

2012 Florida Strider Hospitality Tent Gate River Run

By Stan Scarlett, Coordinator, 2012 GRR Florida Strider Hospitality Tent



Once again, the Big Tent was a huge success, thanks to our Volunteers, Doug and Jane Alred and great weather. I moved some things around, again, to use unused space and to create new space. The biggest change was to move the Merchandise 20' x 10' canopy from the right side of the Big Tent, over to the left side, right behind the Help Desk. This opened up about 1000 sq. ft. of grassy area for our Striders and guests, enough room for about 30 guests, which became a very private area to be in and to listen to the live music I brought in this year (more later). We used about 500 sq. ft. of asphalt land that was not being used at all, for the Merchandise tent area.

The new location for Scott Hershey and the Merchandise area did seem to be

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Photos By Stan Scarlett,
Kristie Matherne, and
Larry Clark

UPCOMING SOCIAL

Board of Directors Annual Picnic • April 22nd at 1:00 pm

MANDARIN PARK

14780 MANDARIN ROAD, JACKSONVILLE, FL

Please join us for this always popular event. Everyone welcome!

We have secured 2 of the Pavilions near the Julington Creek bridge area of the park, and there is also a well-equipped playground for the kids. The Striders will supply the burgers, dogs, and refreshments, but if you can bring a side dish or dessert item, that would be welcome as well. We will be electing our board members for the next term, so please bring your ayes and nays. Bring a friend. You'll have lots of fun!

Please RSVP to Ann Krause, adk1221@yahoo.com by April 15th, so Bill knows how many burgers and dogs he has to cook!

Thanks

Bill and Ann Krause

YOUR Strider Social Directors

Prez Sez

By Dan Adams



I always heard ultra marathons were full of interesting people doing incredible amounts of miles in one day. On February 18th, I had the opportunity to witness this first hand by running the Iron Horse Ultra in Florahome, FL. The race director Chris Rodatz, a longtime Florida Strider, organized a fantastic race. The runners took advantage of the beautiful course and just kept going and going with relentless forward progress. The race started before sunrise on Saturday and finished after sunrise on Sunday, 26 hours later. The runners raced against each other, the clock and their bodies. The Iron Horse was fascinating to see.

I first realized that ultra marathoners were unique when I heard them referring to the 50 mile race as the "fun run." In the race director brief, Chris Rodatz said "You can keep going after 50 if you are feeling good and want to earn a belt buckle." He gives out belt buckles for all 100K and 100 mile finishers. I thought "Feeling good after 50 miles? He must be kidding." But when I dragged myself across the 50 mile finish, the course timer ask me if I wished to continue, as if a 12 mile cool down might be just what I needed. I thanked him for the suggestion, but politely declined.

The Iron Horse race is run on a 12 and a half mile trail along an old railroad line, with turn-a-rounds at the ends and the start/finish in the middle. The trail has gravel, grass, old railroad trestles and paved sections. The out and back layout allows the runners to be spectators of their own race as they loop back and forth. The 100 mile leaders went out fast, running sub 8 minute miles for the first 25 miles. "Bruce" Sung Ho Choi, a Florida Strider, hung with Dan Siegers who kept hammering the pace. The other runners wondered if they could hang on to this blistering pace or perhaps they had gone out too fast.

These two leaders are fascinating. Dan is a school teacher from New York, who drove down the day before the race with his girlfriend. When they arrived the hotel restaurant was closed, so they ate vegetable steamers from Wal-Mart, which they heated in the hotel microwave. For race day nutrition Dan, who recently graduated, went with an old college stand by Raman Noodles. Bruce runs ultras nearly every weekend. In three consecutive weeks in December he won a 100 mile, followed by a 50 mile win, followed by a sub 3 hour Jacksonville Bank Marathon. When Bruce runs, he looks effortless as he glides along making jokes as he goes. The crowd wondered, "Would the local favorite be able to beat the young man from New York?"

At sunset the aid station volunteers burn fires to keep warm through the night. They offer warm soup to the runners who just keep chugging along. The aid stations are well stocked with an interesting array of food. They have potato chips, brats, hamburgers, peanut butter sandwiches, M&Ms, Electrolyte drinks and water. The stations are about 5 miles apart and give the runners something to look forward to as they keep grinding out the miles. Sometimes the volunteers need to encourage the runners to leave the aid station warmth and get back to the race.

When the 100 mile leaders came through the mile 75 aid station, the fires were glowing and the course was dark. From a distance you could see the headlamps of the runners bouncing up and down. Dan, who had opened a sizable lead on Bruce, laid down to rub out his fatigued legs and sip some Raman noodle soup. When Bruce cruised in we asked if he needed anything. He said "Just some Vaseline." He looked like someone on 3 mile daily run. After Bruce left the aid station, his support crewman rode up on a bike and asked about the leader. We told him Bruce was an hour behind. He said, "I will tell Bruce to speed up, there will be time to rest tomorrow." Speed up after 75 miles? These guys are crazy.

In the end, Dan hung on to the fast pace and won his first 100 mile race with a course record of 15:40. After crossing the finish, his girlfriend took him to the hospital for dehydration. When I expressed my concerns, Dave Bokros, a veteran ultra volunteer said, "It happens all the time." Bruce came in second with an impressive 16:43

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PREZ SEZ

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and probably jogged home for his cool down. Experiencing the ultra race scene was both humbling and fascinating. =

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Games of the XXX Olympiad

London town hosts the Summer Olympic Games in 2012, a proud event for Great Britain. Not since 1948, a scant three years post-World War II, have the British Isles hosted this international festival of athletic prowess.

Great Britain is just one of four countries to participate in every one of the Olympic Games since their re-birth in 1896. The others: Switzerland, Australia, and Greece. Of course, the entire Olympic movement owes the Greeks for conceiving of this quadrennial gathering, dating to the eighth century B.C.

The city-states of the Hellenic era would lay down arms and convene near Mount Olympus to showcase the physical talents of their finest young men. Several words from that era have en-

tered our language: gymnasium, from gymnos (naked); stadium, from stade (the length of the competitive arena); and marathon, from a village by that name on the east coast of the Greek peninsula. The first of these Olympic Games were held in 776 BC, the last in 369 AD. Then, declared a pagan festival, the Olympics were banned by the Roman emperor Theodosius.

When French aristocrat Baron Pierre de Coubertin resumed the celebration of the Olympic ideal in 1896, just 14 nations were represented in the Games of the First Olympiad of the Modern Era. Held in Athens, Great Britain captured two firsts (a silver medal and an olive wreath were awarded, not gold medals). Forty-three separate events were contested,

Wide World of Running By Jay Birmingham

but then, as now, the focal point was track and field.

The 2012 Olympic Games of London, also known as the Games of the XXX Olympiad, will not be the 30th edition of these contests, but the 27th. The term Olympiad refers to the passage of four years, the first being Athens in 1896. Three times, in 1916, 1940, and 1944, the games were cancelled by world wars.

As the Games approach, we'll take a closer look at slices of Olympic history. May you personify the Olympic motto this year: Citius, Altius, Fortius—swifter, higher, stronger. =

Board of Directors' Summary of Action

**January 10, 2012 • 7 PM)
Orange Park Library**

I. Call to Order: Randy Arend called the meeting to order at 7:03 p.m. Board members present: Randy Arend, Regina Sooeey, Mike Mayse, Carol MacDougall, Scott Hershey, Glenn Hanna, Ann Krause, Frank Frazier, Kristie Matherne, Lisa Adams, Dave Bokros, Maria Littlejohn, Don Wucker, Kellie Howard. Quorum: Yes.

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

III. Officer Reports

a. President Report – Randy Arend (for Dan)

i. 2012-2013 Strider President
If elected, Dan will be president one more year, only

ii. Resolution Run Update
Kellie Howard will be the 2013 Resolution Run race director.

iii. Appointments by President:
Kim Lundy is appointed as the Scholarship Committee Chair.

b. Treasurer Report – Randy Arend:

Beginning Cash Balance as of December 1, 2011 was \$26,948.65.

December Income was \$2,938.24.

December Expenses were \$5,074.21.

Ending Cash Balance as of December 31, 2011 was \$24,812.68, of which \$5,561.85 was designated for Children's Running Budget, \$2,469.31 was designated for purchase of technical race shirts for 2012 races, \$4,000 was designated for Heartland multi-race sponsorship for 2012 through 2014 races, and \$12,781.52 was undesignated.

December 2011: Discussion about our membership numbers. The RRCA Run the Nation grant came in last month. Our RRCA dues were paid last month. We ended the year \$13,000 ahead of where we expected to be: \$10,000 was race profits, and \$3,000 unexpected grants.

IV. Committee and Director Reports:

a. Run to the Sun Budget –

Randy Arend (for Karen McCormick): Our registration numbers have been very flat over the years. Discussion about why: competition with other races, lack of marketing, boring logo. We get more sponsors for this race than any other, and the profits have been consistent. Awards will be pint glasses. A motion was made, seconded and passed to approve the Run to the Sun race budget as presented.

b. Gate River Run Expo – Kellie Howard: The booth is on track. Kristie is in charge of volunteers, and Mike setup. We are going to have a Smart Phone device in order to take credit cards at the expo. Discussion about how much merchandise to order, and what sold last year. Discussion about what trinkets to give away at the expo.

c. Donna Marathon Water Stop – Dave Bokros: We do have a water stop this year, and it is going to be hydration station 11 on the Marathon Course. Dave will send out a call for volunteers.

d. Social Update – Ann Krause

i. Gate River Run Mar 10th:

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RIVER RUN TENT

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a better location, because Scott sold \$640 of merchandise, almost as much as in the Expo Booth, \$700. I think, last year, we sold over \$300, at the Merchandise tent (Hospitality Tent). Scott and the volunteers did a great job in both locations. Scott had a new system to record sales and merchandise flow, which worked well. It eliminated most of the manual bookkeeping. It worked like a scanner/OCR, but manually.

I opened up more grassy areas for our massage volunteers from Everest University with Ray Chassi, the Director. I think about 15 students came and it looks like they did a lot of massages. They are great additions to our Tent. We had enough 10' x 10' canopies for all of them. Thanks to the following for furnishing canopies: John McBrearty with the AIR Track Club, Don Wucker with the Striders AND next year's Tent Coordinator, Carol MacDougall, Strider Board Member, Toby Lentz, AIR TC President, and David Blair for renting me 3 canopies.

I narrowed the Entry Chute to 5 ft wide and 40 ft long, for better crowd control by our Marshalls. The longer chute was also the barrier between the massage group and the Entry chute. Our Chute volunteers did another great job. Thanks to Roy Benson, AIR TC, Larry Clark, Melissa Nelson Saunders, and Mike Mayse for the long hours they put in. I know there are others that manned the Chute. If I left you out, please let me know. Larry suggested that next year, the Chute have a cone design, to be wider at the front and then more narrow at the end. We did move the Entry back further from the sidewalk than last year to be away from the crowds that build up there. (I heard Melissa was a real tiger!) Just what we need at the Chute. Thanks Melissa!!!

Many thanks to Mike Mayes, who brought most of the equipment we use and takes it all back to the new storage shed, that we have now. He brings over 40 tables, 20 chairs, 100 orange pylons, electrical cords and much more. He, Scott Hershey and Don Wucker moved the 20' x 10' Strider Canopy from the Strider Expo Booth over to the Hospitality Tent, right

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Another Successful Gate River Run Expo!

By Kristie Matherne

The Florida Striders made a big impact at the 2012 Gate River Run Expo with the help of our faithful hardworking volunteers. The yellow tent with stringing lights, pictures of the Striders' "fun" times, and our merchandise hanging in the tent made for a stand out booth display. The expo opened Thursday morning with a rush of new and renewing members signing up at the booth. We even had a little competition between the volunteers who could "best" encourage new members to join the club. For the first time we accepted credit cards payments and we seemed high tech with our phones swiping credit cards as the membership and merchandise sales kept adding up throughout the day. On Friday, the volunteers walked around with our new trifold flyers encouraging the people to visit our booth and check out our club. We received numerous compliments on our booth display and the friendliness of our volunteers. As members came to the booth to get their yellow wrist bands for Saturday, they would encourage their friends to join talking about our great races and, of course the Gate River Run tent on Saturday morning. As the Expo wrapped up on Friday night to prepare for Saturday, we knew that the Expo was a success!

Thanks again to all the volunteers!



RIVER RUN TENT

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after the Strider Expo Booth closed Friday night. I helped last year doing that, and along with taking down all the Booth equipment and also moving the 20' x 10' Canopy, it is a lot of work. Last year, Mark Lay helped do all that, but I'm not sure if he was there this year.

I had a special color banner made for the Entry Chute this year and it was put over the Entry Chute. It was for the Jeff Nelson Family, to recognize the years and years that Jeff helped out with the Entry Chute and to welcome Pam and Melissa to the Tent this year. I had a photo of Jeff on the banner. It was difficult to find one of him without the sunglasses he always wore. Melissa and Pam Nelson wanted to be a part of the Tent this year, with Melissa doing a good job at the Entry Chute and Pam volunteering in the Food Garden area. I am very glad both of them came down and were a part of everything. I want to thank Herb and Renee Young, our newest Striders, for preparing the banner.

Herb and Renee also updated 3 other Strider banners I took in to them. Two were Run to The Sun Banners (race day, April 21, 2012) and the other was the Memorial Day Race (on May 28, 2012), which can be used for our two upcoming races. I had all the banners displayed in the Tent area, for publicity and advertising purposes for the Strider races. I put the Memorial Day banner on the back of the big Tent, facing the Expo building, (visible to 1000's of people, walking behind our Tent) and the RTTS banners on our fence at the Entry Chute, and on the fence next to Duval St. I think the Striders need a flag (Not a banner) to display at our functions, especially the Hospitality Tent. Go for it Mike!!!

An area where we had a few changes was the Help Desk, headed up by John Powers. We moved his area back further, put a Strider banner over the area, and widened the front. Thanks to Tom Custer and Leslie Kindling, Striders, and Toby Lentz, AIR TC, for their efforts. John also signed up a total of 20 members (70% in-

crease) and collected over \$350. John has headed up this area for many years and I appreciate all he has done. I left John a little short on volunteers this year, but being a real trooper, he overcame it.

Mucho thanks to Richard Allen, who every year, has been my "recorded music guru". He puts together the CDs we play and sets off the Elvis concert music entry. This year, I asked everyone to bow their heads when the music started. Unfortunately, only about 3 people my age knew what was going on. Next year, I will have the Elvis "Trilogy" played. Or Poke Salad Annie". Annie White will love it. Richard also brings ice.

Many thanks to Glenn Hanna for heading up the soft drink and ice area each year. And for being there on Friday am before the River Run to help put everything together.

Thanks to Robert Irvin for the 2 coolers of ice he brings each year. And leaving them at the Fairgrounds. I take them back to him at the Christmas social he has at his house each year.

I did remember this year and gave



out the American flags again. The children really like them.

And a big thank you to Frank Frazier and Matt Ross for all the extras they do each year. Frank for good planning and hard work and bringing the special iron rod and sledge hammer, and Matt for loading and unloading his truck every year to bring everything you can imagine. He even comes to my house to pick up stuff I need brought to the Tent area. One year, I forgot the keys to the portalets. Frank had a handy crowbar that did the trick. I've never lived that one down.

Paul Geiger, a lifer, put up and took down, the new dressing rooms, in his usual efficient manner. Paul never needs instructions, just turn him loose. I know someone helped him, but I can't remember who. Please step forward to get credit. May have been Bob Moyer? This year, on Friday, Paul made 2 trips, to try and find some iron stakes we needed to stop the "snake" line pylons from falling down from the high winds. What dedication!!!!

Last year, when Danny Suber suggested some upgrades, I got Paul in-

involved to get his expert opinions. We all met at Danny's home and made plans. Thanks to Danny and Paul, last year, the results were outstanding. We stored the old, reliable "Blue tarp" in a place of honor, after serving about 99 years. Only Paul knows where it is. I heard Paul plays taps for the tarp, when he gets home after the River Run is over.

I decided to have a personal touch for the Tent this year. I have a friend, Gary Coulliette, who entertains for parties and casual events. He specializes in Jimmy Buffet and Eagles' music. He and his wife, Gwen, came down to the Tent early race morning and set up. I used the new 10' x 10' yellow Strider canopy, for his area. He played from around 9:00-12:30. I think anyone that heard him, enjoyed his songs and style. Gary, Don Wucker and I met at the Fairgrounds the Wednesday before race day to pick out the best area for him to perform and check out electric outlets, etc. He and Gwen, his tech assistant, had a great time singing and playing for the Striders and guests. I have photos of the music area of Gary and Gwen that will be

in the StrideRight/Strider website. We had a power outage for about 30 minutes during this time, but Gary stayed late and made up the lost music time, at no extra charge. Al Safer let us use one of his golf carts to move Gary's equipment back to the parking lot. It took 4-5 trips to finish. Al, I still have your key.

