

# 2012 Sun Tire Anniversary Celebration

By Jenny Allen

We had another great event Sunday, October 14th, as we celebrated our 34th anniversary of Sunday morning running from Sun Tire. The morning started out at 5:30 (before I even got there) when Mike Mayse had delivered and set up all the tables. Soon everything was organized with the help of Marge Ruebush, Elke Miller, and Pam Nelson. Runners and walkers brought in breakfast items and then at 6:30 they were off to run/walk. The party started as everyone began to return back to Sun Tire. Thank

Continued on page 5



## Inside

Minutes	2
Board/Key Members	2
Sponsors	3
Hog Jog 5k Review	4
Anniversary Run - con't	5
Hog Jog Results	6
Striders at the Races	7
Top Ten Reasons...	9
Chicago Marathon Represented	9
New & Renewing Members	11
Resolution 10k/5k Flyer	12
Resolution 10k/5k Application	13
FSTC Membership Application	13
Dec/Jan Calendar	14
Strider Spotlight	15

## 16th Annual Holiday Party Champagne Open House

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

You may bring your favorite  
beverage & hors d'oeuvre to share

**Sunday, December 16th**  
**6 PM**  
**Robert & Janet Irvin**

3811 Boone Park Avenue, Jax 32205  
Phone: 388-5664 or 343-3106

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

# Prez Sez

By Dan Adams



In September, I had the honor of awarding Bob Boyd, Dave Bokros and Mike Mayse the Road Runner Club of America National Volunteer Awards. The RRCA National Volunteer Award is given in recognition of dedicated individuals who have volunteered more than 2,000 hours of community service. To put this extraordinary amount of service into perspective, 2,000 hours is equivalent to one full year of work at 40 hours per week. The 2012 Florida Strider RRCA Award winners exemplify what makes our club a vital part of our community, as they give selflessly of their time to help promote fitness and encourage running.

Bob Boyd has been an integral member of our club for more than a decade. He has served in almost every position in the organization from StrideRight Editor to President. Most recently Bob has been Race Advisor, Hershey Games Coordinator, Adult Running Coordinator and Children's Running Committee member. Bob and Vanessa are in the process of turning over their many positions and we are finding that it is taking more than ten people to replace these two remarkable volunteers. Their presence will surely be missed. I want to say thanks to them for all their hours of service to the Striders and our community.

Dave Bokros has also served in many positions over the last decade including President and Memorial Day Race Director. Dave does not run Strider races; instead he volunteers for critical roles and performs them well. Under Dave's leadership the Memorial Day 5K has become our highest attendance race with the highest race proceeds. Every time we need someone to "step up," Dave is there. Whether asked to bring the Strider Tent to the Subaru Half-Marathon or to be Course Director and thus not being able to race, Dave always agrees. Thank you for all your hard work!

Mike Mayse is our most involved Board member. Whenever the Board proposes an event, the inevitable first question is Mike's availability. Mike's many titles: Membership Coordinator, Webmaster, email blaster, Equipment Coordinator, understate his contributions. As Equipment Coordinator, he spends many hours designing and maintaining our equipment to improve it and save the club replacement costs. On race day, no one works harder than Mike. He shows up early, stays late and works the entire time. Thanks, Mike, for your efforts!

No one person could do what Mike Mayse does. He is looking for some volunteers to help with membership, webmaster and email blasts. If you have experience with these positions, please contact me.

These 2012 RRCA Volunteer Award winners are truly remarkable people who I want to publically recognize for their amazing contributions to our organization. I am always humbled by the Strider volunteer's level of dedication. Thank you to everyone who has volunteered, you are what makes our club great! =

## Board of Directors' Summary of Action

September 11, 2012 • 7:00 p.m. • Orange Park Library

**I. Call to Order:** The meeting was called to order by Dan Adams at 7:05 p.m.

Board Members present: Regina Sooeey, Randy Arend, Dan Adams, Donald Wucker, Kellie Howard, Dave Bokros, **Continued on page 10**

## 2011-2012 Board of Directors & Key Members

(Board Members marked with an \*)

### President/Race Advisor:

\*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/Webmaster:

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

### Children's Running Coordinator:

TBD

### Photographer:

TBD

### 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 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

### River Run Expo Tent Coordinator:

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

### Run to the Sun 8K Director:

Joe Strickland .....(H) 264-4923  
jestrict@comcast.net

### River Run Hospitality Tent Coordinator:

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

### Race Volunteer Coordinators:

\*Kim Crist .....(C) 545-3722  
email: .....kcist9@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

### StrideRight Editor:

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

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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.

