

# Memorial Day Rerun Rundown

By Dave Bokros, Race Director

Being a Race Director has its share of challenges. One of the worst contingencies to plan for is the cancellation. Tropical Storm Beryl was a real buzz kill. There is a great deal of anxiety that builds over the last few weeks leading up to race and I can honestly tell you that it is stressful but to do it twice for the same race was excruciating. The Town of Orange Park let us know that it would not

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Many thanks go out to Scott Hershey, Laura Ann Flynn, Liane Daniels and Paul Smith for sending photos!

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Suns game is the August Social again this year  
**THURSDAY, AUGUST 23rd, 2012 at 7:35 PM**

**JACKSONVILLE BASEBALL GROUNDS, JACKSONVILLE, FL**

We had such a good time last year, we're going again! The Suns are playing the Birmingham Barons this time, and we have the same reserved seats in section 112, right behind 1st base! Bring the kids and don't forget the gloves. Seats are still \$11.50, which is \$2 off the going rate. Did I mention this is on a Thirsty Thursday? That's right, beers and dogs are only \$1 each. Need to come early though, as the place usually fills up quickly. Bring a friend and join us for a great time!

Please RSVP to Ann Krause, [adk1221@yahoo.com](mailto:adk1221@yahoo.com) by August 10th. We have given the Suns a deposit for 30 seats, but 51 people attended last year, so we know we will need to adjust this upward, and they have given us a deadline of August 12th for a final head count. Like last year, we are accepting checks or payments made via PayPal. Payments by check should be made out to Ann Krause, and sent to 3369 Maiden Voyage Circle North, Jacksonville, FL 32257. If you would like to purchase tickets via PayPal, please email Mike Mayse: [membership@floridastriders.com](mailto:membership@floridastriders.com). Give your name and # of tickets desired, and he will send you an invoice via PayPal. PayPal account not required to pay invoice and you can use your credit card.

**The Strider Website will be going through construction over the summer months and may be down from time to time. Stay tuned to Facebook for status updates.**



## Board of Directors' Summary of Action

April, 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: Frank Frazier, Kim Lundy, Kristie Matherne, Glenn Hanna, Bill Krause, Ann Krause, Scott Hershey, Randy Arend, Dan Adams, Kim Crist, Mike Mayse, Kellie Howard, Greg Wood, Don Wucker Also Present: Bob and Vanessa Boyd, Jennifer Wood

**II. Review of Minutes:** A motion was made, seconded and passed to approve the minutes from the March, 2012 board meeting.

### III. Officer Reports

a. President Report – Dan Adams

i. Back Page Writers for the StrideRight- Vicky Connell will be taking over the back page. Board members will volunteer to write an article per issue. Bob Boyd will write on update and review of the beginner running class for the May/June issue. He will also request any participants of the class to write a short paragraph about their experience in the beginner running class. Kristie Matherne will write an article about her experience at the San Diego Marathon for the July/August issue. Frank Frazier will request Melissa Saunders to write a brief article about her first experience at the Boston Marathon 2012.

b. Treasurer Report – Randy Arend

March 2012:

Beginning Cash Balance as of March 1, 2012 was \$22,054.36. March Income was \$4,926. March Expenses were \$6,714.79. Ending Cash Balance as of March 31, 2012 was \$20,265.57, of which \$6,561.85 was designated for Children's Running Budget, \$3,333.34 was designated for Heartland multi-race sponsorship for 2012 through 2014 races, and \$10,370.38 was undesignated. Comparable Ending Cash Balance as of March 31, 2011 was \$10,804.58, of which \$5,671.23 was designated and \$5,133.35 was undesignated.

Mike Mayes comment good membership sales due to the Gate River Run expo tent.

Scott Hershey stated he had sold \$1340.00 at the Gate River Run plus \$400.00 at the Resolution Run. Since he sold over \$1500.00 he is able to order more merchandise.

The highlighted expenses were the new storage shed.

### IV. Committee and Director Reports

a. Dan Adams Resolution 10k and 5k budget and race report – The 2012 Resolution 10K & 5K was the highest participation (1,194) & race income (\$12,200) Florida Strider Race. Some budget items were signifi-

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## 2011-2012 Board of Directors & Key Members

(Board Members marked with an \*)

### President:

\*Dan Adams . . . . . (C) 505-8849  
daniel.adams1800@gmail.com

### Vice President/Merchandise Coordinator:

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

### Secretary:

\*Regina Sooeey . . . . . (H) 673-0608  
email: regina.sooey@gmail.com

### Treasurer:

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

### Membership Coordinator/Newsletter Circulation Coordinator/Equipment Coordinator:

\*Mike Mayse . . . . . (c) 238-3650  
email: membership@floridastriders.com

### Race Advisor:

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

### Children's Running Coordinator/Photographer:

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

### Memorial Day 5K Director/Strider Spotlight columnist & StrideRight Proofreader:

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

### Social Coordinators:

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

### Resolution 10k & 5k Director/Scholarship Coordinator:

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

### Directors at Large:

\* Lisa Adams . . . . . (C) 505-8731  
email: adams.lisa30@gmail.com  
\* Dave Bokros . . . . . (C) 545-4538  
email: dmbokros@gmail.com  
\* Maria Littlejohn . . . . . (C) 923-0923  
email: sirennia1@hotmail.com  
\* Kim Lundy . . . . . (H) 213-0250  
email: woodski135@aol.com  
\* Carol MacDougall . . . . . (H) 282-9914  
email: cmmacdougall@bellsouth.net  
\* Robert Walker . . . . . (H) 614-2904  
email: supermom1500@yahoo.com  
\* Robert Webster . . . . . (H) 375-1053  
email: wccinc@bellsouth.net  
\* Mark Wynter . . . . . (H) 718-1007  
email: wynter.mark@yahoo.com

### Hog Jog Director:

Charlie Hunsberger . . . . . (W) 502-9407  
email: jaxcharlie@gmail.com

### Run to the Sun 8K Director/River Run Expo Tent Coordinator:

\*Kristie Matherne . . . . . (H) (985) 688-1849  
email: otbfit@gmail.com

### River Run Hospitality Tent Coordinator:

\*Dan Wucker . . . . . (C) 703-9453  
email: dwucker@gmail.com

### Race Volunteer Coordinators:

\* Kim Crist . . . . . (C) 545-3722  
email: . . . . . kcrist9@aol.com  
\* Frank Frazier . . . . . (C) 874-1828  
email: frazier44@bellsouth.net

### Race Logistics Coordinator:

\*Glenn Hanna . . . . . (C) 710-4302  
email: ghanna3@bellsouth.net

### Graphics Design Coordinator:

Tori Connell  
email: victoria.connell@comcast.net

### Strider "Person" Coordinator:

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

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**Webmaster**  
Jennifer Wood  
email: [web@floridastriders.com](mailto:web@floridastriders.com)

**StrideRight Editor:**  
Trish Kabus .....(C) 386-506-7688  
email: [striderightedit@aol.com](mailto:striderightedit@aol.com)

**RRCA Southern Region Director:**  
Lena Hollmann .....(H) 919-388-5786  
email: [lenahollmann@bellsouth.net](mailto:lenahollmann@bellsouth.net)  
**North Florida RRCA Representative:**  
Todd Neville .....(C) 904-501-0900  
email: [northflorida@rrca.org](mailto:northflorida@rrca.org)

**To ensure you are included in the  
Striders at the Races section,  
please fill out the race results  
form at [floridastriders.com](http://floridastriders.com), in a  
timely manner after each race!**



# Before and After WW II

With the thirtieth Olympiad fast approaching in London, I want to look closely at the state of distance running in the world in 1936 and 1948. Berlin hosted the Games in 1936, a competition most famous for the sprinting and jumping of Jessie Owens. The Olympics were not held in 1940, nor in 1944, due to war. But in 1948, still reeling from war damage and food shortages, the British managed to stage the Games in 1948 in London.

Women's distance running was still non-existent in 1948, at the Olympic level, at least. Because of the 1928 debacle in the 800, when fully half the women collapsed at the finish line, no races longer than 200 meters were held until 1960.

But in Berlin, the men ran many great races. Mile record holder, Glenn Cunningham of Kansas, forced New Zealander Jack Lovelock to run a world record. Lovelock won the 1500 by 4 meters.

In the longer races, the Flying Finns were dominant once again. Athletes from Finland won the 5,000 meters, the 10,000 meters, and the steeplechase. But it was much more than gold medals: In the five, Finland placed first, second, and sixth; In the 10 K, a perfect medal sweep—gold, silver, bronze; in the steeplechase, first, second, and fourth.

But it would be 36 years before an-

other Finn would medal in an Olympic track event.

The Germans organized the first Olympic torch run in 1936. The torch was ignited with the sun's rays near Mt. Olympus in Greece and carried relay-style through much of Europe. A young German 800 meter runner was the final torch bearer, lighting a cauldron that burned throughout the Games. The Berlin Games were the first to be broadcast on television, although only locally.

The final event of the competition is always the marathon. Japan had already occupied Korea by 1936, but Sohn Kee-chung and Nam Soung-yong, both Korean distance runners, were allowed to try out for the Japanese team. Although Sohn and Nam had to assume Japanese names, they were the class of the marathon field, winning gold and bronze medals. In the Seoul Olympics, in 1988, Sohn was honored by being the final torch bearer.

The 1940 Games were first awarded to Tokyo, and then to Helsinki, Finland. When the Soviet Union invaded Finland, the Olympics were cancelled. The 1944 Games, scheduled for London, had to wait an additional four years.

During the war years, Swedish distance runners decimated the world records in the 1500, 5000, and 10,000

## Wide World of Running By Jay Birmingham

meters, flourishing under a training method called fartlek—speed play. Arne Andersson and Gunder Haag were in the news as they took turns breaking world records.

Finally, the Olympic Games resumed. The world responded by sending over 4000 athletes from 49 countries to London, which housed competitors in barracks used during the war.

