

Ken Bendy wins the RRCA Browning Ross Spirit Award

By Kellie Howard

Congratulations to Ken Bendy, a long time Strider, who was awarded the Browning Ross Spirit award at the Road Runners Clubs of America (RRCA) National Convention in Fredericksburg, VA on May 14, 2011. The Browning Ross Spirit award was created in the memory of Browning Ross who was a founding member of the RRCA and worked tirelessly for the club, yet preferred to stay in the background letting others take the spotlight. This award is given to an individual who is a longtime supporter of both their local running club and the RRCA.

Ken is certainly deserving of this award. You may not know Ken, but if you have run local runs, you have heard his voice at the finish line announcing the race finishers. He is often called the "Voice of the Striders" for always being the one holding the microphone at the finish line. Racers and award winners never knew what colorful commentary Ken would announce as they passed the finish line or received their hardware.

Ken started running in 1981 and joined the Florida Striders in 1983. He preferred to stay out of organized running for a year or so until Chuck Comett convinced him to join the Striders. Ken managed to avoid the limelight for another year or two by just running races and volunteering. One thing led to another and he reluctantly ran for the board, and subsequently served several terms as Vice President and President.

Former Strider President, John Powers, says that he can't say enough about what Ken has contributed to the club, spending countless hours organizing all of our Strider races. He was race director for both the Run to the Sun and the Autumn Fitness 5K (the forerunner to the Resolution Run) races. He prepared manuals for all of the duties associated with putting on a race – from finish line coordinator, course director, race director, and volunteer coordinator, which made a new coordinator's job much easier. Anyone could take on the job of a race coordinator because of Ken's instructions. John says that many of the volunteers would not have volunteered if it had not been for the organizational work Ken had done in preparation of our races.



Jean Knaack, RRCA Executive Director, presents Ken with his award.

Ken has been a huge supporter of the Striders. He was not quiet about letting it be known that if you were a Strider, you better either run in all Strider races, or if you are not able to run, either volunteer or register for the race. Since he ran his PR marathon of 3:25 while battling cancer, he is definitely a motivator to all Striders. Danny Weaver recalls that while in the hospital with cancer, he would time his laps around the nursing station with his stop watch.

His support of the Striders was also visible. Continued on page 4

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UPCOMING SUMMER SOCIALS!

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



Summer running in Jacksonville is always a challenge, so when Lisa and I signed up for the September Berlin Marathon I wondered if we could do a lot of hot, wet summer miles. Through these summer training runs, I have learned how to do high mileage safely in the heat. This article is about what I learned.

It goes without saying you have to drink a lot of water in the summer. A technique I use is to weigh myself when I get out of bed and then again when I return from my morning run. Each pound I lose equates to one pint of water. I use this information to make adjustments to my hydration plan for the next run and for my recovery rehydration. After my initial weigh in, I drink 2 pints of water to preload my hydration. Then I drink 1 pint every 3 miles. At first it can be challenging to drink this much water, but over time I have trained my stomach to tolerate a high consumption rate. It also works well for drinking lots of beer on the weekend.

Soggy shoes are another issue with my summer miles. I noticed that most of sock soaking occurs when I stand still and drip into my shoes. So I avoid standing still by either sitting or walking at water stops. Additionally, I purchased a small fan for drying my shoes after the run. This keeps my shoes dry and feet blister-free.

When we signed up for a September marathon, I was dreading the long summer miles. But by staying hydrated with dry feet, I have found summer running to be as enjoyable as winter running. I hope these tips are useful to other runners. Good luck with the heat. =

Board of Directors' Summary of Action June 7, 2011

Adams' House • 7 PM

I. Call to Order: Dan Adams called the meeting to order at 7:25 p.m. Board Members present: Dan Adams, Lisa Adams, Regina Soeey, Randy Arend, Vicky Connell, Maria Littlejohn, Kristy Matherne, Glenn Hanna, Ann Krause, Bill Krause, Kim Lundy, Kellie Howard, Mike Mayse, Frank Frazier, Carol MacDougall, Greg Wood, Kim Crist, Scott Hershey

II. Review of Minutes – May 2011. Motion made, seconded and passed to approve the minutes from the May, 2011 meeting.

III. Officer Reports

- a. President Report – Dan Adams
 - i. Appointments by President
 1. Race Advisor – Bob Boyd
 2. Membership Director – Mike Mayse
 3. Newsletter Editor – Trish Kabus
 4. Equipment Director – James Vavrina
 5. Merchandise Director – Keith Poythress
 6. Children's Running Committee Chair – Vanessa Boyd
 7. Scholarship Committee Director – Kellie Howard
 8. River Run Tent Assistant – Don Wucker
 9. Social Directors – Bill and Ann Krause
 10. Race Volunteer Coordinators – Frank Frazier and Kim Crist
 11. Race Logistics Coordinator – Glenn Hanna
 12. Race Marketing Coordinator – Maria Littlejohn
 13. Graphic Design Coordinator – Tori Connell

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2011-2012 Board of Directors & Key Members

(Board Members marked with an *)

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KEN BENDY

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ible in his writings for this newsletter. He edited the newsletter for six years and for 17 years, he was the author of "Racie Ramblins" which was the former title for the back page of the StrideRight.

On the national club scene, Ken was appointed as RRCA North Florida State Rep in 1996 and was selected as the RRCA Outstanding State Rep in 1999. In 2000, he was asked to take on the additional task as chair of the RRCA State Rep Committee. In this capacity he revitalized the program and was instrumental in revising the State Representative Manual. In 2004, he was asked to fill an unexpired term on the National RRCA

Board as Southern Region Director and was subsequently elected to another term. He was presented the RRCA President's award for outstanding service when he stepped down in 2008, but remains active behind the scenes. Ken would like to encourage the Striders to attend the national RRCA convention and apply for grants that are available through our national club.