I think the Food Garden was great again. We did get a little low on some types of food, but Marge did another good job. She was assisted by Lori Scarlett, Jenny Allen, Elke Miller and Pam Nelson. Two Kohl's employees assisted (supposed to be John Powers' help). All these girls worked very hard and deserve many kudos. We lost our coffee production when the power went out, but everybody recovered well. Marge has some ideas for next year, to lessen the traffic behind the food area in the Tent and to shorten the food lines outside. Race morning, I helped somewhat, by taking paper plates out into the long lines and handed them to people and told them to go over to any of the other tables to start and not have to

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RIVER RUN TENT

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stand in lines. Last year, Marge and I re-designed the food tables to get more space by using a rectangle arrangement. This area will need some more tweaking. I had positioned the Tent further back this year, towards the sidewalks, to give Marge more room out front. The Tent is as far back as it can go right now.

When the power went off, you should have seen Al Safer, Richard Allen and Jamie Reeves hustling to locate the problem. They really earned their pay. I think they did get a little extreme when they all joined hands, stood in buckets of water and formed a human electrical line to conduct the juice we needed. I think Al and Richard singed their beards and mustaches. Jamie isn't old enough to shave, but I think he singed the hair in his nose. He mentioned law suit to me, I think. I pretended not to hear him.

We had a glitch at the portalets for a brief time. This year, we were furnished brand new portalets and they were built differently. It was hard to see the "green" (meaning vacant) and "red" (meaning occupied) tabs on the doors from a distance, so people in line, could not see easily if

the portalets were empty or occupied. This coupled with the fact that some people in line, were not familiar with the "scramble" idea, (that the next person in line, should go to the next available portalet and were not watching for people leaving a portalet.) Glenn Hanna made me aware of the problem quickly. I ran up to the front of the one opening, and took down all the tape closing off the portalets and, with the bull horn, announced for everyone to move over quickly and line up in separate places for all 8 portalets. The lines quickly disappeared and the crisis was averted. Thanks to Glenn. Next year this area will require more attention, either with a special volunteer and/or different style lines. Probably, have 8-10 individual lines, each opening to a nearby portalet. Frank, take note.

I also did the unthinkable. I stood in front of the Portalet line and asked everyone to show me their yellow wrist bands. And used the bull horn. I didn't remove anyone, but I told them anyone without a yellow band, did not belong in the lines and should leave the area. I did notice people that should not have been there between 7:15 am and 8:15 am, as that time period is only for runners and walkers. But I was nice. Did you ever see the

movie "Road House", with Patrick Swayze? You know what I mean.

Special thanks to the group that shows up at the Fairgrounds on the Friday before the River Run. This is where the grunt work happens. Danny Weaver, Frank Frazier, Matt Ross, Gene Bridges, Paul Geiger, Mike Mayse, Bob Moyer, Glenn Hanna, and Don Wucker and others. Please let me know who I missed. These people are my "Grunt Hogs". If you want to see perseverance and tenacity, watch Gene Bridges work sometime. This is blood and guts time.

This year, we approached full capacity in the Fairgrounds area we now have. There are a few options available, but only a few. One solution would be to hand out fewer yellow wrist bands to Strider members (and to AIR TC) for themselves and their guests, maybe 4 instead of 6. I think there are many bands being handed out to non-members, guests and friends, we are not aware of. Some of these are bands that were obtained in past years and not used and are now being given out. I know that, of the many we give out, at the Expo Booth and Tent (to a lesser extent) there are many that are not used each year. Maybe, a different color band should be used next year.



It is still important that everyone bring food to the Tent on race day. Based on this year's results, next year may be the year we run out of food, prematurely, when late finishing runners and walkers arrive at the Tent and all the food is gone.

Drastic thinking:

Maybe, the Entry Chute should be divided into 2 lines: A. Brought food line, B. Did not bring food, and mark the wrist bands with a red "X" for B. Entrants

Or sell food at the Entry. Pretty drastic, huh!! Or those that do bring food bring a 2nd helping to make up for those that forget food. Or sell food packs to those that don't bring food. Just kidding!!!

Even our Volunteers that don't run or walk any of the races at River Run bring food. I think that as a member, and you invite someone, you should make sure your guests bring food, or you should bring it for them if they don't or can't.

It doesn't seem fair that slower runners / walkers don't have access to a full selection of goodies and as a reward for finishing the race(s). Or our members and guests could go straight to the food and drinks that the River Run furnishes, and hope they have something left.

We could charge non-food entrants at the Tent, say, \$3.00, to cover shortages

we could plan for (See next paragraph). We could take cash, check or credit card (the "Square" card). Or gold or diamonds or quarts of oil or a gallon of gas . Or promises to cut my grass.

A last resort would be to expand the Hospitality Tent budget to buy extra food to cover a potential shortage or to enlarge the Strider Social Budget to buy extra food for the Hospitality Tent. I don't know who would have the time to go shopping. I did that several times and it is not fun and very time consuming.

I would love to hear ideas about this. Since this is my last year, I will share your ideas with Don Wucker, your Hospitality Tent Coordinator for 2013 River Run and the Strider Board of Directors for consideration.

There were a few clothing items left in the Tent. Email me and tell me what you are missing. stanscarlett@msn.com . I still have the 23 carat diamond ring someone left last year, that nobody has claimed. Right now, it is in a pawn shop, in South America.

It's been a pleasure to have been the "Tent Man" all these years (21). Please support Don Wucker next year and help him any way you can. If you don't, I know where you live.

Elvis has left the building. =

On a lighter note, here are the Volunteers (most), that contributed their time and efforts to the 2012 Gate River Run Florida Strider Hospitality Tent. Thanks to all of you and to any volunteer that has helped over the last 21 years.

Herb and Renee Young

Bobby Greene

Charlie Hunsberger

Don Wucker

Glenn Hanna

Frank Frazier

Gene Bridges

Richard Allen

Mike Mayse

Marge Ruebush

Bill Krause

Danny Weaver

Jenny Allen

John Powers

Danny Suber

Jamie Reeves

Robert Irvin

Paul Geiger

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Tom Custer

Mark lay

John McBrearty, AIR TC

Leslie Kindling

Bob Moyer

Toby Lentz, AIR TC

Roy Benson, AIR TC

Ed Hardee, AIR TC

Jack Sykes

If I have left anyone off, please let me know and I will put a note in a later StrideRight.

My First Ultra (Not as painful as my first marathon...)

By Leslie Kindling

Well, I completed my first ultra on February 18, 2012. I ran the Iron Horse 100km in Florahome, and for the first 40 or so miles I swear it was less painful than my first marathon. My first marathon, for which I was undertrained and dealing with an I-T band issue, included lots of walking. So, while that was in 1998, it wasn't until last year that I could claim having "run" a marathon. With plenty of preparation and no injuries, that second marathon was pretty much pain free, though I did lose a toenail.

So anyway, with two marathons under my belt, I thought I was a savvy enough distance runner to sign up for an ultra. At the Striders' social, listening to Jay Birmingham and Gary Corbitt, I realized I was likely to be severely outclassed and probably woefully underprepared for the ultra just two days ahead of me. I hadn't run more than 60 miles in a week, while Ted Corbitt had three times ran 300+ mile weeks.

Well, the money was paid, there was nothing left but to give it a try. And hey, I could walk most of it if needed—like that first marathon—it would just take a heck of a lot longer to finish. Also in my favor was that I had a running partner, Rob McKisick, who was going to stay with me no matter what. Though once we started running, and the bottle of Advil in Rob's fuel belt rattled with every stride, I started to reconsider. How could I make it through 62 miles of that noise? And, why was I running with someone who didn't try out all their gear prior to race day? Fortunately, the course took us back past the start after 3.5 miles, where Rob stuffed tissue into the bottle to stop the incessant rattling.

We had a conservative plan to walk periodically, take our time at the aid stations, and enjoy this new athletic challenge. Luckily for me, Rob took longer at the aid stations and on the walks than I had initially wanted. I am sure without the early breaks, I would not have been feel-



ing so good (better than my first marathon) during the first 40 miles. Throughout, Rob and I were often complimented for looking fresh and mistaken for an amiable, married couple.

While I was feeling strong and able to keep running all day, I did tweak my ankle at some point on the loose rail road rocks. I think it was around the 15 mile mark, but it was no big deal at the time. It didn't seem too big of a deal twenty miles later, though I found it harder and harder to walk without limping. But since running wasn't any harder, I kept thinking that a 100km was less painful than a marathon, until the last 12 miles. Then, I was thinking that there was more equivalency of pain.

With four miles to go, standing at the Striders' aid station, Dave Bokros asked if I needed anything. In reply, standing on the one foot that could bear weight without pain, I said I needed someone to carry me to the finish. Dave replied with a "Really?" that was so deeply infused with a You Cannot Be Serious and followed with a "you have four miles left..." which got me refocused and back on the course.

With less than four miles to go, tired, and in pain, Rob and I may still have been mistaken for a married couple, but I was no longer amiable. First, when Rob would ask to walk I'd complain about how walking hurt more than running. Then, when he'd run behind me his headlamp would cast a shadow that would bob left

and right making me dizzy and a little nauseous. Even worse, after taking so many walking breaks and with well more than a mile to go he had the nerve to say "Just keep running the whole way to the finish line." I tartly replied, "I know you're not talking about us." If that wasn't enough, he dashed ahead of me at the finish line! How rude!

Luckily, for our running friendship, our good friend and training partner, Robert Webster, had laced up his shoes and joined us on the last twelve miles providing a much needed buffer, and he kept Rob and I separated after the finish. More than that, after icing my ankle and rehydrating at the finish, he taped my ankle and carried me to the car. Robert even asked me to stay with his family that night so I wouldn't hurt myself trying to hop around my home alone.

That night, my physical assessment was this: mild left ankle sprain with lots of swelling and stiff knees (right worse than left). With lots of icing, knee range of motion exercises, and leg elevation, I was walking tolerably well the next day. Rob, however, was glued to the couch under bags of ice and unable to even rise and greet us as Robert and I visited him the next day. A week and a day later, I ran 10 miles with the Sun Tire crew with hardly any pain—though I expect I'll lose another toenail.

I will absolutely run another ultra—that was awesome! =



Embrace change!

By Kim Pawelek

"New Year. New You. " How many times have we heard that line before? Did any of you make any resolutions? If so, I applaud you for your will and determination to keep to them; even those of you that made a serious attempt. Me? Every year I make the same ones and every year I break them within days, if not hours. Candy corn? Didn't even have a chance.

However, two things did change for me to welcome in this New Year. One, I changed jobs after more than 12 years. Two, I got married after almost 8 years of engagement (one week after the job change). Conclusion...I don't like change. Result...I still have health insurance and I'm one happy girl! And fortunately, it's been a fairly easy transition in both departments. Being married hasn't changed my daily life, but it has changed something inside of me. I didn't expect that at all, but it's been a subtly, wonderful change. I haven't legally changed my

name yet, but give me time. Remember? I don't like change. After all, it did take me almost 8 years to marry the guy! And I still get to keep my cushy lifestyle with this new job! I'm blessed.

Don't get me wrong. I loved working at 1st Place Sports. Doug and Jane Alred gave me the opportunity to chase my dreams much longer that I should have. They were extremely flexible with my schedule, and I am eternally grateful. After all, 1st Place Sports was the bridge between you and me (our running community). I met so many of you either at the race office or the races. Some of you even brought me candy corn and snacks! But as they say, life happens and it was time to move on.

And now I'm working for Paul McRae at Alter-G Jax, which specializes in anti-gravity treadmills. Yes, anti-gravity! It's based on NASA's technology of weightlessness, where we can instantly take away as much as 80% of your body weight. Hence, it effectively reduces the amount of stress and impact to the lower extremities. Translation...you can now run/walk through a variety of injuries and physical limitations because of less weight. It's essentially the new standard of care in rehabilitation and training.

The athletic, rehabilitative, aging, and weight loss communities have all benefitted from these. The world's best athletes and teams use it to reduce injuries, build fitness, and recover more quickly. Orthopedic and physical therapy clinics use them soon after injury and operations, speeding up the recovery

process. The elderly finally have something that offers a controlled, safe, secure environment. They're able to move with more ease and less pain, especially those with arthritis. The overweight can be given the sensation of immediate weight loss and the freedom to move without strain and pain. Hence, they're motivated to exercise for the first time in years or for the first time ever. It's a sense of great independence. So for those of you with a case of the blues because you're injured and can't run, the Alter-G has been able work miracles on one's sanity. And your family will thank you for using it! Plus your first run is free, so you've got nothing to lose. And finally, if you visit me, it gives us the chance to chat for a bit. You'll be amazed at how much I can talk (or maybe you won't be) and before you know it, that forty-five to sixty minutes is done. After all, you all have played an integral role in my network of support since I arrived in Jacksonville 20 years ago. You have inspired and motivated me to keep striving long after my faster days turned to slower days. Now it can be my turn to do the same for you. And it won't hurt to bring in that bag of candy corn either! Just sayin'.

Contact me at any time for any questions/concerns:

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Address:

1936 Hendricks Ave

Jacksonville, 32207 =

Volunteer Florida Strider Webmaster Needed!



Do you have an interest in helping your favorite running club and have a passion for web design? The Striders are looking for a dedicated volunteer to maintain the web site and keep us all updated via e-blasts.

If you are this person, please contact Dan Adams for more information! daniel.adams1800@gmail.com. =

Run to the Sun 8K & One-Mile Fun Run

By Karen McCormick
Race Director, 904-215-7053

It's time to get some extra mileage out of all of that Gate River Run training – by participating in the **Run to the Sun 8K & One-Mile Fun Run** event to be held on April 21, 2012, at the Orange Park Kennel Club. It's the perfect distance – longer than a 5k, but shorter than a 10k/15k. You are already ready!

This year's event is again being generously supported by our title sponsor, Orange Park Medical Center, and will feature quality orange technical t-shirts, and the beautiful updated course we introduced at last year's event with improved start and finish locations and an additional water station. The 8K start time remains at 8:00am, and the One-Mile Fun Run kicks off at 9:30am.

The race entry form is now available at www.floridastriders.com with a link to online registration at Active.com (http://www.active.com/event_detail.cfm?event_id=2002686).

Register by April 11th to get the best discount for Striders and military members! Also remember our special 8k entry fee of \$15 for preregistered runners ages 13 and under.

Looking forward to seeing everyone out there! =

Group Training Runs

Due to space limitations this month, the Group Training Runs will not be run this issue.

Scan code with your smart phone to view training runs on the web site.



A Tradition

By Frank Frazier

Once upon a time (isn't that the way old stories always start), a group (or a few) runners decided that they would run on Christmas morning. They decide to meet at the old "Q" on Wells Road at the unearthly time of 5 AM – run 5 miles (adorned with little silver bells) – while singing Christmas carols through a residential neighborhood and defying anyone to call the cops on them.

This minor tradition was started Christmas 1998, making 2011 the 14th year of this occasion to meet with good friends and have a fun run. Then they would enjoy hot coffee, hot chocolate or orange juice (well, it might have an adult additive mixed in) and holiday goodies (cookies, brownies, etc).

Back in the old days they chose 5 AM because several of them had young ones at home and they had to get back in time to get the kids up so they could help them with the Santa gifts. Now most of the young'uns have grown up and it is a matter of getting home in time to hear someone (a non-runner) say, "What do you mean you've already gone and ran and are just now getting home, are you insane? What's for breakfast?"

This group has usually had 10 to 15 runners and the individuals have varied over the years – well in the interest of truth, the originators were Kim Crist, Kathy Murray and Cynthia Maerz Ryan and they have all been there nearly every year. Honestly, there have been years that because of weather or other mitigating influences, the course was shortened, but we maintain that 5 miles is the tradition

This particular year, 2011, Christmas happened to be on Sunday and as many of you know, Sunday is the basis of a MAJOR tradition. THE WEEKLY SUNDAY RUN FROM SUN TIRE on Blanding Blvd. This year was 30+ years of someone keeping this MAJOR tradition alive – of having someone run every Sunday from Sun Tire at 6:30 AM. That is EVERY Sunday, including during hurricanes and a unique snow and ice storm. This year was looking sketchy as several of the regular 6:30 folks were at the 5.00 AM run.

