



Resolution 5K & One Mile Fun Run Start the New Year Right

By Bob Boyd • Photos by Vanessa Boyd

The 2010 Resolution 5K & One Mile Fun Run, presented by Orange Park Medical Center, was held on Saturday, January 16th. The event enjoyed great temperatures for racing, in the mid-50's, with a very light rain, and just plain fun. After a record cold snap the preceeding 10 days, we were all pleased to be warmer even if it was wetter. I think Marge Ruebush, our registration coordinator extraordinaire, moved the tables around three times, but

managed to get everyone under cover. No propane heaters were needed this year, so I think this year's most popular pre-race spot proved to be adjacent to the twenty gallons of excellent Starbucks coffee and hot chocolate. We enjoyed record 5K registration, with 654, 103 more than last year, despite those raindrops. The One Mile Fun Run had 788 finishers, representing 27 schools. Kudos to all of those parents and coaches who braved wet weather to come out to make their children's Fun Run possible. As luck would have it, the rain stopped completely just before the Fun Run and everyone kept the sunny side up. Eleven of our participating schools, listed

below, had either 25 or more participants or were in the top ten as a percentage of their school's enrollment, and shared \$1858, provided by Jacksonville Greyhound Racing, to assist their Run/Walk fitness programs. This event also enjoyed plenty of good post race food and drinks, thanks to Publix and Blue Ridge Water, not to mention complimentary massage therapy, now a regular part of our race. 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 without a hitch. Our sponsors share our mission to run for fit-

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Save the Date!

March 7 - 4:00 PM

Mellow Mushroom in Tinseltown

March 13 - River Run Tent & Othe Festivities

April 17 - Run to the Sun 8K

Prez Sez

By Kellie Howard



When the temperatures start to fall, I struggle with deciding what to wear for my morning runs. Every year I come up with a written schedule of what to wear at various degrees of Fahrenheit, but seem to forget the formula every year. As I write this article, the morning low is forecast for 49 degrees. Do I wear long sleeves? Do I wear tights? What about my fingers? For tomorrow morning's run, I decide to search the web for advice. The "Runners World" website, under their shoes and gear tab, has a formula for what to wear. It asks questions about the temperature, the wind, the weather conditions (overcast, sunny, ect.) and if you are usually cold or warm. A little bit of information into the formulary produced the answer that I should wear shorts, a short sleeve shirt, hat with a visor, and a vest. Don't own a vest, so I will go with the long sleeve shirt, but will stick to the other advice. I thought that this tool may be helpful to my fellow runners who always keep extra clothing in their car for a last minute change.

As to the notion that most of your body heat is lost through your head, an article from the Wilderness Medicine Newsletter stated that this was a myth. Body heat is lost from all exposed body parts, so on those cold days, don't forget those fingers or your head.

Luckily the Resolution Run had much better temperatures than the previous few days. Four days pre-race, Bob Boyd (Race Director) promised me that it would be 55° at race time and the heating stations I was encouraging him to order were not needed. He was correct and I think the good weather and the reputation that this is a family fun event brought out a record number of participants.

p.s. – I forgot my hat, but my attire for my morning run was ideal. =

Please Note:

**Due to Ken Bendy's retirement
from compiling all the
"Striders at the Races" the only way
to get your times published is to sign
the Strider Man or send your results
to Mike Marino at
m.t.marino@clearwire.net.**

Board of Directors' Summary of Action

No meeting in January. =

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(904) 272-6606



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Florida Striders Membership Application

Please Print

Name: Last _____ First _____ M.I. _____

New ☐

Renewal ☐

Address _____ # in Family _____ Your Occupation: _____

City/State/Zip _____ Spouse's Name _____ Your Employer: _____

Phone: Home _____ Birthdate(s) _____

Phone: Work _____

E-mail _____

Signature _____

Date _____

Annual Dues:

Family \$20 (2 years \$40, 3 years \$60) ☐
Single \$15 (2 years \$30, 3 years \$45) ☐
Junior (under 18) \$10 (2 yrs \$20, 3 yrs \$30) ☐
Senior (over 65) \$10 (2 yrs \$20, 3 yrs \$30) ☐

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

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road or the traffic on the course, all such risks being known and appreciated 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 and release the Road Runners Club of America, The Florida Striders Track Club, and all sponsors, their representatives and successors from all claims and liabilities of any kind arising out of my participation in these club activities, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. Rev. 12/01

RESOLUTION 5K

Continued from page 1

ness and fun, improving our community in the process. Our generous sponsors are listed below. Please accept my heartfelt thanks to each of you for your contributions. Please thank and support our sponsors when you see them too. Their partnership with us allows us to directly support the run/walk elementary school clubs throughout our community and over 6000 children, a number which grows each year. Lest I forget, I want to thank each of my volunteers, listed below, who gave their time and effort to put on this excellent event for our community (& please accept my apologies in advance if I have left out or misspelled anyone's name.) Together we do indeed make a difference

While our excellent newsletter editor, Trish Kabus, will include race photos as space allows, our website, www.FloridaStriders.com, has more race pictures, for your en-

joyment. 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. Vanessa wanted me to express that she was very disappointed that she did not have more and better pictures to share this year, but had some problems with the rain and lower light available. 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 us next year for what I believe will be a bigger, even better, and, I'm hoping, dryer Resolution 5K & One Mile Fun Run. If you have suggestions to improve our event you can find me at BobBoydFL@gmail.com or call me at 272-1770.

Winning Schools

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Thunderbolt

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Oakleaf Village
Lake Asbury
Paterson
Pinewood
Coppergate
Grace Episcopal
McRae
Shadowlawn

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Blue Ridge Water
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BOB SCHUL, An Obscure Olympic Champion

Last month in this column, I shared my recent good fortune. Two running books of mine returned to my shelves after a 40-year absence. College roommate Jim Cook had absconded with them, then gifted them to me as Christmas presents, along with an autobiography by Bob Schul. The 1964 Olympic Champion in the 5,000 meters. Schul remains the only American to ever capture the event.

Schul's book, *In the Long Run*, was published in 2000 after ghost writer Laura Rentz Krause polished the manuscript that had languished for thirty years. It is a treasure to me on many levels.

Bob Schul is a native of West Milton, Ohio, a farming community an hour's drive from my own boyhood home. He competed on cinder tracks that I ran on a few years later in Dayton. Schul milked cows before his morning training runs, as did I. Some of his running buddies were strong influences in my running life, a few by reputation and others through personal contact.

