizon.net

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

From Blanding & I-295:

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

From US 17 & I-295:

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

For more information contact Steve Bruce at
904-864-4994 or email stevebruce@comcast.net



HEY KIDS!!! Don't forget our FREE one mile Fun Run!
It Starts at 10:00 AM!

5K Race • Saturday • November 8, 2008 • 9:00 AM

1 Mile Fun Run - 10:00 AM • Awards Ceremony 10:15 AM • Lake Asbury, FL

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

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

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

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

Awards & Registration: Top 3 Male & Female; Top Masters & Grand Masters; plus Top 3 in each age group, Male & Female: **AGE GROUPS:** 10 & under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & over. No multiple awards.

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

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

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

Entry received by	Striders/Military	Others
October 30th	\$10	\$12
10/31 - 11/7	\$13	\$15
Race Day, 11/08	\$20	\$20

Make check payable to: Hog Jog 5K
Mail completed application & check to:
Hog Jog
1228 Blue Heron Lane
Jacksonville Beach, FL 32250
(Race fees are non-refundable.)

DOOR PRIZES WILL BE AWARDED!!

Prefer the convenience of On Line Membership, Renewal, or Race Registration? Visit Active.com. They charge \$3.00 for their service.

HOG JOG 5K ENTRY FORM															RACE# (FSTC USE ONLY)	
<div style="display: flex; justify-content: space-between;"> First Name Last Name </div>															<div style="display: flex; justify-content: space-around;"> Y N </div>	
<div style="display: flex; justify-content: space-around;"> Age Sex Adult Sizes RUN FUN RUN (no charge) </div>															<div style="display: flex; justify-content: space-around;"> Ever run/walked a race? </div>	
<div style="display: flex; justify-content: space-between;"> Street Address (include apt. number) City State Zip Code </div>																
<div style="display: flex; justify-content: space-between;"> Telephone Number Fee Enclosed \$ Florida Striders Track Club Member Military </div>																
<p><small>MY SIGNATURE I ACKNOWLEDGE THAT: Participating in an organized running event is a potentially hazardous activity. I will not participate unless physically and medically able. I agree to abide by all decisions of race officials relative to my ability to safely complete the race course. I assume all risks associated with participating in this event including but not limited to: Slip/trip/fall, contact with other participants, weather conditions, traffic and conditions of the road/surface, all such risks being known and accepted. Having read this waiver and in consideration of entry into this event being accepted, I, for myself and anyone named or entitled to act on my behalf, waive and release members and volunteers of the Florida Striders Track Club (FSTC), Road Runners Club America (RRCA), the town of Green Cove Springs, and all sponsors, their representatives and successors, from all claims and/or liabilities of any kind arising out of my participation in this event, including any liability that may arise out of negligence or recklessness by persons or organizations named in this waiver. I agree and grant permission that should circumstances arise, I defer to race officials and/or qualified persons as to my need to be examined and/or treated medically during the race. I agree that race officials and/or qualified persons have the right to disqualify and remove me from the race course should I be suffering from a life threatening condition. I further grant to Releasees the right to use any and all photographs, images, or accounts of this event in any manner that it feels appropriate. I agree to abide by all RRCA Guidelines, including but not limited to: No use of headphones or any other device that limits awareness of the participant or any type of wheeled conveyance (excluding use by handicapped or physically disabled participants). Animals are prohibited from the race course unless for the use and assistance of handicapped or physically disabled participants. Rev. 2/05</small></p>																
<div style="display: flex; justify-content: space-between;"> Your Signature Date Parent's Signature (if under 18 years of age) Date </div>																
Mail Check to: Hog Jog 5K • 1228 Blue Heron Lane • Jacksonville Beach, FL 32250																

MINUTES

Continued from page 2

ticipated by the runners that the majority of them register as soon as registration opens. Dave also pointed out that the Beginning Runner Class, which was the biggest seen in recent years (over 100 participants) made up a big section of early registrants. There were 148 day of race registrations, up only one from 2007. Randy Arend pointed out that we have the lowest race prices in town and that we could raise the price to improve the profit margin. Kellie Howard pointed out that the club works hard to keep the prices where they are to encourage families to get out and run. The consensus of the board was that this would remain important to the club and, though the race net profit may not be as projected, there is still a healthy profit. Mike Mayse moved to accept the Memorial Day report as presented, it was seconded and approved unanimously.

