



Longtime Strider, Ken Bendy is Awarded the RRCA President's Award

Every president of the Road Runners Club of America is given the discretion of recognizing one or two individuals each year for contributions made to the organization and to the promotion of the sport.

This year, on March 28 during the final evening of our 51st convention, I

was pleased to present Ken Bendy with the RRCA President's Award. Ken's service to his clubs and to the RRCA spans decades and I could not do it justice in a limited amount of space.

I served a term as Eastern Region Director that overlapped one of Ken's as Southern Region Director. I have never felt so inadequate in my life.

The sheer number of email updates, regional newsletters, website contacts, visits to clubs, and championship events dwarfed anything I was doing. I lived in dread of his next email update that would expose my under performance.

In the late 80's and early 1990's, I served on the board of the RRCA as

Treasurer and I have been either a board member or an observer for 25 of the organizations fifty-one years. As part of our 50th anniversary celebration last year, I interviewed every living president. Based on what I have learned and observed, I believe that Ken is simply the best regional director in RRCA history.

His passion for promoting the sport and his dedication to the state representatives and club leaders of the Southern Region are unmatched. We appreciate everything he has done for the RRCA and we will miss him greatly as a member of the national board.

Brent Ayer, President
Road Runners Club of America

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UPCOMING SOCIALS

May 25, 2009 • 2 PM

Volunteer Appreciation Party/Social on Memorial Day, May 25th will be held at the Lighthouse Apartments (Fleming Island) Clubhouse -2285 Marsh Hawk Lane – starting at 2:00 PM. The club will provide water/sodas. Everyone should bring their own "Adult" beverages and a covered dish to share.

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

For more information, please contact Glenn Hanna at (904) 777-9351 or ghanna3@bellsouth.net..

June

There is currently no social planned for June.

July

The July Social will be the Outback CrabShack in St. Johns County. Details to follow!.

Prez Sez

By Dave Bokros



It has been a pleasure to serve as the president of the Florida Striders over these last three years.

I have seen so many good people come forward and share their experiences and advice with others. I have watched sedentary people become runners, become coaches, become marathoners. I have also watched accomplished runners with distinguished careers, like John and Denise Metzgar, take the time to show someone who might want to push themselves from a 30 minute 5k to a 28 minute PR and show them the same respect and patience with which they would coach anyone wanting to run an 18 minute PR. There is a lesson to be learned by all of this.

There is no such thing as an ordinary person. You are all unique, talented, interesting, and valuable. On top of all this, you are all generous. I wish I could take credit for any of this, but it is the membership that makes this club. I have unending respect and love for all of you.

There is an email later in this issue from a gentleman expressing his admiration for The sportsmanship displayed by our own Rod Reeves at the Susan G Komen Race for the Cure in Savannah, Ga. Rod finished first overall and ran back through the course cheering the other runners on.

This is the spirit of the true runner. We all wish to excel, to compete, and, when possible to win. We can do this and still wish the best for our competition. That they

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Board of Directors' Minutes 4/14/2009

The meeting was called to order by Dave Bokros at 7:04 p.m. Directors present were Randy Arend, Dave Bokros, Vicky Connell, Janis Dolemba, Mike Ford, Glenn Hanna, Kellie Howard, Kim Lundy, Mike Marino, Mike Mayse, Keith Poythress, John Steinberg, Mary Ann Steinberg, Regina Taylor, James Vavrina, and Kay Womack.

Minutes: There were no changes to the March minutes.

Treasurer's Report: Janis Dolemba stated that all activities for the month were routine; she also stated that one of the CDs rolled over, and interest rates are lower than previously.

Randy noted a few budget items of expenses such as \$447 for the RRCA convention and \$520 for the Step Up 5K which were over budget. He expects both of these items to be reimbursed to the club. He also pointed out that the Children's Running program budget of \$6,500 has almost already been spent. Mike Ford explained the yearly budget process for Children's Running and how we usually spread it out during the year. This year we stockpiled 50 mile shirts and the marathon medals, so we won't need to order them again for a long time.

Memorial Day 5K Proposed Budget: Dave stated he was conservative in his estimate of race attendance. He said that many local races have not seen an increase in participants so he kept the number low. Dave reviewed some of the sponsorship that he has for this race. Blue Cross Blue Shield is the presenting sponsor who is bringing their own banner for the race. They will be presenting towels with their logo to finishers. Net race profit should be a little over \$6000. Keith Poythress made a motion to approve the budget as presented. Mike Ford seconded the motion, and it was approved unanimously.

Scholarship Candidates for 2009.: Kellie Howard reported on the candidates who had submitted applications. The

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2008-2009 Board of Directors & Key Members

(Board Members marked with an *)

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VAC-CON
Memorial Day 5K

Village Bread Market

Krispy Kreme

Thanks

MARGE RUEBUSH and SUSAN GREENE

for your great assistance at the Strider Tent this year!

Stan

The Importance of Focus

Arthur Lydiard, the father of modern endurance training for runners, lists "The 21 Factors" in his book, *Running to the Top*. The factors Lydiard outlines are those variables that influence racing results.

Lydiard knew a thing or two about racing success. Working with a small group of runners in Auckland, New Zealand, Lydiard guided Peter Snell, Murray Halberg, Barry Magee, and Bill Bailee to great success in the Olympic Games. A few years later, he then influenced Finnish coaches who guided Lasse Viren, Juha Vaitainen, and Pekka Vasala to a string of command performances in world championship competitions.

Lydiard's goal was always to peak each athlete at the right time. Many successful runners record impressive performances but fail repeatedly in championship races. Ron Clarke of Australia, Roger Bannister of Britain, Steve Holman and Marty Liquori of the United States are notable examples. They ran lots of record times; but won no gold medals.

So what were Lydiard's 21 factors?

Weather, opponents, equipment, nutrition . . . you can read the book to see the whole list. But I'll take you to Number Twenty-one, the factor that Lydiard felt was the most important: The date of the race.

If the Jacksonville Marathon or the River Run is YOUR most important race of the year, you need to learn that date and plan your training from a reasonable time out. Six months is not too much for good marathon prep; a 5 km that is meaningful requires 13 weeks to ensure a peak performance.

Lack of focus is the principal reason most runners cannot peak when the occasion is most meaningful. This advice does not apply to racers whose every weekend includes a race; this is for you, if you would like to set a PR, or beat an arch-rival, or win a state championship.

Picking the date is establishing the top of the moun-

Wide World of Running By Jay Birmingham

tain By planning your training, you are more likely to do the right kind of running, in correct proportions, at the proper time.

There are many paths to the summit of a mountain, but one still has to ascend the foothills, work through the forest to timberline, then achieve the peak. Essential elements are base training, pace work, sharpening, and peaking. Leave out any step and you are unlikely to achieve your goal.

The art of running is learning to balance your training. Much self-discipline is required, but my observation is that most runners do not lack the will to train. Far more rare is the ability to train with control. Every fit person can run a brutal workout. Ask yourself, however, if a Survivor experience will be the optimal training stimulus.

By planning your training for many weeks, you are less likely to sabotage your goal. You need fluid intelligence, not crystallized intelligence, to handle the inevitable setbacks that go with life as a runner. That said, there are certain minimums of mileage, speed, and specialized preparation that will make your goal reachable.

So there you have it. A tease, to be sure. No firm directions, just a goal. But like Mandy (the GPS that I stick to the windshield of my car), having that goal is THE MOST IMPORTANT thing. And the most important thing about any goal is the date it will occur. =

Jay Birmingham has run for over fifty years, races well in hot weather, and weighs himself immediately after long runs, just to record a low number in his training log.

MINUTES

Continued from page 2

scholarship committee reviewed the applications and chose one boy and two girls as the award winners. The winners are James Mullenhour - Bishop Kenny, Erin O'Nora - Clay High School, and Callie Cooper - Bartram Trail. Kim Lundy said she will take photos of the recipients and will put their essays in the Strideright one at a time. Randy Arend asked about the boundaries for students to submit applications. The Scholarship application says Northeast Florida so Kellie stated they have taken that to mean any county

that touches Clay County.

Guinness World Record Attempt:

Mike Marino explained that there is currently a World record of 89 hours and 19 minutes for 100 people running a 10K in a relay event. He wanted to know if the Striders are interested in beating that record. Each person would need an average time of 53:30 to beat the record. It would be 25 laps on a 400 meter track and each person would run one at a time. It would have to be 100 different people of mixed gender. It would take approximately 3 and a half days plus. Mike Marino has volunteered to organize it himself. Mike Ford recommended

we do this in the fall to avoid the hot weather and do it at a time when not much else is going on. Mike Marino said we could also do a 5K at the same time to get more interest up. In addition we could make this a fund raiser for either the Striders or another charity. Many issues would need to be decided. Mike Mayse suggested that Mike Marino form a committee to work on the details. Kim Lundy made a motion that the Striders support going after this world record with all the details to be worked out later. Janis Dolemba seconded the motion, and all approved.

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10 Running Rules to Remember

1. Do Your Own Thing

Whether you're running or racing, go at your own pace, in your own space. It gets on my nerves when people sprint ahead, then stop and walk in front of me. When you catch back up to them, they start sprinting again.

What annoys me? Guys that can't handle being beat by girls and vice versa who try the "grand sprint" at the end!"

2. Know Your Place and Your Pace

With over 10.5 million people in races in 2008, starting lines get crowded, especially when ambitious (or impatient) runners and walkers start too far in front. At the Gate River Run 15K, there were some hefty walkers two or three abreast, holding hands and singing. It was exhausting to get around them. If you find yourself slowing down, pull over to one side to let faster runners pass by... or better yet, start back in the pack where you belong!

3. Keep it Down

Sure, chatting helps pass the miles, but not everyone wants to eavesdrop. I had to listen to three ladies discuss their bathroom schedules, and the impact of talcum on their you-know-what. Other irritants: too-loud iPods, slapping footfalls, jangling keys, and beeping heart-rate monitors. Flatuency.

4. Leash Your Best Friend

Bringing your pooch to road races is discouraged by most race directors, even if you aren't participating. Crowds are no place for our four-legged friends who want to sniff body parts and bark, especially when other canines are around. At a crowded 8K awhile back, a guy with two dogs refused to tighten up their leashes, so they were constantly moving around and tripping people.

5. Watch Your Step

There is a reason why aid stations are often on both sides of crowded race courses—so you don't have to cut people off to get to them. Once at a 5k a young runner crossed right in front of me to get to one of the tables, forcing me to

come to a near-abrupt stop. After a sip or two, he did it again. I ran over him. If you're doing a run-walk plan, move over to the side so you don't block or hurt someone behind you.

Wearing head-phones is discouraged by most race directors. Wearing head-phones distracts a runner from hearing anyone or anything approaching from behind. In a recent 5K I observed a runner ahead of me on a narrow path attempting to pass another runner wearing head-phones. As he approached he was loudly repeating "on your left, on your left" but when the runner ahead didn't yield, he came in contact with her. This brought on a tirade of shameful words. She continued to admonish him about his "bad manners" after the race.

To the guy at the top of the Hart bridge who used his cell to let his friends know that the view from the top was great: Please hang up the phone.

6. Aim Fluids Carefully

Yes, sometimes the fastest thing running is your nose. But please, focus on where you aim your snot rocket, or your spit. One guy actually nailed me with a giant loogey during a run. I was behind him, unfortunately. I've also been splattered by spitters during many a race... GROSS! Also watch where you toss your half-finished cup of water. Wet socks are not a favorite!

7. Don't Stink

I once got stuck behind a person who reeked of smoke. Unpleasant odors carry outdoors, too. It should go without saying, but wear clean clothes and avail yourself to the use of personal hygiene products. Runners tend to be forgiving of bodily functions, but there's a limit. Running behind someone and breathing body odor or running behind a guy who smelled like he ate a ton of bean burritos and drank a gallon of green chili before the race is not something I relish. (No pun intended). He was musical but he stunk, bad. "Phew-ee!"

