



River Road Resolution 5K



By Bob Boyd

The 2009 River Road Resolution 5K and One Mile Fun Run, presented by Orange Park Medical Center, was cold, fast, and fun. How cold was it you ask? 28 degrees was the reading on our van's thermometer that morning, and cold enough that the spots near the four large propane heaters were very popular. The fifteen gallons of Starbucks coffee and hot chocolate were disappearing fast. Runners are a tough minded group, however, and we enjoyed record 5K registration, with 541, despite the temperatures. The One Mile Fun Run had 884 finishers, representing 21 schools. Kudos to all of those parents and coaches who hunted

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Florida Striders River Run Hospitality Tent Saturday, March 14...Starting at 6am...

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

River Run Wrist Bands

As the Striders did last year, we are ordering wrist bands, to distribute, prior to the River Run, to our members and their guests. This will give them access to the hospitality tent area. (Please don't forget to bring food and ask your guests to bring food.) We will start giving the bands out to members and their guests as soon as we get them

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Prez Sez

By Dave Bokros



You don't run because you are strong. You run to be strong. Those days that it is the most difficult to get out the door are the days that you have to make yourself get out the door.

You could say that you don't have the time, but I would bet that some of you can still find time to catch some television or veg out for an hour or two. I am not immune. What I am getting at is something anyone can tell you. If you take that time and you get out and run it will change your attitude and the way you look at things.

This is something I think we all know at heart if we have been running distance for any length of time. This is also something that I believe bears repeating.

I don't run because I am strong, I run to be strong.

Now get out there! =

Board of Directors' Minutes 1/9/2009

The Meeting was called to order by Dave Bokros at 7:05 pm. Board members in attendance were Randy Arend, Dave Bokros, Vicky Connell, Janis Dolemba, Mike Ford, Glenn Hanna, Kellie Howard, Kim Lundy, Mike Mayse, Keith Poythress, Regina Sooley, Regina Taylor, Mary Ann Steinberg, John Steinberg, James Vavrina, and Kay Womack.

Minutes: There were no changes to the December minutes.

Treasurer's Report: Janis Dolemba stated there will be a new format for presenting the treasurer's report next month. She said that the Investment CD is about to mature. It was noted that a motion had been made and passed in a previous month allowing her to reinvest the money in the most profitable way once the CD matured. Mike Ford asked why we pay for the Strider storage area a year in advance. It was answered because we get a free month if we do this. Mike also asked why we haven't transferred the Hog Jog funds yet. Janis answered that not all the checks have cleared, so we have to wait until they do.

Fleming Island Fun Run Update: Karen McCormick is the race director, and needs some volunteers to help out January 31st as the Striders did previously. Mike Mayse and Mike Ford volunteered to help with timing and cones. Dave Bokros stated it was a fun race last year.

Socials: Glenn stated he hadn't gotten any speakers yet, so we would probably not have a social in February. He wants to choose the date for the Annual Picnic and put a big push on that. Mike Mayse asked if we would have the picnic at Secret Cove again, and Dave answered that it seems to be a central location for most people, so we would probably keep it the same.

Board of Directors Nominating Committee: Dave asked the following directors to be members of the committee: Kim Lundy, Mike Ford, Regina Taylor, and Kellie Howard. All have agreed to do so.

Gate River Run Tent: It was noted that there is a cost increase for a bigger tent this year. The charges will be \$702 for the tent, and \$250 for porta-potties. That is \$22 over what was budgeted (\$930). Mike Mayse noted that the arm bands come out of membership money and would not be part of the expenses. Vicky Connell moved that we increase the amount we spend on this activity by \$22, seconded by Kay Womack. It was approved unanimously. The cost of drinks and ice will be covered by the social budget.

Step Up Florida Update: Mary Ann Steinberg reported on the Step Up Florida event. She mentioned some additional

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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
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Turn the Switch off

New Year's Resolutions: Part II

January's StrideRight article in this space described some ways to start your running year with the determination To Do. Swimmer Michael Phelps described just making up his mind to do something, and "That's it; it's done."

This article is the reverse side of every runner's coin (timing chip), To Do Not. In other words, we focus on purging those behaviors that get in the way of our best performances.

Techniques for breaking bad habits are found in self-help books and advice columns everywhere. The actual behavior you may want to shed is personal. Perhaps you wish to modify your diet, maybe cut out ice cream or candy bars.

Sleeping late on the weekend, or even workdays, you believe, is the reason you have insufficient time for the mileage you know you need for effective marathon preparation. Then there is the bad habit (this is very personal) that you must break to improve your health, or your marriage, or your self-esteem.

Benjamin Franklin embarked on personal improvement by charting 13 behaviors that he knew he could improve. Among them were thrift, kindness, good deeds, and dietary restraint. Each week, Franklin selected a virtue then tallied the number of times he succeeded at it. Each Sunday, he focused on a new behavior. In three months, he had completed his list; then he refocused on the first item. At year's end, he had worked on each of his virtues four times.

Then there is the gradual approach to change, favored by many psychiatrists and behavior modification specialists. This is one of my favorites, the "Cutting Back Gradually Approach". Instead of drinking six cans of Dr. Pepper a day, I'll cut back to five, then four, and see if I can hold the line at three. The strong point of this method is that I can retain a bad habit and feel virtuous at the same time.

Of course, there is the brutal, Cold Turkey Approach. I checked for the derivation of the phrase and have come away unenlightened. Anyhow, stopping something cold turkey is the instantaneous cessation of a bad habit. You decide to stop eating desserts after dinner, and you just do it, starting today. The procrastinator's version of the cold turkey approach is to make up your mind to stop eating desserts, and set the starting date for April 15.

I like the instant change aspect of turning over a new leaf, or burying a bad one. Religious conversions are often sudden and many of those transformations stick.

Two examples come to mind that may help you (and me) make some positive changes in 2009.

In January and February of 1967, marathoner Ron Daws was having difficulty getting out of bed for his morning training runs to face the brutal Minnesota weather. He rationalized, day after day, that he could work out during his lunch hour, or add a few more miles to his afternoon run, or that he would actually benefit from more sleep. This went on for a couple of weeks,

Wide World of Running

By Jay Birmingham

and then Daws became "thoroughly disgusted with myself."

"I made up my mind that I would train at 5:00 a.m., no exceptions, even if I lay awake all night."

Within three weeks, he was over the hump, back in full training, and he never looked back, winning the National Marathon Championship that year and going on the next to make the Olympic team.

Since I am quick, as many of us are, to dispense advice to others, I temper my wisdom with this story of the revered Mahatma Gandhi of India.

Late in his life, Gandhi received many strangers at his home, up to several dozen a day, and gave them a few minutes to hear their problems and offer advice. One day, a woman entered and asked the Great One's help.

"My son, who is 12 years old, is addicted to sugar, and I don't know what to do."

Gandhi blessed her, said he would help, but asked her to schedule another appointment in ten days. The confused woman left and returned on the tenth day.

"Thank you for seeing me again, Gandhi-gi, but why did you make me wait ten days?"

Gandhi smiled and explained: "I could not help with your son's problem when you first came to see me. You see, ten days ago, I too was addicted to sugar."

Have a Wonderful New Year, a New Month, a New Week. May all your shortcomings be improved and all your bad habits (and PRs) be broken. =

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.

RIVER RUN WRIST BANDS

Continued from page 1

prior to River Run day, March 14th. Each member and their guests will need to wear their wrist band and have it visible when they come to the tent.