Nike Reuse-a-shoe Program: Nike sponsors a program that takes in old athletic shoes and recycles them to make materials for athletic services such as courts, rubberized asphalt tracks, and similar facilities. Keith and Gayla Poythress have volunteered to manage collection of the shoes and Keith presented the idea that we advertise for the collection of shoes in race flyers, on the web site, and in the newsletter. Keith and Gayla would collect the shoes at the races and periodically ship them to Nike for use in their program. They are asking the club to pay for shipping. Mike Ford asked what happens to the materials and if they would be put towards programs in our community or do we just send the shoes off and Nike decides what to do with them. Keith responded that some of it may indeed come back to Florida but the donors have no control over the reuse of the shoes and materials. Kellie Howard motioned that we sponsor the program for one year with the first shipment not to occur until after December. Mike Mayse asked what to do if the cost is prohibitive and Kellie said then we would re-examine the proposal and possibly abort. Races will be the targets of collections. Randy Arend seconded the

motioned; it passed unanimously.

Official Race Color for Striders:

Keith Poythress suggested that we change the official Strider race color back to yellow. He has received overwhelming feedback from members that they prefer the yellow shirts and singlets on race day so that they stand out. Many other board members expressed the same sentiments. Keith displayed a yellow singlet printed with the club logo on one of the Brooks racing singlets similar to the singlet from Tour de Pain. The singlets are mostly yellow with white panels down the sides. Dave Bokros asked if we can get T-shirts in the same color and in both men's and women's cut, and Keith said we could. Mike Mayse motioned that we change the official race color back to yellow, Kellie seconded. Board voted 8 in favor with Mike Ford abstaining. Back to yellow!

Dave Bokros asked Keith to come up with numbers this fall for the 2009 budget to include a large order of new yellow race gear.

Socials: 30th Anniversary Picnic:

Glenn Hanna mentioned that he had good response for the 30th Anniversary dinner with 60 RSVPs from the general membership. The total number of guests between paying and honored guests was 89. Since the room would seat up to 180 and we have a lot of last-minute partygoers in the club, it was suggested that we put out one last email to let the membership know that they could still come if they RSVP by Friday September 12th to Glenn, with promise to bring payment to dinner. Dave Bokros agreed to send out the email.

The Annual Jenny's Pennies run and breakfast will be held on Sunday, October 10th.

Janet and Robert Irvine will host the usual Christmas party at their house in Boone Park in conjunction with the luminary celebration in the area. Glenn suggested that he would fill out the social calendar for 2009 with the usual annual events and seek input for ideas for other socials. The July beach picnic did not draw very many members and the general consensus was that most were off on a summer vacation. The Camp Blanding picnic was a huge success and a good time. Someone suggested that

we move the Outback Crab Shack Social back to July.

John TenBroeck: Dave Bokros suggested that we name the Strider scholarship in honor of John TenBroeck. Randy Arend suggested that we name one of the three after John and reserve the other two. It was also suggested that we could tier the scholarship award program to give \$1250 to the first place winner, \$1000 to the second, and \$750 to the third. There was so much discussion over the matter with no motion that the item was tabled for more discussion prior to next meeting

Student Health Advisory Committee (SHAC) for September 2008:

Dave Bokros attended the SHAC meeting for September held at the Barco-Newton YMCA in Fleming Island Plantation. The committee met to review the School Health Services Plan for Clay County Schools for 2008-2010. Mandated by the School Health Services Act for all county school systems, s. 381.0056, the plan provides an organized system for planning and reporting on all school services regardless of funding source. The SHSP is a two-year document designed to facilitate the establishment of local strategies to implement activities mandated by law to meet the health of Florida's students and improve their chances of success in school. The plan is developed by the County Health Department, the local schools district, and local SHAC (comprised of the aforementioned) plus community volunteers and agencies. The Florida Striders have been invited to participate. Some of the Quality Improvement Standards call for the promotion and organization of Run/Walk clubs in county schools. Dave pointed out to the committee that most of the run/walk clubs in existence in Clay County are already sponsored and aided by the Florida Striders Track Club. Dave also suggested that the Florida Striders Track Club be listed on the plan under Information Source along with www.floridastriders.com so that school staff reviewing the plan would have a resource when implementing this strategy for the promotion of physical activity and nutrition. The Striders will be listed on

the final revision to be submitted by September 30th, 2008.

