

Your Festivus
Edition!

Successful beyond our expectations! The 2011 Hog Jog and Runt Run

By Leslie Kindling, Race Director
Photos by Vanessa Boyd

At Ronnie Van Zant Park, on November 6th at 2pm the Hog Jog 5K got underway. The weather was perfect for running and stayed so for the Runt Run one-mile fun run at 3pm. Though I was glad to have such good weather and a 40% increase in 5K runners over last year, I was most thrilled (and honestly surprised) by the number of one-mile runners: 404 runners this year compared to 262 last year!

Also exciting news from his year's Hog Jog, was that our top three male finishers were 18 and under, and our

Continued on page 6



Inside

Prez Sez	2
Board/Key Members	2
Sponsors	3
Wide World of Running	4
2011 Anniversary Celebration	5
Hog Jog Results	6
Kids Run the Nation Grant	9
The New Resolution 10k and 5k	9
Resolution Run Flyer	10
Resolution Run Registration Form	11
FSTC Membership Application	11
Striders at the Races	14
Our Next Prediction Run	15
FSTC Hospitality Tent Volunteers	16
Polar Bear Plunge	17
New & Renewing Members	17
December Race Calendar	18
Back Page	19

Holiday Party Champagne Open House

Join us for an evening of
Holiday Spirits
Champagne Punch
Seafood Gumbo

You may bring your favorite
Beverage & Hors d'oeuvre to share

Sunday, December 18th
6 PM
Robert & Janet Irvin

3811 Boone Park Avenue Jax 3220
Phone: 388-5664 or 343-3106

Directions: Traveling north on 95 - go over the Fuller Warren Bridge - follow I-10 & 17 (Roosevelt) to Park Street (Near Kent Campus. Turn left onto Park Street. Go straight on Park, through two traffic lights to Pinegrove. Turn right onto Pine Grove (just past Pinegrove light) (If you pass the children's playground & tennis courts, you've gone too far.) Pinegrove will intersect with Boone Park Avenue - approximately 3-4 blocks. Turn left onto Boone Park Avenue. Our house is the middle house on the left. Will be well lighted!! **From Orange Park:** Come South on Highway 17 to Park Street - turn right on Park St. (Sign will say FSCJ Campus) Stay in right hand lane after you turn onto Park and follow the above directions. **NOTE:** You may have to park on the street and walk to the party, as parking will be limited. =

Prez Sez

By Dan Adams



The beautiful cross country course of the Hog Jog has always been popular with younger runners. The race director, Leslie Kindling, did an amazing job of attracting kids to run the 5K with the biggest age group being 10 and under. The male winner, Bryce Stalter, ran an impressive 21:52 and the female winner, Katie Montgomery, ran 27:18. I am very excited to see so many young people running 5Ks.

Racing is great for kids and something they can do for a lifetime. My two oldest daughters, Megan and Grace, really enjoyed the Hog Jog and the Subaru 6K this November. In the weeks leading up to these races they asked to run two and three mile runs to get ready. An impressive eleven year old, Troy Britts, trains at the St. Johns Country Day School track with the Strider speed group. He recently ran a PR 19:01 at Hope Haven Hospice 5K and finished the Subaru Half in 1:38:55. With proper encouragement, kids can do a lot with running.

The Florida Striders mission is to promote and encourage running by educating the community about the benefits of physical fitness and sport. With this in mind, the race directors decided to reduce our preregistration prices for the 13 and under age to \$15. This pricing makes it more affordable for families to run our races and encourages young people to run the 5K. Our free fun runs are enjoying record setting numbers with many kids running the 5K and the 1 mile. Additionally, we are supporting over 10,000 students in 43 elementary school run walk programs, which gives kids weekly exposure to running. With all the news about the sad state of youth fitness in the United States, it is great to see the Striders making a difference. =

Board of Directors' Summary of Action

October 11, 2011

Orange Park Library

I. Call to Order: The meeting was called to order at 7:02 pm by Randy Arend in the absence of the President and while the Vice President was filling in as Secretary. Board members present were Vicky Connell, Scott Hershey, Randy Arend, Maria Littlejohn, Kim Crist, Kim Lundy, Glenn Hannah, Frank Frazier, Mike Mayse, Greg Wood, Don Wucker, and Kristie Matherne. Guest Race Director attending was Leslie Kindling.

Quorum: Yes

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

III. Officer Reports

a. President Report – Presented by Randy Arend

Presidential Appointment: Merchandise Coordinator – Keith Poythress has done an excellent job as Merchandise Coordinator for the last 5 years but has elected to step down. Scott Hershey has accepted the appointment to replace Keith.

b. Vice President Report – Vicky Connell

Vicky suggested that the Striders adopt a standard greeting at the beginning of all socials in order to ensure that all newcomers feel welcome and are introduced. This would simply mean someone from the board would start the social by welcoming everyone and asking for new members or visitors, recognizing them and asking about their running interest. Then everyone would be encouraged to greet them and make them feel welcome.

c. Treasurer Report – Randy Arend

Continued on page12

2011-2012 Board of Directors & Key Members

(Board Members marked with an *)

President & Resolution 5k Director:

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

Vice President & StrideRight Proofreader:

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

Secretary:

*Regina Sooeey(H) 673-0608
email: regina@reginasooey.com

Treasurer:

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

Membership Coordinator/Newsletter Circulation Coordinator:

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

Race Advisor:

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

Children's Running Chair/Photographer:

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

Memorial Day 5K Director:

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

The Back Page Columnist:

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

Social Coordinators:

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

Merchandise Coordinator:

*Scott Hershey(C) 379-2828
email: hershey4188@yahoo.com

Equipment Coordinator:

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

Scholarship Coordinator:

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

Directors at Large:

* Lisa Adams(C) 505-8731
email: adams.lisa30@gmail.com
*Maria Littlejohn(H) 923-0923
email: sirennia1@hotmail.com
*Kim Lundy(H) 213-0250
email: woodski135@aol.com
*Carol MacDougall(H) 282-9914
email: cmmacdougall@bellsouth.net
*Kristie Matherne(H) (985) 688-1849
email: dreamtrainachieve@yahoo.com
*Keith Poythress.....(H) 616-6054
email: poyth@bellsouth.net
*Melissa Saunders(H) 375-2503
email: saundersmelis@hotmail.com
*Greg Wood(C) 910-0593
email: B1Gcntry@comcast.net

Hog Jog Director:

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

Run to the Sun 8K Director:

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

River Run Hospitality Tent Coordinator:

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

River Run Hospitality Tent (Assistant):

*Dan Wucker
email: dwuck@aol.com

Race Volunteer Coordinators:

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

SUPPORT OUR SPONSORS... THEY SUPPORT OUR SPORT



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



**The Perfect People
For A Perfect Pool**



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



FLORIDA
In the pursuit of health



Mike Shado Nissan
269-9400

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



Race Logistics Coordinator:

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

Graphics Design Coordinator:

Tori Connell
email: victoria.connell@comcast.net

RRCA Southern Region Director:

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

North Florida RRCA Representative:

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

Strider "Person" Coordinator:

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

Webmaster

Jennifer Wood
email: web@floridastriders.com

StrideRight Editor:

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

Never Alone

Over my five decades of serious running, I've logged many thousands of miles, at last estimate (2005), conservatively, 150,000. Most of those runs have been solitary.

The social aspects of being a member of the "running community" have always been rewarding. It is a treat to be surrounded by, and talk to, other fellow runners. Their tales of racing, training incidents, injuries, achievements, and PRs never grow tiring to me.

But outside of races, or when leading a partner or group on a new route, I prefer to run alone.

And some people have questioned me for my preference to bear the miles without companionship. The fact is, I'm good company for myself—I never run alone.

Like the simple phrase, "me, myself, and I," good friends accompany my journeys through space. I step outside myself, or dwell inside, but they

Wide World of Running By Jay Birmingham

are always with me.

My breath is there, sometimes unnoticed, sometimes, loud, always essential. With my diaphragm responding automatically to the demands of terrain, altitude, and effort, my lungs suck in just enough air to keep me going. Sometimes, for many miles, I listen to my breathing, imagining my body as a wide, hollow tube through which oxygen flows in, carbon dioxide flows out.

After a hard lap around the track, or through the finishing corral of a race, my loud breath stays with me for many minutes, though my running legs have stopped. In time, it subsides and I don't notice it for many hours, sometimes until the next time we go running together.

Footsteps are my friends, too. I hear them whenever I want to, and sometimes when I don't. If they get too loud, I change my footstrike, an attempt to reduce friction. Near the end of a long run, I focus on each footfall, around

three per second, knowing that the accumulation of steps is bringing the run to its close. When I try to kick it in, I urge the little sounds to beat faster. An up-tempo finish proves to me that I am not exhausted.