We will send a "blast" email to our members when the bands come in. =



up their warmest duds to come out to make their children's Fun Run possible. Thirteen of those schools, listed below, had 25 or more participants and shared \$1888, provided by Jacksonville Greyhound Racing, to assist their Run/Walk fitness programs. This event also enjoyed plenty of good eating, thanks to Krispy Kreme and Publix, not to mention complimentary massage therapy tables, now a regular part of our race, blood pressure screening, and health information provided by Orange Park Medical Center. I am blessed with an excellent team of coordinators and volunteers who give generously of their time and talent, resulting in a quality event that goes off with- **Continued on next page**

Winning Schools

Lakeside
Ridgeview
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Volunteers

Diane Aimone	Kim Lundy
John Aimone	Melissa MacDougal
Jenny Allen	Carol MacDougal
Richard Allen	Lisa Martin
Dana Anglada	Sara Matukaitus
Kim Anthony	Mike Mayse
Suzanne Baker	Karen McCormick
Debbie Birmingham	Miller McCormick
Jay Birmingham	Patt McEvers
Jennifer Blando	Chelsea Metzgar
Dave Bokros	Elke Miller
Phillip Bowers	Kathy Murray
Bob Boyd	Gary Myers
Roberta Boyd	Julie Myers
Vanessa Boyd	Jeff Nelson
Chris Breaul	Jessica Poston
Heather Burke	John Powers
Laurie Burke	Gayla Poythress
Brittnee Busatto	Keith Poythress
Eric Bush	Katie Pupkiewicz
Nesia Campbell	Marge Ruebush
Clay County Fire/Rescue	Paul Ruebush
Clay County Sheriff's	Melissa Saunders
Department	Andrew Saunders
Marissa Connell	Stan Scarlett
Tori Connell	Ed Schmidt
Vicky Connell	Jeanette Schmidt
Sharon Cope	JD Smith
Pat Czarnecki	Ruth Smith
Darcy Daniel	Terry Smith
Charles Desrosier	Linda Stapleton
Mary Eckford	David Steinberg
Kevin Elder	John Steinberg
Kim Ericson	Luke Steinberg
Elena Etter	Mary Ann Steinberg
Antonio Ferguson	Paul Stern
Mike Ford	Bernice Sutherland
Frank Frazier	Bob Tatum
Annette Gray	Emmanuel Threutt
Chrystal Gray	Kim Tracanna
Bobby Greene	Britany Truscott
Stephanie Griffith	Fletcher Turner
Gary Hallett	Holly Turner
Jacob Head	Eddie Valdes
Brandon Howell	James Vavrina
Heather Hunter	Marcus Wanamaker
Dalton Jones	Julie Weathersby
Devin Jones	Danny Weaver
Ian Jones	Maggie Whitney
Lesley Jones	Denise Williams
Marilyn Karnuth	Rose Woolwine
Bonny Lawrence	

RRR 5K

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out a hitch. Our sponsors share our mission to run for fitness and fun, improving our community in the process. Please accept my heartfelt thanks to each of you for your contributions. Please thank and support our sponsors when you see them too.

While our excellent newsletter editor, Trish Kabus, will include race photos as space allows, our website, www.FloridaStriders.com, has a bounty of race pictures (as in over 900 of them), for your enjoyment. My bride, Vanessa, can email you the high resolution version of any of these, in case you want something suitable for framing. You can email Vanessa at VanessaABoydFL@gmail.com. As with all of our Fun Runs and race photos, there is no charge. The Florida Striders,

their sponsors, and volunteers have a beautiful history of putting on excellent events that make a positive difference in our community. Join me next year for what I believe will be a bigger, even better, and, I'm hoping, warmer River Road Resolution 5K & One Mile Fun Run. =



MINUTES

Continued from page 2

items she needs such as safety pins. Dave stated he would get those for her. Insurance will be covered by the Striders. She said she has about 38 volunteers currently, but would like a few more. She mentioned she'll probably start the kid's run in waves, since there will be a large number of participants. Clay County School Superintendent Ben Wortham along with State Reps Bill Proctor and Jennifer Carroll will be there to support the event. Several Clay County Commissioners will be there also. It's being pointed out that this is a community event, not just a Health Dept event. Jeff Galoway will be there as the guest speaker, and will be participating in some other activities as well with local schools. Mary Ann passed out flyers for distribution.

General Discussion:

The Clay County Elementary School Track meet will now be called the "Breathe Easy Clay County Elementary School Track Meet". There will be several events designed to discourage tobacco use. \$3500 from the State Tobacco RFP Grant will be used for this event. Mike Ford added that this is the 25th anniversary of this track event. The Striders have provided ribbons for the

past 3 years. The meet will be held on March 21st at Middleburg High School. It will have a carnival atmosphere. The hours are approximately 8 a.m. to noon.

Mike Ford went to the SHAC meeting last week. He detailed some of the things that happened during that meeting.

Vicky Connell talked about sponsoring a Triathlon class for those wanting to complete their first triathlon. This class will run concurrently with Bob Boyd's running class starting the first week of April. The classes will be combined for the run night. Regina Sooley will be instructing the class with her. There are many details still to be decided. Vicky also stated that she will be directing the Youth Running Camp again this summer and will once again be looking for volunteers.

Mike Marino was looking for inspiration for his article in the Strideright. He mentioned he's currently participating in an effort to set a world record for a swimming relay. He wondered if anyone would be interested in doing the same for running with the Striders.

Kelly Howard said the scholarship applications have been sent to all the area schools. They are due back by March 11th.

Regina Sooley is looking forward to the Running Camp this summer. She will

volunteer again, as well as help with the triathlon class.

Glenn Hannah pointed out that Donna Deegan has an article in Runner's World, as well as an advertisement for the 26.2 with Donna marathon.

Mike Mayse said he has ordered arm bands for the River Run and needs help passing them out. Dave said he will help from 1st Place Sports. Dave explained that last year we gave them to board members to hand out so that people could get them in advance. He explained why we needed them: the event has gotten so large that too many people try to come into our area that aren't members or guests of members. The arm bands keep the tent from getting overwhelmed as it has in past years.

Vicky asked about the volunteer list to sign up for the 26.2 with Donna. Dave stated that an email had gone out that day with instructions on how to sign up. Vicky noted that she will be volunteering in honor of her sister-in-law who is currently fighting breast cancer.

Kellie made a motion to adjourn at 7:50 p.m. and Mike Mayse seconded. All approved, and the meeting was adjourned.

Respectfully submitted,
Vicky Connell =



Results

CLASS	ID#	PLACE	PLACE	FINISHER	TIME	PACE
Open Men						
	94	1	1	Owen Shott, 28	16:13	5:14
	236	2	2	Paul McRae, 35	16:31	5:20
	180	3	3	Theodore Devos	16:41	5:23

Open Women						
	3	1	1	Michelle Krueger, 33	18:13	5:52
	330	2	2	Courtney Phillips, 34	18:35	6:00
	584	3	3	Britta Fortson, 36	19:12	6:12

Masters Men						
	1	6	1	John Metzgar, 46	17:18	5:35

Masters Women						
	521	5	1	Kim Scurti, 40	19:45	6:22

Grand Masters Men						
	81	15	1	Bill Phillips, 54	18:13	5:52

Grand Masters Women						
	60	17	1	Ann Krause, 51	23:03	7:26

CLASS	ID#	PLACE	PLACE	FINISHER	TIME	PACE
Men 3 - 10						
	265	86	1	Xavier Sampsel, 10	23:49	7:41
	307	127	2	Devin Jakeway, 9	26:41	8:36
	263	131	3	Ryan Perry, 9	27:06	8:44
	449	143	4	Maxim Davis, 10	27:39	8:55
	600	167	5	Cameron May, 7	29:45	9:36
	480	171	6	Garrett Carter, 10	30:02	9:41
	42	181	7	Sean McDonough, 8	31:31	10:10
	509	184	8	Andrew Miller, 9	32:01	10:19
	414	192	9	Vincent Sabatella, 7	32:31	10:29
	41	197	10	Liam McDonough, 8	33:05	10:40
	619	200	11	Spencer Mollnow, 10	33:23	10:46
	46	205	12	Christopher Mickel, 7	34:00	10:58
	253	206	13	Dennis Shields, 8	34:00	10:58
	443	215	14	Tyler Massey, 5	35:07	11:19
	261	218	15	Cameron Touchet, 9	35:48	11:33
	125	224	16	Austin Burke, 9	36:55	11:55
	524	225	17	Jakob Wyche, 7	37:53	12:13
	512	226	18	Cary Wyche, 7	37:55	12:14
	479	231	19	Jack Carter, 9	39:23	12:42
	594	239	20	Jackson Powers, 7	42:52	13:50
	420	248	21	Nathan Moyer, 9	54:11	17:29

Men 11 - 13						
	602	38	1	Steven Barlow, 12	20:31	6:37
	621	108	2	Brandon Gambill, 12	25:13	8:08
	199	112	3	Tyler Cannady, 13	25:26	8:12
	624	119	4	Tyler Imrich, 12	25:57	8:22
	544	145	5	Shane Boyden, 11	27:44	8:56
	586	146	6	Brantley Lewis, 11	27:44	8:57
	241	179	7	Julian Van Pelt, 12	31:11	10:03
	638	242	8	Kolter Kern, 12	45:45	14:45

Men 14 - 19						
	130	5	1	Christopher Haynes, 16	16:51	5:26
	627	9	2	Trenton Blair, 18	17:40	5:42
	146	20	3	Cody Helms, 15	18:52	6:05
	18	47	4	Matthew Jackson, 14	21:21	6:53
	473	58	5	Brian Edwards, 18	22:02	7:06
	488	84	6	Phillip Sapp, 17	23:46	7:40