General Discussion:

Mike Ford mentioned the County Health Fair but there were no volunteers to man a table at the event.

Mike Marino wished everyone a nice, smug feeling.

Kellie Howard showed us a nice article written in the MySouthSideSun about the Florida Striders. The article had positive things to say about the club. .

Respectfully submitted,

Dave Bokros, with the help of Regina Taylor and Vicky Connell =

Florida Strider Merchandise

Please contact Keith Poythress, our Merchandise Coordinator with questions at (904) 541-1878 or poyth@bellsouth.net if you would like to place an order.



<http://www.floridastriders.com/shop.html>



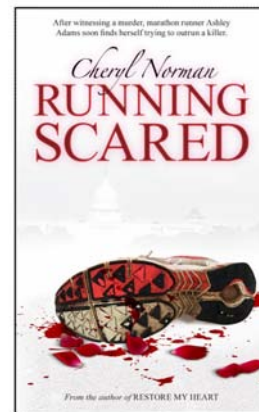
ED HARDY

We lost a long time Strider, good friend and FSTC past-president

John TenBroeck

on September 5.

John was a vital part of Jacksonville's running community and will be sorely missed!



Cheryl Norman will be signing copies of her novel, **Running Scared**, from 11:00 am to 2:00 pm on Saturday, November 15th, 2008, at Borders--8801 Southside Blvd., Jacksonville, FL.

New, Renewing and Expiring Memberships

NEW MEMBERS

Lisa Tomasino 9/30/09

RENEWING MEMBERS

Joe Connolly 9/30/09
Billy Fehrs 9/30/09
Jim & Christine Kehr 9/30/09
William Kennedy 9/30/10
George Obi 9/30/09

Rex & Carole Ann Reed 9/30/09
Gordon & Roxanne Slater 9/30/09
Kim & Chris Tracanna-Breault 9/30/11

MULTI-YEAR RENEWALS

Tim & Janice Martin 10/31/09
Sharon & Steve Lucie 10/31/09
Russell & Connie Pratt 10/31/10

William Tomlinson 10/31/10
Danny Cole 10/31/10

EXPIRING MEMBERSHIPS

Melissa Deakin 8/31/08
Chris & Cristin Kelly- Green 8/31/08
Page Ramezani 8/31/08
James & Cathy Reidy 8/31/08 =

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 emailme at floridastriders.com or call Mike Mayse (904) 777-6108.

October 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 NF list, with web links, see <http://members.aol.com/rrcahtml/rrcacal.htm>

DATE	EVENT	TIME	LOCATION	CONTACT
October 11	RITA 5K	8:00 a.m.	St. Johns Town Center Off 9A & Butler Blvd. Jax	(904) 731-1900 First Place Sports
October 18	Susan G Komen Race for the Cure 5K	8:00 a.m.	Metropolitan Park Jax	(904) 731-1900 Komen Foundation
October 18	USA 5K Run and Walk & Family Fun Fitness Fair	Walk 8:00 am Run 8:30 a.m.	The University of St. Augustine (USA) just East of Flagler Hospital	(904) 826-0084 http://www.usa.edu/5k.htm
October 26	Inaugural Daytona Beach Half Marathon	7:00 a.m.	Daytona International Speedway 1801 W. International Speedway Blvd Daytona Beach	(407) 648-4900 ext. 16 Central Florida Sports Commission
October 26	Pumpkin Run 10 Mile & 5K	8:00 a.m.	Evergreen Cemetery 4535 Main St. Jax	(904) 731-1900 First Place Sports
November 2	Palmer Paint the Towne 5K RRCA State Championship	8:00 a.m.	Jackie Robinson Ballpark City Island Daytona Beach	(386) 255-1279 Daytona Beachcombers
November 8	Hog Jog 3 Mi.	9:00 a.m.	Ronnie VanZant Park Lake Asbury	(904) 728-7759 stevebruce@comcast.net Florida Striders Track Club
January 17	River Road Resolution Run 5K	8:00 a.m.	Kennel Club Orange Park	(904) 272-1770 Florida Striders Track Club
February 15	National Marathon to Fight Breast Cancer "26.2 With Donna"	7:30 a.m.	Near Mayo Clinic Jacksonville	Donna Hicken Foundation

