

Joe Connolly runs his 1000th race

Photos by 1st Place Sports

Not many people get to experience the thrill of finishing 1000 races in a lifetime. Longtime Strider, Joe Connolly, was able to achieve his goal on November 20th at the McKenzie's Run 5K. He finished this race at the Everbank stadium, in the time of 44:24, as his faithful fans cheered him on.

Joe, 86, a retired railroad employee, later celebrated this major achievement with a large group of fellow runners at 1st Place Sports in San Marco. Joe, an avid piano player, brought his electric piano and entertained everyone.

Not to fear, Joe will continue to run after achieving this huge milestone. He says he may slow down a bit. But he was seen on Thanksgiving at the 6K! Congratulations Joe! 🍷



Fellow runner and friend, Al Saffer (right) crosses the finish line with Joe at his 1000th race.



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December & January Strider Happenings

Don't miss this annual tradition! The Irvin's CHAMPAGNE OPEN HOUSE at the Luminaries of Avondale. Come and enjoy champagne punch & Robert's famous gumbo! Beer & champagne punch will be provided. Please bring your favorite hors d'oeuvre to share

Sunday, December 19th • 6:00 PM

Robert & Janet Irvin

3811 Boone Park Avenue, Jax 32205

Phone: 388-5664 or 343-3106

Directions: Traveling north on 95 - go over the Fuller Warren Bridge - follow I-10 & 17 (Roosevelt) to Park Street (Near Kent Campus) Turn left onto Park Street. Go straight on Park, through two traffic lights to Pinegrove - Turn

Right onto Pine Grove (just past Pinegrove light) (If you pass the children's playground & tennis courts, you've gone too far.) Pinegrove will intersect with Boone Park Avenue - approximately 3-4 blocks. Turn left onto Boone Park Avenue. Their house is the middle house on the left. Will be well lighted!! From Orange Park: Come South on Highway 17 to Park Street - turn right on Park St. (Sign will say FSCJ Campus) Stay in right hand lane after you turn onto Park and follow the above directions. NOTE: You may have to park on the street and walk to the party, as parking will be limited.

There will be a mini-social on **Saturday December 11** at the end of the World

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Prez Sez

By Kellie Howard



I'm certainly thankful for my family, health and friends, but with this being the Thanksgiving season, and I'm writing an article for a running club newsletter, I thought that I would list things that I'm thankful for related to running.

1) Being able to run on the St. Johns River Boardwalks and every once in awhile seeing a dolphin in the river.

2) My "Seat Shield". The waterproof seat cover that is odor proof that I use in my car after my summertime runs. They can be found at seatshield.com.

3) Our new Memorial Day run this year that will have a post race party with pancakes. I plan on going blueberry hunting so some lucky people will be getting blueberry pancakes. Some people go blueberry picking, but every year I hunt them down. It makes it a much more challenging adventure. These special blueberries will be at the Memorial Day run.

4) For all our sponsors, but especially our four biggest sponsors this year– Blue Cross and Blue Shield, Kohl's, Publix and Sun Tire.

5) James Vavrina and Mike Mayse who are at all of our events with our equipment.

6) For our club Treasurer, Randy Arend, who does a great job with presenting a well organized treasurer report even though the club has many buckets of restricted monies.

7) The trail in North Carolina that was built with tobacco settlement money, and the guy who looks like Forrest Gump who put cold water on the trail for me and my sister-in-law.

8) Long runs that can include simulated hills by running a scenic tour of Jacksonville that includes San Marco, Downtown, Stadium, Avondale and the bridges.

9) Water stops. And knowing that on Fridays, Danny Weaver will be putting water under "Danny" overpass, Bob Gerzel will be putting it out at the park, and Stephanie Griffin has organized the water stops for every Sunday run.

10) The person in my life that showed me that running was fun and better to do in group. My Dad. =

Board of Directors' Summary of Action Nov. 9, 2010

7:00 PM • Orange Park Library

I. Call to Order: Kellie Howard called the meeting to order at 7:12 p.m.

Board members present: Ann Krause, Bill Krause, Lisa Adams, Scott Hershey, Melissa Saunders, Frank Frazier, Glenn Hanna, Mike Mayse, Vicky Connell, Kristie Matherne, Kellie Howard, Randy Arend, Regina Soeey, Mike Marino, and Kim Lundy.

Also present: Stan Scarlett

Quorum: Yes

II. Review of Minutes: Motion made, seconded and passed to approve the October minutes.

III. Officer Reports

a. President Report – Kellie Howard

1. Strider History on Web Page: Kellie passed out a history of our club and asked for help updating it on our website. Frank agreed to help.

2. **Corporate Solicitation:** Companies ask us to do events at their place of business, but we usually limit that to organizations that give us money. EG Mellow Mushroom. Please forward these requests to the officers.

3. **2011 Events to Support:** What events will we support every year?