To view all color photos from the race,
go to www.floridastriders.com/photos.html

306	153	7	Heath Jakeway, 14	28:26	9:10	5	64	10	Jimmy Rogers Jr, 37	22:33	7:16
591	180	8	John Watson, 19	31:24	10:07	256	69	11	Scott Graham, 39	22:55	7:23
Men 20 - 24						255	70	12	Chris Mulhern, 39	22:57	7:24
270	11	1	Gary Schneider, 21	17:55	5:46	529	72	13	David Whitin, 35	23:00	7:25
212	26	2	Matthew Worsham, 22,	19:38	6:20	466	76	14	Thomas Pittman, 39	23:16	7:30
607	88	3	Justin Kirk, 24	23:54	7:42	620	83	15	Raleigh Zike, 35	23:42	7:38
169	94	4	Brian Kusiak, 23	24:20	7:51	437	89	16	James Gillard, 38	23:54	7:42
632	99	5	Adam Claypool, 24	24:40	7:57	174	90	17	Robert Preston Jr, 36	23:55	7:43
227	109	6	Robert Smoyer, 23	25:17	8:09	192	98	18	Franco Guerrero, 35	24:39	7:57
229	114	7	Christopher Meyer, 24	25:30	8:13	477	110	19	Lonnie Willoughby, 39,	25:25	8:12
633	128	8	Brian Freund, 23	26:46	8:38	622	111	20	Gene Imrich, 37	25:25	8:12
Men 25 - 29						158	118	21	Patrick Aaronson, 36	25:55	8:21
644	21	1	Eric Frank, 27	18:55	6:06	430	122	22	Jeff Suits, 35	26:19	8:29
111	27	2	Mike Lemus, 26	19:39	6:20	262	133	23	Jeffrey Stanley, 36	27:06	8:44
304	35	3	Robert Walker, 27	20:22	6:34	319	152	24	Darren Golez, 39	28:26	9:10
151	42	4	Chris Vargas, 28	21:02	6:47	138	154	25	Patrick Coll, 37	28:31	9:12
566	46	5	Jason Reidy, 29	21:19	6:52	560	157	26	Michael Olson, 39	28:56	9:20
343	54	6	Robert Dixon, 29	21:44	7:01	105	186	27	Mike Matthews, 37	32:03	10:20
107	56	7	Patrick Lavoie, 26	21:49	7:02	196	187	28	Ryan Griswold, 36	32:10	10:23
320	66	8	David Lavigne, 27	22:41	7:19	141	196	29	Aaron Brewer, 36	32:47	10:34
322	71	9	Bryan Singleton, 27	22:58	7:24	412	202	30	David Gardella, 36	33:35	10:50
153	80	10	Brandon Wilson, 26	23:30	7:35	579	212	31	Frank Tagliarini, 39	34:47	11:13
110	82	11	Dennis Heinz, 25	23:41	7:38	178	228	32	Joel Foreacre, 35	38:46	12:30
165	91	12	Alexander Chieu, 27	24:03	7:45	492	229	33	Greg Thomas, 35	39:12	12:38
267	92	13	Jeffrey Terwilliger, 27	24:15	7:49	96	235	34	Robert Smith, 37	40:40	13:07
520	101	14	Matt Radcliffe, 26	24:50	8:00	595	240	35	William Powers, 38	42:53	13:50
8	102	15	Robert Newell, 26	24:51	8:01	14	245	36	Mel Abando, 39	46:51	15:07
542	115	16	Michael Schiazza, 26	25:34	8:15	Men 40 - 44					
616	123	17	Benjamin Dunlap, 26	26:22	8:30	10	8	1	John Wisker, 42	17:36	5:41
558	126	18	Thomas Genest, 28	26:40	8:36	401	14	2	David Bonnette, 42	18:04	5:49
202	144	19	Wayne Wagnstrom, 29	27:43	8:56	191	25	3	Mitch Radella, 43	19:31	6:18
315	170	20	Fred Gaudios Jr, 25	29:56	9:39	597	29	4	Jose Rivera, 42	19:42	6:21
239	193	21	Tobias Baucom, 29	32:37	10:31	129	33	5	Dean Krueger, 43	20:14	6:31
173	209	22	Marc El Hassan, 29	34:34	11:09	244	55	6	Dale Porter, 42	21:48	7:02
103	210	23	Gary Pembleton, 28	34:45	11:13	502	59	7	Gerald Murphy, 44	22:05	7:07
Men 30 - 34						609	68	8	Thomas Carlson, 41	22:53	7:23
26	4	1	Shawn Williams, 32	16:44	5:24	639	74	9	Scott Land, 43	23:07	7:27
642	7	2	David Frank, 33	17:32	5:39	235	75	10	Bryan Rohlin, 42	23:12	7:29
183	17	3	John Funk, 31	18:42	6:02	237	81	11	Trey Edwards, 42	23:37	7:37
340	19	4	Alexander Jones, 32	18:47	6:03	20	97	12	Guy Jackson, 44	24:33	7:55
85	23	5	Seth Pajcic, 32	19:22	6:15	249	100	13	Michael Nichols, 43	24:48	8:00
337	32	6	Michael Grosh, 31	20:01	6:27	501	104	14	Darrell Life, 40	24:53	8:01
435	36	7	Robert Crampton, 32,	20:23	6:34	13	113	15	Callee Davenport, 41	25:28	8:13
564	51	8	Curt Beaulieu, 31	21:38	6:59	268	116	16	Bob Buscemi, 42	25:43	8:18
254	65	9	Chris Maurer, 30	22:36	7:17	427	130	17	Bradley Shepherd, 42	27:03	8:43
134	124	10	David Albritton, 33	26:30	8:33	350	149	18	Ted McCoy, 41	28:14	9:06
569	161	11	Andre Newman, 34	29:13	9:25	629	159	19	Don Maurer, 42	29:03	9:22
238	177	12	Andrew Allen, 30	31:06	10:02	583	168	20	Robert Reddington, 42	29:50	9:37
230	199	13	Phillip Devault, 31	33:10	10:42	274	176	21	Billy Pabon, 44	31:02	10:01
246	207	14	Craig Welch, 34	34:02	10:58	194	188	22	Kevin Powell, 43	32:11	10:23
250	213	15	Jesse Olmstead, 31	34:58	11:17	421	214	23	Scott Moyer, 40	35:07	11:19
Men 35 - 39						571	219	24	Dennis Lamoureux, 42	35:56	11:35
436	10	1	Andrew Marchand, 37	17:45	5:44	626	222	25	Scott Green, 44	36:40	11:49
120	13	2	Jason Lewis, 38	17:58	5:48	98	230	26	Tim Willadsen, 42	39:19	12:41
248	16	3	Richard Harper, 38	18:24	5:56	Men 45 - 49					
184	30	4	Andy Woods, 35	19:43	6:21	585	12	1	Mike Cummings, 45	17:56	5:47
316	31	5	Mills Ramseur, 37	19:44	6:22	204	28	2	Randy Arend, 48	19:41	6:21
228	50	6	Philip Davis, 37	21:32	6:57	9	40	3	Brian Pate, 49	20:54	6:44
214	53	7	Charlie Parker, 38	21:42	7:00	474	44	4	Raymond Ramos, 46	21:07	6:48
604	57	8	Frank Bronson, 37	21:59	7:05	580	48	5	Robert Herren, 47	21:25	6:55
257	60	9	Bob Main, 38	22:08	7:08	592	62	6	Daniel Teahan, 45	22:15	7:11
						34	77	7	Homer Babcock, 49	23:18	7:31
						21	93	8	Timothy Smith, 47	24:18	7:50

465	96	9	Keith Roberts, 48	24:32	7:55
531	106	10	Danny Smith, 47	24:58	8:03
440	120	11	Gordon Simms, 49	26:11	8:27
143	125	12	Michael Pate, 46	26:35	8:34
423	134	13	Jeffrey Thomas, 49	27:07	8:45
233	136	14	Doug Filarski, 46	27:14	8:47
222	137	15	David Sellers, 47	27:18	8:48
61	142	16	Buddy Denny, 46	27:37	8:54
567	158	17	Thomas Bass, 46	28:59	9:21
258	172	18	Jon Braasch, 48	30:02	9:41
407	201	19	David Arnold, 45	33:33	10:49
273	232	20	Chuck Lindsey, 45	39:23	12:42
445	234	21	Marceliano Obnamia, 46	40:26	13:02

