

Remembering Our Friend...Jeff Nelson



Dave Bokros (left), Jeff Nelson and Paul Ruebush enjoying the 2010 Hog Jog.

Jeff Nelson, long time Florida Strider and Prudential retiree passed away September 30 from high blood pressure. He was too young – just 62.

I first met Jeff at Prudential when I started there as a programmer trainee in 1971. Jeff worked in the technical support systems area where he contributed his savvy intelligence and knowledge, but he never seemed happy unless he had something to complain about – and, believe me, Prudential gave him a lot of fodder to complain about. I guess that was just Jeff being Jeff though– always doing an excellent job, but always with a vocal negativity, which I think he displayed with much inner enjoyment.

Around 1983 I started exercising in the Prudential workout facility. Jeff was there almost daily at lunchtime and would

run 3-5 miles while most of us worked out with weights and did floor exercises. Eventually Jeff got a few of us to join him on his runs – usually down the River Walk, past Channel 4 to Atlantic Boulevard and back. Sometimes we would run over the Acosta Bridge down Riverside Avenue to Memorial Park and back. After the run we would shower, but in the summer months, this would not stop us from continuing to sweat well past returning to our desks. This we didn't mind too much because the clearing of the mind and freedom of being outside jogging far outweighed a few soggy shirts.

Jeff was instrumental in organizing the Prudential "team" at the River Run, and he bought a trophy plaque to display the yearly winners – fastest male and

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Jenny's Pennies 33rd Anniversary Run

Despite the rainy weather on the morning of October 9th, everyone had a great time! What a amazing group of folks!. Look for a full report in the December issue of the StrideRight.



Prez Sez

By Dan Adams



On September 30th, the Florida Striders lost a good friend and long time member, Jeff Nelson. Jeff is survived by his sweet wife, Pam, and loving daughter, Melissa. Jeff's sense of humor and love for life infected everyone around him. He was generous with his time and humble with his contributions.

As Strider volunteer, Jeff was always smiling and cracking jokes. With Jeff as partner, volunteering at a race was more fun than racing. Jeff and Mike Mayse had a tradition of competing to see who could get to race set-up first. Last year as race director, I showed up for the Resolution Run on a dark cold morning at 5:45 AM and Jeff was checking his watch and asking why I was so late. At the Gate River Run tent Stan Scarlett assigned Jeff the important role of checking bracelets at the entrance. I asked Jeff how he got stuck with his job. He said Stan's secret to tent management was taking the biggest, ugliest guy and making him check bracelets. But we all know that having a funny, friendly guy at the entrance is the best way to welcome in our members. Jeff was a generous neighbor. He mowed his neighbor's lawn and refused payment, so she paid him in beer. At one point, he had to ask her to stop buying beer because his garage had cases stacked to the ceiling. I am glad he never asked the Striders to pay him in beer, because with all the time he gave our club we would have filled his entire house.

Jeff was an amazing runner, who ran over 28,000 miles. Although I never had the opportunity to race with him, I loved hearing his race stories. He gave great advice and really understood runners. He talked about doing training runs at lunch downtown. With two people they would run a steady pace, but if three people showed up it turned into a race. After hearing this story, I noticed the same thing in my training runs. Jeff had a great self-deprecating sense of humor. He told me the key to Gate River Run was to throw your belly into the downhill of the Hart Bridge. He said one year with all his momentum, he almost did not make the turn at the bottom. He had a special way of making his running accomplishments into funny stories.

As we approach Hog Jog, I am struck with the fact that this will be my first Strider Race without Jeff Nelson. I know if he was still with us, he would be the first one at Ronnie Van Zant Park with a smile and a joke ready to help from start to finish. He will surely be missed by me and all the Striders who were lucky enough to know him. =

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!

Board of Directors' Summary of Action

October and November Minutes will be published in the Decemebr issue of the StrideRight.