The Swedes supplanted the Finns as the dominant distance running nation at London. Eriksson and Strand went one-two in the 1500, while countrymen ran fourth and fifth in the 5,000 and third and fifth in the 10,000.

But the winner of the 10K was a Czech with an agonized expression and awkward form: His name—Emil Zatopek. Zatopek returned for a silver medal in the 5,000 meters, edged out by Belgian Gaston Reiff by a scant 2/10 seconds. Both men ran nearly 20 seconds shy of the world record time of Gundar Haag.

But in four years, chants of "Zat-o-pek, Zat-o-pek" would pour from stadia all over Europe in support of the greatest distance runner in Olympic history. =

## Marathon High Promoter Wanted

The Florida Striders are proud to sponsor Marathon High for the second year. This program promotes healthy lifestyles for high school kids by training them for a half marathon. They would like to expand the program into Clay County if they can find a Clay County Teacher to start a group.

If interested please contact Deborah Dunham at [deborahsdunham@gmail.com](mailto:deborahsdunham@gmail.com)



Some of the 2012 Run For the Pies 5K age group winners celebrating at the Landing after the race. **Pictured left to right: Ben Holland, Al Saffer, Bob Meister, Bernie Loftus, Paul Smith, George White, and by the power of Photoshop, Frank Frazier.** =

*Editor's Note: Frank disputes the fact that he had already left when the photo was taken. He says he is always the last to leave, so he must have been getting an adult beverage!*

## MEMORIAL DAY 5k

Continued from page 1

allow the race to go on early on Sunday May 27th. The race was not their biggest concern but they were extremely gracious given all of their greater concerns for public safety and the safety of all of their employees who would work through the storm and the fall out afterwards. They were even nice enough to make sure that the race cancellation made it into the press release that was played on all the media outlets in town. I have heard from many runners that this is how they found out.

On Memorial Day, President Dan Adams and I showed up at 1st Place Sport to wait for any runners that might show up and let them know that we were definitely not having a race. Several people did show up, but not that they hadn't heard, just hoping that there might be some reversal of fortune that would allow the race to go on. We politely informed them that there would be no race, but a few of us were going for a run anyway. Many of them stayed. Please understand that I do not advocate showing up for a run when it's been cancelled, but I will tell you that a few of us did run on Memorial Day anyway, just to say that we did.

I received a ton of phone calls and emails after the race cancellation and everyone was very understanding. It is important to mention that, even though a race is cancelled, there are a number of expenses that have been incurred on the runners' behalf. The club cannot get a refund on permits. We cannot return the T-shirts and medals. It doesn't happen very often, but it does happen and it's just one of the risks you take when you register in advance. Want to thank all of the runners that could not make the rescheduled race and were very understanding. Know that your money goes to good use for the children of Northeast Florida and we continue to grow our Children's Running Program every year.

We were on the fence about what to do. It seemed at first that it would be very difficult to do the whole thing over again or to find a date on the race calendar that did not conflict with another race, but after a week or so of deliberation, Dan Adams gave me a call and said that Saturday



June 23rd was open and that both Doug Alred of 1st Place Sports and the Town of Orange Park were willing to have us run the race on that day as a reschedule. We felt that this was the right thing to do. The Town of Orange Park was very gracious again and did not charge us another fee for the permit for road closure. That's a big deal. The Town mails a letter to every resident and business affected by the road closure and they agreed to do this again with no extra permit charge.

The day of the actual race arrived and once again a huge team of volunteers converged on the Orange Park 1st Place Sports' parking lot to make it happen one more time! The Rotary Club of Orange Park Sunrise was there with Jim Hughes being the coordinator for the pancake breakfast and the placement of vendors in the park. A huge thanks to the Rotarians and all their efforts. Jim tells me that they raised over \$400 for Honor One which will go to help the families of veterans that are deployed. I believe that all the pancake batter and syrup was donated by Mr. Ronnie Munsey of Ronnie's Wings and Oyster Bar in Green Cove Springs. If you like wings I think Ronnie's has the best wings in North Florida!

Thanks to One Eyed Jakes, the fabulous band that played in the park during and after the race. I wish that there was a longer post race event so that we could have listened to them play some more

because those cats can play! Thanks guys for coming out and playing. Hopefully we can come up with more to do throughout the day to keep you playing!

This is my sixth and final year as Race Director. The attendance for the rerun was 793 runners. Overall, however, we had very close to 1500 registered runners. This is another attendance record! This has truly become a great 5k and I am proud to have been associated with the Florida Striders, all of our sponsors, and all of the great volunteers over the years. I can't say it has always been a joy, but it's something that gives me a great deal of satisfaction. I appreciate the fact

**Continued on next page**

### Thanks to our sponsors:

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USA Track & Field

***We can't do any of this without you.***



## MEMORIAL DAY 5k

Continued from previous page

that a completely different Board of Directors had enough faith in me back in 2005 to nominate and elect me to the position of Race Director for Memorial Day 5k and One Mile Fun Run. This has been one of my favorite experiences. I now pass the torch to the new Race Director Vicky Connell who will do a fantastic job, I am sure.

Special thanks to all the valuable



sponsors but especially Frank Frazier and Kim Crist, the Volunteer Coordinators. Many of you get pressing phone calls and emails from Frank and Kim and this is the biggest help that a Race Director can get. Great Job to the new Course Director, Joe Strickland aka "Big Joe" on a fantastic job with the course and coordinating with Lt. Kenney Wagner and all of the deputies from CCSO. Always a pleasure to work with both of them and the Orange Park police. I should also mention that the club bids Fair Winds and Following Seas to Commander Leslie Kindling of the United States Navy. She has taken orders to our nation's capital and is already ripping up the pavement in the DC area! Leslie was very involved with us and her hard work and laughter will be missed. I am sure I speak for us all when I say we hope you get orders back here some day! That is, if that is what you want to do and the whole Admiral thing doesn't get in the way.

It's been a fun ride, ladies and gentlemen, but it's time for me to get off. Good luck to Vicky Connell and all of our new Race Directors. I am always around for questions if you have them, but don't be surprised if I am more interested in the Jacksonville Jazz Festival next year or perhaps on a beach somewhere far away on Memorial Day 2013, at least for my first Memorial Day off in 6 years!

**Here is a list of the diehards that showed up for a run on Memorial Day:**

Scott Weispfennig  
Lisa Adams  
Dan Adams  
Bill Krause  
Ann Krause  
Frank Frazier  
Jack Sykes  
Christine  
Sean  
Dave Bokros

**Kudos to you nutbars! =**

# A Big Thanks to Our Volunteers

To all of the volunteers that helped with the Florida Striders 5K race on June 23rd - THANKS - THANKS - THANKS. I'm sure that all of you were very tired of our pleadings, beggings and cries for help, but you all came thru and at race time we had plenty of help. With having

the unique opportunity to have to recruit volunteers for a postponed race, we had no real idea of how many runners would show up and I know Kim & I sweated the worst possible outcome of lots of runners and few volunteers. We get so much help from non-runners that are willing to give

their time for the running community as well as club members, it makes it a pleasure for us to work with a quality running club that always puts on quality races. Thanks again to all the volunteers and runners. =

Kim & Frank

Pauline at Kohl's	Emilee Bush
Bobbi at Kohl's	Eric Bush
Dan Adams	Jim Cates
Lisa Adams	Dave Clarkson
Vernon Allen	Bette Connette
Randy Arend	Kim Crist
Paul Armon	Derry Dedman
George Bailey	Fran Dedman
Suzanne Baker	Scott Drum
Anne Barnes #1	Kitty Ferrell
Anne Barnes #2	Elena Etter
Anne Barnes #3	Taylor Ferrell
Anne Barnes #4	Will Ferrell
Ryan Benton	Darion Fitzpatrick
Polly Bergbower	Frank Frazier
Ryan Bergbower	Nancy Frazier
Nick Brailey	HM Won Yean Gaye
Dave Bokros	Andy Gilliland
Bernita Bush	Glenn Hanna

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Slaughter
JD Smith
Regina Sooley
Isabel Stein
Joe Strickland
Jack Sykes
Britney Trunk
Dayelle Turner
Christine Vaughn
HM1 Carlos Vidal
Glenda (Joy) Walston
Michael Weaver
Paige Wells
Anna Woodson
Mark Wynter

# 2012 FSTC College Scholarship Winners

The Florida Striders Track Club recently awarded three \$1,000 college scholarships. There were 22 applications this year with many extremely qualified and worthy candidates. The Scholarship Committee had a difficult time selecting the winners and thanks all applicants for applying. Members of the Scholarship Committee attended each winner's senior awards night to officially award the scholarship, in addition to taking the winners out for dinner. Presented here are the winners of the 2012 FSTC College Scholarships and their essays which was one part of the application process.

**Micayla Costa** is a member of the Florida Striders and a graduate of The Bolles School in Jacksonville. She participated in her first road race when she was 3 weeks old and thus began her journey as a runner! She was the captain of her school's cross country team and earned 6 letters in cross country and 4 letters in track. Micayla also founded her school's Run Life Club and served as the president. She also has been a counselor at NIKE's cross country camps, a lifeguard and a swim coach. Micayla plans on attending William and Mary in the fall where she plans on continuing her running for the Tribe.



## Micayla's Essay

I cherish the places running has taken me, and the people I met along the way. To me, running has led me down a lifelong path, that taught me the importance of individual growth.

The starting line of the race, midnight in Keflavik, Iceland. At three weeks old, my mother pushed me in the stroller, while she ran a 10 k. I had no other choice but to be a runner.

Once the gun fires, there is a long way to go in the race. Which, brings us to my first race at four years old, The Strat-



**The Scholarship Committee along with the scholarship winners. Front row, left to right: Micayla Costa, Cody Helms and Rebeca Siguenza; Second row, left to right: Danny Weaver, Kim Lundy, Bill Krause, and Kellie Howard.**

ton Peverly Run for cancer, in memory of my grandfather. I hated that first race, informing my dad the whole way, "I would never do this again".