8. Dress for Your Mom

Unless it's part of the program, as

with the Evergreen Pumpkin Run or The Jingle Bell Run at Christmas, refrain from silly costumes and minimalist attire. Some friends and I ran a 5K at the beach last year, and if you were there, you'll remember the guy(???) who was wearing nothing but a pastel blue Speedo. Mr. Pillsbury Doughboy was a little fluffy, and once the sweat seeped through the Speedo...let's just say that parents were covering their children's eyes."

9. No Whining or Excuses

What's with all the excuses. Pains and aches everywhere have affected your race time? Who Cares. If you're just getting over a hemorrhoid operation, you have no business walking fast, let alone running. Keep it to yourself and just watch!

Also, I get tired of jealous lazy people consistently telling me that I'm going to ruin my knees (or something else) and that I should start to bike. I tell them "I'm going to run as long as I can."

I hate it when people yell, 'You're nearly there!' when there are still several miles to go.... When there's no finish line in sight, I'm not 'nearly there!'

10. Just Run

Then there is the inevitable and avoidless, amusing, assiduous, ambiguous, asinine question heard being asked of one another...."How did you do"? What in the world does that mean? I'm right here in front of you standing and still breathing...I cheated death once again...what else can I say!! What do you want to hear? Everyone finishes ahead of me. THERE!

The results will be posted in a few minutes, let me get to the bagels and bananas.

Still, it's good to see more people out and exercising than layin' around doin' nothin'. I don't mind making room for someone faster or going around someone slower. After all, we are only in competition with ourselves. It's not about winning—it's about finishing what you start." **JUST RUN! =**

— STRIDER MAN MASTER

Running Class is a Huge Success

Energy usually abounds at the St. Johns Country Day School track in Orange Park each Wednesday evening when the Florida Striders hold their weekly speed work session. That energy has been amplified dramatically, and an amazing amount of enthusiasm was injected, when our latest Running Class fired up 4 weeks ago. There are 158 athletes registered for our class and 22 Florida Striders helping to support them in meeting their goals. About 50% of our athletes are beginning or renewing their training as runners. Approximately 12% are using our Intermediate training

schedule, and 8% are using the Advanced training schedule. 30% of our athletes have a good running base already and desire to work at the bleeding edge of fun in order to get faster, and are either learning or sharpening their skills with Speed Work, led by John Metzgar. This year's class is enhanced by the addition of 32 athletes who are participating in a Florida Strider triathlon training class, coordinated by Vicky Connell & Regina Sooeey, and do their running training with us. All of our athletes are learning, getting fitter, and supporting each other in their training. The Memo-

rial Day 5K on May 25th is the graduation race for our class. Our athletes are going to have a great race and I foresee a lot of PR's will be enjoyed among our existing runners and First Race medals earned among our new runners. I am impressed and proud of all the athletes who are committing themselves to this 8 week class to improve their conditioning. It is my desire that those who are new to our sport will learn to love it, as I have, and find running an enhancement to their lives. Speaking of life enhancing, I am very blessed to have a wonderful team of Striders as Group

Athletes In Training

Vanessa Aaronson

Traci Akers

Lara Anthony

Kevin Atchison

Shellie Atchison

Christine Beauregard

Lynn Bonnette

Kay Brammell

Wesley Bratton

Bonnie Brennan

Steve Brennan

Frank Brewer

Sharyl Brewer

Adrienne Brooks

Marcus Brooks

Ann Brown

Darin Brown

Elizabeth Brown

Erin Brown

Amy Buccì

Jennifer Cage

Heather Campbell

KC Channell

Carla Charonneau

Kelly Chewing

Alex Chieu

Michele Coarsey

Beate Connette

Robert Cornett

Tabatha Cornett

Shannen Crampton

Chris Curole

Darcy Daniel

Mamie Davis

Carlene Elliott

Denise Erwin

Kimm Farwell

Lori Featheringill

Kitty Ferrell

Pam Fields

Laura Fogarty

Gregg Friend

Kristin Friend

Claire Gilbert

Monica Goddard

Gary Godfrey

Sherry Gonyon

Laura Gordon

Josey Gray

Dawn Guthrie

Alan Harmon

Tina Heltemes

Wanda Hill

Lynn Hines

Ashley Hopkins

Kathy Hopkins

Jeff Johns

Dion Jones

Dione Jones

Lesley Jones

Amy Kennedy

David Kile

Michelle King

Samantha King

Steven King

Catherine Laffrey

Rita Lamach

Michelle Larson

August Leone

Mary Ann Lewis

Sloan Lewis

David Lineberry

Maria Littlejohn

Jennifer MacDonald

John Mahoney

Sherry Mahoney

Amy Mandt

Michael Mandt

Jana Manning

Carol Marcum

Kristie Matherne

Anne Matthews

Kelly McDaniel

Gina McGinn

Mike McGinn

Christina McKenney

Emory Mclaughlin

Candy McMillan

Lori Meyer

Carmela Middleton

Pamela Miller

Alex Morrison

Amanda Morrison

Candy Morrison

Katie Morrison

Kim Morrison

Zach Morrison

Phyllis Murray

Claudia Nelson

Richard Nelson

Beth Norman

Christopher Padilla

Kevin Panichello

Megan Paquette

Uyen Diem Phan

Kimberly Pierce

Nick Pinion

Lorie Plato

Peter Pozo

Cory Prevatt

Rob Price

Stephanie Price

Dave Pruette

Melissa Pruette

Nalani Quintello

Chanda Rollins

Cassie Rowe

Jennifer Ruel

Barbara Scott

Janet Seffens

Tiffany Sharpe

Kevin Shemwell

Don Skidmore

Christina Slack

Dale Smith

Bill Stack

Pat Stack

Alexandra Stafford

Penny Stafford-Bowyer

Nicole Stanley

Holly Stewart

Joseph Strickland

Laura Strickland

Staci Suits

Patty Taylor

Christine Theilaker

Amy Thomas

Tina Marie Tillis

Cheryl Townsend

Daphne Turner

Richard Vance

Ann Waters

Robert Webster

Maddie Weiss

Nicole Weiss

Amy Wiley

Tom Wiley

David Wilharm

Doreen Wilharm

Marilyn Williams

Dawn Wolfe

Scott Wolfram

Greg Wood

Heather Wood

Jessica Wood

Jennifer Zani

David Zimmerman

Janice Zimmerman

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Kim Anthony

Mike Basilco

Jay Birmingham

Bob Boyd

Vanessa Boyd

Eric Bush

Vicky Connell

Glenn Hanna

Jim Hughes

Mark Lay

Kim Lundy

Sara Matukaitus

Sandra Maveety

Denise Metzgar

John Metzgar

Jeff Nelson

Michelle Ramos

Raymond Ramos

James Vavrina

Allen Weiss

Kay Womack

Leaders and Speakers. Each week of our 8 week class, the group leaders are there to encourage, support, share tips, and answer questions throughout the training sessions. We are also blessed to have excellent speakers who share their expertise with a brief lecture on an important aspect of running each week. As the size of our classes has grown, we have now added a Feedback session to each class where the athletes share how they are progressing, along with any questions or concerns they have, with a team of Group Leaders who are specifically assigned to them. In a perfect world I would get to run with, talk, and individually coach each and every athlete in our class – every week. While I haven't figured out how to make that happen literally, our awesome Group Leaders take care of that very need and do it very well. Our training program is successful because of them, each and every one a volunteer in keeping with the fine tradition of the Florida Striders. I lack the eloquence to adequately ex-

press my appreciation to our Group Leaders for the contribution they provide each and every week. The enthusiasm and work ethic our athletes bring with them each week is very much an inspiration to all of us helping with the class. I know that many of the athletes in this class will one day be helping with a future class of inspiring athletes. It's a beautiful cycle.

I also wish to thank and acknowledge St. Johns Country Day School for their ongoing support of health and fitness in our community and the Florida Striders in particular. They are very generous to share their beautiful facility with us.

The Florida Striders also have a tradition of being very open about their money and where it goes. Each of our athletes pays for being in the class. The \$30 cost for a single athlete is designed to be a breakeven financially, covering an annual membership in the Florida Striders, \$15, and the rest of the money, \$15, goes to cover the cost of the class T-shirts (all class members who attend

seven or more classes receive one) and a bodacious and tasty class party. When couples or families join the class, which I'm pleased to say happens frequently, they only pay for a family membership and the cost goes down accordingly. Athletes who are already Florida Striders only pay \$15. In case anybody wonders, the membership cost itself is used to help with the cost of our liability insurance, Road Runners Club of America dues, the complimentary Florida Strider club membership T-shirts, and to help defray the costs of our newsletter and expenses. While on the financial topic, I can't resist patting the Florida Striders on the back for the large amounts they direct to support children's running and scholarships in our area.

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

MINUTES

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Annual Picnic and Social Update:

Glenn Hanna stated the picnic will be April 26th at 12 noon, at Secret Cove where we usually have it. Mike Mayse asked if Glenn had enough grills and offered to bring one. Glenn stated we usually have a social in May for volunteers. James Vavrino confirmed that we were still on, date to be determined. In July we will have lunch at the Outback Crab Shack. We still need an activity for June. Dave stated he would work on getting a speaker. Randy pointed out that the North Florida RRCA Representative has offered to speak to running clubs and we may want to consider asking him.

Consideration of the JRC Sponsorship: Randy Arend mentioned that at the last meeting Mike Ford had suggested an Executive Session with a closed dialogue session. Dave said that there should be full disclosure for all Strider members. Mike Ford asked Dave Bokros if he would leave the room for the discussion to avoid a conflict of interest

as he is employed by 1st Place Sports. Dave said he would remain in the room. Kelly Howard asked if there was anyone who would like to make a motion to have Dave removed. There was no motion made. Mike Mayse made a motion that we limit the discussion of this issue to 3 minutes per person. Janis Dolemba seconded and the motion was approved. The Jacksonville Running Company wants to sponsor the Florida Striders for \$1250, to be divided between our races. Bob Boyd, Race Director, had previously advised the Board that approving the JRC sponsorship could impact our current sponsorship arrangement with 1st Place Sports. Kellie Howard presented a break down analysis prepared by Bob Boyd as a follow up of the March meeting showing the existing Strider Club estimated benefits of product, marketing and timing chip costs for races received from 1st Place Sports. Kellie stated she presented this paper to the other race directors and they all essentially agreed. However, not all Board members agreed with Bob Boyd's analysis. Each board member present was allowed to speak

and express their opinion of the situation. Mike Mayse made a motion that we ask Doug Alred to come speak to the board. Mike Ford seconded, and all approved. A request was made to have a special meeting prior to the new board taking over to talk with Doug. James Vavrino made the motion and Regina Taylor seconded. All approved.

The meeting was adjourned at 8:34. =
Respectfully submitted,
Vicky Connell

PREZ SEZ

Continued from page 2

have their best day and, regardless of who wins, that we all have a great race and a great experience.

This is the spirit of the runner. This is the spirit of the Florida Striders Track Club. Remember that everywhere you go. If you ever feel trapped, or down or in a rut that has taken you away from running, put on your Strider yellow gear and come out and run with your family. We will all be glad to see you!

Happy Running! =

2009 Run To The Sun Fun Run

By Vanessa A. Boyd

Directing the Fun Run was a pleasant experience this year as always. Behind the scenes, 38 volunteers, plus several students from Middleburg High School, made up a great team making everything look easy on Race Day. We always hope that people will remember the race as a good time that flows

smoothly. Based on all results and feedback, our 1.2 mile Fun Run was a success. The Florida Striders donated \$1000 in prize money to be awarded to the schools with the highest participation. The 2009 Run To The Sun Fun Run had 608 participants from 35 schools. The top 7 finishers based upon the percentage of enrollment included: Lakeside Elementary, Ridgeview Ele-

mentary, Oakleaf Village Elementary, Thunderbolt Elementary, Lake Asbury Elementary, Pinewood Christian Academy, and Swimming Pen Elementary. Lakeside, Ridgeview, Oakleaf Village, Thunderbolt, and Lake Asbury also won money by having more than 25 participants. Not only do the Florida Striders make good things happen with the health of our community, we have fun in the process. Thank you to all of you who helped to make this a GREAT Fun Run. Your generosity of time given to these events always impresses me. I also want to thank all of the Sponsors who contributed to this event. You make a real difference in our community through your support. And, last but not least, thank you to all the participants. You are the reason we do this. We love seeing as many feet on the pavement as possible. Please check out the www.floridastriders.com website for the latest pictures.