These days, Ken and his wife, Marie, are spending their retirement traveling between their homes here in Florida and North Carolina. When the Bendys are in town, they are volunteering at the local races, including the River Run. They spend countless hours during the River Run Expo working the registration, packet pick up and help areas. Now his running days are more

of a walk and or "slog". He still runs a few races and even though he puts in countless hours volunteering, he still enjoys participating in the River Run every year. He has only missed a few River Runs and one of them was because he was on deployment to Sicily, but ran a 15K there on River Run morning. Ken is definitely a worthy recipient of this award and we are lucky to have him as a member of the Striders. =

Wide World of Running By Jay Birmingham

Not to worry! Jay's column will make its return to the StrideRight as soon as he returns to Florida!

Race Results

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

Run for the Pies Jacksonville, FL June 11, 2011

John Wisker	17:34	1st ag	Herbert Taskett	23:17		Mark Johnson	28:14	
Ben Huron	18:12	1st ag	Frank Frazier	23:22	2nd ag	Dawn Hagel	28:14	
Dan Adams	18:31	PR	Gail Pylipow	23:24		Ken Murray	28:23	
Dan Adams	18:31		Tom Henkel	23:25	1st ag	Melissa McCrosky	28:39	
Seth Pajcic	19:27		Stephanie Griffith	23:28	1st ag	Curt Young	29:05	
Randy Arend	19:40	2nd ag	Kathy Murray	23:40		Melinda Terry	29:15	
David Bonnette	19:43		Ann Krause	23:41		Benjamin Holland	29:48	1st ag
John Kovacs	19:57		Paul Smith	23:45	3rd ag	Bernie Powers	29:54	
Bruce Holmes	20:08	1st ag	Paul Berna	24:02		Mark Lay	30:41	
Keith Poythress	20:42		Doug Aiosa	24:28		Monica Lucas	31:04	
Lisa Adams	21:00	1st ag	Vicky Connell	24:43		Bill Krause	31:13	
Stephen Beard	21:01	1st ag	James Vavrina	25:04		Gary Proctor	31:48	
Robert Smith	21:14		Mercedes Smith	25:09		Regina Adam	31:50	
Regina Soeey	21:30	2nd ag	Nicole Andress	25:09		Nancy Pullo	32:19	3rd ag
Victor Corrales	21:41		Mercedes Smith	25:09		Micki Francis	32:37	
George White	21:51	3rd ag	Kacee Bryner	25:23		Al Saffer	32:46	1st ag
Leslie Kindling	21:57	3rd ag	George Hoskins	25:46		Rob Fortson	33:22	
Denise Metzgar	22:05		Kimberly Lundy	26:06		Britta Fortson	33:25	
Allan Smith	22:14		Debbie Higdon	26:22		Bob Meister	33:36	2nd ag
Barbara Carrico	22:18		Bradley Shepherd	26:43		Jill Wright	34:03	
Alison Ronzon	22:22		Jeremy Buyok	26:49		Melanie Cruz	34:57	
Cynthia Lyons	22:37		Martin Wilkinso	26:58		Lesley Jones	35:22	
Patrick Morgan	22:42		Tim Wright	27:11		Claire Gilbert	35:40	
Tracy Pfuntner	22:57		Gayla Poythress	27:14		Charles Goodyear	36:11	2nd ag
			Tiffany Kovacs	27:16		Stan Scarlett	37:06	
			Sue Whitworth	27:22		John Aimone	37:22	1st ag
			Bob Buscemi	27:26		Freddy Fillingham	37:53	
			Bruce Howard	27:56		Michael Martinez	38:41	

Dee Robertson-Lee	40:17		Herbert Taskett	24:59	1st ag	Michael Ryan	26:40	
Diane Aimone	43:23	1st ag	Lucas Smith	26:22		Tim Wright	27:21	
Tom Zicafoose	44:08		Mark Woods	26:34		Cecile Spiegel	27:37	2nd ag
Joe Connolly	49:31	2nd ag	Nicole Andress	27:05		Susan Chadwell	27:38	
USGBC North Florida Chapter			Mercedes Smith	27:12		Mark Johnson	28:03	
Green Run 5K			Cameron Smith	29:37		Leslie Hague	28:09	3rd ag
Jacksonville, FL			Kent Northey	30:46		Gary Proctor	28:11	
June 18, 2011			Paul Smith	31:37	1st ag	Doug Barrows	28:25	3rd ag
Seth Pajcic	20:21	1st ag	Jim Kehr	32:37		Curt Young	28:35	
Maria Padin	22:43	1st ag	Charles Goodyear	39:16	1st ag	Bernie Powers	29:30	
Curt Young	29:22		Christine Kehr	40:56	3rd ag	Bill Krause	29:42	
Robert Sroka	29:58		Celebration 5K			Alan Harmon	29:43	
Bernie Powers	31:17	3rd ag	1st Place Sports Baymeadows			Mamie Davis	30:13	
Charles Goodyear	36:33	1st ag	July 4, 2011			Mark Lay	30:36	
Dee Robertson-Lee	40:03	3rd ag	John Funk	18:10	1st ag	Jennifer Hu	31:26	
Joe Connolly	44:55	3rd ag	David Bonnette	18:24	2nd ag	Rob Fortson	32:11	
Heart and Sole 5K			Dan Adams	18:47		Al Saffer	33:18	1st ag
San Marco, Jacksonville, FL			Seth Pajcic	19:25	3rd ag	Sharon Medders	33:27	
June 25, 2011			Britta Fortson	19:55	1st ag	Claire Gilbert	33:27	
Paul Smith	24:24	1st ag	Lorna Bradford	20:08	1st ag	Charles Goodyear	34:33	
Debbie Higdon	26:04		Bruce Holmes	20:16	1st ag	Jill Wright	35:00	
Overall Womens Masters			Stephen Beard	20:24	1st ag	Tracey Minton	36:05	
Tim Wright	27:38		Lisa Adams	20:33	3rd ag	Fred Haley	36:34	
Bernie Powers	30:51	2nd ag	Robert Smith	20:56		Anne Matthews	36:55	
Barbara Whitter	32:01	3rd ag	Allan Smith	21:49	3rd ag	Freddy Fillingham	37:32	
Jennifer Hu	32:34		George White	22:01	2nd ag	Annie White-Butler	38:20	2nd ag
Jill Wright	34:00		Buddy Chadwell	22:05		Tom Zicafoose	38:28	
Charles Goodyear	35:13	1st ag	Christine Vaughn	22:09	3rd ag!	John Aimone	40:36	1st ag
Dee Robertson-Lee	37:52	2nd ag	Bryan Rohlin	22:38		Evan Zillmer	42:56	
Fred Haley	39:04		Patrick Morgan	22:57		Nell Robinson	43:02	
Lauren Rowans	39:55		Leslie Kindling	23:20		Diane Aimone	43:18	2nd ag
Save XC 5K			John Hirsch	23:23		George Mosely	46:16	
Bartram Trail High School			Mike Singletary	23:33		Joe Connolly	56:13	2nd ag
July 2, 2011			Ann Krause	24:08	2nd ag	Bridge of Lions		
John Funk	19:47		Gail Pylipow	24:08	3rd ag	St. Augustine, FL		
Robert Smith	21:46	2nd ag	Ann Krause	24:08	2nd ag	July 16, 2011		
Regina Taylor	21:57	1st ag	Quincy Masters	24:10		Bernie Candy	20:46	
Guy Jackson	22:34	2nd ag	Deb Potash	24:39		Roberta McCloskey	27:22	
Kristin Smith	23:25	3rd ag	Diana Levin	25:22		Sue Whitworth	26:34	2nd ag
Seth Pajcic	24:33		Debbie Higdon	25:26		Joey Marra	30:41	
Patrick McCarthy	24:59		George Hoskins	25:53	1st ag	Richard Vance	32:52	
			Sue Whitworth	26:04	1st ag	Carolyn Mudgette	43:11	
			Martin Wilkinson	26:15		Trish Kabus	44:15	
			Paul Smith	26:26	2nd ag	Darlene Schmitt	47:17	