Water Stop-Jax Bank Marathon and 26.2 With Donna

Spartan 5K

Continued on page 11

2010-2011 Board of Directors & Key Members

(Board Members marked with an *)

President:

*Kellie Howard (H) 732-7377
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Run to the Sun Race Director:

Karen McCormick (H) 215-7053
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For A Perfect Pool**

Mike Shad Nissan
269-9400



The Florida Striders Track Club is incorporated as a non-profit organization under the laws of Florida and is granted federal tax exempt 501(c)3 status under the blanket exemption of the RRCA ID#74-2194707. StrideRight is published monthly at P.O. Box 413, Orange Park, FL. Non-profit Organization Bulk Rate postage is paid at Orange Park, FL.

**Please sign the
Strider person or fill out the race
result form at
floridastriders.com**

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The Transcontinental Run - Part Three

“I just want to go the distance”

For the nineteenth afternoon in a row, the temperature had risen above 100 degrees. I ran the sidewalks and shoulders east across Indianapolis and ducked into a McDonald's, more for the AC than refreshment. An hour away from the heat was not enough; within minutes of re-taking the road, I vomited a large orange drink.

I shuffled the final 14 miles to Greenfield, and then lay on the motel bed for an hour, too tired to eat. Finally, I rose to make my nightly phone calls.

“Matt Cooney here.” It was the familiar voice of Channel 12's sportscaster, the one who had driven 20 hours from Jacksonville to visit me three weeks earlier in Tulsa, Oklahoma.

“Paul Cameron of Channel 7 announced last night that you're not going for the record.”

I stammered my reply, “Well, I haven't really given up, not entirely.”

The previous night's conversation was replayed in my mind. I had told Cameron that I was two days behind the pace required to better the 1964 transcontinental running time of South African Don Shepherd, 73 days, 8 hours, 20 minutes. How many times had I told reporters and host families the story?

I had recalled the pre-fight scene in Rocky, the 1976 hit movie. The boxer is unable to sleep, knowing he is going to take a beating. “No one has ever gone the distance with Creed (the champion). I just want to go the distance,” he tells his girlfriend, Adrian.

Having Cooney repeat my words was a jolt. “I still think it's possible,” I told the reporter. “I haven't given up.”

I would run 50 miles that day, to Richmond, or bust.

I didn't sleep much that night, July 16, 1980. As I stared at the ceiling, I knew that I was very fit. My injured shin had healed. After 59 days on the road, the habit was well-established: I would rise at dawn and get in ten to 20 miles before eating a major

meal. Then I would push on in short stages until I reached 40 miles. I took long breaks when necessary, treated my blisters, slathered Shoe-Goo on my soles, and bought new socks. All I needed to do now was run an additional ten miles a day.

I left the Greenfield Motel in early morning darkness on July 17th. I would run 50 miles that day, to Richmond, or bust.

For the first time in three weeks, clouds formed and the temperature rose to only 85 degrees, a veritable cold front. I got to a cheap motel east of Richmond, Indiana, at 6 P.M. I wrote 50 in my journal, and got on the phone to home. “I ran well today. I hit fifty miles.”

Excitement and optimism re-emerged, feelings that I hadn't experienced since New Mexico. I'd be crossing my home state of Ohio and every town and landscape along US 40 was familiar.

The next ten days were the most productive of the journey despite the increasingly challenging terrain. I covered Ohio in four days, West Virginia in one, and Pennsylvania in five. My running totals were 54, 56, 56, 55, 59, 58, 58, 57, 57, and 56 miles.

Highlights? There were many each day. These come easily to mind.

- Ate a dinner of peanut butter crackers and Pepsi-Colas from vending machines at a rural motel in Illinois.

- Found a 50-cent piece on the threshold of my motel in Richmond, the day of my first fifty mile day.

- Crossed the Y-bridge in Zanesville, Ohio on my 59-mile day, the longest of the journey.

- Slept on the lawn of a Holiday Inn, packed with country music festival fans in Youngstown, Ohio. A Mylar blanket from the NYC Marathon kept me warm and dry.

- Cried at Gettysburg National Cemetery in Pennsylvania where thousands of Union and Confederate soldiers had killed each other.

- Enjoyed a surprise birthday party in my honor in King of Prussia, PA.

- Treated to a movie (Caddy Shack)

Wide World of Running **By Jay Birmingham**

and a nice hotel room by Florida Times-Union reporter Greg Larson near Philadelphia.

- Accompanied all day by Dan Brannen as we ran 45 miles across New Jersey in the rain.

July 29th was my last full day on the road. I spent the night in a shabby motel outside Newark, concerned about the final 31 miles to City Hall in New York City. Three major bridges were on my route, two with “no pedestrians” reputations.

I hit the road for Perth Amboy, the southernmost gateway to Gotham. As Bruce Tulloh had done in 1968, I took my chances with traffic, under the cover of darkness, before 5:00 a.m. I slipped past the toll-booth attendants and in minutes, I was on Staten Island.

I had considered taking the Staten Island Ferry to Manhattan, but my advisor and encourager, Ted Corbitt, had worked a minor miracle: If I arrived at the base of the Verrazano-Narrows Bridge at 9:00 a.m., I'd be allowed to run in a closed lane on the lower level.

Not only did they let me cross the two-mile suspension bridge, I was given a police escort to Brooklyn. An hour later, I found the pedestrian access to the Brooklyn Bridge. In minutes, I would complete my run.