My thoughts are my running partners, too. A German phrase, "Die Gedanken sind Frei," often comes to mind: The thoughts are free. They are my own, unrestrained, yet they can be controlled, if I want to control them. No one can tell me what to think on a run. In miserable heat or a pouring rain, I can choose to think of cool mountain views or a pleasant walk through the woods. Certainly, I am never alone.

Since people started running with transistor radios in the 1960s, I've wondered about having someone or something else influence what goes through my head. Now, I see iPods connected to runners' ear buds, and still realize that's not for me. I can listen to crickets, or armadillos in the palmettos, dial up Beethoven's Seventh in my mind, or Pachelbel, or shut it off in a second, to return to hearing my breath. Or my heart. =

2011 Anniversary Celebration

By Jenny Allen

See a penny, pick it up. All the day you'll have good luck.

See a penny, let it lay. Bad luck you will have all day.

I am not a superstitious person, but it wouldn't matter anyway because I am not about to let a penny lay. Obviously, I am not the only one because we found \$77.43 last year. This is down again from the year before, but there are just not that many pennies laying around anymore.

Still, we had a great 33rd year anniversary of Sunday morning running from Sun Tire. Despite the wind and rain, about 65 people showed up, many more than last year. Among them was our president, Dan Adams, his wife Lisa and their three very cute daughters, and two past presidents, Frank Frasier and Stan Scarlett. On a sad note, one of our own missing was Jeff Nelson, who passed away on September 30th. He was a good friend to





many of us, and it still doesn't seem possible that he wasn't here. Jeff sometimes helped me with the tables, and Pam would bring the most delicious homemade breadsticks. He and Pam were ALWAYS here. I know that I speak for many when I say "we will miss you, Jeff."

If my memory and records serve me right, the Striders celebrated their very first anniversary party in 1992 with champagne and bagels. This was organized by Chuck and Betty Cornett. It wasn't until 1995 that we combined the anniversary party with the money that we found. Up until then, I took the money to marathons to spend on wine. As more and more Striders participated in finding money, I decided more people would benefit if we spent the money here instead of out-of-town – thus, the union of the anniversary party and what would become known as Jenny's Pennies.

The morning started out windy and rainy. I put picture albums out on the table and soon had pictures blowing all over the parking lot. Runners got wet running in the rain. We were lucky to have shelter for the food. Everyone was soaking wet, when halfway through, a brilliant sun came out reflecting brightly on the wet pavement.

Thanks to my friends who helped this year. Mike Mayse arrived early with the tables and had them set up when I got there. Lori Scarlett made the coffee and helped me buy and cut up fruit for the fruit bowl. Frank Frasier was our great emcee and Elke Miller postponed her trip to the mountains to help me with the punch and food. Marge, who was out-of-town, left all of her supplies for us to use and Charles Desrossier made the best Bloody Marys this side of heaven. My husband, Richard, helped me in so many ways I can't begin to count them all.

Thanks to Patt McEvers and Charles for donating all the Bloody Marys and to Lori and Stan for donating all the orange juice. This was a big help financially, so that we could spend more money on CHAMPAGNE and fruit.

As stated above, we didn't find much money this year. The only bills found were ones, and the only finders of ones were Frank, Pat Noonan and Danny Weaver. Robert Shields, our Tarheel Strider, sent several checks for the money he found in North Carolina and Paul Geiger found two dollars to get us started out on the right foot for next year. Hope to see you all then, and remember when you are out and about:

See a penny, pick it up
All the day you'll have good luck.

So until then, happy, healthy running and keep those pennies rolling in. =

HOG JOG

Continued from page 1

number 2 female finisher was 9 years old. While most local races have the highest percentage of runners in the 30-something category, 40% of our runners were 13 and under! Full results are posted on the 1st Place Sports website.

Olympic Gold Medalist, Shannon Miller pumped up the kids and parents for the Runt Run. Her message included, "There will be people all your life that will tell you what you can't do – don't you listen to them!" The Shannon Miller

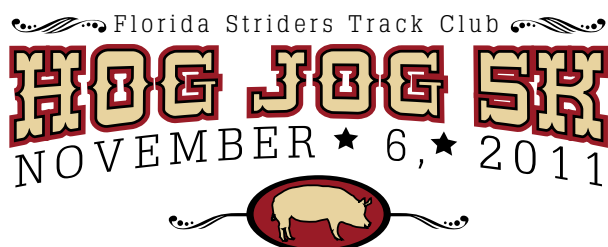
Foundation is dedicated to fighting childhood obesity and pairs well with the Florida Striders Children's Run/Walk Program.

With all the changes made this year, it is hard to contribute the success to any one thing. I would love to hear from you regarding the race. Please take this 5-question survey to help us make the race bigger and better next year: <http://www.surveymonkey.com/s/QLFR5DT>.

Please help me thank all the wonderful volunteers that helped this race run so smoothly. Marge Rubush, Kim Crist, Elke Miller, Nikki Aiosa, Lacey

Crist, Lori and Stan Scarlett, Kathy Murray, Frank Frazier, James Vavrina, Mike Mayse, Jack Frost, Dave Bokros, Glenn Hanna, Kitty Ferrell, Carol MacDougall, Mark Wynter, Dan and Lisa Adams, and Vernon Allen and his faithful team of volunteers from the Walk and Run Journey Group.

Lastly, I will be moving on to a new duty station next year and will need to turn over race director duties. If you are interested, I will be able to work closely with you through the whole process and have taken excellent notes on this year's race. Contact me at StridersHogJog@gmail.com. =



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

CLASS ID#	PLACE	FINISHER	CHIP TIME	PACE
Open Men				
231	1	Erik Hartley, 18	16:59	5:29
174	2	Isaac Jones, 16	19:02	6:08
187	3	Nathaniel Soto, 17	19:35	6:19
Open Women				
501	1	Elena Davis, 41	21:30	6:56
215	2	Isabella Pawloski, 9,	22:37	7:18
33	3	Carolyn Peeples, 36	23:35	7:36
Masters Men				
83	4	Matt Miller, 47	19:40	6:20
Masters Women				
29	7	Maria Ramsey, 46	26:16	8:28
Grand Masters Men				
158	9	Randy Arend, 51	20:41	6:40
Grand Masters Women				
503	39	Alice Santiago, 60	30:06	9:43
CLASS ID#	PLACE	FINISHER	CHIP TIME	PACE
Men 3 - 10				
169	14	Bryce Stalter, 10	21:52	7:03
175	16	Vincent Sabatella, 10	22:14	7:10
249	21	Cameron May, 10	22:42	7:19

247	29	4	Matthew Koziolk, 10	23:15	7:30
238	42	5	Matthew Stratton, 7	24:04	7:46

Men 11 - 13

111	19	1	Daniel Crouch, 13	22:37	7:18
15	30	2	Andrew Boggess, 13	23:17	7:31
108	31	3	Aldren Biala, 12	23:25	7:33
105	32	4	John Montgomery, 13	23:25	7:33
293	53	5	Taylor Cogan, 13	25:48	8:19

Men 14 - 19

185	8	1	Jose Arguelles, 17	20:39	6:40
190	17	2	Jared Tyler, 18	22:19	7:12
287	20	3	Jordan Mark Zagar, 16	22:42	7:19
184	28	4	Brian Fickers, 17	23:14	7:29
191	33	5	Travis Wallace, 18,	23:34	7:36

Men 20 - 24

60	22	1	Obie Pagaduan, 23	22:43	7:19
24	41	2	Kelvi Bonano, 24	23:55	7:43
65	50	3	Jeremy Metts, 24	25:37	8:16

Men 25 - 29

47	15	1	Caleb Wilson, 28	21:53	7:03
121	94	2	David Henderson, 28	29:40	9:34
267	120	3	Russell Townsend, 25	33:12	10:42

Men 30 - 34

55	5	1	Troy King, 31	20:00	6:27
244	11	2	Joshua Bookstore, 34	21:11	6:50
41	18	3	Rahn Huffstutler, 32,	22:32	7:16
120	27	4	Robby Finklea, 31	23:09	7:28
208	54	5	Terry Giles, 32	25:57	8:22

Men 35 - 39

61	10	1	John Kovacs, 38	21:01	6:47
141	24	2	Doug Deters, 38	23:04	7:26
237	26	3	Gregory Stratton, 38,	23:09	7:28
240	46	4	Jeff Mathis, 37	24:56	8:03
78	57	5	James Ledford, 36	26:11	8:27

Men 40 - 44

260	7	1	David Bonnette, 44	20:19	6:33
-----	---	---	--------------------	-------	------

182	12	2	Robert Moore, 43	21:30	6:56
229	34	3	Eric Berger, 42	23:36	7:37
171	39	4	Roger Jones, 42	23:49	7:41
214	44	5	Jeff Stancil, 41	24:15	7:49