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

<http://floridastriders.com/sendresults>



Tim Young posted this thank you on the Striders Facebook page to the Jacksonville running community for their support of cross country. Everyone pulled together to make sure that there would be cross country in Duval public schools this year!

John, 7/5/11
 Thanks to you & the Fla Striders for dealing (very successfully) with some adversity related to the Memorial Day 5K race traditionally held in GCS. I thought that the turnout in OP was great and the "post-race" celebration/picnic breakfast went well too! Don't know the overall results and/or feelings of the Striders & 1st place spots, but I heard a lot of positive feedback!! I appreciate the volunteerism & charitable efforts displayed by the Striders. Furthermore, thanks for finding a way to keep the race in Clay Co! I thought OP Town Hall had worked well! On another note, I know the Fla Striders share my excitement over the renovations taking place on Des Lalle Bike/jog path! Take Care, Tim

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



← WE GET LETTERS!
 Clay County Commissioner, Travis Cummings, took time to send John Powers this nice note about the Memorial Day 5K. Thanks again to all the folks who made the race a huge success!

From a Different Perspective

By Barbara Gilbert

I believe my race walking began 28 years ago the day my son, Robert Walker learned to walk. He was a runner from day one at age 2 and I was always racing through a store before he knocked over a display! Robert began competing at age 9 and I was always on the sideline at local races cheering him on. In the early 90's while watching the track and field events of the Olympics on TV, the race walker came into the stadium and my children said, "Moma, that's you with a coffee pot" (I was a waitress at the time). There was a local race that Saturday and Robert said, "Just try it Mom. Pretend you are at work." It was the Tropical Heat Wave 5K in 1993. I wore no special shoes, had no form, but I did it! As usual, Robert took 1st place in his age division, but I surprised myself by earning a 3rd place award! I was hooked! In those days the local races had walking awards and divisions. October 16, 1993, Robert and I broke new ground in the local racing circuit racing as the first and only walking/running team in a team only race. I took 1st place in the female walking division and Robert placed 2nd in his age group, putting us in 6th place overall in the competition.

I had never been involved in any physical activity. I was a slightly overweight single mom with a crazily busy schedule and 4 young children. I was so pumped up from the adrenaline of this initial race, I wanted to do it again. I found a race walking clinic taught by a local podiatrist, Dr. Schultz, and I participated. I attended a "How to buy race walking shoes seminar." I joined J-Walkers. We already had a family membership in Florida Striders and Jacksonville Track Club as Robert and one of my other sons, Steven, were active runners. I practiced everyday after work on the beach, before picking up Robert and the kids from the Boys and Girls Club. It was my way of de-stressing from the job and preparing for my other full time job as a mom, and believe me, Robert was a handful, plus I had 3 others! I lost 30 lbs and found I

was more energized! I was looking good and feeling good! My 4 children are my best friends. For Robert and I this became our mother/son activity we did together every weekend, but now I was in the race too! Some Saturdays we did 2 races and we brought home tons of awards. I was averaging 11 minute miles and was one of the top race walkers in Jacksonville, usually the fastest female. Florida Striders and Performance Multi-sport races were very supportive of walkers and had this division in all their races.

