



Special Florida Striders Memorial 5K Issue!

Inside

Prez Sez	2
Board/Key Members	2
Sponsors	3
Memorial Day 5k Results	6
Striders at the Races	8
New & Renewing Members	10
Help Save Cross Country	11
Local Jogger Breaks Record	12
Marathon High	12
It's All About the Experience	13
Aid Station Etiquette	13
2011 Scholarship Winners	14
Group Runs	16
FSTC Membership Applications	17
June/July Race Calendar	18
Back Page	19

The New and Improved Memorial Day 5k

By Dave Bokros, Race Director
Photos by Vanessa Boyd

The air seemed a little cooler at 6:30 AM, May 30th 2011. Stepping out of my car and into the 1st Place Sports parking lot the scene around the registration tables was quiet but busy with volunteers getting ready for the crowd. And, boy, what a crowd! The

quiet scene filled rapidly with hundreds of eager runners looking forward to a new course and a great race. I was overwhelmed by the turnout. This year has been a unique challenge for the race and the Board of Directors. Everyone worked very hard to get the word out about the Memorial Day 5k and the fact that we were moving the race from

Continued on page 4



UPCOMING SUMMER SOCIALS!

JUNE • Please join us for the June social **Sunday, June 26th at 4:00 PM**

Vicky and Jim Connell have been nice enough to offer their home, and their nice cool pool! So bring your family and have a fun filled afternoon with the Striders! Their address is : 944 Ridgeway Court, Orange Park, FL 32065

The Striders will provide soft drinks and water, grilled chicken, sausage and veggie burgers. Please bring a side dish or dessert to share.

JULY • It's going to be at **Whitey's Fish Camp, Sunday July 17th at 4 pm.** We will be ordering off the menu. Please RSVP by July 8th to adk1221@yahoo.com.

AUGUST • Join us on Thursday, August 18th for an exciting **Jacksonville Sun's** game. RSVP to Ann at adk1221@yahoo.com by August 11th.

Prez Sez

By Dan Adams



What a wonderful Memorial Day! A perfect race with record setting attendance, pancakes for WWII veterans and a live band in the park. Thanks to Dave Bokros, Jim Hughes and the Florida Striders volunteers for putting on this first class event.

The Memorial Day Holiday exists to recognize the lives lost in the Armed Forces while fighting to protect us. Please join me in honoring those who gave the ultimate sacrifice by taking time to appreciate the freedom we enjoy because of their dedication to our country.

There were many men in women in our Armed Forces who were standing watch for us on Monday, so we could do what we love most: run races. Let us not forget them. The Florida Striders have many veterans among us. Please say thank you to the veterans in our club and in your lives. Never forget that Freedom is not free and be thankful those heroes who allow us to have such a wonderful holiday. =

Board of Directors' Summary of Action May 10, 2011

Orange Park Library • 7 PM

I. Call to Order: Dan Adams called the meeting to order at 7:10 p.m.

Board members present: Dan Adams, Randy Arend, Kellie Howard, Ann Krause, Bill Krause, Lisa Adams, Don Wucker, Greg Wood, Mike Mayse, Kim Crist, Frank Frazier, Maria Littlejohn, Glenn Hanna, Kim Lundy, Carol MacDougall

Also Present: Leslie Kindling, Bob Boyd, Vanessa Boyd, Darin Bickle.

Quorum: Yes

II. **Review of Minutes:** A motion was made, seconded, and passed to approve the minutes from the April, 2011 meeting.

III. Officer Reports:

a. President Report – Dan Adams

i. Solicit Volunteers for new Positions:

1. Race Sponsor Coordinator
2. Race Marketing Coordinator
3. Florida Strider Marketing Coordinator (expo booth, marketing throughout the year, opportunities to get out in the community)
4. Sponsorship Coordinators

ii. Motion made, seconded and passed to move June board meeting to June 7 at the Adams house.

iii. FSTC Email Policy: Proposed Board action to approve or amend standard email policy so that race directors will be solicited for input before email blasts go out. Kellie made a motion to approve the proposed email policy as stated in the agenda item. Discussion on the motion. Greg stated that this policy will help the webmaster and the race directors stay on the right deadlines. Motion was seconded and passed.

b. Treasurer Report – Randy Arend

- Beginning Cash Balance as of April 1, 2010 was \$12,966.60.
- April Income was \$4,210.
- April Expenses were \$6,544.34.
- Ending Cash Balance as of April 30, 2010

Continued on page 15

2011-2012 Board of Directors & Key Members

(Board Members marked with an *)

President & Resolution 5k Director:

*Dan Adams (C) 505-8849
daniel.adams@jetblue.com

Vice President:

* Vicky Connell (H) 276-0193
email: VickyJC@comcast.net

Secretary:

*Regina Sooley (H) 673-0608
email: regina@reginasooley.com

Treasurer:

*Randy Arend (H) 272-3861
email: arendrr@aol.com

Membership Coordinator/Newsletter Circulation Coordinator:

*Mike Mayse (H) 777-6108
email: mjmayse@comcast.net

Race Advisor:

Bob Boyd (H) 272-1770
email: BobBoydFL@gmail.com

Children's Running Chair/Photographer:

Vanessa Boyd (H) 272-1770
email: VanessaABoydFL@gmail.com

Memorial Day 5K Director:

* Dave Bokros (C) 545-4538
email: dmbokros@gmail.com

The Back Page Columnist:

Gail Pylipow.....(H) 264-4666
email: gpylipow@bellsouth.net.

Social Coordinators:

*Ann Krause (C) 252-0410
adk622@yahoo.com
*Bill Krause (C) 860-9189
email: bjk615@yahoo.com

Merchandise Coordinator:

*Keith Poythress.....(H) 616-6054
email: poyth@bellsouth.net

Equipment Coordinator:

*James Vavrina...(C) 718-4247
email: jamesvav@hotmail.com

Scholarship Coordinator:

*Kellie Howard. (H) 732-7377
email: kellski@comcast.net

Directors at Large:

* Lisa Adams (C) 505-8731
email: adams.lisa30@gmail.com
*Scott Hershey (C) 379-2828
email: hershey4188@yahoo.com
*Maria Littlejohn (H) 923-0923
email: sirennia1@hotmail.com
*Kim Lundy (H) 213-0250
email: woodski135@aol.com
*Carol MacDougall (H) 282-9914
email: cmmacdougall@bellsouth.net
*Kristie Matherne (H) (985) 688-1849
email: dreamtrainachieve@yahoo.com
*Melissa Saunders (H) 375-2503
email: saundersmelis@hotmail.com
*Greg Wood (C) 910-0593
email: B1Gcntry@comcast.net

Hog Jog Director:

Leslie Kindling (H) 928-446-6149
email: physwood@att.net

Run to the Sun 8K Director:

Karen McCormick (H) 215-7053
email: skmac@bellsouth.net

River Run Hospitality Tent Coordinator:

Stan Scarlett (H) 994-2687
email: stanscarlett@msn.com

River Run Hospitality Tent (Assistant):

*Dan Wucker
email: dwuck@aol.com

Race Volunteer Coordinators:

* Kim Crist.....(C) 545-3722
email:.....kcist9@aol.com
*Frank Frazier (H) 264-7220
email: frazier44@bellsouth.net

SUPPORT OUR SPONSORS... THEY SUPPORT OUR SPORT

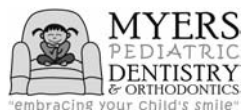


**Publix
Supermarket
Charities**



FLORIDA

In the pursuit of health



Donnie A. Myers
Gary R. Myers
(904) 272-6606

**PINCH-A-PENNY
POOL-PATIO-SPA**

**The Perfect People
For A Perfect Pool**

Mike Shad Nissan
269-9400



DR. ELAINE S. MARTINEZ
PEDIATRIC DENTIST
(904) 215-4221 - www.drelainemartinez.com
530 Business Center Drive, Suite 1 - Orange Park FL 32003



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**

Race Logistics Coordinator:

*Glenn Hanna (H) 777-9351
email: ghanna3@bellsouth.net

Graphics Design Coordinator:

Tori Connell
email: victoria.connell@bellsouth.net

RRCA Southern Region Director:

Lena Hollmann (H) 919-388-5786
email: lenahollmann@bellsouth.net

North Florida RRCA Representative:

Todd Neville (C) 904-501-0900
email: northflorida@rrca.org

Strider "Person" Coordinator:

Al Saffer (W) 665-6996
email: saffat@jea.com

Webmaster

Jennifer Wood
email: web@floridastriders.com

StrideRight Editor:

Trish Kabus (C) 386-506-7688
email: striderighted@aol.com

MEMORIAL DAY 5K

Continued from page 1

Green Cove Springs to Orange Park. This proved to be a lot more work than it seems at the start, but the race went very well and everyone had a great time.