Men 45 - 49

192	6	1	Christopher Reeves, 45	20:07	6:29
34	13	2	Joseph McElhaugh, 46	21:50	7:03
297	59	3	Ken Wilson, 49	26:28	8:32
18	73	4	Daniel Gronley, 48,	27:27	8:51
193	82	5	John Bieker, 49	28:40	9:15

Men 50 - 54

220	23	1	George Thompson, 51	22:53	7:23
170	36	2	Bruce Macdougall, 50	23:44	7:39
85	45	3	Bill Sanders, 53	24:22	7:51
188	125	4	Arthur Harmon, 52	34:19	11:04
283	140	5	Ricky Browning, 54	38:07	12:18

Men 55 - 59

75	38	1	Paul Stodola, 55	23:46	7:40
8	43	2	Paul Berna, 55	24:13	7:48
9	48	3	Greg Lohman, 57	25:10	8:07
10	52	4	Tom Zicafoose, 58	25:45	8:18
11	67	5	Allan Darby, 59	26:55	8:41

Men 60 - 64

6	25	1	Herbert Taskett, 63	23:09	7:28
509	35	2	John Hirsch, 60	23:42	7:39
5	40	3	Randy Pullo, 61	23:54	7:42
250	88	4	Phillip Maxcy, 62	29:15	9:26
7	97	5	Bernie Powers, 61	30:19	9:47

Men 65 - 69

152	89	1	George Hoskins, 67	29:17	9:27
178	101	2	Ed McDonough, 69	30:47	9:56

Men 70 - 74

13	118	1	Miles Maceachern, 71	33:07	10:41
----	-----	---	----------------------	-------	-------

Men 80 & Up

59	157	1	Joe Connolly, 87	47:46	15:24
----	-----	---	------------------	-------	-------

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

Women Under 3

73	34	1	Eliza Williamson, 1	29:09	9:24
----	----	---	---------------------	-------	------

Women 3 - 10

104	15	1	Katie Montgomery, 10	27:18	8:48
270	35	2	Jennifer Fliess, 10	29:25	9:29
28	36	3	Angela Ramsey, 9	29:27	9:30
167	41	4	Amelia Stalter, 10,	30:59	9:59
164	45	5	Isabela Jimenez, 10	31:22	10:07

Women 11 - 13

276	5	1	Tracey Ferguson, 12	24:51	8:01
143	8	2	Caitlyn Pellegrini, 11	26:30	8:33
37	10	3	Emily Mickel, 13	26:45	8:38
110	14	4	Kaylee Salt, 11	27:18	8:48
173	16	5	Callie Jones, 12	27:20	8:49

Women 14 - 19

30	6	1	Alexa Clifton, 17	25:02	8:04
289	11	2	Devin Middle, 14	26:50	8:39
226	26	3	Katherine Midgett, 19	28:23	9:09

Continued on next page



For more color photos of the Hog Jog, please go to floridastriders.com

HOG JOG RESULTS

Continued from previous page

71	47	4	Georgia Green, 15	31:38	10:12
183	58	5	Sky Eckhoff, 16,	33:58	10:57

Women 20 - 24

31	44	1	Anna Williams, 21	31:15	10:05
----	----	---	-------------------	-------	-------

Women 25 - 29

63	29	1	Nancy Tongogaro, 28	28:41	9:15
204	54	2	Kimberly Santiago, 26,	32:58	10:38
134	65	3	Jennifer Bonano, 29	34:53	11:15
232	69	4	Kristina Heflin, 29	35:42	11:31
277	83	5	Maxine Rebeles, 28	38:23	12:23

Women 30 - 34

510	4	1	Dawn Koval, 34	24:20	7:51
62	12	2	Tiffany Kovacs, 31	27:00	8:43
19	13	3	Keizzy Archbold, 31	27:10	8:46
62	30	4	Tiffany Kovacs, 31	28:44	9:16
163	50	5	Veronica Sgro, 31	32:25	10:27

Women 35 - 39

227	27	1	Lisa Boyd, 39	28:26	9:10
172	40	2	Christine Jones, 39	30:28	9:50
161	55	3	Denise Click, 36,	33:18	10:45
252	64	4	Patricia Bahl, 39	34:50	11:14
505	68	5	Shannon Lee, 35	35:38	11:30

Women 40 - 44

35	9	1	Donna McElhaugh, 43	26:43	8:37
230	20	2	Tenisha Finley, 43	27:39	8:55
209	22	3	Marilee Giles, 40	27:45	8:57
128	25	4	Tracy Dawson, 42	27:50	8:59
219	32	5	Sandra Mock, 43	28:50	9:18

Women 45 - 49

150	17	1	Jeanie Wilson, 46	27:32	8:53
48	23	2	Chaundra Berghoefer, 48,	27:46	8:57
76	33	3	Joie McGee, 45	29:04	9:23
68	48	4	Bonnie Green, 46	31:39	10:12
64	51	5	Sheila Parks, 45	32:29	10:29

Women 50 - 54

207	80	1	Kim Kovaleski, 52,	37:23	12:03
-----	----	---	--------------------	-------	-------

Women 55 - 59

39	89	1	Kathryn Darby, 59	42:14	13:37
507	91	2	Vanessa McMillan, 58	42:47	13:48

Women 60 - 64

155	84	1	Dee Robertson-Lee, 61	38:52	12:32
151	85	2	Dotti Cahill, 61	38:58	12:34

Women 70 - 74

4	61	1	Nancy Pullo, 70,	34:31	11:08 =
---	----	---	------------------	-------	---------



**MELLOW MUSHROOM
PREDICTION RUN**



**4PM START
SUNDAY
JANUARY 8, 2012**

Please join the Florida Striders for a fun FREE 5k. This is a Prediction Run. The winner will be the runner closest to their predicted time. There will be no watches, GPS or ipods. The race will start and end near the Mellow Mushroom in Fleming Island. Registration will start at 3:00

CONGRATULATIONS!

The Florida Striders were awarded an RRCA “Kids Run the Nation” \$1000 grant for our work supporting area elementary schools



The Striders children's running program focuses on providing incentive awards for elementary school run/walk programs in 41 Florida elementary schools and extends to over 10,000 children. We provide Starter Kits for new school run/walk programs with a complete template on how to begin and maintain an effective program and initial supplies (index cards, decorative hole punches, file boxes, & rolling carts).

Since 2007, the RRCA has provided over \$50,000 in small grants to deserving youth running programs around the country through the Kids Run the Nation Fund. The Kids Run the Nation Fund is designed to provide needed resources to launch and support youth running programs around the country as an opportunity to address the on-going inactivity and obesity crisis facing today's youth.

“The RRCA is very proud of the level of support from our donors to the Kids Run the Nation Fund.” outlined Jean Knaack, RRCA Executive Director. “This support has enabled

the RRCA to invest more money into local youth running programs each year.

The Kids Run the Nation program is a gender inclusive, multi-week, turnkey, youth running program designed to meet the physical activity goals outlined by the United States Department of Agriculture (USDA) for children in grades kindergarten through sixth grade. The program can also be modified to better serve older grades. Through this program, the RRCA's vision is to help establish locally managed youth running programs in every grade school in America.

Florida Striders Children's Running Program – Orange Park Florida is one of the recipients of the RRCA 2011 Kids Run the Nation Grants— Their children's running program focuses on providing incentive awards for elementary school run/walk programs in 41 Florida elementary schools and extends to over 10,000 children. They provide Starter Kits for new school run/walk programs with a complete template on how to begin and maintain an effective program and initial supplies (index cards, decorative hole punches, file boxes, & rolling carts). =

The New Resolution Run 10K and 5K

By Dan Adams

Race Director, Resolution 10K and 5K

This year's Resolution Run is twice as challenging. I am excited to announce that the Resolution Run will add a 10K (Grand Prix) to the 5K and 1 mile fun run. All three races will start and finish at the Orange Park Kennel Club. The 10K course will be run along River Road as an out and back with loops in Holly Point and Judson Circle. The course map can be seen at <http://www.floridastriders.com/events/resolutionrun.html>. I am also excited to announce that we will give long sleeve tech shirts to all preregistered runners. It should be a great event. Please invite your friends, workmates and neighbors.

The decision to add the 10K distance was based on my assessment that there

is a shortage of 10K races in our local area. I hope to increase attendance by offering a classic road race distance to our more competitive runners. By continuing to offer the 5K, I hope to keep the recreational runner who does not want to run more than 3 miles. The Resolution Run has had a steady increase in attendance and the addition of a 10K should allow the event continued growth. With the 10K, the Florida Striders now offer a diverse range of races: a 5K cross country and 10K, 8K and 5K road races.