My first official race walking competition was the Rose City Walk in Georgia, which attracted Olympic race walkers with 7 and 8 minute paces! I remember coming up the final hill of the race and the elite race walkers cheering me on and they were yelling, "Pump your arms faster and your feet will follow." So here is some info on race walking: It is a sport which is not hard on your knees as running can be. Many injured runners continue to compete as walkers. It is a heel toe movement and the foot rolls. Any shoe will not work. Locally, most stores and sales people do not understand this. The legs are not bent and proper form is to stand erect. Arms and hips are very much a part of the race walking form. The arms are bent and low and move forward much like the joints on a machine. Push ups are advised to strengthen the arms. The hips are the power point as the push comes from this area, thus the "funny race walking walk". Strengthening the core, ab area is a key to stamina. Proper breathing and relaxation during a race are key elements. Running even one step is NOT allowed and is immediate DQ from an official race walking competition, where judges ride along the race route on bikes with signs to pull racers out of the race. We as race walkers also note any "race walkers" who run even one step along the route, which immediately puts them in the running category. The stride differs with the racer. Many do the foot in front of the other covering more distance in a shorter period of time, as walking a straight line. Some do long strides and others, the shorter, faster

strides. Unknown to many people, there are many types of walking. Race walking is the sport in the Olympics and is what I do. Power walking has a different arm motion, usually an upward pumping motion and you will often see these folks with the pole or weights. There are the fitness walkers who walk their neighborhoods everyday at a good pace and are often in the local races, particularly the charity walks. There are the casual walkers who stroll, chat, walk the dog or push a stroller at a very relaxed race.

"Pump your arms faster and your feet will follow."

The shoe must be flexible, and provide the support for the proper race walking form. Brooks and Adidas put out some great race walking shoes. Due to the pace, you do buy running shoes. The "walking shoes" in local stores are for the casual walker. It is important to know what kind of walker you are when choosing the proper walking shoe. Race walking sites are the best place to go for advise on the shoe to buy.

My first River Run was in 1995 and of course there were no race walking awards. My time was 1:47, the first female race walker through the finish chute and the 6th place overall in race walkers. My race walking career and dreams of improving my speed to compete in the Senior Olympics someday, ended a couple of years later when a 200 lb milk machine fell on me at work, breaking my sternum in half and bruising my heart. The call to 911 was a DOA! As you can

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FROM A DIFFERENT PERSPECTIVE

Continued from previous page

see, Unstoppable Barbara did survive and while in the critical care unit my first question to the doctor was "When can I race walk again?" He told me I was crazy! I had to learn to sit up, breath and walk all over again, with assistance. I could not just lie around and decided I would be returning to race walking and show that doctor the definition of crazy! One of my fellow J-Walkers, Jim Salatke, a seasoned race walker, stepped forward and offered to be my trainer. He said, "We will walk every weekend, even if you can only take 2 steps and each week we will go a step further." He was very patient with me and a month later, I surprised everyone by placing 3rd in a local race! I kept working hard, got stronger and Robert and I kept on racing every weekend!

During the next couple of years, race walking became less popular as a sport and J-Walkers folded. Race directors decided there were so few of us it was not worth the investment to have a division and awards, plus having someone on the course to insure there were no running steps taken. I continued to race, as this was my special time with my son, Robert and I had come to love the competition with myself to improve my times, as well as the social interaction with runners you see only at the races. Then I had a bad fall at work. As a result of this fall which disconnected something at the base of my spine, I was told I would lose the use of my lower body and would eventually be confined to a wheel chair. After several doctors and many tears, I accepted the diagnosis. My race walking career had come to an end and I was back on the sidelines every weekend cheering Robert on. Then in 2006 I had a heart attack, which really sealed the deal. I began to put on weight, my blood pressure went up, and I was walking with a cane, unable to even climb stairs. I changed careers, entering the field of social work, so much less walking was required from my food business days. In April of 2010 I lost my job as a kids counselor and on that day, I decided to do something for me in my life

that I could have control over. I participated in the Human Race 5K to raise funds for Clay Habitat . My goal was just to go the distance and finish. At the finish line, I was approached by a race walker I had seen compete and she said "I want to train you!" Her name is Teresa Vail and she has been on the Olympic race walking team. You have seen her and her twin sister in some of the local races. They are tiny and fast! We began track training which I hated as it was boring, but I learned much from her. I credit her with my form, good racing shoes, and a new commitment and confidence that I can race again. She trained me for a year and I began racing again every weekend! I have lost 52 lbs. My heart is strong. My blood pressure is down. I am looking good and feeling good. I am now training myself and am active in Daily Mile where I have found a very supportive group of people online who hold me accountable and motivate me daily. On my last doctor's visit the doctor was shocked to hear I was race walking again. He said, "I am looking at your MRI and this is impossible!" The disconnect at the base of my spine is still there and the prognosis is the same, but for me I will walk and race walk until I am stopped in my tracks! My times are not what they were 14 years ago but I am racing. At the Human Race my finish time was 49 and I am now finishing in 38-39! When I pull up beside a jogger or pass them, I am not competing with them. I am only competing with me. My goal is to beat my best times, to keep a steady pace, to relax, enjoy and finish strong. There are no awards at the finish line for me and I pay the same racing fee. The best compliment is the respect of a runner who recognizes race walking is hard work. On behalf of serious race walkers, I think I would advocate for respect as we are representing an Olympic sport. I have placed in local smaller races and I do cross the finish line before joggers. I have been elbowed, had joggers weave and stop in front of me, upset I have passed them. I have had derogatory comments made and sometimes even the water stations or finish line have been taken down. As a race walker you also get a view of the race from a differ-

ent perspective. Race directors often force you to start at the back of the pack. I feel honored to be with this group as these are the true winners of the race. They just want to finish, so after I cross the finish line, you will see me and hear me at the finish line until the last person crosses yelling encouragement "You did it!" I have been known to go out on the course and give hugs, high fives and cheer people on. Despite all their personal obstacles and challenges they are entering the finish chute!

In a few weeks I will be leaving for my annual visit to Jamaica to work with the poor. I am putting together a Fun Run/Walk at Barbaras Village including awards for all the finishers. I will be wearing my Florida Strider racing singlet and thank goodness it is yellow, as I am known for the color yellow in Jamaica. Even my village is painted yellow! If you want to know more about my one woman projects for the poor of Jamaica (my other passion besides my 4 children) go to my website: advocacyforhope.com. There is a reason they call me Unstoppable Barbara and Crazy Barbara!