As the race continues, we are nearing the half mile. Despite that first race, I continued running from races in Virginia to California. Particularly, one race, my parents thought I was running a 100 meter dash, and gave me the okay to run in a dress and sandals. Ended up the race was 1.5 miles, and my mom frantically ran after her six year old. She found me chatting to strangers and running alone. I realized the thrill of individual accomplishment at a young age.

At the 2 mile mark, a runner must be steady. Steady also describes ultra marathoners or my mother. An ultramarathon is a 100 mile race; my siblings and I crew them. We must pace and supply runners for 24 hours straight. A particularly difficult one was in the Florida Keys. I paced my mother over the Seven Mile Bridge. The humidity was quickly forgotten when I saw the aqua water and tropical islands. My mother actually collapsed from heat exhaustion, but she ran another 100 mile race a few months later, which impressed me more than anything.

At the 2.5 miles, the race is starting to hurt. Running in Colorado on a 200 mile relay race taught me the amazing feats people can accomplish as a team. We were Team Shut It Down, the race was from Fort Collins to Steam Boat Springs. One of the adults on the team became injured halfway through, and I

had to take her place. It only took one midnight leg for me to fall in love with Colorado landscape. The moose and mountains were surreal, not common to a Floridian. Despite my good spirits I was stiff and exhausted; not very excited to run at eight a.m. That leg happened to be on a 10,000 foot elevation, ending at the Continental Divide. Running on no sleep was difficult, but for the team I did it.

The 2.75 mile mark calls for strength. My experience on the Bolles cross country team taught me perseverance and dedication. I first made Varsity as a shy seventh grader. It took me four years to beat my seventh grade personal record. I learned so much about disappointment, and self-doubt. I learned that without effort there is no accomplishments.

Now that the three mile mark is in sight, I must push harder. By senior year I made team Captain. My first practice I saw a small middle schooler at the end of the line, and I thought of when I was in her shoes. I realized my responsibility as a leader, to help my younger team mates grow. On that note, my high school career is ending, I see the finish line ahead.

As I sprint the last 100 meters, I look to the sidelines. There is that familiar, Irish face, Coach Ryan; he has been there since I was a sixth grader at track and made sure I was pushing myself to be better. Smiling, I think of his words of wisdom "keep bloody looking up, get that girl ahead". I better pick up the pace as I pass him. I see Coach Benson, smiling

**Continued on next page**

## SCHOLARSHIP

Continued from previous page

and winking, "just be patient, your time will come." So I steadily run along. A few yards up I see Coach Dent running beside me, "Micayla you can do it". As I see the finish my parents are there too. My dad, encouraging me to "just keep going baby" and my mom making sure I give it my all. With the people on the sidelines behind me, I continue down my path, but I know my race is just beginning.

**Cody Helms** is a member of the Florida Striders and a graduate of Fleming Island High School in Orange Park. Cody was in the NHS and completed the AICE Program of Study through Cambridge University with a GPA of 4.91. He plans on attending New York University in the Big Apple with plans to run on their cross country team. Cody was the captain of the cross country team and the distance captain of the track team. He ran on the varsity cross country team for 4 years with a 5K PR of 16:58 and a 2M PR of 10:25. He also manages to volunteer at the Fleming Island library and work part-time at Carmike Theatres.



### Cody's Essay

Running has always been an incredibly significant part of my life since I was very young. I have done track and cross country since junior high and I have been running road races competitively since elementary school. Running is more than just a hobby for me; it is a major component of my life. If I am not running I feel out of rhythm and I get a strong desire to go out and run. I like to feel fit and healthy and running allows me to do this without feeling like I am doing something arduous or unpleasant. Everything about running is effortless to me. I put no pressure on myself in competitive situations because I am simply happy enough to just be out running. My philosophy is if you love what you do it does not matter how good you get at it, it is the love of doing the thing itself that matters. Luckily for me

though, since I have been running so long, I have had some success. I have improved so much through high school cross country and track, and I have done incredibly well in road races taking many first place awards in my age group. Looking forward I am really hopeful of running cross country in college. Running is not only a release to me but it allows me to test myself. I like to see my fluctuations in time and I enjoy pushing myself to get better. This attitude carries beyond running into the rest of my life as well. I never limit myself to mediocrity because when you do that you know you have failed yourself. The human body and mind is quite extraordinary in that it can take far more strain and stress than the average person realizes. I try to exploit this as often as I can. I think that is why I have done so well in running and academics because I am not satisfied unless I have given my absolute best. Distance running takes incredible determination and discipline and I employ these skills not only in running but in work and school. I was never forced to run by my parents considering they are not runners themselves. I did running because I enjoyed it and I wanted to do it. In school, I enrolled in the most difficult curriculum available, the AICE Program from Cambridge University, England. No one forced me to do any of this, but the independence and discipline fostered from running made me want to do it. I wanted to prove to myself that I could do it and at the same time make myself a better person.

**Rebeca Siguenza** is a graduate of Pedro Menendez High School in St. Augustine where she was a member of the NHS. She completed the IB Program with a 4.1 GPA, a significant accomplishment considering she was born in El Salvador and began her English language acquisition in 2005 when her family moved to Florida. She was a 3 year member of the cross country team who also found time to work long hours at her family's restaurant. She is a volunteer translator and led other IB students to hand make teddy bears to



send back to a home in El Salvador for disabled and orphaned children. Rebeca plans on attending Flagler College in the fall with a pre-med major.

### Rebeca's Essay

Running has always been a very important component of my life. Growing up, my dad and I used to run around our neighborhood when I lived in El Salvador, my birth country. We used to run 5k races to help raise money for different organizations. Then, in December 2005, my parents decided to move to the United States because they had bought a Hispanic store/restaurant in St. Augustine; it was very hard for us to continue running, especially since we were, and still are the only employees. But mainly because we lived in Hastings and we used to get up early and arrive home at midnight, so there was not time to run.

Fortunately, when I got to Pedro Menendez High School, we moved to St. Augustine and I had the opportunity to join the Cross Country team at my school. At first, it was very challenging for many reasons: it had been about three years since I had last run, I was not used to run that competitively, so I was the slowest runner on my team and also because I was still learning English, so when my coach told me to do something, I was not sure what he meant. Additionally, it was very hard for me to stay for practice. Only my parents, my brother and I work at the restaurant. I am the main waitress/dishwasher and they needed me for those two hours that I stayed a day for practice and the Saturdays we had meets. The good thing is that my parents have always understood my love for running and encouraged me to keep doing what I love. But even though it was difficult, I did not quit and I am very proud about that. I realized that when you work hard on something, it will give you satisfactory results.

One of the reasons I like running is because it has always helped me relieve stress and gives me time for myself. Being a full-diploma IB candidate, we were required to do CAS hours and I cannot express in words how happy I felt that I had the excuse to keep running. Working 46 hours a week at my parents'



restaurant and being an IB student started being a very strenuous combination, but I am glad I had the chance to keep running Cross Country and socialize with people that have the same love for running. It is also a lot more fun

to run with others than running alone. I also like that it is very good for one's health and that by running a 5k or 10k, one can contribute to organizations that help people with diseases, and community service is something that I feel

really strong about as well. I know that when I grow up and become a doctor, I will continue to run since it is the best stress-reducer on the market, notwithstanding that it gives you a feeling of accomplishment. =

To get your race results published, fill out the form on [floridastriders.com](http://floridastriders.com)

# Race Results

## Spartan 5k Jacksonville, FL April 26, 2012

Robert Dews	19:37	
George Hoskins	27:07	2nd AG
August Leone	29:29	2nd AG

## First Coast Kids Triathlon UNF • Jacksonville, FL April 29, 2012

Ian Mortimer	32:51	1st AG
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*This was his first ever triathlon!  
We just joined Striders with a family membership.*

## Race to Taste 5k St Augustine, FL April 28, 2012

Raymond Ramos	20:36	
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## The Players 5k Ponte Vedra, FL May 5, 2012

Lesleigh Box	19:51	OA WM
Cynthia Lyons	23:09	2nd AG
Stephanie Griffith	23:28	1st AG
Mercedes Smith	26:32	
Osra Hutcheson	27:29	1st AG
Amy Barlow	30:26	
Richard Vance	30:37	1st AG
Traci Bane	31:38	
Melanie Cruz	32:11	
Vicki Choinski	34:57	
Devon Muttillio	35:40	
Joe Connolly	43:28	1st AG
Barbara Scott	43:55	
Leslie Forhan	44:58	

*My very first race ever. Just started running in Jan. Disappointed I had to walk at times, but overall proud I finished.*

Tracey Armon	47:38	
Dennis Holler	57:50	
Jennifer Holler	57:50	
Chuck Griffith	1:02:46	

## Shrimp Festival 5k Fernandina, FL May 5, 2012

Craig Bennett	19:41	1st AG
Rosa Haslip	21:58	1st AG

David Horn	24:50	
Freddy Howell	26:16	
Kathryn Howell	26:18	
James Smith	26:38	1st AG
Debbie Webster	27:05	1st AG
Gerry Tyburski	28:10	
Bernie Powers	28:47	3rd AG
Margaret Tyburski	30:11	
Charles Goodyear	33:23	1st AG

## 1st Annual 5k Jax Beach Challenge Run Jacksonville, FL June 2, 2012

Randall Pullo	25:26	1st AG
Nicole Andress	25:43	1st AG
Fred Gaudios	26:21	2nd AG
Steve Bruce	30:14	2nd AG
Dee Robertson-Lee	37:35	2nd AG