The biggest challenge for the 10K has been Hwy. 17 closure. Glenn Hanna, race logistic coordinator, devised a plan to mitigate traffic congestion by closing two northbound lanes of Hwy. 17 for 600 yards, which leaves one northbound lane open for traffic. To ensure runners safety,

Frank Frazier arranged the barricading of the closed lanes and the positioning of police officers with cars at both ends. From the beginning planning stages the Town of Orange Park has been supportive. FDOT was a little more challenging, but after two and half months we have received Hwy. 17 road closure permits.

Mike Mayse and Dave Bokros have proved to be incredible course designers. They planned a race time line, sheriff placement, course marshals and water stops. It looks like the concurrent 10K and 5K start and finish should go smoothly. The 10K runners will break off at Astor Street and head out to Holly Point while the 5K runners loop back on Kingsly. Doug Alred has certified the course and everything looks great for our newest race. I can wait! =

Resolution 10k

January 14, 2012 \$5k



Saturday, January 14, 2012
10K (Grand Prix) & 5K - 8:30 AM
1 Mile Fun Run - 10:30 AM
Orange Park Kennel Club

New 10K Course!!
Long Sleeve Tech Shirts!!
Clydesdale and Athena Divisions for 10K
Benefitting School Run Walk Clubs

Presented by Key Buick-GMC-Hyundai



ENTRY FEES

	Striders/Military/AIR	Non Striders	Kids 13 & Under
Until Jan 4th	\$15	\$20	\$15
1/5 - 1/13	\$20	\$22	\$15
Day of Race	\$25	\$25	\$25

- \$2.00 OFF if you preregister with your own ChampionChip
- **Checks payable to:** "Resolution Run"
- **Mail to:** Resolution Run,
3931 Baymeadows Rd, Jacksonville, FL 32217
- **Register Online** - more info at www.floridastriders.com
- Day of Race Registration starts at 7:30AM

Race Director: Dan Adams 904-505-8849
dan.adams@floridastriders.com

AWARDS

10K Awards: Male and Female: Top 3 Overall, Top 3 Clydesdale (Male > 200Lbs.), Top 3 Athena (Female > 150Lbs.), Top Master, Top Grand Master, and Top 3 in Each Age Group.

5K Awards: Male and Female: Top 2 Overall, Top Master, Top Grand Master and Top 2 in Each Age Group.

Age Groups: 0-10, 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, 80 & Over. (No Multiple Awards.)

TIMING

The race will be timed using **ChampionChip** (chip must be worn during the race). Do not wear your personal chip if registering day of race.

COURSE DESCRIPTION

No excuses - Just Do It! Put your New Year resolutions into action. This year the Florida Striders will be running a 10K (Grand Prix) in addition to the 5K along beautiful River Road. The race starts and finishes at Orange Park Kennel Club. Go to www.floridastriders.com to view the course map.

FUN RUN

The FREE One-Mile Fun Run starts at 10:30AM with awards for all finishers. There is no charge for the Fun Run, however please complete an entry form and bring it on race day. Please do not mail in registration form.

PACKET PICKUP

Please check your packet pick up location box on the entry form.

Dates: Thursday, January 12th & Friday, January 13th

Times: 10:00 AM to 5:00 PM

1st Place Sports locations:

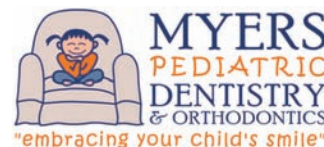
- 3931 Baymeadows Rd, Jacksonville, FL 32217
- 2016 San Marco Blvd, Jacksonville, FL 32207
- 2186 Park Avenue, Orange Park, FL 32073
- 424 South Third St, Jacksonville, FL 32250
- 4870 Big Island Dr., St. Johns Town Center

All packets not picked up at 1st Place Sports will be moved to Orange Park Kennel Club for race day pick up.

PRESENTING SPONSOR



SPONSORS



BECOME A FLORIDA STRIDERS MEMBER

The Florida Striders is a non-profit organization of running enthusiasts who love to run, race and socialize!

Benefits include:

- If you run 3 Strider races, the Florida Strider discount pays for itself.
- 10% discount at 1st Place Sports
- Private Strider member tent at the Gate River Run with food & drink: a great place to swap race stories.
- Visit www.floridastriders.com/membership.html for more information

RESOLUTION 10K & 5K • JAN 14, 2012

RACE#

(OFFICIAL USE ONLY)

Packet Pick-Up (Please Choose One) ☐ Day of Race @ Orange Park Kennel Club

☐ Baymeadows 1st Place Sports 1/12 or 1/13 ☐ Orange Park 1st Place Sports 1/12 or 1/13 ☐ San Marco 1st Place Sports 1/12 or 1/13 ☐ Jax Beach 1st Place 1/12 or 1/13 ☐ St. Johns Town Center 1/12 or 1/13

First Last

Age Sex Unisex T-Shirt Size 10k 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. #) Clydesdale (male > 200 lbs) Athena (female > 150 lbs)

City State Zip Code

Telephone Number. ☐ Cash ☐ Check Fee Inclosed \$ FL Strider ☐ Military ☐ AIR

Credit Card payment available at www.floridastriders.com

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 Orange Park and all sponsors, their representatives and successors, from all claims and/or liabilities of any kind arising out of my participation in this event, including any liability that may arise out of negligence or carelessness by persons or organizations named in this waiver I agree and grant permission that should circumstances arise, I defer to race officials and/or qualified persons as to my need to be examined and/or treated medically during the race. I agree that race officials and/or qualified persons have the right to disqualify and remove me from the race course should I be suffering from a life threatening condition. I further grant to Releasees the right to use any and all photographs, images, or accounts of this event in any manner that it feels appropriate. I agree to abide by all RRCA Guidelines, including but not limited to: No use of headphones or any other device that limits awareness of the participant or any type of wheeled conveyance (excluding use by handicapped or physically disabled participants). Animals are prohibited from the race course unless for the use and assistance of handicapped or physically disabled participants.

Your Signature

Date

Parent's Signature (if under 18 years of age)

Date

Make checks payable to: Resolution Run

Mail to: Resolution Run • 3931 Baymeadows Road, Jacksonville, FL 32217, Or Drop off at any 1st Place Sports Location

Race Hotline: 904-505-8849

December 2011 Page 11

MINUTES

Continued from page 2

Beginning Cash Balance as of September 1, 2011 was \$30,600.76. September Income was \$230.

September Expenses were \$1,046.19. Ending Cash Balance as of September 30, 2011 was \$29,784.57, of which \$7,149.85 was designated for Children's Running Budget and \$22,634.72 was undesignated. Mike Mayse stated he wants to buy two new banners and the equipment budget has plenty of money. The cost is \$180 for the two banners. The banners will have the Strider logo at the top and then a blank space to put peel and stick info about races so they can be changed each time. It will cost \$60 a race to replace that section (\$30 each banner). The stickers will have dates and race names. The banners will be hung at 1st Place Sports Locations.

IV. Committee and Director Reports

a. Resolution Run Race Budget:

Presented by Randy Arend for Dan Adams. The projected race profit for the Resolution Run 2012 is around \$10,670. This is slightly less than for this race in 2011 due to increased costs with adding the 10K race. Awards being considered are pint glasses for the 5k and hats for the 10K. Awards will go 2 deep in the 5K, 3 deep in the 10K. Approximately 1 in 4 people attending will receive awards. Frank Frazier asked when do we break even with participants vs. race costs (port-a-lets, police, certification, permits, shirts, awards, etc.) for the Resolution Run? The answer was 510 participants. Every participant we attract above 510 generates approximately \$10 in additional profit. If we only attracted 510 participants, they would pay for the event and the proceeds would be entirely from the sponsors. At a projected 890 participants the proceeds split is: \$3,600 from participants and \$7,000 from sponsorship. Frank Frazier made a motion to approve the budget, Greg Wood seconded and it was approved unanimously.

b. River Run Expo Booth Deposit –

Kristie Matherne. We need board approval for the booth final payment of \$850. Although money is in the budget this year for the \$800 deposit, we must approve the remaining \$850 which will come from the 2012 budget. It was moved by Kristie to approve this expenditure, and seconded by Frank Frazier; all approved. Lisa Adams mentioned the possibility of getting a smaller tent to save money on rental fees for the larger space (the money saved on rental would almost equal the price of another tent). Mike Mayse replied that we were already crowded and couldn't fit in a smaller tent. There was general agreement to stick with the larger booth.

c. Hog Jog Update – Leslie Kinding. Leslie stated she wants to honor Jeff Nelson at the race and asked for ideas. A minute of silence was suggested by Lisa. It was also suggested that we could play a slide show video with pictures of him, although electricity would be a problem. It was finally determined that Frank will contact the family and ask for pictures to post. Leslie will also consider having something like arm bands or ribbons to wear to remember him. Randy stated there is plenty of money in the budget to cover the costs.

