

Yukon River Trail Marathon

By JD Smith

Well another one bites the dust. On August 5th I completed the Yukon River Trail Marathon in Whitehorse, Yukon, Canada, with a time of 5:50:52, give or take a few seconds. During the first half a female and I traded first place. Just past the half waypoint I was running in second and got passed. Oh, by the way I forgot to mention the marathon started at 0830 with a 6 hour time limit. For those who weren't sure they could make it in that time frame (that's me) there was a 0700 start with the caveat your time did not count in placing. Me and 3 others started at 0700. The person who passed me just past

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55 Years of Healthy Running
October 11, 2012 at 6:30 PM
1st Place Sports
2186 Park Avenue, Orange Park, FL

JAY BIRMINGHAM to speak after the Striders group run that Charlie Hunsberger coordinates on Thursday nights from the 1st Place Sports store in Orange Park.

Run starts at 6:30 pm. It is 3 to 6 miles, and all paces are welcome. The route runs along the river. If you can't make it for the run, then please come for the talk, which should start around 7:30 pm.

Striders will supply pizza and refreshments.

Jay Birmingham is going to share his secrets that have allowed him to run healthy for the last 55 years! The conversation promises to be full of valuable running tips, as well as plenty of stories about Jay's running history.

Please **RSVP to Ann Krause, adk1221@yahoo.com by Oct. 5th**, to let her know if you will be joining us for the run and talk, or just the talk. We need to know how much pizza and drinks to bring!

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Prez Sez

By Dan Adams



As we kick off the fall racing season, I thought it would be fun to write about the interesting comments of non-runners and the funny posters I saw on various race courses. Spectators, although often witty, have a hard time understanding why we choose to run. To quote a cross country shirt "Our sport is your sport's punishment." Many spectators wonder why we choose, without coercion, to run long distances. I feel running is part of our bodies natural design, and worry for the day I will not be able to enjoy the pleasures and challenges of racing.

I think it is interesting how non-runners relate to distance runners. They worry about the health of our joints and the sanity of our minds. They say things like "I only run when someone is chasing me." If you say you run three miles, three times a week, they congratulate you. If you train for a half or full marathon many people say, "Do you think it is healthy to run that far?" and "what about your knees?" It appears that non-runners view a sedentary lifestyle to be far less risky than that of distance runner.

Although many people have a difficult time understanding our sport, they do a nice job of making hilarious racing signs. Here are some of my favorites. At Marine Corps Marathon I saw a young woman holding a sign, "I like your stamina, call me." Also on that course I saw someone holding up, "This is the worst parade ever, where's the candy?" On four consecutive signs in New York I saw: "Don't stop", "Go faster", "You are almost there", and "That's what she said." At the Boston I saw: "Why 26.2 miles? Because 26.3 would be ridiculous." and "26.2 is wicked far." These signs give runners a nice boost and something to talk about after the race.

Although many people do not understand distance runners, we could not do what we love without the help of so many people. We need volunteers, spectators and support of our loved ones to be able to race. Thanks to everyone who supports running! =

Board of Directors' Summary of Action

August 14, 2012 • 7:00 p.m. • Orange Park Cancer Center

I. Call to Order: The meeting was called to order by Randy Arend at 7:08 p.m.

Board Members present: Regina Sooley, Randy Arend, Lisa Adams, Kim Lundy, Mike Mayse, Glenn Hanna, Robert Webster, Kristie Matherne, Maria Littlejohn, Ann Krause, Bill Krause, Carol MacDougall, and Mark Wynter.

Quorum: Yes

Review and Approval of Minutes: A motion was made, seconded and passed to approve the minutes from the June 2012 meeting.

II. Officer Reports

a. Treasurer Report – Randy Arend: June/July 2012

Beginning Cash Balance as of June 1, 2012 was \$27,961.43.

• June/July Income was \$15,007.48.

• June/July Expenses were \$4,128.57.

• Ending Cash Balance as of July 31, 2012 was \$38,840.34, of which \$7,561.85 was designated for Children's Running Budget, \$3,000.01 was designated for Heartland multi-race sponsorship for 2012 through 2014 races, and \$28,278.48 was undesignated.

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2011-2012 Board of Directors & Key Members

(Board Members marked with an *)