I strode across the classic span, paused briefly for a Jacksonville photographer, then punched the final half mile to Manhattan. I came off the ramp, jogged up the steps of City Hall and into a crowd of reporters, cameramen, friends, and my family. Wife Anita and children Bob, Scott, and Tammy had been flown to New York City.

Ted Corbitt signed my final witness card and penned the official time: 10:59 a.m., July 30, 1980. The elapsed time since my departure from Los Angeles on May 19th: 71 days, 22 hours, 59 minutes.

Continued on following page

Florida Striders Track Club 2011 River Run Tent and Expo Booth

In the May issue of the StrideRight, 2010, in my "wrap up" article for the Expo presence and the large Tent, I mentioned several items that I have since worked on and have determined the following:

- We will have a total of 8 portalets next year (an increase of 2), 6 from the Striders and 2 from the Amelia Island Runners.
- We will have overhead wiring instead of on-ground wiring (Matt Ross's idea)
- I am bringing 50 small American Flags for the kids. They seemed to really like the ones I brought this last RR.
- In the food area, Marge will "hold back" food for the more "deliberate" finishers to make sure they can have plenty to eat.
- The portalets will be reserved for only runners/walkers in the 5K and 15K, from 7:15 am-8:15 am. We will make announcements all race morning to this effect, and will have signs at the Tent entry and beginning of the portalet lines. We may check for wrist bands in the lines, especially, at the beginning of the lines
- The maximum number of wrist bands to be given to members will be 6, whether the member is a single or family membership. Exceptions will be made on approval, by Frank Frazier or myself. Mike Mayse will not do any mail outs this year. Members wanting more than 6 bands should call/email me or Frank
- We encourage members to visit our booth in the Expo and pick up their bands there. Our booth is next to the Publix booth.
- If a member comes to the Tent Entry race morning without wrist bands, once we check our rosters, we will give out the bands, at tables at the Tent Entry. If family members or guests come to the Tent Entry without bands, we will check the rosters to verify the family/guest Members' membership status. It may happen that a member cannot deliver bands to members' family/guests prior to race morning, ex., out of town people. We will only have a limited number of wrist bands at the Tent Entry area. Members that will have guests without Bands on Sat. am, could plan to meet them at the Tent Entry on race morning or at the Expo Booth on Thursday/Friday before Race day.

- At the Expo Booth and the Tent Entry, we will:
 - a. sell merchandise,
 - b. sign up new, renewing and expired memberships,
 - c. and distribute yellow wrist bands
 - d. Keith Poythress will use the Strider Canopy inside the Tent area with a complete display of Strider merchandise, Race morning.

• I think it is important that we are as polite and accommodating to our members and guests as possible. We must keep in mind that this event is for our members and guests. A member should give his bands to only his family and personal guests. This is not an open event

• We should also remember that we have many members that do not chose to run/walk the Races at RR, but do come to the Expo and Tent area, to enjoy themselves and have a good time. They will get bands and for their guests like everyone else.

• And, as for the last 2 years, the Amelia Island Runners will join us and provide food, portalets, and volunteers for the Booth and Tent set up/take down.

We will have a "help desk" at the Tent Entry area like last year, for any problems. I have tried to find out if there were any problems at the Tent Entry last year, but after talking to several of the volunteers there, could not determine if there were any. If anyone knows of any specific problems there, please let me know.

Next year, I will narrow and lengthen the Entry Chute, to discourage people from sneaking in. This past year, it seemed non members came in around our band checkers when their backs were turned. We will not have the "Run now, Pay later" program for 2011. We did collect about 50% of those, but it was very time consuming for Mike Mayse.

AND AS ALWAYS, BRING FOOD, BRING FOOD, BRING FOOD AND HAVE YOUR GUESTS BRING FOOD.

Very shortly, I will have an article about needing volunteers with times and places where we will need help. Thanks for all your assistance and support!

Stan Scarlett: Hospitality Tent Coordinator and Expo Booth Coordinator with Frank Frazier. 994.2687 =

WIDE WORLD OF RUNNING

Continued from previous page

After an hour of interviews, Runner Magazine hosted a reception at their offices. By four in the afternoon, we arrived by train at my sister's home in Bridgeport, CT. The run was done.

Thirty years have passed. Seven more men have run coast to coast without crews or support vehicles. Amazingly, my fastest time for an unaccompanied runner still stands. =

Volunteers Needed! We are seeking volunteers for:

100x5K Relay World Record Attempt • December 10-12, 2010
Bishop Snyder High School Track

Please contact Mike Marino at m.t.marino@clearwire.net or 477-8631

The Florida Striders water table at the
Jacksonville Bank Marathon • Sunday, December 19, 2010
Please contact JD Smith at smithj53@bellsouth.net or 264-1673

Striders at the Races

Race Results

To get your race results published, fill out the form on floridastriders.com

Chicago Marathon

Chicago, IL

October 10, 2010

Kari Damrow 4:02:36

James Vavrina 1:32:52
Nicole Andress 1:39:26
Sharon Medders 1:52:14
Elizabeth Wucker 1:59:09
Charles Goodyear 2:06:12 2nd ag