Volunteers included:

Course Marshals:

Kim Anthony
Mary Gladding
J.D.
Vicky Connell
Jay Birmingham
Debbie Birmingham
Mark Lay
Chelsea Metzger
Officer Balteen (Sheriff's Dept.)
Officer LaPointe (Sheriff's Dept.)
Jeff Nelson
Debbie Adams
Ray Ramos
Mark Dickson
James Vavrina

Fun Run Registration Supervision and Set Up:

Pat Czernecki
Melissa Saunders
Frank Frazier
Registration Tables:
Annette Gray
Marilyn Karnuth
Melissa Dooley

Chrystal Gray
April Blythe
Barbara Bradford
Kim Tracanna-Breaul
Chris Breaul
Laurie Burke
Rose Woolwine
Stephanie Shafer
Ruth Smith
MJ Eckford
Gloria Heard
James Heard
(I may have missed a few here, due to 8K volunteers filling in if needed. Please accept my apology)

Starting Fun Run and Fun Run Set Up

John Steinberg

Bull Horn, Pull Tags or Hand Out Ribbons, and Transport Mile Timers

John Powers

Pull Tags or Pass Out Ribbons at Fun Run Finish

Ann Waters
Students from Middleburg High School =



Memorial Day 5K Volunteers Needed

If you are interested in helping your club out, at our favorite Green Cove Springs race on May 25, please contact the race volunteer coordinator

Kay Womack at
kaywomack@gmail.com. =

New, Renewing and Expiring Memberships

NEW MEMBERS

Trina Adams 4/30/10
 Correll Armont 4/30/10
 David Arnold 4/30/10
 John Banks 4/30/10
 Vedad Begic 4/30/10
 Amy Bishop 4/30/10
 Kyanna Carter 4/30/10
 Jessica Chowdhory 4/30/10
 Sam Davidson 4/30/10
 Niasha Dennis 4/30/10
 Mark Dickson 4/30/10
 William Fletcher 4/30/10
 Marlon Gapasin 4/30/10
 Corleese Garroway 4/30/10
 Dean Gleaton 4/30/10
 Lisa Marie Hazlett 4/30/10
 Amber Hendry 4/30/10
 Scott Hershey 4/30/10
 Charlie Hunsberger 4/30/10
 Guy Jackson 4/30/11
 Kala Johnson 4/30/10
 Lisa Kern 4/30/10
 Khadijah Means 4/30/10
 Kaikoa Nakamura 4/30/10
 Bud Neswiacheny 4/30/10
 Shiela Oconnor 4/30/10
 Amanda Phillips 4/30/10
 Christine Sands 4/30/10
 Christine Scrimie 4/30/10
 Terry Shuya 4/30/10
 Alexa Sierra 4/30/10
 Stan Simpkins 4/30/10
 Laurie Sprecher 4/30/10
 Jack Sykes 4/30/10
 Matthew Tans 4/30/10
 Davyon Thomas 4/30/10
 Hannah Tillman 4/30/10
 King Walker 4/30/10
 Michael Ward 4/30/10
 Manassa Weidner 4/30/10
 Peter Winkler 4/30/10

RENEWING MEMBERS

Dan Adams 3/31/10
 Kara Albach 4/30/10
 Alicia "Renee" Boutwell 3/31/10
 Rebecca Brown 3/31/10
 Barbara Carrico 3/31/10
 Vicky, Jim, Tori & Marissa Connell

3/31/12
 Del & Kathy Conner 4/30/10
 E Gary Cook 4/30/11
 Shelley/Patty Cullison/Taylor
 5/31/10
 Patricia Czarnecki 4/30/11
 Denise Dailey 3/31/10
 CalLee Davenport 4/30/11
 Teri Detwiler 3/31/12
 Kitty Ferrell 5/31/10
 Sheri Gaunt 3/31/10
 Rosa Haslip 3/31/10
 Todd & Camille Hockett 3/31/10
 Bo Holub 3/31/11
 Richard Horton 4/30/10
 Bruce Howard 3/31/11
 Michael Johnson 4/30/10
 Amy Kennedy 5/31/10
 Ann Krause 3/31/12
 Leslie Magruder 3/31/10
 Miller McCormick 3/31/10
 Christina McDonough 3/31/10
 John, Denise, Chelsea & Cameron
 Metzgar 3/31/10
 Dick & Elke Miller 3/31/12
 Bill & Dot Mitchell 4/30/10
 Kathy Murray 3/31/12
 Mickel Myriam 3/31/10
 Nicole Disher Nevins 3/31/11
 Tracy Pfuntner 3/31/10
 Bernie Powers 4/30/11
 Gail Pylipow 3/31/10
 Raymond & Michelle Ramos Jr
 4/30/11
 Alison Ronzon 4/30/10
 Sandy Rosenberg 3/31/12
 Melissa Saunders 4/30/10
 Mary Ann & John Steinberg
 3/31/10
 Lupita Trujillo-Thieman 3/31/10
 Holly & Fletcher Turner 3/31/10
 Pat Wagoner 4/30/10
 Danny & Anne Weaver 4/30/12
 Allen Weiss 4/30/10
 Sue & Darrell Whitworth 4/30/10
 Lonnie Willoughby 3/31/10
 Jesse Withrow 3/31/10

MULTI-YEAR RENEWALS

Al Saffer 3/31/10

Alan & Tina Koch 3/31/10
 Amy, Joe, Micayla, Jordyn
 & Josh Costa 3/31/11
 Chelle Mahaney 3/31/10
 Cris Barlow 3/31/11
 Cynthia Maerz 3/31/11
 Dawn Hagel 3/31/11
 Don Thieman 3/31/11
 Ed Hardee 3/31/11
 Edward Schmidt 3/31/11
 George White 3/31/11
 Gerry & Margaret Tyburski 3/31/11
 Jack Knee 3/31/11
 James & Debbie Smith 3/31/11
 John McBrearty 3/31/10
 Judith Daniel 3/31/10
 Keith & Gayla Poythress 3/31/10
 Kelly Minor 3/31/11
 Kent Smith 3/31/10
 Paul & Gene Geiger 3/31/10
 Paul Berna 3/31/11
 Peg Lawson 3/31/11
 Randy & Krissa Arend 3/31/11
 Robin McBride 3/31/10
 Teri Detwiler 3/31/10
 Tracy Dawson 3/31/10
 Wayne & Linda Wolfenbarger
 3/31/10

EXPIRING MEMBERSHIPS

Glenn & Ann Batteiger 3/31/09
 Linda Brown 3/31/09
 Tanys Cabra 3/31/09
 Celita Cole 3/31/09
 Victor & Amy Corrales 3/31/09
 Shani Dempsey 3/31/09
 John Donnelly 3/31/09
 Coleman Lakeesha 3/31/09
 Charles Mann 3/31/09
 Patt McEvers 3/31/09
 William Powers 3/31/09
 Sheila Caplan Reinken 3/31/09
 Gena Star 3/31/09
 Susan Thibodeaux 3/31/09
 Roberta Tomlinson 3/31/09
 Gary Turner 3/31/09
 Tamara Whitaker 3/31/09 =

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

McRae Elementary Health Challenge

Written by MJ • Photos by Vanessa Boyd

We would like to introduce one of our Clay County Schools that are doing their best to make a difference with our children. Besides a very active Run/Walk club which the Striders support, (they earned 477 marathon medals this year), they are promoting health and fitness programs throughout the school year to become the "Healthiest School in Clay". This article was written by M.J. Eckford, the P.E. and Run/Walk Coach of McRae Elementary. We compliment them for all they are doing.

McRae Elementary began what we decided to call "Let's make McRae the Healthiest School In Clay" project in January. The project included a personal phone call to every family inviting them to get on board with us and join in our efforts with their entire family. Each week a newsletter was sent home which included progress reports, personal achievements made by individuals and families, activities available throughout the community and nearby for that week and coming weeks (like walks, park events, community family events, fitness center specials and etc.) we also included eating hints and recipes, games and fun stuff for the families to play and do at home and all of that kind of stuff. We also had a daily health announcement on our school news program each day and promoted the event daily there as well. We arranged transportation for walks and run events for our families and worked



with the Clay Co. Health Department to build good efforts and provide info to our families.

Our result at the end of the 10 weeksPounds lost (of those families reporting) 908 lbs. Activity hours (as reported on weekly activity logs from families and at school = 26,052 hours. We hope to continue with our efforts and to present this project again next year. We have placed a sign out front to keep the numbers rolling!

(Personal phone calls continued throughout the time at least 3 calls per family, and will continue...we find this personal contact very meaningful)

Our Survivor Program is a 39 day project beginning in February and ending in March. The first 30 days are primarily academic. We challenge the children to read 10,000 books in 30 days. ...They read 12, 476 books this year. (this is the third year of this particular program...prior to this we used an Olympic Theme for basically the same program). During this time we also promote and encourage physical activity challenges and "practice" to get ready for our Survivor Field days and our coaches challenge events. The field days are activity challenges that are fun, wet, challenging and primarily promote sportsmanship and teamwork. The coaches challenge events are fitness events that include things like longest rope jumping, maximum number sit-ups no- stop, Agility drill runs, Obstacle



course challenges, jumping events, running events and endurance events, as well as daily walking and jogging. The last nine days of our 39 day program is centered around the physical challenges and field days. We also work really hard on character development projects during this 39 days.

This year we had some pretty neat records set in fitness areas like for example, we have a sixth grader who can do 501 continuous sit ups , many kids who can do 150 - 400+...we have kids who can now after lots of practicing and working hard on endurance....can jump rope for 25 - 30 and even up to 40 minutes, yes minutes...continuously! I am personally not sure just how they can keep going, but all of this is personally witnessed by me or our other teachers who work at these challenge events!

We have kids who can run our 10



unit 1/4 mile obstacle course including climbing walls, vaulting bars, overhead ladders, swinging balance beams and more.... 1.5 minutes ! The kids have really worked hard on these things. Some of the things we reported at the Survivor Tribal Council included 11,000 minutes of jump rope at Active Lunch (we have a program that allows our kids to go out and exercise as they finish their meal) 4,392 miles walked during the survivor time, 2, 475 sit ups during the survivor time and much more! We had 125 children receive medals for their reading groups at our council meeting, 82 students receive special medals and recognition for record setting fitness achievements,

and 56 children receive recognition for our top honorsPersons of Character awards (these are for character recognition and working to be positive role models for school and community. All children pledged to be role models for their school and signed our role model pledge "right hands up" wall. We also presented over 200 ribbons for writing essays and stories about personal heroes and role models and gave away a \$25.00 gift certificate to Books a Million for our Top Writer Award. We are now getting ready to get going on promoting triathlons with our kids...we have a parent working with us, health dept working with us and community organizations to pro-

mote with our kids and try to get free shoes for our kids to run. We will see how that project goes. We continue to walk and jog and run daily and our Active Lunch program will continue throughout the rest of the year.

I know this is way more than you need or want...I just love to tell folks what our kids do and how hard they and our faculty and staff work to promote fitness and health as well as academics! sothis is a bit of what goes on at MRE.....

But most of all.....WE THANK YOU and your organization for the support and encouragement you provide to keep us going and help to keep our children strong and healthy! =

With appreciation, MJ

Carolyn Disher Ryan, Jacksonville teacher and avid runner died April 8 after long battle with breast cancer

Former TU reporter and running columnist, Laurie Casaday, remembers her friend

Fourteen years ago, I signed up for a Gate River Run training class to learn how to successfully finish Jacksonville's premier running event. I had two goals: Find out how to properly train and find the right running partner who would help me through it.