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



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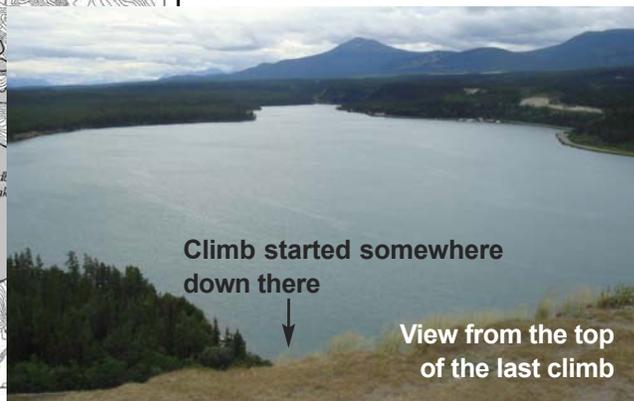
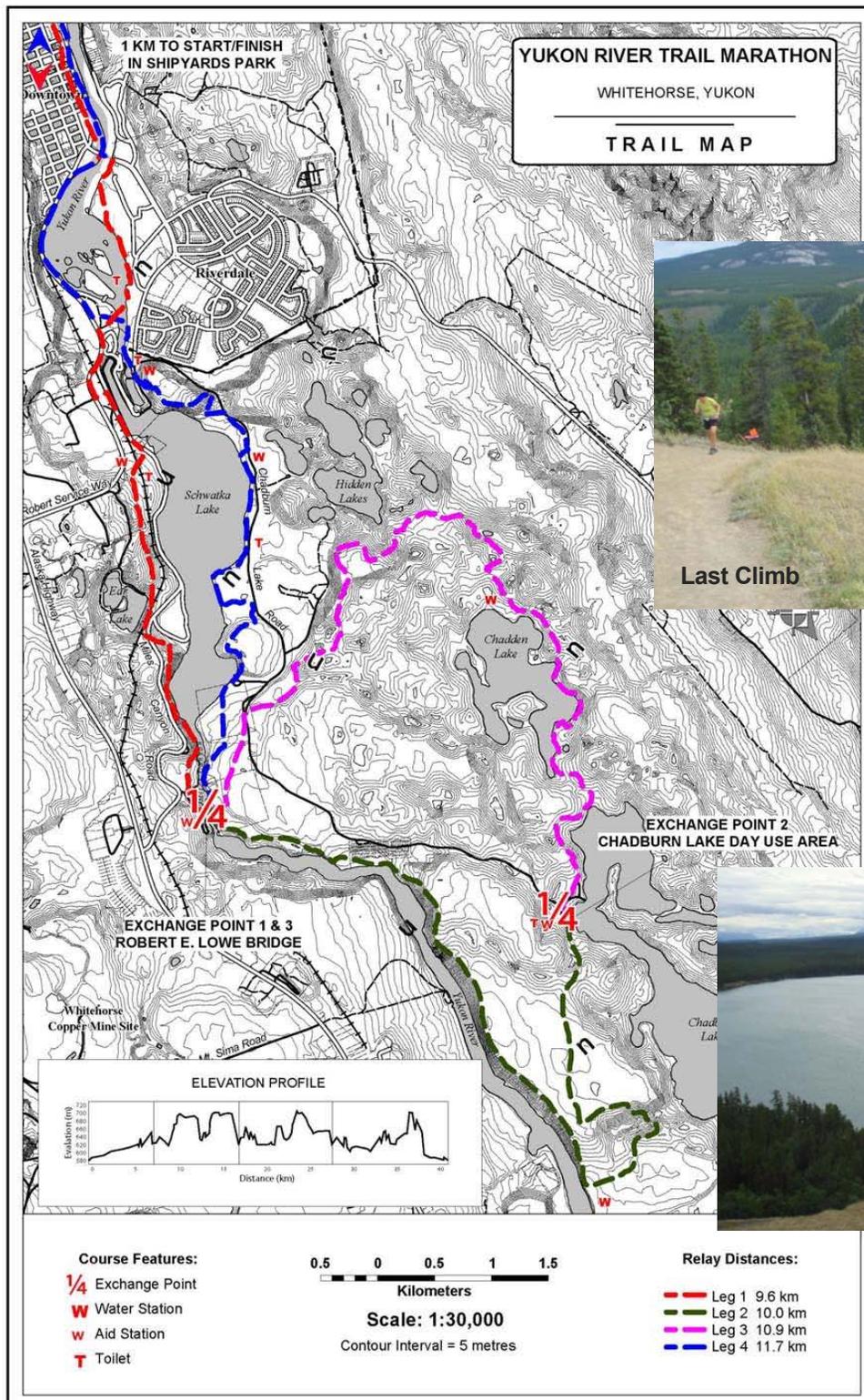
To ensure you are included in the Striders at the Races section, please fill out the race results form at floridastriders.com, in a timely manner after each race!

YUKON RIVER TRAIL MARATHON

Continued from page 1

the half waypoint I assume started at 0830. Oh well, it was good to dream for a little while. As you can see by the course map and elevation profile it was lots of trail running along steep hills, so if you tripped and fell the wrong way it would be a long way down. I only fell once and that was just after start-

ing the 4th segment. I was running fairly smoothly on flat trail and got too comfortable and, voila, I was looking up at the trees. No damage done, a little dirt, and sore right hip. After the last climb and descent (yellow box on trail map) and last picture, it was an asphalt trail to the finish. Overall a tough, beautiful course. It was difficult to run the trail and not look at the beautiful expanse. A picture can only show a small portion of the beauty. =





JENNY'S PENNIES

Sunday, October 14, 2012
8 AM

34th Anniversary Celebration

- Sun Tire on Blanding
- Party Starts (About) 8AM

There is a long tradition of collecting any money found during the runs and giving it to Jenny Allen, who uses it to provide the goodies for our Sunday Morning Anniversary Celebration. Come help us spend Jenny's pennies!

We'll provide champagne, orange juice and coffee.

Please bring fruit, bagels, coffeecake, donuts, etc. to share. Join us for a group picture and help celebrate!

The 34th Anniversary of our Sunday morning runs from Sun Tire on Blanding Boulevard in Orange Park. The party will start about 8AM, after the Sunday morning run. =

Volunteering at Kohl's

By Frank Frazier

On August 17, Vicky Connell and I participated with Kohl's and the Cystic Fibrosis Foundation of North Florida (CFF) and presented what the Striders & CFF do for youth in the area. We set up the Striders tent in front of the Kohl's store on Fleming Island and as Striders we had a display (thanks to Vicky) of all the shirts and medals that are presented to the elementary youth of about 50 schools in NE Florida. During this presentation, we encouraged Kohl's shoppers to come over to our tent and learn about these programs. The Striders spend over \$20,000 for the shirts, etc. a year in supporting these elementary run/walk programs through these schools

Kohl's has been very generous in supporting the Striders with \$500 grants to several of our races in addition to providing volunteers for the last several years. In fact they donated \$500 to both the Striders & CFF for us helping them out on this day. =



What's Happening in the Elementary School Run/Walk Clubs The Florida Striders Support (2011-2012)

By **Vanessa A. Boyd**
Children's Running Coordinator

Most of our funding goes to where we think it will make the most difference in the health of our community and the future of our club - children's running. More specifically, we support 48 schools and approximately 14,000 elementary school children by providing mileage incentives for their school's run/walk programs. The Strider's sent an End of the Year Report to all the schools we support who have a Run/Walk Club. 44 of the 48 schools reported their results in 2011-12. A summary of the results follows:

Most of the Run/Walk programs began in September or October 2011 and ended in April, May, or June 2012. Most of the schools met once a week for 45 minutes to an hour. Several of the Duval Schools met twice a week (15 schools under the Shannon Miller programs) and one Clay County school met every day including recess and before specific classes (McRae).

The schools that included the entire student body within Clay County this year were Lake Asbury (840), Lakeside (813), McRae (500), Ridgeview (568), Swimming Pen (501), and Thunderbolt (1072).