Bethany Cole 1:09:00
Freddy Fillingham 1:16:40

Evergreen Pumpkin Run 5K

October 31, 2010

Jeremy Buyok 22:06 3rd ag
Mike Marino 22:45
Ann Krause 24:34 1st ag
Nancy Harms 25:31
Craig Harms 25:32
Gayla Poythress 26:11 2nd ag
Kimberly Lundy 27:22 2nd ag
Suzanne Baker 27:58
Mercedes Smith 28:03
Doug Barrows 29:12
Earl Vinson 29:52
Jakob Wyche 30:24
Bill Krause 31:13
Leigh Gardner 32:04
Al Saffer 32:26 1st ag
Fred Haley 36:03
Michael Martinez 36:31
Holly Wyche 36:56
Cary Wyche 37:02
Kay Womack 38:18
Gordon Slater 38:20 2nd ag
Jeanette Johnson 38:54
Dee Robertson-Lee 39:24
Joe Connolly 49:19 3rd ag

Marine Corps Marathon

Washington DC

October 31, 2010

Regina Sooeey 3:34:48
Darin Bickle 3:54:43
Barbara Whitter 6:06:34
Trish Kabus 6:50:44

Patrons of the Hearts Bridges 5K

November 6, 2010

Paul Smith 23:54 1st ag
Jill Wright 33:49
Dee Robertson-Lee 40:39 3rd ag

Greater Gator Duathlon

Run 2 miles, Bike 10 miles, Run 2 miles
Gainesville, FL

November 7, 2010

Kristie Matherne 1:03:25
1st overall female
Maria Littlejohn 1:04:31 1st ag
3rd overall female

Native Sun Mandarin Run 2010 5k

November 13, 2010

Maria Littlejohn 24:28 1st ag
Vicky Connell 25:57 1st ag
David Albritton 27:27 1st ag
Monica Lucas 29:58 2nd ag
Dee Robertson-Lee 37:33 1st ag
Morgan Smith 41:35
Barbara Gilbert 42:02

Mandarin Run 2010 10k

Robert Walker 39:09 3rd ag
Kevin Fleeger 42:00 2nd ag
Randy Pullo 50:11
Sue Whitworth 52:16
Claudia French 53:02
Nancy Pullo 1:03:29 2nd ag
Robert Meister 1:05:27 2nd ag

Saturn 5k

Kennedy Space Center, FL

November 13, 2010

Charlers Wagner 33:18 1st ag

Fight for Air

November 20, 2010

Stephen Beard 20:59 1st ag
Barbara Carrico 22:20 1st ag
Randy Pullo 24:00 2nd ag
Gary Proctor 26:51
Tim Wright 28:19
Bernie Powers 29:59 3rd ag
John Gauer 31:26 2nd ag
Nancy Pullo 32:17 1st ag
Jill Wright 33:22
Gordon Slater 34:52 1st ag
Freddy Fillingham 35:18 3rd ag
Dee Robertson-Lee 38:06 1st ag
Rita Lamach 38:55
Charles Goodyear 46:45 2nd ag

McKenzie's Run 5K

November 20, 2010

George Thompson 21:58 1st ag
Jason Gross 22:22 3rd ag
Rosa Haslip 22:38
Masters Women
Cole Mandt 24:20 3rd ag PR
Tim Wright 29:31
Leigh Gardner 29:57
Jakob Wyche 30:29
Mark Wynter 31:43
Bernie Powers 32:11
Al Saffer 32:12 1st ag
Fred Haley 37:41
Dee Robertson-Lee 41:24
Barbara Gilbert 41:32
Joe Connolly 44:24 3rd ag

Cobb's Corner 5k

Ormond Beach, FL

November 20, 2010

Charlers Wagner 33:42 2nd ag

Evergreen Pumpkin Run 10K

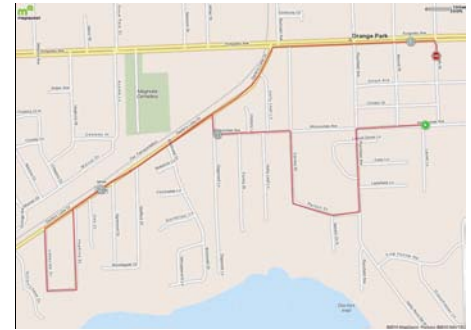
Ron Porter 1:06:54 PR
Randy Arend 1:07:28 2nd ag
Donald Wucker 1:10:33 2nd ag
Kevin Fleeger 1:11:15 4th ag
Bryan Rohlin 1:11:17
Barbara Carrico 1:14:54
Megan Kuehner 1:16:06
Kerri Cook 1:17:33
Allan Smith 1:17:35
Frank Frazier 1:19:08 1st ag
Paul Smith 1:20:35 2nd ag
Mike Singletary 1:22:04
Wesley Cole 1:25:17
Jim Cook 1:28:05

Bigger, Better, Faster, Memorial Day 5k

By Dave Bokros, Race Director

The Memorial Day 5k will be moving to a new location with a new, exciting course! The year 2011 will mark the 27th running of the Memorial Day 5k and One Mile Fun Run. The race will be held on Memorial Day, as always, Monday May 30th, 2011. The race will now start near the intersection of Milwaukee and Smith

streets in Orange Park and go west. No, as much as I love our sponsors from Jacksonville Greyhound Racing, we will not be starting and finishing at the Orange Park Kennel club. I think we can all agree that River Road is a beautiful place to run, but we don't want to run down it for a third time in one racing season. The roads on the new Memorial Day course are much smoother than the old course. Most of the