The former was easy thanks to that class but I worried that finding the right running buddy might be a challenge. It wasn't; she was in that class seated behind me.

Petite and chatty, Carolyn Disher Ryan was a fireball of energy who inspired a group of women with nothing in common but running to forge friendships that remain strong today and push themselves to do things they never thought possible.

When we met in 1994, I was 28 and had never run more than four miles. Carolyn was in her 40s and already a breast cancer survivor. She had a strong family history of the disease and it was one of the first things she told me about herself.

She said her initial diagnosis was the ultimate wake-up call that life is good to those who live it to the fullest - and she was hellbent on doing just that. I remember thinking that was a strange way of

viewing cancer but it epitomized Carolyn and how she lived her life.

While she trained for her first River Run, she joked that her only goal was to beat the school bus that pattered behind the walkers. At the end of that race she had beaten all but one of us. Two months later, at her insistence, we found ourselves at a marathon training class. As I sat there, all I could think of was, "This is like running three River Runs. Why did I let Carolyn sign me up for this?"

The answer was clear: Carolyn was not one to be ignored. She cared about us so deeply that she was not about to let me or anyone else miss an opportunity she truly believed would make us stronger and better. Running 26.2 miles is a life-altering experience that really does empower those who participate. Once she finished her first, the 1996 Marine Corps Marathon, Carolyn had convinced us that we had to run the Chicago marathon in 1997. She felt that she could improve and she challenged me to do the same. She shaved nearly 20 minutes from her finish time and I cut mine by 48 minutes. Together, we thought we could conquer anything.

Blessed with a runner's DNA, Carolyn routinely finished at or near the top of her age group in races in Jacksonville and around the country. I always tried to beat her but it only happened one time -

and I must confess that was only because she slowed down to flirt with a cute man she was about to pass.

Like all of us, there was more to Carolyn than running. She taught a business class at Stanton Prep, raised two beautiful daughters, was married to a wonder man, and became a grandmother for the first time last year. She loved peanut butter and mayonnaise sandwiches, mini powdered donuts that you buy in six packs at convenience stores, dancing, her four-door white BMW from the 1980s, and miniature longhair dachshunds.

But it was running that brought us together and, I think, the source of much of her personal pride. The walls of her garage are littered with memories of her running career. There are newspaper articles, pictures of our running group, and race numbers that note her finish time, age group place and weather conditions.

What can't be seen on those walls, however, is the impact she had on everyone she touched. Because of Carolyn I'll never think that I can't do something, I'll never be afraid of failure, and I won't hesitate to give someone a second chance - even if the person who needs that second chance is me. But, in my opinion, the one thing to remember about Carolyn Disher Ryan is this: Life really is good; enjoy every moment of it. =

Race Results

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

WALK A MILE IN THEIR SHOES 5K

Jacksonville
March 28, 2009

Rebekah Wild	21:45	2nd O/A
Paul Smith	21:55	1st A/G
Al Saffer	30:40	1st A/G
Kellie Howard	42:06	
Mel Abando	43:36	

32ND ANNUAL OKEFENOKEE

SWAMP RUN 10K
Waycross, GA
March 28, 2009

Randy Arend	42:09	1st A/G
Steve O'Brien	45:15	3rd A/G
Bernie Powers	1:00:53	5th A/G
Freddy Fillingham	1:07:47	5th A/G

GUANA RIVER 50K

South Ponte Vedra Beach
March 28, 2009

Trish Kabus	5:10:22	(25K)
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PRESIDIO 10K

San Francisco, CA
March 29, 2009

Marie Bendy	1:01:02	1st A/G
Ken Bendy	1:10:33	3rd A/G

NAVY RUN 10K

NAS Jax
April 4, 2009

John Funk	37:54	1st A/G
David Bonnette	38:01	1st A/G
Bill Dunn	41:06	1st A/G
Stephen Beard	42:04	3rd A/G
Raymond Ramos	42:59	3rd A/G
Robert Crampton	43:11	3rd A/G
Lonnie Willoughby	43:23	2nd A/G
George White	44:12	1st A/G
Paul Geiger	44:44	2nd A/G
Frank Frazier	45:48	1st A/G
Paul Smith	46:22	
Paul Berna	47:05	

Kathy Murray	47:29	1st A/G
Danny Cole	49:27	
Bonita Golden	54:00	
Maria McNary	55:20	1st A/G
Kevin Terry	55:50	
Jd Smith	56:00	
Ed Hardee	56:30	
Marie Bendy	56:45	1st A/G
Kimberly Lundy	57:01	
Melinda Terry	57:16	
Bernie Powers	57:43	
Gary Ledman	58:42	
Pat Gallagher	59:53	1st A/G
Ben Howard	1:01:06	
Bob Meister	1:01:09	2nd A/G
Leslie Jones	1:01:16	
Lorie Howard	1:01:40	
Rebecca Brown	1:04:17	
James Vavrina	1:04:55	
Freddy Fillingham	1:10:16	
Kay Womack	1:10:53	
Holly Wyche	1:19:23	3rd A/G
Jakob Wyche	1:19:26	3rd A/G
Lynn Bonnette	1:20:56	
Michelle Ramos	1:21:19	
Cary Wyche	1:21:51	4th A/G
Jamie Wyche	1:23:40	
Rachel Nieves	1:28:26	
Robert Sroka	1:28:56	
Mel Abando	1:28:35	

RUNNING THE BLUES 5K

Jax Beach
April 4, 2009

Rebekah Wild	22:54	1st A/G
Craig Harms	24:08	2nd A/G
Gil Flores	24:58	3rd A/G
Maria Littlejohn	24:34	2nd A/G
Steve Bruce	25:48	
Mark Lay	29:00	
Isabel Torres-Paden	29:32	1st A/G
Al Saffer	32:00	1st A/G

COOPER RIVER BRIDGE RUN 10K

Charleston, SC
April 4 2009

Gena Star	1:08:52	
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FLEMING ISLAND ROTARY RUN 5K

Fleming Island
April 11, 2009

Owen Shott	16:28	
		2nd O/A Male
John Steinberg	16:52	3rd O/A Mal
John Metzgar	17:03	1st A/G
David Bonnette	17:59	1st A/G
Scott Olivolo	19:26	2nd A/G
Bill Dunn	19:32	2nd A/G
Jay Millson	19:44	3rd A/G
Michael Mandt	20:44	3rd A/G
Alec Abate	20:45	2nd A/G
Denise Metzgar	20:59	
		1st O/A Female
Michael Pentaleri	21:23	
Randy Abate	22:22	
Ann Krause	22:22	1st A/G
John Hirsch	23:00	2nd A/G
Tracy Pfuntner	23:51	1st A/G
Sue Whitworth	24:38	2nd A/G
Kimberly Lundy	27:13	
Bernie Powers	27:17	
James Vavrina	28:10	
Bradley Shepard	28:13	
Traci Brooks	28:33	
Lynn Bonnette	33:21	
Kay Womack	33:57	
Judith Gould	34:24	
Joe Connolly	44:48	1st A/G

BOSTON MARATHON

April 19, 2009

Sung Ho Choi	3:04:32
Wendy Patterson	3:42:48

SPARTAN RUN 5K

Orange Park
April 25, 2009

David Bonnette	17:39	
		Masters Male
Bill Dunn	18:43	1st A/G
Scott Olivolo	18:54	1st A/G
Regina Taylor	19:42	
		Masters Female
Bernie Candy	19:36	1st A/G

Stephen Beard	19:49	3rd A/G	Ames Vavrina	27:29	3rd A/G
Raymond Ramos	20:46	3rd A/G	Ed Kelly	28:52	3rd A/G
Lewis Buzzell	21:36	2nd A/G	Al Saffer	30:10	st A/G
Frank Frazier	21:53	1st A/G	Freddy Fillingham	30:26	2nd A/G
Ann Krause	21:59	1st A/G	Claire Gilbert	30:33	2nd A/G
Craig Martin	23:00		Kay Womack	31:13	
John Hirsch	23:23		Roger Dolembro	32:51	2nd A/G
Sue Whitworth	24:19	2nd A/G	Janis Dolembro	32:51	
Bernie Powers	25:27				

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



RESULTS

**April 18, 2009
Orange Park, FL**

CLASS PLACE	PLACE	FINISHER	TIME	PACE
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Open Men

1	1	Ted Devos, 32	26:50	5:22
2	2	John Metzgar, 46, Orange Park, FL	27:27	5:29
3	3	Shawn Williams, 33, Jacksonville, FL	27:35	5:31

Open Women

1	1	Michelle Krueger, 33, Jacksonville, FL	29:45	5:57
2	2	Shannon Miller, 24, Jacksonville, FL	30:56	6:11
3	3	Lisa Vaill, 46	31:10	6:14

Masters Men

5	1	Walter Campbell, 48, Atlantic Bch, FL	29:02	5:48
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Masters Women

7	1	Regina Taylor, 44, Jacksonville, FL	33:29	6:42
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Grand Masters Men

12	1	Bill Phillips, 54, St Augustine, FL	30:32	6:06
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Grand Masters Women

14	1	Elfrieda Wyner, 66, St Augustine, FL	36:24	7:17
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CLASS PLACE	PLACE	FINISHER	TIME	PACE
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Men 3 - 10

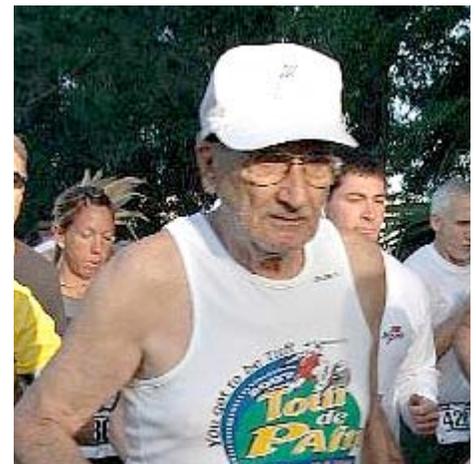
72	1	Xaiver Sampsel, 10	37:20	7:28
178	2	Devin Jakeway, 9, Jax Bch, FL	49:26	9:53
179	3	Vincent Sabatella, 7, Fleming Island, FL	49:34	9:55
183	4	Christopher Mickel, 7, Middleburg, FL	50:32	10:06
186	5	Dennis Shields, 8, Middleburg, FL	50:46	10:09
188	6	Harrison Vann, 9	51:10	10:14
208	7	Spencer Molnow, 10	54:18	10:51
224	8	Jakob Wyche, 7, GCS, FL	1:05:00	13:00
227	9	Jack Carter, 8, Middleburg, FL	1:07:01	13:24
232	10	Cary Wyche, 7, Green Cove Spmgs, FL	1:08:06	13:37
240	11	Kasey Kern, 7, Orange Park, FL	1:13:29	14:42
242	12	Dalton Lain, 6	1:23:16	16:39

Men 11 - 13

26	1	Taylor Harris, 13	32:15	6:27
106	2	Brandon Gambill, 12	41:15	8:15
117	3	Brandon McCullough, 12	42:41	8:32
130	4	Maxim Davis, 11, Middleburg, FL	43:38	8:44
150	5	Jake Howard, 12, Jacksonville, FL	45:29	9:06
154	6	Shane Boyden, 12	46:01	9:12
214	7	Garrett Carter, 11, Middleburg, FL	56:23	11:16

Men 14 - 19

14	1	Cody Helms, 15	30:48	6:10
16	2	Zach Vanotteren, 19	31:03	6:12
48	3	Kyle Vaughn, 14, Orange Park, FL	35:33	7:07
59	4	Matthew Jackson, 14, Orange Park, FL	36:02	7:12
79	5	Manuel Nunez, 15	38:07	7:37
105	6	Thomas Freeland, 19, Jacksonville, FL	41:10	8:14
109	7	Derek Hoffman, 15, Orange Park, FL	41:27	8:17
167	8	Heath Jakeway, 14, Jax Bch, FL	47:41	9:32
196	9	Rob Pruette, 17, Fleming Island, FL	51:50	10:22