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

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Bring Your Own Coach

Growing up in an era with no running magazines and no Internet, I got through my formative days as a runner with self-reliance. In the 1950s, there were only a couple of sources to lead me, rare articles in Sports Illustrated, and a coaching textbook in the Wilmington College library.

Two articles from SI found a home in my scrapbook. The first article told of Max Truex, a 5'4" dynamo from Southern California. Since I was a growing boy, Max's short stature appealed to me. Truex was a 1956 Olympian who had just made the 1960 squad in the 10,000 meters. I hadn't run farther than two miles at the time, but the notion of running 25 laps on a track seemed Herculean, worthy of awe.

The second article was after the 1960 Rome Olympics, featuring the world-record 1500-meter victory of Herb Elliott of Australia. The writer of the article was none other than Roger Bannister, the first sub-4:00 minute miler.

I'd just finished my second track season in the little town of Wilmington, Ohio, and had found my athletic niche. Following five years of trying baseball, basketball, and football as each season rolled around, I'd discovered track, thanks to Mr. Glen McElwee, my 7th grade English teacher and basketball coach. It was only a four-week courtship, but McElwee's Seventh Grade Olympics snared me. I trained hard each afternoon as McElwee taught us the fundamentals of high jumping, shot putting, sprint starts, and relays. Ribbons in the 4x220 relay (first), high jump (fourth), and 440 (sixth) were like a new bicycle to me. I'd finally won something in athletics.

Eighth grade track gave me my own event, the half-mile. I won my first three races and won a ribbon for fifth place at a large Junior High meet, running a faster time than any of the boys at Wilmington High School.

I devoured every printed word on how to train, and by ninth grade, and on through college, was turned loose to train on my own by my coaches. They

had more important things to do at the track with the jumpers, throwers, and sprinters.

Throughout those years, I gleaned snippets of training advice from some great coaches of the era: Percy Cerutti, Franz Stampfl, Arthur Lydiard, and Bill Bowerman. I ran 400s like Bannister, sand dunes like Elliott, and grazed on raw oats and raisins as Cerutti suggested. There was no pattern, just hard training and erratic results.

Now a high school biology teacher in Kenton, Ohio, I was coaching my first team, 14 first-year cross country runners in a new program. One kid's dad was my optometrist, and on Thanksgiving afternoon, he phoned me. "Jay, do you know a runner named Max Truex?"

I did, I admitted, I have known about him since 1960, I said.

"He's visiting me from California, and would like to go for a run."

Belly full of turkey and biscuits, I took him to the golf course in town and we jogged around for 45 minutes.

Truex was fat and out of shape, but he had no trouble staying with a hacker like me. When he learned of my passion for running, he said, "I really broke through when I started running 100 mile weeks." I'd read about this for years, but I needed to hear it. Within a year, building an endurance base was my running foundation. When I moved to Florida in 1974, I was a long distance man.

In the 35 years since, I've coached hundreds of young and old athletes. Many give generous credit to my ideas and advice. But I know that it is their dedication that deserves the credit. Runners need only to commit to training to realize improvements. They don't need a coach; they need passion.

1968 Olympian Ron Daws, described coaching himself the best: Daws said that he knew better than anyone what he needed to run, and how fast to run the workouts, when to increase his mileage and when to rest. But he had to develop the ability to, "step outside myself, and coolly assess what I was doing."

Wide World of Running By Jay Birmingham

It was that coach inside, Daws said, that kept him focused, helped him through the rough times.

I like that. Being your own coach. Being self-reliant.

How should you develop that skill? I think it requires three things: Knowledge, passion, and persistence.


The knowledge should be fundamentals. There is so much written now, in magazines and on the Internet, that there is more garbage than facts. There are no gimmicks, there are no shortcuts. No single workout carries you to your goal. You need mileage and a little quality work. That's it. Enough mileage to have ample reserves and enough speed to cruise at your goal pace. The details are mostly window-dressing. Knowledge means knowing enough about nutrition to ignore the hype over supplements. You don't need them. Eat good food and get enough rest.