Leslie Kindling, Kim Crist, Dave Bokros & Frank Frazier left the 5 AM group a few minutes early so they could make it to Sun Tire by 6:30 to run a few miles – just to be sure the tradition carried on.

As they crawled out of their vehicles preparing to go on another run – But what should appear!!

Why, I do believe that is old St Nick himself that is sliding sideways into a parking space with his flying reindeer and stepping out of his magic sleigh!

After adjusting for the effects of the previously mentioned adult beverages, we carefully view what we are seeing. WAIT, when you see Santa Claus without his elf's and the magic sleigh appears to be a Toyota and the flying reindeer are in fact tame horses under the hood, you take away the red suit and the white beard/hair – why that looks an awful lot like Richard Stanley Scarlett!! So once again a Strider made sure that this major tradition was continuing for another year.

As St Nick took off on another early morning quick trip around the world with his flying rainwear and his magic sleigh (well OK, it was Stan slogging on tired legs around the 6 mile block), the rest of us stood back and gave him a tremendous cheer.

So kids, remember in future years, if a 70 year old bespectacled grandfather, Santa Claus look alike can keep the tradition alive – Don't let it die in future years!!! =

Race Results

Swoop the Loop 5k Jacksonville, FL January 7, 2012

Lynne Graley 28:05 1st AG

Seef Mall Half Marathon Bahrain January 6, 2012

Charles Bradford 1:24:07
28th Overall, PR

Chariots of Fur 5k Jacksonville, FL January 14, 2012

Mercedes Smith 25:59

Resolution Run 10K Jacksonville, FL January 14, 2012

Matthew Stratton 24:47 3rd AG
Greg Stratton 47:18
Maryluz Stratton 1:03:29

Palm Coast Half Marathon Palm Coast, FL January 15, 2012

Barbara Whitter 2:34:06
Roberta Zukauskas 2:45:07
Trish Kabus 3:05:06

Matanzas 5000 St. Augustine, FL January 21, 2012

John Wisker 17:39 2nd AG
Robert Walker 18:10
David Bonnette 18:20 3rd AG
John Metzgar 18:27 1st AG
Mark Grubb 18:53
Britta Fortson 19:33 2nd AG
Craig Bennett 19:36
Randy Arend 19:39
Bruce Holmes 20:17 2nd AG
John Kovacs 20:22
Regina Taylor 20:54 1st AG
Alison Ronzon 21:23 2nd AG
Donald Wucker 21:53
Terri Rose 22:03 2nd AG
George White 22:46 2nd AG
Guy Jackson 22:53
Kathy Murray 23:06
Nicole Andress 23:14
Paul Smith 23:52 1st AG
Frank Frazier 24:21 3rd AG
Elfrieda Wyner 24:59 1st AG
Tiffany Kovacs 25:05
Fred Gaudios 25:11
Bradley Shepherd 26:08
Claudia French 26:13
Martin Wilkinson 26:14
Tommy Dobbs 26:46
Donald Pizzi 26:59
Sue Whitworth 27:22

Sue Whitworth 27:22
Richard Vance 27:37 3rd AG
Lisa Boyd 27:41
Kim Ericson 27:45
Debbie Powers 27:45 1st AG
Regina Adam 28:43
Dena Gaucher 28:44
Susan Harms 28:47
Bernie Powers 29:35
Todd Williams 29:58
Nancy Pullo 31:08 1st AG
Al Saffer 31:38 1st AG
Patricia Czamecki 31:43
Tom Zicafoose 31:52
Sharon Medders 33:23
Charles Wagner 33:59
Charles Goodyear 34:39
Dee Robertson-Lee 34:56
Roberta Zukauskas 35:53
Freddy Fillingham 36:26
Diane Wilkinson 36:55
Trish Kabus 38:34
Michelle Ramos 38:37
John Aimone 38:53
Carole Cash 38:53
Bo Holub 39:09
Diane Aimone 42:39 1st AG
Craig Harms 45:21
Stephen McClung 45:49
Joe Connolly 47:13
Tracey Armon 48:04
Debbie Smith 50:38
Bill Mitchell 51:43

Daytona 5k Daytona Beach, FL January 21, 2012

Charles Wagner 33:28:00

Ocala Half Marathon Ocala, FL January 22, 2012

Ann Krause 1:54:32 2nd AG
Bill Krause 2:13:16

Run 5 to Keep Kids Alive Jacksonville, FL January 28, 2012

Gregg Friend 44:43 2nd AG PR
Kristin Friend 59:34 PR

Run 5 to Keep Kids Alive Jacksonville, FL January 28, 2012

Barbara Gilbert 1:05:30

ING Miami Marathon Miami, FL January 29, 2012

Gail Pylipow 4:39:55
Trish Kabus 6:19:00

ING Miami Half Marathon Mel Abando 3:30:00

Fight for Air Climb 2012 Jacksonville, FL February 4, 2012

Giselle Carson 6:29 1st AG
David Goedtke 7:46
Jay Birmingham 8:22 1st AG
Lisa Boyd 10:14
Kerry Speckman 14:24

John TenBroeck Memorial Winter Beach Run 10 Miles Jacksonville, FL February 4, 2012

John Metzgar 1:04:24 3rd AG
Robert Walker 1:05:49 3rd AG
John Wisker 1:05:49 1st AG
Davie Bonnette 1:07:39 2nd AG
Mark Grubb 1:07:40 3rd AG
Randy Arend 1:10:20
Lisa Adams 1:12:18 1st AG
Bruce Holmes 1:13:01 1st AG
Paul Geiger 1:15:43
Regina Taylor 1:18:19 3rd AG
Terry Sikes 1:19:12
George Thompson 1:23:24
Paul Smith 1:23:41 1st AG
Stephanie Griffith 1:25:37 1st AG
April Martin 1:25:53 3rd AG
Rachel Walker 1:26:00 3rd AG
Frank Frazier 1:26:12 2nd AG
Kerri Cook 1:26:29
Ann Krause 1:26:35 1st AG
George White 1:28:27 3rd AG
Jim Cook 1:28:57
Bob Buscemi 1:29:30
Peter Winkler 1:31:53
David Kelley 1:31:59
Steve Bruce 1:33:04
Danny Weaver 1:35:02
Debbie Higdon 1:36:52 2nd AG
Mercedes Smith 1:37:04 3rd AG
Tom Zicafoose 1:38:49
Bradley Shepherd 1:38:55
Sue Whitworth 1:39:33 3rd AG
Christina McKenney 1:54:38
Al Saffer 1:54:41
Melinda Terry 1:56:00
Richard Vance 1:58:40
August Leone 1:58:45
August Leone 1:58:45
Nancy Pullo 2:00:53 1st AG
Ron Porter 2:09:56
Charles Goodyear 2:19:00
Dee Robertson-Lee 2:22:09

John TenBroeck Memorial Winter Beach Run 5 Miles Kevin Mangold 36:29

Randy Abate 37:25 2nd AG
Bill Pennington 38:17 1st AG
Allan Smith 46:10
Martin Wilkinson 47:42
Bill Krause 47:54
Claudia French 48:15 2nd AG
Harry Edwards 48:21 1st AG
Lisa Boyd 48:44
Gordan Simms 50:49
Susan Harms 51:04
Craig Harms 59:18
Carole Cash 1:04:57
Freddy Fillingham 1:05:10
Joe Connolly 1:13:41

26.2 with Donna Marathon Jacksonville, FL February 12, 2012

Ron Porter 3:08:13 PR
Kathy Murray 4:00:01
Bonnie Brooks 4:09:15
Kevin Mangold 4:07:22
Marilyn Williams 4:14:31
Gail Pylipow 4:22:10
Mercedes Smith 4:28:00
Paul Smith 4:42:57
August Leone 5:47:56
Barbara Whitter 6:19:02
Trish Kabus 6:58:59

26.2 with Donna Half Marathon

Regina Sooeey 1:35:24 1st AG
Terri Rose 1:43:12 1st AG
Giselle Carson 1:45:58
Paulette Butler 1:50:18 1st AG
Ann Krause 1:52:55
Sayer Gunn 1:53:40
Carol Fitzsimmons 1:55:04 2nd AG
Danny Weaver 1:58:45
Bill Krause 2:20:53
Nancy Pullo 2:25:07 2nd AG
Mel Abando 3:59:00

RAK Half Marathon Ras-Al-Khaimah, UAE February 17, 2012

Lorna Bradford 1:30:02
3rd Masters Female, 20th Female Overall

Virginia Beach Shamrock Half Marathon Virginia Beach, FL February 18, 2012

John McGriff 1:59:53

Hearts for Military Heroes 5k Panama City, FL February 18, 2012

JD Smith 24:53

RACE RESULTS

Continued from previous page

Pirates on the Run 10K Fernandina Beach, FL February 18, 2012

John McGriff 56:13

Sulzbacher Center 8k Jacksonville, FL February 18, 2012

Ann Krause 38:57
Bill Krause 48:59
Barbara Whitter 53:59

SGHS Bridge Run St. Simons Island, Ga February 18, 2012

Andrew Cubbedge 20:40
Rosemarie Cubbedge 25:20 1st AG
Rick Cubbedge 26:21
Freddy Howell 27:08
Kathryn Howell 27:08
Roberta Tomlinson 27:42
Gerry Tyburski 30:30
Margaret Tyburski 33:02

Fort Lauderdale A1A Marathon Ft. Lauderdale, FL February 19, 2012

August Leone 5:28:09 1st AG

Pasadena Half-Marathon Pasadena, CA February 19, 2012

Robert Walker 1:26:00

Five Points of Life Half-Marathon Gainesville, FL February 19, 2012

Trish Kabus 3:15:18

Daily's Ortega River Run Jacksonville, FL February 25, 2012

John Metzgar 27:45 1st AG
Andrew Marchand 29:20 2nd AG
David Bonnette 30:24 2nd AG
Mark Grubb 30:57 3rd AG
Craig Bennett 32:05
Britta Fortson 32:18 2nd AG
John Kovacs 32:27
Dan Adams 32:37
Randy Arend 32:54
Seth Pajcic 33:04
Raymond Ramos 33:11
Lesleigh Box 33:18
Andrew Cubbedge 33:21 4th AG
Bruce Holmes 33:38 1st AG
Regina Taylor 34:11 3rd AG
Lisa Adams 34:36
George Thompson 34:57
Rosa Haslip 34:59
Alison Ronzon 35:24
Rick Moss 35:27
Patrick Morgan 35:34
Bryan Rohlin 35:57
Joel Preston 36:07
Terri Rose 36:12 2nd AG
Rosemarie Cubbedge 36:16 1st AG

Margaret Barton 36:29
John Hirsch 36:48 2nd AG
Tony Hanneken 36:57 3rd AG
Stephanie Griffith 37:40 1st AG
George White 37:41
Mike Singletary 38:02
Allan Smith 38:13
Ann Krause 38:17
Kacee Bryner 38:33
Frank Frazier 38:54
Travis Hazlett 40:00
Paul Smith 40:01 1st AG
Sayer Kathryn Gunn 40:03
Denise Metzgar 40:14
Kellie Howard 40:16
Jim Cook 40:20
Mercedes Smith 40:26 PR
Jack Sykes 40:32
Kerri Cook 40:40
Kathy Murray 40:53
Randy Pullo 40:56
Randy Pullo 40:56
Mark Chorpeneing 41:10
Kim Crist 41:12 2nd AG
David Kelley 41:16
Denise Dailey 41:21
Sharon Lucie 41:24
Nicole Andress 41:49
Don Thieman 41:52
Maria Littlejohn 42:29
Claudia French 43:14
Claudia French 43:14
Bradley Shepherd 44:00
Bonita Golden 44:02
David Pizzi 44:03
Sue Whitworth 44:09
Tiffany Kovacs 44:22
Harry Edwards 44:26
Bruce Howard 45:05
Melissa McCrosky 45:14
Glenn Hanna 45:30
Cecile Spiegel 45:51
Dena Gaucher 46:48
Cindy Lunsford 46:49
Rebecca Taylor 47:09
Susan Shelton 47:53
Bill Krause 48:24
Amy Barlow 48:26
Bernie Powers 48:57
Mark Wynter 49:07
Traci Bane 49:24
Robert Lanier 49:44
Melanie Cruz 50:32
Nancy Pullo 52:27 1st AG
Barbara Whitter 52:41
Charles Goodyear 53:39
Al Saffer 53:50 1st AG
Mark Lay 54:16
Jamie Webb 54:37
Lesley Jones 54:38
Sharon Medders 54:52
Charles Wagner 55:37
Freddy Fillingham 59:15
Diane Wilkinson 59:25
Melissa Webb 1:02:27
Rita Lamach 1:03:43
Stan Scarlett 1:04:40
Michelle Ramos 1:08:18
Diane Aimone 1:09:20
Joe Connolly 1:09:34

21st Annual Brea 8K Classic Brea California February 26, 2012

John McGriff 42:29

Be Her Freedom 5 Mile Jacksonville, FL March 3, 2012

Allan Smith 38:45 1st AG
Gregg Friend 44:43 2nd AG
Susan Shelton 51:48 3rd AG
Bernie Powers 51:54 1st AG
Charles Goodyear 54:58 1st AG
Kristin Friend 59:34
Amber Sherrill 1:01:03
Rita Lamach 1:04:03

Fighting Back 5k Jacksonville, FL March 3, 2012

Bernie Candy 21:22 1st Master
Vicki Choinski 33:12 1st AG

Tampa Gasparilla Half Marathon Tampa, FL March 4, 2012

Mel Abando 3:23:00

Gate River Run Jacksonville, FL March 10, 2012

John Wisker 58:23
Robert Walker 59:19
David Bonnette 59:46
John Metzgar 59:47
Mark Grubb 1:00:10
Dan Adams 1:02:13
Page Ramezani 1:02:33 3rd AG
Gerald Boorse 1:02:38
Craig Bennett 1:03:18
Randy Arend 1:03:31
Bruce Holmes 1:03:49
Lisa Adams 1:04:26
Britta Fortson 1:04:39
Ron Porter 1:04:42
Raymond Ramos 1:04:43
Seth Pajcic 1:05:09
Jay Millson 1:05:57
Regina Sooley 1:06:11
Nicholas Cole 1:07:14
Carlos Rodriguez 1:07:23
Todd Hockett 1:07:27
Robbie Higdon 1:07:36
Keith Poythress 1:07:42
Bernie Candy 1:07:58
Regina Taylor 1:08:06 3rd AG
Jay Herring 1:08:08
Rosa Haslip 1:08:08
Terry Sikes 1:08:33
Jon Kovacs 1:08:51
Rick Moss 1:09:28
Paul Geiger 1:09:29
Giselle Carson 1:09:37
George Thompson 1:09:44
Alison Ronzon 1:10:20
Jason Gross 1:10:31
Leslie Kindling 1:10:45
Patrick McCarthy 1:11:07
Patrick Gaughan 1:11:08
David Horn 1:11:15

Maria Padin 1:11:31
Kristin Smith 1:12:13
Margaret Barton 1:12:16
Mike Singletary 1:12:32
Bill Pennington 1:12:51
John Hirsch 1:13:01
Kevin Mangold 1:13:07
George White 1:13:10
Bob Buscemi 1:13:13
Patrick Morgan 1:13:23
Peter Winkler 1:13:38
Mike Marino 1:13:40
Allan Smith 1:13:50
Herbert Taskett 1:14:01
Kristie Matherne 1:14:08
Hemando DeSoto 1:14:20
Kim Ericson 1:14:26
Stephanie Griffith 1:14:37
Paul Smyth 1:14:38
Thomas Carlson 1:14:44
Abhijit Deshmukh 1:14:58
Pat Haley 1:15:34
Rachel Walker 1:15:35
Robert Barnhill 1:15:45
Tony Hanneken 1:15:46
Deb Potash 1:15:56
Bonnie Brooks 1:15:58
Charles Wagner 1:16:12
Kacee Bryner 1:16:12
Denise Metzgar 1:16:21
Ann Krause 1:16:21
Carol Fitzsimmons 1:16:48 3rd AG
Paul Smith 1:16:54 3rd AG
Frank Frazier 1:17:14
Wendy Patterson 1:17:18
Nicole Andress 1:17:34
Tracy Pfuntner 1:17:34
Paul Berna 1:17:36
Kerri Cook 1:17:50
Sayer Kathryn Gunn 1:17:50
Megan Kuehner 1:17:55
Kent Northey 1:18:01
Stan Simpkins 1:18:58
Gail Pylipow 1:18:58
Jim Cook 1:19:01
Jennifer MacDonald 1:19:13
Elfrieda Wyner 1:20:24 1st AG
Fred Gaudios 1:20:32
David Kelley 1:21:01
Millie Thrasher 1:21:01
Jeremy Buyok 1:21:03
Michael Schoenfeld 1:21:11
Jack Sykes 1:21:14
Denise Dailey 1:21:15
Joanne Harris 1:21:24
Kim Crist 1:21:52
Fred Gaudios 1:21:58
Joanie Barrett 1:22:01
Bradley Shepherd 1:22:03
Teri Detwiler 1:22:09
Ken Murray 1:22:28
Roger Jones 1:23:08
Robert Smith 1:23:09
Sharon Lucie 1:23:20
Gregg Friend 1:23:31
Charlotte Milligan 1:23:41
John McBrearty 1:23:54
Rebecca Taylor 1:24:00
April Martin 1:24:01
Mercedes Smith 1:24:01
Michael Hill 1:24:06