## Community First Credit Union Hale and Hearty 7K Riverside Arts Market June 2, 2012

Craig Bennett	29:06	1st AG
John Kovacs	29:59	2nd AG
Seth Pajcic	30:18	3rd AG
Kathleen Kaye	30:45	
		OA MSTR WM
Jay Keeley	32:12	2nd AG
Randy Abate	34:28	
Jim Cook	35:03	
Paul Smith	36:31	1st AG
Carol King	37:41	
Roberta Tomlinson	39:05	
Quincy Masters	40:46	2nd AG
John McGriff	40:59	
Nicole Andress	42:29	
August Leone	43:23	1st AG
Gary Proctor	46:32	
Ralph Billings	47:21	2nd AG
Bernie Powers	47:24	
Cindy Staples	51:16	
Charles Goodyear	51:21	2nd AG
Elsie Altman	51:42	
Traci Akers	51:44	
Kathryn Murphy	53:33	2nd AG
Dee Robertson-Lee	55:43	
Diane Wilkinson	56:46	
Richard Nunn	58:12	

Cyndi Nunn	58:50	
Hannah Tillman	1:01:03	

## Never Quit 5K Jacksonville, FL June 9, 2012

Ben Huron	19:31	1st AG
Regina Taylor	21:46	1st AG
Bernie Candy	22:14	1st AG
Adam Wetzel	23:12	
Patrick Morgan	23:42	
Tracy Pfuntner	24:39	3rd AG
Donna Gallant	24:46	
April Martin	25:21	
Pat Haley	25:35	
Mercedes Smith	25:43	
Millie Thrasher	26:00	
Wesley Royal	26:32	
Doug Bigalke	26:48	
Tom Zicafoose	27:12	
Robert Taylor	27:21	
Maria Littlejohn	27:23	
Joshua Parker	27:24	
Lisa Tomasino	28:14	
David Dugle	28:40	
Craig Martin	28:46	
Carrie Wetzel	29:11	
Lisa Boyd	29:33	
Gloria Mcneil	29:33	2nd AG
Debbie Webster	29:41	1st AG
Traci Bane	31:05	
Pattie Rundgren	31:21	
Melanie Cruz	31:54	
Leigh Jacobs	32:08	
Curt Young	32:48	
Tara Showalter	33:36	
Elsie Altman	34:29	
Ralph Billings	34:43	
Vicki Choinski	35:02	
Sheldon Fletcher	35:15	
Bill Roberts	35:21	
Virginia Gresham	35:27	
Robert Smith	35:28	
Rachael Rice	35:46	
Lisa Adams	36:01	
Leighann Smith	36:59	
Lora Burnett	37:21	
Deborah Strickland	37:37	
George Bailey	38:14	
Joseph McCoy	38:43	
Diane Wilkinson	38:57	

Dee Robertson-Lee	40:54	
Michael Kuhne	41:05	
Carol MacDougall	41:13	
Anne Matthews	41:51	
Barbara Scott	42:59	
Ruth Jursa	43:02	
Nancy Tretick	44:11	
Sarah Smith	44:36	
Elisa Rosemond	45:33	
Jacquelin Marshall	45:43	
Melissa Webb	45:56	
Carrie Parker	46:16	
Liz Pursell	46:18	
Kristin Smith	48:11	
Theresa Beyrle	48:56	
Jamie Webb	49	
Josh Dillaberry	49:27	
Diana Stewart	49:33	
Nicole Fletcher	50:31	
Susan Miller	56:11	
Linda Wolfenbarger	57:58	
Emily McKisick	1:04:47	
Carolyn Mudgett	1:08:22	

## Run for the Pies 5k Jacksonville, FL June 16, 2012

Robert Walker	19:03	
Dan Adams	19:04	
Gerald Boorse	19:14	
David Bonnette	19:14	
Craig Bennett	19:29	
Seth Pajcic	19:39	
John Metzgar	19:40	
Keith Poythress	19:52	
Robert Dews	20:08	
Jay Millson	20:10	
Lisa Adams	20:13	1st AG
Kathleen Kaye	21:07	1st AG
Alison Ronzon	21:57	2nd AG
Adam Wetzel	22:01	
Christine Vaughn	22:01	
Margaret Barton	22:25	
Nancy Harms	22:35	
Stephanie Griffith	23:25	1st AG
April Martin	23:45	
Kellie Howard	23:52	
Ann Krause	23:55	
Kristie Matherne	24:37	
Claudia French	26:28	2nd AG
Nikki Watson	26:31	

Continued on next page

Melissa McCrosky	26:44	
Debbie Higdon	26:45	
Sue Whitworth	28:04	3rd AG
Beth Norman	28:34	
Carrie Wetzel	28:41	
Susan Harms	29:54	
Hannah Tillman	29:59	
Bill Krause	30:01	
Mark Johnson	30:17	
Rachael Myatt	30:31	
Al Saffer	32:54	1st AG
Lesley Jones	33:47	
Bob Meister	36:36	1st AG
Kristy Knight	37:35	
Dee Robertson-Lee	37:59	
John Aimone	40:41	2nd AG
Joe Connolly	40:45	3rd AG
Amber Sherrill	41:12	
Diane Aimone	43:43	1st AG

## OUT OF TIME RACES

### Battle of Allatoona Creek Acworth, Georgia April 14, 2012

Randy Pullo	1:24:42	1st AG
Nancy Pullo	2:00:16	

Nancy writes, this race took place in Acworth, Georgia and was a difficult trail run with a lot of hills. Randy took first place in his age group and was awarded a great technical wear t-shirt and a medal. On the back of the shirt it says "Train hard finish easy." While Randy writes, the course was difficult and I fell 4 times. The third fall was really hard and I broke my hand in 3 places. This was at the 6 mile point; I picked myself up and ran on, finishing 1st in my age group. No more trail runs for me!

### Spuds Run 5k Hastings, FL May 5, 2012

Elsie Altman	33:09	
Diane Wilkinson	33:52	2nd AG

### Atitlan Half Marathon Ponajachel, Guatemala May 19 2012

Nancy Pullo	3:04	1st AG
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Nancy writes, the location of this race was Ponajachel, Guatemala where my daughter, Susie, lives and works. Our goal was to finish in 3 hours and we finished in 3 hours and 4 minutes. I would describe the course this way: running up and down the Acosta Bridge four times, the Hart Bridge twice and one mountain so tall that we have nothing in Jacksonville to compare it with. I received 1st place in my age group; it was so exciting at the awards ceremony. Although it was in Spanish, I did understand when they said "Nancy Pullo." I received a standing ovation (I think just for being 70 years old and finishing this race). I've been running for 33 years and I consider this race one of the highlights, especially since my daughter and I ran together.

### Spa Me 210 West 5K St. Augustine, FL May 19 2012

Robert Dews	19:24	
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### Run for the Dream Half-Marathon Williamsburg, VA May 20, 2012

Bernie Candy	1:42:32	1st AG
Vicki Choinski	2:45:19	

Bernie and Vicki described the course as 13

miles of rolling hills, tough but a beautiful course. They both really enjoyed it.

### Bay to Breakers San Francisco, CA May 20, 2012

Terry Sikes	1:07	
Bonita Golden Sikes	1:07	

Great fun in San Francisco! and other West Coast running. In addition to a lot of trail running we ran the Memorial Day 10K in Kentfield in Marin County and we are all set for the famous DIPSEA race. It is the 2nd oldest race -after Boston- and a course that calls on your very core of focus and strength to cover the distance from Mill Valley to Stinson Beach, via Mt. Tamalpais. The highest elevation on the DIPSEA course is over 1300 ft. and the views make it worth every breath!!! The 102nd Annual Dipsea will take place tomorrow morning, 10 June. See you when we return to Jacksonville!

### 2012 Mercedes-Benz Cotton Row Run 10K Huntsville, AL May 28 2012

Gregg Friend	52:17	
Kristin Friend	1:13:14	

### 2012 Mack Cycle Key Biscayne Triathlon Trilogy #1 Key Biscayne, FL June 20, 2012

Bob Buscem	1.07.21	
	1st Overall - Clydesdale	

Bob's wife wrote. Bob participated in a triathlon on June 16th in Key Biscayne, South Beach and dominated his entire division - Clydesdale, all ages, all weight classes. He really impressed me! =

## MINUTES

Continued from page 2

cantly different than estimated due to the new race distance. The 10K cost an additional \$2,000 for 2012 and will cost an additional \$1,700 going forward. To justify this expense the 10K will need to attract an additional 170 runners, which it clearly did in 2012. Participation generated revenue totaled \$7,177 & Sponsorship Revenue was \$7,000 (\$1,970 of this went directly to the schools for run/walk programs). Bob Boyd suggested increasing each registration by \$1.00 to help off set the added expense for the 10k. Mike suggested the purchase or rental of more small cones on Hwy 17 for the next years race to be put in the budget. Scott will look into putting the Florida Striders logo on the glasses for next year's race.

## Page 10 StrideRight

b. Greg Wood- Webmaster- The board discussed the proposal by Greg Woods to make the Webmaster position a paid position. Greg Wood gave a brief description of all the responsibilities of the current volunteer position and discussed ideas for the description of the position as a paid position and the goal of the website for the Florida Striders in the future since it can be nationally viewed. A sub-committee is proposed to be formed to create a job description for the position before the board votes on the salary of the paid position. The board plans to vote the webmaster position by summer 2012.

c. Kim Lundy- Scholarship Committee- We had 22 applications and many strong contenders. The applicants will receive a complimentary race entry into the Memorial Day 5k. The top three winners will be taken

out to dinner. A representative from each school will present the award at each student's senior awards ceremony. The essays the scholarships winners wrote will be in the StrideRight. The scholarship is advertised through the schools' guidance counselor and the Florida Striders website. The winners are Cody Helms from Fleming Island HS and Micayla Costa from Bolles HS and Rebeca Siguenza from Pedro Menendez HS.

d. Vanessa Boyd- Children's Running Update- Vanessa ordered new marathon medals and collected recycled medals- 3,750. Hershey Games scheduled for Saturday, April 14, 2012 with close to record attendance. Run to the Sun Fun Run will have 3 start waves- runners, run/walkers, walk/strollers. Vanessa has ordered more 250 mile and 350 mile shirts.

e. Social Update – Bill Krause

i. April 22nd – Annual Picnic: Mandarin Park @ 1pm. Bob Boyd will announce at the beginners running class.

ii. Prediction Run/New Member Social May 6th – discussed time to start and voted to start registration at 4pm with the race starting at 5pm. Location will be the 1st Place Sports in Orange Park. Board members will personally call all new members to invite to the social. Dan will email a list to the board members.

d. Announcements:

e. New Business- Bob Boyd- Volunteer Incentive Program- RRCA National Volunteer is a volunteer that has completed 2,000 or more volunteer hours. Bob suggested that any Florida Strider that has achieved this award should be also awarded lifetime member to the Florida Striders since all past presidents are also given lifetime membership. The motion was stated by Dan Adams that all past and present members who have been awarded the RRCA National Volunteer Award will receive a lifetime membership to the Florida Striders. The motion was approved.

f. Adjournment: A motion was made, seconded and passed to adjourn the meeting at 8:35 p.m.