In case you are wondering why the race had to move, here is what happened. On September 8, 2010, without any prior discussion, we were handed a letter (if you can call receiving an unsigned letter in your email 'handed') stating that the City of Green Cove Springs has signed a 5 year contract with Freedom Marathon Incorporated to put on an 8k race on Memorial Day at the same time that we have hosted the Memorial Day 5k. In 2009 the Florida Striders introduced Blue Cross and Blue Shield of Florida to Green Cove Springs. In 2010, amid worries that there might not be a Riverfest due to budgetary concerns, Blue Cross stepped in and saved the 2010 Riverfest. I believe they paid for the fireworks this year, as well. I guess the lesson to learn here is not to do business in Green Cove Springs. This left the Board of Directors with a decision to make. We were asked by the City of Green Cove Springs if we would like to provide a representative to serve on a steering committee for this new upcoming race that would be the Freedom 8k. Dan Adams, the club's vice



President at the time, called the principles involved in the new race and verified that there would be little to gain for the Florida Striders. The 2010 Memorial Day had turned a record surplus. We needed to find way to replace the much-needed funds and ensure the survival of a race that is now in it's 27th year. We formed a committee to explore other venues and options and eventually settled on Or-

ange Park with a different course than we had ever run. We quickly reserved the Town Park adjacent to Orange Park Town Hall. We also decided that a nice way to celebrate Memorial Day and honor those who serve their country would be to have a pancake breakfast after the race to raise money to benefit an organization that benefits veterans in some way. The Rotary Club of Orange Park



Sunrise was key to this event. The decision was made that the proceeds from the pancake breakfast would go to Honor Air, an organization that flies World War II veterans to Washington, DC to visit the World War II memorial and other monuments. Honor Air is the pet project of Rick Trayner, a long time Rotarian and Orange Park businessman. Jim Hughes of the Florida Striders and the Rotary Club stepped in to take charge of the Pancake Breakfast and manage the events in the park for post-race. Thanks to Jim we had lots of fun stuff going on in the park including a band and face-painting. Many thanks to Jim Hughes and all the Rotarians that showed up to host a great post-race event and raise over \$800 for Honor Air—that's a lot of pancakes! It should be noted that Rick Trayner, the Director of Honor Air was present on race day and flipping pancakes as fast as he could. Sadly, Rick passed away Tuesday June 7th of a heart attack. We bid Mr Trayner a peaceful journey and our thoughts and prayers go out to his family. I believe that Jim Hughes may take the reins for the 7th and Final flight of Honor Air and make this one a gigantic success. If anyone would like to help Jim and Honor Air they can contact him at Jamesjhughes@comcast.net.

The Memorial Day 5k started on time at 8:00 am and 1025 finishers crossed the finish line. This is a new record for the race. Everyone involved did a fantastic job and I can't thank them enough! The volunteers on race day put forth extra effort to make sure everyone had a great time. The preparation for the race started, literally, the day after receiving the news that we would need to find the race a new home and everyone involved has worked hard ever since to make this the best Memorial Day 5k in history.

Big thanks to Dan Adams who is always quick to answer his phone and say "what can I do to help". Everyone serving on the Board of Directors was very active in the promotion and formation of the new race and they deserve a lot of credit for their hard work. Thanks also to the Town of Orange Park for their cooperation and for being available and excited about the race. We look forward to the coming years of Memorial Day races in Orange Park and bigger post-race fun in Town Park. We hope you had as much fun as we did running and putting on the race. =

Many thanks to our generous sponsors:

Blue Cross and Blue Shield of Florida
Kohl's
Heartland Rehabilitation
1st Place Sports
Mr. Robert Shields
Ikon Office Solutions
Rotary International
Blue Ridge Water Company
Road ID
Active.com
Road Runners Club of America
USA Track & Field

Thanks to all the great runners that came out on race day. I hope that everyone enjoyed the race and that you will join us next year for an even better Memorial Day 5k in Orange Park!

Volunteers:

Registration Coordinator
 Kim Crist

Registration
 Lesley Jones
 Devon Jones
 Dalton Jones
 Leslie Kindling
 George Hoskins
 Cauly Redenius
 Marie Bendy
 Josh Stone
 Tris Skirvin
 Marissa Connell
 Tracey Armon

Course Director
 James Vavrina

Equipment Coordinator
 Mike Mayse

Refreshments
 Diane Wilkinson
 Glenn Hanna

Strider Merchandise
 Pat Raiford

Water Stop
 Charlotte Milligan
 Brandi Gunter
 Basila Henderson

Len Pfunter
 Megan Pfunter
 Paul Cowart

Finish line Coordinator
 Jeff Nelson

Finsh Line
 Frank Frazier
 Leslie Jones
 Devon Jones
 Dalton Jones
 Leslie Kindling
 Danelle Young
 Randy Arend
 Michael Johnson
 Maria Littlejohn

Course Marshals
 Joe Strickland
 Shirley Henkel
 Mark Lay
 George Bailey
 Cauly Redenius

Fun Run Coordinator
 Vanessa Boyd

Fun Run Volunteers:

Kim Crist
 Cynthia Maerz
 Jay Birmingham
 Debbie Birmingham
 Cauly Redenius
 Jan Shaw
 Charley Ann Jett
 Vicky Connell
 Marissa Connell
 Jackie Culver
 Mike Mayse
 James Vavrina
 Eddie Guerra
 John Metzger
 Denise Metzger
 Chelsea Metzger
 Mark Lay
 Leslie Kindling
 Lisa Adams
 Kim Lundy
 Jeff Nelson
 Melissa Saunders
 Pat Raiford
 Tris Skirvin
 Kim Tracanna-Breaul



Due to space limitations in the StrideRight, we are only able to publish the top 10 finishers in each age group. For complete results, please go to www.floridastriders.com

1051	15	3	Benjamin Ledbetter, 17	18:24	18:26	5:56
284	17	4	Zack Bias, 15	18:31	18:32	5:58
645	23	5	Blake Fowler, 16	18:53	18:54	6:05

CLASS ID#	PLACE	PLACE	FINISHER	CHIP TIME	GUN TIME	PACE
Open Men						
2	1	1	John Metzgar, 48	16:29	16:30	5:19
4	2	2	Shawn Williams, 35	16:48	16:49	5:25
1173	3	3	Patrick Fleming, 16	16:53	16:55	5:27

Open Women						
104	1	1	Joni Gruwell, 30	19:15	19:17	6:12
15	2	2	Regina Taylor, 46	19:53	19:57	6:25
6	3	3	Britta Fortson, 38	20:13	20:17	6:31

Masters Men						
966	8	1	John Wisker, 44	17:25	17:26	5:37

Masters Women						
1087	4	1	Sue O'Malley, 50	20:17	20:20	6:32

Grand Masters Men						
309	12	1	Bill Phillips, 56	17:59	18:01	5:48

Grand Masters Women						
565	23	1	Terri Rose, 53	22:26	22:26	7:14

CLASS ID#	PLACE	PLACE	FINISHER	CHIP TIME	GUN TIME	PACE
Men Under 11						
260	104	1	Reilly Mickey, 10	22:08	22:48	7:08
921	125	2	Vincent Sabatella, 10	23:29	23:31	7:34
1007	163	3	Riley Bookstore, 8	24:43	24:50	7:58
116	245	4	Christopher Mickel, 9	28:19	28:33	9:08
482	301	5	Grayson McCombs, 8	30:18	30:59	9:46

Men 11 - 13						
118	46	1	Ryan Rabalais, 11	20:21	20:23	6:34
711	56	2	Colin Montgomery, 13	20:49	20:51	6:43
1151	64	3	Micah Drum, 13	19:59	21:03	6:27
749	86	4	Patrick McCarthy, 11	21:54	21:56	7:04
362	91	5	Wesley Twiggs, 13	22:02	22:07	7:06

Men 14 - 19						
10	7	1	Gilbert Vazquez, 19	17:24	17:25	5:37
740	11	2	Eric Tallbacka, 15	17:44	17:45	5:43

Men 20 - 24						
3	4	1	Francisco Garcia, 21	16:56	16:57	5:28
500	35	2	Jj Porter, 22	19:42	19:43	6:21
429	68	3	Jason Leinss, 24	21:04	21:12	6:48
1169	72	4	Joe Roberts, 21	21:13	21:16	6:51
575	115	5	Michael Mauro, 22,	23:11	23:17	7:29

Men 25 - 29						
1	6	1	Jeremiah Reckart, 29	17:21	17:24	5:36
582	20	2	Robert Walker, 29	18:38	18:40	6:00
1110	40	3	Hipolito Casiano, 25	20:04	20:06	6:28
548	69	4	Chris Allison, 28	21:03	21:14	6:47
329	76	5	Derrick Schimeck, 29,	21:20	21:25	6:53