The Florida Striders distributed 4,180 Marathon Medals to those children who ran 26 or more miles within the current school year with the highest number earned by Lakeside Elementary (810). Thanks to Kim Lundy, member of the Children's Running Committee, counselor, and teacher at Oakleaf Village who assisted in recycling medals not used in prior years.

The Florida Striders also provide a lot of mileage incentives to help keep the motivation high to get out and log more miles. These include various toe tokens at intermediate miles, chains to put them on, and Mile Club shirts when they reach

the very impressive 50 mile increments. Our Mile Club shirts previously stopped at 200 miles. As you will see below, we've needed to increase to 350 Mile Club shirts because the children are doing so well. Here are the other incentives distributed:

Tokens distributed were 20,229
Chains distributed - 6670
50 mile club shirts distributed - 1255
100 mile club shirts distributed - 381
150 mile club shirts distributed - 215
200 mile club shirts distributed - 166
250 mile club shirts distributed - 318
300 mile club shirts distributed - 43
350 mile club shirts distributed - 9

Out of the 44 programs reporting, there were 267,730 miles ran by our small athletes this year and the top 3 schools who replied were McRae Elementary at 29,758 miles, Lakeside Elementary at 29,654 and Thunderbolt Elementary at 24,579 miles. Calculating average miles per participating student, the top five schools were #1: Lakeshore Middle (Shannon Miller (Duval) at 64 miles per student, #2: McRae at 58 miles per student, #3: Annunciation (private) at 57 miles per student, #4: Paterson at 41 miles per student, #5: Lakeside at 39 miles per student.

The question was asked as to how the clubs raise money to keep their programs active. The answers ranged from self-earned grants, P.F.A., P.T.A., and P.E. department funds along with donations, Fun Run earnings from Florida Striders, Step Up Florida, and proceeds from the Shannon Miller Fun Run and Woman's 5K, as well as taking part in the "Whole Foods 5% Day", to selling of water, pizzas, t shirts, popsicles, and registration fees charged at the beginning of the year to participants of the Run/Walk program.

6 out of the 44 schools had support from their School's Advisory Committee

(SAC) Plan and 1 was part of the School Improvement Plan. Most of the schools did not have the support of the SAC or just didn't know.

The final question asked was there anything they would want the Striders to consider doing in the future that would assist their Run/Walk Clubs? In addition to many compliments, suggestions were (in no particular order): 1.) Running clinics for students. 2.) Volunteers. 3.) More races in Duval. 4.) Fun Run to be offered in the Fall or in October to tie in with the "Red Ribbon Week".

The Florida Striders want to thank all the schools who reported their statistics this year. When we know how many schools are benefiting from our efforts, it is helpful in getting sponsors to support our mission. We also need to know where we can improve and what your greatest concerns are. These answers also assist new programs with ideas on how they too can improve their programs. We love sharing your accomplishments with our members, sponsors, and community. These critical programs would not exist and thrive without the excellent work of the coaches, volunteers, and faculties that support their children's fitness. =



The Striders would like to thank **Bob Boyd** for serving as Race Advisor for the past 9 years!

Running on the Emerald Isle

By Frank Frazier

On Thursday, July 5, a group of co-workers, friends and family members left from various places in the US going to Ireland. We had scheduled a 12 day tour (well really only 10 days touring + a day on each end traveling) via motor coach with a tour guide. We all arrived in Ireland early on the morning of July 6 – after flying all night – and the hotel finally got our rooms ready about 4 PM. We took a few minutes to clean up and then it was out on the town and some real Irish food.

There were some runners in the group and either Jack or Doug looked for a race while we were over there. Turns out there was a half-marathon in Dublin (The Clontarf Half-Marathon & 5 Mile Races). Ms Nancy & Lynn actually allowed Jack & I to run the Half. We knew we were not prepared to really race but we had run a couple of 12 mile training runs (run might be stretching the term a bit) and felt that we could finish in the 2 hour to 2 hour 15 min range. We were looking forward to the much cooler weather over there and expected plenty of rain that Ireland is famous for. (There is a reason for it being called the Emerald Isle).

The Clontarf Half-Marathon is described as the flattest Half in Ireland and it lived up to that reputation. The race started at 10 AM and is an out-and-back course with approximately 4 miles of the course on the beach. The beach was very wide with hardly any slope and it was hard packed sand. The rest of the course was on paved bike paths or paved roads. They measured the course in kilometers which takes a little getting used to but Jack had figured out what our time had to be per K to run it in 2 hours (I think it was about a 5.40 per k- a half-marathon is approximately 21.1k). They had over 900 entries and the run started on a paved bike lane that was maybe 12 feet wide so it was a very crowded start with a 12 ft wide mat that all runners had to cross. Fortunately, there was grass on both sides after the start mat that the runners



Above: Frank and Jack crossing the finish. Right: New running friends, Jack, Elizabeth Hasse from the Cincinnati area, and Frank.



used. Jack and I stayed real close to a 2 hour pace through the 1st 15k and with 6k to go we slacked off quite a lot and finished in 2 hours and 5 minutes. Lynn & Ms. Nancy were at the finish waiting on us but after we crossed the finish line, Jack developed a hip pointer that pretty much stopped him. I went to the EMT truck to get him some IBU and the volunteers were “not allowed” to dispense drugs so that didn’t work – no IBU. After a while, the volunteer EMT lady came over and rubbed a cream on Jack’s hip. If she had been a good looking volunteer Jack just might have stayed there the rest of the day, but she wasn’t - so Jack wasn’t staying. He eventually got to the point where he could walk to the street and we caught a cab back to the hotel. Jack improved rapidly and it did not bother him the rest of the trip. We were able to run 2 to 4 miles nearly every day while there, part of that was in the rain and that was after consuming copious amounts of Guinness the night before

Being in Ireland, you would think they

would have kegs of Guinness at the finish of a race, but alas, all they had was water and a small cup of some type juice. They did have donuts but I understand they were not good. Running there was a lot like being around runners in the States, the runners are just a friendly group of folks.