### May 8, 2012 • 7:00 PM Orange Park Library

**I. Call to Order:** Randy Arend called the meeting to order at 7:07 p.m. Board members present: Randy Arend, Regina Sooley, Bill Krause, Kim Lundy, Carol MacDougall, Scott Hershey, Glenn Hanna, Ann Krause, Kristie Matherne, Lisa Adams, Dave Bokros, Maria Littlejohn, Kellie Howard, Mark Wynter, Robert Webster. Quorum: Yes.

Also present: Bob and Vanessa Boyd, Charlie Hunsberger, Frank Frazier

**II. Review of Minutes:**

**III. Officer Reports:**

a. President Report – Randy Arend (for Dan):

i. Welcome to the new board members, Mark Wynter and Robert Webster. Introduction of Board members.

ii. Ken Bendy's report from the RRCA Convention. Ken made some interesting points in his report, and it is worth reading.

b. Treasurer Report – Randy Arend: We use a cash basis for accounting. It is difficult to predict how our cash balances will grow. It doesn't seem to follow the economy, as we have recently had some very good years. Bob Boyd said that we used to have very little money in our cash reserves. Subsequently, the Board did a great job of careful money management, getting sponsorships; and our races have become more profitable.

- Beginning Cash Balance as of April 1, 2012 was \$20,265.57.

- April Income was \$17,620.87.

- April Expenses were \$5,373.45.

- Ending Cash Balance as of April 30, 2012 was \$32,512.99, of which \$7,061.85 was designated for Children's Running Budget, \$3,333.34 was designated for Heartland multi-race sponsorship for 2012 through 2014 races, and \$22,117.80 was undesignated.

- Comparable Ending Cash Balance as of April 30, 2011 was \$22,081.33, of which \$6,171.23 was designated and \$15,910.10 was undesignated.

- Major revenues included Resolution 10K/5K race income, technical shirt sales to Run to the Sun 8K, Kohl's sponsorship for Gate River Run participation, merchandise sales, and membership income. Major expenses included children's running shirts, RRCA convention expenses, newsletter, scholarship, River Run tent, socials, and new equipment. Other revenues and expenses were minor.

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

a. Nomination Committee-Frank Frazier: Executive Board Slate for Board approval.

President-Dan Adams Vice President-Scott Hershey Treasurer-Randy Arend Secretary-Regina Sooley A motion was made, seconded, and passed to approve the Executive Board Slate.

b. Hog Jog Race Date-Charlie Hunsberger: Charlie made a motion to approve either Sun Nov 11 or Sun Nov 18 at 2pm for the Hog Jog date. There is a Jaguar game on Nov 18. Kellie amended the motion to Nov 11 for the race, which is Veterans Day. The motion was seconded

and passed without objection.

c. Social Update – Bill Krause: Bill thanked the board for their help and participation in Sunday's social and prediction run. There were over 100 runners. Ann read a few emails by new members who enjoyed the social. There will be a dinner social at Clark's Fish Camp on July 15.

On August 23rd we are going to do the Suns game again.

**V. Old Business:** Discussion about the scholarship committee, and what they do. There are usually 20-25 applications. Kim wants to expand the number of scholarships given.

### **VI. New Business:**

-Frank is looking for volunteers for the Memorial Day 5K.

-Scott ordered more mens sleeveless tech shirts, but they are going to sell quickly.

**VII. Announcements:** Scott sold \$135 worth of merchandise at the Prediction Run.

Bob said he's pursuing sponsorships for children's running.

Kellie reminded everyone to leave at the same time.

**VIII. Adjournment:** A motion was made seconded and passes to adjourn the meeting. The meeting was adjourned at 8:02 p.m.

### June 12, 2012 • 7:00 PM Orange Park Library

**I. Call to Order:** The meeting was called to order by Dan Adams at 7:00 p.m.

Board members present: Dan Adams, Scott Hershey, Kellie Howard, Randy Arend, Mike Mayse, Glenn Hanna, Ann Krause, Bill Krause, Kim Lundy, Robert Webster, Marc Winter, and Dave Bokros,

Quorum? Yes

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

### **III. Officer Reports**

a. President Report – Dan Adams

i. RRCA Report

1. Dan requested that someone from the Board attend next year's RRCA meeting in New Mexico.

**Continued on next page**



## MINUTES

Continued from previous page

2. Ken Bendy wrote a nice write up on the insurance provided by RRCA

ii. Town of Orange Park \$100 fine

1. Dan informed the Board that we have been fined \$100 by the town of Orange Park for the May 6 Prediction Run. The Prediction Run was anticipated to have less than 50 people, but ended up having a lot more. Dan apologized to the Town of Orange Park, and the recommendation is that we pay the fine. A motion was made, seconded, and passed to pay the fine.

iii. Appointments by President – the following were approved by the Board:

1. Race Advisor – Bob Boyd

2. Membership Director – Mike Mayse

3. Newsletter Editor – Trish Kabus

4. Equipment Director – Mike Mayse

5. Merchandise Director – Scott Hershey

6. Children's Running Committee Chair – Vanessa Boyd

7. Scholarship Committee Director – Kim Lundy

8. River Run Tent Coordinator – Don Wucker

9. River Run Expo Coordinator – Kristie Matherne

10. Social Directors – Bill and Ann Krause

11. Race Volunteer Coordinators – Frank Frazier and Kim Crist

12. Race Marketing Coordinator – Maria Littlejohn

13. Graphic Design Coordinator – Tori Connell

iv. Appointments by Board – the following were approved by the Board:

1. Resolution Run Race Director – Kellie Howard

2. Run to the Sun Race Director – Kristie Matherne

3. Memorial Day Race Director – Vicki Connell

b. Treasurer Report – Randy Arend – The May financials were presented to the Board by Randy and the highlights to the revenues and expenses were reviewed.

•Beginning Cash Balance as of May 1, 2012 was \$32,512.99.

•May Income was \$4,084.94.

•May Expenses were \$8,636.50.

•Ending Cash Balance as of May 31, 2012 was \$27,961.43, of which \$6,561.85 was designated for Children's Running Budget, \$3,333.34 was designated for Heartland multi-race sponsorship for 2012 through 2014 races, and \$18,066.24 was undesignated.

•Comparable Ending Cash Balance as of May 31, 2011 was \$18,262.86, of which \$6,649.85 was designated and \$11,613.01 was undesignated.

### IV. Committee and Director Reports

a. Resolution 10K/5K Race Date: January 5, 2013. Kellie informed the Board that this race is usually the 2nd Saturday in January but due to the Winter Beaches Run changing their date, the Resolution Run would need to be changed and the only other free weekend in January is the 1st Saturday of the month.

b. Run to the Sun – Randy Arend presented the race report for Karen. The sponsorship from OPMC was significantly decreased this year, but we received two new sponsors from All Animal Clinic and Argyle Kohl's. The number of participants increased this year. A few recommendations for next year were also presented, such as timing of the awards and the registration location. There was a concern that if it rained that the registration area would get wet. The Board thanked Karen for doing such a great job as Race Director. The Board approved the race report as written.

i. Race Reports

ii. Race Date: April 20, 2013 – The board motioned and approved the Run to the Sun race date.

c. Social Update – Bill Krause – Dan stated that the social budget is almost gone. One reason is the large prediction run. If we need more money, we will support the socials. Upcoming socials:

i. July 15th – Clark's Fish Camp – Bill passed out flyers for the Clark's Fish Camp social.

ii. August 23rd – Suns Game – This will be on a Thirsty Thursday

### V. Old Business

Website Management – Mike Mayse - The recommended motion from the Officers is that the FSTC Board of Directors approve a new Web Site Administrator (Mr. Brian Knight), changing the Web site from a Linux-based to a Windows-based content management system, and approving related expenses of \$1,000 for necessary software and plug-ins to make the system operational. One of the Strider members, Brian Knight, uses this web site platform and indicates that it is easy to manage and multiple individuals can manage it. The initial cost is up to \$1000 for the software and plug-ins can be purchased for additional modules. Brian is willing to help setup the site and help administer it for the first year. The Board discussed that currently we are exclusively a volunteer organization except for the newsletter editor. The board expressed support to continue to as a volunteer organization rather than paying for the service. Mike Mayse also volunteered to be a co-administrator. He also gave a description on how the software works and how it can be managed. To do the change over the website would need to be down for a few days or weeks and we would plan on doing the change over in July. A revised motion was made that the FSTC Board of Directors to approve a new Web Site Co-Administrators (Mr. Brian Knight and Mr. Mike Mayse), changing the Web site from a Linux-based to a Windows-based content management system, and approving related expenses of up to \$1,000 for necessary software and plug-ins to make the system operational. The revised motion was seconded and passed

### VI. New Business

Race Day Pictures – Scott Hershey - advised that a backdrop could be made to have pictures made of award winners. The backdrop would include the name of the race and the sponsors. The backdrop would cost about \$100.