Passion: If you don't have it, running is not your sport. Wake up, get out of bed, get your shoes on, go for a run. No excuses. No options.

Persistence: Setbacks are inevitable. But each of us is endowed with champion-caliber DNA. You are the current end-point of an unbroken string of human success stories. Your parents, and their parents, back 1,000 generations, were survivors. You were born to be healthy, you are programmed to heal, you ARE a runner. Expect it. Persistence is another term for being alive.

So, I am convinced of this: You can be your own coach. You can be the best-possible coach. There is no mystery and no secrets. Our sport is pure, it is simple, it is satisfying at every level.

Breathe in; exhale. Keep the legs moving. Open your eyes to the world, keep your ears attuned, listen to your heartbeat.

What joy to be independent and to run down the road! 

JEFF NELSON

Continued from page 1

female, novice, and most improved. It was an honor to be in contention for this award.

Jeff got me started running with the Striders on Sunday mornings at Sun Tire – 6:30 a.m. SHARP! After several months of 10 milers, Jeff told me that he thought I could run a marathon – all I would have to do was extend the weekly run, gradually up to 20 miles, which I did. I ran the Jacksonville Marathon 5 years in a row before venturing out to do 9 other out-of-town marathons. I owe Jeff for starting me on this rewarding and life-changing path.

Over the years, Jeff was a huge contributor to the success of the Striders. He served as equipment manager (although he never cared too much for management!) and worked almost every Strider race setting up and tearing down the finish lines. He was always a positive supporter to any and all new runners.

Many of the Striders enjoyed running the Sunday run with Jeff. He had a quick, sarcastic wit and we were always entertained by his opinions on all subjects – from running, to work, to life, and to even the spiritual. Fellow runner Matt Ross told me he once ran 20 miles with Jeff and he complained about Prudential the whole time.

In his younger years Jeff was an excellent runner, doing 18-minute 5Ks. and impressive times in longer distances. But Jeff's self-deprecating humor never let on that he was that good.

Jeff was very proud of his daughter Melissa and spoke of her often in our many runs (I remember hearing about her buying her first car, working at a nursing home, getting married and moving off to a small town in the Florida Panhandle (Sneeds?). He beamed recently about her starting a running club, similar to the Striders, in her community.

I think I can speak for all of us who knew Jeff – he was quite a personality – and we'll all miss him tremendously.

– Danny Weaver

Jeff and I lived in the same neighborhood for the past 25 years & we saw each other from time to time on our races, runs and walks. When we saw each other we would share views on various races, how our training was going, and the



latest injury. Jeff always had a minute and was unfailingly optimistic about how things were going. It was a real shocker to hear of his passing. In recent times we both have slowed down and Jeff continued to help out the various races, as he always had. I shall miss seeing Jeff in the neighborhood.

– Bob Tatum, Strider since 86

Jeff had the ability to put things into proper perspective. I'd always ask Jeff when I saw him after a race how it went. His usual reply, "Great, I finished the same day I started."

– Bob Boyd

As has been said many times and will continue to be repeated, Jeff will be missed in a lot of ways. In past years, Jeff was a great runner and participated as a runner in many races. For the last several years, Jeff could always be seen helping the Striders set up & take down all the equipment that goes into putting on a quality race. Jeff and I and a few others would often have an impromptu tailgate party after most races and many Sunday morning training runs. I miss him.

The weekend of October 22 and 23 we were visiting with some friends and started discussing Jeff and all the things that he had been involved with in the Striders over many years. Turns out they had a video of the Marine Corps Marathon from about 18 to 20 years ago. None of us could remember the year for sure, but Jeff was prominently displayed at several points in the race. Compared to other Strider members that were running that year, Jeff was having a great race and he looked good and strong all the way. I believe his time was less than 3.30. Other Strider runners also included in the video

were Richard and Jenny Allen, Stan Scarlett, Ken Pekie, Jack Sykes, Paul Ruebush, Chuck Cornett and Frank Frazier. Marge Ruebush, Lynn Sykes & Nancy Hanna-Frazier were the non runners that were responsible for taking the video.