Race Results

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

TURTLE TROT 10K Fernandina Beach August 30, 2008

George White	46:28	
Rosa Haslip	47:15	
Del Conner	49:04	1st A/G
Rebekah Wild	51:19	
Kathy Murray	52:15	1st A/G
Alek Abate	1:00:44	st A/G
Gil Flores	1:02:52	
Bernie Powers	1:04:10	2nd A/G
Mark Lay	1:23:59	

TURTLE TROT 5K

Randy Abate	22:39	2nd A/G
Nancy Harms	23:26	1st A/G
Craig Harms	25:20	1st A/G
Susan Harms	25:53	1st A/G
Tyler Imrich	26:48	
Carrie Imrich	28:00	
Everett Crum	29:16	1st A/G
Pat Gallagher	29:43	1st A/G
Al Saffer	31:57	3rd A/G
Jonie Davis	35:12	

TURTLE TROT HALF MILE

Cole Imrich	NTA	2nd A/G
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CARRABBA'S SUMMER BEACH RUN 5 MILE Jacksonville Beach September 7, 2008

Justin Jacobs	28:04	1st O/A
John Metzgar	30:42	1st Masters
John Whisker	31:57	1st A/G
David Bonnette	32:18	2nd A/G
Bill Phillips	32:43	1st A/G
Terry Sikes	32:58	2nd A/G
Randy Arend	33:51	
Bruce Holmes	34:10	1st A/G
Mallory Bane	34:12	1st A/G
Robert Walker	36:52	
George White	37:07	2nd A/G

Sam Gladding	37:09	1st A/G
Regina Taylor	37:16	
Steve O'Brien	37:23	
Bill Dunn	37:25	
Patrick Gaughan	37:32	2nd A/G
Lonnie Willoughby	37:48	
Randy Pullo	38:38	
Frank Frazier	38:35	1st A/G
Randy Abate	38:55	
Nancy Harms	39:27	2nd A/G
Laurie Pinover	39:59	1st A/G
Rebekah Wild	40:05	
John Hirsch	40:14	
Robert Crampton	40:18	
Thom Henkel	40:32	2nd A/G
Stephanie Griffith	40:34	1st A/G
Paul Berna	40:45	
Roberta Tomlinson	41:15	
Mike Haga	41:38	
Craig Harms	41:50	
Kathy Murray	41:59	
Gail Pylipow	42:02	
Kristie Matherne	42:52	
Tom Zicafoose	42:53	
Vickie Connell	43:02	
Bob Kennedy	43:05	
Kellie Howard	43:15	
Susan Harms	43:22	
Alec Abate	43:36	
Hernando Desoto	44:41	
Bonita Golden	45:02	
Maria Littlejohn	45:26	
Sue Whitworth	45:35	
Leslie Magruder	45:59	
Carolyn Killea	46:03	3rd A/G
Lisa Tomasino	5:25	
Steve Bruce	46:53	
Chelle Mahaney	47:14	
Kevin Terry	47:18	
Dave Bokros	47:31	
Andrea Morrison	48:15	
David Kelley	48:26	
John Gauer	48:42	
Ben Holland	49:24	
Melinda Terry	49:33	
Allison Killea	50:41	
Gil Flores	50:42	
Gary Ledman	50:48	
Denise Dailey	51:23	