⁹Maria Littlejohn. Maria has been in touch with the Clay County School Board about the upcoming Health Fair which takes place in the courtyard at Fleming Island High School. The Striders will get a table for free plus lunch for whomever mans the table. Leslie and Lisa volunteered to be do this. The purpose will be for us to advertise the club as well as our next two races (Hog Jog and Resolution Run). We must donate at least a couple of prizes for their raffle to get the free table. Items such as shirts, race entries, etc. were mentioned. Randy asked about taking our banner and Mike said we have a Strider banner they can use. Scott stated we have cotton Strider membership shirts to give away. Maria asked Mike to give them hard copy membership applications to give people who may want to join the club that day.

e. Children's Running Committee Update – Vicky Connell. The Children's Running Committee has elected to sup-

port two Girls on the Run groups in Clay County by providing them with small feet tokens as incentives as they reach their mileage goals. This will be for their Fall 2011 and Spring 2012 sessions for about 100 to 200 tokens. We have recently ordered 228 mileage shirts for \$889.20 to replenish our inventory. This is covered in our 2011 CRC budget. We will also soon be ordering small plastic multi-colored feet (also mileage incentive awards) to replace inventory. This will be paid for out of the Publix and Kohl's grant money.

f. Social Update – Glenn Hanna (for Bill Krause). The November Social is usually watching a Jags Away Game on the big screen at a clubhouse where Vicki and Bernie live. At this time they don't know if their clubhouse is available yet. If the social takes place, it will be either the 13th or 20th of November. They usually do a barbecue, but it's not nailed down yet. There is usually an Open House at Robert and Janet Irvin's home in December on the same date as the Jax Marathon on 18 Dec. This is tentative also.

V. Old Business - none

VI. New Business

a. Club Priorities for the Budget:

Randy Arend said we should start thinking about next year's budget which we usually approve in December. If anyone has anything to add, you need to pass it along to the Executive Board. If we have particular priorities, we will list them out and vote on whether to support each one and prioritize. One item to consider is another 10 x 10 tent to use at the Gate River Run and other activities.

b. Race Shirts – Lisa Adams. Lisa is considering various options for our race shirts and was looking for some input from the board. She stated that to pay \$4.35 for a tech shirt from a company in Oregon, you must order a minimum of 3000 shirts. This gives no flexibility for race directors to change shirt types. Lisa showed everyone a shirt that was being considered. Several people gave ideas, and everyone agreed a long sleeved shirt for the Resolution Race would be preferred.

VII. Announcements: None

At 8:05, Glenn made a motion to adjourn which was seconded by Greg Wood and approved by all.

November 8, 2011
7 PM • Orange Park Library

I. Call to Order at 7PM. Board

Members Present: Dan Adams, Lisa Adams, Kellie Howard, Randy Arend, Scott Hershey, Bill Krause, Ann Krause, Glenn Hanna, Mike Mayse, Kim Lundy, Dave Bokros, Carol MacDougal, Frank Frazier and Kim Crist. Also present: Leslie Kindling.

Quorum: Yes.

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

III. Officer Reports

a. President Report – Dan Adams

i. Marathon High Grant Request:

We received a request for a \$1,200 grant to support Marathon High, a free high school program to train and run a half marathon. The program director is Deborah Dunham. The schools for 2012 are Yulee High School, Sandalwood High, Bolles and Robert E. Lee. Bokros recommend we delay this agenda item until after the Budget Report.

ii. Hog Jog: Leslie did a great job with record setting attendance: 5K - 302 (up from 214 in 2010) and Fun Run - 404. The largest age group was 3-10. Some reasons for high attendance: Jaguars bye week, Sunday afternoon start time, timely marketing, attractive logo, lower prices for under 13, Run-walk clubs incentivized to run the 5k, Timing chips (1st time for Hog Jog), XS shirt size (1st time for FS) and school sports program participation.

iii. Florida Strider Challenge: 4 FS races for \$60 with an award for completing the challenge. This was a discussion item only, to brainstorm a new marketing idea. It was recommended to start a pilot program with the adult running class and work out the administrative challenges with a small group, expanding if popular. We could have a "tune up" run 2 weeks prior to each race on Thursday night at 1st Place Sports. The "tune up" run would also be an av-

enue for marketing our races to those who did not sign up for all 4. We may also want to do a pilot program with a run/walk club; parents are looking for healthy activities for their children and may be interested in this. Kellie will coordinate with Bob Boyd.

iv. 2012 Events to Support: motion made, seconded and approved to support:

1. Water Stops – Jacksonville Bank and Donna
2. Spartan 5K
3. Iron Horse
4. Hershey Games

b. Treasurer Report – Randy Arend

i. October 2011 Treasurer Report: Beginning cash balance as of 10/1/11: \$29,784.57

October Income: \$15,394.46. October Expenses: \$1,371.27.

Ending Cash Balance as of 10/31/11: \$43,807.76, of which \$7,649.85 was designated for Children's Running budget, \$12,884.25 was designated for purchase of tech shirts for 2012 races, \$4,000 was designated for Heartland multi-race sponsorship of 2012-2014, and \$19,273.66 was undesignated.

Comparable end cash balance as of 10/31/10 was \$12,795.69 of which \$6,104.85 was designated and \$6,690.89 was undesignated.

ii. Marathon High Grant Request (con't): Although the grant is not in the budget, we have money to fund the request. \$500 is consistent with our previous grants. This program is consistent with our mission statement. Discussion about who will be their coaches, what else can we do to help, adding a Clay County School next year, Deborah Dunham (Marathon High program director) is experienced and talented. A motion for a \$500 grant to support Marathon High was made, seconded and approved.

iii. Budget Preparation for 2011: Randy encouraged everyone to get their budget requests to him. In the last few years, we have spent less and taken in more than budgeted, which has resulted in a healthy cash balance. This

year we will try to budget aggressively. Some discussion about what is good amount for promotional items and banners/signs.

IV. Committee and Director Reports

a. River Run Expo Update – Kellie

Howard said AIR, who shared our expo tent in 2010, want to display more merchandise, use more space and give us more money. Dan said AIR are very supportive of the Striders. Kellie will continue to work with them on the details.

b. Social Update – Bill Krause

December - Avondale Open House: Thank you Dave for coordination.

Happy November Birthday: Bill wished Maria, Dan and Lisa a Happy Birthday saying birthdays are better than the alternative.

Jan/Feb Social ideas: Bill enjoyed two JTC socials at 1st Place Sports: one on ultras and another on knee injury prevention. Jane said we could use the Orange Park 1st Place Store if we supply the food and beverage. Bill is looking to do something in Jan or Feb.

V. Old Business

VI. New Business

VII. Adjournment: Motion to adjourn at 8:01PM was made, seconded and approved.

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

StrideRight Deadlines 2012

The StrideRight deadline for each month is the 20th. Please send your submissions to StrideRightEdit@aol.com!

Thanks for all your contributions!