– Jeff's Friend, Frank Frazier

I love Jeff and will miss him so much. Richard and I have known Jeff and Pam for almost 30 years and have worked together at many races and "clip and sips". He always had a unique way of finding money for the Anniversary Run. He found money in the washing machine at work after washing uniforms and got a jar of pennies from a business owner after he explained that he was looking for money. I will miss seeing him in his Strider hat with a big smile on his face.

– Jenny & Richard Allen

We have all lost a dear friend and a wonderful person much too soon. I know this has come as a great shock to all of us

I first met Jeff about 25 years ago working Strider races. He was one of those you could always count on.

We found that we shared the same birthday, October 4 (Just a few years apart). Jeff was a very giving person. He was always helping someone out.

My heart goes out to Pam, Melissa, and all the family.

We will miss him so much.

– Marge and Paul Ruebush

I asked Jeff to help with a lot of FSTC events over a lot of years. The only times I can ever recall him declining, which were very few indeed, were when he was going to see his family. Otherwise, he was always there, always there early, always made sure things were done well, and would then make gentle suggestions on how to make things better next time. He made whatever you were doing more fun. He made the world a better place for a lot of us. I am sure we will still do the things that need doing, but we will never replace Jeff. I miss him very much. I feel sure there is more good beer being enjoyed in heaven than ever before. Thank you for being part of our world Mr. Nelson.

– Bob and Vanessa Boyd =

Race Results

Marine Corps Freedom 5K Downtown, Jacksonville, FL October 1, 2011

John Kovacs	20:26	1st ag
Victor Corrales	21:07	
	1st Masters OAM	
Denise Metzgar	21:39	3rd ag
Charlie Hunsberger	21:43	3rd ag
Doug Aiosa	23:40	
Joanne Harris	25:26	2nd ag
Randy Pullo	25:33	1st ag
Tiffany Kovacs	26:29	1st ag
Jakob Wyche	33:11	
Cary Wyche	33:13	
Charles Goodyear	34:45	3rd ag
Claire Gilbert	36:48	
Freddy Fillingham	37:01	3rd ag
Jenifer Wood	42:18	
Rita Lamach	44:11	
Joe Connolly	51:43	

Marine Corps Half-Marathon Downtown, Jacksonville, FL October 1, 2011

John Funk	1:24:13	3rd ag
John Metzgar	1:24:45	2nd ag
Mark Grubb	1:28:42	3rd ag
Ron Porter	1:30:05	
David Bonnette	1:30:29	
Randy Arend	1:33:32	3rd ag
Stephen Beard	1:34:08	2nd ag
Seth Pajcic	1:35:38	
Bruce Holmes	1:36:14	1st ag
John Wisker	1:36:43	
George Thompson	1:37:45	
Regina Sooley	1:37:58	3rd ag
Rosa Haslip	1:39:40	2nd ag
Donald Wucker	1:39:50	
Bernie Candy	1:41:14	2nd ag
Allan Smith	1:41:56	
Michael Lawton	1:42:05	
Kristin Smith	1:42:49	
Giselle Carson	1:43:04	
Paul Smith	1:44:51	1st ag
Wendy Patterson	1:45:09	
David Horn	1:46:01	
Frank Frazier	1:46:04	2nd ag
John Hirsch	1:46:30	
April Martin	1:47:09	