Men 50 - 54

209	22	1	Steve Johnson, 51	19:16	6:13
503	24	2	Terry Sikes, 52	19:24	6:15
51	34	3	Stephen Beard, 53	20:17	6:33
215	37	4	Scott Seibler, 54	20:25	6:35
55	41	5	Kenneth Perkins, 54	20:59	6:46
251	45	6	Tim Williams, 53	21:16	6:51
476	73	7	Brian McCue, 50	23:06	7:27
82	78	8	Lewis Hunt, 50	23:24	7:33
67	105	9	Simon Jacobson, 50	24:54	8:02
159	117	10	Joseph Jordan, 51	25:45	8:18
6	138	11	Charles Mann, 54	27:22	8:49
197	147	12	Donald Chapman, 54	27:45	8:57
543	162	13	Mark Boyden, 50	29:23	9:29
472	163	14	Steve Crist, 53	29:28	9:30
7	166	15	Jack Sykes, 53	29:38	9:33
58	173	16	Larry Leach, 54	30:32	9:51
145	185	17	Wayne Pollaci, 51	32:01	10:19
54	190	18	Jim Connell, 53	32:24	10:27
599	191	19	Kevin Ott, 50	32:27	10:28
91	208	20	Gary Schumacher, 51	34:31	11:08
64	220	21	Robert Baltzegar, 52	36:06	11:39
59	221	22	Bill Krause, 52	36:20	11:43
415	233	23	Steven Sabatella, 54	39:48	12:50
574	236	24	Scott Forrest, 51	41:08	13:16
272	238	25	Robyn Dandridge, 52	41:31	13:23
303	247	26	Layne Wallace, 54	49:24	15:56

Men 55 - 59

338	43	1	Patrick McKeefery, 56	21:03	6:47
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176	49	2	Steve Williams, 59	21:27	6:55
31	61	3	Paul Geiger, 56	22:11	7:09
166	67	4	Lewis Buzzell, 57	22:49	7:21
52	85	5	Tom Zicafoose, 55	23:48	7:41
100	87	6	Jerry Bennett, 58	23:52	7:42
308	103	7	Craig Harms, 58	24:52	8:01
428	121	8	Glenn Hanna, 58	26:16	8:28
4	135	9	Pat Self, 59	27:07	8:45
24	140	10	Mike Altes, 57	27:31	8:52
89	141	11	Jd Smith, 55	27:35	8:54
28	148	12	Bernie Powers, 58	28:06	9:04
469	151	13	David Newman, 55	28:24	9:10
555	156	14	Gary Ledman, 55	28:49	9:17
29	178	15	Jeff Clarke, 55	31:08	10:02
581	182	16	Ed Hardee, 57	31:39	10:12
50	195	17	Gene Usner, 58	32:43	10:33

Men 60 - 64

301	39	1	Bernie Candy, 60	20:36	6:39
424	52	2	George White, 62	21:41	6:59
548	107	3	George Hoskins, 64	25:10	8:07
441	129	4	Richard Horton, 63	26:51	8:40
448	150	5	James Spooner, 61	28:15	9:07
471	160	6	Jay Birmingham, 63	29:05	9:23
314	169	7	Fred Gaudios, 61	29:56	9:39
23	183	8	Dale King, 60	31:51	10:16
38	211	9	Terry Bell, 61	34:47	11:13
534	227	10	Edward Grout, 61	38:31	12:25

Men 65 - 69

498	63	1	Paul Smith, 67	22:26	7:14
48	95	2	Frank Frazier, 66	24:26	7:53
582	139	3	Harry Edwards, 66	27:24	8:50
39	155	4	Doug Barrows, 65	28:38	9:14
33	164	5	Otto Monroe, 67	29:30	9:31
416	174	6	Ed McDonough, 66	30:47	9:56
163	203	7	Harry Parker, 66	33:49	10:54
17	217	8	Charles Goodyear, 69	35:37	11:29
70	223	9	Benjamin Holland, 68	36:48	11:52
260	241	10	George Mosely, 68	44:03	14:13
453	244	11	John Roemer, 65	46:01	14:51

Men 70 - 74

45	194	1	Al Saffer, 74	32:39	10:32
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Men 75 - 79

126	165	1	Pat Gallagher, 78	29:32	9:32
133	204	2	Bo Holub, 77	33:55	10:56
311	216	3	John Aimone, 78	35:35	11:28

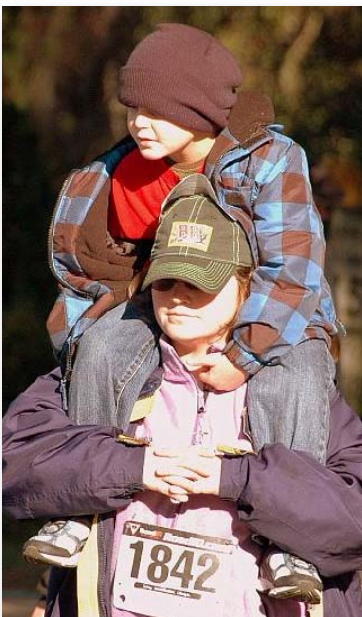
Men 80 & Up

188	237	1	Bob Carr, 80	41:17	13:19
63	246	2	Joe Connolly, 84	47:11	15:13

CLASS					
ID#	PLACE	PLACE	FINISHER	TIME	PACE

Women 3 - 10

203	70	1	Lj Parliment, 8	27:11	8:46
47	122	2	Emily Mickel, 10	30:45	9:55
409	159	3	Casey Arnold, 10	33:32	10:49
538	166	4	Grace Boran, 9	33:58	10:57
484	174	5	Cameron Labelle, 8	35:32	11:28
76	214	6	Peyton Labelle, 7	45:47	14:46
637	216	7	Kasey Kern, 6	46:21	14:57



Women 11 - 13

30	27	1	Elyse Jagemann, 13	24:03	7:45
132	36	2	Emily Stallings, 12	24:51	8:01
137	43	3	Madison Beeler, 13	25:18	8:09
537	68	4	Paige Boran, 13	26:50	8:39
275	69	5	Jessica Flietcher, 12	26:51	8:40
57	104	6	Shelby Perkins, 13	29:42	9:35
572	118	7	Ali Lamoureux, 13	30:20	9:47
223	134	8	Lindsey Averitt, 11	31:40	10:13
462	204	9	Paige Rogers, 11	42:05	13:34
459	205	10	Miranda Zumbach, 12	42:06	13:35
419	220	11	Madison Moyer, 11	54:10	17:28

Women 14 - 19

601	4	1	Mary Ann Brown, 14	19:29	6:17
310	11	2	Nancy Harms, 14	21:29	6:56
482	14	3	Katherine Midgett, 16	22:40	7:18
170	16	4	Elise Parson, 14	23:02	7:26
164	19	5	Anna Stallard, 16	23:35	7:36
160	21	6	Brieana Holmes, 16	23:45	7:39
78	22	7	Audra Crandell, 16	23:45	7:40
483	42	8	Alexandra Midgett, 14	25:16	8:09
131	63	9	Haley Stallings, 14	26:33	8:34
136	66	10	Madison Butler, 15	26:45	8:38
406	74	11	Amber Styf, 14	27:29	8:52
505	75	12	Kimberly Joseph, 18	27:30	8:52
139	78	13	Lauren McLean, 15	27:46	8:57
115	83	14	Caroline Hunt, 16	28:01	9:02
156	107	15	Jessica Martin, 17	29:49	9:37
259	131	16	Victoria Connell, 19	31:30	10:10
19	151	17	Chelsea Jackson, 16	32:59	10:38
570	186	18	Laura Bartkovsky, 17	37:02	11:57

Women 20 - 24

611	30	1	Katie Maveety, 23	24:12	7:48
329	59	2	Athena Pruitt, 22	26:24	8:31
142	64	3	Alysen Greenleaf, 24	26:33	8:34
513	73	4	Elizabeth Fairbanks, 24	27:24	8:50
326	86	5	Jennifer Schiazza, 24	28:11	9:05
113	100	6	Cristina Stebbins, 23	29:12	9:25
312	111	7	Kelli Richards, 24	30:11	9:44
226	113	8	Kim Dechmerowski, 24	30:12	9:44
324	141	9	Amanda Troske, 24	32:09	10:22
149	157	10	Katie Swanson, 23	33:19	10:45
108	163	11	Melissa Blalock, 20	33:43	10:52
576	167	12	Alyssa Halliday, 24	34:14	11:03
22	201	13	Allison Smith, 21	41:30	13:23
554	212	14	Heather Sanders, 21	44:37	14:23