Jerry Skirvin 1:24:16
 Kimberly Lundy 1:24:22
 Amy Hinrichs 1:24:26
 Mary Algire 1:24:27
 Amy Young 1:24:38
 Sonya Dudley 1:24:43
 Micayla Costa 1:24:49
 Kellie Howard 1:24:58
 Rebecca Brown 1:25:15
 Carol King 1:25:27
 Randy Pullo 1:25:27
 Seth Myers 1:25:41
 Don Thieman 1:25:50
 David Goedtk 1:25:50
 Sue Whitworth 1:25:57
 Roberta Tomlinson 1:26:04
 Buddy Harris 1:26:08
 Kevin Terry 1:26:11
 Miller McCormick 1:26:19
 Craig Martin 1:26:35
 Joseph Young 1:26:45
 Leslie Hague 1:26:53
 Carlos Rodriguez 1:27:09
 Scott Liner 1:27:10
 Melissa Montineri 1:27:31
 Kathryn Howell 1:27:45
 Thomas Pittman 1:27:50
 Tommy Dobbs 1:27:54
 Christy Miller 1:28:29
 Debbie Higdon 1:28:44
 Tommy Dobbs 1:28:58
 Bruce Howard 1:28:59
 Maurya Sova 1:29:16
 Melissa McCrosky 1:29:42
 David Pierson 1:30:02
 Tim Wright 1:30:31
 Maria McNary 1:30:35 3rd AG
 Gary Hallett 1:30:41
 Vernon Allen 1:30:56
 Danny Suber 1:30:57
 Debbie Powers 1:30:58
 Gene Geiger 1:30:59
 Freddy Howell 1:31:34
 Cindy Lunsford 1:31:53
 Suzanne Baker 1:32:14
 Danny Weaver 1:32:16
 Caroline Sabatella 1:32:18
 Gary Ledman 1:32:28
 Dena Gaucher 1:32:36
 Dawn Hagel 1:33:48
 Jerry Bennett 1:33:58
 James Spooner 1:33:58
 Glenn Hanna 1:34:03
 Craig Harms 1:34:17
 Susan Harms 1:34:18
 August Leone 1:34:39 1st AG
 Robert Sroka 1:34:45
 Melinda Terry 1:35:10
 David Brownell 1:35:11
 Jeanie Wilson 1:35:11
 Rebecca Brownell 1:35:11
 Gerry Tyburski 1:35:19
 Gabriel Barnes 1:35:31
 Mike Youngblood 1:35:34
 Katie Yaun 1:36:14
 Patricia Czamecki 1:36:26
 Benjamin Howard 1:36:37
 Lisa Boyd 1:36:37
 Debbie Liner 1:36:38
 Gary Proctor 1:36:44
 Darcy Daniel 1:36:52

Marie Bendy 1:37:03
 Bill Krause 1:37:04
 Susan Maurer 1:37:10
 Alexander Combs 1:37:36
 Traci Bane 1:37:39
 Matt Ross 1:37:49
 Richard Vance 1:37:59
 Bernadette Harris 1:38:00
 David Pizzi 1:38:18
 Michael Fitzsimmons 1:38:38
 Leigh Jacobs 1:38:46
 Rebecca Brown 1:38:49
 Robert Lanier 1:38:53
 Mamie Davis 1:39:10
 Renee Moyd 1:39:18
 Joseph Strickland 1:39:33
 Leigh Gardner 1:39:48
 Gordon Simms 1:40:34
 Melanie Cruz 1:41:34
 Margaret Tyburski 1:41:53
 Bernie Powers 1:42:13
 Richard Daege 1:43:10
 Stephanie Lundy 1:45:00
 Erin O'Leary 1:45:11
 Trudy Cole 1:45:16
 Susan Shelton 1:46:12
 Diana Stewart 1:46:14
 Nancy Pullo 1:46:30 2nd AG
 Mark Lay 1:47:03
 David Arnold 1:47:08
 Lorri Howard 1:47:33
 Al Saffer 1:47:34
 Winney Yaun 1:47:55
 John McGriff 1:47:55
 Al Saffer 1:48:08 4th AG
 Bobby Greene 1:48:09
 Virginia Gresham 1:48:10
 Lesley Jones 1:48:32
 Bob Buehn 1:48:48
 Leanne Kamajian 1:49:24
 Theresa Kamajian 1:49:24
 Cindy Staples 1:49:49
 Amy Barlow 1:50:07
 Mark Johnson 1:50:11
 Barbara Whitter 1:50:52
 Mark Wynter 1:50:54
 Bob Tatum 1:50:54
 June Tillett 1:51:22
 Holly Wyche 1:51:25
 Jakob Wyche 1:51:26
 David Albritton 1:51:27
 Sharon Medders 1:51:28
 Monica Goddard 1:51:33
 Bob Moyer 1:51:50
 Jennifer Johnson 1:53:48
 Monica Lucas 1:54:07
 Vicki Choinski 1:54:33
 Valerie Hamilton 1:57:09
 Diane Wilkinson 1:58:19
 Robert A. Meister 1:58:20 4th AG
 Tim Martin 1:58:50
 Summer Gentry 1:58:53
 Stephen McClung 1:59:09
 Bo Holub 1:59:33
 Sheldon Fletcher 2:00:15
 Cynthia Heineman 2:00:22
 Dee Robertson-Lee 2:00:39
 James Howell 2:01:00
 Roberta Zukauskas 2:01:06
 Rita Lamach 2:01:49
 Judy Andrews 2:02:23

Connie Schoenfeld 2:03:57
 Claire Gilbert 2:04:21
 Rusty Creighton 2:04:23
 Barbara Gilbert 2:05:47
 Traci Akers 2:06:08
 Annie White-Butler 2:08:34
 Dave Butler 2:08:35
 Freddy Fillingham 2:08:39
 Billy Fehrs 2:08:44
 Jamie Webb 2:09:35
 Melissa Webb 2:09:35
 Kate Ray 2:09:50
 Cary Wyche 2:10:47
 Jamie Wyche 2:10:47
 Chris Rodatz 2:11:32
 Nancy Tretick 2:13:05
 Ken Bendy 2:13:48
 Amy Bilbray 2:14:10
 Chuck Bryner 2:14:28
 Jennifer Wood 2:14:30
 Quincy Masters 2:14:51
 Evan Gould 2:16:48
 Valerie Buckler 2:17:46
 Joseph McCoy 2:17:54
 Evan Zillmer 2:18:27
 Stephanie Griffith 2:18:27
 Barbara Scott 2:19:10
 Jan Taylor 2:19:20
 Mel Abando 2:24:01
 Benjamin Holland 2:24:21
 Danny Randolph 2:24:30
 Susan Hudson 2:28:34
 Dawn Troxel 2:28:37
 Katherine Morse 2:28:37
 Lori Featheringill 2:28:48
 Nancy Auclair 2:30:53
 Michelle Ramos 2:31:13
 Tracey Armon 2:32:56
 Nell Robinson 2:33:05
 Norma Minnick 2:33:21
 Jennifer O'Brian 2:33:50
 Janet Irvin 2:35:07
 Kim Kovalesski 2:36:03
 Trish Kabus 2:36:21
 Bridget Trotter 2:36:46
 Luke Byrne 2:37:47
 Pat Stack 2:43:21
 Jaci Thies 2:43:22
 Rebecca Brown 2:59:26
 George Obi 3:04:42

DSAJ 3-2-1 Run
Jacksonville, FL
March 16, 2012

Owen Shott 18:07
 Barbara Whitter 31:34
 Charles Goodyear 32:56
 Dee Robertson-Lee 36:22
 Barbara Gilbert 38:11
 Jan Taylor 43:40

SMES Shamrock Shuffle 5K
St. Mary's, GA
March 17, 2012

Conn Cole 23:25
 Nicholas Cole 19:21

GTM 10K/5K Trail Run
Ponte Vedra, FL
March 17, 2012

Mercedes Smith 54:24
 4th Overall Female

Ram Rock 5k
Stuart, FL
March 17, 2012

Nancy Pullo 33:59 1st AG

St. Patty's Day 2012 10K
Jacksonville, FL
March 18, 2012

John Metzgar 34:48 1st AG
 John Wisker 36:46 1st AG
 Robert Walker 37:30 1st AG
 David Bonnette 38:50 2nd AG
 Craig Bennett 40:36 3rd AG
 Randy Arend 40:42 3rd AG
 Raymond Ramos 41:36
 John Kovacs 41:49
 Bruce Holmes 42:46 1st AG
 Regina Taylor 43:31 1st AG
 Alison Ronzon 44:21 2nd AG
 Allan Smith 46:33 2nd AG
 George White 46:56 2nd AG
 John Hirsch 47:46 2nd AG
 Joel Preston 48:19
 Ann Krause 48:30
 Frank Frazier 49:00 3rd AG
 Paul Smith 50:08 1st AG
 Nicole Andress 51:06
 Sharon Lucie 51:23 1st AG
 Kathy Murray 52:06 3rd AG
 Kevin Terry 54:06
 Claudia French 55:02 1st AG
 Tiffany Kovacs 55:41
 Sue Whitworth 56:58 2nd AG
 Sue Whitworth 56:58
 Craig Harms 57:02
 Nancy Harms 57:03 1st AG
 Glenn Hanna 57:46
 Melinda Terry 59:14
 Bill Krause 1:00:00
 George Hoskins 1:02:07
 Gary Proctor 1:04:12
 Nancy Pullo 1:05:02 1st AG
 Danny Weaver 1:07:35
 Valerie Hamilton 1:07:40
 Barbara Whitter 1:07:53
 Charles Goodyear 1:11:48 3rd AG
 Dee Robertson-Lee 1:14:45
 Michelle Ramos 1:20:46
 Trish Kabus 1:25:43

St. Patty's Day 2012 5K

Randy Abate 21:53 2nd AG
 Tony Hanneken 21:56 2nd AG
 Melissa Saunders 22:21 1st AG
 Kim Ericson 22:38 1st AG
 Don Thieman 24:24
 Ken Murray 24:35
 Jack Sykes 24:44
 Diane Jacobs 26:19 1st AG
 Katherine Midgett 26:30 2nd AG
 Susan Harms 28:58 1st AG
 Charles Wagner 33:49 1st AG
 Joe Connolly 46:59 1st AG
 Amber Sherrill 52:00

New, Renewing and Expiring Memberships

NEW MEMBERS

Abiona Adewole	3/31/13	Marty McCullough	3/31/14
Elsie Altman	3/31/14	Manuela McCune	3/31/13
Barnes Ann & Gabriel	3/31/13	Rob & Emily McKisick	3/31/14
Millicent Baffle-Hughey`	3/31/13	Brad Miller	3/31/13
Christine Benenati	3/31/13	Lori Morris	3/31/13
John Bobeck	3/31/13	Kathryn Murphy	3/31/14
James Braunreiter	3/31/14	Devon & Michael Muttillio	3/31/13
Mike & Jaci Britts	3/31/13	Raechel Myatt	3/31/13
Mike Chewar	3/31/14	Sara Myers	3/31/13
Marcos Colina	3/31/13	David & Diane Nielsen	3/31/13
Janet Collins	3/31/14	Stacy Nieuwenhuis	3/31/13
Jessica Connolly	3/31/14	Geoffrey Neilson	3/31/13
Chris Craft	3/31/14	Nicole Ninesling	3/31/13
James Crosby	3/31/13	Anne O'Renick	3/31/13
William & Carmen Darfler	3/31/13	Jacqueline & Brian Ottosen	3/31/13
David Dugle	3/31/13	Bill Page	3/31/13
Elizabeth Fagin	3/31/13	Kim Pawelek	3/31/14
Holly Fulton	3/31/13	Lisa Pearson	3/31/13
Donna Gallant	3/31/13	Jennifer Phelan	3/31/13
Cindy Gardner	3/31/13	Melissa & Tim Posey	3/31/13
John Gebo	3/31/13	James Renninger	3/31/13
Julie & Harold Goslee	3/31/14	Rachael Rice	3/31/13
Lynne & Jeff Graley	3/31/14	Tiffany & Eric Rider	3/31/14
Sue Granger	3/31/13	Judy Rippetoe	3/31/13
Wende Grant	3/31/14	Cheri Roney	3/31/13
Kersten Harrison	3/31/13	Ian Rothstein	3/31/13
Ann Marie Harvey/Misora	3/31/14	Wesley Royal	3/31/13
Robin Harville	3/31/13	Pattie & John Rundgren	3/31/14
Michael & Becki Hernandez	3/31/13	Melanie Salamone	3/31/13
Frank Hostetter	3/31/13	Sivakumar Sanyasi	3/31/13
Brent & Meredyth Hume	3/31/13	Derrick Schimcek	3/31/13
Osra Hutcheson	3/31/13	Susan & Wade Seagraves	3/31/13
Erma Imhoff	3/31/13	Lorinda & Rusty Seiberling	3/31/14
Audra Isbell	3/31/13	Dave Shank	3/31/14
Temple Jamie & Timothy	3/31/13	Tara Showalter	3/31/14
Keeley Jay & Kortney	3/31/13	Miriam & Brian Smith	3/31/13
Jeremy Jordan	3/31/13	Sarah Ann Smith	3/31/13
Ruth Jursa	3/31/13	Gail Smithson	3/31/14
Kathleen Kaye	3/31/13	Kimberly Sumerall	3/31/14
William & Karrie Knight	3/31/14	Robert Taylor	3/31/13
Scott Land	3/31/13	David & Deborah Townsend	3/31/13
Vanessa & Jason Lane	3/31/13	Scott & Jill Trenor	3/31/13
Magyar Lori Leigh	3/31/13	Nancy Veale	3/31/14
Stephen & Stephanie Lewis	3/31/14	James & Brandi Venson	3/31/13
Liz & Jeff Pursell	3/31/13	Julie Ward	3/31/13
Mary Maddox	3/31/13	Dorthea Washington	3/31/13
Paul Major	3/31/13	Nikki Watson	3/31/13
Randy & Malie Malikowski	3/31/13	Jamie Webb	3/31/13
		Laureen Williams	3/31/13

Steve Williams	3/31/14
Stuart Williams	3/31/14
John Womack	3/31/13
Herb & Renee Young	3/31/13

RENEWING MEMBERS

Margaret Barton	2/28/13
Elmore Bing	4/30/13
Jay Birmingham	1/31/15
Paul & Wanda Boucher	4/30/13
Christopher & Jennifer Branton	4/30/13
Luke/Carol Byrne/Wesermann	5/31/13
Jacinta Carter	4/30/13
David Clarkson	4/30/13
Kerri Cook	4/30/13
Victor Corrales	2/28/13
Kim & Steve Crist	4/30/13
John De Antonis	1/31/13
Hernando DeSoto	2/28/13
Charles Desrosier	1/31/13
Josh & Chelsea Dillaberry	4/30/13
Sonya Dudley	4/30/13
Barbara Ebers	4/30/13
Kim Ericson	4/30/13
Elena Etter	2/28/13
John Funk	1/31/13
Patrick Gallagher	1/31/13
Fred & Pat Gaudios/Bonner	4/30/13
Patrick Gaughan	4/30/13
David Goedtke	4/30/13
Evan & Judith Gould	4/30/13
Jason Gross	2/28/13
Mark Grubb	4/30/13
Ilana Haas	4/30/13
Pat Haley	3/31/13
Tony Hanneken	4/30/13
Joanne & Buddy Harris	2/28/13
Cynthia Heineman	4/30/13
Cody Helms	4/30/13
John Hirsch	3/31/14
Leigh Jacobs	3/31/13
Nancy Jensen	4/30/13
Lesley Jones	3/31/13
Nelson Kingsley	4/30/13
Kristy Knight	4/30/13
Mary Jane & Daniel Kohm	4/30/13
Janet Koss	4/30/13
August Leone	2/28/13