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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 dmbokros@gmail.com 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 Griffith (904) 268-1503 or cell (904) 233-6964
Monday	5:00 p.m. EST	6 Miles Downtown Bridges	Jacksonville 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 dmbokros@gmail.com or 904-545-4538
Weds.	5:30 PM	Interval Training	Jacksonville Bolles School San Jose Blvd.	Danny Weaver (904) 287-5496
Weds.	6:15 PM	6.2 Miles Easy pace	Jacksonville Boone Park Riverside	Doug Tillett (904) 728-3711 douglastillett@hotmail.com
Thursday	6:30 PM	5 Miles Varied pace	San Marco/Largo Park Corner of Naldo and Largo	Doug Tillett (904) 728-3711 douglastillett@hotmail.com
Saturday	8:30AM	7+ miles	Ponte Vedra Beach Sawgrass Village	Craig O'Neal (904) 568-4825 charityrunningcoach@yahoo.com
Saturday	7AM	2 miles combination of walkers and runners	Orange Park 797 Blanding Blvd, Journey Church	Vernon W Allen 904-699-8614 buildingahealthytemple@walkandrunjour- neygoup.com
Saturday	6:30 AM	10 to 15 Miles Moderate pace	Julington Creek Starbucks	Wendy Patterson (904) 237-4100 wenrex@comcast.net

Resolution 5K



Presented by Orange Park Medical Center and Key Buick-Hyundai

January 15, 2011

Benefiting Local Elementary School Run/Walk Clubs

Saturday, January 15, 2011

5K - 8:30AM

FUN RUN - 9:30AM

Orange Park Kennel Club



Technical Shirts for 5K Runners!!

ENTRY FEES

	<u>Striders/Military</u>	<u>Non Striders</u>
Until January 5	\$16.00	\$18.00
Jan 6 – Jan 14	\$19.00	\$21.00
Day of Race	\$25.00	\$25.00

- \$2.00 OFF if you *preregister* with your own ChampionChip
- Sorry, there are no refunds!
- **Register by Mail** Please make checks payable to "Resolution 5K" and mail with completed entry form to Resolution 5K, 3931 Baymeadows Rd, Jacksonville, FL 32217
- **Register Online** - more info at www.floridastriders.com
- Day of Race Registration starts at 7:00 AM
- **Race Director:** Dan Adams (904) 505-8849, dan.adams@floridastriders.com

AWARDS

5K AWARDS

Top 3 Males & Females, Top Masters & Grand Masters, plus Male & Female Age Group awards for the Top 3 finishers in each age groups 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 and 70-74, 75-79, 80 & over. (No multiple awards).

TIMING

The race will be timed using the ChampionChip (chip must be worn on your shoe or ankle during the race). Do not wear your personal chip if you sign up on race day.

THE COURSE

No Excuses – Just Do It! Put your New Year resolutions into action. This Jacksonville Grand Prix Race starts and finishes at the Orange Park Kennel Club. It is a USATF Certified Course (FL-02016DL) and is run along the beautiful St. Johns River on River Road. Start the New Year off Right!

FUN RUN

Starting at 9:30AM there is a FREE one mile fun run with awards for all finishers and \$1800 participation money for elementary schools!

There is no charge for the Fun Run, however please complete an entry form and bring it on Race Day. Please do not mail it in.

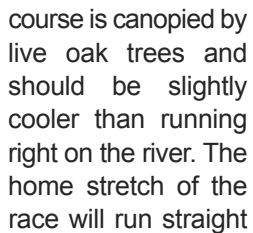
PACKET PICKUP

Be sure and check the box on the entry form where you plan to pick up your packet. Packets will be available at the following 1st Place Sports locations on Thursday, Jan 13th and Friday, Jan 14th from 10:00 AM-6:00 PM.

- 3931 Baymeadows Rd, Jacksonville, FL 32217
- 2016 San Marco Blvd, Jacksonville, FL 32207
- 424 South Third St, Jacksonville Beach, FL 32250
- 2186 Park Avenue, Orange Park, FL 32073

All packets that are not picked up at the above location will be moved to the Kennel Club for race day pick up.

Continued from page 7



after the race waiting for the awards and eating pancakes. Oh, did I forget to mention the pancake breakfast? This year we have partnered with the Sunshine Rotary Club of Orange Park to put on a special event for all veterans. There will be a post-race pancake breakfast with proceeds benefiting a veterans' organization. Which organization, we have not completely settled on, but rest assured the money will be used appropriately for the veterans of our armed services and their families.

This is going to be a big move for the Memorial Day 5k. Last year we almost set a record with nearly 900 finishers! The race maintains it's standing in the Jacksonville Grand Prix. Thanks to 1st Place Sports for all their help with course selection, certification, registration and

packet pickup in all of their stores. Let's all get together and make this next one even bigger! If you would like to volunteer for the race, please contact Dave Bokros at DMBokros@gmail.com . If you would like to help cook or set up for the pancake breakfast please contact Jim Hughes.