Women 25 - 29

95	6	1	Joanna Shott, 29	20:24	6:35
342	7	2	Kristen Cerasi, 28	20:32	6:37
240	15	3	Melissa Stokke, 27	22:45	7:20
266	18	4	Caitlion Mahz, 25	23:14	7:29
80	28	5	Rebekah Wild, 26	24:07	7:47
565	46	6	Kate Beaulieu, 27	25:26	8:12
478	48	7	Lindsey Keester, 25	25:33	8:14
195	53	8	Michelle Heatherly, 26	25:53	8:21
500	55	9	Jessica Bishop, 27	26:03	8:24
321	112	10	Jami Michaud, 25	30:12	9:44
577	116	11	Jennifer Shepard, 28	30:19	9:47
615	123	12	Jennifer Dunlap, 28	30:56	9:59
640	127	13	Kristen Badera, 25	31:11	10:03
116	135	14	Kim Brock, 29	31:46	10:15
606	137	15	Stephanie Curtis, 28	31:55	10:18

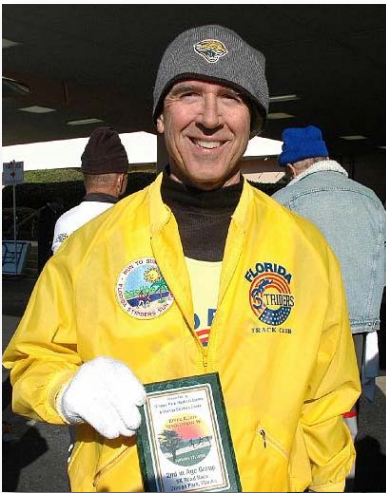
317	139	16	Gelena Constantine, 29	32:00	10:19
155	156	17	Cassie Schelldorf, 26	33:10	10:42
84	169	18	Rebecca Hunt, 26	34:45	11:13
148	171	19	Rose Loiacono, 26	35:01	11:18
457	173	20	Emily Dunlap, 25	35:23	11:25
182	183	21	Ana Paula, 28	36:35	11:48
177	203	22	Christina Foreacre, 29	41:44	13:28

Women 30 - 34

128	9	1	Barbara Carrico, 34,	21:04	6:48
187	10	2	Lisa Adams, 34	21:28	6:55
118	26	3	Ashley Graves, 34	23:58	7:44
245	29	4	Jodi Nesi, 34	24:09	7:47
344	33	5	Jill Cooley, 32	24:32	7:55
494	54	6	Kari Chase, 33	25:58	8:22
608	57	7	April Martin, 32	26:10	8:26
630	62	8	Geanna Ackley, 30	26:32	8:33
496	67	9	Andrea Morrison, 30	26:47	8:38
557	71	10	Uyen Phan, 30	27:19	8:48
429	85	11	Amy Thomas, 34	28:09	9:05
106	87	12	Paige Price, 31	28:11	9:05
623	95	13	Carrie Imrich, 33	28:45	9:16
252	105	14	Rebecca Ferguson, 34	29:44	9:35
157	120	15	Vanessa Aaronson, 30	30:30	9:50
539	128	16	Julie Grout, 31	31:15	10:05
341	138	17	Becky Wait, 30	32:00	10:19
561	143	18	Shannon Blythe, 33	32:25	10:27
461	150	19	Tabatha Rogers, 34	32:58	10:38
231	164	20	Cheryl Townsend, 32	33:49	10:54
405	172	21	Michelle Sulzer, 32	35:23	11:25
323	176	22	Dana Allen, 33	35:36	11:29
470	178	23	Ruth Gibson, 31	35:52	11:34
135	180	24	Aimee Albritton, 34	36:05	11:38
264	188	25	Shannon Pellegrini, 33	38:06	12:17
25	191	26	Bobbi Jo Broxson, 30	39:04	12:36
451	198	27	Christie Fowler, 30	41:09	13:16
216	200	28	Jennie Michael, 33	41:23	13:21
335	211	29	Sandi Phelan, 33	44:20	14:18
434	221	30	Shannen Crampton, 32	54:38	17:37

Women 35 - 39

450	12	1	Elena Davis, 38	21:41	7:00
536	24	2	Abby Butler, 39	23:51	7:41
425	61	3	Jacinta Carter, 38	26:31	8:33
559	89	4	Diane Allala, 36	28:33	9:13
73	96	5	Darcy Daniel, 37	28:47	9:17
578	101	6	Wendy Faust, 38	29:14	9:26
628	102	7	Beth Maurer, 39	29:26	9:29
541	106	8	Jacqueline Holmes, 36	29:44	9:35
269	115	9	Lisa Boyd, 36	30:19	9:47
573	117	10	Staci Lamoureux, 36	30:20	9:47
179	121	11	Susan Turner, 39	30:35	9:52
562	124	12	Stephanie Foreman, 35	30:58	9:59
467	125	13	Melissa Pittman, 36	31:00	10:00
122	136	14	Michele Spradlin, 35	31:46	10:15
605	142	15	Shelley Signorella, 37	32:17	10:25
186	144	16	Kim Diefenbruch, 35	32:32	10:29
550	149	17	Rosiland Jones, 38	32:56	10:37
422	152	18	Lisa Moyer, 37	33:00	10:39
40	154	19	Christina McDonough, 38	33:05	10:40
552	177	20	Beth Capps, 38	35:37	11:29
119	181	21	Suzanne Corson, 35	36:13	11:41
162	185	22	Kema Roseberry, 39	37:01	11:56
102	187	23	Lori Smalby, 35	38:03	12:16
493	192	24	Dawn Thomas, 35	39:11	12:38



403	199	25	Terri Lowe, 35	41:11	13:17
444	207	26	Jennifer Massey, 36	42:38	13:45
167	210	27	Kimberly Morgan, 39	44:18	14:17
75	213	28	Heather Labelle, 37	45:47	14:46
499	217	29	Jamie Wyche, 36	46:25	14:58

Women 40 - 44

65	8	1	Regina Taylor, 44	20:33	6:38
433	23	2	Tracy Pfuntner, 42	23:50	7:41
347	31	3	Ana Wallace, 42	24:29	7:54
92	35	4	Cynthia Maerz, 42	24:36	7:56
190	37	5	Brenda Radella, 42	24:55	8:02
247	39	6	Kim Cornell, 44	24:59	8:03
553	45	7	Jana Stanhope, 41	25:25	8:12
487	49	8	Gayla Poythress, 41	25:34	8:15
603	52	9	Jeanie Wilson, 43	25:52	8:20
56	58	10	Steffany Perkins, 40	26:18	8:29
549	77	11	Chelle Mahaney, 41	27:42	8:56
234	90	12	Eileen McFarland, 42	28:33	9:13
634	108	13	Lesley Jones, 44	29:55	9:39
590	130	14	Sharon Moore, 42	31:24	10:08
525	148	15	Kim Bybee, 42	32:48	10:35
97	153	16	Sophie Willadsen, 43	33:01	10:39
112	155	17	Laurie Walsh, 42	33:07	10:41
346	158	18	Kate Jenkins, 43	33:20	10:45
413	160	19	Mona Gardella, 40	33:35	10:50
232	162	20	Becky Filaroski, 43	33:39	10:51
631	165	21	Melanie Kissane, 42	33:57	10:57
489	170	22	Linda Lewis, 42	34:49	11:14
535	175	23	Linda Jackson, 44	35:36	11:29
481	193	24	Kim Carter, 44	39:23	12:42
527	194	25	Sharon Spears, 41	39:25	12:43
475	195	26	Michelle Ramos, 44	40:43	13:08
458	208	27	Jackie Zumbach, 41	44:11	14:15
168	209	28	Rene Williams, 43	44:18	14:17
596	215	29	Jill Wright, 40	46:18	14:56

Women 45 - 49

68	13	1	Pamela Hanson-Peterson, 49	22:16	7:11
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336	20	2	Kathy Murray, 46	23:44	7:39
309	41	3	Susan Harms, 49	25:13	8:08
332	44	4	Tina Johnson, 45	25:18	8:09
53	51	5	Vicky Connell, 49	25:42	8:17
104	65	6	Joy Bardin, 46	26:35	8:35
426	76	7	Pamela Miller, 46	27:41	8:56
452	81	8	Angela Adamson, 45	27:56	9:00
442	82	9	Lorrinda Seiberling, 48	27:58	9:01
490	84	10	Dee Bierbaum, 46	28:09	9:05
610	98	11	Sandra Maveety, 49	28:56	9:20
404	133	12	Lorraine Hughey, 45	31:36	10:11
87	147	13	Adrienne Brooks, 47	32:43	10:33
123	179	14	Kimberly Schiffer, 46	36:00	11:37
530	184	15	Sandra Henney, 49	36:44	11:51
575	196	16	Laurie Patin, 46	41:06	13:15
144	197	17	Carol Pate, 46	41:07	13:16
62	219	18	Sally Denny, 46	50:14	16:12