Men 30 - 34						
982	5	1	Mike Kilbourne, 33	17:01	17:03	5:29
433	13	2	Ben Huron, 34	18:14	18:15	5:53
1102	14	3	Aaron Long, 32	18:22	18:24	5:55
1036	22	4	Leonardo Leal, 33	18:51	18:53	6:05
579	30	5	David Moritz, 33	9:15	19:18	6:12

Men 35 - 39						
1065	9	1	Jason Arnold, 37	17:27	17:29	5:38
430	16	2	Grant Stark, 35	18:28	18:31	5:57
368	18	3	Brett Opalinski, 39	18:31	18:35	5:58
131	26	4	Mills Ramseur, 39	19:03	19:05	6:09
698	28	5	Dan Adams, 38	19:08	19:11	6:10

Men 40 - 44						
5	10	1	Andrew Marchand, 40	17:39	17:40	5:41
655	21	2	David Bonnette, 44	18:43	18:45	6:02
358	27	3	Chris Twiggs, 40	19:04	19:08	6:09
398	29	4	Darin Bickle, 40	19:12	19:15	6:12
514	41	5	Charles Delay, 40	20:06	20:09	6:29

Men 45 - 49						
535	19	1	Gerry Glynn, 48	18:27	18:37	5:57
587	31	2	Craig Cartwright, 47	19:20	19:23	6:14
218	34	3	Spencer Olsen, 49	19:38	19:41	6:20
503	36	4	Mark Grubb, 46	19:41	19:44	6:21
590	38	5	Rob Johnson, 49	19:55	19:57	6:25

Men 50 - 54

664	37	1	Randy Arend, 50	19:44	19:47	6:22
111	51	2	Clayton McLeod, 50	20:36	20:39	6:39
157	52	3	Joe Kleinrichert, 52	20:38	20:41	6:39
286	53	4	Chris Laduke, 50	20:39	20:45	6:39
1027	79	5	Darryl Herren, 50	21:27	21:32	6:55

Men 55 - 59

45	49	1	Stephen Beard, 55	20:32	20:36	6:37
538	73	2	Dan Holloway, 56	21:13	21:18	6:51
531	84	3	Leslie Hart, 56	21:40	21:46	6:59
593	89	4	Allan Smith, 55	21:57	22:03	7:05
354	96	5	Lewis Buzzell, 59	22:25	22:32	7:14

Men 60 - 64

26	42	1	Bruce Holmes, 63,	20:06	20:10	6:29
257	61	2	Bernie Candy, 63	20:57	21:01	6:45
1076	78	3	Steve Williams, 61	21:26	21:31	6:55
506	120	4	Herbert Taskett, 63	23:21	23:24	7:32
509	126	5	Randy Pullo, 61	23:27	23:32	7:34

Men 65 - 69

115	109	1	Thom Henkel, 67	22:56	7:22	
49	129	2	Frank Frazier, 68	23:29	23:41	7:34
147	150	3	Paul Smith, 69	24:13	24:26	7:49
773	157	4	George Hoskins, 66	24:33	24:42	7:55
378	166	5	John McBrearty, 69,	24:50	25:02	8:01

Men 70 - 74

132	260	1	Matt Ross, 71,	28:47	29:02	9:17
412	274	2	Benjamin Holland, 70	29:12	29:35	9:25
658	275	3	Jack Hayes, 70,	29:26	29:38	9:30
1196	357	4	Carl Prater, 70	32:13	33:38	10:23
540	422	5	Edwin Clarke, 71	38:31	39:02	12:25

Men 75 - 79

360	323	1	Al Saffer, 76	31:56	32:00	10:18
-----	-----	---	---------------	-------	-------	-------

33	361	2	Bob Meister, 79	33:47	34:00	10:54
891	394	3	Philip Radford, 78	35:24	36:27	11:25
308	415	4	Bengt Espling, 79,	38:03	38:18	12:16
734	441	5	Robert Shields, 76	41:10	41:51	13:17

Men 80 & Up

512	431	1	John Aimone, 81	39:48	40:32	12:50
43	483	2	Joe Connolly, 86	49:30	50:59	15:58

CLASS	ID#	PLACE	PLACE	FINISHER	CHIP TIME	GUN TIME	PACE
-------	-----	-------	-------	----------	-----------	----------	------

Women Under 11

55	90	1	Alexia Smith, 10	26:13	26:22	8:27
975	111	2	Alexandra Hoyt, 10	27:11	27:25	8:46
608	117	3	Meghan Harris, 9	27:14	27:57	8:47
207	138	4	Karlee Kegley, 9	28:33	28:56	9:12
124	183	5	Sophie Davis, 8	30:46	31:21	9:55

Women 11 - 13

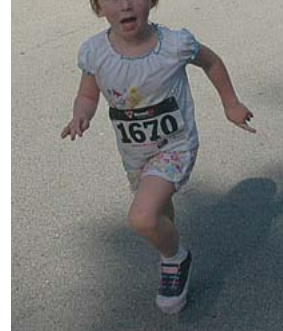
507	45	1	Hayley Delay, 11	23:53	23:56	7:42
1063	64	2	Rosemarie Cubbedge, 11	25:10	25:13	8:07
369	87	3	Anna-Brook Opalinski, 13	5:50	26:11	8:20
279	89	4	Annie Kaczorowski, 13	26:09	26:19	8:26
117	127	5	Emily Mickel, 12	28:03	28:16	9:03

Women 14 - 19

785	12	1	Kayla Vinson, 18	21:01	21:16	6:47
680	13	2	Matthew Jackson, 16	21:25	21:28	6:54
278	26	3	Macey Kaczorowski, 15	22:30	22:37	7:15
501	30	4	Nancy Harms, 16,	22:39	22:49	7:18
522	38	5	Teressa Knight, 15	23:30	23:34	7:35

Women 20 - 24

860	22	1	Christina Osberg, 21	22:22	22:25	7:13
574	29	2	Amanda Medvidofsky, 21	22:39	22:46	7:18
1084	39	3	Andrea Mitchell, 24	23:25	23:44	7:33

Continued on next page

**For a complete
gallery of color
photos by
Vanessa Boyd,
go to
floridastriders.com**

1121	52	4	Vanessa Church, 24	24:22	24:28	7:51	1024	32	5	Tracy Pfuntner, 45	22:52	23:01	7:22
1137	53	5	Paige Kaniosky, 23	24:27	24:39	7:53							
Women 25 - 29													
1104	10	1	Kelly McRae, 29	21:01	21:07	6:47							
328	21	2	Jane Conner, 27	22:16	22:22	7:11							
1073	28	3	Kathleen Freund, 28	22:28	22:41	7:15							
1146	31	4	Bethany Bell, 25	22:49	23:00	7:21							
420	34	5	Christine Vaughn, 29,	23:07	23:07	7:27							
Women 30 - 34													
597	6	1	Beth Dearment, 31	20:25	20:29	6:35							
529	17	2	Dawn Busch, 31	21:51	21:54	7:03							
1156	19	3	Kathleen Pajcic, 34	21:54	22:02	7:04							
395	69	4	Nicole Andress, 34	25:22	25:31	8:11							
629	78	5	Kelly Glavin, 33,	25:37	25:49	8:16							
Women 35 - 39													
696	7	1	Lisa Adams, 36	20:47	20:47	6:42							
46	15	2	Barbara Carrico, 37	21:37	21:41	6:58							
1124	18	3	Susan Hampson, 38	21:55	22:01	7:04							
146	27	4	Leslie Kindling, 38,	22:31	22:39	7:16							
173	36	5	Kimberly Musto, 36,	23:06	23:16	7:27							
Women 40 - 44													
3963	8	1	Elena Davis, 41	20:48	20:52	6:43							
357	9	2	Diana Twiggs, 40	21:00	21:05	6:46							
8	11	3	Denise Metzgar, 44	21:05	21:08	6:48							
7	14	4	Kim Scurti, 43	21:25	21:29	6:54							
399	16	5	Regina Sooeey, 40	21:46	21:52	7:01							
Women 45 - 49													
1176	5	1	Lisa Thomas, 47	20:24	20:27	6:35							
25	20	2	Betty English, 45	22:03	22:08	7:07							
356	24	3	Rosa Haslip, 47	22:20	22:28	7:12							
566	25	4	Alison Ronzon, 47	22:28	22:33	7:15							
Women 50 - 54													
596	35	1	Millie Tanner, 50	23:03	23:11	7:26							
16	44	2	Ann Krause, 53	23:49	23:55	7:41							
662	55	3	Gail Pylipow, 54	24:31	24:45	7:54							
652	60	4	Vicky Connell, 52	24:45	24:53	7:59							
946	68	5	Joanne Harris, 52	25:08	25:22	8:06							
Women 55 - 59													
44	33	1	Stephanie Griffith, 56	22:59	23:04	7:25							
388	71	2	Debbie Webster, 59	25:21	25:32	8:11							
591	75	3	Anita Pryor, 56	25:30	25:40	8:13							
784	84	4	Sue Whitworth, 56	25:57	26:07	8:22							
114	129	5	Cecile Spiegel, 56	28:06	28:24	9:04							
Women 60 - 64													
552	74	1	Susan Branley, 64	25:27	25:39	8:12							
359	168	2	Mary Last, 60	29:56	30:19	9:39							
1152	211	3	Deborah Pruitt, 60	32:03	32:41	10:20							
160	235	4	Kathy Williams, 61	33:07	33:24	10:41							
261	294	5	Carol Pack-Meyer, 62	35:33	36:10	11:28							
Women 65 - 69													
508	190	1	Nancy Pullo, 69,	31:37	31:47	10:12							
505	212	2	Susan Wallace, 69	32:24	32:44	10:27							
877	500	3	Jud ^o i Giles, 67	51:14	51:42	16:31							
Women 70 - 74													
567	136	1	Marilynn Koubek, 70	28:35	28:54	9:13							
11	476	2	Gabriella Rodrigues, 70	45:05	47:53	14:33							
922	487	3	Laura Ritter, 70	48:38	49:30	15:41							
Women 80 & Up													
511	451	1	Diane Aimone, 81	44:27	46:00	14:20							

