



## Proud to be a Florida Strider...Again!

By Larry Clark

Shortly after my birthday in April, I decided I needed to drop some weight. I knew it wouldn't be easy, as I'd cycled over 20,000 miles in the last two years, and failed to drop a single pound. I wanted to drop 35 lbs. and possibly return to running - my last run was the River Run in '01, and I had arthroscopic knee surgery that following fall. "No more running", the orthopod told me, since he removed 80% of my medial meniscus. Oh well...

Continued on page 5



Top, Larry is proud to be running the 1999 Marine Corps Marathon. Below: Larry in his recent years as a cyclist.

### Remembering Jeff Nelson



Our running community lost a friend and long time, dedicated Florida Strider on September 30th. Our prayers go out to Pam, Melissa and their entire family.

Please send your favorite memories of Jeff to StrideRightEdit@aol.com for publication in the November StrideRight.

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## Jenny's Pennies 33rd Anniversary Celebration October 9

There is a long tradition of collecting any money found during the runs and giving it to Jenny Allen, who uses it to provide the goodies for our Sunday Morning Anniversary Celebration. Come help us spend Jenny's pennies! We'll provide champagne, orange juice and coffee. You can bring fruit, bagels, coffeecake, donuts, etc. to share. Join us for a group picture and help celebrate the 33rd Anniversary of our Sunday morning runs from Sun Tire on Blanding Boulevard in Orange Park. The party will start about 8AM, after the Sunday morning run. Jenny does a wonderful job and it is always a very enjoyable time. =

# Prez Sez

By Dan Adams



I am on my way home from the Berlin Marathon reflecting on what made this race so fun. First and foremost, I got a PR and finally broke 3 hours after several failed attempts. But it was more than that. Sharing the race with good friends, enjoying the runner oriented course and having perfect weather made this a great race, despite the challenge of training through the summer heat.

Racing with friends always makes the event. In Berlin, I was lucky to run with Lisa, Eddie Pilcher and Jon Voorheis. These great runners kept race anxiety away and had us laughing the whole weekend. I will never forget how much pre-race dinner Eddie ate, his 2 plates plus all the uneaten meat and bread from Lisa and I. We all enjoyed sharing the "you'll-never-guess-where-I-peed" stories. I also liked limping home from the finish together with beers in hand. We all ran our best and enjoyed each other's company along the way.

Berlin's scenic course is runner friendly. It loops around the city hitting all the tourist sights including crossing the old wall 4 times. With the start and finish in the Tiergarten at the city center, getting to and from the race is easy both by foot and mass transit. This central location in the woods avoids the cattle-herding experience of other big city marathons. The trees give good cover for pre-race hydration relief, leaving the port-a-let lines short for those with other pre-race needs. The coral never closes so you can stroll in minutes before the start just like you were at the Jacksonville Bank Marathon. All of this makes the Berlin Marathon with over 34,000 people feel like a local race.

The race weather, crowd and runners were perfect. The conditions were good enough for another world record setting Berlin Marathon this time run by Patrick Makau with a time of 2:03:38. The soft sunshine and 50 degree temperature never made me feel hot or cold. The streets were lined with an energetic crowd for all 42 kilometers. This impressive field of runners ran hard the whole way with over 1,000 people breaking the 3 hours.

My 2011 Berlin marathon experience was truly great. I recommend the course to anyone seeking a flat, fast destination race. If you go, bring your friends and enjoy some post race beers in the park. You will have earned it. =

## Board of Directors' Summary of Action September 13, 2011

7:00 p.m. • Orange Park Library

**I. Call to Order:** The meeting was called to order by Dan Adams at 7:02 p.m.

Board members present: Dan Adams, Vicky Connell, Maria Littlejohn, Kristie Matherne, Lisa Adams, Randy Arend, Carol MacDougall, Glenn Hanna, Greg Wood, Frank Frazier, Bill Krause, Ann Krause, Scott Hershey, Regina Sooeey, Kellie Howard.

Quorum: Yes

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

### III. Officer Reports

a. President Report – Dan Adams

Thank You Letter from Jay Birmingham for our donation to St. Johns Country Day for the pole vault equipment.

Continued on page 5

## 2011-2012 Board of Directors & Key Members

(Board Members marked with an \*)

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### Race Volunteer Coordinators:

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# Pumping Iron

Over the past 50 years, I've seen the pendulum swing back and forth several times: Is strength training for runners valuable? Helpful? Useless?

I've talked with Olympians and they have no consistent message regarding strength work. Some cannot perform three pushups, yet run a 2:09 marathon. Others lift 100 pounds in leg extensions and run sub-28:00 for 10,000 meters. It's a mixed message. Like repeat 400s, some swear they are the secret to success. Others never run anything faster than race pace, ever.