Schul was the dominant American runner for a two year span, 1963 and 1964. He was the only distance runner favored to win his event in Tokyo, yet his hard-earned victory was preceded and upstaged by the triumph in the 10,000 of Billy Mills, a Sioux Indian who made the cover of *Life* magazine.

The lanky Air Force veteran and Miami University grad was overshadowed early in his running career by Jim Beatty, the first man to break 4 minutes for the indoor mile. High school miler Jim Ryan was the media darling of the Olympic Trials in 1964, follow-

Wide World of Running By Jay Birmingham

ing his sub-4:00, the first by a prep. Ryan's lunging third place finish in the 1500 earned him a space on the American team.

It was a great Olympic year for America at Tokyo. Schul won gold and Bill Dellinger bronze in the 5,000. Mills was victorious at 10,000 and high school prodigy Gerry Lindgren was considered even better, though hampered by a sore ankle at the Games. George Young was fifth in the steeplechase at Tokyo. Dyrol Burleson placed fifth in the 1500.

Four years later, in Mexico City, Ryan won silver at 1500 meters and Young won bronze in the steeple. But that's all.

Schul's belief that 1964 marked the beginning of American dominance at the world class level has not materialized. "American runners, all amateurs at the time, trained hard, before work and after," Schul said. Foreign stars would travel to the USA to compete in major American meets on both coasts. The best competition was here. Ryan, Lindgren, Prefontaine, Schul, Dellinger, Young, Mills, Shorter.

Frank Shorter won gold in the marathon in 1972 in Munich and silver in 1976 in Montreal. Joan Benoit won gold in Los Angeles in

VOLUNTEERS

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 Kisha Whitehurst
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 Rose Woolwine
 Taylor Zehner =

Thank you!

For all the color photos of the race, check out to www.FloridaStriders.com

the inaugural women's Olympic marathon in 1984. There has been precious little since.

Schul was a follower of the intense interval training methods of Hungarian expatriate, Mihaly Igloi. Thirteen workouts a week, often two hours in duration, were filled with endless repetitions, most between 150 and 300 meters on dirt or grass, with short walking or jogging rest intervals.

Igloi had coached world record setters in Hungary at every distance from 1500 through 10,000 meters. Hungary had outstanding Olympians in the 1952 and 1956 Olympic Games. But the Soviet crushing of Hungary's independence movement caused Igloi to relocate to the USA. His stable of runners in Los Angeles included Olympians Max Truex, Jim Grelle, Young, Schul, Beatty, and others.

Schul describes his lifelong battle with asthma and seasonal allergies. His desire to succeed at the highest level forced him to travel great distances, run and work with minimal rest, sleep on the floors of strangers' apartments, and postpone normal social interactions and careers. In every respect, his account rings true and mirrors descriptions of others of that era who scrounged for expense money and wondered how they could afford to keep competing.

Schul and Krause capture the tension and tactics of perhaps 20 exciting indoor and outdoor races, not all of them victories. But Schul learned from defeat and describes adjustments to his attitude and training to pursue the Holy Grail of running, an Olympic gold medal.

Bob Schul broke American records in distance events five times and was three-time U.S. Champion on the track. He set a two-mile world record, 8:26.4 in 1964. He tried repeatedly to crack the four minute mile, finally succeeding a

few months before the Games with a 3:58.9.

Thousands of runners pay lip-service to dedication. After Lance Armstrong recovered from cancer in 1997, he admitted that he hadn't been "hungry enough" to be the best. Schul had dedication in spades.

If you aspire to be great, or just a better competitor, I recommend *In The Long Run* by Bob Schul. It will make you hungry.

If you can't locate a copy, I'll lend you mine. =

Jay Birmingham enters his 53rd track season this spring. He coaches at St. Johns Country Day School in Orange Park.

Runner's Quiz by Jay Birmingham

Look inside the tongue of your shoe; chances are good, it was manufactured in China. But running shoes used to come from America, Great Britain, Japan, and other places. See how many of these shoe brands you know.

1. What brand of shoe is named after its founder?
2. What current shoe brand started out as Onitsuka Tiger?
3. This shoe brand was developed in Great Britain.
4. These shoes were originally made and named for a river valley in Pennsylvania.
5. This major brand of shoes was first made in the Boston area.
6. This brand is named for the goddess of victory.

See page 15 for answers

19th Annual River Run Florida Striders Hospitality Tent

I hope all of you are thinking about the Gate River Run and getting in shape. About this time each year, your Tent Volunteers are also thinking about the event and are already planning. As you know, we need lots of volunteers, about 50 .

I need to line up volunteers as early as possible. I need:

- Two people (non-runners) to help Marge Ruebush (264-8581) inside the Tent. Arrive at 6:15 am morning of the race. This will last until about 11:30 am when we start to clean up the area. Runners can work the early shift before the race starts or anybody can volunteer for two hour shift.

Sometimes, people will walk in and volunteer the morning of the race, but we need to schedule definite people at definite times.

- A clean up team of five people and a team leader to keep the area clean. This will begin at 8:00 am through 11:30 am, cleaning the area as needed. With final clean-up starting at 11:15 am. The jobs can be runners or non runners

- Two people, runners or non runners, to set up the beverage area: tables, cups, ice, mix up the Gatorade/PowerAde when low. This would begin 6:15 am and go to about 11:00 am. Most of the work would be at 6:30 am, for about 30 minutes.

- A non runner to be our contact person to the massage group. You would meet them at 6:30 am when they arrive, show them where to set up, and give them assistance they need (usually not much). When runners and others begin to leave the Tent area for the Start Line (7:30-8:00 am) you would make sure they come over to the Tent and eat and rest. When the runners start returning, the massage people would return to the massage area. They will begin breaking down their equipment and leave about 11:00 am. Be sure to thank them and assist where needed. I usually come by the area several times during the morning.

- Five people to unload the trucks and cars that bring in materials and put them where they need to be, inside and

outside the Tent. This begins at 6:00 am and happens fast. Last year, we didn't get the materials sorted right, so I'm trying to do better. I need these same 5 people to help take down fences, tables etc and load into trucks and cars of people to be taken back to the warehouse and homes of those that brought them. This starts about 11:00 am to 11:30 am. These jobs can be runners or non runners.