I really appreciate the hard work that everyone puts into the race and every event the Florida Striders host and I am really looking forward to all of the energy on race day! Come on out and run, volunteer, run and volunteer, or just come hang out and show your support for America's veterans! Thanks to the helpful folks at Orange Park Town Hall. Thanks, also to the officers of the Clay County Sheriff's Department the Orange Park Police Department for their ongoing support. =

RESOLUTION RUN 5K & FUN RUN official race form January 15, 2011																									Please indicate where you plan to pick up your race packet: Store pickup is 1/13 or 1/14										Official Use Only				
																									<input type="checkbox"/> Baymeadows <input type="checkbox"/> Jax Beach <input type="checkbox"/> Orange Park <input type="checkbox"/> San Marco <input type="checkbox"/> Day of Race														
First Name										Last Name										ChampionChip <small>(cannot be used for day of race registration)</small>																			
<input type="checkbox"/> M <input type="checkbox"/> F										<input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> X																													
Age on Race Day					Sex		T-Shirt Size			Email Address																													
Street Address															Apt. #																								
City										State					Zipcode																								
Telephone Number																																							
															Make Checks Payable to: 1st Place Sports Running Club Mail to: 3931 Baymeadows Road, Jacksonville, FL 32217										Method of Payment: <input type="checkbox"/> Cash <input type="checkbox"/> Check <input type="checkbox"/> Credit														
															\$ _____ Amount Paid with Entry Chip Owner Discount - \$2.00																								

BY MY SIGNATURE I ACKNOWLEDGE THAT: Participating in an organized running event is a potentially hazardous activity. I will not participate unless physically and medically able. I agree to abide by all decisions of race officials relative to my ability to safely complete the race course. I assume all risks associated with participating in this event including but not limited to: slip/trip/fall; contact with other participants; weather conditions; traffic and conditions of the road/course. All such risks being known and accepted. Having read this waiver and in consideration of entry into this event being accepted, I, for myself and anyone named or entitled to act on my behalf, waive and release members and volunteers of the Florida Striders Track Club (FSTC), Road Runners Club of America (RRCA), the town of Orange Park and all sponsors, their representatives and successors, from all claims and/or liabilities of any kind arising out of my participation in this event, including any liability that may arise out of negligence or carelessness by persons or organizations named in this waiver. I agree and grant permission that should circumstances arise, I defer to race officials and/or qualified persons as to my need to be examined and/or treated medically during the race. I agree that race officials and/or qualified persons have the right to disqualify and remove me from the race course should I be suffering from a life threatening condition. I further grant to Releasees the right to use any and all photographs, images, or accounts of this event in any manner that it feels appropriate. I agree to abide by all RRCA Guidelines, including but not limited to: No use of headphones or any other device that limits awareness of the participant or any type of wheeled conveyance (excluding use by handicapped or physically disabled participants). Animals are prohibited from the race course unless for the use and assistance of handicapped or physically disabled participants.

Please sign here. (Parent must sign if participant is under 18 years of age)

Date Signed

New, Renewing and Expiring Memberships

Sally-Ann Patin 11/30/11

Ben Huron	11/30/11
Robert Barnhill	11/30/12
Karen Daniels	11/30/13
Sally-Ann Patin	11/30/11
William Powers	11/30/11
Ronald Cooper	11/30/11
Dave Balz	11/30/13
David Goedtko	11/30/11

Ronald Cooper	11/30/11
David Goedtke	11/30/11
William Powers	11/30/11
Regina Taylor	10/31/11
Earl, Connie & Kayla Vinson	

EXPIRING MEMBERSHIPS

Margaret Barton	10/31/10
George Bessent	10/31/1
Wayne Bishop	10/31/10
Lawrence Leach	10/31/10

Dana, Katherine, Alexandra & Jacob Midgett	10/31/10
Kristin Smith	10/31/10
Curtis & Jennifer Stubbs	10/31/10
William Tomlinson	10/31/10
Laura Caldwell	11/30/10
Bill & Lissa Dunn	11/30/10
Ginger Frazer-French	11/30/10
Sandra Henney	11/30/10
Megan Kuehner	11/30/10
Kwan McCall	11/30/10
Jonathan Voorheis	11/30/10
Donald Wucker	11/30/10

The Back Page



BY GAIL PYLIPOW

Thanksgiving is just a day away ... food preparations have begun AND thoughts of the Outback Distance Classic Half Marathon, followed by Black Friday and tons of shopping to start the holiday season. Who better to "shop 'till you drop" than the

runners of the Florida Striders. But by the time you read this, all will be over and Christmas will be just around the corner. The Festival of Lights 5K, benefitting the Children's Miracle Network, one of the most

fun 5K's to run with your family is December 11th at 6:00 PM, so please sign everyone up! The course is lined with luminaries, the residents of San Marco stand