So my romance of barbells and dumbbells has advocates (Cerutti of Australia) and detractors (Lydiard of New Zealand). Athletes will continue to experiment, or obsess, with varied results.

If you've never lifted weights, perhaps you'd like a little advice, based on five decades of enjoying the iron game.

First, barbells are superior to machines. All supportive and postural muscles benefit from every lift.

How should one lift? The standard prescription is 3 sets of 10 reps. Bench press, curls, leg extensions, military

press, squats—there are easily 15 standard lifts, but let me tell you a routine that has worked excellent results on a few hundred young (and older) runners.

Warmup: Clean and press. Use 1/3 of your body weight (often just an empty bar), six deliberate movements: To mid-thigh, to the chest, press overhead, back to the chest, back to the thighs, back to the floor. Ten repetitions.

Upright row: 1/3 of your body weight. Hands close together, overhand grip. Inhale as you bring the weight from mid-thigh to beneath your chin; exhale as you return to mid-thigh. 5 to 8 reps.

Bench press: Half your body weight. Lower the weight to your chest, press smoothly up to arms' length. Five to 8 reps.

Pull-downs with 50% of your body weight, or pull-ups on a bar, overhand grip. One set, stop one short of your maximum.

Military press (overhead press): 1/3 to 1/2 of your body weight; inhale as you slowly press to arms' length, exhale as your arms return to chest. Five to eight reps.

## Wide World of Running By Jay Birmingham

Sit-ups, arms crossed over your chest. Legs bent, 20 to 30 reps.

That's it. One set, about 2 minutes' rest between exercises.

As soon as you reach 8 reps, add weight and go back to 5 reps.

The benefits of this short, but intense routine are: Not more than 30 minutes in the weight room. Rapid improvement in strength. No increase in bulk. This type of routine is used by weight-class boxers, wrestlers, and weight lifters—athletes who, if they gain weight, move up into more difficult classes.

Want to look like a body builder? Then sign up at the gym and stay there for an hour or so, lifting the standard three sets of ten. Your muscles will throb, you'll feel pumped up. But you won't get stronger than the one set routine described above.

Lift heavy, lift briefly, get strong.

Will it help your running? You decide. =

## Looking for volunteers!



Please contact  
Leslie Kindling at  
physwood@att.net  
or 928-446-6149, if  
you are interesting  
in helping out at the  
Hog Jog!



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

<http://floridastriders.com/sendresults>

## 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](mailto:StrideRightEdit@aol.com)

Submission deadline is  
the 20th of each month.

## **PROUD TO BE A STRIDER...AGAIN!**

Continued from page 1

Fast forward to late June of '08. The USPS let me go from my casual mail handler position at the BMC, and I decided to purchase a hybrid bicycle. I rode it for three months and took such a liking to it, I bought a road bike. Nothing fancy, maybe a notch or two above entry level. I was HOOKED and rode 12,000 miles between November 1st of '08 and October 31st of '09 - a new North Florida Bicycle Club record. As previously noted though, I didn't lose ANY weight in the process. I only rode 8,000 miles the following year, enough to get the 1st place mileage award but no record. I still hadn't lost any

weight and in fact was 20 - 25 lbs. heavier than when the USPS let me go.

I never thought much about returning to running but a spark was ignited when Kim Crist asked me to volunteer for the Run to the Sun. As I worked in 1st Place Sports and watched the runners come and go (many of them I knew) I began to wonder if indeed, I could run. I'm not worried so much about the knee (it's given me NO problem, and the remaining meniscus is on the load bearing part of the joint) but I would definitely want to drop some weight to lessen the load on it.

Five months after Easter I had dropped 30 lbs. and 6.5% body fat. The last 5 lbs. are being stubborn though. How did I do it? I do well writing EVERY-

THING down and counting calories, and I changed my routine by decreasing my cycling and incorporating weightlifting. I now lift 3 days a week and cycle 3 or 4 days a week, and it's worked out perfectly - I feel much more balanced too. Did you know that if you develop muscle, you burn more calories even when you sleep? You don't have to bulk up, just tone up.

Most of you long standing club members remember me, and it will be great to see familiar faces at the races. I don't plan on doing distance like I used to (15k's and 1/2's were my faves, and I NEVER ran less than a 10k!) but I am looking forward to running again. See you at Jenny's Pennies!! =

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## **MINUTES**

Continued from page 2

b. Treasurer Report – Randy Arend August 2011:

Beginning Cash Balance as of August 1, 2011 was \$25,152.53.

August Income was \$6,387.91.

August Expenses were \$939.68.

Ending Cash Balance as of August 31, 2011 was \$30,600.76, of which \$7,149.85 was designated for Children's Running Budget and \$23,450.91 was undesignated.