See you at the races! =

Upcoming StrideRight Deadlines

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!



MINUTES

Continued from page 2

ii. Appointments by Board

1. Resolution Run Race Director – Dan Adams. Motion made, seconded and passed to appoint Dan Adams as the race director for 2012.

2. Run to the Sun Race Director- Karen McCormick. Motion made seconded and passed to appoint Karen as the race director for 2012.

iii. Celebrate Clay Awards by the Reinhold Foundation

iv. We got a thank you letter from the Rotary Club for letting them participate in our Memorial Day charity. Discussion about Kohl's participation at our events

v. Presentation of Florida Strider blanket to Mike Mayse for all his help with our events.

b. Treasurer Report/Budget – Randy Arend. We are very healthy financially.

Beginning Cash Balance as of May 1, 2011 was \$22,081.33.

May Income was \$7,520.

May Expenses were \$11,338.47.

Ending Cash Balance as of May 31, 2011 was \$18,262.86, of which \$6,649.85 was designated for

Children's Running Budget and \$11,613.01 was undesignated.

Comparable Ending Cash Balance as of May 31, 2010 was \$9,705.95, of which \$2,645.81 was designated and \$7,060.14 was undesignated.

IV. Committee and Director Reports

a. Resolution 5K Race Date: January 14, 2012

b. Membership Report – Mike Mayse: We will have a June StrideRight (MD5K special edition). We can combine July/August in order to save money. A lot of information is repetitive and also things that people can get off the website. Vicky talked about editing the newsletter better. Discussion about having more human interest stories in there. Proposal to have new membership pricing structure in the future. Try to make the Back Page more personal.

c. Run to the Sun – Karen McCormick. Kellie mentioned that she did a great job in hitting close to her numbers.

i. Race Report: Over \$10,000 in proceeds, 50% increase. We are around 500 participants, and there is a lot of competition with other races. A great job done by Karen.

ii. Race Date: April 21, 2012

d. Social Update – Bill Krause

i. Connell House Party: June 26th: 4pm. Request for email blast, and to put in StrideRight.

ii. July social location: Whitey's or Crab Shack? Board voted for Whiteys at 4pm.

iii. August social: Sun's game. Thirsty Thursday August 18.

iv. Volunteer Appreciation Party? Great concept. Possibly combine with a prediction run.

VI. Old Business

VI. New Business

a. Save Duval Cross Country – Dan Adams: Ideas and points of consideration.....

-Duval County budget not finalized yet.

-Very political issue

-Contributions may not be needed this year.

-Will this continue to be an ongoing issue every year.?

-No July meeting, and Aug 2 is the deadline, so we need to talk and decide now.

Discussion about how the Striders will support this effort. We need to decide if we will give \$1000, which is excess scholarship monies to this cause. Mike made the motion that we give this \$1,000 to save Duval Cross Country if: the funds are still needed, a foundation is established, and the executive board approves. Motion seconded and passed. We will market and support the July 2 race.

b. Race Neighborhood Appreciation Social – Mike Mayse: Homeowners in the neighborhood of the MD5K complaining about us closing down the roads for our races. Discussion about going door to door with flyers and picking up trash in our Strider shirts.

VII. Announcements: Discussion of best way to get the news out about socials.

Motion made seconded and passed to cancel our July board meeting.

Carol is documenting the statistics for the run/walk club medals/tokens. She wants to show the teachers what the Striders are doing for these clubs in the schools.

VIII. Adjournment: Motion made, seconded and passed to adjourn the meeting at 8:50 pm.

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

[facebook.com/home.php?ref=home#/group.php?gid=123218932503&ref=mf](https://www.facebook.com/home.php?ref=home#/group.php?gid=123218932503&ref=mf)



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!

Remembering Gordon Slater



SLATER Gordon R. Slater, 71, a Marine Veteran, long-time runner, dedicated 38-year Ford Motor Company Regional Manager, and beloved husband, father and friend, passed away on July 7, 2011. Gordon is survived by his wife and best friend, Roxanne; daughters Kim, Raychel, Candy, and Michelle; sons Jim and Tim, as well as many grandchildren. Gordon will always be carried in our hearts for the laughter, loyalty, and love he gave to his family and friends. For those who had the pleasure of knowing Gordon, he was an inspiration to all and a fighter til the end. — *Florida Times-Union*

By Kim Pawelek

On the outside, this man was a true Marine in every sense of the word. He was rough looking, especially with that big ol' knot (as I liked to call it) on top of his head (his chemo port), and he was pretty darn good at barking out orders, all in the comfort of his big, boy chair. But, at the end of the day, this man was one of the gentlest, most loving, loyal, and generous souls that ever lived. He'd always try his darndest... going...going beyond the call of duty...when it came to helping out family, friends, and everyone in between. In my eyes, Gordon was like Superman and UPS all rolled into one. Just think about it...tough as they come, but always delivered.

And he loved being a mentor. At times this was maddening. When all you wanted was a little direction or a simple answer, he'd find more fun in challenging every fiber of your being in order for you to figure it out yourself. Sometimes, he'd make you so cussing mad, "he'd drive ya to drink" (as he'd often say), but then you'd love him for it in the end. He was that good.

He lived his life to ensure he could do no better, and made everyone else better along the way.

My most recent favorite memory of Gordon came on River Run day of this year. I wanted to run with him the last mile or so, so I asked him the fastest time he thought he could run, which would then give me a better indication as to when I should head out to find him. Well, he told me he'd shoot for around the 2.5 hours, but he tapped me on the shoulder at about the 2:10 mark.

He had already finished the race, and had broken 2 hours!

"What the hell are you doing back so early? Did you finish or did you have to cut it short?" I asked.

"What the s#!#! Hell, yeah, I finished, no thanks to you! Thought you were going to run me in."

"How the hell am I supposed to run you in when you give me an ETA of 2.5 hours, but you're back in less than two?!"