Women 50 - 54

551	34	1	Kim Crist, 51	24:34	7:55
447	38	2	Gail Pylipow, 52	24:59	8:03
154	47	3	Bonita Golden, 52	25:27	8:13
495	50	4	Sue Whitworth, 53	25:41	8:17
200	60	5	Robin Hayter, 53	26:28	8:32
86	72	6	Faith Leri, 52	27:19	8:49
207	79	7	Susan Roche, 53	27:47	8:58
612	88	8	Kimberly Lundy, 52	28:29	9:11
305	92	9	Terri Rose, 51	28:42	9:15
331	93	10	Leigh Jacobs, 52	28:42	9:15
533	94	11	Pamela Beery, 53	28:44	9:16
224	97	12	Cecile Spiegel, 53	28:54	9:19
83	114	13	Kimberly Pearce, 51	30:18	9:46
345	119	14	Cathey Portie, 53	30:25	9:49
339	132	15	Mary Starr, 53	31:35	10:11
189	140	16	Nancy Martin, 53	32:04	10:21
198	146	17	Holly Chapman, 53	32:38	10:31
152	161	18	Sheri Daly, 53	33:36	10:50
468	190	19	Cedera Newman, 51	39:04	12:36

Women 55 - 59

90	56	1	Suzan Schumacher, 55	26:03	8:24
208	80	2	Claudia French, 55	27:48	8:58
318	99	3	Lorie Covert, 55	29:09	9:24
464	103	4	Donna Rettini, 57	29:30	9:31
147	110	5	Chin-Chih Ward, 57	30:04	9:42
460	129	6	Claire Gilbert, 56	31:18	10:06
242	145	7	Kathy Williams, 59	32:33	10:30
49	168	8	Irene Picca, 56	34:40	11:11
547	206	9	Therese White, 57	42:12	13:36

Women 60 - 64

181	25	1	Susan Branley, 62	23:51	7:42
185	32	2	Meresa Coomes, 62	24:31	7:54
99	91	3	Kathleen Clouse, 60,	28:36	9:13
213	182	4	Margaret Smith, 62	36:17	11:42
402	218	5	Boyce Lowe, 61	47:01	15:10

Women 65 - 69

12	40	1	Elfrieda Wyner, 66	24:59	8:04
302	109	2	Susan Wallace, 67	29:55	9:39
589	126	3	Janet Elliott, 68	31:09	10:03

Women 75 - 79

16	189	1	Norman Wyner, 75	38:37	12:27
313	202	2	Diane Aimone, 79	41:39	13:26 =

The Florida Striders Track Club \$1,000 College Scholarship Application

ENTRY DEADLINE: Applications must be received by March 11, 2009

Please email any questions Kellie Howard, kellski@comcast.net

Eligibility Requirements:

- * Must be a resident of Northeast Florida for the past two years.
- * Must be a graduating high school senior.
- * Must be a runner or active in track and field events.
- * Please be advised that NCAA regulations may prohibit you from accepting this scholarship if you attend college/university on an athletic scholarship.

A completed application should include:

- * This form completed (4 pages, including items I through X)
 - * Essay about your running (item IX)
 - * Personal recommendation
 - * High school transcript (if desired, not required)

To download the application, go to <http://www.floridastriders.com/scholarship.html>

Florida Striders Track Club, Scholarship Applications, P. O. Box 413, Orange Park, FL 32067-0413

New, Renewing and Expiring Memberships

NEW MEMBERS

Adrienne Brooks	1/31/10
Abby Butler	1/31/10
Thomas Carlson	1/31/10
Beth Capps	1/31/10
Jill Cooley	1/31/10
Wendy Faust	1/31/10
Stephanie Foreman	1/31/10
Robbie Hailey	1/31/10
Robert Herren	1/31/10
Rebecca Hunt	1/31/10
Linda Jackson	1/31/10
Leigh Jacobs	1/31/10
Beth Maurer	1/31/10
Matt McColley	1/31/10
Lauren McLean	1/31/10
Jennifer Shepard	1/31/10
Owen Shott	1/31/10

Tamara Bowers	1/31/10
Kim Crist	1/31/10
Jonie Davis	1/31/10
Jessica Lee Fletcher	1/31/11
Leslie Hague	1/31/12
Cynthia Heineman	1/31/10
Donna & Jerry Hiatt	1/31/10
Jeanette & Clint Johnson	1/31/10
Sara Matukaitus	1/31/12
Jay Millson	1/31/10
Tony Nading	1/31/10
Alan & Ann Phillips	1/31/10
Paul Smith	6/30/12
Jeb Stewart	1/31/10
Bill Weaver	1/31/10
John Wisker	1/31/10

Gordon & Kim Simms	1/31/10
Michael Mayse	1/31/10
Randolph & Patricia Sandy	1/31/10
Frances Kennedy	1/31/11
Traci Bane	1/31/11
Jessica Lee Fletcher	1/31/11
Babs & Dave Shutt	1/31/11
Everett Crum	1/31/11
Jonaththan Lineberry	1/31/11
Benjamin Holland	1/31/11
Lisa Myers	1/31/11
Gary Lewis	1/31/11
Lewis Buzzell, III	1/31/11
Rosalind Flowers	1/31/11
Robert & Janet Irvin	1/31/11
Bob Tatum	1/31/11

RENEWING MEMBERS

Doug Aiosa	1/31/10
David Bonnette	12/31/09

MULTI-YEAR RENEWALS

Simone Meyenber-Shields	1/31/10
Carol Palmer	1/31/10
Julie Runfeldt	1/31/10

EXPIRING MEMBERSHIPS

John (Stan) Champion	12/31/08
Pamela Gornick	12/31/08
Simon Jacobson	12/31/08
Jill Wright	12/31/08 =

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.

Have You Heard...



The Exciting News?

Jacksonville Has a New Running Store!



**9823 Tapestry Park Circle
Jacksonville, FL 32246**

www.jaxrun.com

Donate Those Boxes of Leftover Shirts

As part of the National T-Shirt contest we will donate any shirts we receive to the 5k/10k weekly race series at Camp Striker, Iraq. The RRCA worked with officers to host the first race at Camp Striker back in 2005. If you know of any

races in your state that need to or want to get rid of leftover race shirts, numbers, or finisher medals, they can ship them to:

Benjamin Provenzano
MWR Supervisor, D-5
ID # 43377, APO AE 09344

Benjamin said they would be grateful for any shirts since they were a big hit in the past. Benjamin's email is Benjamin.Provenzano1@kbr.com if you have questions or want to alert him to any donations you plan to ship. =

Striders at the Races

Race Results

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

LAST GASP 5K CROSS COUNTRY Jacksonville University December 28, 2008

Frank Sutman	20:00	1st A/G
Sung Ho Choi	20:14	1st A/G
Keith Poythress	21:46	2nd A/G
Bill Dunn	21:54	
Bruce Holmes	22:31	2nd A/G
Patrick Gaughan	23:01	2nd A/G
Bill Pennington	23:04	
Raymond Ramos	23:08	3rd A/G
Steve O'Brien	23:26	
Victor Corrales	23:44	
Paul Geiger	23:51	
Randy Pullo	24:27	
Mike Marino	25:36	3rd A/G
Gayla Poythress	27:57	1st A/G
Dave Bokros	28:19	
Eric Bush	28:49	
Claudia French	30:21	1st A/G
Bernie Powers	31:40	
Kimberly Lundy	32:16	3rd A/G
Everett Crum	32:24	1st A/G
Doug Barrows	32:58	2nd A/G
Lesley Jones	33:23	
Nancy Pullo	35:43	1st A/G
Leo Sheckells	37:12	
Lillian Lawless	46:13	
Joe Connolly	46:34	3rd A/G