Comparable Ending Cash Balance as of August 31, 2010 was \$15,724.98, of which \$5,229.85 was designated and \$10,495.13 was undesignated

Big revenues: Shirts and towels for Memorial Day Race.

Cash Balance is very healthy, but we will soon purchase t-shirts for next year's races.

### **IV. Committee and Director Reports**

a. Social Update – Bill Krause

i. Prediction Run Sept 18th at Mellow Mushroom at 5p.m.

ii. Roy Benson @ Orange Park Kennel Club, Oct 6th at 6:30 p.m. Tickets are \$19.95, and on sale until the end of the month.

iii. Jenny's Pennies @ Sun Tire, Oct 9th

iv. November social: Jaguar away

game viewing party at Bernie Candy's house.

v. Possibility of bringing yellow tent to Thanksgiving ½ for post race social.

b. Memorial Day Race Report – Randy Arend: Most important thing to note is the large number of participants.....1134. There were a lot of day of race, and last minute entries. Total race income was: \$25,259. Our race expenses were consistent with the high number of participants.

c. Race Marketing Committee – Maria Littlejohn: meeting tomorrow at Mellow Mushroom after track. Lisa encouraged people to email her ideas.

d. Children's Running Committee Update – Vicky Connell presented a recap of their last meeting. Carol is having a meeting with all the P.E. teachers to give out information about the program. They are holding off on purchasing higher mileage shirts for now. They are submitting a RRCA grant request for children's running in October, and looking for a title sponsor to replace Publix. Greg asked about minimum requirements to get t-shirts and medals, to ensure that we don't reward mediocrity.

### **V. Old Business**

Resolution Run Update – Dan Adams presented information about incremental cost increase to add a 10K to the River Road Resolution. We have to increase attendance by

more than 160 runners to offset these increased expenses. The finish will be on Wells Road. There will be a simultaneous start, but different locations for the 5K and 10K. Mention about advertising to the Ancient City Runners, because we have a Clydesdale division in this race.

### **VI. New Business**

Guest Speaker: Ed Ellison from St Johns Country Day School plans to come to one of our meetings.

Mike Mayse mentioned putting a Google store on our website to pay for membership and merchandise, and possibly race entries. This will be rolled out soon. Discussion about adding the Google store to our website.

Greg mentioned having a self-defense class for runners.

### **VII. Announcements:**

Please take Hog Jog flyers to distribute whenever you can.

Dave Bokros is working with the Shannon Miller Foundation to promote the Striders.

**VIII. Adjournment:** The meeting was adjourned at 8:00 p.m.

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

# Race Results

## Fight For Air 5K

Saturday, August 26, 2011

Nocatee, FL

Richard Vance	35:08	1st ag
Charles Goodyear	36:06	2nd ag
Robertson-Lee	44:44	3rd ag

## Turtle Trot 5K

Saturday, September 3, 2011

Fernandina Beach, FL

Randy Arend	20:26	1st ag
George Thompson	20:39	2nd ag
Keith Poythress	21:27	3rd ag
Bill Pennington	22:36	
Guy Jackson	23:12	
Paul Smith	23:43	3rd ag
Frank Frazier	23:52	
Kathy Murray	24:12	2nd ag
David Horn	26:16	
Mercedes Smith	26:28	
Roberta McCloskey	26:52	
Jack Sykes	27:12	
Nancy Harms	27:15	3rd ag
Craig Harms	27:16	2nd ag
Alan Harmon	27:53	
Gayla Poythress	30:26	
Charles Goodyear	33:42	3rd ag
Dee Robertson-Lee	38:55	

## FL-ROC Obstacle Challenge

Saturday, September 4, 2011

Jacksonville, FL

Gary Proctor	43:01	
James Smith	43:27	
Michael Ryan	44:24	
Jamie Webb	1:05:26	
Melissa Webb	1:05:26	
Kim Kovaleski	1:08:59	
Virginia Gresham	1:12:02	

## Beaches Labor Day 5K

Saturday, September 5, 2011

Atlantic Beach, FL

Mark Grubb	19:15	1st ag
Seth Pajcic	19:44	3rd ag
Steve Lancaster	21:58	1st ag
Allan Smith	22:07	2nd ag
Cecile Spiegel	28:16	2nd ag

Charles Goodyear	37:44	2nd ag
Dee Robertson-Lee	38:11	2nd ag
Barbara Scott	40:02	3rd ag
Evan Zillmer	40:34	

## Financial Fitness 5K

Saturday, September 10, 2011

Jacksonville, FL

Britta Fortson	19:55	2nd ag
Bruce Holmes	20:35	1st ag
Allan Smith	22:03	2nd ag
George Thompson	23:42	2nd ag
Debbie Higdon	25:30	1st ag
Mamie Davis	27:27	1st ag
James Smith	29:00	
Bernie Powers	30:38	2nd ag
Charles Goodyear	34:25	2nd ag
Dee Robertson-Lee	37:51	2nd ag
Freddy Fillingham	39:27	1st ag
Joe Connolly	54:39	1st ag