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

**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!**



# Hog Jog 2012 Race Review

By Charlie Hunsberger, Race Director

The 2012 running of the Hog Jog faced some stiff competition from 3 other races including the McKenzie's run the day before and a new Veterans Day 5k the morning of the race. Despite that we still had an excellent turnout with 276 registered for the 5k and 364 fun runners! We had a lot of younger runners again this year, which makes for a really fun and energetic atmosphere.

The weather was a little warm for running, but really doesn't get much prettier this time of year. We ran without a cloud in the sky!

A big thank you to Mike Mayse for making such beautiful clocks as awards for the overall winners, and I think everybody was pleased with the glasses we gave out for the age group awards. We gave away a lot of glasses! Thanks also to the many other volunteers who are too numerous to mention, but I would like to thank the coordinators for really pulling this together: Marge Rubush, Kim Crist, Frank Frazier, Mike Mayse, and Jack Frost. Also thanks to Tori Connell for doing a fantastic job designing our logo! And an especially big thank you to last year's race director Leslie Kindling for making such terrific notes, making my 1st year as race director really pain free and easy to organize!

I'll just close with a call for comments and suggestions on ways we can improve on the race for next year. You can reach me at [stridershogjog@gmail.com](mailto:stridershogjog@gmail.com). =



A special thanks to George Hoskins for providing us with his great photos!





## ANNIVERSARY RUN

Continued from page 1



you so much to all of you who helped to make this another successful year. Thank you, Charles Desrossier, for making the best Bloody Marys ever and for donating them to us. Thanks Marge, Elke and Pam for seeing that everything ran so smoothly. Marge puts a lot of time into making the yummy fruit salad that is always a big hit with everyone. Thanks Mike for handling the tables and chairs for another year. Thank you to Frank Frazier for being our wonderful emcee again and for helping me with some little minor problems. A special thank you goes to my husband, Richard, who came to my rescue whenever I called. I really missed Lori Scarlett who was attending an out-of-town wedding. This is the first anniversary she has missed in a long time, if ever.

When I referred to some little minor problems, I was referring to the nice man who came to pressure wash Sun Tire in the middle of our party. Frank knew all the right things to say and the nice man went inside and waited for us to get through. Anyway, we thought it was the right thing to do to end the party early.

It was a great morning. The temperature was 60-70 degrees with only a few drops of rain as we started to take the

group picture. I counted 39 people in the picture but remembered five people who were missing. Guess we had about 45+ attending which is down a little. We had lots of wonderful food and drink thanks to all of you.

Thanks to everyone who found and turned in money this year. This money is used for the mimosas, other drinks, and fruit for the salad. This year we found \$88.23, about \$11 more than last year. The award for finding the most money at one time goes to John Powers. He found \$11 one Sunday morning while running with Stan Scarlett. Now this is a funny story and I hope I do it justice. While we were eating breakfast, John gave me the \$11 he found. Immediately Marie Bendy looked in her camera case and found out her \$11 was missing. She said that she must have lost it getting her camera out. I grudgingly gave the \$11 back to her. Then she said SHE had found the \$11 that morning and put it in her camera case. WELL, I am not sure she was planning to turn it in but she did give it back to me. This same \$11 was found twice that morning but I think John gets the credit. Close behind John were Frank and Bobby Greene, who both found \$10 bills. Paul Geiger found two \$1 bills in a

parking lot and I found a USA 2 cent piece. I had never heard of a 2 cent coin in our country before. Bobby checked the value of the coin and gave me \$4 for it. One dollar bills were found by Gene Bridges and also Lori and I while shopping in the grocery store. John found a dollar coin from Jamaica and Bobby found a Sacajawea dollar coin. One day I received five shiny pennies taped to a blank sheet of paper. These came in the mail but the postmark was blurred. It faintly resembled Connecticut so I got in touch with our "running liberal," Tom Sullivan, from Connecticut. Sure enough those five shiny pennies were from him. Our Tarheel Strider, Robert Shields, sent four checks from North Carolina totaling \$19.77. He couldn't come for the anniversary run but is trying to make it back for the Memorial Day 5K. We really miss you guys.