Continued on next page

December 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
Dec. 4	Reindeer Run 5/10K	8:30 a.m.	Atlantic Rec. Ctr. 2500 Atlantic Ave. Fernandina Beach	(904) 277-8365 Amelia Island Runners
Dec. 11	Jingle Bell Run for Casa Kids 5K	8:00 a.m.	Historic District Jekyll Island, GA	(904) 731-1900 1st Place Sports
Dec. 11	Festival of Lights 5K	6:00 p.m.	Baptist Eye Institute 1235 San Marco Blvd., Jax	(904) 731-1900 1st Place Sports
Dec. 18	Jingle Bell Run for Arthritis 5K	6:00 p.m.	River Walk Jax	(904) 731-1900 1st Place Sports
Dec. 19	Jacksonville Marathon/Half Marathon	7:00 a.m..	Bolles School 7400 San Jose Blvd, Jax	(904) 731-1900 1st Place Sports
Dec. 31	Vystar Gator Bowl 5K	10:00 a.m.	Jacksonville Landing Jax	(904) 731-1900 1st Place Sports
Jan. 2	2011 DeLeon Springs Half Marathon & 5K	7:30 a.m.	Chuck Lennon Park DeLeon Springs	(386) 736-0002 AltaVista Sports
Jan 15, 2011	River Road Resolution 5k	8:30 a.m.	Orange Park Kennel Club	Florida Striders Track Club
Feb 13, 2011	River Road Resolution 5k	8:30 a.m.	Orange Park Kennel Club	Florida Striders Track Club
April 16, 2011	Run to The Sun 8k	8:00 a.m.	Orange Park Kennel Club	Florida Striders Track Club

For a complete list of North Florida races, go to <http://www.ameliaislandrunners.com/kbendy/rrcocal.htm>

along the side of the road cheering and you get to run with jungle bells on your shoes!!!

Please remember to use the online reporting system at www.floridastriders.com to report your race times and to ensure you are named in our newsletter.

There are not too many races to report on this month. We are getting into the longer runs now and with the cooler weather it is perfect and oh so much more enjoyable than the 90 degree heat and humidity. Don't forget you still have to stay hydrated in cooler weather too.

The first race was the **THE PUMPKIN 10K AND 5K** which was held on Sunday, October 31st. It was an absolutely gorgeous day for a run, couldn't have been better. How wonderful it was to see so many people running! In the 5K the 1st place winners were **Al Saffer** and **Ann Krause**, in 2nd place were **Gayla Poythress, Gordon**

Slater and **Kimberly Lundy**, and bringing in 3rd place were **Jeremy Buyok** and **Joe Connolly**. In the 10K, John Metzgar was the Masters Men winner. The 1st place winners were **Regina Taylor, Frank Frazier** and **Nancy Pullo**. Those Striders placing 2nd were **Donald Wucker, Paul Smith, Randy Arend, Charles Goodyear, George White, Patrick Gallagher, Sue Whitworth** and **Pheona Kaiser**. The 3rd place finishers were **Giselle Carson** and **Annie White-Butler**.

The second race was **PATRONS OF THE HEARTS BRIDGES 5K RUN/WALK** held on November 6th. This race benefits a non-profit organization that provides care for children from underdeveloped countries with congenital heart disease at Wolfson Children's Hospital. The two Striders who ran the 5K were **Paul Smith** who placed 1st and **Dee Robertson-Lee** who placed 3rd. Congrats to you!.

The third race to report on was the **NATIVE SUN 31ST ANNUAL MANDARIN RUN 5K AND 10K** held on, November 13th in beautiful Mandarin. Those placing 1st in the 5K were **Maria Littlejohn, Vicky Connell, David Albritton** and **Dee Robertson-Lee**. For the 10K, 1st place winners were **John Metzgar** and **Nancy Harms**, our 2nd place winners were **Kevin Fleeger, Robert Meister, John Wisker, Mark Grubb, Stephen Beard, Regina Taylor** and **Nancy Pullo**. **Robert Walker, David Bonnett, Paul Smith, George White, Charles Goodyear, Denise Metzgar, Al Saffer** and **Rosa Haslip** all came in 3rd place.

The fourth race was the **2010 FIGHT FOR AIR WALK/RUN** held on Saturday, November 20th to benefit the American Lung Association at the Nocatee Greenway
Continued on next page

MINUTES

Continued from page 2

Email any suggestions to Kellie and we can put it on the agenda for next month.

b. Treasurer Report – Randy Arend

1.October 2010: The big purchase was the technical shirts for our races. In Nov/Dec we have our RRCA renewal which covers membership and insurance.

Beginning Cash Balance as of October 1, 2010 was \$17,668.43.

October Income was \$560.

October Expenses were \$5,432.74.

Ending Cash Balance as of October 31, 2010 was \$12,795.69

2. Budget Preparation for 2011: Randy Arend. Budget it taking shape. He has talked with Stan and Mike Mayse. =
°When Bob and Vanessa get back they can get the proposed Children's Running budget together, which will be a large part of the budget. A lot depends upon whether the Publix money comes through again. We have some money built up from Kohls. Talk about putting sponsors on the mileage shirts. Talk about more perks for our sponsors: having them more involved in our races, having a dinner for them etc etc.

IV. Committee and Director Reports

a. **Gate Expo-Stan Scarlett:** Handout distribution. Discussion about the details of our River Run tent and expo booth.