## 9/11 Heroes Run

Saturday, September 10, 2011

Jacksonville, FL

Paul Smith	23:00	
Barbara Scott	39:19	

## Believe in Heroes 8K™

Sunday, September 11, 2011

Jacksonville, FL

Drew Kenny	33:50	2nd ag
David Bonnette	33:38.0	3rd ag
Seth Pajcic	34:10	1st ag
Stephen Beard	35:26.4	1st ag
Rachel Walker	38:06.4	1st ag
Allan Smith	38:12	2nd ag
John Kovacs	38:22	
Paul Smith	39:28	1st ag
Patrick Morgan	39:37	2nd ag
Alex Hawkins	39:54	3rd ag
Mercedes Smith	42:10	2nd ag
Joanne Harris	42:40	2nd ag
Buddy Harris	44:33	
Jerry Skirvin	44:37	
Roberta Tomlinson	45:17	
Martin Wilkinson	45:31	2nd ag
Kimberly Lundy	45:53	3rd ag
Lisa Boyd	49:24	

Gerry Tyburski	51:06	
Regina Adam	51:08	
Diana Levin	51:27	
Susan Shelton	53:11	
Jennifer Hu	54:35	
Bernie Powers	54:51	3rd ag
Virginia Gresham	55:14	
Joanne Seach	55:22	
Melanie Cruz	55:43	
Margaret Tyburski	57:06	
John Mautz	57:58	
Pheona Kaiser	59:45	1st ag
Sheri Gaunt	1:00:34	
Amber Sherrill	1:03:08	
Monica Goddard	1:03:09	
Jakob Wyche	1:05:30	3rd ag
Traci Akers	1:05:13	
Dee Robertson-Lee	1:06:58	
Charles Goodyear	1:07:33	2nd ag
Cary Wyche	1:12:02	
Jamie Wyche	1:12:09	
Evan Zillmer	1:12:32	
Curt Young	1:13:00	
Mel Abando	1:13:56	

## Avondale 5k

September 17, 2011

Jacksonville, FL

Seth Pajcic	18:58	1st ag
Rick Moss	21:14	2nd ag
Quincy Masters	22:59	1st ag
Nicole Andress	23:22	
Ann Krause	23:24	1st ag
Paul Smith	23:34	1st ag
George Hoskins	24:49	2nd ag
Bernie Powers	28:46	3rd ag
Bill Krause	28:51	
Glenn Hanna	29:19	
Patricia Czarniecki	30:10	
Robert (Bob) Meister	32:05	1st ag
Claire Gilbert	34:17	2nd ag
Dee Robertson-Lee	35:40	2nd ag
Charles Goodyear	36:03	1st ag
Evan Zillmer	37:29	
Freddy Fillingham	37:44	
Susan Leach	37:50	
Denise Williams	39:18	
Kathleen Lever	39:47	
Joe Connolly	41:37	1st ag

**Childrens Way 5K  
September 24, 2011  
Jacksonville, FL**

John Metzgar	16:57	3rd OA
David Bonnette	18:58	1st ag
Bill Phillips	19:08	1st ag
Mark Grubb	19:30	2nd ag
Bruce Holmes	19:58	1st ag
Randy Arend	19:59	2nd ag
Stephen Beard	20:41	1st ag
Bernie Candy	21:09	2nd ag
Donald Wucker	21:36	
Joel Preston	21:49	
Allan Smith	21:49	3rd ag
Alison Ronzon	22:04	2nd ag
Patrick Morgan	22:40	
Paul Smith	22:55	1st ag
Frank Frazier	23:00	2nd ag
Stephanie Griffith	23:25	2nd ag
George White	23:37	
Margaret Barton	23:46	
Ann Krause	23:57	2nd ag
Kathy Murray	24:22	
Craig Harms	25:24	
Claudia French	25:35	
Jack Sykes	26:09	
George Hoskins	26:22	
Sharon Lucie	26:37	1st ag
Sue Whitworth	27:39	
Steve Lucie	28:11	
August Leone	29:04	1st ag
Melissa McCrosky	29:48	
Terry Sikes	30:02	
Bernie Powers	30:08	
Curt Young	30:14	

Bill Krause	31:00	
Nancy Pullo	31:54	1st ag
Al Saffer	32:21	1st ag
Jakob Wyche	32:40	3rd ag
Dena Gaucher	33:05	
Monica Lucas	33:17	
Robert (Bob) Meister	33:18	2nd ag
Charles Goodyear	34:55	
Jeanette Johnson	37:28	
Dee Robertson-Lee	37:29	
Charles Wagner	37:41	3rd ag
Evan Zillmer	38:02	
Freddy Fillingham	38:56	
Lisa Myers	39:12	
Cary Wyche	39:40	
Denise Williams	41:09	
John Aimone	42:24	2nd ag
Diane Aimone	43:43	1st ag
Jamie Wyche	44:09	
Joe Connolly	54:35	3rd ag