### VII. Announcements

a. Scott Hershey indicated that he would like to also offer PayPal in addi-

tion to Google checkout as a way to pay for Merchandise. Mike said that he could add it when the new site is up. He also announced that he has several shirts left from the Running Class and will be selling the leftovers shirts after the Memorial Day run.

b. Oct 19 is the health fair for Clay County Schools. Two volunteers would be needed. The item will be discussed at the next meeting.

c. Dan received a request for a donation for Marathon High. Discussion

about what recognition the club would receive for the donation. Kim also asked if the program would be expanding to Clay County. Dan will follow up with the director of the program. A motion was made to donate \$500 to Marathon High, and was seconded and passed.

d. The Board approved cancelling the July meeting due to limited amount of activity going on in the summer.

**VIII. Adjournment:** A motion was made, seconded and passed to adjourn the meeting at 8:25 p.m.

**There as no board meeting in July!**

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

**The next Florida Striders race is the Hog Jog on November 11th! Join the fun!**

# New, Renewing and Expiring Memberships

## NEW MEMBERS

Stephanie Chvala	6/30/13
Kathy Clark	4/30/13
Jason & Denise Click	6/30/13
Liane Daniels	8/31/14
Shannon Dashnaw	6/30/13
Jennifer DeSantis	6/30/13
Jocelyn Dray	6/30/13
Jay & Nicole Erne	6/30/13
Wade Fallin	6/30/13
Suzanne Fazio	6/30/13
Scott & Sarah Fortune	6/30/13
Isabella Frazier	6/30/13
Timothy Gillis	6/30/13
Laura & Lee Graham	6/30/13
Brooke Haas	6/30/13
Sylvia Hayes	6/30/13
Patricia Hetzer-Coots	6/30/13
James Hill	6/30/13
John Hirabayashi	6/30/13
Sherry Hsu	8/30/13
Mike Klima	6/30/13
Erin Laillly	6/30/13
Michael Lawrence	6/30/13
Sonny Lorrius	6/30/13
Lorna Matos	6/30/13
Kerry-Ann Moore	6/30/13
Mark & Tina Nelson	6/30/13
Amy Quinn	6/30/13
Tonya Randolph	6/30/13
Chari Roderick	6/30/13
Dina Sakowski	6/30/13
Marcus Salley	6/30/13
Christy Scarbrough	6/30/13
James Sheesley II	6/30/13
Jean Shubert	6/30/15
Meridyth Smith	6/30/13
Paul & Crissie Sokolowski III	6/30/13
Carrie Thomas	6/30/13

Russell Townsend	6/30/13
Jennifer & James Weseman	6/30/13
Rebecca Westbrooke	6/30/13
Scott & Jana Wilson	6/30/13

## RENEWING MEMBERS

Beate Connette	5/31/13
Denise Dailey	5/31/13
Jason & Amy Dean	5/31/13
Teri Detwiler	5/31/13
Robert Dews	5/31/13
Lana Doane	5/31/13
Joyce Duarte	6/30/13
Claudia/John French/Slough	5/31/13
Gregg & Kristin Friend	5/31/13
John Gauer	12/31/13
Paul & Gene Geiger	6/30/13
Monica Goddard	5/31/13
Sherry Gonyon	5/31/13
Glenn Hanna	5/31/13
Tom & Shirley Henkel	5/31/13
Charlie Hunsberger	5/31/13
Diane Jacobs	5/31/13
Mark Johnson	5/31/13
Terry & Kimberly Lawlor	5/31/13
Joe Macam	5/31/13
Bob & Judy Moyer	5/31/13
Tony Nading	5/31/13
Susan Skinner	5/31/13
Paul Smith	5/31/13
Kristin Smith	5/31/13
Kent Smith	5/31/13
Regina Sooley	5/31/13
Leah Starr	5/31/13
Gregory & Maryluz Stratton	5/31/13
William Tomlinson	5/31/13
Dawn & Jordan Troxel	5/31/13
Robert & Barbara Walker/Gilbert	5/31/13

Emily & Charles Webb	5/31/13
Jeffery Werch	5/31/13
Rebekah Lynn Wild	5/31/13
Tom & Amy Wiley	5/31/13
Curt Young	6/30/13
Tom & Kary Zicafoose	5/31/13

## MULTI-YEAR MEMBERSHIPS

Stephen Beard	5/31/13
Bernie Candy	5/31/13
Charles Goodyear	5/31/13

## EXPIRING MEMBERSHIPS

Traci Akers	5/31/12
Nicole Andress	5/31/12
Dylan Barbetti	5/31/12
Charlie Bender	5/31/12
Bey-Li & Scott Blalek	5/31/12
Gerald Boorse	5/31/12
Larry Branz	5/31/12
Valerie Buckler	5/31/12
Bob Buehn	5/31/12
Eric & Bernita Bush	5/31/12
Sung Ho Choi	5/31/12
Melanie Cruz	5/31/12
Doug & Emily Deters	5/31/12
Janet Elliott	5/31/12
Alan Harmon	5/31/12
Todd & Camille Hockett	5/31/12
Lorri & Benjamin Howard	5/31/12
Carol King	5/31/12
Anne Matthews	5/31/12
Karen & Steve McCormick	5/31/12
Sharon & Gary Medders	5/31/12
Hugh Morris	5/31/12
Rick Moss	5/31/12
Pat Raiford	5/31/12

Continued on page 19



## RESULTS

Due to space limitations in the StrideRight, we are only able to publish the top 5 finishers in each age group and those who self-reported via the form on web site. For complete results, please go to [www.floridastriders.com](http://www.floridastriders.com).

CLASS	ID#	PLACE	FINISHER	CHIP TIME	GUN TIME	PACE
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### Open Men

5	1	1	Ryan Sloan, 24	17:07	17:08	5:31
1301	2	2	Chris McCaffrey, 25	17:24	17:25	5:37
994	3	3	Rayford James, 16	17:42	17:42	5:42

### Open Women

946	1	1	Michelle Krueger, 36	18:36	18:37	6:00
1296	2	2	Clair Domingo, 35	19:18	19:19	6:13
1439	3	3	Sarah Troup, 37	19:58	20:00	6:26

### Masters Men

6	5	1	Erik Vandervort, 45	17:56	17:56	5:47
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### Masters Women

10	5	1	Sue O'Malley, 51	20:31	20:32	6:37
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### Grand Masters Men

555	22	1	Spencer Olsen, 50	19:12	19:14	6:11
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### Grand Masters Women

556	7	1	Kathleen Kaye, 54	20:52	20:55	6:44
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CLASS	ID#	PLACE	FINISHER	CHIP TIME	GUN TIME	PACE
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### Men 10 and under

215	165	1	Matthew Stratton, 8	26:43	26:51	8:37
406	170	2	Preston Boyd, 9	27:02	27:11	8:43
108	218	3	Christopher Michel, 10	30:09	30:19	9:43
1353	269	4	Christian Smith, 8	32:51	33:15	10:35
1442	276	5	Matthew Weisser, 7	32:59	33:31	10:38

### Men 11 - 13

748	59	1	Troy britts, 12	21:51	21:54	7:03
203	136	2	Aldren Biala, 12	25:12	25:24	8:07
87	158	3	Jack Surgeoner, 11	25:54	26:23	8:21
274	161	4	Blake Steller, 13	25:56	26:39	8:22
1419	188	5	Jordan Drummond, 11	27:58	28:01	9:01

### Men 14 - 19

153	6	1	Aza Riley, 17	18:03	18:03	5:49
13	9	2	Michael Weaver, 18	18:27	18:28	5:57
1422	12	3	thomas hales, 15	18:39	18:40	6:01
32	14	4	Joseph Tinkey, 15,	18:53	18:54	6:05
169	15	5	Ciaran Giroux, 17	18:53	18:54	6:05

### Men 20 - 24

465	10	1	Brandon Lundin Lundin, 24	18:30	18:32	5:58
1064	11	2	Jj Porter, 23	18:38	18:39	6:00
1121	18	3	Jason Toney, 24	18:59	19:00	6:07
1338	87	4	daniel gilreath, 24	23:04	23:11	7:26
691	91	5	Obie Pagaduan, 23	23:10	23:19	7:28

### Men 25 - 29

925	25	1	Matt Worsham, 25	19:32	19:35	6:18
477	28	2	John Leeds, 28	19:49	19:50	6:23
181	35	3	Brent Hume, 28	20:29	20:31	6:36
592	36	4	Jonathan Roueche, 26	20:29	20:32	6:36
987	40	5	James Old, 29	20:34	20:39	6:38

### Men 30 - 34

1256	31	1	Aaron Long, 33	19:53	19:54	6:25
1001	38	2	Rick Lasseter, 30	20:29	20:34	6:36
611	42	3	Michael Dodge Jr, 32	20:37	20:41	6:39
609	43	4	Michael Dodge Jr, 32	20:37	20:41	6:39
1092	54	5	Wonyean gaye, 30	21:24	21:27	6:54
82	68	6	Charlie Hansberger, 30	22:10	22:15	7:09
83	265	29	Travis Sauter, 30	32:32	32:53	10:29

### Men 35 - 39

1440	4	1	Lee Shaw, 37	17:49	17:50	5:45
155	7	2	Jason Arnold, 38	18:05	18:05	5:50
1407	17	3	Dan Adams, 39	18:57	18:59	6:07
974	27	4	Stephen Masciocchi, 39	19:44	19:48	6:22
1265	33	5	Joshua bookstore, 35	20:21	20:23	6:34

### Men 40 - 44

920	8	1	Rick Patterson, 42	18:20	18:21	5:55
4	21	2	Mills Ramseur, 40	19:10	19:10	6:11
1113	37	3	Charles Delay, 41	20:31	20:33	6:37
221	51	4	David Clarkson, 44	21:13	21:17	6:51
1072	64	5	Carrell Whaley, 40	22:03	22:08	7:07