Ireland was a great place to visit & I’d highly recommend visiting there. I personally would not go back because there are too many other places in the world that I have not seen yet. We had a great bus driver/tour guide (Joe Gleason) and he was always clowning around with we tourists. He could flat handle that 50 passenger bus. Many times on some of those roads there was not room for two vehicles to meet & he convinced the driver of a vehicle coming at us to stop and even to back up if necessary. At one stop he parallel parked and there was not more than 2 inches between the bus and the car behind the bus and less than 2 feet from the front of the bus to the car in

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“Tri-ing” Again

By Vicky Connell

Those of you who know me already know that although I love running, my real passion is racing Triathlons. One of the reasons is very simple - I'm faster at swimming and biking than I am at running, which means better placement in a triathlon! I've been racing in Triathlons for over 25 years, and a few years ago, started training others to do them as well. My first class was with the Florida Striders, when myself and Regina Soeey coached over 30 people to complete their first Sprint Triathlon. Since then I've coached several more classes, and finally, last year I decided to start a business doing what I loved. It took quite a lot of planning to set up the class, including finding places to swim, bike and run, getting insurance, setting up a website (www.trainandtri.com), and then finding the people to join the class. But after several months, I was all set to go, starting mid-July 2011. A couple of weeks before the start of the class, I showed up to do the Jax Tri Sprint in Fernandina. However, in the words of Lemony Snickett, there ensued "A Series of Unfortunate Events".

As I ran out for the start of the race, which begins with the swim, about 10 feet out into the water where it was too deep to see the bottom, I stepped in a hole while running full speed. Needless to say I rolled my foot very hard. It hurt, but I figured it was one of those things I could shake off and keep going. Since swimming doesn't require putting pressure in your foot, I proceeded to swim. At the end of the swim, it wasn't so easy running to the transition area to get on my bike. But I still kept thinking this will be ok, and jumped on the bike. With 16 miles to bike and think about it, I realized it was more than just a niggling pain. When I entered the transition area for the second time, I knew it was time to give up. I limped across the transition mat and headed to the medical tent. Many hours later I sat in the ER staring at an x-ray which unquestionably showed a bone in my foot that

was now in two pieces. I cried when I realized this probably meant no more races for a long time and no triathlon class.

Well, that was just the beginning. Crutches for 3 months, surgery to put the bones back together, an episode of "v-tach" during my recovery from foot surgery which resulted in another surgery to fix a defective heart (that one was called an ablation - which basically means they burned off a portion of my heart which had been firing incorrectly for many years). And that wasn't all. My stepfather died and I gained custody of my mother who has Alzheimer's Disease. I could go

“I’ve learned that even though things can be bad at times, they generally get better eventually.”

on, but take my word for it that my year got worse before it got better.

During this time, I anxiously awaited the day my foot would allow me to run again. I started running prematurely, adding in miles, but of course this turned out to be a bad idea, and several times had to stop and find other activities to keep in shape. The only thing I could do which didn't hurt (once the surgery wound healed) was swim, but it's not always easy to get to a pool. That's the beauty of running - do it just about anywhere, any time.

In January I once again started a running program, determined to ramp up more slowly. My foot would always let me know when I did too much. I discovered that going barefoot is not an option any more. Even biking had to progress slowly, as the toe clips on my pedals are directly under the part of my foot that was broken. Finally, I was able to get my runs up to at least 3 miles and occasionally more, and I could bike up to 20 miles, almost pain free. Over the spring I did the Mandarin

Biathlon with my husband, which is a kayak and then run race, and finished with no problems (placing 2nd woman overall - it's a small race). I also signed up for the Hammerhead Ocean Marathon and swam the 1.2 mile race, winning the Master's Award. These races helped to get my racing confidence back up, so I finally signed up for another triathlon in September. It would be just over a year since my life took a deep dive down and was now starting to look back up.

I wondered if I would be nervous that day, but I found that I simply had my usual race excitement, no real nerves. It was a fairly small field since most people were doing the Olympic triathlon which is the longer race. Although I normally do the Olympic, I was happy to be participating in the Sprint. I know it will be a while longer before my foot allows me to add the mileage required for the longer races. As it turned out, I felt great all during the race, and even managed a negative split during the 5K run at the end (my first mile was close to 10 minute pace, the last one closer to an 8:30 pace!). Again, much to my surprise, I won the Female Masters Award. I went home tired and happy to be racing again. Soon I can turn my energy back to a Triathlon business teaching others.

Although this has been a tough year in many ways, I guess I've learned some things along the way, which is always the point. The first thing, is that bad things don't always come in threes. Sometimes they come in sixes or nines! But seriously, I think I've learned some patience (a necessity when caring for the elderly with Alzheimers) and persistence (also necessary when dealing with lawyers, insurance companies and government agencies). I learned how to not cry when I'm upset (this doesn't always work, but I've gotten better than before). I learned I have a fantastic husband and daughters who are there when I need them, and I've learned that even though things can be bad at times, they generally get better eventually. To sum it all up with the words of Gloria Gaynor, "I Will Survive". =

Race Results

**Big Bang 5K
Ponte Vedra, FL
June 30, 2012**

Mercedes Smith 24:48
1st Female overall
Very hot but a lot of fun!

**Our Country Day 5k
Jacksonville, FL
July 4, 2012**

Robert Dews 20:06

**Celebration 5K
Jacksonville, FL
July 4, 2012**

Bill Phillips 18:37 1st AG
Craig Bennett 19:41
Lorna Bradford 19:46 2nd AG
Bruce Holmes 20:35 1st AG
Keith Poythress 20:36
Raymond Ramos 20:39 3rd AG
Britta Fortson 21:09 2nd AG
Regina Taylor 21:22 1st AG
Christine Vaughn 21:40
Steve Williams 21:57 2nd AG
Bryan Rohlin 22:10
Steve Lancaster 22:10 2nd AG
Tony Hanneken 22:11
Randy Arend 22:46
Stephanie Griffith 23:04 1st AG
Wesley Cole 23:30
David Horn 23:36