**Lincoln Trojan Pride 5k Run/Walk  
Saturday, September 3, 2011  
Tallahassee, FL**

Kristie Mathern	25:49	1st ag
Maria Littlejohn	26:21	1st ag

**30th Annual Sickle Cell 5k  
September 10, 2011  
Tallahassee, FL**

Will Tomlinson

**Run for your Life 5k  
September 10, 2011  
Appalachia, PA**

Gregg Friend	25:44	1st ag
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Kristin Friend	39:28	2nd ag
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**Naperville Trails Half Marathon  
Septemebr 11, 2011  
Naperville, Illinois**

Karin Glenn	1:29:00	1st OA Female
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**Miles for Hope  
September 22, 2011  
Clearwater, FL**

Gail Pylipow	25:37	1st ag
Blake Pylipow	28:47	2nd ag

**Maui Taco 5k  
Run Forest Run Front Street Mile  
Maui Marathon  
September 17 & 18, 2011  
Maui, HI**

Barbara Whitter	31:34, 9:10, 6:38:00
Trish Kabus	44:5, 11:38, 7:49:03

**OLDER RACES:**

**Hibiscus Half Marathon  
Honolulu, HI  
Sunday, May 29th, 2011**

Jd Smith	2:22:34
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**Kona Marathon 2011  
Kona, HI  
Sunday, June 26th, 2011**

Jd Smith	5:13:46 =
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**floridastriders.com**

# New, Renewing and Expiring Memberships

**NEW MEMBERS**

Jennifer Albertson	9/30/12
Gene Bridges	9/30/12
Michael & Stacy Walker	9/30/12

**RENEWING MEMBERS**

Mel Abando	9/30/12
Joe Connolly	9/30/13
Tommy & Cathy Dobbs	9/30/12
Scott Grimm	9/30/12
Teresa Hankel	9/30/14
David Kelley	9/30/12
Quincy Masters	9/30/12
Ken Murray	9/30/12
George Obi	9/30/12
Seth Pajcic	9/30/12

David Pizzi	9/30/12
Ron Porter	9/30/12
Guillermo Ramos-Piazza	9/30/12
Kim & Chris Tracanna-Breault	9/30/12

**MULTI-YEAR MEMBERSHIPS**

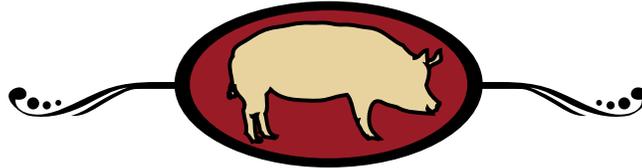
Billy Fehrs	9/30/12
Bobby Greene	9/30/12
William Kennedy	9/30/12
John Kotsubka	9/30/13
Rex Reed	9/30/12
Susan Shelton	9/30/12

**EXPIRING MEMBERSHIPS**

Steve Bridges	8/31/11
Steve, Maria, Isabel, Juan Bruce/Padin	8/31/11
Alexander & Micheala Combs	8/31/11
Dena & Rick Gaucher	8/31/11
Michael & Kathleen Hill	8/31/11
Bruce Holmes	8/31/11
Michael Killea	8/31/11
David & Marilyn Ohnsman	8/31/11
Tom Reaves	8/31/11
Melissa Saunders	8/31/11
Terry & Bonita Sikes	8/31/11
Mark Woods	8/31/11 =

# HOG JOG 5K

NOVEMBER ★ 6, ★ 2011



New Day and Time!  
**SUNDAY 2PM**

## ENTRY FEES

	Striders/Military	Non Striders	Kids 13 & Under
Until Oct 27th	\$15	\$20	\$15
10/28 - 11/5	\$20	\$22	\$15
Day of Race	\$25	\$25	\$25

- \$2.00 OFF if you preregister with your own ChampionChip
- Register by Mail: Please make checks payable to "Hog Jog 5K" and mail with completed entry form to Hog Jog 5K, 3931 Baymeadows Rd, Jacksonville, FL 32217. Sorry, there are no refunds!
- Register Online - more info at [www.floridastriders.com](http://www.floridastriders.com)
- Day of Race Registration starts at 12:30PM
- Technical shirts for first 300 pre-registered 5K runners

**Race Director:** Leslie Kindling 928-446-6149  
[StridersHogJog@gmail.com](mailto:StridersHogJog@gmail.com)

## AWARDS

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

## DIRECTIONS/PARKING

Due to increased popularity of this race, parking is limited. Car pooling is encouraged.