Claudia French	51:43	3rd A/G
Pat Gallagher	53:35	3rd A/G
Doug Barrows	54:36	
Mark Lay	56:20	
Everett Crum	56:47	3rd A/G
Kent Smith	57:14	
Al Saffer	57:23	
Claire Gilbert	57:25	
Gordon Slater	57:41	
Jonie Davis	57:57	
Dave Butler	58:49	
Timecca Johnson	59:01	
John Aimone	59:40	
Nancy Pullo	58:02	1st A/G
Annie White-Butler	58:50	New Knee!
Leo Sheckells	1:01:42	
Paulette Stack	1:03:44	
Melissa McCrosky	1:08:36	
George Mosley	1:08:52	
Joe McCoy	1:10:46	
Diane Aimone	1:14:59	1st A/G
Dot Mitchell	1:15:45	1st A/G
Joe Connolly	1:17:12	902nd race
Nancy Frazier	1:23:09	
Shannen Crampton	1:35:33	

RUN 4 KIDS 5K Ponte Vedra Beach September 20, 2008

Mark Woods	23:13	2nd A/G
George White	24:41	2nd A/G
Bernie Candy	33:26	1st A/G
Tim Deegan	23:46	3rd A/G
An Krause	26:52	1st A/G
Simon Jacobson	29:02	1st A/G
William Jones	29:04	3rd A/G
Bernie Powers	33:21	2nd A/G
Al Saffer	37:36	1st A/G
Tom Sullivan	38:05	1st A/G
Freddy Fillingham	38:11	2nd A/G
Gordon Slater	40:14	3rd A/G
Vickie Choiniski	40:41	3rd A/G
ill Krause	46:55	

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

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 kaywomack@gmail.com
Monday	5:30 PM	6 Miles Downtown Bridges	Jacksonville NEW River City Brewing Company 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 Jose 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

Please Print

Application for Membership FLORIDA STRIDERS TRACK CLUB

New ☐
Renewal ☐

Name: Last _____ First _____ M.I. _____

Address _____ # in Family _____

City/State/Zip _____ Spouse's Name _____

Phone: Home _____ Birthdate(s) _____

Phone: Work _____ Employer _____

E-mail _____ Occupation _____

Signature _____

Date _____

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

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

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

The Back Page

BY MIKE MARINO

I would guess everyone got at least one morning run or walk in to enjoy the arrival of the cooler weather. And how nice was it?! It's a great time of year for runners. The temperature and humidity finally go down, the distances of training runs and races go up, and the start of football to boot. Go ahead and make your race plans now for the fall and winter, and perhaps include that one big race you've always wanted to do. And keep doing races along the way, much like the ones we have to report on this month.

We started the month a little north of here in Fernandina Beach for the **Turtle Trot 10K and 5K** on August 30th. In the 10K, **George White** and **Rosa Haslip** led the way, with George running a 46:28 to a Grand Masters division win and Rosa posting a 47:15 in winning the Master's division. Age group wins were recorded by **Del Connor**, **Kathy Murray** and **Alek Abate**; and **Bernie Powers** paced to a 2nd place age group finish. The 5K effort was led by **Randy Abate** with a time of 22:39 and 2nd place age group finish. The age groups appeared to have the theme, "stay out of Harms way!", as **Nancy** (age 13), **Susan** and **Craig Harms** beat up all comers in their respective age groups. In addition, Nancy was our fastest female Strider with a 23:26. Also racing to age group wins were **Everett Crum** and **Pat Gallagher**, while **Al Saffer** ran to a 3rd place age group award. And rounding out the Strider effort in the half mile fun run was **Cole Imrich**, who placed 2nd among those his age.

The Carrabba's Summer Beaches Run 5 miler followed the next weekend on September 7th. The second Grand Prix race of the new season was delayed a few weeks due to Tropical Storm Fay, but still had a great Strider turnout and effort. Not surprisingly, **Justin Jacobs** ran through the sand faster than anyone else, winning the race in 28:04. Three-time defending Grand Prix champion **John Metzgar** put forth another great effort at a Grand Prix race, winning the Master's division. Female Striders were led by 13-year-old **Mallory Bane**, who won her age group with a 34:12, and **Regina Taylor**, who was 3rd in the female Master's division. Other Striders stomping through the sand to age group wins included **John Whisker**, **Bill Phillips**, **Bruce Holmes**, **Sam Gladding**, **Frank Frazier**, **Laurie Pinover**, **Stephanie Griffith**, **Nancy Pullo**, **Diane Aimone** and **Dot Mitchell**. Age group runner-up efforts were turned in **David Bonnette**, **Terry Sikes**, **George White**, **Patrick Gaughan**, **Nancy Harms**, and **Thom Henkel**. And enjoying the stroll on the beach on their way to 3rd place age group finishes were **Pate Gallagher**, **Everett Crum**, **Carolyn Killea**, and **Claudia French**. Other nota-



bles information documented on the Strider Man indicated **Annie White-Butler** did the race with a new knee and **Joe Connolly** did his 902nd race.