"Well, if it wasn't for that bleeping newspaper article, I probably wouldn't have run as fast. Felt like I had to try harder, so it's all your bleeping fault for putting that pressure on me." (note, the Times-Union interviewed Gordon the night before the River Run, which appeared in the Sunday newspaper.)

"Well, then you should thank me because you did great! I can't believe you ran that frickin fast!"

"Yeah, I think I did good today, surprised myself even. But I'm not thanking you because you should have believed in me in the first place."

And that conversation is just one of the many moments I'll miss and treasure the most. We were both giving each other a hard time, but in the end, they're moments that make you smile and think, "that damn Gordon...gotta love that guy."

He fought like all hell for his life, and I'll never forget what I witnessed in those last few days. I knew he was strong, but on that last day, he became the strongest man I'd ever met, in more ways than one. Gordon Slater wasn't just another one of those grumpy old guys. He was no ordinary man either. He was our own personal Superman.

By Marge Ruebush

I first met Gordon Slater about 30 years ago. I worked all the race registrations for the Strider races. Gordon and his buddy, John Gauer, were the very dependable equipment crew at that time. I always called them my “go to” guys because no matter what I needed or asked them to do they were ready and willing to help me—even if it was at 5 AM.

In more recent years, I continued to work with Gordon on Strider races and on River Run Registration. His position in the race office at 1st Place Sports meant he was intricately involved in the registration process of all the races. His sharp wit and a touch of sarcasm led to a lot of friendly banter as we worked these races.

Gordon had a great mind for numbers and percentages. I don't know how he kept everything straight. He always seemed to have a solution for all our foul ups at River Run registration. It would get real interesting when we were right down to the wire of opening the doors to the masses and we still had a stack of numbers and timing chips to label and not all the entries had been put into the computer. It was not unusual to hear two or three people hollering, “Gordon”, all at the same time, to help solve a problem. He never got rattled. Somehow, it always worked out. I can't imagine working next River Run without him.

I marveled at Gordon's strength and stamina even while undergoing chemo. He never complained. He loved to be busy and just wanted to get back to work.

Gordon had a rough exterior but a soft heart of gold. I am going to miss him so much.



By Ann Krause

Gordon was a tough guy, who really wasn't. My favorite memories were walking into the race office and Gordon would say “what the hell do you want?” then get a smile on his face and say, “no really, what do you need?” Every time I walk into the race office I expect to see him and I think that will always be the way. Gordon was wonderful and I'll always miss him.



By Denise and John Metzgar

Gordon Slater was a great fiend and coworker. His courage and determination to live every day to the fullest will provide a lasting example for all who knew him. We will hold our memories of Gordon in our hearts for the rest of our days. Smile down upon us, as I am sure you are. We love you Gordon. “ Long may you run” (Neil Young)

By Ken Bendy

The Jacksonville area running community, and I personally, lost a real friend who was an inspiration to all when long-time Strider Gordon Slater lost a hard fought battle with cancer in early July. A true fighter till the end, Gordon ran as many races as he could between sessions of chemotherapy and continued his job as office manager with 1st Place Sports.

I met Gordon twenty five plus years ago and over the years we enjoyed a friendly rivalry as we were in the same age group. Usually one of us placed in the awards category...if the race was small enough! As the years passed we often joked that we finally got old enough to be in the “appearance age group” and all we had to do was show up to win an award! Our final competitive event was this year's Gate River Run...and he finished ahead of me!

Gordon and I manned the problem resolution desk at the Gate River Run and he was the guy with all the answers to help me solve the problems with missing entries, people wanting seeded numbers and a multitude of other issues associated with such a large event. I'll sure miss the gruff exterior of the former Marine who had a heart of gold. He loved to chide runners who came to us with problems that were most likely brought on by their own making but in the end he would make them happy.

Jacksonville running won't be the same without you Gordon... but you will not be forgotten...Get 'em running up there!

Semper Fi my friend.

Posts to the Striders Facebook page

Larry Clark - RIP Gordon.

Bob Boyd - Amen. Gordon will be missed and definitely not forgotten. He was truly a great man, always making things better and we very much appreciated having him in our lives. Our condolences to his family and many friends.

George Hoskins - A gentleman, a smiling face at races, and a friend to so many of us.

Shirley Henkel - Gordon was an inspiration to all. He will be missed.

Jenny Allen - We will miss you, Gordon.

Vicky Connell - A great guy - will miss him!



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.

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	6:30 AM	Varied	Various Mandarin locations	Stephanie Griffith (904) 268-1503 or cell (904) 233-6964
Monday	5:00 AM 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@walkandrunejourneygoup.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

New, Renewing and Expiring Memberships

NEW MEMBERS

Andera Mitchell 7/31/12

RENEWING MEMBERS

Doug & Jane Alred 7/31/14
 Virginia & Gordon Butler 7/31/12
 John Heisner 7/31/12
 Ed Kelly 12/31/15
 Benjamin Ledbetter 6/30/12
 Andrew Marchand 7/31/12
 Scott Olivolo 6/30/12
 Michael Putala 6/30/12
 Michael Ryan 7/31/12
 Michael & Connie Schoenfeld 6/30/12
 JoAnne Seach 6/30/12
 Bradley Shepherd 6/30/13

MULTI-YEAR MEMBERSHIPS

Elizabeth Brown 6/30/12
 David & Rebecca Brownell 6/30/12
 Barbara Carrico 6/31/12
 Joyce Duarte 6/30/12
 Kimberly, Jack, Stephanie & Michael Lundy 6/30/12
 Chris Rodatz 6/30/12
 Paul Smith 6/30/12
 Curt Young 6/30/12
 Charles Wagner 6/30/12
 Lorna Bradford 7/31/12
 Bonnie Brooks 7/31/12