- As usual, the Friday (March 12) before the race, I meet the Kirby Tent Company and Portable Sanitation (port-a-let company) about 10:00 am and show them where to set up. About 10:30 am, I have volunteers meet there to put up the orange fence barrier, and reposition the port-a-lets, sometimes. Paul Geiger is there to put up the dressing rooms. This year, the port-a-let company is letting us use a portable wash stand with soap and water, so people can clean up. This year I plan to put up an extended Tent wall for more privacy.

One of the most critical areas is the entry gates we set up. I need:

- Two people for 6 to 7 am
- Two people for 7 to 8 am
- One person for 8 to 9 am
- Two people for 9 to 10 am
- Two people for 10 to 11 am

If someone wanted to work a 2 hour shift, that would help a lot. We are using the wrist band system, like last year, but it will not work if our entry gate is not properly secured. The "gate keepers" are responsible for checking for our yellow wrist bands on entrants and working with those that don't have wrist bands. This is where we control where members and their guests get in or we are flooded with "party crashers". The Tent is for the benefit of our members and guests and PR for the club. Entry gate volunteers can be runners or non runners. If you are a runner, volunteer for an early shift.

This is the way the yellow wrist band system work (just like last year). We have thousands of bands to hand out.

- We will have them at Orange Park on Sunday mornings, at 6 to 6:30

am, and at 8:00 am, at the Sunday am run, at Sun Tire, on Blanding Blvd next to Famous Amos Restaurant.

- We will get them to Board members for them to distribute. Call or email one of the board members for their assistance.

- We may be able to have some bands at the Gate River Run Expo at the Jacksonville Fairgrounds.

- We will start giving them out to members regularly. Members can get the bands for themselves and family members and other guests. They need to get these bands before they come to the Tent on race morning, and be visible on their wrists. The entry gate people will see the bands and wave you through. You can come and go with the bands visible by the entry gate people. Everyone inside the Tent area has to have a visible band on, or if not, may be asked to leave the Tent area. These people may be "crashers". If we can determine they are members or member guests, they can get a band and stay.

- Mike Mayse (Membership Coordinator) will snail mail you as many as you need. Email him at floridastriders@comcast.net. Put GRR Wristband in the email title and be sure to include your snail mail address and number of bands you would like.

- If a member comes to the Tent area at the entry gate without a band, he or she will be asked their name and will be checked against a member roster. If the member is on the roster, he will be given bands for him and his family. The bands should be put immediately and will be admitted to the area. If the member's name is not on the roster, he will go to the "Problem Table". As said before, once the bands are attached and visible, the wearers can come and go by just showing their bands at the entry gates. If your membership has expired you can rejoin at this event (bring \$20).

- Guests without a band and invited by members, will go to the entry gate and will be asked the name of the

New, Renewing and Expiring Memberships

NEW MEMBERS

Tracy Choulat	1/31/11
Timothy & Jamie Clay	1/31/11
Ron Dill	1/31/11
Kevin Fleeger	1/31/11
Tanya Foreman	1/31/11
Elizabeth Gregovits	1/31/11
Lacy & James Healy	1/31/11
Kathryn & Freddy Howell	1/31/11
Leslie Kindling	1/31/11
Carol Marcom	1/31/11
Joey Marra	1/31/11
Melissa McCrosky	1/31/11
Andrea Morrison	1/31/11
Frank Pelletier	1/31/11
Linda Selbch	1/31/11
Jennifer Shepard	1/31/11
Tris & Jerry Skirvin	1/31/13
Diana Stewart	1/31/11
Joseph & Heather Stores	1/31/11

Jaci Thies	1/31/11
Nancy Tretick	1/31/11
Martin & Diane Wilkinson	1/31/11
Thomas York	1/31/11
Linn Andrew	1/31/11

RENEWING MEMBERS

Kate Clouse & Jerry Bennett	12/31/12
Jay Birmingham	12/31/10
Adrienne Brooks	1/31/11
John Coleman, DPM	12/31/10
Craig, Susan & Nancy Harms	12/31/10
John Hirsch	1/31/11
Kristie Matherne	12/31/10
Michael Mayse	1/31/11
Bill Phillips	1/31/11
Amy Randall	12/31/10
Ken, Jeanie & Erin Wilson	12/31/10

MULTI-YEAR RENEWALS

Traci Bane	1/31/11
Rosalind Flowers	1/31/11
Lewis Buzzell, III	1/31/11
Gary Lewis	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
Robert & Janet Irvin	1/31/11
Jessica Lee Fletcher	1/31/11
Leslie Hague	1/31/12
Sara Matukaitus	1/31/12
Bob Tatum	1/31/11

EXPIRING MEMBERSHIPS

Mel Abando	12/31/09
Pamela Miller	12/31/09 =

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

member that invited them. That member's name will be checked against a member roster and if the name is on the list, the guest(s) will be given bands, attached immediately and allowed to go into the Tent area. Guests can come and go, with a visible band, at the entry gate.

➤ We will have a "new membership" table near the entry gate. I need volunteers to man that table for several hours beginning at 6:30 am

➤ We always have the Strider merchandise tables at the Tent area. Bring some cash to buy shirts, hats, etc. We'll have aspirin, bandages for blisters, Vaseline etc.

➤ We also need extra canopy's to cover the massage people! The massage tables get hot from the sun and the canopies help keep them cool

➤ Please bring your chairs, coolers, food, personal canopies etc.

When replying to me with email, please use "Strider Tent" as subject!!!!!!

stanscarlett@msn.com. =

The Florida Striders Track Club \$1,000 College Scholarships

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.