Jay Magee	4/30/13
John & Sherry Mahoney	4/30/13
Bryan Marlar	4/30/13
Barry Marquart	4/30/13
Dotti Cahill & Tom Marsland	1/31/14
April & Craig Martin	5/31/13
John McBrearty	4/30/14
Patrick McCarthy	3/31/13
Melissa McCrosky	4/30/13
Christina & John McKenney	4/30/13
Gloria McNeil	4/30/13
Robert Meister	4/30/13
Katherine, Alexandra & Jacob	
Midgett	4/30/13
Pamela Miller	4/30/13
Charlotte Milligan	4/30/13
Jay Millson	2/28/13
Renee Moyd	3/31/13
Carolyn Mudgette	4/30/13
Kathy Murray	4/30/15
Rachel & Seth Myers	4/30/13
Pam Nelson	4/30/13
Patricia & Pete Noonan	4/30/13
Beth Norman	4/30/13
Shiela Oconnor	4/30/13
David & Marilyn Ohnsman	4/30/13
Bill Phillips	4/30/13
Dale Porter	4/30/13
Deborah & Steve Potash	4/30/13
Joel Preston	3/31/14
Gary Proctor	4/30/13
Randall & Nancy Pullo	3/31/13
Danny & Rebecca Randolph	4/30/13
Julie Runnfeldt	3/31/13

Cynthia & Kevin Ryan	4/30/13
Caroline Sabatella	2/28/13
Melissa Saunders	4/30/13
Gordon & Kim Simms	1/31/14
Mercedes Smith	3/31/13
James Spooner	2/28/13
Pat Stack	1/31/13
Jeb Stewart	4/30/13
Dan Teahan	4/30/13
Bridget Trotter	4/30/13
Kathy King & Anthony Truitt	4/30/13
Ed, Michelle, Jesse, Schuyler Velasco	3/31/13
Pat Wagoner	4/30/13
Jamie & Melissa Webb	2/28/13
Carrie & Adam Wetzel	4/30/13
Jesse Withrow	3/31/13
John Wisker	1/31/13
Donald Wucker	2/28/13
Mark Wynter	5/31/13
Joseph & Amy Young	4/30/13
Roberta Zukauskas	4/30/13

MULTI-YEAR MEMBERSHIPS

Susan & John Gostage	2/28/13
Stephanie & Chuck Griffith	2/28/14
Kwan McCall	2/28/14
Scott Silliman	2/28/14
Joseph McCoy	2/28/14
Debbie & Robbie Higdon	3/31/13
Al Saffer	3/31/13

EXPIRING MEMBERSHIPS

Rosemary & Eric Belock	1/31/12
Maureen Burnett	1/31/12
Alex Chieu	1/31/12
Margaret Cogswell	1/31/12

Kevin Fleegeer	1/31/12
Stephanie Foreman	1/31/12
Tracey Harpe	1/31/12
Susan Leach	1/31/12
Sara Matukaitus	1/31/12
Molly Ann Mauricio	1/31/12
Roberta McCloskey	1/31/12
Shara Meyer	1/31/12
William Pearson	1/31/12
Elisa Rosemond	1/31/12
Bill Weaver	1/31/12
Mike Youngblood	1/31/12
Evan Zillmer	1/31/12
Craig Bennett	2/28/12
David & Lynn Bonnette	2/28/12
LeeAnn & Bob Buscemi	2/28/12
Mark Chorpeneing	2/28/12
Darcy Daniel	2/28/12
Cameron Davis	2/28/12
Nicole & Sheldon Fletcher	2/28/12
Hal Higdon	2/28/12
Roger Jones	2/28/12
Lever Kathleen	2/28/12
John & Tiffany Kovacs	2/28/12
Kay Manly	2/28/12
Sook & Robert Marino	2/28/12
Joey Marra	2/28/12
Andrea Morrison	2/28/12
Kristin Musser	2/28/12
Joni & Larry Neidigh	2/28/12
Jennifer O'Brian	2/28/12
Carol Palmer	2/28/12
Dee Robertson-Lee	2/28/12
Robert, Marilyn, Lucas, Cameron Smith	2/28/12
Melinda & Kevin Terry	2/28/12 =

2012-2013 Florida Striders Board of Directors Nominees



Dan and **Lisa Adams** have served on the Board of Directors for the last 3 years.

Dan served as President in 2011-2012 and as Resolution Run Race Director in 2011 and 2012. Lisa served as Prediction Run Race Director for several years and as the Shirt and Awards Coordinator for the 2011-2012 Strider races. They have 3 girls: Megan (10), Grace (7) and Addison (6). The girls love to run, especially the Strider races and the Junior Gate River Run. Dan and Lisa ran 4

marathons in 2011, completing Boston, Berlin, Marine Corps and Jacksonville Bank. They enjoy the social aspect of running and feel the Striders provide the perfect combination of camaraderie and support. As members of the Board, Dan and Lisa have seen first hand the dedication and talent of the Strider volunteers and would be honored to continue to serve with such an impressive group.

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BOARD OF DIRECTORS

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Randy Arend became a Strider in 2000 after participating in his first Gate River Run. His enthusiasm for running has grown over the years, in part from the great camaraderie and advice received from other runners and fellow Striders. He considers running to be beneficial for all who participate, and appreciates the Striders' efforts to provide opportunities for individuals of all ages, abilities, and goals to participate. Randy looks forward to assisting the Striders in promoting and encouraging running in the community. Randy and his wife Krissa have a 20-year old son, Scott.



Dave Bokros has served on the Board of Directors of the Florida Striders Track Club for several years, 3 of them as President. Dave is currently serving on the Children's Running Committee and as Memorial Day 5k Race Director since 2006. He has run two marathons, countless road races (but surely not as many as Mr. Joe Connolly), and his favorite distance is ten miles. Favorite runs include the National Mall and the Swamp Rabbit Trail in Greenville, South Carolina.



Kim Crist began running back in 1982 to get into shape. She fell in love and has been running ever since. She moved to Florida from Virginia Beach, Virginia in 1996 when her husband retired from the Navy. She came out to run with the Sunday group from Sun Tire. She was hooked up with Frank Frazier's group. That was the end of that! She would be hooked for life! Kim



loves the camaraderie of the Florida Striders. She has been involved with volunteering at many of the local races and will be the Race Volunteer Coordinator for the Run to the Sun. Kim signed up for Bob Boyd's Running class a couple of years ago! It was such an awesome opportunity training in John Metzgar's speed class. The friends that she has made during that class have ended up being some of her best training partners! She also participated in Mike Marino's World Record Event. It too was a phenomenal opportunity!

Kim is very passionate about running, as well as biking and swimming. Last year Kim ran her 30th marathon and 5th Boston; she has also completed 6 half-Ironman events, and one full Ironman. Kim is married to Steve. Steve runs occasionally, but would much rather burn his calories riding a Harley!! They have been blessed with three children, Rob, Nick and Lacey.

Glenn Hanna Having lived in Jacksonville since 1990, Glenn has been running off and on since junior high school. He joined the Striders in 2001 to meet other runners and return to the pavement. He has four grown children, one older son and three "lovely and kinda wacky" daughters and two granddaughters. Glenn is the Quality Program/Continuous Improvement Coordinator at a Wire Mill on the Westside of Jacksonville. He plans to continue to mentor new runners and promote the overall growth of the Striders on spreading the word about the benefits of a running lifestyle.



Scott Hershey used to run on a regular basis from his late teens and into his twenties. A couple of years ago his oldest son Drew was on the Wolfson High School Cross Country team. While watching him compete was fun - the urge to start running again wasn't there yet. But after



watching his son Drew run the Festival of Lights a couple of years ago he was hooked again. It brought back the memories of races he had run back in the 70s.

After mainly running 5k's and improving his time came the natural progression to longer runs. He found that his training runs by himself were getting stale and lacked motivation. Scott met Kellie Howard at a Bolles Track meet and she suggested joining with her and other Striders for weekly group runs.

Through those group runs he continues to find a wealth of knowledge and training techniques in those runners.

Scott believes in the positive aspects in running, training and competing for all ages.

Scott has been married for over 20 years and has 4 children. Drew, Josh, Tori, and Hope.

Kellie Howard joined the Florida Striders shortly after she moved to Jacksonville at the urging of friends whom she ran with at the Bolles School Track. She also liked the bright yellow Strider shirts that her fast friends wore. Lastly, she joined because she supports the Striders message to encourage running at all levels.



She was nominated to the Board in 2006 by Frank Sutton and has served on the Scholarship Committee since being appointed. In 2008, she served as Vice President and in 2009 and 2010 as President. She is a two time Guinness World Record champion with the Florida Striders 10K x 100 and 5K x 100 relays.

She has a bachelor's degree in Economics from the University of Central Florida and a Master of Public Health degree from the University of South Florida. She is employed by Shands Jacksonville Medical Center as the Director of Medical Staff Services.

Ann & Bill Krause moved to Jacksonville from Livonia, MI 6 years ago. It was up there, 18 years ago, that Ann started running. She has run almost every day since! Bill thought she was crazy when she



would go out and run in 10 degree weather, until he was bit with the running bug a few years later. It really is a great way to start your day. They would talk about anything and everything, and before you knew it, they were done with the run, and feeling good. It was nice running up there, but there were a limited number of races each year, and you didn't know very many of the other runners.

Ann and Bill think they average about 35 races a year down here, and they love the camaraderie of the running community. They were accepted and felt like a part of the group from their very first race; the Winter Beach's run in 2006. Everyone is welcome, whether you are an elite runner, or a jogger.

They are honored to be considered for the Striders Track Club Board. This is an excellent organization, and they are proud to be members. Ann and Bill were pleased when they found out that the Striders give so much back to the community, especially the kids. They have made a lot of new friends, and they are all healthy. (Notice they didn't say injury free!). Ann and Bill look forward to making many new friends and helping give back to our community.

Maria Littlejohn's Maria Littlejohn's passion for running started with the 2003 Gate River Run. Having grown up in Jacksonville she had always been aware of the popularity of this event. Her father had been an avid runner and completed a few of the races during the 80s. Maria is not sure what possessed her to go for it in 2003 but one day she asked a friend if she'd consider doing the Gate River Run with



her (via walking) and she agreed. During the race, with all the excitement, they actually got sucked into running/walking the event. This is when she got her first "itch" to become a runner. She then decided she was going to train and run the 2004 Gate. After that Maria got the "fever" and started racing quite a bit. The fall of that year she joined the Florida Striders. In 2005 things took a turn and she fell off the running wagon for about a year and a half. She started racing again the fall of 2006 and became an active member in the Striders the spring of 2007 when she started attending the Wednesday night speed work at SJCDs track. As she started seeing the payoff from speed work with a series of PR results in 5k races, Maria was once again hooked- this time for good. Now that she had become a running addict there was no going back. She has since completed seven half marathons, two full marathons, a sprint triathlon, a duathlon, and three ultra marathons. She has also had the opportunity to participate on two Strider relay teams that set Guinness World records; as well as participate on a relay team which ran from Miami to Key West. Outside of running events, Maria has had the opportunity to spread her passion for running as a group leader for the Striders running class held each spring. Maria is looking forward to continued service on the board of directors and encouraging others to engage in healthy, active lifestyle

Kim Lundy's first ever race was the Strider's very own Autumn Fitness 5K in 2003 and she has been hooked on running ever since. She has been a Strider member for the past 7 years and has served on the Board for the last 4 years. Her focus is on youth programs and she started the Run/Walk Club at Middleburg Elementary and also the club at Oakleaf Village Elementary School which is in its 3rd year. She is active on the Youth Running Committee and the Strider Scholarship Committee. Kim also enjoys inspiring other runners as she



is a group leader for the training classes for the Outback Thanksgiving Half Marathon, the GATE River Run and the beginning runners classes. Kim started running the local 5ks, adding the Gate River Run in her second year of running. She has now completed 4 marathons and continues to enjoy the social aspects as well as the fitness rewards of her Strider membership. She has encouraged her husband, Jack, as well as their children, Stephanie and Michael, to become runners too. Kim is a Clay County guidance counselor and enjoys working with the students at OVE's Run/Walk Club to encourage a healthy and fit lifestyle.

Carol MacDougall has been associated with the Florida Striders for over 15 years, volunteering at most of the Florida Strider Fun Runs as a Clay County Elementary Teacher and P.E. Coach. She became a member of the Striders three years ago. She herself is not a runner (shin splints) but a supporter of all running activities. Competitive swimming is her true love.



Carol is originally from Sarasota where she swam competitively throughout her childhood. She has B.S. Degrees in Physical Education and Recreation and a M.S. Degree in Recreation Management from the University of West Florida in Pensacola. She also has the Florida High School Coaching Endorsement in Swimming. She coached year round (The Bolles School and Navy Jax Swim) and summer league (Magnolia Point and Orange Park Country Club) swim teams in the Jacksonville area for many years prior to teaching Elementary P.E. in Clay County (R.M. Paterson Elementary 1998-2005 and Swimming Pen Creek Elementary 2005-presently). She has also been the Head Swim Coach for Clay High School the past ten years. Her relationship with the Florida Striders began when she became the sponsor for the Children's Run/Walk Club at R.M.

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BOARD OF DIRECTORS

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Paterson Elementary. She has been very involved with assisting other elementary Run/Walk Clubs getting their own programs started and supplies them with Mileage Club awards and t-Shirts that are sponsored by the Striders. She has also been assisting the Striders the past five years in the handling of all the computer data for the Children's Hershey Track & Field Games.

Carol is married to Bruce "Mac" MacDougall who retired from the United States Navy in 2000 and is the owner of Divers Den Georgia and South Georgia Dive/Fishing Charters in St. Mary's. They have one daughter (Melissa) who is a Clay High graduate and planning on joining the U.S. Navy this summer.

Kristie Matherne moved to Orange Park, Florida in May 2006 from Louisiana. She had recently ran her very first race called the Crescent City Classic 10k in April 2006. Although Kristie was very new to races and running any distance longer than 2 miles, she knew she had found her passion for running. Kristie was online looking for a running group and a local race when she clicked on the Florida Striders' link to the half marathon



class. She was so excited for the opportunity to meet runners in the area. She signed up and counted down the days till the first Wednesday night. She was a little nervous her first class, but immediately was talking and getting to know her new fellow members. Every Wednesday Kristie looked forward to their guest speaker and running with the group. She completed the Marine Corps Half-Marathon in 2006! She knew instantly she was addicted to long distance running and racing. In 2008 Kristie ran her first two marathons (26.2 with Donna The National Marathon to Finish Breast Cancer and the Space Coast Marathon) with fellow Strider Maria Littlejohn. In 2009 she joined the Striders' beginner Triathlon class and completed her first sprint and Olympic distance triathlons. In May 2011, Kristie completed her first ultra marathon (the Strolling Jim 40) in Tennessee. Since 2006 Kristie has traveled to complete numerous half marathons and races of various distances.

The Florida Striders has given her opportunities to meet new friends and runners, learn a new sport, and improve her running through speed work at the track and get more involved in the local running community. As a personal trainer and business owner of Out The Box Fitness, Kristie is on a mission to help people become more active and healthy. She is looking forward to serving on the Board of Directors by getting more involved in the community and sharing her passion with the running community.

Michael J. Mayse

moved to Jacksonville in the late fall of 1994 after retiring from the best damn Air Force on the entire planet. He met Ken Bendy at the Winter Beaches run in 1995 and has been a Strider member ever since, except for a brief period when he moved back to Dayton, Ohio for a couple years. Mike was an avid runner for 30 plus years finishing the Marine Corp Marathon twice, standing up. His personal best marathon time was the 1993 Columbus Marathon with a 3:46 finish, not bad for a fat boy! After all those years of pounding his knees on concrete and asphalt his running days are pretty much over. However, he still enjoys supporting the club and those six mile walks on Sunday mornings with the rest of those worn out Striders with bad knees. Over the years Mike has served the Striders in various positions. He built and maintained the original Strider Website. He was Equipment Coordinator for several years and at one time held the Secondary Illustrious Potentate, more commonly called Vice President position. Currently Mike is the club's Membership Coordinator and StrideRight Distribution Coordinator. Mike looks forward to many more wonderful years of working with the club because of the really great folks in the Strider organization and the valuable services the Strider's provide to the community.