Gator Bowl 5K Jax Landing December 31, 2008

John Wisker	17:19	
		Masters Male
Bill Phillips	18:02	2nd A/G

David Bonnette	18:08	1st A/G
John Funk	19:09	
Terry Sikes	19:44	
Randy Arend	19:50	
Robert Walker	20:12	
Stephen Beard	20:14	
Bernie Candy	20:28	1st A/G
Regina Taylor	20:38	2nd A/G
Robert Crampton	20:41	
Alek Abate	20:52	
George White	21:22	2nd A/G
Raymond Ramos	21:23	
Ann Krause	22:00	1st A/G
Paul Smith	22:08	1st A/G
John Hirsch	22:35	
Paul Geiger	22:38	
Tracy Pfuntner	23:48	
Danny Weaver	24:05	
Craig Harms	24:17	
Vicky Connell	25:04	
Sharon Lucie	25:06	1st A/G
Sue Whitworth	25:11	
Susan Harms	25:19	
Cailee Davenport	25:22	
Gene Imrich	25:28	
Tyler Imrich	25:59	
Claudia French	27:11	2nd A/G
Bernie Powers	29:09	
Al Saffer	29:40	1st A/G
Mark Lay	32:54	
Stephanie Lundy	30:29	
Kimberly Lundy	30:30	
Patty Czarniecki	30:37	
Claire Gilbert	31:15	
Bo Holub	33:45	
Morgan Bonnette	35:52	
Lynn Bonnette	35:52	
Ginger Frazier French	37:08	3rd A/G

Leslie Jones	37:18	
Sandra Shines	37:41	
Devin Jones	37:54	
Joe Connolly	41:04	
Diane Aimone	41:23	2nd A/G
Mel Abando	45:30	
Jack Lundy	47:35	
Emilee Bush	47:55	
Shannen Crampton	53:38	

WALT DISNEY WORLD HALF MARATHON Lake Bona Vista January 10, 2009

George White	1:37:36
Ann Krause	1:47:23
Carrie Imrich	2:19:18
Gene Imrich	2:19:18
Bill Krause	2:48:33
Alan Phillips	2:56:41
Sean Phillips	2:56:41

WALT DISNEY WORLD MARATHON Lake Bona Vista January 11, 2009

David Bonnette	3:09:48
Robert Crampton	3:29:32
Regina Sooley	3:43:39 =

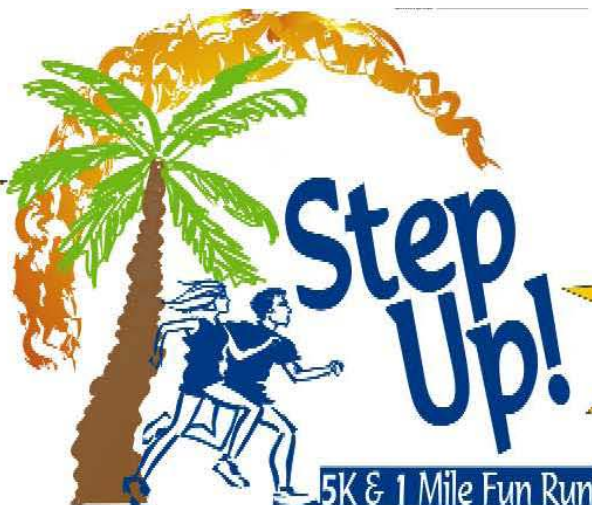
**Don't forget to
 sign the Striderman
 at all the races!**

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

Iron Horse ***endurance runs***

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 IronHorse100kmclub.com will be updated within a week. =



Step Up! 5K & 1-Mile Fun Run/Walk Health Festival in the Park Saturday, February 7, 2009

Spring Park in Green Cove Springs

5K starts at 10:00 a.m.

1-Mile Fun Run starts at approximately 11:00 a.m. after the finish of the 5K

Registration Information: The event is open to all runners, joggers and walkers. This event is FREE for both the 5K and the 1-mile fun run.

You can register in advance by mailing your completed and signed entry form to:

Clay County Health Department
Attention: Step Up!
PO Box 578
Green Cove Springs, FL 32043

Informational websites:
www.healthyclaycounty.com
www.floridastriders.com
www.1stplacesports.com

For further information call 904-529-2810

Awards: Elementary Schools with the highest participation in the Orange Park Medical Center Fun Run/Walk Challenge can win cash to help support their school's Run/Walk Club activities. Award Structure:

1st: \$250.00	6th: \$125.00
2nd: \$225.00	7th: \$100.00
3rd: \$200.00	8th: \$100.00
4th: \$175.00	9th: \$100.00
5th: \$150.00	10th: \$75.00



Event T-shirt for the first 1000 entrants. Mizuno sport bags to overall winners. Lots of goodies and fun things to take home! There will be no age group awards in this FREE event.

Start Location and Finish: Both runs will start at the corner of Walnut St. and Magnolia Ave., near Ronnie's Wings. The finish for both races is at the corner of Walnut and St. John's Ave.

Packet Pickup: Run packets will be available race day starting at 8:30am at Spring Park in Green Cove Springs. The registration area will be on Walnut Street near St. John's Ave at the north end of the park.

Post Event Raffle: Prizes from Panera Bread and Mizuno, as well as a 6-month Family Membership to the Clay County YMCA locations.

Youth Activity Area: Kids of all ages can enjoy our youth activity area with inflatable sports challenge, F.A.A.T. Farm w/ DJ John Blessed, Puppet Show entertainment, & creative art activity. Admission free of charge!

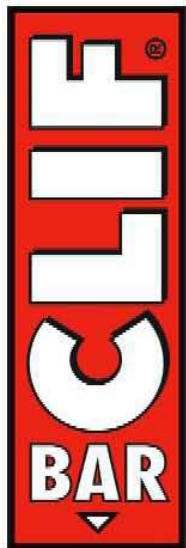
Race Timing and Mile Splits: Splits will be given at all mile marks. A Digital Clock will be at the finish line. All turns will be marked and traffic will be controlled.

Post Race Refreshments: Winn-Dixie & Starbucks will be providing refreshments at the finish area.

Special Guest Race Announcer: US Olympian and top selling author Jeff Galloway will be on location to announce the race.



Event Sponsors



Jeff Galloway

<input type="text"/>										<input type="text"/>									
First Name										Last Name									
<input type="text"/>		<input type="text"/>		M		F													
Age on Race Day		Gender																	
<input type="text"/>																			
Street Address																			
<input type="text"/>										<input type="text"/>					<input type="text"/>				
City										State					Zip				
<input type="text"/>										<input type="text"/>									
Telephone Number										School									

I am voluntarily participating in Step Up, Florida! This is an event that will occur on public thoroughfares. I understand that there are certain risks inherent in this type of activity, including but not limited to unknown hazards along the route, traffic hazards, slip/trip/fall, and contact with other participants, weather conditions of the road/surface and the possible hazards of physical activity due to unknown medical conditions. By signing this statement, I am acknowledging that I understand that I should consult with a physician prior to engaging in any physical activity. I also acknowledge that I have chosen to engage in this event with its inherent risks and accept the liability for such risks attendant to this activity. I also acknowledge that by signing this statement I give my consent to release the use of any images, of me obtained during the event to be used in any publication or other media promoting or reporting this event. If I am an employee of the Department of Health I am also acknowledging by signing this statement that I have not been required to participate and that I am voluntarily accepting participation in this activity as part of my normal job responsibilities. Having read this waiver and in consideration of entry into this event being accepted, I, for myself and anyone named or entitled to act on my behalf, waive and release members and volunteers of the Florida Striders Track Club (FSTC), Clay County Health Department (CCHD), Road Runners Club of America (RRCA), the 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 carelessness by persons or organizations named in this waiver. I agree and grant permission that should circumstances arise, I defer to the race officials and/or qualified persons have the right to disqualify and remove me from the race course should I be suffering from a life threatening condition period. I agree to abide by all RRCA guidelines, including but not limited to, no use of headphones or any other device that limits awareness of the participant or any type of wheeled conveyance (excluding use by handicapped or physically disabled participants). Animals are prohibited from the race course unless, for the use and assistance of handicapped or physically disabled participants.