Big membership push at the expo booth. Stan proposed a tri-fold display about what we do in the community, our history, membership benefits. We need to get our expo booth set up Wed. Anyone with ideas, send them to Stan or one of the booth captains (Vicky, Lisa, Melissa). Talk about credit card sales in booth and how it can be done: Paypal, old school machine etc etc. Frank stated we are at \$1600 for the booth expenses. We need an additional \$300 for electricity and incidentals.

b. **World Record 100 x 5K event – Mike Marino:** We will have to pay for filming this year. We are going to start Friday December 10 at 2a.m. We are contacting Good Morning Jacksonville to see if they will film part of the World Record attempt on Saturday. The 26.2 with Donna group do their training run from BS HS that morning.

c. **Hog Jog-Kellie Howard** for Steve Bruce: 214 entries for the 5K and 268 for the Runt Run. It was 37 degrees at start. Race is on financial target. No results posted yet. He sold 23 youth shirts. We ran out of tech shirts.

d. Social Update – Glenn Hanna

i. December Social for the Avondale Luminaria at the Irwin's house December 19.
ii. January 1-Run and polar bear plunge at Eagle Harbour.

iii. February-chili cookoff

V. Old Businesss-None

VI. New Business-None

VII. Announcements-

Joe Connolly is running his 1000th race on Nov 20. Trish is doing an article on him for the Strideright.

Discussion about promoting the Memorial Day 5K via email blasts.

VIII.Adjournment: Motion made, seconded and passed to adjourn. The meeting was adjourned at 8:20 p.m. =

SOCIALS

Continued from page 1

Record Attempt at Bishop Synder High School. Refreshments and drinks will be provided.

Glenn Hanna is hosting an Open House on Thursday, December 23 from 6-9 pm. 7765 RockRidge Dr. West in the Sugartree Subdivision in the Argyle Forest/Chimney Lakes area. Directions are: Turn north off of Argyle Forest Blvd onto Shindler, take 2nd right into Sugartree, take 1st left (just after the median ends) onto Rockridge, 3rd house from the corner on the right.

January

On January 1, there will be a Polar Bear Plunge at Eagle Harbor in Fleming Island. We will go for a run, jump into the pool and have refreshments afterwards. Actual start time and directions will be to posted on the FSTC web site and in E-mail blasts. =

The Back Page

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Trails in Ponte Vedra. **Stephen Beard**, **Gordon Slater**, **Barbara Carrico**, **Dee Robertson-Lee** and **Nancy Pullo** all earned first place in their age groups, **John Gauer**, **Charles Goodyear** and **Randy Pullo** ran away with 2nd place and waltzing in at 3rd place was **Freddy Fillingham** and **Bernie Powers**

The final local race to report on was the 1st annual **McKENZIE'S RUN 5K** held on Saturday November 20th at 3:00 pm and the weather was perfect for an afternoon race. This race was to bring awareness to meningitis. **Rosa Haslip** was the Masters Women winner, **George Thompson** and **Al Saffer** brought home the gold and **Jason Gross**, **George Mosley**, **Joe Connolly** and **Cole Mandt** brought home the bronze. This race was **JOE CONNOLLY'S 1,000TH RACE**. You are truly an inspiration to everyone, Joe!!!!

STRIDERS - They're Everywhere!

Hey, if you're out of town and there's a race, go for it!

Barbara Whitter, **Trish Kabus**, **Regina Sooeey**, and **Darin Bickle** braved the trek to Washington, DC for the **MARINE CORPS MARATHON**. Congrats to you for making the trip then running 26.2 miles!

Maria Littlejohn and **Kristie Matherne** participated in the **GREATER GATOR DUATHLON** with Maria placing 1st in her age group and 3rd overall for females, while Kristie placed 1st overall for females. WOW!

Kari Damrow decided to try her foot at the **CHICAGO MARATHON** and succeeded by completing it in 4:02! Great time and congrats to you!

Charles Wagner, traveling on successive

weekends, participated in the **SATURN 5K** on November 13th placing 1st in his age group, then the following weekend on November 20th, ran the **COBBS CORNER 5K** placing 2nd in his age group. Way to go Charles!

Tidbits and Stuff I Missed

Please let me know if I've missed some stuff so that I can make mention of it in the next issue. I apologize for anyone not listed in the above race results, however, you need to submit your results to us using our website.

The days are drawing closer to our club breaking the world record in the 100x5K Relay race. The relay will take place December 10-12, 2010, and like last year is a fundraising event for The Donna Foundation. You will be receiving an e-mail shortly indicating the day and time you are scheduled to run. Remember all the other 99 participants are counting on you to be at the Bishop Snyder High School track for your appointed time. If you cannot make it for some reason, be sure to let Mike Marino know so an alternate can be contacted to take your place.

Just a reminder – as mentioned near the beginning of the article please don't forget to go to our website at www.floridastriders.com to report your race results. Fill out the form titled "Striders at the Races, Race Results" so that your times can be recorded and included in this column. For the out of town races please use the same website.

Award

For my monthly award I give it to Volunteers everywhere, who selflessly give their time and energy to help make other's lives better. =

SEND US YOUR RACE RESULTS!

If you miss signing the Strider person, please fill out our new race result form located at floridastriders.com.

There is a link to the form on the home page.

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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