From Blanding & I-295:

1. South on Blanding to Knight Boxx Rd (6.5 mi)
2. Left on Knight Boxx to 220 (1.2 mi)
3. Right on 220 to 209 (Russell Rd) (1.1 mi)
4. Left on 209 to 739 (Henley) (1.3 mi)
5. Right on 739 to Sandridge Rd (739B) (2.3 mi)
6. Left on Sandridge to Ronnie VanZant Park (0.6 mi)

## COURSE/TIMING

This cross country course starts and finishes at Ronnie VanZant Memorial Park, 2760 Sandridge Rd. This two-lap rugged, cross-country course will not be suitable for strollers. Spikes may be worn. Walkers are welcome, but there will be no separate walking awards.

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

## FUN RUN

A FREE One-Mile Fun Run starts at 3:00PM. There is no charge for the Fun Run, but you must register to participate. Complete an entry form on race day or bring in a completed entry form. Please do not mail in Fun Run entry forms.

## PACKET PICKUP

Be sure and check the box on the entry form where you plan to pick up your packet. Packets will be available at the following 1st Place Sports locations on **Friday**, Nov 4th and **Saturday**, Nov 5th from 10:00AM - 6:00PM.

- 3931 Baymeadows Rd, Jacksonville, FL 32217
- 2016 San Marco Blvd, Jacksonville, FL 32207
- 2186 Park Avenue, Orange Park, FL 32073

**All packets not picked up at the above location will be moved to Ronnie VanZant Park for race day pick up starting at 12:30PM.**

From US 17 & I-295:

1. South on US-17 to 220 (5.5 mi)
2. Right on 220 to 209 (Russell Rd) (6.7 mi)
3. Left on 209 to 739 (Henley) (1.3 mi)
4. Right on 739 to Sandridge Rd (739B) (2.3 mi)
5. Left on Sandridge to Ronnie VanZant Park (0.6 mi)

# Hog Jog 5K • Nov 6, 2011

RACE#

(OFFICIAL USE ONLY)

## Packet Pick-Up (Please Choose One)

Baymeadows 1st Place Sports 11/4 or 11/5
  Orange Park 1st Place Sports 11/4 or 11/5
  San Marco 1st Place Sports 11/4 or 11/5
  Day of Race @ Ronnie VanZant Park

First   Last  
 Age  Sex                   
 XS  S  M  L  XL  5k  Fun Run (no charge - just bring entry form with you on race day)  Personal Champion Chip (can NOT be used for Day of Race registration) \$2.00 Discount for using own chip

Street Address (Please Include Apt. #)

City  State  Zip Code  
 Cash  Check  Fee Inclosed \$  FL Strider Member  Military

Telephone Number.

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

Your Signature \_\_\_\_\_ Date \_\_\_\_\_ Parent's Signature (if under 18 years of age) \_\_\_\_\_ Date \_\_\_\_\_

Make checks payable to: Hog Jog 5K

Mail to: Hog Jog 5K • 3931 Baymeadows Road, Jacksonville, FL 32217, Or Drop off at any 1st Place Sports Location

Race Hotline: 928-446-6149 or [www.floridastriders.com](http://www.floridastriders.com)

## SPONSORS



## FLORIDA STRIDERS MEMBERSHIP APPLICATION

New  Renewal

Last Name \_\_\_\_\_ First \_\_\_\_\_ MI \_\_\_\_\_

Address \_\_\_\_\_ Apt. # \_\_\_\_\_ # in Family \_\_\_\_\_ Spouse's Name \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Your DOB \_\_\_\_\_ Spouse's DOB \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Occupation \_\_\_\_\_ Employer \_\_\_\_\_

Email \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

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

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

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

# October 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/rrcalcal.htm>. If you would like your race listed please email [kbendy@aol.com](mailto:kbendy@aol.com)