On September 20th was the **Run 4 Kids "5K"** in Ponte Vedra Beach. I put quotes on the 5K because I'm not so sure it was a 5K based on the times posted. Nonetheless, Striders were in winning form. **Mark Woods** was our fastest Strider with a 23:13 and 2nd place age group finish. Our fastest female Strider was **Ann Krause**, who paced to a 26:52 and an age group win. Striders owned the men's 65-69 age group, with **Tom Sullivan**, **Freddy Fillingham** and **Gordon Slater** pulling off the 1-2-3 sweep. Other age group championship efforts were gutted out by **Bernie Candy**, **Simon Jacobson** and **Al Saffer**. **George White** and **Bernie Powers** took home 2nd place age group awards, while **Vicki Choinski**, **William Jones** and **Tim Deegan** refused to go home empty handed, as each earned a 3rd place age group prize.

Striders – They're Everywhere!

Reporting in from Detroit, Michigan was **Ann Krause**, who participated in the **Run Wild 5K** on September 7th. And no, the race wasn't a free for all, riotous melee in downtown Detroit – the "Run Wild" name is because it was held at the Detroit Zoo. While I can't confirm if the zoo animals were allowed to participate or not, it was reported that Ann was the 12th fastest female creature in the race and the fastest female in her age group. Well done Ann.

From the left coast, **Robert and Shannon Crampton** (and I imaging their little boy) were in Disneyland (that's the one in California) the weekend of August 30th for some good fun and racing. The weekend included a **half marathon and family fun 5K**. Shannon was first to race in the 5K, doing just fine to finish given she just gave birth not long ago. Robert was there for the half marathon, and did very well in running a 1:43:50. For Robert's efforts, he earned the normal finisher's medal, and also earned the not so typical coast-to-coast medal, which is given to those who finish the Walt Disney World Marathon and Half Marathon (yeah, the Goofey) as well as the **Disneyland Half Marathon**. Way to go Robert. Reports are that the family is headed to Disney World next month.

And finally, Strider **Dave Shaffer**, currently deployed in **Iraq**, reported in. Dave is a Commander in the U.S.

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The Back Page

CONTINUED FROM PAGE 15

Navy and the Executive Officer of Sea Control Squadron TWO TWO (VS-22), an NAS Jacksonville-based S-3B Viking squadron. On September 20th, the Air Force sponsored a **"forward" version of the USAF Marathon / Half Marathon**, which was concurrently held in Ohio. Dave, while representing our country very well, also represented the Striders very well, winning the half marathon with a time of 1:30. While the time may not be like winning times for most half marathons, Dave was happy with it considering the temps reached into the low 100s. Approximately 200 runners from all services took part, and the course was on roads with armored vehicles and within earshot of aircraft taking off or landing after their missions. Great effort Dave on the run, and outstanding effort in representing

our country and keeping us safe. Keep up the great work and we look forward to your safe return to Jacksonville.

Tidbits and stuff I missed

Be sure to send in those interesting stories and sillies from races or training runs. I'll be sure to use this section to highlight that type of stuff here. Include those things needing celebration or recognition too, such as **Regina Sooley** getting married this coming month. For this past month, we missed a couple of things, but in the spirit of Election 2008, we are going to blame it on somebody else or simply say that Barack Obama and John McCain missed them too.

Award

No award this month, but I will grant everyone ten minutes of a nice smug feeling for being a Strider, as we are a great group. But only for ten minutes, then you have to get back to work or school and especially your training. Be sure to send in award nominations too when someone does something really special or even funny.

That's all for this month folks. Remember to post your times on the Strider man at the local races and send in those results from you out of town adventures and triathlons. 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

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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