The Florida Striders Track Club would like to thank

**Frank Frazier,
Vicky Connell
& Greg Wood**

**for all their
hard work
serving on the
board of
directors!**



Regina Sooey started running in 2001 to achieve the goal of completing the Gate River Run before her 30th birthday. She missed her deadline by a few days, but getting that coveted Top 10% medal was amazing and she was hooked. Regina got hooked on the great camaraderie of the Striders and the Jax running community training for her first marathon. 24 marathons, 2 ultras and 3 Ironmans later, training and racing



were here to stay.

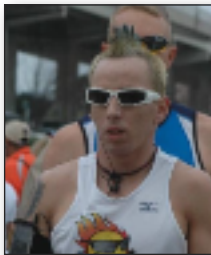
Regina feels strongly about sharing the gift of fitness with others and doing it for a good cause. She has used her love of running and triathlons to volunteer with Team in Training and Girls on the Run. She feels that it is important to make fitness fun, and not take it all too seriously. She can always be seen at the races with a fun outfit and a smile on her face, whether she is running for fun, or attaining a new PR.

A little known fact about Regina is that she is a Bronze Life Master duplicate bridge player. She regularly plays in local club games and travels to tournaments to match wits with Warren Buffet and Bill Gates. Regina recently added Crossfit to her fitness routine, so she now enjoys being able to do pushups, pullups, and the thrill of lifting heavy things over her head.

Regina is a lawyer turned Realtor with Watson Realty, and real estate is one of her true passions. When Regina is not working or training she loves to travel, scuba dive, backpack, experience fine wine, and spend time with her husband Darin. Darin proposed to Regina at the finish of the 2008 River Run, so River Run will always be memorable for Regina. Regina and Darin love to run and play with their two spoiled children, Maggie and Bella.

Robert Walker literally grew up running as a Florida Strider, becoming a member in 1991, 21 years ago at age 9. Robert has 2 passions in life, running and cooking and he is lucky enough to be able to do both every day. Robert is the kitchen manager of Mojitos Kitchen in Fleming Island. In 2010 he fulfilled a lifetime dream when he traveled to Italy, where he ran every day and trained with top Italian chefs.

Robert has been running since elementary school and participating and placing in local races. He earned his first Grand Prix Award in the U-13 division in 1994, a 2nd place. In 2010, he took home the 1st place Grand Prix last year. He



has earned enough points to take home 2nd again this year. Robert ran his first River Run in 1993. This year will be his 18th River Run. In 1999, he decided to cut his hair in a Mohawk and color it each year for the River Run. As a seeded runner, he is up front and remembered. He calls the colored Mohawk his good luck charm as he has placed in the top 10% every year since beginning this tradition.

Robert holds 2 Guinness World Records for the 100X10k and the 100X5k relays. Robert's River Run goal was to finish in under an hour and he reached that goal last year. It was at that time; Robert set a new running goal-to run a race in all 50 states. He has completed 6, most recently running the Pasadena Rock-n-Roll Half-Marathon, where he finished in the top 8%.

Since moving to the Southside 6 months ago to be closer to his job, Robert has become a regular at the Wednesday night track practices. Robert was raised at the beaches, though; and travels there to do a regular Thursday night run, in addition to working as a trainer for a local runner. He would like to combine his history with the club as a young runner, a teen runner and now as an adult runner and share his experiences with all age runners. As the membership of the club grows, he would like to involve more beach runners in the club activities by promoting more events at the beaches which supports a very large running community.

Robert Webster was born in San Diego while his father was serving in the Navy and at the age of 5 his family moved to Jacksonville. Robert owns a small cabinet business in Jacksonville. When he is not walking through the sawdust of his shop, he is running throughout the city or volunteering at a Striders event! Robert began running in the fall of 2007 after deciding that he needed to make a change in his life as a way to drop a few pounds and stay healthy. As a personal goal Robert decided to run in his first official 5k. Endur-



ing cold wet January weather, Robert and a friend ran the Matanzas 5k. Running soon became a lifestyle change. After completing numerous 5k's through half marathons, Robert completed his first marathon on his 45th birthday in Arizona. Robert decided to branch out into the world of multi-sport events. First was the Mandarin biathlon consisting of kayaking 6 miles of the St Johns River and a 4 mile run, taking third in his age group at the 2009 Mandarin Biathlon. Robert decided to set out on his next adventure and purchased a road bike. This was the start of his training for his first triathlon! After 12 sprint triathlons, 3 Olympic distance triathlons, and 3 Half-Iron distance races, Robert is currently training for Ironman Florida. Robert proudly carried the baton as a participant on the Florida Striders Track Club 100x5k Guinness World Record relay team in December of 2010. When he is not training, Robert enjoys spending time with his wonderful wife Kim of 20 years and his daughter Page. Robert has spread his joy of running by encouraging others at his local health club to pursue the joy and health benefits of running!

Don Wucker is a third generation native resident of Jacksonville. He is blessed with a wonderful wife, Elizabeth, also a runner and 3 children ages 16-21 who are amazing individuals (compared to his own youth they're angels) they make my paternal responsibilities easy. Don is a mechanical engineer with JEA where he helps promote the responsible and efficient use of electricity and water.

Don's passion for running began a couple of years ago when he decided a lifestyle change was overdue. Determined never to reach his 220 pound plateau again he began a habitual regime of running and nutritional lifestyle changes. The word obsessive could easily be used to reflect Don's determination to institute change. It didn't take long to see the rapid changes that running and



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April 2012 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
Mar. 31-Apr 1	Tour De Pain Extreme 3 Races in 24 Hrs. 10K 5K Half Marathon	7:00 a.m. (3/31) 7:00 p.m. (3/31) 7:00 a.m. (4/1)	Jacksonville Landing Jacksonville	(904) 731-1900 1st Place Sports
April 7	Run Rabbit Run 5/10K	7:30 a.m.	Queen's Harbour (Real Estate Office) 13361 Atlantic Blvd. Jacksonville	(904) 710-2458 info@ultimateracinginc.com
April 7	SML Women's 5K	8:00 a.m.	Jacksonville Landing Jacksonville	(904) 731-1900 1st Place Sports
April 7	Captain Chuck Cornett Navy Run 10/5K See Entry Form for Base Access Pass	8:00 a.m.	Navy Exchange NAS Jacksonville	(904) 542-2930/3239 MWR NAS Jacksonville
April 7	Run for Cover 5K	6:00 p.m.	Riverside Park Park St. Jacksonville	(904) 731-1900 1st Place Sports
April 12	Corporate Run 5K	6:30 p.m.	Metropolitan Park Jacksonville	(904) 731-1900 1st Place Sports
April 14	Guns 'n Hoses 5K	7:30 a.m.	Yates YMCA 221 Riverside Ave. Jacksonville	(352) 637-2475 DRC Sports
April 14	Running the Blues 5K	9:30 a.m.	Lifesaving Station Beach Blvd, Jax Beach	(904) 285-1552 Performance Multisports
April 21	Run to the Sun 8K	8:00 a.m.	O.P. Kennel Club Orange Park	(904) 215-7053 FL Striders TC
April 21	Strides for Pride	7:00 a.m.	Riverside Park 883 Margaret St. Jacksonville	(904) 731-1900 1st Place Sports
April 28	Spartan Run 5K	8:00 a.m.	St. Johns Country Day School Moody Rd. Entrance Orange Park	(904) 731-1900 1st Place Sports

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

BOARD OF DIRECTORS

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dietary changes can make. Within a couple of months he easily lost well over 40 pounds. As the pounds came off, the running pace became faster and the caloric burn rate increased even higher.

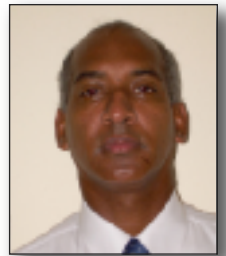
Don signed-up for his first running class in preparation for the 2009 Marine Corps Half-Marathon with John and Denise Metzgar. Their support and passion was inspiring. He was amazed at how one class and a few good people could affect so much positive change. He soon became addicted to the art/sport of running. The euphoric rush of blood coursing through his body and fresh oxygen filling his lungs was overwhelming. It

didn't take long before Don set his sights on marathons. He quickly learned about the importance of strengthening as a result of his first marathon. On his second marathon, Don qualified for Boston. The 2011 Boston Marathon was his fourth marathon, although some nagging injuries compromised his effort.

Don runs with several different running groups through-out the city weekly and he is always amazed by the good character of individuals involved in our running community. It is so inspiring to be involved with running groups/classes and to see how lives can be improved. He feels blessed to be involved with such a caring community of outstanding individuals. Don's only regret is that he didn't become involved sooner..

Mark Wynter

has been in Healthcare since 1985 as a Clinical Medical Technologist, Healthcare Management and is currently managing the Southeast for GE Healthcare. Since relocating his family to Jacksonville from New York since 2003 the focus on running and community involvement has been important. He has a wife and three children, and all are very active in the community. By joining the Florida Striders and networking it has been an enlightening experience. =



MINUTES

Continued from page 4

Hospitality Tent-volunteers needed.

ii. Annual Picnic Date – TBD: Discussion about locations. Frank likes the Cecil Commerce Center. Mention of Tillie Fowler Park near NAS Jax. Kellie suggested having a more central location for the picnic. Mention of Metro Park. Ann will come to February's meeting with a proposed date and location.

iii. Proposed Feb social at OP First Place Sports store. Run followed by pizza and speaker, Gary Corbitt.

e. Merchandise Update: Scott Hershey wants ideas of what to order.

V. Announcements: Frank Frazier will be sending out an email to all current board members to see who wishes to stay on the board next year. Lisa has River Road Resolution Run flyers to distribute.

Mike Mayse talked about ideas about the StrideRight, ideas to improve membership, StrideRight distribution.

VI. Adjournment: A motion was made seconded and passes to adjourn the meeting. Meeting was adjourned at 8:04 p.m.

February 14, 2012 • 7 pm

Orange Park Library

I. Call to Order-The meeting was called to order by Dan Adams at 7:07 p.m.

Board Members present: Randy Arend, Greg Wood, Don Wucker, Mike Mayse, Bill Krause, Ann Krause, Carol MacDougal, Frank Frazier, Kristie Matherne, Glenn Hanna, Lisa Adams, Dan Adams, Scott Hershey, Kellie Howard. Others – Marge Ruebush and Stan Scarlett

II. Review of Minutes-A motion was made, seconded and passed to approve the minutes from the January 2012 meeting.

III. Officer Reports

a. President Report – Dan Adams

i. E-mail Etiquette – Based on a suggestion from someone, Dan reminded the Board that when responding to e-mails, it is not always necessarily to hit reply all when the e-mail can be directed to certain individuals.

ii. RRCA Representative will be Ken Bendy – Ken Bendy addressed the Board to encourage a Board member to attend the Annual RRCA convention. Ken has been involved with the RRCA

since 1996. The conference has great education sessions. If none of the current Board members can attend, the Board supports Ken attending to represent the Striders. Dan stated that the budget contains funds for someone to attend the conference.

iii. StrideRight Back Page Writer Needed – A volunteer is needed to write this article. After several years, Gail Pylipow, has resigned from writing the monthly article. The Board appreciated the years she has contributed to writing this article. There was discussion to have this section of the SR in a different format. The Board also discussed having a revolving back page written by different members and/or Board members. Dan will send out an e-mail about the new format.

iv. 10x10 tents needed for the Gate River Run Hospitality Area – Stan needs a few more tents for the River Run and requests to borrow a tent if a member has one.

b. Treasurer Report – Randy Arend
The budget has been published in the Stride Right as required by the By-laws. The financial reports were pre-

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Florida Striders Track Club 2011 Budget to Actual and 2012 Budget

Operating Accounts	2011 Budget	2011 Actual Thru 12/31	Variance Favorable (Unfavorable)	2012 Budget
Income				
Hog Jog 5k	\$ 3,000.00	\$ 3,467.92	\$ 467.92	\$ 2,500.00
Resolution 5k	7,500.00	10,916.86	3,416.86	8,000.00
Run to Sun 8k	9,500.00	10,330.59	830.59	10,000.00
Memorial Day 5k	5,000.00	10,486.46	5,486.46	10,000.00
Total Race Proceeds	\$ 25,000.00	\$ 35,201.83	\$ 10,201.83	\$ 30,500.00
Dividends & Interest	\$ 100.00	\$ 103.14	\$ 3.14	\$ 100.00
Membership	9,000.00	9,940.00	940.00	9,000.00
Merchandise Sales (1)	1,500.00	1,743.50	243.50	2,000.00
Beginning Running Class (2)	1,950.00	1,950.00	-	-
General Sponsorships & Donations	-	831.29	831.29	-
Children's Pass Through Sponsorships	1,888.00	1,920.00	32.00	1,888.00
Advertising	-	50.00	50.00	-
Hershey Concession - Children's Running	-	107.21	107.21	-
Other (Donations, Commissions, Awards)	-	709.60	709.60	-
Total Other Income	\$ 14,438.00	\$ 17,354.74	\$ 2,916.74	\$ 12,988.00
Total Income	\$ 39,438.00	\$ 52,556.57	\$ 13,118.57	\$ 43,488.00
Expenses				
Administrative				
General Office Supplies & Membership	\$ 1,000.00	\$ 757.80	\$ 242.20	\$ 1,000.00
Newsletter Printing, Mailing, and Layout	8,000.00	6,764.42	1,235.58	7,000.00
Affiliation Costs and Insurance	3,500.00	3,310.40	189.60	3,500.00
New Equipment & Maintenance	1,300.00	1,425.85	(125.85)	2,300.00
Storage Rental Fees	1,400.00	1,224.00	176.00	1,400.00
Website Fees	200.00	67.73	132.27	200.00
Volunteer/Member Awards & Miscellaneous	300.00	-	300.00	300.00
Merchandise Cost Expense (1)	2,000.00	1,870.04	129.96	2,500.00
Total Administrative Expenses	\$ 17,700.00	\$ 15,420.24	\$ 2,279.76	\$ 18,200.00
Club Activity				
River Run Tent	\$ 1,325.00	\$ 1,183.64	\$ 141.36	\$ 1,400.00
River Run Expo	875.00	875.00	-	1,700.00
Socials & Club Picnic/Elections	900.00	751.05	148.95	1,200.00
Promotional Items/Prediction Runs	500.00	273.74	226.26	1,000.00
RRCA Convention	800.00	-	800.00	1,000.00
Banners & Signs	400.00	589.53	(189.53)	500.00
Total Club Activity Expenses	\$ 4,800.00	\$ 3,672.96	\$ 1,127.04	\$ 6,800.00
Community Activity				
Donations (3)	\$ -	\$ 585.00	\$ (585.00)	\$ 1,000.00
Adult Running Programs	1,000.00	830.00	170.00	1,000.00
Children's Running Programs	12,000.00	12,000.00	-	14,000.00
Beginning Running Class (2)	1,950.00	1,840.54	109.46	-
Children's Pass Through Sponsorships	1,888.00	1,920.00	(32.00)	1,888.00
Scholarships & Committee Expenses	3,100.00	3,059.93	40.07	3,100.00
Total Community Activity Expenses	\$ 19,938.00	\$ 20,235.47	\$ (297.47)	\$ 20,988.00
Total Expenses	\$ 42,438.00	\$ 39,328.67	\$ 3,109.33	\$ 45,988.00
Net Income (Expenses)	\$ (3,000.00)	\$ 13,227.90	\$ 16,227.90	\$ (2,500.00)

Note (1): Merchandise income and expense budgets will be automatically increased \$750 when sales exceed \$1,500.

Note (2): Beginning running class budget is added when income is determined. Expenses are budgeted equal to income.

Note (3): Donations for 2011 were approved specifically approved by Board.

(Continued)

Florida Striders Track Club 2011 Budget to Actual and 2012 Budget (Continued)

Designated Accounts (4) (5)	Budget	2011 Actual Thru 12/31	Carryover	2012 Budget
Receipts				
Towels & Shirt Sales to Race Accounts	\$ 28,211.88	\$ 15,788.19	\$ (12,423.69)	\$ 12,423.69
Heartland 3 Year Sponsorship	4,000.00	4,000.00	-	-
Children's Running	4,000.00	4,000.00	-	-
World Record Event 100 x 5K	2,304.00	2,304.00	-	-
River Run Expo Space Rental	100.00	100.00	-	-
Total Receipts	\$ 38,615.88	\$ 26,192.19	\$ (12,423.69)	\$ 12,423.69
Disbursements				
Towels & Shirts for Race Accounts	\$ 17,886.74	\$ 17,886.74	\$ -	\$ -
Heartland 3 Year Sponsorship	4,000.00	-	4,000.00	4,000.00
Children's Running	8,649.85	3,088.00	5,561.85	5,561.85
World Record Event 100 x 5K	6,549.96	6,549.96	-	-
River Run Expo Space Rental	900.00	900.00	-	-
Total Disbursements	\$ 37,986.55	\$ 28,424.70	\$ 9,561.85	\$ 9,561.85
Receipts Over (Under) Disbursements	\$ 629.33	\$ (2,232.51)	\$ (2,861.84)	\$ 2,861.84
Combined Operating and Designated Accounts	Budget	Actual Thru 12/31	Variance	2012 Budget
Total Income and Receipts	\$ 78,053.88	\$ 78,748.76	\$ 694.88	\$ 55,911.69
Total Expenses and Disbursements	\$ 80,424.55	\$ 67,753.37	\$ 12,671.18	\$ 55,549.85
Total Net Income (Expense)	\$ (2,370.67)	\$ 10,995.39	\$ 13,366.06	\$ 361.84

Note (4): Designated account budgets are added when income is determined. Expenses are budgeted equal to income.