Donna Gallant 23:39
Patrick Morgan 23:46
Quincy Masters 23:49
Pat Haley 24:01 2nd AG
Paul Smith 24:06 1st AG
Kathy Murray 24:23 3rd AG
Frank Frazier 24:25 3rd AG
Ann Krause 24:32
Robbie Hailey 24:57
Debbie Higdon 25:31
Osra Hutcheson 25:38 1st AG
Joanne Harris 25:48
Kim Crist 26:17 2nd AG
Leslie Hague 26:20 3rd AG
George Hoskins 26:59
george hoskins 26:59
Sue Whitworth 27:12
Sue Whitworth 27:12
Alex Hawkins 27:32
Buddy Harris 27:32
Matthew Stratton 27:38 3rd AG
Gayla Poythress 27:54
Susan Chadwell 27:56
Richard Vance 28:39
Mamie Davis 28:44
David Townsend 29:36
Gary Proctor 29:41
Mark Johnson 29:45
Bernie Powers 30:08
Andrea Morrison 30:11
Brian Smith 30:22
Bill Krause 30:47

Diana Levin 30:55
Melissa Posey 32:17
Susan Shelton 32:49
Kim Ericson 34:12
Al Saffer 34:12 1st AG
Sharon Medders 34:24
Lesley Jones 35:09
Doug Barrows 35:13
Rob Fortson 35:42
Charles Goodyear 36:05
Traci Akers 36:48
Frank Hostetter 37:10
Julie Ward 37:10
Tom Zicafoose 37:37
Bo Holub 39:50 2nd AG
Anne Matthews 40:10
John Hirsch 40:56
Freddy Fillingham 41:12
Amber Sherrill 41:41
Barbara Scott 42:24
Jean Schubert 44:39

**Vestcor Bridges Run
Jacksonville, FL
July 28, 2012**

Bob Meister 36:09
Jean Schubert 46:19

**Stadium 5K
Jacksonville, FL
August 4, 2012**

Seth Pajcic 19:37 1st AG

Raymond Ramos 20:47 1st AG
Jesse Withrow 21:05
Adam Wetzel 21:46
Gregory Stratton 22:19
George White 23:47 1st AG
Jennifer MacDonald 24:51
Paul Smith 25:13 1st AG
Joanne Harris 25:22 2nd AG
Wesley Royal 25:58 2nd AG
Buddy Harris 27:48
Osra Hutcheson 27:50 2nd AG
Gary Proctor 28:33
Carrie Wetzel 28:58
Frank Hostetter 29:32
Virginia Gresham 30:02
Mark Johnson 30:29
Julie Ward 30:59
Christina McKenney 31:46
Patricia Czamecki 33:47
Cindy Gardner 34:14
Barbara Whitter 34:20
Charles Goodyear 35:58 2nd AG
Susan Hudson 36:03
Lora Burnett 36:32
Monica Goddard 38:24
Dee Robertson-Lee 38:46
Michelle Ramos 40:41
Nancy Tretick 42:07
Mel Abando 43:19
Amber Sherrill 43:21
Barbara Scott 49:52 2nd AG

**Tour de Pain
Jacksonville, FL
August 10 & 11,, 2012**

Brent Hume 27:34 20:40 5:28 53:41
Seth Pajcic 27:59 19:57 5:52 53:47
Adam Wetzel 30:55 21:43 5:58 58:36
David Dugle 41:10 29:28 7:18 1:17:55
Andrew Marchand 25:17 18:17 5:10 48:43 1st AG
Mel Abando 1:00:20 43:08 11:38 1:55:05
John Metzgar 27:52 17:06 4:57 49:54
Craig Bennett 27:42 19:48 5:32 53:02
Bryan Rohlin 29:57 22:07 6:15 58:18
Gary Proctor 40:08 30:24 8:11 1:18:42
Randy Arend 27:46 20:05 5:44 53:35 3rd AG
Raymond Ramos 28:14 20:44 5:52 54:49
George Thompson 32:15 21:33 5:49 59:36
Gregg Friend 32:39 22:30 6:30 1:01:38
Curt Young 41:53 30:43 8:35 1:21:10
Bill Phillips 27:20 18:51 5:29 51:39 1st AG
Jack Sykes 35:47 26:26 7:47 1:09:59
John Hirsch 35 27:26 7:41 1:10:06
Bernie Powers 40:18 29:55 7:53 1:18:05
George White 31:48 23:31 6:30 1:01:49 1st AG
Wesley Royal 36:21 25:37 7:14 1:09:11
Ralph Billings 46:05 33:54 9:33 1:29:31
Paul Smith 32:17 23:39 6:59 1:02:53 1st AG
Frank Frazier 33:03 24:01 6:58 1:04 2nd AG

Charles Goodyear 51:02 35:57 10:25 1:37:23
Al Saffer 47:27 36:21 9:24 1:33:11 2nd AG
John Aimone 1:06:19 48:29 12:36 2:07:22 2nd AG
Christine Vaughn 31:41 22:27 6:16 1:23
Amber Sherrill 58:20 43:08 11:06 1:52:33
Lisa Adams 28:22 20:27 5:58 54:46 3rd AG
Donna Gallant 33:03 23:54 6:43 1:03:39
Nicole Andress 33:09 23:57 6:45 1:03:51
April Martin 33:52 25:11 6:48 1:05:50
Lisa Boyd 37:05 27:34 7:41 1:12:19
Carrie Wetzel 43:06 29:55 7:53 1:20:53
Melanie Cruz 44:43 32:24 9:04 1:26:10
Regina Soeoy 29:00 20:59 6:07 56:05 2nd AG
Diana Levin 46:08 40:07 9:13 1:35:27
Jamie Wyche 1:00:30 43:15 12:10 1:55:54
Regina Taylor 30:29 21:56 6:09 58:33 3rd AG
Alison Ronzon 31:13 22:08 6:16 59:36
Rosa Haslip 31:21 22:44 6:22 1:00:25
Trish Scott 33:11 23:42 7:16 1:04:08
Mercedes Smith 35:15 26:02 7:36 1:08:52
Patty Miller 37:37 26:24 7:12 1:11:12
Virginia Gresham 41:58 29:07 8:07 1:19:11
Ann Krause 33:10 24:39 6:43 1:04:30
Anne Matthews 52:56 42:10 10:36 1:45:41
Kimberly Lundy 37:23 27:07 8 1:12:29 1st AG
Sue Whitworth 40:12 27:21 8:20 1:15:52 2nd AG
Mamie Davis 39:29 29:10 7:43 1:16:21 3rd AG

Continued on next page

STRIDERS AT THE RACE

Continued from previous page

Leigh Gardner	41:17	30:39	8:07	1:20:02	
Debbie Webster	36:50	27:14	7:30	1:11:34	2nd AG
Osra Hutcheson	37:14	26:52	7:50	1:11:56	3rd AG
Dee Robertson-Lee	51:24	39:06	10:31	1:41	
Diane Aimone	1:00:48	44:45	13:10	1:58:42	1st AG
Sue Whitworth	40:12	27:12	8:20	1:15:43	
Jean Schubert				2:01:11	
Robert Dews	29:28	20:21	5:38	55:26	
Bob Meister				1:36:18	1st AG

Children's Way 5k After Dark Jacksonville, FL July 14, 2012

Mercedes Smith 25:44 2nd AG
Wickedly hot and humid.