Race Results

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

Spartan 5k Orange Park, FL April 30, 2011

Andrew Marchand	17:10	1st ag
David Bonnette	18:19	3rd ag
Randy Arend	19:13	1st ag
Regina Taylor	19:45	1st ag
Charlie Hunsberger	20:44	1st ag
Guy Jackson	20:54	1st ag
Alan Smith	21:26	1st ag
Dan Teahan	21:57	2nd ag
Barbara Carrico	22:18	1st ag
Jennifer Halter	23:24	1st ag
Doug Aiosa	23:34	
Frank Frazier	23:38	1st ag
Buddy Harris	23:46	

Joanne Harris	24:59	1st ag
Kimberly Lundy	25:26	2nd ag
Glenn Hanna	26:48	2nd ag
Bernie Powers	28:00	3rd ag
Paul Smith	29:55	
Darren Glenn	31:12	
Lesley Jones	31:57	
Freddy Fillingham	34:09	
Fred Haley	34:17	
Charles Goodyear	35:22	1st ag
Barbara Scott	35:50	1st ag

Shannon Miller Lifestyle 5K Jacksonville, FL April 30, 2011

Britta Fortson	19:55	2nd overall
----------------	-------	-------------

Regina Sooeey	21:10	3rd overall
Mercedes Smith	24:19	1st ag
Nicole Andress	24:53	3rd ag
Deb Potash	25:26	2nd ag
Jean Thompson	27:00	
Leigh Gardner	27:21	1st ag
Dee Robertson-Lee	35:00	2nd ag
Lisa Boyd	36:13	
Barbara Gilbert	39:22	2nd ag

Shrimp Festival 5k Fernandina Beach, FL April 30, 2011

Craig Bennett	19:25:00	2nd ag
Vic Corrales	21:24	3rd ag
Roberta McCloskey	25:46	

Claudia French	26:26	1st ag	Paul Smith	23:52	1st ag	Frank Frazier	25:00	1st ag
James Smith	29:39		Quincy Masters	24:26	2nd ag	Donald Wucker	25:04	
Danny Randolph	35:02		Craig Harms	25:14	3rd ag	Kathy Murray	25:20	
Jennifer Jo	45:37		Tim Wright	25:53		Paul Smith	25:28	2nd ag

Vilano Beach 5K
St. Augustine, FL
May 7, 2011

Carolyn Mudgette 39:53

The Human Race
Jacksonville Beach, FL
May 7, 2011

Andrew Marchand	17:36	3rd OA
Robert Walker	18:27	1st ag
Craig Cartwright	19:29	
Craig Bennett	19:48	
John Kovacs	20:13	2nd ag
Nancy Harms	22:53	1st ag
Gregg Friend	23:33	
Tim Wright	26:05	
Leslie Magruder	27:05	
Tiffany Kovacs	27:08	3rd ag
Caroline Sabatella	27:36	2nd ag
Bernie Powers	28:20	2nd ag
Curt Young	29:22	
David Burke	29:58	
Craig Harms	30:13	3rd ag
Jill Wright	31:24	
Elisa Rosemond	31:58	
Kristin Friend	32:33	
Charles Goodyear	35:15	2nd ag
Freddy Fillingham	35:41	2nd ag
Chandra Chaney	36:38	
Dee Robertson-Lee	36:55	2nd ag
Paul Smith	40:53	
Jan Taylor	43:47	
Joe Connolly	50:28	1st ag

THE PLAYERS Mother's Day 5K
with Donna
Atlantic Beach, FL
May 8, 2011

Trish Kabus 41:35
Carolyn Mudgette 41:35

Marty's Run 5k
Jacksonville, FL
May 14, 2011

Robert Walker	18:30	3rd ag
Regina Taylor	20:30	1st ag
Rosa Haslip	22:06	2nd ag
Tracy Pfuntner	23:04	

Paul Smith	23:52	1st ag
Quincy Masters	24:26	2nd ag
Craig Harms	25:14	3rd ag
Tim Wright	25:53	
Sue Whitworth	26:09	1st ag
Leslie Magruder	27:11	3rd ag
Scott Liner	27:39	
Caroline Sabatella	27:39	
Jakob Wyche	27:57	3rd ag
Bernie Powers	28:53	
Bill Krause	30:22	
Debbie Liner	30:34	
Mike Wyche	31:12	
Monica Goddard	35:05	
Fred Haley	36:04	
Freddy Fillingham	36:16	
Dee Robertson-Lee	36:39	3rd ag
Barbara Scott	36:57	
Anne Matthews	38:48	
Barbara Gilbert	40:30	
Cary Wyche	44:08	
Jamie Wyche	44:08	
Charles Goodyear	48:23	
Joe Connolly	51:14	2nd ag

Mandarin Biathlon
Jacksonville, FL
May 14, 2011

Vicky Connell 1:02:54 1st ag

Never Quit Beach Fest 5k
Jacksonville Beach, FL
May 21, 2011

John Metzgar	17:09	
	2nd overall men	
John Wisker	18:34	1st ag
Ben Huron	19:11	1st ag
Mark Grubb	20:22	2nd ag
Regina Taylor	21:08	
	3rd overall woman	
David Bonnette	21:39	2nd ag
Lisa Adams	21:40	1st ag
Denise Metzgar	21:46	1st ag
Bernie Candy	22:00	1st ag
Alexandra Midgett	22:37	1st ag
Scott Hershey	22:43	
George White	22:53	2nd ag
Barbara Carrico	23:39	3rd ag
Vic Corrales	23:39	
Patrick Morgan	23:52	
Allan Smith	24:06	3rd ag
Alison Ronzon	24:14	2nd ag
Jennifer MacDonald	24:36	

Frank Frazier	25:00	1st ag
Donald Wucker	25:04	
Kathy Murray	25:20	
Paul Smith	25:28	2nd ag
Kellie Howard	25:51	
Mercedes Smith	27:03	
Nicole Address	27:08	
George Hoskins	27:21	3rd ag
Joanne Harris	27:21	
Buddy Harris	27:31	
Kimberly Lundy	28:05	
Tiffany Kovacs	28:08	
Millie Thrasher	28:18	
Shara Meyer	28:26	
Maria Littlejohn	28:37	
Kristie Matherne	28:55	
Sue Whitworth	29:23	
Cameron Metzgar	29:35	
Martin Wilkinson	29:39	
Claudia French	29:43	
Bruce Howard	30:12	
Lisa Tomasino	30:14	
Terry Sikes	30:16	
Bonita Golden	30:17	
Joshua Parker	31:42	
Gary Proctor	32:13	
Ken Murray	32:20	
Dena Gaucher	32:54	
Linda Wolfenbarger	33:08	
Curt Young	33:10	
Alan Harmon	33:13	
Al Saffer	33:19	1st ag
Savin Blimes	33:53	
Regina Adam	35:20	
Vicki Choinski	35:32	
Nancy Pullo	35:48	3rd ag
Sharon Medders	36:10	
Rob Fortson	37:48	
Sheldon Fletcher	38:13	
Lisa Boyd	38:42	
Tracy Pfuntner	39:17	
Elisa Rosemond	39:35	
Joseph McCoy	41:23	
Joel Preston	42:17	
Dee Robertson-Lee	42:47	
Joe Connolly	42:59	2nd ag
Pat Stack	43:10	
Amber Sherrill	43:13	
Dotti Cahill	44:24	
Kate Ray	46:41	
Chandra Chaney	46:49	
Carrie Parker	47:42	