Race Results

Jacksonville Senior Games

**Jacksonville
October 1, 2011**

5K

Al Saffer 37:19 1st ag

10K

Al Saffer 1:18:58 1st ag

Evergreen Pumpkin Run 5K

**Jacksonville, FL
October 30, 2011**

Britta Fortson 19:43

1st OA wm

Regina Taylor 21:20 1st ag

Jeremy Buyok 21:22 1st ag

Guy Jackson 21:37 1st ag

Giselle Carson 22:42 3rd ag

Michael Mandt 23:21

Gary Corbitt 23:22 3rd ag

Nancy Harms 24:31 3rd ag

Craig Harms 24:33

Jack Sykes 25:07

Tiffany Kovacs 26:21

Christina McDonough 27:27

Cindy Lunsford 28:56

Kimberly Lundy 29:31

Richard Daege 29:50

Jennifer Wood 32:26

Sharon Medders 32:31

Charles Wagner 34:35 2nd ag

Susan Leach 37:08

Ivy Bryan 37:33

Sandy Rosenberg 38:56

Amber Sherrill 40:31

Evan Zillmer 43:40

Joe Connolly 44:41 1st ag

Evergreen Pumpkin Run 10 miles

**Jacksonville, FL
October 30, 2011**

John Metzgar 57:21 1st ag

Andrew Marchand 1:00:04 1st ag

John Wisker 1:02:22 2nd ag

David Bonnette 1:04:07 2nd ag

Robert Walker 1:04:15

Mark Grubb 1:05:22 3rd ag

Randy Arend 1:08:27

Bruce Holmes 1:09:29 1st ag

Stephen Beard 1:09:43 1st ag

Keith Poythress 1:09:57

John Kovacs 1:11:54

Donald Wucker 1:11:55

Ron Porter 1:12:07

Alison Ronzon 1:15:01 2nd ag

Allan Smith 1:15:23 3rd ag

Scott Silliman 1:15:39

Paul Smyth 1:16:29

Wendy Patterson 1:16:29 3rd ag

Bill Pennington 1:16:34

George White 1:18:03

Stephanie Griffith 1:18:41 1st ag

Maria Padin 1:18:48

Kerri Cook 1:19:42

Deb Potash 1:22:01

Leslie Kindling 1:22:29

Paul Berna 1:22:54

Nicole Andress 1:23:20

Frank Frazier 1:23:22 1st ag

Tracy Pfuntner 1:23:24

Denise Metzgar 1:23:57

Jim Cook 1:24:08

Kathy Murray 1:24:20

Elfrieda Wyner 1:24:35 1st ag

Jennifer MacDonald 1:25:05

Margaret Barton 1:25:22

David Kelley 1:26:24

Ann Krause 1:26:59

Ann Krause 1:26:59

Bob Buscemi 1:28:02

Danny Weaver 1:28:42

Denise Dailey 1:28:54

Bradley Shepherd 1:29:38

Claudia French 1:30:05 3rd ag

Gary Proctor 1:33:08

Kevin Terry 1:33:40

Maria McNary 1:34:53 2nd ag

Leslie Hague 1:38:06

Susan Shelton 1:39:23

Melinda Terry 1:40:07

Gayla Poythress 1:40:36

Bill Krause 1:41:13

Bill Krause 1:41:13

Alan Harmon 1:42:33

Rebecca Taylor 1:42:34

Richard Vance 1:43:33 2nd ag

Mark Lay 1:46:43

Bernie Powers 1:47:07

Benjamin Holland 1:48:05 3rd ag

Nancy Pullo 1:50:27 1st ag

Mercedes Smith 1:51:36

Sheri Gaunt 1:54:40

Al Saffer 1:55:58 1st ag

Charles Goodyear 2:06:02

Dee Robertson-Lee 2:10:46

Daytona Half Marathon

**Daytona Beach, FL
October 30, 2011**

Jamie Wyche 3:15:38

Trish Kabus 3:17:25

Mel Abando 3:17:25

Hog Jog 5k

**Lake Asbury, FL
November 6, 2011**

David Bonnette 20:19 1st ag

Randy Arend 20:41 1st ag

John Kovacs 21:01 1st ag

George Thompson 22:53 1st ag

Gregory Stratton 23:08

Herbert Taskett 23:09 1st ag

John Hirsch 23:42 2nd ag

Roger Jones 23:49

Randy Pullo 23:54

Matthew Stratton 24:04

Paul Berna 24:13 2nd ag

David Otto 25:41

Tom Zicafoose 25:45

Ken Wilson 26:28 3rd ag

Tiffany Kovacs 27:00 2nd ag

Jeanie Wilson 27:32 1st ag

Katherine Midgett 28:23 3rd ag

Lisa Boyd 28:26 1st ag

William Pearson 28:29

George Hoskins 29:17 1st ag

Regina Adam 29:45

Bernie Powers 30:19

Dena Gaucher 31:37

Arthur Harmon 34:06

Dawn Troxel 34:18

Nancy Pullo 34:31 1st ag

Sheldon Fletcher 35:00

Kim Kovalski 37:23 1st ag

Dee Robertson-Lee 38:52 1st ag

Dotti Cahill 38:58 2nd ag

Nicole Fletcher 44:49

Joe Connolly 47:46 1st ag

Native Sun Mandarin Run 10K**Jacksonville, FL****November 12, 2011**

John Metzgar	34:30	1st ag
John Wisker	36:32	1st ag
Andrew Marchand	36:43	2nd ag
Robert Walker	38:20	2nd ag
David Bonnette	39:32	3rd ag
Randy Arend	41:47	
Bruce Holmes	42:14	1st ag
Lisa Adams	42:17	1st ag
Donald Wucker	43:00	
Rosa Haslip	44:18	1st ag
Regina Taylor	44:21	2nd ag
Allan Smith	44:30	
Joel Preston	44:35	
Nancy Harms	44:41	1st ag
Bryan Rohlin	46:24	
Leslie Kindling	46:50	
George White	46:51	2nd ag
Paul Smith	47:06	1st ag
Stephanie Griffith	47:17	1st ag
Mike Singletary	47:45	
Nicole Andress	48:42	
Kathy Murray	48:45	
Deborah Potash	48:52	
Deb Potash	48:52	
Gary Corbitt	49:04	
Frank Frazier	49:18	2nd ag
James Vavrina	50:17	
Kerri Cook	50:18	
Elfrieda Wyner	50:30	1st ag
Joanne Harris	50:58	
Craig Harms	52:49	
Martin Wilkinson	53:33	
Amy Young	54:05	
Jack Sykes	54:19	
George Hoskins	54:52	
Claudia French	54:53	
Jakob Wyche	56:32	1st ag
Maria McNary	57:13	2nd ag
Melinda Terry	59:31	
Regina Adam	59:37	
Gary Ledman	1:00:04	
Bernie Powers	1:00:07	
Amy Barlow	1:01:19	
Mark Lay	1:01:43	
Gayla Poythress	1:04:25	
Rebecca Taylor	1:05:02	
Jennifer Hu	1:06:02	
Nancy Pullo	1:06:22	2nd ag
Robert Meister	1:07:42	1st ag
Valerie Hamilton	1:09:37	
Lesley Jones	1:09:37	

Charles Goodyear	1:11:05	3rd ag
Al Saffer	1:12:04	2nd ag
Dee Robertson-Lee	1:12:13	
Jamie Wyche	1:24:34	
Cary Wyche	1:24:35	3rd ag
Diane Wilkinson	1:25:47	
John Aimone	1:28:56	3rd ag
Diane Aimone	1:29:03	1st ag

Native Sun Mandarin Run 10K**Jacksonville, FL****November 12, 2011**

Britta Fortson	19:54	1st ag
Maurya Sova	22:23	1st ag
Monica Lucas	32:33	
Charles Wagner	34:08	3rd ag
Barbara Gilbert	40:11	2nd ag
Please see page 6 for top 5 finishers of each age group.		

McKenzie's Run 5K**Jacksonville, FL****November 19, 2011**

Gerald Boorse	19:23	2nd ag
George Thompson	20:56	1st ag
Paul Smith	22:56	1st ag
Lonnie Willoughby	22:58	
Gary Proctor	25:49	
Diane Jacobs	26:35	
Jordyn Costa	27:20	
Richard Vance	28:41	2nd ag
Amy Davis	28:55	
Jennifer Hu	32:04	
Patricia Czarnecki	32:21	
Dena Gaucher	32:40	
Charles Goodyear	35:27	
Morgan Smith	37:27	
Joe Connolly	41:33	
Evan Zillmer	41:43	
Rick Gaucher	42:09	
Dee Robertson-Lee	46:08	

Native Sun Mandarin Run 5K**Jacksonville, FL****November 12, 2011**

Britta Fortson	19:54	1st ag
Maurya Sova	22:23	1st ag
Monica Lucas	32:33	
Charles Wagner	34:08	3rd ag

Right Whale 5K**Jacksonville Beach, FL****November 1, 2011**

John Kovacs	21:15	1st ag
-------------	-------	--------

Craig Harms	25:13	1st ag
Steve Bruce	26:11	3rd ag
Tiffany Kovacs	27:09	3rd ag
Robert Smith	28:31	3rd ag
Al Saffer	31:05	1st ag
Adrienne Brooks	47:21	3rd ag

Columbia Saint Augustine Marathon**St. Augustine, FL****November 20, 2011**

Richard Vance	6:00:52	2nd ag
---------------	---------	--------

Columbia Saint Augustine**Half Marathon****St. Augustine, FL****November 20, 2011**

Bernie Candy	1:41:02	1st ag
Mercedes Smith	1:55:17	
Jamie Wyche	3:09:19	
Mel Abando	3:14:50	
Trish Kabus	3:14:51	=



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

floridastriders.com

21st Florida Striders Track Club Hospitality Tent Volunteers needed for 2012 Gate River Run Jacksonville Fairgrounds

By Stan Scarlett,
Hospitality Tent Coordinator
21st year. It's been fun.

Friday a.m., March 9th:

We need volunteers to be at the Fairgrounds, in the same Tent area, as the last several years, at 9:00 a.m. and finishing before 11:00 a.m. Bring your heavy hammers and sledge hammers. This year, 2012, we plan to have metal stakes instead of the wooden ones. I plan on having the Tent delivered on Thursday, the day before, but volunteers come on Friday a.m. as usual.