ENTRY DEADLINE: Applications must be received by March 10, 2010

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)

Please return the completed application to (prior to March 10, 2010):

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

Please email any questions to Danny Weaver, weaver243@hotmail.com =

Striders at the Races

Race Results

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

Gator Bowl 5k Jacksonville, FL December 31, 2009

Owen Shott	14:56	
2nd place Overall Winner		
Justin Jacobs	15:32	1st ag
Andrew Marchand	16:49	3rd ag
John Wisker	16:54	1st ag
Josh Costa	17:06	1st ag
David Bonnett	17:43	3rd ag
Mary Ann Brown	17:57	

Women's Overall Winner

Robert Walker	18:09	
Lorna Bradford	18:24	1st ag
Julie Breuer	18:28	2nd ag
Carter Bradford	18:31	1st ag
Steven Barlow	18:54	3rd ag
Bryan Rohlin	19:25	
Regina Taylor	19:26	1st ag
Lisa Adams	19:34	3rd ag
Stephen Beard	19:36	
Raymond Ramos	19:45	
George Thompson	20:03	
Donald Wucker	20:30	
Allison Ronzon	20:52	2nd ag
George White	20:51	1st ag
Cynthia Lyons	21:09	3rd ag
Allan Smith	21:17	
Ann Krause	21:21	2nd ag
Frank Frazier	21:29	1st ag
Paul H. Smith	21:47	2nd ag
Mark Dickson	21:36	
Alex Chieu	21:48	
Jordyn Costa	21:50	
Donald Thieman	22:25	
Kathy Murray	22:34	
Gregg Friend	22:36	
Danny Weaver	23:38	3rd ag
George Hoskins	23:43	
Cynthia Maerz	23:51	
Sue Whitworth	24:10	
Joanie Barrett	24:47	
Karen Daniels	25:55	
Joseph Strickland	25:57	
Patric Rohlin	26:30	
Claire Gilbert	27:40	2nd ag
Emory McLaughlin	27:45	

Diem Phan	28:43	
Vanessa Thompson	29:04	
Bernie Powers	29:07	
Bob Meister	29:29	2nd ag
Molly Altes	29:46	
Al Saffer	29:55	3rd ag
Charles Goodyear	30:27	3rd ag
John Aimone	32:22	
Mike Martinez	32:32	
Anne Matthews	33:43	
Kristin Friend	33:51	
Elda Bell	35:52	
Terry Bell	35:52	
Betsy Groner	36:07	
Cary Wyche	40:26	
Jakob Wyche	40:26	
Jamie Wyche	40:35	
Mel Abando	40:42	
Diane Aimone	40:57	1st ag
Lynda Carroll	41:28	
Art Trepani	43:00	
George Obi	44:32	

Kathy Murray	23:30	
Paul Williams	23:32	
Steve Bruce	23:52	
Gail Phlipow	23:53	3rd AG
John Hirsch Jr	24:04	
Leslie Kindling	24:10	3rd AG
George Hoskins	24:13	3rd AG
Kim Crist	24:19	
Susan Harms	24:19	
Vernon Allen	24:38	
Kellie Howard	24:43	2nd AG
Jack Sykes	24:53	
Cameron May	24:58	3rd AG
Tom Zicafoose	24:59	
Jeanie Wilson	26:23	
Harry Edwards	26:32	
JD Smith	26:32	
David Albritton	26:38	
Sue Whitworth	26:57	
Richard Horton	26:58	
Christopher Leach	26:57	PR
Glenn Hanna	27:01	
April Martin	27:05	
Patrick Rohlin	27:21	
Stephanie Foreman	27:24	
Gary Ledman	27:54	
Jay Birmingham	28:14	
Kimberly Lundy	28:33	
Larry Leach	29:36	
Bob Meister	30:04	1st AG
Bernie Powers	30:32	
Claire Gilbert	30:34	
Al Saffer	30:51	2nd AG
Vickie Choiniski	31:03	
Charles Goodyear	31:04	1st AG
Mark Lay	31:19	
Guillermo Ramos-Piazza	31:22	
Margaret Tyburski	31:37	
Ed Hardee	31:49	
Beth Maurer	32:15	
Richard Vance	32:26	3rd AG
David Allbritton, Sr.	32:28	
Pat Gallagher	32:56	
Charles Wagner	33:47	
Gordon Slater	34:18	
John Aimone	34:59	

Resolution 5K Orange Park, FL January 16, 2010

Owen Shott	15:39	2nd O/A
Justin Jacobs	16:08	1st AG
Gary Myers	18:32	3rd AG
David Bonnette	18:37	2nd AG
Bill Dunn	19:24	

Grandmasters

Jo Shott	19:26	1st AG
Steve Barlow	19:27	1st AG
Regina Taylor	20:25	2nd ag
Bryan Rohlin	20:36	
Bernie Candy	20:56	1st ag
Nancy Harms	21:24	2nd ag
George White	21:49	2nd AG
Cynthia Lyons	21:58	1st AG
Patrick Gaughan	22:00	3rd AG
Lewis Buzzell	22:22	2nd ag
Frank Frazier	22:26	1st AG
Ann Krause	22:32	1st AG
Mike Marino	22:33	
Elfrieda Wyner	23:02	1st AG
Paul Smith	23:17	2nd AG

Gary Ledman	27:54	
Jay Birmingham	28:14	
Kimberly Lundy	28:33	
Larry Leach	29:36	
Bob Meister	30:04	1st AG
Bernie Powers	30:32	
Claire Gilbert	30:34	
Al Saffer	30:51	2nd AG
Vickie Choiniski	31:03	
Charles Goodyear	31:04	1st AG
Mark Lay	31:19	
Guillermo Ramos-Piazza	31:22	
Margaret Tyburski	31:37	
Ed Hardee	31:49	
Beth Maurer	32:15	
Richard Vance	32:26	3rd AG
David Allbritton, Sr.	32:28	
Pat Gallagher	32:56	
Charles Wagner	33:47	
Gordon Slater	34:18	
John Aimone	34:59	

Freddy Fillingham	35:21
Kimberly Pierce	35:44
Bill Krause	37:38
Ivy Bryan	35:59
Adrienne Brooks	38:33
Michelle Ramos	39:36
Diane Aimone	41:04 =

IT IS MORE IMPORTANT THAN EVER TO SIGN THE STRIDER MAN AT ALL OUR LOCAL RACES! Your times will not be published unless you sign the Strider Man or send your times to Mike Marino at m.t.marino@clearwire.net



Due to space limitations we are not able to print the entire race results. For complete race results and more color photos, go to www.FloridaStriders.com!