Jeremy Buyok	1:47:12	
Randy Abate	1:47:31	
Nicole Andress	1:47:46	
Stephanie Griffith	1:48:25	1st ag
Tracy Pfuntner	1:48:27	
Gail Pylipow	1:49:04	3rd ag
Kathy Murray	1:50:03	
Kerri Cook	1:51:20	
Jim Cook	1:52:11	
Ann Krause	1:52:45	
Robert Barnhill	1:53:29	
Deb Potash	1:53:54	
Thomas Carlson	1:54:26	
David Kelley	1:56:51	
Mercedes Smith	1:56:58	
James Vavrina	1:57:50	
Lawrence Stake	1:58:07	
Kim Crist	1:58:21	
Lisa Meadows	1:58:34	
Fred Gaudios	1:59:07	
Wesley Cole	1:59:31	
Christina McDonough	1:59:35	
Mike Singletary	1:59:58	
Danny Weaver	2:01:04	
Debbie Higdon	2:02:15	
Bradley Shepherd	2:02:28	
Bob Buscemi	2:02:40	
Shara Meyer	2:02:44	
Kimberly Lundy	2:06:57	
Bruce Howard	2:07:31	
Kevin Terry	2:07:53	
Denise Dailey	2:08:38	
Craig Martin	2:12:43	
Tom Zicafoose	2:15:12	
Teresa Hankel	2:15:13	
Bill Krause	2:15:49	
Bernie Powers	2:17:00	
Ken Murray	2:19:00	
Melinda Terry	2:20:55	
Timothy Rowans	2:22:54	
Jeffery Werch	2:23:32	
Susan Shelton	2:25:21	
Virginia Gresham	2:28:31	
Leslie Hague	2:28:34	
Margaret Tyburski	2:29:20	
Nancy Pullo	2:30:11	1st ag
Richard Vance	2:33:17	3rd ag
Rebecca Brown	2:37:04	

Cindy Staples	2:37:12
Sheri Gaunt	2:41:23
Barbara Whitter	2:42:00
Vicki Choinski	2:43:32
Pheona Kaiser	2:45:10
Monica Goddard	2:47:53
Cheryl Pfannenstien	2:48:11
Roberta Zukauskas	2:50:12
Mark Wynter	2:51:22
Dee Robertson-Lee	2:55:15
Evan Zillmer	3:11:18
Jamie Wyche	3:11:26
Mel Abando	3:30:09

2011 Jax Mud Fest Jacksonville, FL October 8, 2011

Gary Proctor	32:50
Lisa Meadows	41:17
Scott Liner	42:42
Debbie Liner	42:45
Amber Sherrill	58:18

The Human Race 5K Jacksonville, FL October 8, 2011

Robert Walker	19:16	1st AG
Craig Bennett	20:17	1st AG
John Kovacs	21:04	2nd AG
Giselle Carson	21:57	3rd AG
Allan Smith	21:58	1st AG
Paul Smith	22:59	1st AG
Tony Hanneken	23:39	
Suzanne Baker	25:48	
Tiffany Kovacs	26:47	2nd AG
Bernie Powers	28:47	
Curt Young	29:07	
Traci Bane	29:09	
Ginger Frazer-French	36:38	1st AG
Charles Goodyear	36:40	1st AG
Charles Wagner	37:19	2nd AG
Dee Robertson-Lee	37:58	
Danny Randolph	40:00	

John Holmes 16 mile Fun Trail Run Brooksville, FL October 8, 2011

August Leone	3:28:09
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Bank of America Chicago Marathon
Chicago, IL
October 9, 2011

Karin Glenn 3:07:30

Royal Parks Half Marathon
London, England
October 9, 2011

Lorna Bradford 1:34:30

Run for Haven, Cure for Clay 5k
Orange Park, FL
October 23, 2011

Robert Walker	19:16	1st ag
Craig Bennett	20:17	1st ag
John Kovacs	21:04	2nd ag
Giselle Carson	21:57	3rd ag
Allan Smith	21:58	1st ag
Paul Smith	22:59	1st ag
Tony Hanneken	23:39	
Cole Mandt	23:40	2nd ag
Suzanne Baker	25:48	
Tiffany Kovacs	26:47	2nd ag
Bernie Powers	28:47	
Curt Young	29:07	
Traci Bane	29:09	
Ginger Frazer-French	36:38	1st ag
Charles Goodyear	36:40	1st ag
Charles Wagner	37:19	2nd ag
Dee Robertson-Lee	37:58	
Danny Randolph	40:00	