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

DATE	EVENT	TIME	LOCATION	CONTACT
October 8	Ravine Ranger Run 5/3K	8:00 a.m.	Ravine Gardens State Park 1600 Twigg St., Palatka	(386) 329-3721 Milestone Race Authority
October 8	Human Race 5K	8:00 a.m.	St. Johns Town Center Jacksonville	(904) 731-1900 1st Place Sports
October 8	Jax Mud Fest	8:00 a.m.- 3:00 p.m Wave Starts	Jax Equestrian Center 13611 Normandy Blvd. Jacksonville	(904) 731-1900 Bosselli Foundation
October 8	Ft. George Island Run Through Time 4.5 Mile	6 p.m.	Fort George Island (off Heckscher Dr.) Jacksonville	(904) 318-8104 Milestone Race Authority
October 15	Race for Fetal Hope 5K	8:30 a.m.	751 Atlantic Blvd. Atlantic Beach	(904) 731-1900 1st Place Sports
October 22	Susan G Komen N. FL Race for the Cure 5K	9:00 a.m.	Fairgrounds Jacksonville	(904) 448-7446 Komen Foundation
October 23	Run for Haven at the Clay Care 5K	7:00 p.m.	Orange Park Mall 1910 Wells Road Orange Park	(904) 731-1900 1st Place Sports
October 30	Evergreen Pumpkin Runs 10 Mile & 5K	9:00 a.m.	Evergreen Cemetery 4535 Main St. Jacksonville	(904) 731-1900 1st Place Sports
November 5	Be Her Freedom 5 Mile	7:30 a.m.	Deerwood Park 10302 Deerwood Park Blvd. Jacksonville	(352) 637-2475 DRC Sports
November 5	DSAJ All Star Beach Run 5K	8:00 a.m.	Seawalk Pavilion Jacksonville Beach	(904) 731-1900 1st Place Sports
November 5	Free to Breathe 5K	8:00 a.m.	Nocatee Community Park 245 Little River Rd. Ponte Vedra	(904) 379-7170 National Lung Cancer Partnership
November 5	Chick Fil-A 5K Stampede	8:00 a.m.	RiverCity Marketplace Jacksonville	(904) 318-8104 Milestone Race Authority
<b>November 6</b>	<b>Hog Jog Cross Country 5K</b>	<b>2 p.m.</b>	<b>Ronny VanZant Mem. Park 2760 Sandridge Rd. Lake Asbury</b>	<b>(928) 446-6149 FL Striders TC</b>

# The Back Page

BY GAIL PYLIPOW



WOW, is it really fall outside? I'll believe it when the humidity stays away for good. The longer races are now starting. The Marine Corps Half Marathon and 5K have already come and gone, and there will be 5K races somewhere every weekend for several months. Cooler weather is just around the corner. Remember you still have to STAY HYDRATED even in the cooler weather! Don't neglect your running gear, especially your shoes. You don't want an injury from shoes that are too worn.

Please remember to use the online reporting system at [www.floridastriders.com](http://www.floridastriders.com) to report your race times and to ensure you are named in our newsletter.

The first of the races in September was the **TURTLE TROT 5K AND 10K** in Fernandina Beach. In the 5K **Randy Arend** won the Masters Men, **Kathy Murray** was a 2nd place winner and the 3rd place winners were **Keith Poythress, Paul Smith, Charles Goodyear** and **Nancy Harms**. The 10K winners were: Masters Men **George Thompson**, 1st place **Bob Meister**, 2nd place **Bryan Rohlin**.

The second race of the month was the **BEACHES LABOR DAY 5K** held on September 5th at Atlantic Beach. It was benefitting those with cancer. First in line for the gold were **Mark Grubb, Steven Lancaster** and **Kathleen Pajcic**. Next in line the silver winners were

**Charles Goodyear, Susan Roche** and **Dee Robertson-Lee**. The bronze winners were **Seth Pajcic** and **Barbara Scott**.

The third race in September was the **FINANCIAL FITNESS 5K**, which took place on September 10th in San Marco. This run/walk 5K was sponsored by the Financial Planning Association of Northeast Florida. **Britta Fortson** won 2nd place in the Open Women category while **Bruce Holmes, Freddie Fillingham, Debbie Higdon, Mamie Davis** and **Joe Connolly** were 1st place winners and **Bernie Powers, Charles Goodyear, George Thompson, Allan Smith** and **Dee Robertson-Lee** were 2nd place winners.

Next was the **BELIEVE IN HEROES 8K** held on September 11th at the Jacksonville Landing. Last year Jacksonville Boy Scout Cody Burton organized a run to benefit the Wounded Warrior Project with hundreds of people participating. The Wounded Warrior Project aims to put the veteran back in Veteran's Day by highlighting the sacrifices, challenges and triumphs the warriors and their families experience. This year it was held on the 10th anniversary of 9/11. Those placing 1st in their age groups were **Seth Pajcic, Stephen Beard, Paul Smith, Kathleen Pajcic, Trish Scott, Rachel Walker** and **Phoena Kaiser**. Placing 2nd were **Patrick Morgan, Drew Kenny, David Scott, Charles Goodyear, Martin Wilkinson, Mercedes Smith, Joanne Harris** and **Allan Smith**. Placing 3rd were **Jakob Wyche, David Bonnette, Steve O'Brien, Kimberly Lundy** and **Alex Hawkins**.