Note (5): Designated account budgets remaining at year-end carry over from prior year to subsequent year.

MINUTES

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sented and included:

Beginning Cash Balance as of January 1, 2012 was \$24,812.68
January Income was \$3,698.50
January Expenses were \$5,227.13
Ending Cash Balance as of January 31, 2012 was \$23,284.05

IV. Committee and Director Reports:

a. Merchandise – Scott Hershey
New merchandise has been ordered and should be here for the River Run.

b. River Run Expo – Kristie Matheme

An account has been set up for credit card sales. A transaction fee of 2.5% will be charged so we will encourage people to pay for cash if possible. A planning meeting is being scheduled

to discuss the particulars for the Expo.

c. River Run Tent-Stan Scarlett:

Stan discussed the logistics of the River Run tent set-up and the schedule needed for volunteers.

d. Social Update – Bill Krause

1. February 16th – Gary Corbitt and Jay Birmingham speakers
2. March 10th-River Run
3. March 27th-Chili cookoff
4. April 8th - Annual meeting/picnic: Mandarin Park at 1:00 pm. (Note the date of the picnic was changed after the meeting to April 22, 2012).

V. New Business:

a. Electronic Stride Right Committee – Mike Mayse

Stan Scarlett and Marge Ruebush attended the meeting to express their support of keeping a hard copy of the Stride Right rather than substituting for a completely electronic newsletter. The Board had discussed the option of

going to an all electronic newsletter after Mike Mayse shared the expense of printing and mailing the Stride Right. In addition, it is often times difficult to find members willing to write articles for the newsletter.

The Board discussed other publication types that could be used for advertising at the YMCAs and 1st Place Sports. Greg Wood spoke about the advantages of information being distributed electronically. Lisa Adams mentioned that we could spend the money used for mailing and printing for other marketing items.

Dan suggested that we gather more data from the individuals who receive the newsletter in paper format. Mike Mayse will coordinate the research.

VI. Announcements:

a. Carol MacDougall reported that

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Running & Power Walking Class Starts, Weds, 4/4/12!

The Florida Striders are going to hold a class for runners & walkers! The class will begin at 6:30 p.m., Wednesday, April 4th and continue each Wednesday for 8 weeks (until 5/23/12). Bob Boyd will coach the class with the help of a wonderful team of group leaders. The class will be held at the St. Johns Country Day School track, on Doctors Lake Dr. in Orange Park, about 2.5 miles from Kingsley. Track lights are available. You will learn how to train so that you enjoy your runs/walks, avoid injury, set goals, develop your own training plan, and, it bears repeating, ENJOY your workouts. The cost is \$35 (\$20 for current Striders,) which includes Strider membership for a full year, and a class shirt, which you will receive at our class party on 5/26/12. Please ask about the discount for couples or families (\$20 for a family membership (living in the same household) plus \$20 per family member in the class - call Bob Boyd at 272-1770, or email at BobBoydFL@gmail.com, with any questions.) Space is limited to the 1st 150 completed registrations and you must pre-register on-line (<http://www.FloridaStriders.com/runners.html>). If on-line registration is a problem - call Bob at 272-1770. We want to make sure that you have good running shoes and are medically cleared by your physician to begin training BEFORE the class starts. If you have any questions, even if it is just about where to get those very important running shoes that are right for you, please contact Bob. We will have a good time together, learn the things that will make a real difference in your enjoyment of the sport of running, or power walking, and get in better shape in the process. If you aren't having fun you are not doing it right!

We will meet every Wednesday at the St. Johns Country Day School Track for 8 weeks starting April 4, 2012 and ending May 23, 2012, from 6:30 to about 7:45 p.m. If you follow the training plan that is provided, you will be able to complete the 5k distance by the end of the course. Our class will do the Memorial Day 5K on 5/28/12 as our graduation race (race registration is not included with the class fee since not everyone's schedule allows participation.) We can accommodate all fitness levels - nobody is too slow or too fast. For those who are already running 25 miles a week or more and are feeling the need for more speed, we will have a group focused on your needs as well, (AKA the "Speed" group). The entry form is the same for all groups.

Each session will start with a warm-up. We will cover helpful training information or have a guest speaker for about 10 to 15 minutes and then our workout, a cool down and stretches. It is important to warm up before stretching. If you come late, please warm-up with a fast paced walk (two laps) before you start running and then just jump in with the group.

The goal of this group is: (1) have fun (2) improve fitness and (3) complete a 5K. In order to do this it is important that you COMMIT to train a minimum of 3 days a week and for best results, 4 days a week. You must commit to carve out the training time in your busy life to succeed! You are worth it. The closer you follow the training plan handout the easier it will be for you to complete the 5K. There is also a training log included with the handouts you will receive.

What to bring to class: water bottle, sports drink (optional), towel, sports watch (optional) with stop watch feature for keeping track of running time.

What to wear: comfortable workout attire. Synthetic fabrics (tech fabrics) are recommended over cotton. Fast drying cool materials such as Coolmax are recommended.

Running shoes: if you do not have running shoes or they are old (6 -12 months), I recommend going to a specialty store and getting some advice. We recommend 1st Place Sports. Wear your old shoes to the store and tell them that you are in our class. You will get a 10% discount and, more importantly, a good fit that meets your needs, reducing the odds of an injury.

For more information please visit our website, www.floridastriders.com/running.html, where you can find answers to Frequently Asked Questions (FAQ's) and more.





9th Annual Hershey Track & Field Championships at Orange Park High School, Saturday, April 14, 2012 ([must pre-register by 4/9](#))

On Saturday April 14th, the Hershey Track & Field state qualifier will be held at Orange Park High School for the ninth consecutive year. Boys and girls 9 to 14 years old are eligible to compete (age is determined by age on 12/31/2012. Those born in 2003 through 1998 can compete.)

The 1st & 2nd place winners in each event qualify for the state championship in Altamonte Springs on June 16th. State winners are entered in a regional pool and become eligible for selection to a Regional Team, which will travel free to Hershey, Pennsylvania, to compete in the North American Final, held August 2-5, 2012. Athletes from this Orange Park meet have qualified for this great opportunity 4 of the last 5 years.

Participants can compete in three events (two running and one field or two field and one running). Events include the 50-meter dash (9-10), 100-meter dash (all ages), 200-meter dash (all ages), 400-meter dash (9-10, 11-12), 800-meter run (11-12, 13-14), 1600-meter run (13-14), 4x100 meter relay (all ages), standing long jump (all ages), and softball throw (all ages). Again this year, 9-10 and 11-12 relays will not be contested at the North American Finals, so those events do not count in the events entered.

A copy of the participant's birth certificate must be provided with their registration (required by 4/9/12), if a coach has not previously confirmed date of birth using school records. Prior participants in the Orange Park High School Hershey Meet do not need to resubmit their birth certificates. No shoes designed for spikes are permitted for running events and no turf/spiked shoes are permitted for field events. No jewelry can be worn.

There is no entry fee. The Florida Striders Track Club sponsors this event. Waivers/entry forms are available on www.floridastriders.com. **Pre-registration is required.** There is no event day registration. Ribbons (1st-6th for each event) were donated by Sigma Marketing. T-shirts will be awarded to state qualifiers so they can be worn at the state championships during opening ceremonies.

All races are finals. Other than long jump, all events are youngest to oldest girl/boy. Only meet officials are allowed on the infield of the track during races.

Our meet begins at 8 a.m. Subsequent event times below are estimates and indicate the order of events only. Events will begin as soon as the prior event is completed. Please come early to be sure you do not miss your heat.

8:00	Softball throw	10:40*	50-meter dash
8:00	Standing-long jump	10:55*	200-meter dash (after 400m)
9:00	100-meter dash	11:40*	800-meter run (after 200m)
9:45*	1600-meter run	12:05*	4X100 meter relay
10:10*	400-meter dash		

*Times are approximate and the event may start earlier, as each event will follow immediately after the prior event. **Come early to make sure you do not miss your heat!**

Please call Bob Boyd, 272-1770, or email BobBoydFL@gmail.com about the 4/14 event. Call James May, 594-6648, or email claysports@bellsouth.net, if you have any questions about the State meet. Clay County School coaches can send completed entries (registration form and birth certificate) through county regular mail to Coach Carol MacDougall @ Swimming Pen Creek Elementary. For regular mail, send to Coach MacDougall at Swimming Pen Creek Elementary, with a copy of the birth certificate, at 1630 Woodpecker Lane, Middleburg, FL 32068. **Entry deadline is Monday, April 9th. Scanned copies of the birth certificate and registration form can be emailed to cmmacdougall@mail.clay.k12.fl.us or faxed to Coach MacDougall at (904) 278-5720.**

Official Local Entry Form



Not every winner at the State/Provincial Final will automatically advance to the North American Final due to the geographical distribution rule which states that a minimum five participants from each State/Provincial Group will compete in the North American Final. A participant may enter only one Local and/or District Meet. All regional winners will qualify for the North American Final Meet.

Please Print

Name _____
(Last) (First) (Middle Initial)

Address _____

City _____ State/Province _____ Zip/Postal _____

Phone Number (____) _____ Date of Birth: Month _____ Day _____ Year _____

E-mail of Parent/Guardian _____

Participants can enter either two track and one field or two field and one track event up to and including the State/Provincial Final. Please circle the events you wish to participate in at this meet.

Boys 9-10 (Born in 2002-2003)

1. 50 Meter Dash
2. 100 Meter Dash
3. 200 Meter Dash
4. 400 Meter Dash
5. 4 x 100 Meter Relay*
6. Standing Long Jump
7. Softball Throw

Boys 11-12 (Born in 2000-2001)

1. 100 Meter Dash
2. 200 Meter Dash
3. 400 Meter Dash
4. 800 Meter Run
5. 4 x 100 Meter Relay*
6. Standing Long Jump
7. Softball Throw

Boys 13-14 (Born in 1998-1999)

1. 100 Meter Dash
2. 200 Meter Dash
3. 800 Meter Run
4. 1600 Meter Run
5. 4 x 100 Meter Relay
6. Standing Long Jump
7. Softball Throw

Girls 9-10 (Born in 2002-2003)

1. 50 Meter Dash
2. 100 Meter Dash
3. 200 Meter Dash
4. 400 Meter Dash
5. 4 x 100 Meter Relay*
6. Standing Long Jump
7. Softball Throw

Girls 11-12 (Born in 2000-2001)

1. 100 Meter Dash
2. 200 Meter Dash
3. 400 Meter Dash
4. 800 Meter Run
5. 4 x 100 Meter Relay*
6. Standing Long Jump
7. Softball Throw

Girls 13-14 (Born in 1998-1999)

1. 100 Meter Dash
2. 200 Meter Dash
3. 800 Meter Run
4. 1600 Meter Run
5. 4 x 100 Meter Relay
6. Standing Long Jump
7. Softball Throw

*Since 11-12 and 9-10 relays cannot qualify for the North American Finals, these events do not count in total.

Relay Team (circle age)

Boys 9-10,
(born in 2002 or 2003)

11-12,
(born in 2000 or 2001)

13-14
(born in 1998 or 1999)

1. _____
(First Name) (Last Name)

3. _____
(First Name) (Last Name)

2. _____
(First Name) (Last Name)

4. _____
(First Name) (Last Name)

Relay Team (circle age)

Girls 9-10,
(born in 2002 or 2003)

11-12,
(born in 2000 or 2001)

13-14
(born in 1997 or 1998)

1. _____
(First Name) (Last Name)

3. _____
(First Name) (Last Name)

2. _____
(First Name) (Last Name)

4. _____
(First Name) (Last Name)

REGULATIONS

Eligibility

Name of School/Team _____

City, State/Province _____

Age as of 12/31/12 _____ Competed in Hershey at OPHS before? (Y/N & Year if "Y" _____)

*All participants must compete in their age group and sex division.

*A copy of a legal birth document must be submitted to Carol MacDougall by 4/9/12 with this completed application unless the participant has previously competed in the Hershey Games at OPHS. See Hershey Information Letter for Carol's mailing/delivery information.

Emergency Information: _____

Mother and Father or Guardian's Name

Emergency number other than that listed (A close relative to be notified): _____

The above named participant and the participant's parent/guardian have requested registration of the participant in the Hershey's Track & Field Games. In consideration of such registration, the right of the participant to compete in the Hershey's Track & Field Games and the use by the participant of the sponsoring agency's facilities and equipment, both the participant and the parent/guardian each acknowledge that the participant will be competing in the Hershey's Track & Field Games, traveling, and using sponsoring agency's facilities at the participant's sole risk and the participant, on his or her own behalf and on the behalf of his or her heirs, executors, administrators and assigns hereby releases, discharges and agrees to hold harmless The Hershey Company, the National Recreation and Park Association, the National Association for Sport & Physical Education and Athletics Canada and each of their officers, directors and any subsidiary companies. We understand that those participants who advance to the state/provincial/territory level and are winners at that level do not automatically advance to the regional level for the North American Final Meet. This is covered under Rule 9, Article 1 in the rule book. We also agree to allow the Hershey's Track & Field Games to use and reproduce the participant's name and/or likeness and/or information concerning the participant and to circulate the same for any and all purposes in any manner. We certify that the information on this participation form is correct. I understand that the North American Final Meet is managed by The Hershey Company and that all qualifying meets for the North American Final Meet are managed by a sponsoring agency. I understand and agree that this release will apply to any and all events and activities my child may participate in as a participant in Hershey's Track & Field Games including travel to and from the North American Final and all activities that are a part of the Finals. I further understand and agree that if my child qualifies for and chooses to participate in the North American Final Meet, they will be required to participate in the program from August 2 through August 5, 2012. In addition to the foregoing waiver, on behalf of my child or ward and me, (1) I hereby release the race organizer, Florida Striders Track Club, Inc., its officers, directors, employees and agents, and all volunteers at the Event conducted by such race organizer, from any and all actions, causes of action, damages, loss or liability of any nature for personal injury or property damaged of any kind arising from the participation of my child or ward and me in the Event, and (2) I hereby consent to the use by the organizer of the Event of photographs and video recordings which contain my likeness or the likeness of my child or ward.

(Signature of Parent or Guardian)

(Date)

Saturday, April 21, 2012
8K – 8:00 AM
1 Mile Fun Run - 9:30 AM
Orange Park Kennel Club
455 Park Ave, Orange Park



RUN TO THE SUN

APRIL 21, 2012 • 8K

Orange Park Medical Center

Presented by Sun Tire, Inc.

Orange
Tech Shirts!!

Benefits Local School Run/Walk Programs



TITLE SPONSOR



ENTRY FEES

	<u>Striders/Military/AIR</u>	<u>Non Striders</u>	<u>Kids 13 & Under</u>
Until April 11	\$15	\$20	\$15
April 12 - 20	\$20	\$22	\$15
Day of Race	\$25	\$25	\$25

- \$2.00 OFF if you preregister with your own timing chip
- Sorry, there are no refunds.
- Payment only by cash or check (payable to Run to the Sun 8k), unless registering online
- **Register By Mail:** Send check and completed entry form to RTTS 8K, 3931 Baymeadows Rd, Jacksonville, FL 32217
- **Register Online** - See link to Active.com at www.floridastriders.com
- Day of Race Registration starts at 7:00AM

Race Director: Karen McCormick 904-215-7053
StridersRTTS@gmail.com

AWARDS

Top 3 Overall male and female, Top Masters & Grand Masters male and female, plus male & female Age Group awards for the top 3 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, 80 & Over. (No Multiple Awards.) **Awards ceremony at 10am.**



8K COURSE/TIMING

The 8K course starts at Wells Road & River Road and finishes at the Kennel Club. It is a USATF Certified Course (FL11046EBM) along the beautiful St. Johns River on River Road. The race will be timed using the ChampionChip (chip must be worn on shoe or ankle during the race). Do not wear your personal chip if you sign up on race day.