BFASST #3 Sprint Triathlon Ponte Vedra Beach, FL July 14, 2012

Danny Weaver 1:29:41 2nd AG

Fight For Air Run/Walk Jacksonville, FL August 18, 2012

Bill Phillips 18:43 1st AG
Robbie Hailey 25:30 3rd AG
Bernie Powers 27:57 3rd AG
Craig Harms 28:47
George Hoskins 28:54 1st AG
Liane Daniels 30:15 1st AG
Charles Goodyear 35:10 2nd AG
Dee Robertson-Lee 37:55 3rd AG
Joe Connolly 46:00 3rd AG
1st Race following Joe's 2nd Heart Attack. Whoopie.

FL ROC Jacksonville, FL August 18, 2012

Tim Beyrle 1:00:10
James Smith 1:03:28

Summer Beaches 5 Miles Jacksonville, FL August 25, 2012

John Metzgar 30:34
3rd OA Mens
Bill Phillips 33:19 1st AG
Joey Pinto 33:27 1st AG
Robert Walker 33:36 2nd AG
Dan Adams 34:02
Terry Sikes 35:27 2nd AG
David Bonnette 35:28 3rd AG
Randy Arend 35:35 1st AG
Lorna Bradford 36:01
3rd OA Womens
Bruce Holmes 36:41 1st AG
Raymond Ramos 36:56 3rd AG
Brent Hume 37:00
Lisa Adams 37:36
Bernie Candy 38:06 2nd AG
Steve Williams 39:21 3rd AG
Bryan Rohlin 39:32
Nancy Harms 41:24 3rd AG
Michael Lawton 41:35

John Hirsch 41:39
Paul Smith 41:48 1st AG
George White 42:15 1st AG
Frank Frazier 42:21
Paul Berna 42:37
Stephanie Griffith 42:58 1st AG
Theresa Kamajian 43:58 3rd AG
John Gebo 44:19
Kathy Murray 44:41
Roberta Tomlinson 44:48
Peter Winkler 45:18
Mercedes Smith 45:35 2nd AG
David Kelley 45:55 3rd AG
Wesley Royal 46:22
Nicole Andress 46:32
Danny Weaver 47:00
Steve Bruce 47:29
Patty Miller 47:51
Jack Sykes 47:52
Osra Hutcheson 48:19 1st AG
Kimberly Lundy 48:26 3rd AG
Tom Zicafoose 48:30
Claudia French 48:41
George Hoskins 49:04
George Hoskins 49:04
Wendy Patterson 49:14
Debbie Higdon 49:43
Jennifer MacDonald 50:35
Craig Harms 50:37
Sue Whitworth 50:40
Sue Whitworth 50:40
Nikki Watson 51:08
Gary Proctor 51:33
Kevin Terry 51:39
Bernie Powers 52:02
Leighann Smith 52:37
Gerry Tyburski 53:04
Melinda Terry 53:16
Richard Vance 54:43
Margaret Tyburski 56:19
Jay Birmingham 56:40
Ralph Billings 57:02
Matt Ross 57:09
Alan Harmon 1:00:00
Jerry Skirvin 1:00:44
Bob Meister 1:02:20
William Tomlinson 1:02:58
Dee Robertson-Lee 1:05:58
Charles Goodyear 1:06:53
Barbara Gilbert 1:12:14
Diane Aimone 1:16:07 1st AG
John Aimone 1:16:10 2nd AG
Rita Lamach 1:20:18
Jean Schubert 1:21:00

**Hammerhead Sprint Triathlon
Camp Blanding, FL
September 16,, 2012**
Vicky Connell 1:18:30
Female Masters

OUT OF TOWN RACES

Run For The Shindig Ashville, NC June 30, 2012

Bill Phillips 18:58
1st overall male
Part trail paths, part asphalt walking path

102nd Annual Dipsea Mill Valley to Stinson Beach, Marin County, CA June 10, 2012

Terry Sikes 1:15:16
Bonita Golden Sikes 1:43:31
It is called The Greatest Race by many. Primarily a trail run that makes its way from Mill Valley to Stinson Beach, California via Mt. Tamalpais, the 7+ mile trek includes over 2000 feet of up and down! Part of the climb includes 3 sets of stairs (total 676 of them!) with little time for recovery between each flight... and that's within the first half-mile of the start! With names like The Swoop and Cardiac, Dynamite and Suicide, the Dipsea Trail is the most complex, challenging (and finally, rewarding) run we have ever experienced. It is our greatest race!

To Hot to Handle 5k Dallas, TX July 15, 2012

Elda Bell 42:24 1st AG

Buffalo NY Subaru 4 Mile Chase Buffalo, NY July 20, 2012

Andrew Cubbedge 27:1 9th AG
RoseMarie Cubbedge 31:41 3rd AG
Rick Cubbedge 33:50

32nd running of this race was only 20 minutes from Niagra Falls

so made for a great week away. Gave Christmas ornaments as awards and LOTS of food / drinks! Plus great running area days before and after. Link if interested www.buffalosub-aruchase.com

Lake Butler Triathlon Lake Butler, FL July 22, 2012

Robert Dews 1:17:23

Yukon River Trail Marathon Whitehorse, Yukon, Canada August 5, 2012

JD Smith 5:50:52
The Florida Striders colors have now run the Yukon River Trail Marathon in Whitehorse, Yukon. The weather was cool and cloudy. The course and scenery was beautiful. The last climb about the 21 mile mark makes the Hart Bridge seem like a speed bump.