### Men 45 - 49

104	13	1	Joe Rivera, 45	18:42	18:43	6:02
383	29	2	Christopher Reeves, 45	19:50	19:52	6:24
494	30	3	Craig Bennett, 45	19:52	19:53	6:24
1099	34	4	Todd Pye, 46	20:28	20:31	6:36
90	49	5	Rob Foster, 49	21:03	21:07	6:47

### Men 50 - 54

916	24	1	Steve Johnson, 54	19:26	19:28	6:16
150	32	2	Randy Arend, 51	19:56	19:58	6:26
196	46	3	Raymond Ramos, 50	20:56	20:58	6:45
739	50	4	Gary Gerdeman, 54	21:03	21:08	6:47
1333	76	5	Marion Conley, 51	22:31	22:37	7:16

### Men 55 - 59

781	48	1	Steve Beard, 56	20:59	21:03	6:46
1065	61	2	Ray Thorp, 56	21:54	21:57	7:04
1126	75	3	Dan Holland, 57	22:33	22:36	7:16
683	99	4	Kenneth Perkins, 57	23:49	23:54	7:41
915	124	5	Michael Hall, 58	24:55	24:59	8:02
15	233	16	Bill Krause, 55	30:23	31:07	9:48
791	371	24	Wade Fallin, 58	45:15	46:34	14:36

### Men 60 - 64

509	41	1	Bruce Holmes, 64	20:36	20:39	6:39
1336	47	2	Bernie Candy, 64	20:59	21:00	6:46
1079	129	3	Randy bArnett, 61	25:01	25:10	8:04
1053	160	4	Fred Gaudios, 64	26:28	26:37	8:32
532	223	5	Bernie Powers, 61	29:55	30:29	9:39

### Men 65 - 69

1106	97	1	Bernard Loftus, 69	23:49	23:52	7:41
37	137	2	Frank Frazier, 69	25:16	25:25	8:09
143	193	3	Tommy Dobbs, 66	27:50	28:23	8:59
1345	241	4	Ralph Billings, 68	30:57	31:36	9:59
456	280	5	Robert Young, 66	33:11	33:46	10:42



**Men 70 - 74**

662	103	1	Paul Smith, 70	24:00	24:07	7:44
425	131	2	John McBrearty, 70,	25:06	25:14	8:06
759	141	3	Ben Matthews, 74	25:24	25:30	8:11
74	217	4	Richard Vance, 72	29:57	30:18	9:39
145	220	5	Matt Ross, 72,	30:09	30:25	9:43

**Men 75 - 79**

146	286	1	Al Saffer, 77	34:05	34:10	11:00
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**Men 80 & Up**

100	317	1	Bob Meister, 80	36:19	36:23	11:43
142	352	2	Bo Holub, 80	40:27	41:21	13:03
1115	353	3	John Aimone, 82	40:56	41:22	13:12

ID#	CLASS	PLACE	FINISHER	CHIP TIME	GUN TIME	PACE
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**Women 3 - 10**

463	88	1	Meghan Harris, 10	29:20	29:28	9:28
80	149	2	Grace Adams, 7	32:20	32:31	10:26
778	158	3	Henna Lavarez, 10	32:10	33:15	10:22
321	253	4	Zoe Gessner, 8	36:47	37:46	11:52
81	342	5	Megan Adams, 10	46:04	46:16	14:51

**Women 11 - 13**

1112	14	1	Kayley Delay, 12	22:08	22:10	7:08
219	32	2	Rosemarie Cubbedge, 12	25:04	25:09	8:05
447	47	3	Emilee Atwood, 13	26:17	26:29	8:29
107	61	4	Emily Mickel, 13	27:20	27:29	8:49
715	110	5	Isabella Frazier, 13,	30:30	30:35	9:50

**Women 14 - 19**

1379	8	1	Jessica Fletcher, 16	21:09	21:16	6:49
713	11	2	Hannah Giangaspro, 15	21:42	21:51	7:00
563	17	3	Caitlin Irene, 17	22:56	23:04	7:24
86	25	4	Emily Surgeoner, 14	24:12	24:16	7:48
1427	28	5	Margaret Porter, 16	24:21	24:28	7:51

**Women 20 - 24**

52	21	1	Erin O'Nora, 20	23:40	23:50	7:38
828	27	2	Jennifer Dominguez, 22	24:13	24:27	7:48
889	49	3	Amber Hoadley, 24	26:32	26:39	8:33
685	52	4	Jenn Cefalu, 23	26:43	26:59	8:37
367	70	5	Brooke Haas, 23	28:24	28:31	9:09

**Women 25 - 29**

1024	33	1	Katie Udy, 28	25:03	25:13	8:05
1302	43	2	Erin Dankworth, 29	26:16	26:19	8:28
1438	55	3	Stephanie Lundy, 25	26:34	27:15	8:34
722	68	4	Adriana Stam, 29	28:05	28:20	9:03
701	69	5	Allison Hecht, 25	28:09	28:22	9:05

**Women 30 - 34**

2	4	1	Kelly McRae, 30,	20:18	20:19	6:33
1070	12	2	Christine Vaughn, 30	21:53	21:57	7:03
1014	30	3	Gina Gordon, 30	24:47	24:57	8:00
380	34	4	Alicia Boutwell, 34	25:15	25:20	8:08
1383	35	5	casandra rosenberg, 30	24:31	25:21	7:55

**Women 35 - 39**

79	6	1	Lisa Adams, 37	20:35	20:37	6:38
1381	15	2	Mae Barker, 35	22:43	22:49	7:20
771	22	3	Nora Gallant, 36	23:45	23:53	7:40
27	38	4	Suzanne Baker, 39	25:24	25:42	8:12
460	40	5	Roberta Tomlinson, 38,	25:17	25:55	8:09

**Women 40 - 44**

1350	10	1	Regina Soeey, 41	21:38	21:41	6:59
1382	16	2	Michelle Gully, 41	22:46	22:54	7:20

379	20	3	Lonnie Klidies, 42	23:39	23:43	7:37
931	24	4	Katherine McCombs, 40	23:41	24:05	7:38
1098	31	5	amanda mason, 40	24:52	25:02	8:01

**Women 45 - 49**

7	9	1	Regina Taylor, 48	21:33	21:35	6:57
1104	13	2	Alison Ronson, 48	22:00	22:04	7:06
1133	73	3	Laura Flynn, 48,	28:23	28:41	9:09
430	83	4	Traci Bane, 47	29:13	29:13	9:25
930	89	5	Tracy Williams, 46	29:09	29:29	9:24

**Women 50 - 54**

1168	18	1	Lynn Hill, 50	23:18	23:23	7:31
21	23	2	Ann Krause, 54	23:51	23:59	7:41
1109	26	3	Terri Rose, 54,	24:17	24:22	7:50
843	36	4	Rita Young, 51	24:51	25:26	8:01
165	41	5	jOanne Harris, 53	25:48	26:03	8:19

**Women 55 - 59**

530	19	1	Stephanie Griffith, 57	23:26	23:32	7:33
1196	64	2	Debbie Knight, 56	27:43	27:55	8:56
487	95	3	Charlotte Chenoweth, 56	29:32	29:54	9:32
581	137	4	Faith Leri, 55	31:38	32:00	10:12
438	152	5	Katry Truitt, 56,	2:11	32:39	10:23

**Women 60 - 64**

53	46	1	Osra Hutcheson, 64	26:24	26:24	8:31
804	115	2	Patti Taylor, 64	30:38	30:51	9:53
141	145	3	Debbie Coleman, 60	32:09	32:22	10:22
201	153	4	Barbara Ebers, 63	32:22	32:39	10:26
47	165	5	Christine Edgington, 63,	32:33	33:33	10:30
70	246	7	Dotti Cahill, 61	36:34	37:14	11:48

**Women 65 - 69**

1085	185	1	Mary Strickland, 66	33:49	34:29	10:54
1088	188	2	Sue Gostage, 66	34:26	34:35	11:06
523	279	3	Sunny Matthews, 65	39:25	39:46	12:43
1231	372	4	Tracey Armon, 65	50:00	51:02	16:07

**Women 80 & Up**

1114	331	1	Diane Aimone, 82,	43:43	44:06	14:06 =
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Join JTC Running for the

## Tijuana Flats Summer Beach Run 5 Mile

Saturday, August 25, 2012 • 7:00 p.m  
Seawalk

Jacksonville Beach =



## Striders Receive Grant

The Florida Striders are Proud to announce that they are the recipients of a 2012 RRCA Kids Run the Nation Grant. RRCA developed the Kids Run the Nation Fund to assist running clubs, events, and schools that are interested in implementing or currently have a youth running program. Since 2007, the RRCA has granted a total of \$20,000 to deserving youth programs around the US. =



## ENTRY FEES

	<u>Striders/Military</u>	<u>Non Striders</u>	<u>Kids 13 &amp; Under</u>
Until Nov 1st	\$15	\$20	\$15
11/2 - 11/10	\$20	\$22	\$15
Day of Race	\$25	\$25	\$25

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

**Race Director:** Charlie Hunsberger 904-502-9407  
StridersHogJog@gmail.com

## AWARDS

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

## DIRECTIONS/PARKING

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

### From Blanding & I-295:

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

## COURSE/TIMING

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

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

## FUN RUN

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

## PACKET PICKUP

Be sure and check the box on the entry form where you plan to pick up your packet. Packets will be available at the following 1st Place Sports locations on **Friday**, Nov 9th and **Saturday**, Nov 10th from 10:00AM - 6:00PM.

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

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

### From US 17 & I-295:

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

## REGISTRATION FORM

**Hog Jog 5K • Nov 11, 2012**

RACE#

(OFFICIAL USE ONLY)

Packet Pick-Up (Please Choose One)

☐ Baymeadows 1st Place Sports 11/9 or 11/10 ☐ Orange Park 1st Place Sports 11/9 or 11/10 ☐ San Marco 1st Place Sports 11/9 or 11/10 ☐ Day of Race @ Ronnie VanZant Park

First Last

Age

Sex

Adult Sizes

5k

Fun Run  
(no charge - just  
bring entry form with  
you on race day)

Personal  
Champion  
Chip

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

Street Address (Please Include Apt. #)

City

State

Zip Code

Telephone Number.