Susan G. Komen Race for the Cure
Jacksonville, FL
October 22, 2011

Allan Smith	21:44	1st ag
David Horn	22:31	
Maurya Sova	22:58	1st ag
Nicole Andress	23:10	1st ag
Peter Winkler	23:23	
Paul Smith	23:37	1st ag
Stephanie Griffith	23:47	1st ag
Kathy Murray	23:52	2nd ag
Kathryn Howell	25:02	1st ag
Mercedes Smith	25:25	
Charlotte Milligan	25:27	
Jack Sykes	25:44	
Freddy Howell	26:00	
Todd Hockett	26:41	
Leigh Gardner	27:03	
Michael Fitzsimmons	28:07	
Mamie Davis	28:48	
Curt Young	29:03	
Richard Vance	29:23	2nd ag
Barbara Whitter	31:39	
Leigh Jacobs	32:14	
Timothy Clay	32:55	
Sharon Medders	33:27	
Monica Lucas	33:33	
Joseph McCoy	35:22	
Charles Wagner	36:07	3rd ag
Kim Simms	38:17	
Kay Manly	39:17	
Barbara Scott	40:15	

Amy Randall 41:45
 Joe Connolly 53:00 =



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

floridastriders.com

Upcoming Deadlines

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

Thanks for all your contributions!



New, Renewing and Expiring Memberships

NEW MEMBERS

Beverly Aquí	10/31/13
Larry Clark	10/31/12
Steven Johnson	10/31/12
Barbara Werner	10/31/12
Stacy Williams	10/31/12

RENEWING MEMBERS

John & Diane Aimone	9/30/12
Steve, Maria, Isabel, Juan	
Bruce/Padin	10/31/12
Alexander & Micheala Combs	9/31/12

Gary Corbitt	9/30/12
Richard Horton	9/30/12
Dennis & Sylvia Lee	9/30/12
Maria Littlejohn	9/30/12
Larry Mattingly	9/30/14
Christy Miller	10/31/12
Robert Webster	9/30/12

MULTI-YEAR MEMBERSHIPS

Danny Cole	10/31/13
Jack Hayes	10/31/12
Gene Imrich	10/31/12
Charles Mann	10/31/13
Russell & Connie Pratt	10/31/14

EXPIRING MEMBERSHIPS

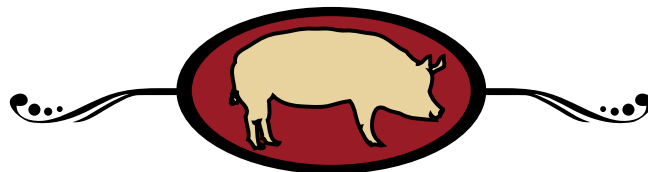
Maria Barefield	9/30/11
Victor Corrales	9/30/11
Kari & Darrell Damrow	9/30/11
Summer Gentry	9/30/11
George Mosely	9/30/11
Bryan Rohlin	9/30/11
Roxanne Slater	9/30/11
Lisa Tomasino	9/30/11
James/Kay	
Vavrina/Womack	9/30/11
Denise Williams	9/30/11 =

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 Mike Mayse (904) 777-6108.