The fifth race for September was **THE AVONDALE CLASSIC 5K** held on September 17th. It is such a pretty course winding through Avondale. **David Bonnette** won the Master's Men category and **Kathleen Pajcic** won 3rd in the Open Women's category. Those breaking the ribbon and taking home the gold were **Seth Pajcic, Quincy Mas-**

**ters, Paul Smith, Joe Connolly, Bob Meister, Charles Goodyear** and **Ann Krause**. Not far behind were 2nd place winners **Rick Moss, Bruce Zewicke, George Hoskins, Dee Robertson-Lee** and **Claire Gilbert. Bernie Powers** won 3rd place.

The final race for September was the **CHILDREN'S WAY 5K** on September 24th in gorgeous San Marco. I just love running the course looking at all the beautiful houses. There were lots of Striders who placed 1st and 2nd! The top dog gold winners were **David Bonnette, Stephen Beard, Bruce Holmes, Paul Smith, Al Saffer, Diane Aimone, Bill Phillips, August Leone, Sharon Lucie** and **Nancy Pullo**. The middle dog silver winners were **Mark Grubb, Randy Arend, Bernie Candy, Frank Frazier, Charles Goodyear, Bob Meister, John Aimone, Alison Ronzon, Stephanie Griffith** and **Ann Krause**. The bronze winners were **Charles Wagner, Jakob Wyche, Allan Smith** and **Joe Connolly**.

**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.

**Kristie Mathern** and **Maria Littlejohn**, vacationing over the long weekend in Tallahassee, participated in the **LINCOLN TROJAN PRIDE 5K RUN/WALK** on September 3rd and they both achieved 1st in their age groups!

**Will Tomlinson** was in Tallahassee on September 10th and took part in the **30th ANNUAL SICKLE CELL 5K**.

**Gregg Friend** and **Kristin Friend** were in the southern hills of Appalachia, Pennsylvania participating in a race that Gregg's niece organized on September 10th called **RUN FOR YOUR LIFE 5K**. Gregg placed 1st in his age group and Kristin placed 2nd. This is what they had

Continued on next page

## Upcoming Deadlines

**November** - Published early November. Deadline October 20.

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

Thanks for all your contributions!



to say, "My niece, Julie Friend, hosted this new race in a small town of 360 in the Appalachian Mountains of south-western PA. She had 92 runners/walkers sign up. The course was heavily hilly and one part of about a quarter mile was off-road. In addition to the normal awards, she awarded 3 different pins commemorating the 9/11 attacks on the Twin Towers, Pentagon and Flight 93. The first 5 runners (male and female) and first 5 walkers (male and female) at each mile post received the pins.

Naperville, Illinois called out to **Karin Glenn** for the **NAPERVILLE TRAILS HALF MARATHON**. She finished in 1:29:00. "I won first woman overall, whew!! It was a pretty course through the woods just north of Naperville, Illinois".

Maui, Hawaii beckoned to **Trish Kabus** and **Barbara Whitter** where she participated in the **MAUI TACO 5K** on September 17th. This race was their first of three races for the Warrior Challenge on Maui, Hawaii. They finished up with the marathon on Sunday. Now THAT sounds like fun!!!!

Lastly for the out of town races, **Gail Pylipow** and her family traveled to Clearwater, Florida on September 22nd to take part in **MILES FOR HOPE**, a cycle/run/walk charity event to find a cure for brain tumors. **Pete** and **Brett** bicycled 25K and **Blake** and **Gail** ran the 5k. The 5K course traveled over and back one of the many bridges in Clearwater. It was pretty scenery, but very

HUMID! **Gail** placed 1st in her age group and **Blake** placed 2nd in his.

### Tidbits and Stuff I Missed

Don't forget about the Strider **HOG JOG** on November 6th. Let's show support for our Track Club!

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](http://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 the families and support systems for all runners. Without their love and support running wouldn't be as much fun.

**Editor's Note:** Some how we missed **Jd Smith's** Hawaii adventures earlier in the year.

To begin with **Jd**, ran the **Hibiscus Half Marathon** on May 29th in Honolulu, HI. **Jd's** time was 2:22:34

He ran the **Kona Marathon** on June 26th in Kona, HI. **Jd** ran covered the course in 5:13.

Sorry for the oversight, **Jd!! =**

## SEND US YOUR RACE RESULTS!

If you miss signing the Strider person, please fill out our new race result form located at [floridastriders.com](http://floridastriders.com).

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

## Local Running Info



[www.floridastriders.com](http://www.floridastriders.com)

You can contact us via e-mail at:  
[daniel.adams@jetblue.com](mailto:daniel.adams@jetblue.com)

You can get entry forms & results for all 1st Place Sports events on the Internet at  
[www.1stplacesports.com](http://www.1stplacesports.com)

Also get the latest running news from the RRCA's national office, including a nationwide race schedule as well as important info from clubs across the country at  
[www.rrca.org](http://www.rrca.org)



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Orange Park, FL 32067-0413

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