CLASS	ID#	PLACE	PLACE	FINISHER	TIME	PACE
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Open Men

2	1	1	Trevor Beesley, 21	15:38	5:02
541	2	2	Owen Shott, 29	15:39	5:02
110	3	3	Vance Berry, 23	16:01	5:09

Open Women

190	1	1	Jolene Williams, 32, Jax, FL	17:09	5:31
173	2	2	Kim Pawelek, 35, Jax, FL	18:15	5:52
428	3	3	Mary Ann Brown, 15, OP, FL	18:25	5:56

Masters Men

188	7	1	Nicholas Small, 44	17:27	5:37
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Masters Women

352	6	1	Lisa Thomas, 45	20:10	6:29
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Grand Masters Men

6	24	1	Bill Dunn, 51	19:24	6:15
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Grand Masters Women

5	16	1	Kathleen Kaye, 51	21:58	7:04
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CLASS	ID#	PLACE	PLACE	FINISHER	TIME	PACE
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Men 3 - 10

1621	54	1	Troy Britts, 9,	22:14	7:09
681	93	2	Mark Duncan, 9	7:44	
430	113	3	Cameron May, 8	24:58	8:02
492	144	4	Vincent Sabatella, 8	26:25	8:30
315	175	5	Devin Jakeway, 10	27:52	8:58

Men 11 - 13

429	25	1	Steven Barlow, 13	19:27	6:15
51	51	2	Travis Wooten, 13	22:09	7:08
253	90	3	Julian Vanpelt, 13	23:56	7:42
649	138	4	Maxim Davis, 12	26:05	8:23
653	141	5	Brantley Lewis, 12	26:14	8:27

Men 14 - 19

1	8	1	Matthew Walker, 15	17:28	5:37
442	10	2	Eric Tallbacka, 14	17:38	5:40
98	13	3	Jack Grundy, 16	17:49	5:44
177	21	4	David Ferman, 15	19:08	6:09
68	23	5	Cody Boyer, 14	19:16	6:12

Men 20 - 24

201	26	1	Matthew Worsham, 23	19:50	6:23
272	101	2	Tyler Tripp, 23	24:27	7:52
89	116	3	Josh Tuthill, 22	25:05	8:04
180	169	4	Caymon Haynes, 24	27:36	8:53
119	182	5	Benn Slikker, 22	28:10	9:04

Men 25 - 29

172	5	1	Justin Jacobs, 26	16:08	5:12
283	12	2	Cody Helms, 26	17:45	5:43
170	69	3	Kip Michalak, 26	22:57	7:23
347	70	4	Ryan Shoop, 27	22:58	7:23
558	80	5	Charlie Hunsberger, 28	23:36	7:36

Men 30 - 34

189	4	1	Karl Byrne, 33	16:01	5:09
3	6	2	Shawn Williams, 33	16:54	5:26
157	9	3	Orestes Gutierrez, 33	17:32	5:39
183	19	4	John Funk, 32	18:39	6:00
293	48	5	Joshua Bookstore, 32	21:59	7:04

Men 35 - 39

168	11	1	Jason Arnold, 35	17:39	5:41
485	15	2	Andrew Marchand, 38	18:11	5:51
255	16	3	Gary Myers, 37	18:32	5:58
305	29	4	Mills Ramseur, 38	20:10	6:29
482	35	5	Eric Gregson, 37	20:35	6:37

Men 40 - 44

4	14	1	John Wisker, 43	17:51	5:44
422	18	2	David Bonnette, 43	18:37	5:59
279	20	3	Keith Buczkowski, 44	18:58	6:06
407	22	4	Jose Rivera, 43	19:16	6:12
604	27	5	Albert Nesi, 42	19:55	6:24

Men 45 - 49

176	17	1	Len Ferman, 46	18:34	5:58
404	34	2	Raymond Ramos Jr, 47	20:33	6:37
633	37	3	George Thompson, 49	20:48	6:42
575	38	4	Gerald Murphy, 45	20:55	6:44
443	45	5	Daniel Teahan, 46	21:36	6:57

Men 50 - 54

233	30	1	Steve Johnson, 52	20:23	6:33
18	32	2	Stephen Beard, 54	20:30	6:36
160	33	3	Scott Hershey, 51	20:32	6:36
205	44	4	Donald Wucker, 50	21:36	6:57
626	46	5	Mike Stukel, 51	21:40	6:58



For more full color race pictures
and complete race results, go to
www.FloridaStriders.com!



Men 55 - 59

202	42	1	Scott Seibler, 5	21:35	6:57
242	57	2	Lewis Buzzell, 58	22:22	7:12
109	68	3	James Berry, 55	22:56	7:23
502	95	4	John Hirsch Jr, 58	24:04	7:45
670	99	5	Quincy Master, 59	24:23	7:51

Men 60 - 64

327	39	1	Bernie Candy, 61	20:56	6:44
416	47	2	George White, 63	21:43	6:59
300	49	3	Patrick Gaughan, 60	22:00	7:05
141	85	4	Paul Hibbel, 63	23:48	7:39
63	100	5	David Townley, 60	24:26	7:52

Men 65 - 69

15	58	1	Frank Frazier, 67	22:26	7:13
140	74	2	Paul Smith, 68	23:17	7:29
421	97	3	George Hoskins, 65	24:13	7:48
234	105	4	Wesley Royal, 65	24:35	7:55
53	133	5	Otto Monroe, 68	25:50	8:19

Men 70 - 74

12	223	1	Charles Goodyear, 70	31:01	9:59
549	233	2	Harold Jackson, 70	31:28	10:07
560	242	3	Richard Vance	32:26	10:26
507	252	4	Charles Wagner, 72	33:47	10:52
10	256	5	Gordon Slater, 70	34:18	11:02

Men 75 - 79

468	204	1	Bob Meister, 77	30:04	9:41
27	219	2	Al Saffer, 75	30:51	9:56
57	220	3	Elmer Schroer, 77	30:57	9:58
266	247	4	Pat Gallagher, 79	32:56	10:36
309	262	5	John Aimone, 79	34:59	11:16

CLASS	PLACE	PLACE	FINISHER	TIME	PACE
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Women 3 - 10

303	21	1	Kayley Delay, 10	22:37	7:17
142	28	2	Lj Parliment, 9	23:59	7:43
494	40	3	Rosemarie Cubbedge, 10	25:29	8:12
581	146	4	Annaliese Clark, 9	33:42	10:51
666	154	5	Michael McCue, 8	34:22	11:04

Women 11 - 13

67	46	1	Jordan Boyer, 12	26:26	8:30
624	47	2	Savannah Reimer, 13	26:26	8:30
345	60	3	Emily Hill, 11	27:23	8:49