Continued on next page

Evan Zillmer	47:52
Margaret Cogswell	48:41
Diane Wilkinson	50:21
Nell Robinson	50:26
Norma Minnick	50:27
Nicole Fletcher	51:32
Dot Mitchell	51:40
Lara Anthony	56:40
Mel Abando	59:54
Trish Kabus	59:57
Jolyn Abando	59:58
Gary Lewis	1:00:57
Sonya Dudley	1:10:21

Wickham Park Marathon
Melbourne, FL
May 29, 2011

Richard Vance	11:21:30
Trish Kabus	11:21:30

Memorial Day 5K
Orange Park, FL
May 30, 2011

Robert Walker	18:38	2nd in ag
Vic Corrales	21:31	
Charlie Hunsberger	21:48	
Randy Pullo	23:27	
George Hoskins	24:34	

Sue Whitworth	25:57	
Lorena Dominey	31:19	
Emilee Atwood	31:29	
Robert (Bob) Meister	34:00	2nd ag
Barbara Gilbert	39:32	
Carolyn Mudgette	42:15	
Trish Kabus	42:15	

OLDER RACES
(Didn't get reported earlier)
River Run 15K
Jacksonville, FL
March 13, 2011

Robert Walker	59:45
Craig Cartwright	1:04:00

New, Renewing and Expiring Memberships

NEW MEMBERS

Marcia Barton	6/30/12
Timothy Carney	6/30/12
Shawn Collins	6/30/12
Rick & Aimee Cubbedge	6/30/12
Miles Dean	6/30/12
Logan Fortune	6/30/12
Tim Giles	6/30/12
Jessica Gregory	6/30/12
Christine Jump	6/30/12
Judy Kantar	6/30/12
Bernie Loftus	6/30/14
Bruce McCrosky	6/30/12
Katie Neeper	6/30/12
Eddie Ohalloran	6/30/12
Amanda Roese	6/30/12
Dominic Sapien	6/30/12
Dennis Shields	6/30/12
Shayla Spinner	6/30/12
Cristy & Rob Surgeoner	6/30/12
Chris Twiggs	6/30/14
Sherri York	6/30/12
Paul Yuknis	6/30/12
Bruce Zewicke	6/30/12

RENEWING MEMBERS

Gregg & Kristin Friend	5/31/12
John Gauer	5/31/12
Monica Goddard	5/31/12
Alan Harmon	5/31/12
Scott Hershey	6/30/12

Todd & Camille Hockett	5/31/12
Charlie Hunsberger	5/31/12
Diane Jacobs	5/31/12
Carol King	5/31/12
April & Craig Martin	5/31/12
Anne Matthews	5/31/12
Karen & Steve McCormick	5/31/12
Sharon & Gary Medders	5/31/12
John, Denise, Chelsea & Cameron Metzgar	5/31/14
Rick Moss	5/31/12
Cauly Redenius	5/31/12
Paul & Marge Ruebush	5/31/12
Barbara Scott	5/31/12
Scott Seibler	5/31/13
Amber Sherrill	5/31/12
Mike & Tamara Singletary	5/31/12
Regina Sooley	5/31/12
Herbert Taskett	5/31/12
Neill Thaggard	5/31/12
Don Thieman	5/31/14
William Tomlinson	5/31/12
Holly & Fletcher Turner	5/31/12
Sue & Darrell Whitworth	5/31/12
Tom & Amy Wiley	5/31/12
Lonnie Willoughby	5/31/12
Peter Winkler	5/31/12
Greg & Jennifer Wood	5/31/12
Mark Wynter	5/31/12
Tom & Kary Zicafoose	5/31/12

MULTI-YEAR MEMBERSHIPS

Allan Smith	5/31/12
Frank & Lillian Sutman/Lawless	5/31/12
Dylan Barbetti	5/31/12
Barbara Whitter	5/31/12
Charles Goodyear	5/31/13
Stephen Beard	5/31/13
Rebekah Lynn Wild	5/31/12
Bernie Candy	5/31/13
Janet Elliott	5/31/12
Lori & Benjamin Howard	5/31/12
Eric & Bernita Bush	5/31/12

EXPIRING MEMBERSHIPS

Frank & Sharyl Brewer	4/30/11
E Gary Cook	4/30/11
CalLee Davenport	4/30/11
Tom Disher-Ryan	4/30/11
Margret & Scott Gamble	4/30/11
Gary Hallett	4/30/11
Teresa Hankel	4/30/11
Jim Hughes	4/30/11
Guy Jackson	4/30/11
Alex, Kim, Katie, & Zach Morrison	4/30/11
Cheryl & Tim Pfannenstien	4/30/11
Matt Ross	4/30/11
JoAnne Seach	4/30/11 =

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.

Run to the Sun 8K
Orange Park, FL
April 16, 2011

Lorena Dominey 59:00
Jodie Manning 1:00:55

Guns & Hoses 5K
location
April 16, 2011

Craig Cartwright 18:53

**Don't forget to fill out our
electronic form to have
your results included in the
StrideRight!**

<http://floridastriders.com/sendresults>

Help Save Cross Country!

Running out of Time

To Whom It May Concern, I am writing this letter to inform and inquire.

The information is not new to most, as many people are well aware of the deficit we face in Duval County schools and the recent decision that has been made to cut 10 sports from the county's budget. The sports affected by this decision are boys and girls tennis, golf, cross country, and lacrosse, also girls slow pitch softball, and wrestling. This means that the 2,054 high school athletes that play these sports will likely no longer have an opportunity to play in a public school in Duval County. To even think about the implications of this decision for a mere drop in the bucket, greatly disturbs me. As a Cross Country coach, I see first hand how much of an impact this sport, as well as any other sport, makes on a young student. Education is definitely the number one priority, but in saying that, these students need an outlet. They need something that they can excel in and are a part of, something that pushes them to be a better individual and team player. It is the kids that we are hurting for less than 1% of the shortfall.

Here is what we (coaches, leaders in the running community, parents, and students) are doing to prevent these kids from having to leave their present schools in order to continue doing what they love. This is where I am inquiring. We need support. Who else is as devastated and upset by this decision as I am? If losing Cross Country bothers you, please help us in reaching our goal. Even if you just give \$5 or \$10, it can go a long way. Here are ways you can help:

- You can go to: <http://www.active.com/donate/SaveCCinDuval> and donate online.
 - You can go to a local 1st Place Sports store and Donate. Checks are made payable to: 1st Place Sports Running Club, 3931 Baymeadows Road, Jacksonville, FL 32217
 - You can buy a pair of running shoes from 1st Place Sports in the month of June and they will donate \$5.00 to the cause.
 - You can Participate in a 5K on July 2nd, Location TBA on website: www.1stplacesports.com
 - You can help by spreading the word, emailing, Facebook, etc. We have a Group on Facebook that we are trying to grow... search: Save Cross Country and other sports in Duval County....Cross Country. We
 - You can buy a shirt for a \$20.00 donation that says: Save our Sport in Duval County....Cross Country. We will be setting up a tent at the Run for the Pies on June 11th at the Jacksonville Landing to take donations and sell those shirts. They come in black or white. There will be other opportunities to buy one of these shirts which will be posted on our Facebook group page.
 - You can help by writing a letter to our legislator in Tallahassee. We have started a letter Campaign and are trying to let our voices be heard. Here is a link to assist in writing your letter: http://www.mysteps.org/pdf/effective_comm_with_legislators.pdf
- Please do something, we need your help!

Tim Young
Baldwin Cross Country

Local “Joggler” breaks World Record

By Len Ferman

Jacksonville runner and juggler David Ferman has broken the Guinness World Record for juggling three balls while running 400 meters. David “jogged” the 400 meters in 56.2 seconds at the Bolles High School track on Wednesday May 4th. David conducted his record attempt with the help of a number of Florida Striders who were in attendance and helped out as timers and witnesses for the event. The old record was 57.4 by Owen Morse in 1990. Owen Morse was an outstanding athlete who was in the 1992 Olympic trials for the decathlon.

David’s record is pending as the record must be confirmed by Guinness.

The record can be viewed on YouTube by one of the six cameras that recorded the effort at this link:

<http://www.youtube.com/watch?v=YhcXu01bUzE> =

A Little About David

David Ferman is a rising senior at the Bolles School. He is both a “state caliber” track athlete and a “world class” juggler. On the track this spring he won the North Florida District 800 Meter Championship and led his 4 x 800 Meter team to the state finals where he ran 2:00 in the opening leg. In addition, he ran a 52 second 400 meter split anchoring the 4 x 400 Meter relay team for Bolles. On the stage, Ferman has numerous juggling accolades. Most notably he won the World Juggling Federation title for most balls juggled (9 balls) at the 2010 world championships in Las Vegas. In that competition he defeated the prior year’s world champion as well as the lead juggler for the Moscow Circus.



Inspire Teens With the HIGH of a Lifetime!

What is Marathon High?