☐ Cash  
☐ Check

Fee Inclosed  
\$

☐ FL Strider  
Member

☐ Military

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

Your Signature

Date

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

Date

Make checks payable to: Hog Jog 5K

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

Race Hotline: 904-502-9407 or [www.floridastriders.com](http://www.floridastriders.com)

## MEMBERSHIP APPLICATION

### FLORIDA STRIDERS MEMBERSHIP APPLICATION

☐ New ☐ Renewal

Last Name First MI

Address Apt. #

# in Family Spouse's Name

City State Zip

Your DOB Spouse's DOB

Home Phone Work Phone

Occupation Employer

Email

Signature Date

Annual Dues

☐ Family \$20 (2 years \$40, 3 years \$60)

☐ Single \$15 (2 years \$30, 3 years \$45)

☐ Junior (under 18) \$10 (2 yrs \$20, 3 yrs \$30)

☐ Senior (over 65) \$10 (2 yrs \$20, 3 yrs \$30)

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

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



# Summer 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](mailto:kbendy@aol.com)

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

DATE	EVENT	TIME	LOCATION	CONTACT
July 21	Bridge of Lions 5K	7:30 a.m.	Castillo de San Marcos 1 S. Castillo Dr. St. Augustine	(386) 747-3532 RaceSmith, Inc
July 28	Vestcor 5K Bridges Run	7:30 p.m.	Hemming Plaza Jacksonville	(904) 731-1900 1st Place Sports
August 4	Stadium Challenge	6:00 p.m. (First Wave)	Everbank Field Jacksonville	(904) 731-1900 1st Place Sports
August 10-11	Tour De Pain Three races in 24 Hours 4 Mile Beach Run 5K 1 Mile Sizzler	See Website for times.	Jacksonville  Seawalk Jax Beach 1st Place Sports Baymeadows Rd. The Landing	(904) 731-1900 1st Place Sports
August 18	Fight for Air 5K	8:00 a.m.	Metropolitan Park 1410 Gator Bowl Blvd. Jacksonville	(904) 743-2933 American Lung Assn.
August 18	Fl. ROC Charity Race	9:00 a.m. 1st Wave	Diamond D Training & Boarding Stable 5901 Solomon Rd. Jacksonville	(904) 731-1900 1st Place Sports
August 18	Surf Guardian 5K Beach Run	8:00 a.m.	Sunsplash Park 515 S. Atlantic Ave. Daytona Beach	(386) 566-3826 Surf Guardians
August 25	Tijuana Flats Summer Beach Run 5 Mile	7:00 p.m.	Seawalk Jacksonville Beach	(904) 731-1900 JTC Running
September 3	Turtle Trot 5K	8:30 a.m.	Main Beach Park Atlantic Ave. Fernandina Beach	904) 303-3483 Amelia Island Runners
September 3	Beaches Labor Day 5K Run with FRIENDS	9:00 a.m.	Selva Marina Atlantic Beach	(904) 318-8104 Milestone Race Authority
September 8	Wounded Warrior Project 8K (Fundraising Required)	9:00 a.m.	Jacksonville Landing 2 Independent Dr., Jax	(904) 731-1900 1st Place Sports

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

## WE GET LETTERS



Dear Striders:

On April 15, I had a healthy 28 year old son, Steven. On April 16 he was fighting for his life, from a very rare deadly bacteria, and I was telling him goodbye. Steven Walker (brother of Robert Walker) has been a Strider for over 20 years, participating in River Runs and local 5K's. On June 22 he rolled himself out of Beaches Baptist Hospital and into Brooks Rehabilitation Hospital. There was not one doctor who expected him to live and they are calling him the "Miracle Kid!" During the last 3 months Steven has celebrated his 29th birthday, had both legs amputated, in addition to both hands. He has a cleft lip now and only weighs 102 pounds, but he is inspiring us all with his fight for life. His long term goals are to wheelchair race and run again and I have no doubt he will do them both! He put in 2 hours in the gym yesterday, his first day here at Brooks! So my fellow Striders when you think you can't work through the pain, or you don't think you can run today, or something in life frustrates you, think of Steven and never give up. Your life could change in an instant. Love unconditionally, it is what is on the inside that counts. Give lots of hugs. Laugh everyday, and run, walk, and work out. Thanks for your continued prayers and support. See you at the races! =

- Barbara Gilbert (race walker and proud mom of all my kids)

## NEW & RENEWING MEMBERS

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Cauly Redenius	5/31/12
Cathy Lynn Reidy	5/31/12
Barbara Scott	5/31/12
Amber Sherrill	5/31/12
Mike & Tamara Singletary	5/31/12
Allan Smith	5/31/12
Herbert Taskett	5/31/12
Neill Thaggard	5/31/12
Holly & Fletcher Turner	5/31/12
Monica Walker	5/31/12
Barbara Whitter	5/31/12
Sue & Darrell Whitworth	5/31/12
Peter Winkler	5/31/12
Vernon Allen	6/30/12
Marcia Barton	6/30/12

Elizabeth Brown	6/30/12
David & Rebecca Brownell	6/30/12
Shawn Collins	6/30/12
Rick & Aimee Cubbedge	6/30/12
Miles Dean	6/30/12
Logan Fortune	6/30/12
Tim Giles	6/30/12
Scott Hershey	6/30/12
Christine Jump	6/30/12
Judy Kantar	6/30/12
Benjamin Ledbetter	6/30/12
Kimberly, Jack, Stephanie & Michael Lundy	6/30/12
Bruce McCrosky	6/30/12
Katie Neeper	6/30/12
Eddie Ohalloran	6/30/12
Scott Olivolo	6/30/12
Michael Putala	6/30/12

Chris Rodatz	6/30/12
Amanda Roesse	6/30/12
Alison Ronzon	6/30/12
Dominic Sapien	6/30/12
Michael & Connie Schoenfeld	6/30/12
JoAnne Seach	6/30/12
Dennis Shields	6/30/12
Shayla Spinner	6/30/12
Cristy & Rob Surgeoner	6/30/12
Sherri York	6/30/12
Paul Yuknis	6/30/12
Bruce Zewicke	6/30/12 =

In our continuing efforts to improve communications we are adding another feature to our monthly report. We have added the membership expiration date. This will allow you to double check my work and ensure I get it right. If your name does not appear in this column or you think something is in error with your renewal date please email me at floridastriders.com or call Mike Mayse (904) 777-6108.

# Striders Spotlight



BY VICKY CONNELL



Anthony Mortimer proudly wears his Striders shirt!

In my last article I interviewed Marie Bendy who is a long time member of the Striders. I thought I'd go to the opposite end of the spectrum this month and interview someone who recently joined. I found Anthony Mortimer, age 39, who recently finished the Run To The Sun 8K, his first Strider race. When asked what prompted him to join, Anthony stated that he had noticed all the yellow Strider shirts at races as well as our banners and tents. Upon going to the website and discovering how inexpensive a family membership is (\$20), he figured, "why not?" He has enjoyed the website, newsletter, and encouragement from the Strider Facebook page.

Anthony is a Lieutenant Commander on active duty at 4th Fleet Headquarters, NAS Mayport as an operations planner. He lives with his wife Erica and sons Christian (13) and Ian (10) in the Arlington area of Jacksonville. He started training as a runner about two years ago. Prior to this Anthony had tried a variety of fitness programs when a friend introduced him to an online tracking program. He noticed her posts of various workouts she was doing to prepare for the Marine Corp Marathon. Anthony had previously undergone knee surgery for an ACL replacement in 2003, and simply thought he couldn't run. However, as

**Continued on next page**



**Anthony with his wife, Erica, her mother, and their sons, Ian and Christian.**

friends often do, she talked him into it. Since that start, Anthony found that as long as he was running just 3 or 4 times a week, his knees were fine. As he progressed over the last two years, he also lost 40 pounds, which undoubtedly was good for his knees. These days Anthony has increased his training to 4-6 days a week. He completed the Jacksonville Bank Marathon this past December. He ran for the first 17 miles, and then walked the rest. Realizing afterwards that his inconsistent training program was a contributing factor in not being able to run the entire way, Anthony is now following a custom training plan from the Runner's World website to prepare for his next marathon.

I asked Anthony about his weekly training routine, and he told me he runs about 30 miles a week, does a spin class once a week (he hates cycling, but other people from his office were going to the

gym and he found it makes his back and knees feel good), and does yoga on Friday nights. He says the yoga helps loosen him up and prepare him for his long run on Saturday. His speed work consists mostly of adding in fartlek and tempo runs every other week.

As for Anthony's future racing goals, he is still primarily looking to stay fit. He is almost back to his college weight and wants to stay there! Long term he wants to continue to improve and stay healthy, as well as do some overseas marathons with a "run-cation". (What a great new word!) I asked how his wife Erica feels about it, and he said she likes the vacation part and says she will cheer for him while he runs. As for his sons, they are both showing interest in running and recently finished the Annual Mayfaire 5K in Lakeland, FL, featured in the photos. It was a great day of running as Anthony managed a PR of 21:47, Christian completed his second ever race in 25:13 and Ian took 2nd place in his age group with a time of 23:35. Even his wife and mother-in-law did the race, for a complete family finish.

Anthony's advice for other new runners? Stick with it for a few months when you really don't feel like going out the door to run (and have lots of excuses not to do it), and eventually you'll get to the point where you make the time because it's what you really want to do! Thanks Anthony - happy to welcome you to our club!

## SEND US YOUR RACE RESULTS!

Please make sure you fill out our new race result form located at [floridastriders.com](http://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](http://www.floridastriders.com)

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

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



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

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