45	70	4	Emily Mickel, 11	28:08	9:03
22	79	5	Lindsey Averitt, 12	28:38	9:13

Women 14 - 19

127	7	1	Lauren Gillespy, 16	20:13	6:30
307	12	2	Nancy Harms, 15	21:24	6:53
510	39	3	Anastasia Belock, 16	25:23	8:10
634	50	4	Mallory Bane, 14	26:47	8:37
115	51	5	Caroline Hunt, 17	26:54	8:39

Women 20 - 24

111	4	1	Elizabeth Berry, 23	19:15	6:12
552	29	2	Caitlin Cater, 23	24:09	7:46
348	69	3	Kimber Rudzis, 24	27:56	8:59
120	72	4	Amanda Slikker, 22	28:10	9:04
154	77	5	Abbyrae Stringfellow, 23,	28:34	9:11

Women 25 - 29

210	10	1	Sarah Williams, 26	20:41	6:39
179	19	2	Jane Conner, 26	22:23	7:12
339	23	3	Catherine Tomczyk, 26	23:05	7:25
469	41	4	Lindsey Keester, 26	25:39	8:15
523	49	5	Jennifer Shepard, 29	26:42	8:35

Women 30 - 34

256	5	1	Jo Shott, 30	19:26	6:15
325	11	2	Joy Murphy, 34	21:12	6:49
124	14	3	Monica Brown, 32	21:39	6:58
291	34	4	Daphne Coats, 33	24:25	7:52
299	44	5	Angelica Brotherton, 30	26:06	8:24

Women 35 - 39

108	13	1	Barbara Carrico, 35	21:33	6:56
561	25	2	Nicky Boeneman, 36	23:28	7:33
527	30	3	Leslie Kindling, 36	24:10	7:46
603	35	4	Jodi Nesi, 35	24:41	7:57
671	37	5	Heather Monroe-Ossi, 37	24:46	7:58

Women 40 - 44

49	17	1	Cynthia Lyons, 43	21:58	7:04
204	36	2	Kellie Howard, 42	24:43	7:57
344	42	3	Wendy Hood, 42	25:51	8:19
409	43	4	Heidi Carr, 41	25:51	8:19
425	45	5	Jeanie Wilson, 44	26:23	8:29

Women 45 - 49

548	8	1	Sue O'Malley, 49	20:21	6:33
9	9	2	Regina Taylor, 45	20:25	6:34

162	15	3	Sharon Lay, 48	21:46	7:00	415	103	4	Claire Gilbert, 57	30:34	9:50
317	18	4	Alison Ronzon, 45	22:00	7:05	322	111	5	Lorie Covert, 56	31:02	9:59
153	24	5	Vivian Johnson-Jones	23:09	7:27						

Women 50 - 54

31	20	1	Ann Krause, 52	22:32	7:15
663	27	2	Gail Pylipon, 53	23:53	
320	31	3	Terri Rose, 52	24:14	7:48
578	32	4	Kim Crist, 52	24:19	7:49
308	33	5	Susan Harms, 50	24:19	7:50

Women 55 - 59

100	63	1	Deanne Clark, 56	27:38	8:53
573	94	2	Claire McCool, 55	30:04	9:40
566	101	3	Sharon Medders, 57	30:32	9:49

Women 60 - 64

74	91	1	Kathleen Clouse, 61	29:36	9:32
200	133	2	Kathy Williams, 60	32:14	10:22
557	239	3	Tracey Armon, 62	45:28	4:38

Women 65 - 69

7	22	1	Elfrieda Wyner, 67	23:02	7:25
301	108	2	Susan Wallace, 68	30:52	9:56

Women 80 & Up

310	223	1	Diane Aimone, 80	41:04	13:13 =
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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
Sunday	630 AM	Varied	Various Mandarin locations	Stephanie Griffin (904) 268-1503 or cell (904) 233-6964
Monday	5:00 PM	6 Miles Downtown Bridges	Jacksonville River City Brewing Com- pany 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

Florida Striders Track Club

2009 Budget to Actual and 2010 Approved Budget

	2009 Budget	2009 Actual	Variance Favorable (Unfavorable)	2010 Budget
Income				
Run to Sun 8k	\$ 4,000.00	\$ 1,226.58	\$ (2,773.42)	\$ 5,500.00
Memorial Day 5k	4,000.00	8,227.76	4,227.76	6,000.00
Resolution 5k	5,450.00	5,033.62	(416.38)	6,000.00
Hog Jog 5k	1,200.00	2,223.00	1,023.00	2,500.00
Total Race Proceeds	\$ 14,650.00	\$ 16,710.96	\$ 2,060.96	\$ 20,000.00
Dividends & Interest	\$ 1,400.00	\$ 1,377.70	\$ (22.30)	\$ 600.00
Membership	8,500.00	9,150.10	650.10	8,500.00
Merchandise Sales	1,500.00	1,785.00	285.00	1,500.00
Adult/Beginning Running Programs	1,500.00	2,405.00	905.00	(1)
Triathlon Class	1,500.00	881.00	(619.00)	(1)
100 x 10K World Record Attempt	2,500.00	5,320.00	2,820.00	(1)
Advertising	-	200.00	200.00	-
Children's Pass Through Sponsorships	1,800.00	1,888.00	88.00	1,888.00
Children's Running - Hershey Concession	-	222.07	222.07	225.00
Total Other Income	\$ 18,700.00	\$ 23,228.87	\$ 4,528.87	\$ 12,713.00
Total Income	\$ 33,350.00	\$ 39,939.83	\$ 6,589.83	\$ 32,713.00
Expense				
Administrative				
General/Membership Office, Postage, Etc.	\$ 750.00	\$ 817.55	\$ (67.55)	\$ 900.00
Newsletter Printing, Mailing, and Layout	9,000.00	8,468.32	531.68	8,400.00
Affiliation Costs and Insurance	2,650.00	5,704.40	(3,054.40)	3,300.00
New Equipment/Maintenance/Insurance	500.00	368.50	131.50	2,500.00
Storage Rental Fees	1,050.00	1,182.35	(132.35)	1,300.00
Website Fees	220.00	269.80	(49.80)	300.00
Volunteer/Member Awards & Miscellaneous	300.00	117.70	182.30	300.00
Nike Reuse-a-shoe shipping	100.00	-	100.00	-
Merchandise Cost Expense	1,500.00	333.50	1,166.50	1,500.00
Total Administrative Expense	\$ 16,070.00	\$ 17,262.12	\$ (1,192.12)	\$ 18,500.00
Club Activity				
River Run Tent	\$ 930.00	\$ 902.75	\$ 27.25	\$ 1,050.00
Monthly Socials	800.00	463.20	336.80	875.00
RRCA Convention	1,200.00	1,200.00	-	-
Banners & Signs	400.00	151.24	248.76	400.00
Total Club Activity Expense	\$ 3,330.00	\$ 2,717.19	\$ 612.81	\$ 2,325.00
Community Activity				
Donations	\$ -	\$ 600.00	\$ (600.00)	\$ -
Adult Running Programs	1,100.00	2,691.83	(1,591.83)	500.00
Children's Running Programs	6,500.00	8,107.23	(1,607.23)	9,000.00
Triathlon Class	1,500.00	810.52	689.48	(1)
100 x 10K World Record Attempt	2,500.00	212.28	2,287.72	(1)
Children's Pass Through Sponsorships	1,800.00	1,888.00	(88.00)	1,888.00
Donna Foundation Pass Through	-	2,315.00	(2,315.00)	(1)
Scholarships	3,000.00	2,000.00	1,000.00	3,000.00
Total Community Activity Expense	\$ 16,400.00	\$ 18,624.86	\$ (2,224.86)	\$ 14,388.00
Total Expense	\$ 35,800.00	\$ 38,604.17	\$ (2,804.17)	\$ 35,213.00
Net Income (Expense)	\$ (2,450.00)	\$ 1,335.66	\$ 3,785.66	\$ (2,500.00)