Anchorage Moose's Tooth Marathon Anchorage, AK August 19, 2012

August Leone 5:48:30 1st AG

OLDER RACES

Don's Friends 5K Run St. Augustine, FL April 14, 2012

Matthew Stratton 25:23 3rd AG

Run To The Sun 8k Orange Park, FL April 21, 2012

Matthew Stratton 40:18 3rd AG

BFASST #2 Sprint Triathlon Ponte Vedra Beach, FL June 9, 2012

Danny Weaver 1:27:11 2nd AG
Robert Dews 1:13:31 =

floridastriders.com



**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!

MINUTES

Continued from page 2

• Comparable Ending Cash Balance as of July 31, 2011 was \$25,152.53, of which \$7,149.85 was designated and \$18,002.68 was undesignated

Run to the Sun had substantial income.

We are within \$3300 of our predicted revenues for the year, and Memorial Day has not been included yet. Therefore, we are having a very healthy year financially.

III. Committee and Director Reports

a. Hog Jog Budget (see attached) – Charlie Hunsberger: He went conservative on the numbers. He did not include day of race refreshments, but he will try to get that donated. He can print B & W flyers at work. We already have 2 sponsors. We will have pint glasses for awards, and custom wall clocks for the top three overall males and females.

A motion was made by Lisa Adams, seconded and passed to approve the 2012 Hog Jog budget as presented.

b. September Prediction Run – Lisa Adams: Discussion of dates and possible courses. Riverwalk and a

downtown restaurant location is a good possibility.

c. Resolution 10K shirts – Lisa Adams:

Long sleeve cotton vs. short sleeve tech vs. long sleeve tech.....We want to go with the long sleeve cotton tees. We will have hooded sweatshirts for the award winners.

d. New Equipment purchase – Mike Mayse:

Purchase finish line barricade for \$1063.02 (\$343.24 left in budget. We also need cones, which are \$9/each. Randy proposed to increase the equipment budget in order to make these purchases. Bill Krause moved to purchase cones and barricades in excess of our current budget, up to \$2200. The motion was seconded, and passed unanimously.

e. Race Marketing Committee- Maria Littlejohn:

Clay County School Board Health Fair October 19: We need people to man the booth and some swag to give away. Lisa said it was a good event last year, and there is a run/walk we could participate in. We need shirts to give away for door prizes.

f. Social Update – Bill Krause

i. Aug: Suns game on 23: We have 28 people so far. Last year we

had 51. You can RSVP by Aug 22nd.

ii. Sept: Prediction Run: date TBD

iii. Oct - Jay Birmingham: date TBD. Discussion about having it at 1st Place Sports instead.

iv. Oct Jennies Pennies: October 14.

IV. Old Business

a. Website Update – Mike Mayse: Not much has happened thus far. The new content management software is not as easy as he originally thought. He needs help and feedback from others.

V. New Business

a. Race for Fetal Hope Booth – Regina Soeoy: A motion was made, seconded and passed to support this race. Regina and Lisa will work at the booth, and will need a few more volunteers.

VI. Announcements: Kristie is having a donations only yoga class on August 25, and money shall be donated to the Children's Running program.

VII. Adjournment: A motion was made, seconded and passed to adjourn the meeting. The meeting was adjourned at 8:28 p.m. =

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

New, Renewing and Expiring Memberships

NEW MEMBERS

Robert Frary 8/31/13
Maureen & John Harmon 8/31/13
Nicklaus Hoelscher 8/31/13
Chris Laine 8/31/13
Thomas & Candace Mahan 8/31/13

Bettye Mazuelos 8/31/13
Kendra & Scott Peck 8/31/13
Christy & Rob Surgeoner 8/31/13
Theo Torrence 9/30/14

RENEWING MEMBERS

Larry Branz 8/31/13
Melanie Cruz 8/31/13
Janet Elliott 8/31/13
Roger Jones 8/31/13
Trish Kabus 8/31/13
Carol MacDougall 8/31/13
Andrew Marchand 8/31/13
Kristie Matherne 8/31/13
Anne Matthews 8/31/13

Eddie Ohalloran 8/31/13
Scott Olivolo 8/31/13
Michael Putala 8/31/13
Alison Ronzon 8/31/13
Michael & Connie Schoenfeld 8/31/13
Barbara Scott 8/31/13
JoAnne Seach 8/31/13
Cristy & Rob Surgeoner 8/31/13
Herbert Taskett 8/31/15
Cynthia Wallace 8/31/13
Sue & Darrell Whitworth 11/30/13
Bruce Zewicke 8/31/13

MULTI-YEAR MEMBERSHIPS

Doug & Jane Alred 7/31/14
Bonnie Brooks 7/31/13
Jack Knee 7/31/14
Steven O'Brien 7/31/13
Cheryl & Tim Pfannenstien 7/31/14
Michael & Amy Mandt 8/31/13

EXPIRING MEMBERSHIPS

Edward Guerra 8/31/12
Susan Maurer 8/31/12
Tracy Meeks 8/31/12
Terry & Bonita Sikes 8/31/12
Stan Simpkins 8/31/12
Susan Thibodeaux 8/31/12
Millie Thrasher 8/31/12
Richard Vance 8/31/12
Lorna Bradford 7/31/12
Virginia & Gordon Butler 7/31/12
Andera Corzine 7/31/12
John Heisner 7/31/12
James Howell 7/31/12
Michael Ryan 7/31/12 =

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.