FUN RUN

The FREE One-Mile Fun Run starts at 9:30AM in the field behind the Kennel Club. Entry forms available race morning (do not mail in). Ribbons to all finishers and participation money for elementary schools!

PACKET PICKUP

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

Dates: Thursday, April 19th & Friday, April 20th

Times: 10:00 AM to 6:00 PM

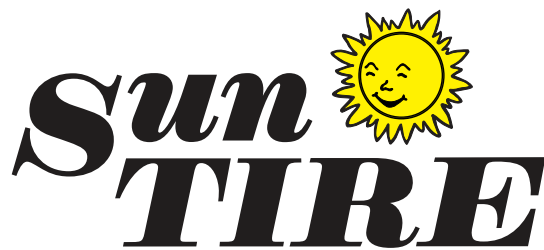
1st Place Sports locations:

- 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



OTHER 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

RUN TO THE SUN 8K • APRIL 21, 2012

RACE#

(OFFICIAL USE ONLY)

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

☐ Baymeadows 1st Place Sports 4/19 or 4/20 ☐ Orange Park 1st Place Sports 4/19 or 4/20 ☐ San Marco 1st Place Sports 4/19 or 4/20 ☐ Jax Beach 1st Place 4/19 or 4/20 ☐ St. Johns Town Center 4/19 or 4/20

First Last

Age Sex Unisex T-Shirt Size ☐ 8K ☐ Fun Run (no charge - just bring entry form with you on race day) Personal Champion Chip (can NOT be used for Day of Race registration \$2.00 Discount for using own chip)

Street Address (Please Include Apt. #)

City State Zip Code

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

Credit Card payment available at www.floridastriders.com

Email Address

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: Run to the Sun 8K

Mail to: Run to the Sun 8K • 3931 Baymeadows Road, Jacksonville, FL 32217, Or Drop off at any 1st Place Sports Location

Monday, May 28, 2012
5K – 8:00 AM
1 Mile Fun Run - 9:00 AM



**Tech Shirts for All
5K Runners!**

Course Location: 1st Place Sports Orange Park • 2186 Park Ave (US17)



ENTRY FEES

	<u>Striders/Military/AIR</u>	<u>Non Striders</u>	<u>Kids 13 & Under</u>
Until May 18	\$15	\$20	\$15
May 19-26th	\$20	\$22	\$15
Day of Race	\$25	\$25	\$25

- \$2.00 OFF if you *preregister* with your own ChampionChip
- \$2.00 OFF for Florida Striders and active duty military
- Register by Mail: Please make checks payable to "Memorial Day 5K" and mail with completed entry form to Memorial Day 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 6:30 AM
- Race Hotline: Dave Bokros (904) 545-4538, DMBokros@gmail.com

AWARDS

Medals to all Finishers!!

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 the Orange Park Town Hall at 9:30 AM.

5K COURSE/TIMING

The NEW 5K course starts at 1st Place Sports and finishes at the Orange Park Town Hall running along the tree lined streets of Doctors Lake Drive. USATF Course Certification is pending. 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 9:00AM. 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

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

Dates: Friday, May 25th & Saturday, May 26th

Times: 10:00 AM to 6:00 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

All packets not picked up at 1st Place Sports will be moved to Orange Park Kennel Club for race day pick up starting at 6:30AM.

Sunshine Rotary Pancake Breakfast

The Florida Striders Track Club has partnered with the Sunshine Rotary Club of Orange park for a pancake breakfast. The proceeds with go to Honor Air. Kids \$1, Adults \$2.

The Back Page

BY GAIL PYLIPOW



Hello Everyone! This is my last contribution to **THE BACK PAGE**. I truly enjoyed writing this article, reporting races and whatever else I could interject. I am moving on and Vicky Connell will be taking over. She will do an excellent job, I am sure! Please everyone, run safe!

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 race to report is the 32nd annual **MATANZAS 5000 (5k)** which was held on January 22st running through beautiful downtown St. Augustine. The result are: Masters Men winner was **John Metzgar** with those winning 1st place were **Paul Smith, Al Saffer, Regina Taylor, Debbie Powers, Elfrida Wyner, Nancy Pullo** and **Diane Aimone**. Those placing 2nd were **John Wisker, Bruce Holmes, George White, Britta Fortson, Alison Ronzon, Terri Rose** and **Robert Meister**. And the 3rd place winners were **David Bonnette, Frank Frazier** and **Richard Vance**.

The first race for February was **JOHN TEN BROECK MEMORIAL WINTER BEACH RUN, 10 MILES AND 5 MILES** which took place in Jacksonville Beach, running on the beach, on February 4th. The winners for the 5 mile course were **Bill Pennington** and **Harry Edwards**. Placing 2nd were **Randy Abate** and **Claudia French**. For the 10 mile course the winner for Masters Men 3rd place was **John Metzgar** and **Regina Taylor** won 3rd place for Masters Women. Those bringing home the gold were **John Wisker, Bruce Holmes, Paul Smith, Lisa Adams, Ann Krause, Stephanie Griffith, Nancy Pullo** and **Alison Ronzon**. Those taking silver were **David Bonnette, Frank Frazier** and **Debbie Higdon**. Those sharing bronze were **Robert Walker, Mark Grubb, George White, Rachel Walker, April Martin, Mercedes Smith, Sue Whitworth** and **Steve Beard**.

The second race in February was the **FIGHT FOR AIR CLIMB 2012** which took place on February 4th in downtown Jacksonville. The two dedicated Striders

who placed 1st were **Jay Birmingham** and **Giselle Carson**

February 12th was the third race, the **5th Annual 26.2 WITH DONNA MARATHON AND HALF MARATHON**. It was SO COLD this year but at least it was sunny. The wind whipping at your face and hands while running on the beach was incredible. My lips and nose almost froze! I believe it was a full 27 degrees when we started about 6:30 AM. The sunrise was beautiful. It was quite an event, so many people running for a great cause. The Striders who placed 2nd in their age groups for the marathon were **August Leone** and **Kim Crist**. For the half- Marathon, the Striders who placed 1st were **Regina Sooeey, Terri Rose** and **Bernie Candy**. **Nancy Pullo** placed 2nd in her age group. After the race I hope everyone who ran, or supported their runner(s), stayed to listen to the rock group Sister Hazel perform. They were terrific! What a great way to end the races.

The next race in February was **THE SULZBACHER CENTER 8K** held on February 18th at the Jacksonville Landing. The proceeds of this race help move men, women and children from homelessness into homes of their own. The three dedicated Striders who participated in this great charitable event were **Ann Krause**, who won Master's Women category, **Craig Bennett** who placed 1st and **Nancy Pullo** who placed 2nd in their respective age groups.

The fifth race of February was the **ORTEGA RIVER RUN 2012** held in the beautiful Ortega area. This race benefits St. Mark's Episcopal Day School. **John Metzgar** won the Masters men category while those Striders who ran 1st over the finish line for their respective age groups were **Bruce Holmes, Paul Smith, Al Saffer, Stephanie Griffith, Nancy Pullo, Rosmarie Cubbedge, Steven Beard, George White Joe Connolly** and **Diane Aimone**. The next group following in 2nd place were **Andrew Marchand, David Bonnette, John Hirsch, Britta Fortson, Kim Crist, Terri**

Rose, Frank Frazier and **Benjamin Mathews**. And lastly but still faster than those behind, placing 3rd were **Mark Grubb, Tony Hanneken, Regina Taylor, Robert Walker** and **Benjamin Holland**.

The next race was **BE HER FREEDOM 5 MILE RUN** held on March 3rd. **Allan Smith, Bernie Powers** and **Charles Goodyear** won 1st; the 2nd place winner was **Gregg Friend** and the 3rd place winner was **Susan Shelton**.

The seventh race to report on in this newsletter is ever growing and extremely popular **GATE RIVER RUN 15K**, the largest 15K in the United States and the 35th year of its running! This race was held on March 10th starting and finishing at Everbank Field. The wind was a bit strong on the Hart Bridge but at least it wasn't raining! I believe this year had the most combined participants ever running the 15K, the Junior River Run and the 5K. **August Leone** and **Elfrida Wyner** placed 1st, **Nancy Pullo** placed 2nd and **Page Ramerzani, Paul Smith, Regina Taylor, Carol Fitzsimmons** and **Maria McNary** placed 3rd, all in their respective age groups.

The eighth race was on March 17th, the **DSAJ 3-2-1 RUN 5K** held at the Jacksonville Landing. This race was to benefit the Down Syndrome Association of Jacksonville and consisted of 3.5 sloppy miles of fun! It is a 30+ awesome and challenging obstacle course through beautiful Florida old growth forest with sand, mud, grass, streams and many water obstacles. Sounds like it was FUN! The Striders who participated and placed were **Owen Shott**, 1st Overall Men, **Charles Goodyear, Barbara Whitter** and **Dee Robertson-Lee** taking 1st, Jan Taylor stealing 2nd and **Barbara Gilbert** grabbing 3rd.

The last race to report on in this issue is the **ST. PATTY'S DAY 10k and 5k**, held March 18th at the Evergreen Cemetery in Jacksonville. I hope those who ran weren't feeling bad from drinking green beverages the night before...lots of Striders showed up for

the races. For the 10K, **John Metzgar** won the Masters Men category. Those taking 1st place were **Robert Walker, John Wisker, Steve Beard, Bruce Holmes, Paul Smith, Nancy Harms, Regina Taylor, Claudia French, Sharon Lucie** and **Nancy Pullo**. Stealing 2nd place were **David Bonnette, Allan Smith, John Hirsch, George White, Alison Ronzon, Sue Whitworth** and **Benjamin Holland**. Grabbing for 3rd were **Craig Bennett, Randy Arend, Frank Frazier, Charles Goodyear** and **Kathy Murray**. For the 5K results, **Charles Wagner, Joe Connolly, Melissa Saunders, Kim Erickson, Susan Harms, Diane Jacobs** and **Keith Poythress** placed 1st and **Tony Hanneken, Randy Abate** and **Katherine Midgett** placed 2nd.

JACKSONVILLE STRIDERS - They're Anywhere and Everywhere!

Hey, when you're looking for new races to participate in, look outside of Jacksonville, or Florida for that matter, and go for it! There were many Striders who took to the road to expand their horizons.

Charles Bradford ran in the **SEEF MALL HALF MARATHON** in Bahrain! WOW!

On January 15th, **Trish Kabus, Barbara Whitter** and **Roberta Zukauskas** all ran in the **PALM COAST HALF MARATHON**. I hope the weather was great and the scenery too!

On January 21st, **Ann Krause** and **Bill Krause** participated in the **OCALA HALF MARATHON**. Ann placed 2nd in her age group, Bill just had a great time running.

On the same day, just a few miles south in Daytona, **Charles Wagner** ran in the **DAYTONA 5K**, placing 2nd in his age group.

On a trek to the south of Florida, **Trisk Kabus** and **Gail Pylipow** ran in the **10TH ANNUAL ING MIAMI MARATHON**. The weather was 71 degrees by 7 AM and somewhat humid. Not Gail's best time, so when The Donna Marathon rolled around 2 weeks later, she ran that marathon hoping for a better time. Little did she know that the temperature difference would be 40 degrees! Two marathons in two weeks! **Mel Abando** also made the trip, running in the **ING MIAMI HALF MARATHON**!

On February 17th, while in United Arab Emirates, **Lorna Bradford** ran in the **RAK HALF MARATHON**, placing

3rd in the Masters Women category.

Several races took place over the next couple days, Striders were everywhere! On February 18th, the **10TH ANNUAL GEORGIA BRIDGE RUN** took place. Here's what **Andrew Cubbedge** had to say, "15th overall of 2000+ 4th in age 3-14 Sidney Lanier Bridge 185 ft (Dames point 175ft) 5k over AND back-We ran it twice and "collapsed". Awesome training for GATE and really nice event! **Rosemarie Cubbedge**, 12 ran 25:20 1st in age 3-14 Dad (**Rick Cubbedge** 42 ran 26:21 11th in age group".

On the same day, the **HEARTS FOR MILITARY HEROS 5k** took place and **JD Smith** participated. He said "While visiting Panama City, FL, I found out they were running the inaugural Hearts for Military Heroes 5k. Only 158 runner/walkers so I was able to place second in AG (51-59)".

Also on February 18th, the **SGHS BRIDGE RUN** took place in St. Simon's Island, GA. **Freddy Howell, Kathryn Howell, Gerry Tyburski, Margaret Tyburski** and **Roberta Tomlinson** all participated. I bet you all had a great time!

Trish Kabus ran in the **FIVE POINTS**

Continued on next page

WANTED: YOUR PHOTO AND STORY FROM YOUR NEXT OUT-OF-TOWN RACE

"The next time you do a race out of town wearing your Strider shirt, take a picture and contact Vicky Connell at (904) 707-8469 or vickyjc@comcast.net so we can tell your race story in our newsletter."

MINUTES

Continued from page 21

the Hershey Track meet is scheduled for April 14, 2012

b. Frank Frazier mentioned that there are some non-Board members that are interested in being nominated for the Board next year. The nominating committee will present a slate of nominations at the next Board meeting.

Adjournment: A motion was made, seconded and passed to adjourn the meeting. The meeting was adjourned at 8:32p.m.

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

WE NEED VOLUNTEERS!

The annual **Run to the Sun 8K and One-Mile Fun Run** is coming up on **Saturday, April 21, 2012**, at the Orange Park Kennel Club, and **WE NEED LOTS OF VOLUNTEERS** – including students in need of documented service hours, people to serve as course marshals, timers, and water stop helpers along the race route, and some folks to assist at the finish line. Great people to work with and lots of fun! Maximum time commitment is 7am-10:30am. Please contact Kim Crist at kim.crist39@gmail.com, or Frank Frazier at ffrazier@cavco.net if you are interested.

The Back Page

CONTINUED FROM PAGE 35

OF LIFE HALF-MARATHON in Gainesville. She said the hills were "grueling!"

On February 19th, **August Leone** participated in the **FORT LAUDERDALE A1A MARATHON**. According to August, "1st in 75+ age group. One week after doing Donna's marathon in freezing temperatures, this one temp was 72 at start and 85 at finish."

On that same day clear across the country, **Robert Walker** ran in the **PASADENA HALF MARATHON**. "All hills - a challenge-will make the Hart bridge look easy! 12th in age group of 450 and 64 overall out of 7000. One of my best 1/2 marathon times. 6th state in my goal to run a race in all 50 states!" Keep it up, you can do it!

To end the races in February, **John McGriff** ran in the **21st ANNUAL BREA CA 8K CLASSIC**. "While on a Navy trip to Southern California, I was fortunate enough to be in town for the 21st Annual Brea 8K Classic in Brea CA."

On March 3rd, **Bernie Candy**, who placed 1st in the Master's Men category and **Vickie Choinski**, who placed 1st in her age group, ran in the **FIGHTING BACK 5K**.

On March 4th, **Mel Abando** traveled to Tampa for the **GASPARILLA HALF-MARATHON**.

On March 17th the **GTM 10k and 5k** took place in which **Mercedes Smith** participated. She said "4th female overall for the 10K. No age group awards-boo!"

Conn Cole and **Nicholas Cole** ran in the **SMES SHAMROCK SHUFFLE**

5k. Here's what mom had to say, "Great race supporting St. Marys Elementary School's Running Club and Relay for Life. Set a PR for a 5K."

Also on March 17th was the **RAM ROCK 5K**. **Nancy Pullo** declares "Race was held in Stuart, Florida. My daughter and I ran this race and each won 1st in our respective age groups."

Last but not least, On March 18th **John McGriff** ran in the **VIRGINIA BEACH SHAMROCK HALF-MARATHON**. He says "Another Nary trip - another race." Isn't that the truth!

Tidbits and Stuff I Missed

Please let me know if I've missed some stuff so that I can make mention of it in the next issue. I apologize for anyone not listed in the above race results.

Just a reminder - as mentioned near the beginning of the article please don't forget to go to our website at www.floridastriders.com to report your race results. Fill out the form titled "Striders at the Races, Race Results" so that your times can be recorded and included in this column. For the out of town races please use the same website.

Award

I give my monthly award to all Striders, we are the BEST.

Thank you very much Gail for several years of hard work to make the StrideRight better than ever! We appreciate your column, month after month! =

SEND US YOUR RACE RESULTS!

Please make sure you fill out our new race result form located at floridastriders.com. This will be the only way your results will appear here each month! 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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