197	10	Jean Cocco, 16, Middleburg, FL	51:51	10:22
228	11	Chris Bradford, 15, Orange Park, FL	1:07:09	13:26

Men 35 - 39

4	1	Jason Arnold, 35	29:00	5:48
10	2	Andy Woods, 35	30:15	6:03
20	3	Craig Herzog, 35, St Augustine, FL	31:28	6:17
27	4	Mills Ramsevr, 37, Jacksonville, FL	32:20	6:28
29	5	Shane Brewer, 35, Jacksonville, FL	32:33	6:30
50	6	Daniel Huey, 35, Jacksonville, FL	35:45	7:09
51	7	David Horn, 36, Jacksonville, FL	35:46	7:09
56	8	Dan Moss, 37, Keystone Heights, FL	35:56	7:11
82	9	Luis Holkon, 39, Orange Park, FL	38:29	7:42
84	10	Thomas Pittman, 39, Orange Park, FL	38:42	7:44
91	11	Todd Hardie, 35, Jacksonville, FL	39:06	7:49
98	12	James Gillard, 38, Fleming Island, FL	40:16	8:03
107	13	Craig Martin, 37, Orange Park, FL	41:19	8:16
113	14	Jimmy Rogers, 37	41:49	8:22
126	15	Ricardo Guerrero, 36, Fleming Island, FL	43:26	8:41
133	16	Joe Marra, 38, St Augustine, FL	43:45	8:45
140	17	Jeff Suits, 36, Orange Park, FL	44:43	8:56
142	18	Charles Fox, 36	44:52	8:58
166	19	David Lineberry, 35, Orange Park, FL	47:40	9:32
174	20	James Howell, 39, Orange Park, FL	48:20	9:40
195	21	William Knight, 39, Middleburg, FL	51:48	10:22
203	22	Aaron Brewer, 36, Jesup, GA	52:26	10:29
207	23	Plamen Ratchev, 39, Jacksonville, FL	54:16	10:51
209	24	Robert Dullano, 36, Hilliard, FL	54:19	10:52
211	25	James Hawkins, 37, Jacksonville, FL	54:45	10:57
233	26	Eddie Smith, 37, Jacksonville, FL	1:08:20	13:40
237	27	Mel Abando, 39, Jacksonville, FL	1:10:05	14:01

Men 20 - 24

13	1	Amos Whitwam, 22, Mesa, AZ	30:40	6:08
22	2	Matthew Worsham, 22, Jacksonville, FL	31:50	6:22
24	3	Jonathan Crouch, 22, Jacksonville, FL	32:02	6:24
42	4	John Risk, 22, Jacksonville, FL	34:25	6:53
61	5	Grant Smith, 24, Orange Park, FL	36:08	7:13
80	6	Assaf Rubina, 23, Jacksonville, FL	38:20	7:40
86	7	Daniel Russo, 22, Jacksonville, FL	38:45	7:45
111	8	Rodney Rogan, 22	41:36	8:19
121	9	Raymond Perez, 24, Jacksonville, FL	43:00	8:36
125	10	Kevin Johnson, 24, Orange Park, FL	43:11	8:38
162	11	Wayne Butler, 22	46:58	9:24
205	12	Ryan Domondon, 23, Jacksonville, FL	53:05	10:37

Men 25 - 29

21	1	Ben Burkett, 25	31:38	6:19
28	2	Keith McCarthy, 28, Jax Bch, FL	32:28	6:30
38	3	Robert Walker, 27, Atlantic Bch, FL	33:45	6:45
63	4	Timothy Burchard, 27, Jacksonville, FL	36:28	7:18
66	5	Charlie Hunsberger, 27, Orange Park, FL	36:34	7:19
70	6	David Lavigne, 27, Jacksonville, FL	37:05	7:25
74	7	Kip Michalak, 25, Jacksonville, FL	37:40	7:32
90	8	Scot Obermiller, 27, Fleming Island, FL	38:58	7:48
97	9	Robert Svoboda, 27	39:56	7:59
101	10	Jimmy Gagliano, 25, Palm Coast, FL	40:35	8:07
103	11	Steve Grout, 28, Middleburg, FL	40:53	8:11
114	12	Jeffrey Steinbeag, 26, Jacksonville, FL	41:59	8:24
120	13	Chris Miciano, 29, Jacksonville, FL	43:00	8:36
124	14	Josh Barth, 26, Jacksonville, FL	43:09	8:38
134	15	Tommy Cook, 27	43:46	8:45
153	16	Andrew Lim, 27, Jacksonville, FL	45:55	9:11
158	17	Cody Neeley, 26, Jacksonville, FL	46:39	9:20
160	18	Sean Lansang, 25, Orange Park, FL	46:49	9:22
192	19	Tobias Baucom, 29, Jacksonville, FL	51:24	10:17
198	20	Brien Kaiser, 28, Jacksonville, FL	51:54	10:23
217	21	Chris Leary, 28, Jacksonville, FL	57:36	11:31

Men 40 - 44

6	1	John Wisker, 42, Palatka, FL	29:10	5:50
9	2	David Bonnette, 42, Orange Park, FL	30:09	6:02
23	3	Peyton Godwin, 44, St Augustine, FL	31:54	6:23
31	4	Mark Grubb, 44, Atlantic Bch, FL	32:45	6:33
33	5	Mike Traylor, 44, Jacksonville, FL	32:54	6:35
44	6	Chaz Bartucz, 44, Kenosha, WI	35:04	7:01
49	7	Jeff Roberson, 44, St Johns, FL	35:40	7:08
64	8	Bryan Rohlin, 42, Jacksonville, FL	36:28	7:18
75	9	Frans Buddingh, 41, Jacksonville, FL	37:48	7:33
96	10	Guy Jackson, 44, Orange Park, FL	39:54	7:59
99	11	John Dullano, 40, Jacksonville, FL	40:24	8:05
102	12	Sean Vickers, 41, Jacksonville, FL	40:46	8:09
108	13	Eric Hoffman, 44, Orange Park, FL	41:27	8:17
116	14	Lou Ippolito, 41	42:37	8:31
123	15	John Deltatto, 42, Bellaire, TX	43:03	8:37
131	16	John Isaacs, 44, Jacksonville, FL	43:42	8:44
135	17	Lavaughn Dowling, 40, Blackshear, GA	43:51	8:46
137	18	Daniel Bresnock, 44, Middleburg, FL	44:14	8:51
151	19	Raymond Campbell III, 44, OP, FL	45:44	9:09
161	20	Allen Leckband, 40, Fleming Island, FL	46:55	9:23
169	21	Jerry Simpson, 43, St Marys, GA	47:48	9:34
177	22	Lawrence Hunter, 41, Jacksonville, FL	49:23	9:52
181	23	Dennis Lamoureux, 43, OP, FL	49:50	9:58
200	24	Cornell George, 43, Jacksonville, FL	52:16	10:27
202	25	Charlie Kirksey, 43, Middleburg, FL	52:25	10:29
220	26	Tim Willadsen, 42, Orange Park, FL	1:01:05	12:13
229	27	John Bradford, 44, Orange Park, FL	1:07:09	13:26

Men 30 - 34

15	1	Christopher Armoreda, 34, Macclenny, FL	30:51	6:10
30	2	Seth Pajcic, 32, Jacksonville, FL	32:35	6:31
55	3	Mark Chauncey, 32, Fernandina Bch, FL	35:56	7:11
57	4	Christopher Christos, 31, Orange Park, FL	35:57	7:11
58	5	Lawrence Stake, 32, Callahan, FL	35:57	7:11
81	6	Burney Dawkins, 32	38:23	7:41
83	7	Jay Erne, 33, Jacksonville, FL	38:38	7:44
85	8	Brian Gifford, 34, St Johns, FL	38:44	7:45
88	9	Todd Hockett, 31, Jacksonville, FL	38:56	7:47
94	10	Gavin Lambert, 34, St Augustine, FL	39:43	7:57
112	11	Greg Wood, 33, Middleburg, FL	41:39	8:20
119	12	Joshua Watson, 30, Lake City, FL	42:55	8:35
122	13	Andrew Greene, 32, Alamogordo, NM	43:01	8:36
127	14	Benjamin Kubczak, 30, Lakewood, CO	43:29	8:42
136	15	Erik Laabs, 30, Jacksonville, FL	43:58	8:47
139	16	Scott Robertson, 34, Jacksonville, FL	44:24	8:53
141	17	Scott Wolfram, 30, Jacksonville, FL	44:51	8:58
149	18	Raymar Domondon, 31, Jacksonville, FL	45:20	9:04
155	19	Richard Jackson, 32, Kingsland, GA	46:28	9:17
170	20	Andrew Majewski, 31, Jacksonville, FL	48:03	9:37
189	21	Rick Thomas, 31, Jacksonville, FL	51:14	10:15
225	22	Tony Pellegrini, 33, GCS, FL	1:05:27	13:05

Men 45 - 49

8	1	Gerry Glynn, 46, Jax Bch, FL	29:58	5:59
11	2	Encarnacion Nunez, 47	30:23	6:04
25	3	Randy Arend, 48, Orange Park, FL	32:06	6:25
41	4	Brian Pate, 49, Atlantic Bch, FL	34:12	6:50
43	5	Raymond Ramos, 47, Jacksonville, FL	34:33	6:54

47	6	Michael Johnson, 47, Jacksonville, FL	35:24	7:05	45	2	Paul Geiger, 56, Jacksonville, FL	35:08	7:01
68	7	Maverick Brown, 48, Jacksonville, FL	36:42	7:20	52	3	Lewis Buzzell, 57, Jacksonville, FL	35:49	7:10
77	8	James Masellis, 49, Lake City, FL	37:51	7:34	54	4	Douglas Tillett, 55, Jacksonville, FL	35:55	7:11
78	9	Michael Kearney, 48	37:57	7:35	67	5	Patrick McKeefery, 56, Jax Bch, FL	36:37	7:19
95	10	Wayne Holder, 48, Middleburg, FL	39:45	7:57	92	6	Craig Harms, 58, Neptune Bch, FL	39:14	7:51
100	11	Keith Roberts, 49, Middleburg, FL	40:34	8:07	93	7	Stephen Jennings, 59, Jacksonville, FL	39:25	7:53
145	12	Ben Thye, 47, Estero, FL	45:07	9:01	110	8	Tom Zicafoose, 55, St Augustine, FL	41:29	8:18
148	13	Dale Kelly, 49	45:19	9:04	115	9	Richard Garcia, 56, Orange Park, FL	42:17	8:27
152	14	Glenn Howard, 49, Jacksonville, FL	45:52	9:10	128	10	Danny Suber, 58, Jacksonville, FL	43:31	8:42
163	15	Robert Hailey, 49, Jacksonville, FL	47:01	9:24	129	11	Glenn Hanna, 58, Jacksonville, FL	43:34	8:43
171	16	Joel Preston, 49, Orange Park, FL	48:06	9:37	165	12	Dale Mach, 55, Jax Bch, FL	47:36	9:31
180	17	John Kearney, 46, Ponte Vedra Bch, FL	49:43	9:57	173	13	Steve Waterhouse, 55, Fleming Island, FL	48:16	9:39
184	18	Doug Smart, 46, Orange Park, FL	50:34	10:07	176	14	Jeffrey Werch, 56, Atlantic Bch, FL	48:52	9:46
185	19	Tim Winslow, 48, Etna, NH	50:38	10:08	194	15	Jeff Clarke, 55, Fleming Island, FL	51:39	10:20
210	20	Neill Thaggard, 47, Jacksonville, FL	54:33	10:54	218	16	Larry Lusk, 57, Orange Park, FL	58:39	11:44