ENTRY FEES

	<u>Striders/Military</u>	<u>Non Striders</u>	<u>Kids 13 & 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
- 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)

October 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.ameliastrandrunners.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.ameliastrandrunners.com/kbendy/rrcocal.htm>

DATE	EVENT	TIME	LOCATION	CONTACT
October 6	Jacksonville Marine Corps Half Marathon & Freedom 5K	7:00 a.m.	Veterans Memorial Wall Everbank Field Jacksonville	(904) 731-1900 1st Place Sports
October 6	Pink up the Pace 5K	8:00 a.m.	Orange St. & Cordova St. St. Augustine	(904) 471-1819 RaceSmith, Inc.
October 6	Ranger Ravine Gardens 5/3K	8:00 a.m.	Ravine Gardens State Park Palatka	(904) 318-8104 Milestone Race Authority
October 7	Surf Sun 5K	8:00 a.m.	Jax Beach Pier 503 1st St. N. Jacksonville Beach	(904) 242-6922 ussurfingchampionships.com
October 13	The Human Race 5K	8:00 a.m.	St. Johns Town Center 4755 Town Crossing Dr. Jacksonville	(904) 731-1900 1st Place Sports
October 19	Monster Mash Dash 5K	6:30 p.m.	Fairgrounds Jacksonville	(904) 731-1900 1st Place Sports
October 20	Komen Race for the Cure 5K	8:00 a.m.	Metropolitan Park Jacksonville	(904) 731-1900 1st Place Sports
October 21	Guana 50K/50K Relay 12K Trail Run	8:00 a.m. 1:00 p.m.	Guana Tolomato Matanzas Estuarine Research Reserve 505 Guana River Road South Ponte Vedra Beach	(904) 731-1900 JTC Running
October 26	Gator Bulldog 5K	6:00 p.m.	Hemming Plaza Jacksonville	(904) 731-1900 1st Place Sports
October 27	Running of the Ghouls 5K	8:30 a.m.	Nocatee Greenway Trails 245 Nocatee Center Drive Ponte Vedra	(904) 731-1900 1st Place Sports
October 28	Evergreen Pumpkin Run 10 Mile & 5K	8:00 a.m.	North Main St. Jacksonville	(904) 731-1900 1st Place Sports
November 11	Hog Jog Cross Country 5K	2:00 p.m.	VanZant Park Lake Asbury	(904) 502-9407 Florida Striders TC

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

front. The only knock I would give Ireland is their food. I believe there is a reason you don't see many fat folks in Ireland – the food isn't something you want to make a party of. Now all the beers and ciders are a different matter. And Guinness definitely tastes better in Ireland than here in the states (and I like Guinness here).

I've attached a photo of Jack & I crossing the finish line at the Clontarf Half-Marathon and another one of a young lady. (She didn't run the Half because she didn't know about it but did run with us some mornings). =

Florida Striders Track Club Mission Statement

The prime objective of the Florida Striders is to promote and encourage running by educating the community on the benefits of physical fitness and sports.

To attain this objective we will:

1. Present high quality road races.
2. Conduct training and fun runs.
3. Provide a social medium for exchange of ideas and information.
4. Publish a monthly newsletter.
5. Encourage community involvement.
6. Conduct informative periodic meetings.



HOG JOG VOLUNTEERS NEEDED

The Hog Jog race director, Charlie and his team, need your help at the race on November 11. Please contact our Volunteer Coordinators, Frank and Kim, if you are interested in helping out! They can fill you in on exactly where they need your help! Please contact Frank at frazier44@bellsouth.net or Kim at kcist9@aol.com.

Striders Spotlight



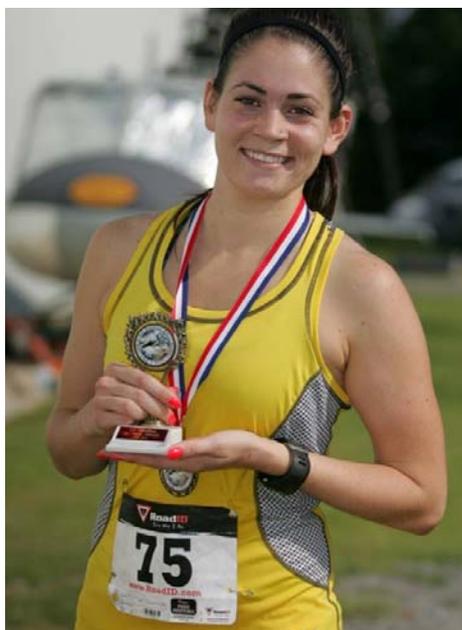
BY VICKY CONNELL



The last few months I interviewed both a long time Florida Strider and a fairly new Strider. This month I want to talk about a totally different category, kids of Striders who grow up to be runners themselves and not only become Striders but valuable volunteers. This month the spotlight is on Tori Connell, who is thrilled to have just completed her first half marathon in Warner Robins, GA. She finished first in her age group with a time of 2:01:05 and 7th overall female. If you don't already know, this is my oldest daughter so I know her story well. She began running with me when she was in the 6th grade, completing her first Gate River Run with a time of 1:46:05 at age

11. In the years which ensued, she sometimes ran consistently and sometimes not. Somewhere along the way though, she decided that she wanted to reach all the goals her mother had once achieved and surpass them. She is currently in the process of doing just that. What you might not know about Tori is that she has also been a long time Strider volunteer. In 2007 she designed the Memorial Day 5K logo and has designed every one since. In addition, she currently holds the title of Graphics Coordinator for the Striders and does all the logos, flyers, and race posters. She graduated from FSU in 2011 and currently

Continued on next page



works full time as a Graphic Designer in Tallahassee. The Striders are fortunate to continue to receive her services at no charge.

I asked Tori what her future running plans are. She replied, "Now that I've done a half marathon, I'm ready to start training for a full marathon. After a few of those, I'll get my mom pumped up again and we can train for my first and her second Ironman together!" For those of you who don't know, an Ironman consists of a 2.4 mile swim, 112 mile bike, and 26.2 mile run. Last year, Tori and I completed the Tallahassee Red Hills Sprint Triathlon (a much shorter race than an Ironman!), which was her second triathlon. She

added, "Training for a triathlon would be much easier if I had a bike. Hint hint."

I also asked her what her motivation for her recent desire to get healthy and in better shape. "I figured if I weighed less and ate healthier, I could run faster and have more energy. Plus I wanted to look better than my boyfriend in a bathing suit."

"Any advice for other runners?" I asked her. "Set short term as well as long term goals, and sign up for races. It keeps you motivated, and without motivation you'll get nowhere. My motivation is to beat my mom and I always get what I work for, so she better sleep with her running shoes on!" =

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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