Florida Striders Track Club

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
- 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

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)

(OFFICIAL USE ONLY)

(can NOT be used for Day of Race registration)
\$2.00 Discount for using own chip

November 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
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
November 6	Hog Jog Cross Country 5K	2 p.m.	Ronny VanZant Mem. Park 2760 Sandridge Rd. Lake Asbury	(928) 446-6149 FL Striders TC
November 12	Native Sun Mandarin 5/10K	7:50 a.m. 8:00 a.m.	Mandarin Presbyterian Church 12001 Mandarin Road, Jax	(904) 731-1900 1st Place Sports
November 19 & 20	St. Augustine Marathon Weekend 5/10K Half Marathon/Marathon	See web site for times	Columbia St. St. Augustine	(305) 716-1111 miamitrievents.com
November 19	Women of Power 5K	8:30 a.m.	Main Beach Park 2900 Atlantic Ave. Fernandina Beach	(904) 699-7477 Women of Power
November 19	Right Whale 5K	9:00 a.m.	SeaWalk Jacksonville Beach	(904) 285-1552 Performance MultiSports
November 19	2nd Annual McKenzie's Run 5K	10:30 a.m.	EverBank Field Jacksonville	(904) 731-1900 1st Place Sports
November 24	Subaru Distance Classic Half Marathon & 6K	7:00 a.m.	Pickwick Plaza 9850 San Jose Blvd. Jacksonville	(904) 731-1900 1st Place Sports
November 24	Ponte Vedra Family Race Series Turkey Trot 1 Mile/3K/5K	9:00 a.m. 9:15 a.m. 9:30 a.m.	Micklers Landing parking lot Ponte Vedra Beach	(904) 318 8104 Milestone Race Authority

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

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BY GAIL PYLIPOW

The AWESOME weather is finally here. These last several days have been perfect for running...I hope everyone has had an opportunity to take advantage of it. For those of you who participated in the run Sunday morning, October 16th at Sun Tire for Jenny's Pennies, the weather was, shall we say, pretty lousy. It rained a little bit, stopped, poured, sprinkled, then poured some more. Of course, once everyone was done and enjoying the massive food spread it stopped, the sun came out and the day ended up being gorgeous. Running in the pouring rain was....interesting. Thanks to all that showed up to run and to those who set up the tables with food.

Remember you still have to STAY HYDRATED even in the cooler weather when you aren't sweating as much that you are aware of. You still need to replace what has been lost! 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 to report your race times and to ensure you are named in our newsletter.

The first of the races in October was the **MARINE CORPS HALF MARATHON AND 5K** downtown at Metro Park. The race started in the parking lot of EverBank Field. The air was cool, crisp and wonderful. Perfect weather for a half marathon and 5K. The winners in the 5K were: 1st place **John Kovacs** and **Tiffany Kovacs**, 2nd Place was **Joanne Harris** and 3rd Place was **Denise Metzgar**, **Freddy Fillingham** and **Charles Goodyear**. The winners in the half marathon were: 1st Place : **Bruce Holmes**, **Paul Smith**, **Stephanie Griffith** and **Nancy Pullo**, 2nd Place: **John Metzgar**, **Bernie Candy**, **Frank Frazier** and **Rosa Haslip**, and 3rd Place: **Mark Grubb**, **Richard Vance**, **Regina Sooe** and **Gail Pylipow**.

The second race of October was **THE HUMAN RACE 5K** which was held on October 8th at the St. John's Town Center. **Mark Grubb** won Masters Men category and **Giselle Carson** placed 3rd in the Open Women category, while first in line for the gold were **Robert Walker**, **Allan Smith**, **Paul Smith**, **Charles Goodyear** and **Ginger Frazer-French**.

Next in line the silver winners were **John Kovacs**, **Charles Wagner** and **Tiffany Kovacs**.

The third race for October was **THE FETAL HOPE 5K**

which took place on October 15th. The dedicated Striders who ran and placed were **Bernie Candy**, **Regina Sooe**, **Dee Robertson-Lee** and **Benjamin Holland** capturing 1st place with **Cary Wyche** placing 2nd and **John Hirsch** and **Charles Goodyear** bringing home 3rd place.

The fourth race in October was the **RACE FOR THE CURE 5K** which took place on October 22nd by EverBank Field and Metro Park. This is a HUGE affair with people dressing up all in pink, wearing tutus, signage on people stating who they are running for/in memory of. It definitely gets you choked up. Those Striders placing 1st were **Allan Smith**, **Paul Smith** and **Stephanie Griffith**. **Frank Frazier**, **Richard Vance** and **Kathy Murray** were 2nd place winners, and last but not least were the 3rd place winners **Charles Wagner** and **Maria Munyan**.