Marathon High is a new Galloway marathon training program specifically for high school students that prepares them to run the 26.2 with Donna half-marathon. We take learning outside the classroom and onto the streets, teaching teens valuable life lessons in healthy living, empowerment, self-confidence and achieving the challenging goal of running 13.1 miles!

The program is based on a non-competitive philosophy with every training run and event focused on completion and every runner being a winner when he or she crosses the finish line. Our goal is to get all high schools throughout Northeast Florida participating and to offer a positive athletic program and social club to supplement the decreasing number of school sports programs that are available for teens today. A similar marathon training program has already impacted over 20,000 students in Los Angeles. Now it’s our turn!

Who Can Participate?

Marathon High is open to all public

and private high schools throughout Nassau, Duval, Clay and St. Johns counties. It is also open to all teens of all fitness levels and backgrounds in grades 9-12. No one is too fast or too slow. The best part is, it’s FREE to the schools and the students!

How Can I Help?

- Open doors at high schools by contacting the principal to get a program started there
- Become a teacher leader at your local high school
- Become a co-coach at a local high school
- Donate funds to help support the students and the program (100% of all donations go towards t-shirts, running shoes, training materials, transportation, training races and eventually, scholarship opportunities)
- Get your teen signed up. Program starts in October.
- “Like” our Facebook page to stay informed
- Spread the word!

Season Dates

Marathon High 2011-2012 will be a 15-week training season from the end of October through mid-February.

Important Dates

Registration materials out to schools:

September 7, 2011

Student sign-up deadline: October 7

Coach kick-off meeting: October 13

Season begins: October 29

26.2 With Donna Half Marathon:

February 12, 2012

Want to Get Involved?

Excellent! Contact Deborah Dunham, Executive Director, Marathon High at MarathonHighFL@aol.com or 904-624-0027. =

breastcancermarathon.com/run/marathon_high

“We don’t run to forget who we are. We run to become who we want to be.”

It's not always about time, it's about the experience

By Kim Crist

After long anticipation, the day finally arrives! Sign ups for the Boston Marathon! Little did anyone know that it would close in 8 hours! But, Kathy Murray and I set a goal last year at the Navy Run to run it together for the 3rd time in 2011. We both lucked out, and got in that day! Only then, did the journey really begin!

I had a bicycle accident at the end of August and broke my collarbone. Recovery was 6 weeks. Only to follow by foot issues and pulled hamstring! All which took place at the end of December, with only four months left for training!

In January, on an early morning Sunday run with Bob Boyd, I realized the long runs on the road were not going to happen! With his persistence, I went to his house and finished my long run on

his elliptical. That was the beginning of my marathon training!

Bob and Vanessa graciously opened their arms and their home to allow me to train 4-5 days a week, 15-20 miles at a time, on their elliptical. Many mornings as early as 4:45 or 5:00 AM.

Friends asked me, "How are you ever going to run the Boston marathon?" I told them, there is no doubt, "When you want something bad enough, you simply go after it!"

On April 18, 2011, I ran my 5th Boston Marathon. It was by far, the slowest, but by far, the most memorable! The friends that I met from Jacksonville, the Sunday evening dinner, the fun ride on our own chartered bus to the marathon on Monday morning and the start with Danny Weaver and Anne Krause was so Awesome!

As I crossed the finish line and



looked at my watch, I realized that I only had ten minutes to get to the hotel, meet Kathy Murray, and head to the airport to catch my plane home! No worries, got to the hotel, grabbed my bag, and headed to the airport in my running clothes with my Boston blanket still wrapped around my shoulders!

Yes, I made it in time and was able to catch my 6:30A.M. flight the next morning to Ohio for Sales training for the new job that I just started.

People ask, "Did you finish the marathon?" My reply, "You don't go to Boston and not finish the marathon!" =

Aid Station Etiquette

By Al Saffer

The aid station, especially at larger races, is a living, breathing experiment in crowd dynamics, traffic control, sociology, mob mentality, Darwinism, and interpersonal communication. It can also be nerve-racking.

• As you approach the aid station, decide where, roughly, you'll grab your cup. If there are tables on both sides of the road, commit to one side early and focus on that one.

• Pass up the first few volunteers; other runners will be swamping them, leaving the volunteers farther down the road relatively free.

• Pick a volunteer from several yards away and focus on him; make eye contact, and point at his cup.

• At this point, the volunteer should be extending his cup to you. As you near it,

reach out with your index finger crooked.

• As you grab the cup, hook your finger into it and pinch the sides. This will form a sort of spout, making it easier for you to drink.

• A short "thanks" to the volunteer isn't required, but it's a nice touch.

Note 1: Most aid stations offer cups of water and cups of sports drink. Pay attention so you know who's offering what, and grab accordingly.

Note 2: If you're going to stop or slow to a walk in order to get those fluids down, look around before you stop or slow, and move to one side of the road.

Note 3: Be careful when discarding cups with fluid remaining, so as not to hit or wet another runner.

Respect for other runners is the key! =

Upcoming StrideRight Deadlines

July - No StrideRight published.

August - July & August edition
Published early August - Deadline July 20.

September - Published early September. Deadline August 20.

October - Published early October. Deadline September 20.

November - Published early November. Deadline October 20.

December - Hog Jog Special edition. Published mid December. Deadline November 24.

Thanks for all your contributions!

Congratulations to the 2011 Florida Striders Scholarship Winners



Nathan O'Nora

Clay High School
University of Central Florida

Lauren Barr

Bishop Kenney
Auburn University

Lisa Cameron

Stanton College Prep
University of Miami

The Scholarship Committee, composed of Kellie Howard, Kim Lundy, Bill Krause and Danny Weaver, met on May 5th to meet and congratulate the 2011 Florida Striders scholarship selectees. These fine young high school seniors are awarded \$1,000 each to apply to the college of their choice. The 3 selectees this year are Nathan O'Nora, the valedictorian at Clay High School; Lauren Barr, the valedictorian at Bishop Kenny High School, and Lisa Cameron, an excellent scholar and athlete at Stanton High School.

Nathan has plans to attend University of Central Florida; Lauren will be going to the Auburn University, and Lisa plans to attend University of Miami.

The mission of the Striders is to "promote and encourage running by educating the community about the benefits of physical fitness and sport." We are confident that our scholarship winners will be fine ambassadors for the sport of running for many years to come. Here are the winning essays:



Nathan O'Nora

Running has had a profound impact on my life. I joined my high school's cross country team as a freshman to have an extracurricular activity to put on my college applications. My attitude toward running quickly changed once I began however, and it turned into something that I really enjoyed.

One of the main reasons that I enjoy running is because it doesn't really require any talent. You don't need to be naturally gifted in order to become a good

runner. It is a sport that rewards hard work and dedication. No one can just go out one day, get really lucky and run a really good time. Sure, people have their good races and their bad races, but they are all within a window of time. Consistent practice is the only way that someone can become good at running, and it is this quality that caused me to fall in love with the sport.

I began my freshman cross-country season with a time exceeding 26 minutes and finished very close to last place. This did not discourage me, however, and I continued to train throughout the season, dropping more than four minutes off my time and ending my freshman season with a 22:22. I trained very hard through

the next track season and summer and, by the end of my sophomore year, I had run an 18:13 five kilometer race in cross-country and a 4:53 in the mile during track. These times did not satisfy me, however, and I have now run under 18 minutes in cross-country and under 4:50 in the mile for track. I have also run a two mile in 10:41, which is a vast improvement from the 12 minute times I was running freshman year. Thanks to all of the time, effort, and miles that I have put in, I have been able to improve greatly since I began running.

This reward for hard work and dedication caused me to reevaluate how I do things. I have put in much more effort into everything that I do, including academics and community service since I began running. Running has inspired me to put full effort into everything that I do. I have become a much better student and overall person because of running. I truly believe that, if I hadn't found running, I would have never achieved my goals of graduating as valedictorian or maintaining a 4.0 unweighted grade point average. Running has opened me up to many new avenues, allowed me to meet new and interesting people, develop close friendships, and accomplish my goals. Running has definitively changed my life for the better.



Lauren Barr

I like to run.

If you asked my cross country coach, he'd tell you this is nothing unusual, that human beings have been

running for thousands of years, that this is the most natural and pure sport in the world. But running is unusual, at least for me. Throughout grade school, I was a very poor athlete. I didn't play any sports, and my coordination and stamina were practically nonexistent. Field Day at school was my worst nightmare, and I dreaded having to catch, throw, and race in front of my classmates.

And then for some reason, I decided to join the school cross country team my freshman year of high school. Looking back, I'm really not sure what made me do it. I think I realized that I would have a better chance at running than any other sport, as it requires little coordination (although it does take more than you might think—I have the scars on my knees from tripping to prove it). It probably helped

that my dad has always been a big runner, and that my friends were planning to join the team. But whatever the reason, I showed up at summer cross country practice one random day in July.