Men 50 - 54

17	1	Terry Sikes, 52, Jacksonville, FL	31:04	6:13
18	2	Bill Dunn, 51, Orange Park, FL	31:20	6:16
19	3	Steve Johnson, 51, Jacksonville, FL	31:27	6:17
34	4	Anthony Truitt, 50, Jacksonville, FL	32:55	6:35
35	5	Stephen Beard, 53, Jacksonville, FL	33:03	6:37
39	6	Scott Hershey, 50, Jacksonville, FL	33:58	6:48
46	7	Steve Obrien, 54, Jacksonville, FL	35:15	7:03
53	8	Thomas Freeland, 53, Jacksonville, FL	35:53	7:11
60	9	Mark Dickson, 51, Orange Park, FL	36:06	7:13
65	10	Allan Smith, 53, Jacksonville, FL	36:31	7:18
71	11	Mark Cochran, 52	37:11	7:26
73	12	Paul Berna, 53, Jacksonville, FL	37:24	7:29
76	13	James Cothran, 50	37:49	7:34
87	14	Jack Sykes, 54, Jacksonville, FL	38:55	7:47
118	15	Gerry Tyburski, 53, St Augustine, FL	42:52	8:34
146	16	Mark Lay, 52, Jacksonville, FL	45:11	9:02
182	17	Marl Clanton, 51, Jacksonville, FL	50:19	10:04
187	18	Edwin Hicks, 53, Jacksonville, FL	50:52	10:10
191	19	Randy Ellis, 52, Jacksonville, FL	51:23	10:16
193	20	Larry Leach, 54, Orange Park, FL	51:27	10:17
215	21	Jerry Carter, 52, Middleburg, FL	56:23	11:17
216	22	Mike Norris, 51, Fruid Cove, FL	57:01	11:24
221	23	Bill Krause, 52, Jacksonville, FL	1:02:39	12:32
231	24	Chris Schappals, 51, Jacksonville, FL	1:08:02	13:36

Men 55 - 59

37	1	Scott Seibler, 55, Jacksonville, FL	33:24	6:41
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234	18	Robert Sroka, 56, Orange Park, FL	1:09:45	13:57
235	19	Stan Lambert, 57, Jacksonville, FL	1:10:03	14:00
236	20	Dennis Maloney, 57, Jacksonville, FL	1:10:03	14:01
239	21	Charles Cauthen, 56	1:11:51	14:22

Men 60 - 64

32	1	Bruce Holmes, 61, Jacksonville, FL	32:53	6:34
36	2	Bernie Candy, 61, St Augustine, FL	33:07	6:37
40	3	George White, 62, Orange Park, FL	34:07	6:49
104	4	Steve Berg, 63, Palm Harbor, FL	41:06	8:13
132	5	Richard Horton, 64, Orange Park, FL	43:44	8:45
157	6	Jay Birmingham, 63, Orange Park, FL	46:37	9:19
159	7	Bob Young, 63, Green Cove Sprngs, FL	46:46	9:21
172	8	Bruce Howard, 64, Ocala, FL	48:14	9:39
206	9	Mincho Minev, 63, Jacksonville, FL	54:16	10:51

Men 65 - 69

69	1	Frank Frazier, 66, Orange Park, FL	36:58	7:24
143	2	Otto Monroe, 67, Jacksonville, FL	44:53	8:59
190	3	Bob Tatum, 65, Orange Park, FL	51:14	10:15
199	4	Freddy Fillingham, 67, Jacksonville, FL	52:09	10:26
213	5	Charles Goodyear, 69, Jacksonville, FL	56:05	11:13
219	6	Harry Parker, 66, Jacksonville, FL	59:29	11:54

Men 70 - 74

156	1	Jimmie Seeley, 71, Orange Park, FL	46:35	9:19
201	2	George Bessent, 71, Orange Park, FL	52:25	10:29
204	3	Al Saffer, 74, Jacksonville, FL	53:02	10:36



Men 75 & Up

164	1	Pat Gallagher, 78, Orange Park, FL	47:04	9:25
168	2	Elmer Schroer, 76, Jacksonville, FL	47:47	9:33
212	3	John Aimone, 79, Jacksonville, FL	55:52	11:10
238	4	Bob Carr, 80	1:11:38	14:20
241	5	Joe Connolly, 84, Jacksonville, FL	1:15:20	15:04

CLASS	PLACE	FINISHER	TIME	PACE
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Women 2 & Under

75	1	Debbie Adams, 2	45:01	9:00
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Women 3 - 10

71	1	Lj Parliment, 8, Jacksonville, FL	44:40	8:56
117	2	Emily Mickel, 10, Middleburg, FL	50:29	10:06
141	3	Casey Arnold, 10, Fleming Island, FL	54:37	10:55
153	4	Peyton Labelle, 7, Fleming Island, FL	55:57	11:11
154	5	Priscilla Hall, 6, Orange Park, FL	55:59	11:12
156	6	Cameron Labelle, 8, Fleming Island, FL	56:16	11:15
159	7	Amelia Hall, 8, Orange Park, FL	56:44	11:21
184	8	Clare Temerowski, 9	1:01:42	12:20

Women 11 - 13

51	1	Paige Boran, 13, Orange Park, FL	42:04	8:25
97	2	Lindsey Averitt, 11, Jacksonville, FL	48:02	9:36
180	3	Megan Blizzard, 13, Jacksonville, FL	1:00:03	12:01
198	4	Elizabeth Bradford, 11, Orange Park, FL	1:07:08	13:26
200	5	Mariah Kern, 11, Orange Park, FL	1:07:57	13:35

Women 14 - 19

15	1	Annelise Arnold, 17, Jacksonville, FL	36:28	7:17
22	2	Nancy Harms, 14, Neptune Bch, FL	37:33	7:30
58	3	Lindsay Beach, 18, Lake City, FL	42:56	8:35
135	4	Ali Lamoureux, 14, Orange Park, FL	53:10	10:38
185	5	Holly Wyche, 15, GCS, FL	1:01:42	12:20
205	6	Tenea Hunter, 18, Orange Park, FL	1:08:50	13:46

Women 20 - 24

24	1	Laura Carter, 20, Jacksonville, FL	38:08	7:38
29	2	Amy Higgs, 23, Jacksonville, FL	38:43	7:44
50	3	Cristin Carroll, 24, Jupiter, FL	41:40	8:20
52	4	Richelle Gerstenberger, 23, Jax, FL	42:11	8:26
74	5	Katie Lytle, 23, Jacksonville, FL	45:00	9:00
76	6	Hadley Berryhill, 22, Jacksonville, FL	45:02	9:00
94	7	Amber Zabinsky, 24, Jacksonville, FL	47:59	9:36
121	8	Natalie Tuttle, 23, Jacksonville, FL	51:21	10:16
128	9	Morgan Fuls, 24, Jacksonville, FL	52:04	10:25
140	10	Lindsay Burke, 24, StAugustine, FL	54:00	10:48
146	11	Misty Infinger, 24, Jacksonville, FL	55:20	11:04
158	12	Susan Yunkes, 20	56:36	11:19
163	13	Sandra Yunkes, 20, Jacksonville, FL	57:17	11:27
174	14	Rachel Checchia, 23, Jacksonville, FL	59:16	11:51

Women 25 - 29

5	1	Jo Shott, 29	32:53	6:34
13	2	Catherine Tomczyk, 25, Jacksonville, FL	36:03	7:13
18	3	Rebekah Wild, 26, Jacksonville, FL	37:26	7:29
20	4	Erin Dankworth, 26, Ponte Vedra, FL	37:30	7:30
31	5	Lindsey Keester, 25, Middleburg, FL	39:07	7:49
36	6	Karen Holmes, 29, Alamogordo, NM	39:22	7:52
54	7	Tera Werths, 27, Kingsland, GA	42:25	8:29
79	8	Casandra Lim, 26, Jacksonville, FL	45:55	9:11
86	9	Felicia Rivera, 29, Jacksonville, FL	47:11	9:26
89	10	Dominique Watson, 28, Lake City, FL	47:27	9:29

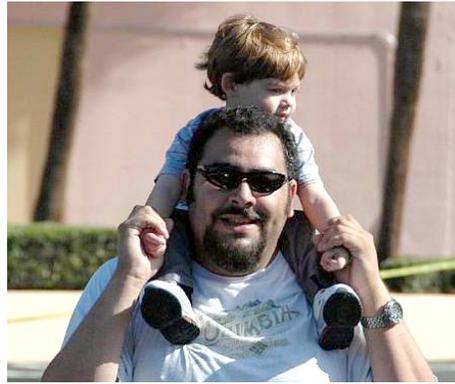
102	11	Carolyn Schenk, 25, Clinton, SC	48:51	9:46
108	12	Heather Obermiller, 26, Fleming Island, FL	49:19	9:52
120	13	Abby Dennis, 29, Jacksonville, FL	50:55	10:11
123	14	Susan Crouch, 28, St Augustine, FL	51:42	10:20
124	15	Jamie Brostek, 28, Jacksonville, FL	51:49	10:22
130	16	Kristin Auman, 28, St Augustine, FL	52:26	10:29
132	17	Amanda Williams, 26, Middleburg, FL	52:50	10:34
166	18	Haley Blount, 27, Jacksonville, FL	57:35	11:31
167	19	Cassandra Smalley, 26, Jacksonville, FL	57:58	11:36
169	20	Lashawn Butler, 26, Jacksonville, FL	58:32	11:42
171	21	Amy Bishop, 29, Jacksonville, FL	58:37	11:43
173	22	Brianna Castleberry, 25, Switzerland, FL	58:51	11:46
176	23	Jamie Rowe, 27, Jacksonville, FL	59:32	11:54
210	24	McCall Morgan, 29	1:11:52	14:22
216	25	Danielle Jacobson, 28, St Augustine, FL	1:14:39	14:56
217	26	Ashley Demaio, 28, Jacksonville, FL	1:14:39	14:56

Women 30 - 34

19	1	Alise Ferranti, 33, Jacksonville, FL	37:27	7:29
33	2	April Martin, 33, Orange Park, FL	39:16	7:51
34	3	Dolores Burlingame, 32, Jacksonville, FL	39:17	7:51
41	4	Janis Dolemdo, 32, Jacksonville, FL	39:57	7:59
47	5	Shelly Heim, 33, Jacksonville, FL	40:56	8:11
56	6	Kerrie Christos, 31, Orange Park, FL	42:30	8:30
60	7	Kara Albach, 32, Green Cove Sprngs, FL	43:19	8:40
64	8	Gayle Garrison, 33, Orange Park, FL	43:51	8:46
65	9	Rachael Stringer, 30, Jacksonville, FL	43:52	8:46
66	10	Courtney Sheehan, 31, Orange Park, FL	44:03	8:49
67	11	Christine Sands, 34, St Augustine, FL	44:12	8:50
68	12	Kathleen Robertson, 31, Jacksonville, FL	44:24	8:53
70	13	Andrea Morrison, 30, Orange Park, FL	44:33	8:55
81	14	Jennifer Walker, 33	46:05	9:13
82	15	Liza Faison, 32, Fleming Island, FL	46:12	9:14
88	16	Chanda Nenigar, 34, Middleburg, FL	47:14	9:27
90	17	Lisa Senich, 32, St Johns, FL	47:33	9:31
92	18	Alecia Cothaleovitch, 30, Middleburg, FL	47:45	9:33
93	19	Leanne Clemons, 33, Jacksonville, FL	47:50	9:34
95	20	Sarah Daniels, 32, Jacksonville, FL	47:59	9:36
107	21	Jennifer McCarthy, 30, Jax Bch, FL	49:17	9:51
109	22	Amanda Phillips, 31, Orange Park, FL	49:21	9:52
139	23	Brenda Moore, 31, Jacksonville, FL	53:41	10:44
145	24	Kim Adams, 34, Daleville, AL	55:17	11:03
157	25	Bobbi Jo Broxson, 30, Jacksonville, FL	56:31	11:18
162	26	Jennifer Wood, 32, Middleburg, FL	57:12	11:26
179	27	Nicole Galvan, 30	1:00:03	12:00
181	28	Shannon Pellegrini, 34, GCS, FL	1:00:29	12:06
190	29	Cj Ridge, 30, Jacksonville, FL	1:03:04	12:37
192	30	Linda Selbach, 34, Fleming Island, FL	1:03:53	12:46
222	31	Heather Stake, 30, Callahan, FL	1:25:18	17:04