Continued on next page

Hog Jog and Runt Run Preview

By Leslie Kindling, Race Director

Lace up your cross-country spikes and get ready for a great run at Ronnie Van Zant Park, near Lake Asbury, on November 6th. Breaking from tradition, we are having a Sunday Afternoon race. This date and time was chosen to ensure we could add ChampionChip(R) timing and also avoid conflict with the disk golfers' weekly pick-up tournament. The later time should also ensure much warmer weather than last year's 37 degree race temperature.

The Hog Jog and Runt Run are the Striders' only cross-country events. The

two-lap, 5K course is a welcome challenge for many people, after lots of road races throughout the year. The Hog Jog is also a much smaller race than our Grand Prix races, which means more chances for individuals to win awards. Speaking of awards, all Runt Run finishers receive awards. The Runt Run One Mile Fun Run is an out-and-back course with a slight grade and a mildly challenging sandy stretch.

Registration for the 5K is open now. Follow the link (<http://www.floridastriders.com/events/HogJog.html>) for 5K

registration information. As always, the Runt Run is free, but you must fill out a registration form to participate. Runt Run registration information can be found at this link (<http://www.floridastriders.com/PDFs/HogJogRuntRun2011flyer.pdf>).

Race day registration opens at 12:30PM, with the 5K starting at 2PM and the Runt Run starting at 3PM. I hope to see you all there. =

NEW THIS YEAR!

We will have the Strider's tent at the Hog Jog! We look forward to meeting new people, as well as socializing with all of our members. We will have water, pop, and soft drinks. Please bring food, beverage of choice, and chairs.

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The fifth race for October was the **RUN FOR HAVEN, CARE FOR CLAY** which took place on October 23rd at the Orange Park Mall. This race benefits the thousands of patients and families served by Haven Hospice and they are building the first free-standing hospice care center in Clay County. Those achieving GOLD in their age groups were **David Bonnett, Bernie Powers** and **Dee Roberts-Lee**. Right behind getting SILVER were **Cole Mandt, Craig Bennett** and **Richard Vance**. And the BRONZE went to **Jakob Wyche** and **Michael Lundy**.

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.

Barbara Whitter traveled to the beautiful state of Hawaii, participating in 3 events. **THE MAUI TACO 5K AND THE FRONT STREET MILE** both on September 17th, then the next day ran the **MAUI MARATHON**. Way to go Barbara!

August Leone ran in the **JOHN HOLMES 16 MILE FUN TRAIL RUN** on October 8th in Brooksville, Florida. I hope the trail wasn't too rocky, sandy, full of tree roots, etc. and that you watched your step! Good job!

The **CHICAGO MARATHON** took place on October 9th and **Karin Glenn** ran it in 3:07:30. Chi-Town is such a cool

city. I grew up not too far from there in southern Wisconsin. The "Windy City" can live up to its name. I hope the weather was perfect the day of the race.

The last out-of-town report was from **Lorna Bradford**. She crossed the big pond and took part in the **ROYAL PARKS HALF MARATHON** in London, England. Hope you had a great time over there and did some great sightseeing.

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 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 **Jenny Allen**, who coordinates the annual **Jenny's Pennies** run in October every year. It is such a wonderful get together, even if it did rain a lot this year. Next year, more participants and less rain!!!! Thank you JENNY! =

SEND US YOUR RACE RESULTS!

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

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

Local Running Info



www.floridastriders.com

You can contact us via e-mail at:
daniel.adams@jetblue.com

You can get entry forms & results for all 1st Place Sports events on the Internet at www.1stplacesports.com
Also get the latest running news from the RRCA's national office, including a nationwide race schedule as well as important info from clubs across the country at www.rrca.org



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