To make a very long (and somewhat painful) story short, I eventually became a pretty good runner. Last cross country season, I earned a varsity letter and was a member of the state runner-up team. Currently, I am my team's number two runner and have big hopes for my final cross country and track seasons.

But what have I gotten out of all this? Running has taught me more about life than I would have ever believed possible. The experience as a whole has shown me that I should never doubt myself, or think there is something I am not capable of achieving. If I, the joke of the PE class (that's not exaggerating), can become one of the school's top runners, what can't I achieve when I set my mind to it? I have learned that trying something completely new and random may just be one of the best decisions you'll ever make.

Running has also made me incredibly tough. Not just physically, but men-

tally and emotionally. I have encountered plenty of hard times through this sport. But I have overcome them, and this has made me stronger. Not only am I strong enough to endure the mental pain of training and racing, but I am strong enough to recover from disappointment and failure. I know this will help me for the rest of my life.

Running has changed who I am and the way I think about things. Wherever I go in the future, I will take this with me. I have learned to never be afraid of hard work, and to never doubt what it can bring you.



Lisa Cameron

To me, running means much more than simply putting one leg in front of the other. Beyond the ruthless meets and unforgiving as-

phalt that has become such a large part of my everyday routine lies a much deeper meaning to why I run. To me, run-

Continued on next page

MINUTES

Continued from page 2

was \$10,632.26.

- Ending Cash Balance has designated amounts for World Record and Publix Grant Budgets totaling \$3,191.81. Undesignated cash balance was \$7,440.45.

- Comparable Ending Cash Balance as of April 30, 2009 was \$4,458.15.

- Major Revenues included membership income and Beginning Running Class fees (a portion of which is allocated to membership income). Major expenses included Children's Running marathon medals, t-shirts, and starter blanks, and Publix Grant children's running payments to schools for Run to the Sun Fun Run participation

IV. Committee and Director Reports

a. Hog Jog - Leslie Kindling: Proposed Race Date: Sunday November 6, 2011 at 8:00 AM. Recommend Sunday race so we can have chip timing with 1st Place Sports. Weighing morning vs. afternoon start time. Leslie went over the temperatures. Kim suggested a Saturday

afternoon race. Kellie made a motion to have the Hog Jog on Sunday afternoon at 2pm. Discussion about race time. No Jaguar home game that day. Motion passed, and the Hog Jog will be November 6, in the afternoon.

b. Scholarship Committee – Kim Lundy: The committee went over the applications, and chose 3 to win scholarships. Two of three winners were valedictorians of their schools, all were captains of their cross country teams: all exceptional candidates.

c. Social Update – Bill and Ann Krause: June 26 social proposed at Vicky's house. Discussion about dog event, Whitey's social, Jax Suns social, Speaker social.

d. Merchandise Budget – Randy Arend: Motion to approve spending up to \$500 in excess of the merchandise expense budget, so that we have more merchandise to sell at our events. Motion was seconded and passed.

V. Old Business

VI. New Business

a. Race Booth Marketing Request- Kellie Howard: Discussion about our participation at the Shannon Miller race and

its success in getting us exposure in the community. She encourages the board members to seek out opportunities to promote our club.

b. Memorial Day: 250 entries so far. Mike Mayse mentioned the dancing arrows for \$40. Motion made, seconded and passed to approve \$80 for dancing arrows out of the Memorial Day Budget.

VII. Announcements

-June Board Meeting Location – Adams house.

-Randy stated that Amelia Island Runners have partnered with us in the River Run tent, expo, Memorial Day event. He suggested that we show our support for them by joining or attending one of their races.

-Kim wants to have podiums for age group winners at races.

VIII. Adjournment: Motion made, seconded and passed to adjourn the meeting at 8:23 p.m.

Mission – Promote and encourage running by educating the community about the benefits of physical fitness and sport. =

Continued from previous page

ning serves as an outlet. Being on a run is the one place where I have complete control: only I can dictate what pace I go, how much pain I allow myself to feel, and where I will go next. What I find completely paradoxical, however, is how much unity can arise from this completely individualistic sport and mentality. Although I am an avid member of the school softball team, a notoriously team-oriented sport, I have never felt so indulged in a team and my own position as part of the team as I did in the FHSAA 3A

Region competition this year, where our team managed to all drop significant time and drop our team average by a full minute as compared to last year's competition. Running, to me, is anything but an individual sport. It has the ability to connect each member as a team with a common goal of motivating and pushing each other, and also the ability to connect people beyond this close-knit group of individuals. My dad and I do not get to talk very often, as he has been in Afghanistan for nearly a year now. Being my running buddy and number one fan at every cross country and track meet, this was a huge

deficit for me and my running career. The distance between us, however, has been severely lessened through running. He is an avid subscriber to my flrunners web page, and nothing connects us more than a new personal best or exciting race rivalry. We still like to compare times and plan to officially race in a road race 5k shortly after he returns this upcoming summer. Running provides so much for both me and my family, and the connections and bonds it creates so paradoxically are what make running so important to me and so pivotal towards my future into college and beyond. =

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	630 AM	Varied	Various Mandarin locations	Stephanie Griffith (904) 268-1503 or cell (904) 233-6964
Monday	5:00 p.m. EST/ 5:30 p.m. Daylight Savings Time	6 Miles Downtown Bridges	Jacksonville River City Brewing Company parking lot	Danny Weaver (904) 287-5496
Monday	6:30 PM	2 miles combination of walkers and runners	Orange Park 2864 Moody Ave. <i>This group is associated with the Journey Church</i>	Vernon W Allen 904-699-8614 buildingahealthytemple@walkandrunjour- neygoup.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	6:30 AM	10 to 15 Miles Moderate pace	Julington Creek Starbucks	Wendy Patterson (904) 237-4100 wenrex@comcast.net

Florida Striders Track Club

Wall Info Discussions Photos Video Events

Write something...

Attach: [Icons] Share

Michael J. Mayse Strider Social Labor Day Weekend!
Day: Sunday, September 5th
Time: 5:00 pm till????
...
See More
Monday at 7:26pm · Comment · Like · Flag

Pamma Joi "Racing teaches us to challenge ourselves. It teaches us to push beyond where we thought we could go. It helps us to find out what we are made of. This is what we do. This is what it's all about." -PattiSue Plumer, U.S. Olympian~ Just DROP IT!
August 18 at 11:59am · Comment · Like · Flag

Robert Walker whats goin on with the new world record attempt let me know I'm totally in
August 8 at 12:28am · Comment · Like · Flag

Cary At Ragnar Wanted to remind you all that the Ragnar Relay Race here in Florida has a promotion for local running clubs. We will offer \$100 to \$300 per team to the Florida Striders for each team registered. I am here to help with any questions regarding the Ragnar race or the promotion. Please contact me anytime should you have any questions.

Admins

- Greg Wood
- Vicky Connell
- Michael J. Mayse
- Dan Adams (JetBlue)
- Kellie Howard
- Melissa Saunders
- Lisa Adams (creator)

Officers

Lisa Adams
Board Member
Melissa Saunders
Board Member

facebook

Join us on Facebook! The Florida Striders now have a group page on Facebook.

Connect with fellow runners! Stay in the loop with all the club's goings on. Post photos, videos, or favorite links to share with other members.

Don't miss out! Join today!



Get your Strider swag!

Please contact Keith Poythress, our Merchandise Coordinator with questions at (904) 616-6054 or poyth@bellsouth.net if you would like to place an order.

We would like to hear from you!

Run a great race? Have a new running tip?
Tried a yummy new recipe?

Please send your stories to StrideRightEdit@aol.com

Check us out!

floridastriders.com



Please Print

Application for Membership
FLORIDA STRIDERS TRACK CLUB

New ☐
Renewal ☐

Name: Last _____ First _____ M.I. _____

Address _____ # in Family _____

City/State/Zip _____ Spouse's Name _____

Phone: Home _____ Birthdate(s) _____

Phone: Work _____ Employer _____

E-mail _____ Occupation _____

Signature _____ Annual Dues: Family \$20 ☐

Date _____ Single \$15 ☐

Junior (under 18) \$10 ☐

Senior (over 65) \$10 ☐

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

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

June/July 2011 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
June 18	USGBC North FL Chapter Green Run 5K	8:00 a.m.	UNF Campus Jacksonville	(904) 731-1900 1st Place Sports
June 18	Pop's Day 5K	8:00 a.m.	First Coast High School Duval Station Rd Jax	(904) 318-8104 Milestone Race Authority
June 18	JTC Running Summer Track Series #4 Distance Carnival	4:30 p.m. (See schedule for specific event times)	UNF Hodges Stadium Jacksonville	(904) 384-8725 JTC Running
June 25	Heart & Sole 5K	7:00 p.m.	Fletcher Park (Atlantic Blvd.) San Marco/ Jacksonville	(904) 731-1900 1st Place Sports
July 2	Firecracker 4 Miler	7:30 a.m.	Breaker's Oceanfront Park Main Street Pier 13 South Atlantic Ave. Daytona Beach	(386) 405-6108 Daytona Beach TC
July 4	Celebration 5K	7:30 a.m.	1st Place Sports 3931 Baymeadows Rd. Jacksonville	1st Place Sports (904) 731-1900
July 9	JTC Running Summer Track Series #3	3:00 p.m. (See schedule for specific event times)	UNF Hodges Stadium Jacksonville	(904) 384-8725 JTC Running
July 16	Bridge of Lions 5K	7:30 a.m.	Castillo De San Marcos St. Augustine	904-315-3390 RaceSmith, Inc.
July 23	JTC Running Summer Track Series #4	3:00 p.m. (See schedule for specific event times)	UNF Hodges Stadium Jacksonville	(904) 384-8725 JTC Running
July 30	Vestcor Bridges Run 5K	7:30 p.m.	Hemming Plaza Jacksonville	1st Place Sports (904) 731-1900

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

The Back Page



BY GAIL PYLIPOW

Memorial Day – a day of remembering our dedicated service men and women who fought and still fight to keep our country free. We remember and pray for all of you!