Note (1): Class/Grant budgets are added when income is determined. Expenses are budgeted equal to income.



Step Up! 5K & 1-Mile Fun Run/Walk Health Festival in the Park Saturday, February 13, 2010

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
JacksonvilleRunningCompany.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. 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.

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.

A Special Thank You! Step Up committee would like to recognize our area running clubs for working together promoting community efforts encouraging families to become Healthy Floridians!

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: Great raffle prizes including a 6-month Family Membership to the Clay County YMCA locations!

Youth Activity Area: Kids of all ages can enjoy our youth tobacco-free fun zone! Join Clay County SWAT youth advocates to support local efforts to protect Clay County youth from the dangers of Big Tobacco. FREE ADMISSION!



February 2010 Race Calendar

Published as a service. Accuracy is not guaranteed. For an expanded list of races in the North Florida area visit Ken Bendy's North Florida & Selected Areas Race Calendar <http://www.ameliaislandrunners.com/kbendy/rrcocal.htm>. If you would like your race listed please email kbendy@aol.com

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

DATE	EVENT	TIME	LOCATION	CONTACT
February 6	Pirates on the Run 5 & 10K	8:30 a.m.	St. Peter's Church Atlantic Ave. at 9th St. Fernandina Beach	(904) 277-8365 Amelia Island Runners
February 7	Inaugural GTM Trail Run 10 & 5 km	2:00 p.m.	505 Guana River Rd. Guana River Preserve South Ponte Vedra Beach	(904) 269-3820 Friends of the GTM Reserve Sports
February 13	Step Up Florida Health Festival 5K (free) 1 Mile (free)	10:00 a.m. 11:00 a.m.	Spring Park Green Cove Springs	(904) 529-2810 Mary_Steinberg@doh.state.fl.us Clay County Health Dept.
February 13	Swoop the Loop 5K	9:00 a.m.	UNF Arena 4567 St. Johns Bluff Rd. S. Jax	(904) 731-1900 1st Place Sports
February 13	Be My Valentine 5K	9:00 a.m.	Anastasia State Park 1340A A1A South St. Augustine	(321) 947-1778 Flagler College SIFE
February 13	2nd Annual I love the Beach 5K	2:00 p.m.	Old CG Station East Beach First St. St. Simons Island, GA	(912) 638-2396 Golden Isles TC
February 14	John TenBroeck Memorial Winter Beach Run 10 & 5 Mile	3:00 p.m.	SeaWalk Jacksonville Beach	(904) 731-1900 JTC Running
February 21	26.2 With Donna National Marathon Half Marathon to Fight Breast Cancer	7:30 a.m. 8:00 a.m.	Jax Beach	(904) 355-PINK (7465) The Donna Foundation
February 27	Dailey's Ortega River Run 5 Mile	8:30 a.m.	St. Marks Episcopal School 4114 Oxford Ave Jax	(904) 731-1900 1st Place Sports
February 27	Osceola Elementary's Inaugural Turtle Trot 5K & Fun Run	11:00 a.m.	St. Augustine Beach	http://www.turtletrot.com (904) 547-3780

The Back Page



BY MIKE MARINO

Brrrrrrr. How many consecutive days of freezing temperatures did we have? However many days it was, I understand it was a new record, which seems to be a common theme for us lately. Seems most of us enjoyed the cold though, as the results show a lot of folks did really well at the races.

We go way back to 2009 for our first of the local results, and we go to one of my favorite races, **The Last Gasp**, which was held on December 27th at Jacksonville University. It's a fun cross country course, an even more fun post race party, socks go to the winners, and there is the all important team competition. There was a new twist to the course this year, as it gave a choice to go left and jump over water or go right and run through mud, and then the reverse on the loop back (I chose the mud). Also, the course was short; in the past it has always been long. Times were low, and leading all Striders were **Benjamin Ledbetter** (he's not on the roster, but was wearing a Strider shirt) and **Bill Dunn**, who both had times in the low 17s and finished in the top 10. **Ann Krause** was our fastest female Strider, posting a short course time of 20:28 and winning the female Master's Division. We had nine Striders trounce through the mud and around roots to age group championships (and new socks), which included **Randy Arend, Frank Frazier, Al Saffer, Joe Connolly, Charles Goodyear, Isabel Torres-Padin, Patrick Gaughan, Claudia French** and **Bonita Golden**. Getting 2nd place age group awards after having to wash the mud off their shoes and legs were **Bryan Rohlin, Nancy Pullo, Gayla Poythress, Doug Barrows, Annalee McPhilomy** and **Paul Geiger**. And taking 3rd in their age groups were **Keith Poythress, Randy Pullo, Jay Birmingham, Margaret Tyburski, Patrick Rohlin** (age 11) and **me**. In the team completion, it was again that running

juggernaut, the now three-time defending team champions, **THE STRIDER TRAIL BUFFS!!** We left nothing to doubt here, recruiting a couple of guests (okay, ringers) for the squad, **Alfonso Solano and Greg Cauller**, who ended up placing 1st and 2nd overall in the race. The remainder of the team was made up of Buffs founder **Bill Dunn, Randy Arend and Keith Poythress**. And given the popularity of the Buffs, we even put together a junior varsity squad (**Benjamin Ledbetter, Frank Frazier, Jack Sykes and me**), and we ended up taking 3rd among the five teams in the competition. And know this, we could have put any two of the JV runners in the place of the two recruited guests (okay, ringers) and still won the team competition – yeah, we're that good.