We missed all of you who didn't come for whatever reason. This party is for ALL Striders, whether you find money or not. Of course we would rather you find money. Come and join the fun, fellowship and good food next year. Hope to see you then.

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



## 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).

ID#	CLASS PLACE	PLACE	FINISHER	GUN TIME	PACE
<b>Open Men</b>					
40	1	1	Erik Hartley	17:09	5:32
53	2	2	Jason Arnold	18:22	5:55
257	3	3	Aren Biala	18:35	5:59

<b>Open Women</b>					
166	1	1	Lorna Bradford	19:45	6:22
65	2	2	Talisa Fletcher	20:47	6:42
3	3	3	Kayley Delay	21:21	6:53

<b>Masters Men</b>					
261	5	1	Joe Rivera	18:47	6:03

<b>Masters Women</b>					
162	8	1	Annette Shannon	24:03	7:45

<b>Grand Masters Men</b>					
172	13	1	Randy Arend	20:26	6:35

<b>Grand Masters Women</b>					
9	15	1	Vicky Connell	26:40	8:36

ID#	CLASS PLACE	PLACE	FINISHER	GUN TIME	PACE
<b>Men Under 3</b>					
291	127	1	Tony Giordina	39:24:00	12:42
284	143	2	Emily Cheyne	48:34	15:40

<b>Men 3 - 10</b>					
273	32	1	Matthew Stratton	23:31	7:35 PR
305	39	2	Grayson McCombs	24:27	7:53
84	44	3	Austin Boyd	25:01	8:04
77	46	4	Matthew Pellegrini	25:27	8:12
263	50	5	Allen Hughes	25:43	8:18

<b>Men 11 - 13</b>					
13	10	1	Reilly Mickey	20:12	6:31
42	16	2	Vincent Sabatella	20:59	6:46
85	20	3	Marcus Murphy	21:29	6:56
271	24	4	Nick Barrett	22:11	7:09
304	28	5	Devin McCombs	22:30	7:15

<b>Men 14 - 19</b>					
31	6	1	Justin East	19:05	6:09
106	7	2	Poulo Sato	19:06	6:10
247	18	3	Sean Roderick	21:20	6:53
74	19	4	Tyler Imrich	21:21	6:53
23	27	5	Andrew Rowe	22:20	7:12

<b>Men 20 - 24</b>					
82	4	1	David Steinberg	18:40	6:01

<b>Men 25 - 29</b>					
168	14	1	Brent Hume	20:53	6:44
243	45	2	Kris Carter	25:14	8:08
107	55	3	Logan Poidenant	26:12	8:27
260	110	4	Jeremy Huntley	35:09	11:20

<b>Men 30 - 34</b>					
61	48	1	Kevin Robinson	25:33	8:14
293	58	2	Stephen Larson	26:31	8:33
299	67	3	Steven Peano	27:28	8:51
67	88	4	Wade Lynn	30:12	9:44
193	97	5	Alan Sturm	32:31	10:29

<b>Men 35 - 39</b>					
279	12	1	Julius Lacerna	20:18	6:33
308	22	2	Adam Wetzel	21:35	6:58
91	33	3	Doug Deters	23:47	7:40
165	42	4	Jermey Buyok	24:54	8:02
175	70	5	Travis Baker	28:12	9:06

<b>Men 40 - 44</b>					
7	15	1	Scott Olivolo	20:59	6:46
2	17	2	Charles Delay	21:16	6:52
51	21	3	Robert Dews	21:31	6:56
75	23	4	Robert Moore	21:45	7:01
44	47	5	Tim Cochran	25:32	8:14

<b>Men 45 - 49</b>					
63	8	1	Matt Miller	19:15	6:12
54	9	2	David Bonnette	20:08	6:29
101	11	3	Craig Bennett	20:13	6:31
199	41	4	Clay Fliess	24:43	7:58
196	62	5	Philip Dixon	27:02	8:43