We will be putting up the orange fencing, flaps on the Tent, positioning the 8 portalets, setting out the portalet "snake" lines, setting up overhead electrical lines, putting up banners and signs and dressing rooms. Some of you had indicated that since you were going to help with the Tent, you could probably go over and help at the Strider Expo Booth and pick up your race packet or just go enjoy the Expo. The Expo opens at 11:00 a.m.

Most of the volunteers at this event on Friday a.m. are seasoned veterans but we will accept "rookies". We need to reload our roster. The pay and benefits on these jobs are great. Without your help, none of all this planning would get off the ground. Please e-mail me at stan-scarlett@msn.com, call my cell at 994-2687, or at home 268-6272, to volunteer or ask questions.

Saturday, March 10, Race Day

Here is the schedule of activities we need to staff with volunteers: Mike Mayse helps coordinate these activities.

5:00 a.m.-6:30 a.m. - Need 6-10 people to help unload equipment: tables, chairs, igloos, ice, etc and move everything to where it belongs. You need to be there at 5:00 am to be most effective. Not later than 5:15 am. We will also put up 5-8 10 x 10 canopies for the massage school students. Ideally, I would like to have

many of the same 6-10 volunteers to reverse the process at 11:30 a.m. to start clearing the area. Let me know if you can do either or both jobs. You can be a runner/walker or not.

We have to have the Entry Chute ready before 6:15 am, because runners and their families will be there wanting to get in and get their favorite spots and set up their chairs, coolers, etc.

They get very antsy. Reminds me of Black Friday at Thanksgiving. I'm bringing mace this year.

5:00 a.m.-6:00 a.m. - We will be setting up the Strider 10' x 20' canopy for the merchandise location. Scott Hershey will be in charge of the merchandise canopy. Need 4 volunteers.

5:00 a.m.-6:30 a.m. - Need 3-4 volunteers to help Marge Ruebush set up the food garden, at the Tent with tables, chairs, food, etc. Around 11:45 a.m. We would need the same 3-4 people help Marge start getting everything out of this area and clearing that area. If you can't do early and late jobs, let me know what you can do. You can be a runner/walker or not. Also, I may need extra people to help in the Tent during the morning. Sometimes, volunteers for the Tent interior, do the 5K or 15k, which leaves us short some people.

5:30 a.m. – 6:30 a.m. - Need 3 people to set-up the refreshment area, (drinks, ice, cups etc) with Glenn Hanna. And periodically, during the morning, keep the supplies stocked. Can be runner/walker or not.

5:45 a.m.-7:30 am. - Need 4 people to man the Entry Chute to check and make sure arrivals have yellow bands, ATTACHED ON THEIR WRISTS, and if not, direct them to the HELP DESK, next to the Entry Chute. These Entry Chute volunteers can be runners/walkers or not. No one, including volunteers, is to be inside the orange fenced area without a wrist band, visibly attached to their wrist. Can be runners/walkers or not.

6:00 a.m.-7:30 a.m. - Need 1 volunteer to meet the massage volunteers and help set-up.

6:00 a.m. -7:30 a.m. - Need 2 people to work the HELP TABLE, next to the Entry Chute. These jobs entail giving out yellow wrist bands to members and their family members and guests, maximum of 6 to each member. You will have member rosters, both FSTC and Amelia Island Runners' rosters to verify membership status and to sign up new members. I will give more info later about these jobs. You can be a runner/walker or not, to do this job. People can sign up for Strider memberships, renew memberships. Delinquent members can pay up also. Each one of these gets 6 bands for their family and friends. Can be runners or walkers.

7:30 a.m. -8:30 a.m. - Need 4 volunteers, minimum, at the Entry Chute. Runners will begin to head to the Starting Line. There will still be some late arrival runners rushing to come into the Tent area and may need yellow wrist bands to enter. Be patient with them. They will be stressed out because they are late.

If you can work longer, let me know. Should be non-runner or walker.

7:30 a.m. - 8:30 a.m. - Need 2 volunteer to work the HELP DESK table. This job will be better for a non-runner/walker. If you can work longer, let me know.

8:30 a.m. – 10:30 a.m. - Need a minimum of 2 people at the Entry Chute. Non-runner/walker

8:30 a.m. – 10:30 a.m. - Need at least 1 person at the HELP TABLE. Non-runner/walker

10:30 a.m. – 11:30 a.m. - Need minimum of 3 people at the Entry Chute. Non-runner/walker

10:30 a.m. - 11:30 a.m. - Need a minimum of 1 person at the HELP DESK. Non-runner/walker

11:30 a.m.-12:00 noon - Need 2 persons to assist our massage group

clear their area and take down the canopies. Put the canopies in one spot. They belong to several different people.

8:00 a.m. – 12:00 noon - Need 5 volunteers, to be picking up trash, etc. in the Tent area, during these hours, as needed. I need the entire area to be "trash free" no later than 12:00 noon. If we pick up the trash early and often, we will be able to clear all the equipment earlier.

Note: Don't let the trash, pile up on the ground. Go find another trash can or get new bags. Extra black trash bags will be in the Tent. (52 gallon size)

11:45 a.m. – 12:15 p.m. - Need 2 people to help Paul Geiger dismantle the 2 dressing rooms, inside the Tent. and load onto Paul's truck.

11:45 a.m - 12:15 p.m. - Need 4 people to take down the Merchandise canopy and load on the trucks/trailer. Scott Hershey will need your help.

11:45 a.m-12:15 p.m. - Need 4-5 volunteers to help clear the Food Garden, with Marge Ruebush directing.

Please give me commitments as soon as you can so we can finish planning. You are not limited to work one spot. There are fringe benefits and bonuses available. I have friends in Congress.

Many of our 20 year veterans, are now drawing quite substantial pensions. Speak to Mike Mayse and he can verify this. He's a "big" government man. We will all miss Jeff Nelson at the Chute this year.

I want to thank all past and future volunteers that make this event so successful. Please visit the Merchandise Booth and replenish your Strider wardrobe. Buy them for birthdays and/or Christmas presents. My birthday is July 20th.

If anyone is interested in learning more about the planning and logistics for the Strider Tent and Expo Booth, I would be happy to talk to you and answer your questions or sit down with a group to do this. A lot of what goes on and what I do is in the articles I write up for the StrideRight.

For more information, please e-mail me at stanscarlett@msn.com, or call my cell at 904.994.2687 or home: 904.268.6272. =



POLAR BEAR PLUNGE January 1, 2012

Please join the Florida Striders for their Third Annual Polar Bear Plunge. We will be meeting at the Eagle HarborSwim Park at 8 am for a group run followed by a dip in the freezing cold pool at 10 sharp. The Striders will provide beverages and snacks after the plunge, please also feel free to bring your favorite treat to share. Please RSVP to Lisa Adams. 505-8731 or adams.lisa30@gmail.com

New, Renewing and Expiring Memberships

NEW MEMBERS

Travis Baker	11/30/12
Chaundra Berghoefer	11/30/12
Amanda Bozeman	11/30/12
Gail & Ricky Browning	11/30/12
Ivy & Chris Bryan	11/30/13
Kathryn Gunn	11/30/12
Erik Hartley	11/30/12
David Ivey	11/30/12
Troy King	11/30/12
Kevin Mangold	11/30/12
Jeffrey & Jessica Mathis	11/30/12
John McGriff	11/30/12
Robert Moore	11/30/12
Isaac Odum III	11/30/13
Christopher Reeves	11/30/12

Damian Schroeder	11/30/12
Philip Smith	11/30/12
Joseph Tinkey	11/30/12
Mary Yiark	11/30/12

RENEWING MEMBERS

George Bailey	11/30/15
Hank & KimDebra Clark	11/30/14
Sharon & Steve Lucie	11/31/12
James & Denise May	11/30/12
George Mosely	11/30/14
Kent Northey	11/30/12
Thomas & Melissa Pittman	11/30/14
Denise Stern	11/30/12
Jack Sykes	11/30/12

Regina Taylor	10/31/12
Winney, Katie & Scott Yaun	11/30/12

MULTI-YEAR MEMBERSHIPS

Kim Anthony	11/30/12
Robert Barnhill	11/30/12
Ben Huron	11/30/11

EXPIRING MEMBERSHIPS

Doug Barrows	10/31/11
Burness Morris	10/31/11
Earl, Connie & Kayla Vinson	10/31/11
Norma & Ron Wasson	10/31/11 =

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.