James Howell 7/31/12
 Steven O'Brien 7/31/13

EXPIRING MEMBERSHIPS

David & Sheri Albritton 5/31/11
 David & Joni Arnold 5/31/11
 Tom Bass 5/31/11
 Frank & Leigh Ann Bronson 5/31/11
 Carole Cash 5/31/11
 Hank & Kim Debra Clark 5/31/11
 Harry Edwards 5/31/11
 Claire Gilbert 5/31/11
 Bonita Golden 5/31/11
 Nelson & Darnel Kingsley 5/31/11
 Bryan Marler 5/31/11
 Lisa Meadows 5/31/11
 Christy Miller 5/31/11
 Norma Minnick 5/31/11
 Terry Oglesby 5/31/11
 Wendy Patterson 5/31/11
 Sijfredo & Clarissa Ramos 5/31/11
 Renee & Charles Ray 5/31/11
 Carlos Rodriguez 5/31/11
 Dale & Jessica Smith/Wood 5/31/11
 Cecile Spiegel 5/31/11
 Robert Sroka 5/31/11
 Danny & Jenny Suber 5/31/11

Doug & June Tillett 5/31/11
 Roberta Tomlinson 5/31/11
 Kaitlin Yaracs 5/31/11
 Charles Young 5/31/11
 Randy Abate 6/30/11
 John Broyles 6/30/11
 Wesley & Peggy Cole 6/30/11
 Maria & Mark Connor 6/30/11
 Amy Davis 6/30/11
 Tommy & Cathy Dobbs 6/30/11
 Chuck Ellis 6/30/11
 Leigh Gardner 6/30/11
 Scott Grimm 6/30/11
 Fred Haley 6/30/11
 Honey Bee Jacobs 6/30/11
 Pheona Kaiser 6/30/11
 Robert Keith 6/30/11
 David Kelley 6/30/11
 Kim Kovaleski 6/30/11
 Karen Maneely 6/30/11
 Nicholas Maples 6/30/11
 Annalee McPhilomy 6/30/11
 Ken Murray 6/30/11
 Katherine OBrien 6/30/11
 Seth Pajcic 6/30/11
 Gary Proctor 6/30/11
 Autumn Rodgers 6/30/11
 Owen Shott 6/30/11
 Amy Stoune 6/30/11
 Rebecca Taylor 6/30/11
 Jill & Tim Wright 6/30/11 =

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 email me at floridastriders.com or call MikeMayse (904) 777-6108.

Please Print

Application for Membership FLORIDA STRIDERS TRACK CLUB

New
 Renewal

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

Annual Dues: Family \$20
 Single \$15
 Junior (under 18) \$10
 Senior (over 65) \$10

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

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

August 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
August 13	Florida Blue 5K Stadium Challenge	6:00-10:00 p.m.	EverBank Field Jacksonville	(904) 731-1900 1st Place Sports
August 20	Tijuana Flats Summer Beaches Run 5 Mile	6:30 p.m.	Seawalk Jacksonville Beach	(904) 731-1900 JTC Running
August 20	The Beach Race 4 Mile	7:00 p.m.	St Andrew's Sound Park Jekyll Island, GA	(904) 318-8104 Milestone Race Authority
August 21	JTC Running Cross Country Summer 5K #2	8:00 a.m.	Bartram Trail H.S. Jacksonville	(904) 465-7204 JTC Running
August 22	K Swiss Espresso Prediction Run 5K	7:00 p.m.	Starbucks 2400 3rd St. S. Jacksonville Beach	(904) 731-1900 1st Place Sports
August 27	Fight for Air 5K	5:00 p.m.	Nocotee Greenway Trails 120 Marketside Ave. Ponte Vedra	(904) 731-1900 1st Place Sports
August 27	JTC Running Cross Country Devil Take the Hindmost	6:30 p.m.	Bolles School Jacksonville	(904) 465-7204 JTC Running
September 3	10th Anniversary Turtle Trot 5K	7:30 a.m.	Main Beach Park Amelia Island	(904) 303-3483 Amelia Island Runners
September 3	Ft. George Island Run Through Time 4.5 Mile	8:00 a.m.	Fort George Island (off Heckscher Dr.) Jacksonville	(904) 318-8104 Milestone Race Authority
September 3	Beaches Labor Day 5K	9:00 a.m.	Selva Marina CC Atlantic Beach	(904) 731-1900 1st Place Sports

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

The Back Page

BY GAIL PYLIPOW



It is so hard to believe that August is here already!!! What happened to June and July? It seems like the kids just got out of school for the summer and it is almost time for them to go back (YEAH!). Our country's Independence Day has come and gone, with summer in full swing...enjoy!!!

The hot and very humid weather is still here...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 online reporting system at www.floridastriders.com to report your race times and to ensure you are named in our newsletter.

The first of many races in this combination of June and July's article is the very, very fun and popular **RUN FOR THE PIES 5K** which is actually two races, the first being for the disgustingly extremely fast runners and the second being for us normal, slower folk. This delightful event took place on June 11th in downtown Jacksonville, starting and ending at the Landing. The real fun begins after the race listening to the live band, eating pizza, drinking beer, watching the pie eating contest and voting for the best costume, and of course hanging with friends. There were loads of Striders participating in this race. Because this race is so large, in most categories there were up to 15 winners. Those finishing first were **Ben Huron, John Wisker, Stephen Beard, Bruce Holmes, Thom Henkel, Benjamin Holland, Al Saffer, John Aimone, Lisa Adams, Stephanie Griffith and Diane Aimone**. Placing second were **Randy Arend, Frank Frazier, Charles Goodyear, Bob Meister, Joe Connolly, Regina Soeoy and Susan Wallace**. Taking home third place were **George White, Paul Smith, Patrick Gallagher, Nancy Pullo and Leslie Kindling**. Fourth place medals were given to **Allan Smith, Denise Metzgar and Allison Ronzon**. Placing Fifth were **Dan**

Adams, Barbra Carrico, Tracy Pfuntner, Gail Pylipow and Sue Whitworth. Sixth was taken by **Michael Johnson and Ann Krause**. Eighth place was given to **David Bonnett and Kathy Murray**. Ninth was **Kelli Howard**, Tenth was **Keith Poythress**, Eleventh was **Mercedes Smith**, and Twelfth was **John Kovacs**.