Women 35 - 39

4	1	Britta Fortson, 36, Jacksonville, FL	32:01	6:24
6	2	Julie Breuer, 36, Jacksonville, FL	33:12	6:38
8	3	Elena Davis, 39, Middleburg, FL	33:51	6:46
9	4	Barbara Carrico, 35, Jacksonville, FL	34:26	6:53
25	5	Kerri Cook, 36, Orange Park, FL	38:13	7:39
27	6	Suzanne Baker, 36, Jacksonville, FL	38:40	7:44
35	7	Abby Butler, 39, Orange Park, FL	39:21	7:52
39	8	Roberta Tomlinson, 35	39:47	7:57
55	9	Camille Larocca, 35, Jacksonville, FL	42:29	8:30
59	10	Kimberly Pierce, 37	42:58	8:36
63	11	Dana Summey, 39	43:49	8:46
73	12	Christina McKenney, 36, Jax, FL	44:58	9:00
80	13	Stephanie Foreman, 35, Middleburg, FL	45:57	9:11



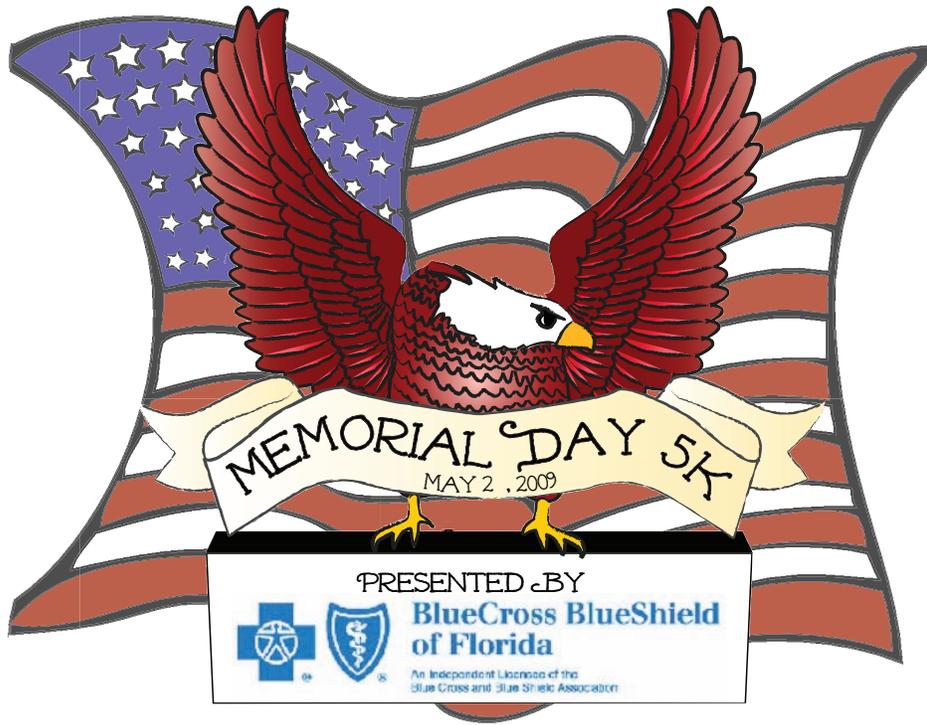
83	14	Traci Brooks, 39, Orange Park, FL	46:28	9:17	125	16	Sheryl Vaughn, 43, Orange Park, FL	52:00	10:24
98	15	Elizabeth Defelice, 39, St Augustitne, FL	48:04	9:37	136	17	Lori Averitt, 43, Jacksonville, FL	53:15	10:39
99	16	Bonnie Kronz, 36, St Johns, FL	48:07	9:37	137	18	Patricia Esteban, 41, Jacksonville, FL	53:19	10:40
103	17	Staci Suits, 35, Orange Park, FL	48:54	9:47	138	19	Sophie Willadsen, 43, Orange Park, FL	53:20	10:40
113	18	Lara Mick, 38, Green Cove Sprngs, FL	49:36	9:55	147	20	Liz Cutrone, 44	55:21	11:04
115	19	Laurie Sprecher, 39, St Augustitne, FL	50:08	10:02	151	21	Kimberly Lassiat, 40, St Augustine, FL	55:37	11:07
116	20	Dawnmarie Martin, 39, Fruit Cove, FL	50:15	10:03	164	22	Judith Goulp, 42	57:24	11:29
122	21	Melissa Pittman, 36, Orange Park, FL	51:24	10:17	188	23	Christine Kirksey, 42, Middleburg, FL	1:02:38	12:32
129	22	Michele Spradlin, 35, Jacksonville, FL	52:13	10:26	194	24	Jill Wright, 40, Middleburg, FL	1:04:36	12:55
133	23	Shelley Signorella, 38, Orange Park, FL	52:55	10:35	202	25	Kim Morrison, 42, _	1:08:01	13:36
143	24	Leslie Magruder, 35, Orange Park, FL	55:02	11:00	204	26	Lori Featheringill, 41, GCS, FL	1:08:28	13:41
152	25	Heather Leigh, 35, Fleming Island, FL	55:37	11:07	208	27	Samantha King, 40, GCS, FL	1:11:22	14:16
155	26	Heather Labelle, 37, Fleming Island, FL	56:14	11:15	213	28	Lisa Kern, 42, Orange Park, FL	1:13:29	14:42
160	27	Inga Graham, 38, Orange Park, FL	56:45	11:21	214	29	Lynn Sykes, 44, Jacksonville, FL	1:14:14	14:51
170	28	Kema Roseberry, 39, Jacksonville, FL	58:34	11:43	215	30	Lisa Adams, 43, Jacksonville, FL	1:14:38	14:55
175	29	Ermite Cange, 38, Jacksonville, FL	59:22	11:52	218	31	Joye Munday, 40, Jacksonville, FL	1:14:41	14:56
187	30	Susan Wagstaff, 39, Macclenny, FL	1:01:46	12:21	219	32	Trisha Gabriel, 44	1:15:14	15:03
189	31	Denise Cunningham, 38, St Aug, FL	1:03:01	12:36	221	33	Lisa Blizzard, 44, Jacksonville, FL	1:21:29	16:18
193	32	Bey-Li Bialek, 39, Middleburg, FL	1:04:21	12:52					
196	33	Rose Camp, 36, Jacksonville, FL	1:05:36	13:07					
203	34	Jamie Wyche, 37, GCS, FL	1:08:06	13:37					
212	35	Traci Kauffman, 37, Jax Bch, FL	1:12:23	14:28					

Women 45 - 49

11	1	Alison Ronzon, 45, Neptune Bch, FL	35:14	7:03
16	2	Teresa Vaill, 46	36:35	7:19
23	3	Kathy Murray, 46, Jacksonville, FL	37:46	7:33
26	4	Jody Dolan-Aldrich, 48, Jacksonville, FL	38:22	7:40
46	5	Susan Harms, 49, Neptune Bch, FL	40:43	8:09
85	6	Angie Adamson, 46	46:58	9:24
87	7	Lois Braun, 48, Jax Bch, FL	47:14	9:27
96	8	Katherine Andrews, 45, St Johns, FL	48:01	9:36
118	9	Margaret Tyburski, 47, St Augustine, FL	50:36	10:07
127	10	Janet Ellis, 48, Jacksonville, FL	52:02	10:24
131	11	Vicki Choinski, 45, Ponte Vedra Bch, FL	52:42	10:32
142	12	Adrienne Brooks, 47, Jacksonville, FL	54:47	10:57
149	13	Becky Young, 45, GCS, FL	55:30	11:06
161	14	Lynn Bonnette, 46, Orange Park, FL	56:49	11:22
168	15	Tonyaa Weathersbee, 49, JaX, FL	58:31	11:42
182	16	Cath Marra, 46, St Augustine, FL	1:00:39	12:08
186	17	Rita Lamach, 49, Jacksonville, FL	1:01:43	12:20
191	18	Lori Lott, 45, Jacksonville, FL	1:03:27	12:41
207	19	Susan Maloney, 46, Jacksonville, FL	1:10:05	14:01

Women 40 - 44

10	1	Denise Metzgar, 42, Orange Park, FL	34:28	6:53
12	2	Sarah Batt, 44, Savannah, GA	35:34	7:07
30	3	Tracy Pfuntner, 42, Orange Park, FL	38:48	7:45
32	4	Cynthia Maerz, 42	39:13	7:50
40	5	Kellie Howard, 41, Jacksonville, FL	39:52	7:58
45	6	Bonnie Modling, 42	40:38	8:08
49	7	Jana Stanhope, 41, Jax Bch, FL	41:09	8:14
53	8	Anna Meetze, 40	42:17	8:27
57	9	Melissa Pruette, 43, GCS, FL	42:31	8:30
77	10	Chelle Mahaney, 41, Orange Park, FL	45:36	9:07
100	11	Kelly Beccaccio, 40, Jacksonville, FL	48:12	9:38
104	12	Jean Vogl, 44, St Augustine, FL	49:00	9:48
105	13	Lesley Jones, 44	49:11	9:50
110	14	Anne Weldon, 40, Orange Park, FL	49:22	9:52
111	15	Melanie Kissane, 42, Fleming Island, FL	49:30	9:54



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

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

Entry Received By	Striders/Military	Other
Up to May 17, 2009	\$12	\$14
May 18-23, 2008	\$15	\$17
Day of Race	\$20	\$20

Sorry, no refunds!

Make checks payable to:

Memorial Day 5K

Mail to:

Memorial Day 5K

3931 Baymeadows Road,
Jacksonville, FL 32217

USATF Certified Course
#FL-02022DL

AWARDS

Awards will be given to Top 3 overall male and female, Top Master's male and female, First Green Cove Springs Residents male and female, Top Grandmaster's male and female. Awards will also be given to the top three male and female finishers in each age group as follows: 10 and under, 11-13, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79 and 80 & over. The awards ceremony will be held at Spring Park at 9:30 AM.

RACE PACKET PICKUP

Packets will be available at your selected 1st Place Sports location (be sure to select location on your registration form) on Friday May 22 and Saturday, May 23. Packets will also be available at the starting line beginning at 6:30 AM on the day of the race.

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

384-0053  810-5009

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PIZZA BAKERS




In Memory of the 9/11/01
Civilian and Military Victims
By Robert L. Shields, Sr.



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

May/June 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/rrcocal.htm>

DATE	EVENT	TIME	LOCATION	CONTACT
May 9	Oakleaf 5K Any Way You Can	8:10 a.m.	Duval County Courtshous Jax	(904) 731-1900 1st Place Sports
May 9	New Balance Girls on the Run 5K	8:30 a.m.	FCCJ North Campus 4501 Capper Rd. Jacksonville	(904) 730-9670 Girls on the Run
May 16	RITA Caring and Sharing Hope 5K	8:00 a.m.	Freedom Commerce Ctr. Off Baymeadows 8375 Dix Ellis Trail Jax	(904) 731-1900 1st Place Sports
May 16	Turtle Crawl 5K	8:00 a.m.	Jekyll Island, GA	(770) 926-2367 GA Multisports Productions
May 23	Ryan Rossano Benefit 10K 5K	7:30 a.m. 8:00 a.m.	Keystone Heights Jr./Sr. High School	Coach Brandow 352-473-1443
May 23	Beaches Chapel School 5K	8:00 a.m.	610 Florida Ave. Neptune Beach	(904) 731-1900 1st Place Sports
May 25	Memorial Day 5K	8:00 a.m.	Spring Park Green Cove Springs	(904) 445-4538 Florida Striders Track Club
May 29	All Comers Track Meet	6:00 p.m.	Bolles School San Jose Campus Jax	(904) 384-TRAK (8725) JTC Running
June 10	All Comers Track Meet	6:00 p.m.	Bolles School San Jose Campus Jax	(904) 384-TRAK (8725) JTC Running
June 13	Run for the Pies Mizuno Championship 5K Open 5K Race	7:30 p.m. 8:00 p.m.	Jacksonville landing	(904) 731-1900 1st Place Sports
June 18	"New" Bridge of Lions 5K	7:30 a.m.	1 South Castillo Dr. St. Augustine	(904) 794-5702 AltaVista Sports.