Dec/Jan 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
December 18	Jacksonville Bank Marathon & Half Marathon & 5K	7:00 a.m.	Bolles School 7400 San Jose Blvd Jacksonville	(904) 731-1900 1st Place Sports
December 31	Vystar Gator Bowl 5K	10:00 a.m.	Jacksonville Landing Jacksonville	(904) 731-1900 1st Place Sports
January 2	28th Annual DeLeon Springs Half Marathon & 5K	8:00 a.m.	Chuck Lennon Park DeLeon Springs	(386) 736-0002 AltaVista Sports
January 7	Faces of Asia 5K	8:00 a.m.	1st Place Sports Town Center Store 4870 Big Island Dr. Jacksonville	(904) 731-1900 1st Place Sports
January 7	Run for Shelter 5K	9 a.m.	800 Hammond Blvd. Jacksonville	(904) 318-8104 Milestone Race Authority
January 8	Kicks for Sticks 5K	9:00 a.m.	Jacksonville Landing Jacksonville	(904) 731-1900 1st Place Sports
January 14	Resolution 10/5K	8:30 a.m.	O.P. Kennel Club Orange Park	(904) 505-8849 FL Striders TC
January 14	Chariots of Fur 5K	8:00 a.m.	Seawalk Pavilion 5th Ave. N. Jacksonville Beach	(904) 318-8104 Milestone Race Authority
January 15	Palm Coast Half Marathon/5K	8:00 a.m. 8:15 a.m.	200 Clubhouse Dr. Palm Coast	(407) 599-0568 Reinke Sports Group
January 21	Eagle 5K	8:00 a.m.	Episcopal High School 4455 Atlantic Blvd. Jacksonville	(904) 318 8104 Milestone Race Authority
January 21	Matanzas 5K	9:00 a.m.	64 West Castillo Dr. St. Augustine	(904) 315-0628 Ancient City Road Runners
January 28	Run 5 to Keep Kids Alive	2:00 p.m.	Jacksonville Landing Jacksonville	(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 looks like the beginning of winter has arrived in Florida. We've had some really cool mornings, a couple with frost too. Ahhh, the best mornings for running have arrived. I will never complain that it is too cold. Just remembering those hot, muggy days of summer makes me want to run every day in this cooler/cold weather.

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!

Please don't forget 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 for this edition was the last Sunday of October, the **PUMPKIN RUN, 5K AND 10 MILES** at Evergreen Cemetery. This is a very pretty course with lots and lots of huge trees throughout the course. First the 5K results: **Britta Fortson** won overall women 1st place. Those taking 1st place in their age groups were: **Jeremy Buyok, Guy Jackson, Joe Connolly** and **Regina Taylor**. **Charles Wagner** won 2nd place, and finishing in 3rd place were **Gary Corbitt, Nancy Harms** and **Giselle Carson**. Now, for the 10 mile results, **John Metzgar** won Masters Men. The 1st place winners were **Andrew Marchand, Stephen Beard, Bruce Holmes, Frank Frazier, Stephanie Griffith, Elfrida Wyner** and **Nancy Pullo**. Finishing in 3rd place were **Mark Grubb, Allan Smith, Benjamin Holland, Wendy Patterson** and **Claudia French**.

The first race of November was **THE HOG JOG 5K** which was held on November 6th at the Ronnie VanZant Park in Lake Asbury. Even though this race was held on a Sunday afternoon during football season, there were many Strider participants. This was not a road race but a trail race/run. It is a nice setting, a race you have to run at least once in your run-

ning career. **Randy Arend** was the Masters Men category winner, while first in line for the gold were **David Bonnette, George Thompson, Herbert Taskett, George Hoskins, Joe Connolly, Lisa Boyd, Jeanie Wilson, Kim Kovalski, Dee Robertson-Lee** and **Nancy Pullo**. Next in line the silver winners were **Paul Berna, John Hirsch, Tiffany Kovacs** and **Dottie Cahill**. Following next were the bronze winners and they were **Ken Wilson, Katherine Midgett** and **Randy Pullo**.

The second race for November was **NATIVE SUN 10K AND 5K** which took place on November 12th in Mandarin. The dedicated Striders who ran and placed in the 10K were **John Metzgar** who won the Masters Men category, **Robert Meister, Jakob Wyche, John Wisker, Bruce Holmes, Paul Smith, Bob Meister, Nancy Harms, Lisa Adams, Rosa Haslip, Stephanie Griffith, Elfrida Wyner** and **Diane Aimone** who captured 1st place with **Robert Walker, Andrew Marchand, Allan Smith, George White, Frank Frazier, Benjamin Holland, Al Saffer, Regina Taylor, Maria McNary** and **Nancy Pullo** placing 2nd and **Cary Wyche, David Bonnett, Charles Goodyear, John Aimone** and **Allison Ronzon** bringing home 3rd place. The Striders who ran and placed in the 5K were **Britta Fortson** and **Maurya Sova** placed 1st, **Barbara Gilbert** who placed 2nd and **Charles Wagner** who placed 3rd.

The third race in November was the **MCKENZIE'S RUN 5K** which took place on November 19th by EverBank Field and Metro Park. Those Striders placing 1st were **George Thompson** and **Paul Smith** while the 2nd place winners were **Richard Vance** and **Gerald Boorse**,

Also on November 19th for the fourth race was the **RIGHT WHALE 5K** race. The Striders who placed 1st were **John Kovacs, Craig Harmes** and **Al Saffer**.

fer. Those placing 3rd were **Steve Bruce, Robert Smith, Tiffany Kovacs** and **Adrienne Brooks**.

The fifth race for November was the extremely popular **SUBARU DISTANCE CLASSIC HALF MARATHON & 6K** which took place on November 24th at Pickwick Plaza in Mandarin. This race is great because you can run a half marathon or 6K and the not feel guilty if you get seconds at dinner or an extra piece of pie. **John Metzgar** won the Masters Men category (he really wanted extra pie). Those placing 1st were **John Wisker, Bruce Holmes, Frank Frazier, Paul Smith, Lisa Adams** and **Elfrida Wyner**. **David Bonnett, Steve Beard, Stephanie Griffith, Maria McNary** and **Nancy Pullo** placed 2nd and right behind placing 3rd were **Andrew Marchand** and **George White**.

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.

Al Saffer participated in the **SENIOR GAMES**, which I almost participated in as well...next year, and says "Finished 1st in both 5K and 10K. 10K time was 1:18:58. Courses seemed very long. Qualified for regional Senior Games at later date." Congrats Al!!!

Several Striders traveled to Savannah, Georgia to participate in the **SAVANNAH ROCH-N-ROLL FULL AND HALF MARATHON**, which took place on November 5th. Those making the trek for the full marathon were **Leslie Magruder** and **Ron Porter**. Those trekking for the half marathon were **Jerry Skirvin, Tris Skirvin, Kellie Howard, Bill Krause, Ann Krause, Deb Potosh** and **Nancy Pullo**. Nancy won 1st in her age group!

Continued on next page

floridastriders.com

The Back Page

CONTINUED FROM PAGE 19

John Funk, while vacationing in beautiful Columbus, Ohio, ran in the **SOLDIER HALF MARATHON** on November 5th. He had this to say about the event: "Great race put on by the Columbus Road Runners to support the National Infantry Museum and other soldiers programs. Finished 2nd male and 3rd overall. Dropped about a minute and a half from last year's race. The race was won by Kelly Calway, a US Army Captain who has qualified for the marathon Olympic Trials."

Trish Kabus and **Barbara Whitter**, while in Las Vegas, Nevada, decided to run in the **NATIONAL VETERAN'S DAY 11K RUN**, which took place on November 11th at 5:11 PM. Then the next day ran in the **INAUGURAL DAYTIME AND MOONLIGHT MADNESS TRAIL RUN**, which took place in Cottonwood Valley, Nevada. Barbara says: "We did the Half Marathon distance in the morning and went back to do the 5K at 6pm. It was way too dark, in the mountains, so Trish chickened out and didn't run, and Barbara didn't want to be out there by herself!" We hope you had a good time anyway...

Bernie Candy, who won 1st in his age group, **Mercedes Smith**, **Richard Vance**, **Mel Albano** and **Trish Kabus** all participated in the **ST. AUGUSTINE HALF MARATHON** on November 20th.

And lastly for November, **Kristin Friend** and **Gregg Friend** traveled to Cape Canaveral for the **SPACE COAST HALF MARATHON** on November 27th

Tidbits and Stuff I Missed

The Striders are beginning to get the word out about the **Resolution 5K** in January, 2012 at the Kennel Club in Orange Park. **Tell all your friends that this is a most excellent race to run as the course is beautiful. Let's show support for our Track Club!**

Lauren Jones has posted on our site information about the inaugural **NAKED FOOT 5K**, which is scheduled for February 4, 2012. Here's what she has to say, "We have partnered with the charity Soles4Souls, we encourage runners to bring a pair of shoes to donate and challenge them to "run naked!" This adventurous cross country-like course runs on beach, through woods, side-walks and grass. Event includes a FREE kids race, "foot massages", live music, great prizes and more!" Once we have more information, we will certainly pass it along to you.

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. =

SEND US YOUR RACE RESULTS!

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

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

Local Running Info



www.floridastriders.com

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

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



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

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