Signature

Date

February 2009 Race Calendar

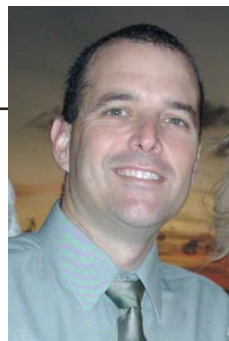
Published as a service. Accuracy is not guaranteed. If you would like your race listed: Contact either Ken Bendy, RRCA Southern Director (904) 278-2926 Email kbendy@aol.com or Mike Bowen, RRCA State Rep (N. Florida) 850-452-6711 (day) 850-3081953 (eve) Email Michael.s.bowen@gmail.com.

for a NF list, with web links, see <http://www.ameliainlandrunners.com/kbendy/rrcacal.htm>

DATE	EVENT	TIME	LOCATION	CONTACT
February 1	Super Sunday 5K	8:30 a.m.	8505 San Jose Blvd. Jax	(904) 731-1900 Jacksonville Jewish Federation First Place Sports
February 7	3rd Annual Step Up Florida! 5K & 1 Mile	10:00 a.m..	Spring Park Green Cove Springs	(904) 529-2810 Clay County Health Dept
February 7	Swoop the Loop 5K	9:00 a.m.	UNF Arena Jax	(904) 731-1900 First Place Sports
February 7	Climb Jax	8:00 a.m.- 2:00 p.m.	Bank of America Tower	(904) 743-2933 Ext. 18 American Lung Assn. of Florida
February 8	Winter Beach 5 & 10 Mile	3:00 p.m.	SeaWalk Jax Beach	(904) 731-1900 JTC Running
February 15	26.2 with Donna National Marathon & Half Marathon to Fight Breast Cancer	7:30 a.m.	Near Mayo Clinic 4500 San Pablo Rd. Jacksonville	(904) 355-PINK (7465) Donna Hicken Foundation
February 21	Pirates on the Run 5K/10K	8:30 a.m.	St Peters Church Atlantic Ave. & 9th St. Fernandina Beach	(904) 261-7398 Amelia Island Runners
February 21	Iron Horse Endurance Runs 100 Mile/100K/50 Mile	6:30 a.m.	Old Norfolk & Southern Rail Trail Florahome	(904) 655-6511 crodatz@bellsouth.net
February 28	Daily's Ortega River Run 5 Miles	8:30 a.m.	St. Mark's School Ortega Blvd. Jax	(904) 731-1900 Expanded Race Info First Place Sports

The Back Page

BY MIKE MARINO



How about the nice cool welcome we got for 2009!? Consecutive days of freezing temperatures and near record lows, lets us hear Al Gore's explanation for that. And how about our River Road Resolution Run being done in sub 30 degree temps, almost as if we were being defiant to Mother Nature. Yeah, we ain't skferred of a little chill. Heck, I'm still swimming in my lake (water temp in the 50's), though I might be just a little extreme in that regard. Now while I imagine most of you are not ready to come take a swim with me, I know you're out running in this cold, and enjoying it. Well, enjoy while you can, and if you want to take enjoying the cold to a higher level, let me know, you can come swim with me.

Our results start with one of my favorite races, **The Last Gasp 5K Cross Country Race**, held on December 28th at Jacksonville University. Conditions were favorable this year; very little mud and footing was somewhat sure. The course is still longer than 5K though, but it just makes it more fun. The post race party at the Scoreboard Sports Bar was a lot of fun too, even though we went through our limit on beer really fast. STB (Strider Trail Buff) **Frank Sutman** was down from Delaware to lead all Striders, winning his age group in 20:00. **Gayla Poythress** was our fastest female

Strider, posting a 27:57 on her way to an age group win. Combining with Frank to pull off an age group sweep of the 45-49 year old men were STB **Keith Poythress** (2nd) and **Raymond Ramos** (3rd). Our other age group champions were STB **Bruce Sung Ho Choi**, **Everett Crum**, **Claudia French**, and **Nancy Pullo**; and Nancy and Claudia were on the winning team in the female team competition. Tromping to 2nd place age group finishes were **Doug Barrows**, **Patrick Gaughan**, and **Bruce Holmes**, who was also on the team that took 2nd in men's team competition. Making sure we got socks by finishing third in our age groups were **Kimberly Lundy**, **Joe Connolly**, and **me**. And of course, in the team competition, the **Strider Trail Buffs** repeated as champions. **Frank Sutman**, **Bruce Sung Ho Choi**, **Keith Poythress**, **Bill Dunn** and **me**. It was an impressive victory too, with a perfect score of 10, meaning our top four runners finished before any other members of another team (okay, the other team, there were only two). Even I beat the other team's anchor, which I think I've only done once before. A great time was had by all, and I would encourage everyone to come out for this race next December, as it is a lot of fun.

Next up was the **Gator Bowl 5K**, held on December 31st at the Jacksonville Landing. **John Wisker** led all Striders and all those in the Masters division with a 17:19.

Six Striders were number one in their respective age groups, which included **David Bonnette**, **Bernie Candy**, **Al Saffer**, **Ann Krause**, **Paul Smith** and **Sharon Lucie**. Closing out 2008 with 2nd place age group finishes were **Bill Phillips**, **George White**, **Claudia French**, **Diane Aimone**, and **Regina Taylor**, who was our fastest female Strider with a 20:38. Making sure she got one final age group award for 2008 was **Ginger Frazier French**, who finished third in her age group. Also of note, as we here at the Back Page love the efforts of our very young Striders, six-year-old **Emilee Bush** was able to finish the race, and I'm pretty sure she was the youngest participant at the race, unless the few people listed in the 2 year-old and under group were actually that age and not typos. Well done everyone.

The only other local race was our **River Road Resolution**. There is a cover story and results (pages 7-11) within the StrideRight, and I'm sure everyone has already read it. Accordingly, I won't go into the results here. Al-

Please Print

Application for Membership FLORIDA STRIDERS TRACK CLUB

New ☐
Renewal ☐

Name: Last _____ First _____ M.I. _____
Address _____
City/State/Zip _____
Phone: Home _____
Phone: Work _____
E-mail _____
Signature _____
Date _____
in Family _____
Spouse's Name _____
Birthdate(s) _____
Employer _____
Occupation _____
Annual Dues: Family \$20 ☐
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

CONTINUED FROM PAGE 19

though, I will give big-ups to all those runners and volunteers who braved the cold for the race.

Striders – They're Everywhere!

Reporting in a little after the fact, but nonetheless letting me know of his travels was **CalLee Davenport**. CalLee spent time on each side of country, starting with the **Boston Half Marathon** on October 7th. CalLee covered the 13.1 miles in Boston in 2:00:37. **Heather Burke** was in Boston as well, running to a 2:12:04. On December 7th and on the other coast, CalLee ran in the **California International Marathon** in Sacramento, California. CalLee posted a 4:29:52 for the marathon. Well done CalLee and Heather.

A little closer to home but still away from Jacksonville, several Striders made the trip to Orlando for the **Walt Disney World Marathon and Half Marathon**. In the half marathon, **George White** led all Striders with a 1:37:36 and **Ann Krause** was our fastest female Strider with a 1:47:23. Also running the half were **Carrie Imrich**, **Gene Imrich**, **Bill Krause**, **Alan Phillips**, and **Sean Phillips**. For the marathon, all four Striders reporting in were well under four hours, being led by **David Bonnette** (3:09:48) and followed by **Robert Crampton** (3:29:32), **Darrin Bickle** (3:32:12) and **Regina Sooley** (3:43:39). Nobody got Goofy (doing both), which is probably a good thing. Well done folks.

Tidbits and stuff I missed

Quite a few misses with the month

off and just general scatter brain issues I seem to have each holiday season. Starting with the **Outback Distance Classic**, I missed **CalLee Davenport** and **Heather Burke**, who each ran the half marathon. CalLee recorded a 2:03:11 and Heather a 2:09:42. In the 6K, I missed 6-year-old **Emilee Bush**, who finished with a 56:22 (hey, she's six and she finished); well done Emilee. Back to the half marathon, while his time made the results page, I missed an 11 minute PR by Emilee's dad **Eric Bush**, who ran to a 1:48:21.

A couple of misses in St. Augustine, the first being **Jim Kehr** in the **Compassion 5K** on November 8th. Jim covered the course in 29:03. Next was the **Shut Up and Run 5K** on November 27th, which was done by **Christine and Jim Kehr**. Jim made it in 29:43 and Christine managed her way to finish in 38:37.

As for tidbits, nothing this month, but pay attention, I might have something brewing. As you folks have probably figured out, I enjoy silly stuff and extreme efforts. Thus far, I've been able to get tentative agreement for recognition of a silly event by one agency, and I'm in the process of seeing if another bigger agency will extend their recognition. Stay tuned.

Award

No award this month, thus the STBs can go on feeling smug, especially given the perfect score (save me, since my score didn't count). 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 4159 Marianna Road Jacksonville FL 32217

Local Running Info



www.floridastriders.com

You can contact us via e-mail at:

Dbokros@comcast.net

Florida RRCA Championship Races and various running related web site links can be found on the RRCA

Southern Director's home page at <http://members.aol.com/rrcahtml/rrcarep.htm>

You can get entry forms & results for all 1st Place Sports events on the Internet at <http://www.1stplacesports.com>

Also get the latest running news from the RRCA's national office, including a nationwide race schedule as well as important info from clubs across the country at <http://www.rrca.org>



Florida Striders
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Orange Park, FL 32067-0413

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