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



Spring has officially started, and we've even enjoyed cool mornings and evenings with it. And among the things that come with spring is more racing. Striders have welcomed this call, running all kinds of races this month. So with that, on to the results.

The first weekend of local races saw two races on March 28th, the first being the **Walk a Mile in Their Shoes 5K** in Jacksonville. Not to bust their chops, but does that name really work? Nonetheless, the 5K race and 1 mile walk (now it makes sense) was done for charity, with benefits going to the Sulzbacher Center for the homeless. Leading all Striders was **Rebekah Wild**, who ran a 21:45 on

her way to a 2nd place age group finish. Two other Striders earned awards, those being **Paul Smith** and **Al Saffer**, who both won their age groups. The second race on the 28th was the **Guana River 50K** in South Ponte Vedra Beach. It's a trail run, with a 50K as well. Our most beloved StrideRight Editor, **Trish Kabus** was there to represent us in the 25K, and did a fine job covering the trails.

On April 4th our local Navy folks hosted the **Navy Run 10K** at NAS Jax. Our fastest Strider was **John Funk** (37:54) and our fastest female Strider was **Kathy Murray** (47:29); both won

their age groups. Also sailing to age group wins were **David Bonnette, Bill Dunn, Frank Frazier, Maria McNary, Marie Bendy, Pat Gallagher** and **George White**. Fighting hard for 2nd place in their age groups were **Lonnie Willoughby, Paul Geiger** and **Bob Meister**. Also navigating their way to a prize with 3rd place age group efforts were **Holly Wyche, Stephen Beard, Raymond Ramos, Robert Crampton** and 7-year-old **Jakob Wyche**. Got to make a 4th place age group mention too, with **Cary Wyche** (age 7) pulling that off.

Also, on April 4th, though probably with a more cool, relaxed, and perhaps

We Get Letters

Mr. Bokros,

I have attached a photo of one of the Striders that ran in the Komen Race for the Cure 5k this weekend. I am taking the time to write because the gentleman in the photo should be commended for his OUTSTANDING attitude during the race. After he completed the race he began running backwards through the field offering encouragement to everyone along the way.

If the membership of the Florida Striders as a whole show as much character and class as this gentleman did you all should be extremely proud.

Regards
John Farster
Savannah, GA =

Florida Strider,
Rod Reeves



Food & Drinks

Music



Ryan Rossano Benefit

10K & 5K Run/Walk

Place: Keystone Heights Jr./Sr. High

Date: 23 May, 2009

Time: 10K starts 7:30 am/ 5k 8:00 am

Entry Fees: \$25 per runner or walker

Donations can be made at the event

Contact Coach Brandow to register

@352-473-1443

sad environment, was the **Running the Blues 5K** at Jax Beach.

Rebekah Wild was again our fastest Strider, posting a smooth 22:54 and an age group win. Joining Rebekah as age group champs were **Isabel Torres-Paden** and **Al Saffer**, while **Craig Harms** and **Maria Littlejohn** placed 2nd in their age groups. Also there to enjoy the music was **Gil Flores**, and he picked up a 3rd place age group prize along the way.

Striders made a big splash the very next weekend at the **Fleming Island 5K** on April 11th. Heading the charge was **Owen Shott**, who blazed to a 16:28 and 2nd overall finish. Also going overall was **John Steinberg**, who was 3rd. Seeing these two male Strider efforts and raising them was **Denise Metzgar**, who won the women's race with a 20:59. Age group winning efforts were turned in by **John Metzgar**, **Tracy Pfunter**, **Ann Krause**, **David Bonnette** and **Joe Connolly**. Running to 2nd place age group awards were **Scott Olivolo**, **Bill Dunn**, **Alec Abate**, **John Hirsch** and **Sue Whitworth**. **Jay Millson** and **Michael Mandt** placed 3rd in their age groups.

April 18th was our one of our races, and a unique one at that with the distance, the **Run to the Sun 8K**. It was an incredible Strider effort, and it showed we Striders age really well. **John Metzgar** (46 years old) was running ahead of all but one of those fast young sorts, placing 2nd overall in 27:27. **Regina Taylor** represented the 40 something female Striders with a Masters Division win. In the 50 plus age groups, we dominated, winning each Grand Master's Division and sweeping all awards in the men's 55-59 and 60-64 age groups. It was **Elfrieda Wyner** and **Bill Phillips** taking care of the Grand Master's divisions, **Scott Seibler** (1st), **Paul Geiger** (2nd) and **Lewis Buzzell** (3rd) controlling the 55-59 age group, and **Bruce Holmes** (1st), **Bernie Candy** (2nd) and **George White** (3rd) doing the housework in the 60-64 age group. Another dozen Striders won their age group as well, which included our fastest female Strider, **Jo Shott** (32:53) along with **John Wisker**, **Alison Ronzon**, **Denise Metzgar**, **Holly Turner**, **Terry Sikes**, **Frank Frazier**, **Maria McNary**, **Susan Wallace**, **Diane Aimone**,

Pat Gallagher and **Gina Waterhouse**. Pacing to 2nd place age group finishes were **David Bonnette**, **Nancy Harms**, **Ann Krause** and **Bill Dunn**. And earning 3rd place age group prizes were **Rebekah Wild**, **Bob Tatum**, **John Aimone**, **Al Saffer**, **Kathy Murray**, **Claudia French**, **Tracy Pfunter**, **Randy Arend**, and **Robert Walker**. It was a great effort from all our Striders in the advanced in age divisions, though we also had a glimpse of the Strider future as well, with **Jakob and Cary Wyche** (both just 7 years old) making it to the finish line.

Rounding out the local stuff was the **Spartan Run 5K** in Orange Park on April 25th. We won both Masters Divisions again, this time with **David Bonnette** (17:39) and **Regina Taylor** (19:42) doing the honors. On the age group front, **Bill Dunn**, **Scott Olivolo**, **Bernie Candy**, **Frank Frazier**, **Ann Krause** and **Al Saffer** ran to age group wins. Finishing 2nd in their groups were **Lewis Buzzell**, **Freddy Fillingham**, **Sue Whitworth**, **Claire Gilbert**, and sure to be a future Strider great, 7-year-old **Roger Dolemo**. Not going home empty handed were **Ames Vavrina**, **Ed Kelly**, **Stephen Beard** and **Raymond Ramos**, who all placed 3rd in their age group.

Striders – They're Everywhere!

We had several folks report their travels or they were found out by our crack staff searching out of town results. We start off in Waycross, Georgia with what was reported to be a fun race, the **32nd Annual Okefenokee Swamp Run 10K**. The race is held at Laura Walker State Park, the course includes cross country elements, and awards go five deep in each age group. And following the race – a free pancake and sausage breakfast! **Randy Arend** was the first Strider to get to the pancakes and sausage, covering the course in 42:09 while winning his age group along the way. Placing 3rd in his age group was **Steve O'Brien**, and placing 5th in their age groups were **Freddy Fillingham** and **Bernie Powers**. Good effort fellas.

Marie and Ken Bendy were next to report in, and all the way from the Golden Gate, as they did the **Presidio 10K** in San Francisco, California. Marie appar-

ently made it a point to show those left coast types what for, as she won her age group. Ken showed some southeast clout as well, placing third in his age group.

From our Delaware contingent, **Frank Sutman** reported in with two race results, and both were true to his Strider Trail Buff team membership. Frank's first race for the month was the **Run to Register 10K**, held at the Marine Base in Quantico, Virginia on March 28th. The race included ¼-mile uphill slog in ankle deep clay mud between the four and five mile markers, though it didn't seem to bother Frank, who won his age group with a time of 41:07. On April 18th, Frank went somewhat ultra, competing in the **Brandywine End to End Hike**, a 35.3 mile adventure run/hike through varied terrain in rural Pennsylvania and Delaware. Frank finished 2nd overall in a little over six hours. Well done Frank.

Gary Lewis also reported in from an ultra, as he was at the **100 Mile Umstead Endurance Run** on April 4th in Raleigh, North Carolina. Gary officially finished the 50 mile version in 12:22:01, but had to come off the course at mile 70 due to back spasms that had him leaning to the left at 45 degrees (see man's evolution chart, picture 3). A DNF, but a pretty respectable one – good work Gary.

Two out of town races to report for April 4th, the first being the **Cooper River Bridge Run 10K** in Charleston, South Carolina. I didn't get any details about the course, but my bet would be that it includes going across a bridge over the Cooper River. For more details, get a hold of **Gena Star**, who ran the course in 1:08:52. Going a little further north and to the west were **Ann and Bill Krause**, who were in Detroit, Michigan for the **Final Four**. Turned out they had a 5K race as part of the festivities, and Ann and Bill were only too happy to take part. Ann won her age group with a time of 23:10, and Bill enjoyed the course for 38:18.

Bernie Powers made another trip to Georgia, this time doing the **2nd Annual Brentwood Scamper & Scoot** in Sandersville on April 18th. I'm not sure which is the scamper and which one is the scoot, but the event had a 5K start at 4:30 p.m. and a 10K start at 5:00 p.m. As

you might of guessed, Bernie did both races, finishing 3rd in his age group in the 5K, perhaps as a warm up, and then going on to win his age group in the 10K – impressive.

And finally, from Boston, Massachusetts on April 19th, we had two Striders at the **Boston Marathon**. **“Bruce” Sung Ho Choi** and **Wendy Patterson** qualified and made the trip, and neither seemed disheartened by that huge hill around mile 21. Bruce posted a 3:04:32 and Wendy a 3:42:48. Great work Bruce and Wendy.

Tidbits and stuff I missed

A big, big miss last month – I missed a **Gate River Run** streaker. Kudos go out to **Ben Holland**, who ran his 32nd River Run in March, taking 1:36:35 to enjoy the course again. Sorry for the miss Ben.

If you read the board meeting minutes, you know the tidbit. A few months back I submitted requests to two world record agencies to recognize a 100-person relay for a world record. I got responses from each agency, though the most intriguing was from the big one, Guinness World Records. Turns out there is a 100 by 10K relay world record that they track (the record is 89 hours, 19 minutes and 17 seconds – set in the UK in 2006), and we’ve been approved to make an attempt to break it. Having done something similar to this with swimming, I can tell you that this will be a lot of fun, and we’ll get a world record to boot. We are in the very, very early planning stages right now, but will be putting out more in-

formation soon. Keep in mind, the average 10K we will have to keep to break the record is a little over 53 minutes. Stay tuned, and if you can meet or break a 53-minute 10K, let me know if you’re interested.

Award

This month’s award is the **“Way to Represent Award!”** A race director for the Komen Race for the Cure 5K in Savannah, Georgia was so impressed with a Strider that he searched for the Strider website, found Dave Bokros’ e-mail, and sent Dave a picture taken of this Strider during the race along with a message that included the following: “...I am taking the time to write because the gentleman in the photo should be commended for his **OUTSTANDING** attitude during the race. After he completed the race he began running backwards through the field offering encouragement to everyone along the way. If the membership of the Florida Striders as a whole show as much character and class as this gentleman did you all should be extremely proud.” Some research found the Strider doing us all so proud was **Rod Reeves**. Way to make an outstanding impression Rod, and for your efforts, you have earned a Back Page Award, which, of course, now entitles you to....a nice smug feeling.

That is all for what was a busy month. Keep those results coming, feel free to submit nominations for awards, sign the Strider Man at local races...and until next time, train well and be safe. =

Please get your race times in as soon as possible if you want them published. You can send your times, trash, & trivia by e-mail (preferred) to m.t.marino@clearwire.net or Mike’s snail mail 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>



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