The second race that took place was on June 18th. It was the **USGBCNF GREEN RUN 5K**. USGBCNF stands for U.S. Green Building Council North Florida Chapter. This event was to educate participants about being green! The participating Striders who placed first were **Seth Pajcic, Charles Goodyear, Maria Padin and Kathleen Pajcic**. Those placing third were **Bernie Powers, Joe Connolly and Dee Robertson-Lee**.

The third race held on June 25th was the **HEART & SOLE 5K**. **Debbie Higdon** won the Open Women Masters category. **Paul Smith, Charles Goodyear and Annie White-Butler** placed 1st, **Bernie Powers and Dee Robertson-Lee** placed 2nd and **Barbara Whitter** placed 3rd.

The first race for the month of July was the **SAVE CROSS COUNTRY 5K (SAVE XC 5K)** a fundraiser to keep cross country in the Duval County schools. The results are: **Regina Taylor** was Open Women Master while **Herbert Taskett, Paul Smith and Charles Goodyear** brought home the gold. **Robert Smith and Guy Jackson** took silver, and **Kristin Smith and Christine Kehr** were awarded the bronze.

The next race was the **20th Annual Celebration 5K** on July 4th, Independence Day. This has become a very popular race and probably because you race in the morning and enjoy the food and beverages in the afternoon knowing you burned lots of calories racing so...why not replenish your body with carbs and liquid! Those crossing the finish line first in their age groups were **Stephen Beard, Bruce Holmes, George Hoskins, Al Saffer, John Aimone, Britta Fortson, Sue Whitworth, John Funk and Kathleen Pajcic**. Those crossing 2nd were

David Bonnette, George White Paul Smith, Joe Connolly, Ann Krause, Cecile Spiegel, Annie White-Butler and Diane Aimone. And those

Striders coming across for 3rd place were **Seth Pajcic, Allan Smith, Doug Barrows, Lisa Adams, Gail Pylipow, Leslie Hague, Christine Vaughn and Benjamin Holland**.

The last local race for July was the **VESTCOR BRIDGES 5K RUN**, which took place on July 30th in downtown Jacksonville at Hemming Plaza across the street from City Hall. This is actually a fun race where you get to run over the Main Street Bridge then the Acosta Bridge, but unfortunately it is held in the early evening so it was HOT for this race. Those who participated had a great time. The Striders who went all out and took gold were **Mark Grubb, Randy Arend, Stephen Beard, George White, Paul Smith, Al Saffer, Kathleen Pajcic and Nancy Pullo**. Right behind striving for silver were **Joey Pinto, Frank Frazier and Charles Goodyear**. Gleaning the bronze were **Seth Pajcic, George Thompson, Randy Pullo and Doug Barrows**.

On July 16th **Sue Whitworth** participated in the **BRIDGE OF LIONS 5K** and came in second in her age group. Awesome job Sue!

JACKSONVILLE STRIDERS - They're Anywhere and Everywhere!

Hey, when you're out of town and there's a race, go for it! There were many Striders who took to the road to expand their horizons. (pun intended)

On June 12th **Doug Barrows** just happened to be where the **FITCH MOUNTAIN FOOT RACE 10K** was being held so he decided to run. He had this to say, "I placed 2nd in my Age Group. I did not see it advertised as a mountain run. I had my niece's wedding to go to that evening and I was sore. Great run, great wedding!"

Jerry Skirvin was in Alberta, Canada on June 18th and thought it would be fun to partake in the **RUN FOR**

Continued on next page

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YOUR DAD race. He was not as pleased to run this race as initially thought. He said, "This was the 1st annual running of this race. The race is located in Edmonton, Alberta, Canada. We came up to visit family. It was a cold, 43F and rainy day. The race wasn't advertised very well and we did not get the course map until the day before the race. With flying up here a week before, I didn't get a chance to review the course and decide which shoes to run in...so I choose a pair of K-Swiss racing flats. Once we got the course map and realized that most of the course was run along the North Saskatchewan River on a gravel and mud trail, it was too late. Of course the pouring rain didn't help either. Needless to say, I wasn't prepared for the course, or the hills, the gravel or the mud, etc...but overall, a fun race, awesome course, and interesting people made it a delightful experience." I think I would have backed out at 43F and rainy. Way to go Jerry!

On June 25th, while in Seattle, Washington, **Bill Phillips** decided it would be a kicker if he ran in the **ROCK AND ROLL MARATHON**. He definitely rolled by finishing the marathon in 3 hours and 25 minutes!! His take on this event was, "The cool weather was welcome but the hills made it hard to maintain an even pace. There was a lot of concrete on the course over bridges and in the downtown areas. Not sure I would recommend this one except a nice place to vacation. We spent 3 days on the coast of Oregon before the race then a few easy sightseeing days in Seattle."

Bernie Candy and **Vickie Choinski** ran in the **BIG BANG 5K** held on July 2nd. They both agreed it was "hot, hot,

hot, hot". Bernie won 1st overall – a victory for senior citizens and Vickie came in 4th in her age group.

Mercedes Smith ran in two out of town races. The first was the **ROCK HALL FLAT 5** (miles) in Rock Hall, Maryland on July 4th and on July 9th she ran in the **HDG PIRATE 5K** in Havre de Grace, Maryland. She was disappointed in getting 5th place however her son placed 3rd in his age group.

And lastly for this article, **Bill Krause** participated in the **BFAST TRIATHLON** (sprint), his first triathlon and truly enjoyed it. Congrats, Bill!!!

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 **Doug and Jane Allred**, that without them and 1st Place Sports there would not be what we have come to love about each race....seeing the finish line, arch of balloons and timing clock!!! Seriously, you have done so much for the running community that new participants feel welcome at each race. =

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
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