The very last race of 2009 was the **Gator Bowl 5K** on December 31st. Several Striders ran excellent times, taking advantage of the cooler weather. Our fastest Strider was **Owen Shott**, who took 2nd overall in a time of 15:04. **Lorna Bradford** (18:27) was the fastest among our Strider women and she led a Strider age group sweep (as well as an impressive family effort), as she, **Julie Breuer** (2nd) and **Lisa Adams** (3rd) took home all prizes in the women's 35-39 age group. Also running to age group wins were 10-year-old **Carter Bradford** (with an impressive 18:33, and just six seconds behind his mom), 13-year-old **Josh Costa** (also an impressive time – 17:08), **Justin Jacobs, John Wisker, George White, Frank Frazier, Paul Smith, Regina Taylor** and 80-year old **Diane Aimone**. Covering the downtown course well enough to earn 2nd place age group prizes were **Mark Grubb, Bob Meister, Alison Ronzon, Ann Krause and Claire Gilbert**. Rounding out the Striders winning ways with 3rd place age group fin-

ishes were **Steven Barlow, Andrew Marchand, David Bonnette, John Hirsch, Danny Weaver, Charles Goodyear, Al Saffer, Cynthia Lyons** and 12-year-old **Paige Bradford**. Other Strider tots making to the finish line were **Brett Bradford** (age 10) and **Jacob and Cary Wyche** (age 8).

Rounding out the local stuff was our very own race, the **River Road Resolution 5K**. It was a little cool, a little wet, and a lot of fun for those who made it out. **Owen Shott** (15:39) was again our fastest Strider, and again took 2nd place overall, this time just one second behind the winner in what was an exciting race. Also claiming an overall prize was **Bill Dunn**, who won the Grand Masters Division. We have two Strider age group sweeps to report, brought to you by our 60+ year old Strider men. In the 60-64 year old age group, it was **Bernie Candy** (1st), **George White** (2nd) and **Patrick Gaughan** (3rd) claiming ownership of division. For the 65-69 year old age group, **Frank Frazier** (1st), **Paul Smith** (2nd) and **George Hoskins** (3rd) combined to say "you'll get nothing and like it" to all others in their age group. Also winning their age groups were **Justin Jacobs, Steve Barlow, Matthew Walker, Ann Krause, Elfrieda Wyner, Barbara Carrico, Cynthia Lyons, Bob Meister, Charles Goodyear, Diane Aimone** and our fastest female Strider, **Jo Shott** (19:26). Getting through the drizzling rain and wind to claim 2nd place age group awards were **David Bonnette, Raymond Ramos, Nancy Harms, Stephen Beard, Andrew Marchand, Regina Taylor, Lewis Buzzell, Al Saffer** and our club president, **Kellie Howard**. Also getting awards in their first race of the year with 3rd place age group finished were

Continued on next page

RUNNER'S QUIZ

Continued from page 5

Answers: 1. Adi Dassler was the founder of adidas. 2. Tigers were first imported from Japan and then morphed into ASICS. 3. Reebok. 4. Saucony 5. New Balance 6. Nike

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Gary Myers, Scott Hersey, Gail Phlipow, Leslie Kindling, Cameron May and Richard Vance. Also of note were **Christopher Leach** recoding a PR and the **Jakob and Cary Wyche** (still 8 years old) made it to the finish.

Striders – They're Everywhere!

Only one report received for an out of town race, though it was a magical one. We had five Striders go to Disney World to run in either the **Disney Marathon or Half-Marathon**. And one of our new Striders, **Joey Marra** ran both the half-marathon and the full marathon. This was called the **Goofy** challenge, and the participants got a third medal, for running the 39.3 miles! Congrats to Joey! The conditions were a frigid 29 degrees at the start of the marathon and there was even sleet during the half-marathon. There was ice on the ground at water stops and some of the water froze in the cups as well. Braving these conditions for the half-marathon were **Bonita Golden and Ann and Bill Krause** – Ann led this effort with a 1:50:25. For the marathon, **Regina Sooley and Darin Bickle** made the trip, and Regina was on fire despite the cold, running a six minute PR with a 3:24:11. Way to go folks.

Tidbits and Stuff I missed

I imagine there are misses in the above (wow did Ken Bendy do a good job with the results). If there are, just let me know and we will make sure you are recognized for your racing efforts. We're currently looking for someone or even some

people to fully take on the role of researching all the results, so please be patient with us.

The 100 x 10K relay world record has been officially recognized by Record Holders Republic™. Their site (<http://www.recordholdersrepublic.co.uk/>) has all 100 runners listed as record holders. To see the record and everybody's names, enter "10K relay" in the search box. Further, the very first Record Holders Republic book will be coming out shortly, which will include the record with all the runners' names. It may still be a while before we hear from Guinness™, as they were on "holiday" for three weeks around Christmas and New Years.

Award

Three times the champs, three times the award winner – **The STRIDER TRAIL BUFFS!!!** Yes, for the third consecutive year, the Buffs have won the team completion at the Last Gasp, and did so in dominating fashion. The team of **Bill Dunn, Alfonso Solano, Greg Cauller, Randy Arend and Keith Poythress** pulled off the three-peat. Just think, we're halfway to matching our six years of second place finishes. We'll look to put together a championship squad again next year, but for now, we recognize the 2009 version of the Buffs, and for their effort (in addition to the socks), they are now entitled to....a nice smug feeling.

That's all for this month folks. Remember to record your times on the Strider Man and send me e-mails with those out of town races. 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:
kellski@comcast.net

You can get entry forms & results for all 1st Place Sports events on the Internet at 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 www.rrca.org



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