The hot weather has arrived and it is humid..surprise, surprise!!!! Remember to STAY HYDRATED. We do not want anyone overcome by heat exhaustion. Listen to your body and rest when it tells you to, drink lots of water, replace what is lost during a run and be smart. We are in full the full swing of races so pick several and meet new people!

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

The first of many in this article is the **SPARTAN 5K RUN** which took place on April 30th at St. Johns Country Day School in Orange Park. There were many Striders participating in this race. **Regina Taylor** was the Masters Women winner with **Charles Hunsburger, Andrew Marchand, Guy Jackson, Randy Arend, Allan Smith, Frank Frazier, Charles Goodyear, Jennifer Halter, Barbara Carrico, Joanne Harris, Barbara Scott** and **Tracy Pfuntner** placing first, **Glenn Hanna, Kimberly Lundy** and **Paul Smith** placing second and **David Bonnett** and **Bernie Powers** placing third.

The second race that took place the same day was the **SHANNON MILLER LIFESTYLE 5K**. This is the only WOMEN'S ONLY 5K which benefitted the Shannon Miller Foundation to fight childhood obesity. The results are: **Britta Fortson** was 2nd overall and **Regina Sooeey** was 3rd overall. **Mercedes Smith** and **Leigh Gardner** placed 1st, **Barbara Gilbert, Dee Robertson-Lee** and **Deb Potash** placed 2nd and **Nicole Anderson** placed 3rd.

The third race held on April 30th was the **SHRIMP FESTIVAL 5K** in Fernandina Beach. **Claudia French** placed 1st and **Craig Bennett** placed 2nd.

The first race for the month of May was **THE HUMAN RACE**, held over on Baymeadows Way on May 7th. The results are: **Andrew Marchand** was 3rd overall, **Robert Walker, Joe Connolly Nancy Harms, Paul Smith** and **Rebekah Wild** brought home the gold. **John Kovacs, Bernie Powers Freddy Fillingham, Charles Goodyear, Caroline Sabatella** and **Dee Robertson-Lee** took silver, and **Craig Harms** and **Tiffany Kovacs** were awarded the bronze.

The next race on May 14th was **THE SECOND ANNUAL MARTY 5K**. Your entry fee for this race goes to help benefit Memories of Love, a non-profit organization created as a legacy to Marty Gottlieb, a Jacksonville native, husband and father of two young children who died at the very young age of 32. This non-profit organization helps to create happy memories for the families of those with life threatening illnesses. To learn more about Memories of Love, go to www.MemoriesOfLove.org. Those crossing the finish line first in their age groups were **Paul Smith, Regina Taylor, Sue Whitworth** and **Pat Gallagher**. Those crossing 2nd were **Quincy Masters, Joe Connolly, Rosa Haslip** and **Rebekah Wild** and coming across 3rd were **Jakob Wyche, Robert Walker, Craig Harms, Leslie Magruder** and **Dee Robertson-Lee**.

On May 14 **Vicky Connell** participated in the **MANDARIN BIATHLON** and came in first in her age group. Awesome job Vicky!

The next race was **NEVER QUIT BEACH FEST 5K**, held at Jacksonville Beach and it was a hot day for the festivities. Hundreds of people participated in this event, which was more than just a 5K. **John Metzgar** was the 2nd place overall winner while **Regina Taylor** won 3rd overall and **John Wisker** was the Master Men winner. Those achieving gold in their categories were **Ben Huron, Bernie Candy, Frank**

Frazier, Stephen Beard, Al Saffer, Alexandra Midgett, Lisa Adams and **Denise Metzgar**.

Those who took silver were **David Bonnett, Mark Grubb,**

George White, Paul Smith, Joe Connolly and **Alison Ronzon**. The bronze winners were **Allan Smith, George Hoskins, Barbara Carrico** and **Nancy Pullo**.

The final race for May held on May 30th, Memorial Day, is the ever popular **MEMORIAL DAY 5K**. This year the race was not held in Green Cove Springs, but in Orange Park, starting by the 1st Place Sports store on Milwaukee Avenue and finishing by the Orange Park Town Hall. I won't get into why it was not held in Green Cove Springs as it has for the past 27 years, but that is another story. This was my first race coming back from my IT Band injury and let me just say it was HOT and HUMID. Thankfully there was a lot of shade along the course route. The Striders proudly ran this race with many Striders placing. They are: **John Metzgar** won 1st in Open Men and Masters Men categories, **Regina Taylor** won 2nd in Open Women and Masters Women categories and **Britta Fortson** won 3rd in the Open Women category. Those placing 1st were **John Wisker, Randy Arend, Al Saffer, Lisa Adams, Stephanie Griffith, Nancy Pullo** and **Diane Aimone**. The 2nd place Striders were **Robert Walker, Ben Huron, Andrew Marchand, Stephen Beard, Bernie Candy, Frank Frazier, Benjamin Holland, Bob Meister, John Aimone, Barbara Carrico** and **Ann Krause**. The Striders placing 3rd were **David Bonnett, Paul Smith, Joe Connolly, Denise Metzgar, Rosa Haslip** and me, **Gail Pylipow**.

JACKSONVILLE STRIDERS -

They're Anywhere and Everywhere!

Hey, when you're out of town and

Continued on next page

floridastriders.com

The Back Page

CONTINUED FROM PAGE 19

there's a race, go for it! There were many Striders who took to the road to expand their horizons. (pun intended)

On April 30th **Randy Pullo and Nancy Pullo** ran in the **SAN PABLO 5K FOR PLAY**. Both Randy and Nancy placed 1st in their respective age groups. This is what Randy had to say, "Sun, sand, door prizes, free massages, 1st place age group winners each received a loaf of homemade bread. Yummy!"

THE TWILIGHT 5K took place on April 30th and **Robert Walker** was there to be a part of the race. He says, "All 50 state quest, state #4, Georgia race was held in Athens. The top 15 men and women come back @ night and run 1 mile for \$1000. I was the 30th but very hilly course."

On a trip to Clarksville Tennessee, **George Hoskins** took part in the **QUEEN CITY 5K** on May 1st AND he placed 1st in his age group. George said it was a very HILLY course.

On May 1st in Oklahoma City, **Trish Kabus** ran in the **OKLAHOMA CITY MEMORIAL MARATHON**. She said, "Horrible weather, 42-degrees, pouring rain, 30 mph wind and hail at 24 and 26 miles. Great town and the Memorial was awesome. I will go back and run it in good weather!"

Joel Preston participated in the **WISCONSIN MARATHON** on May 7th in which he QUALIFIED for the Boston marathon. Congrats Joel!!!

The **FREE THEM 5K**, held on May 7th north of Seattle, Washington beckoned **Charlie Hunsburger**. "It was a nice race in Shoreline, Washington, 10 miles north of Seattle. Hilly, windy, and long (actually a 3.3

mile course). "

Nancy Pullo and Randy Pullo participated in the **RUN THE RIVER 10K** on May 16th in Rosewell, Georgia. Nancy had this to say, "This race was held in Roswell, Georgia. The night before the race a huge storm blew the region causing much damage. Hail was pelting our car as we returned from dinner and we wondered what the weather would be like the morning of the race. Not to worry, it was a perfect running morning: cool and calm. We were celebrating our 17th wedding anniversary which was fitting as we met at the 1992 Summer Beach Run." Sounds fun and we hope you had a great time!

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.

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

I give my monthly award to those who write our monthly Strider newsletter. The time it takes to produce this newsletter should be recognized. I salute all of you!!!! =

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:
daniel.adams@jetblue.com

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



Florida Striders
P.O. Box 413
Orange Park, FL 32067-0413

NON-PROFIT ORG.
U.S. POSTAGE
PAID
ORANGE PARK, FL
PERMIT NO. 215