<b>Men 50 - 54</b>					
254	37	1	John Williams	24:14	7:49
161	40	2	Robert Colson	24:37	7:56
241	75	3	Scott Fraser	28:42	9:15
157	136	4	Doug Johnson	43:46	14:07

<b>Men 55 - 59</b>					
41	25	1	Paul Stodola	22:15	7:10
226	26	2	Mike Schaul	22:15	7:11
15	68	3	Steve Bruce	27:39	8:55
30	79	4	Kenneth Kohnen	29:17	9:27
204	92	5	Michael French	31:08	10:02

<b>Men 60 - 64</b>					
11	35	1	Randy Pullo	24:11	7:48
4	63	2	Bernie Powers	27:05	8:44

<b>Men 65 - 69</b>					
97	124	1	Mike Moran	38:51	12:32

<b>Men 75 - 79</b>					
182	121	1	Charles Wagner	37:51	12:13

ID#	CLASS PLACE	PLACE	FINISHER	TIME	GUN PACE
<b>Women 3 - 10</b>					
177	7	1	Kid Adams	23:34	7:36
176	30	2	Megan Adams	29:56	9:39
296	32	3	Anna Magruder	30:08	9:43
283	34	4	Hanna McDonald	30:16	9:46
178	35	5	Grace Adams	30:46	9:55



**Women 11 - 13**

201	10	1	Jennifer Fliess	24:42	7:58
264	11	2	Caitlyn Hughes	25:43	8:17
200	40	3	Jessica Fliess	31:58	10:18
26	45	4	Ally Dailey	32:46	10:34

**Women 14 - 19**

180	14	1	Emily Mickel	26:31	8:33
228	23	2	Emily Schaul	28:29	9:11
39	27	3	Autumn Doggett	29:19	9:27
286	88	4	Sara Rodriguez	46:37	15:02

**Women 20 - 24**

217	65	1	Kaylla Vogt	38:20	12:22
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**Women 25 - 29**

302	6	1	Andrea Corzine	23:09	7:28
164	13	2	Maxine Rebeles	26:01	8:24
208	28	3	Natasha Bull	29:42	9:35
314	93	4	Samantha Waite	48:58	15:48

**Women 30 - 34**

73	17	1	Tiffany Jones	26:52	8:40
294	29	2	Leslie Larson	29:54	9:39
70	38	3	Cindy Smith	31:25	10:08
60	55	4	Rainy Stron	35:41	11:30
210	66	5	Jacqueline Ottosen	38:41	12:29

**Women 35 - 39**

248	4	1	Julie Versage	21:29	6:56
179	5	2	Lisa Adams	21:33	6:57
68	16	3	Emma Lafferty	26:47	8:38
238	19	4	Jennifer Rivera	27:36	8:54

307	21	5	Carrie Wetzel	28:05	9:03
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**Women 40 - 44**

306	9	1	Katherine McCombs	24:15	7:49
93	36	2	Anne Orenick	30:57	9:59
116	43	3	Kristen Burke	32:39	10:32
18	47	4	Sharon Decicco	33:26	10:47
167	63	5	Ivy Bryan	37:50	12:12

**Women 45 - 49**

184	12	1	Laura Dulka	25:44	8:18
270	20	2	Joanie Barrett	27:38	8:55
188	25	3	Dina Sakowski	29:14	9:26
151	42	4	Lisa Miller	32:38	10:31
267	51	5	Mia Felker	34:53	11:15

**Women 50 - 54**

213	33	1	Bonnie O'Nora	30:14	9:45
206	49	2	Elsie Altman	33:50	10:55
156	76	3	Joyce Johnson	42:21	13:39

**Women 55 - 59**

269	18	1	Kimberly Lundy	27:09	8:45
303	24	2	Claudia French	29:08	9:24
32	54	3	Sharon Medders	35:31	11:27

**Women 60 - 64**

154	61	1	Dotti Cahill	37:25	12:04
43	79	2	Dee Robertson Lee	42:30	13:42
173	85	3	Jean Schubert	45:29	14:40

**Women 70 - 74**

12	60	1	Nancy Pullo	36:56	11:55
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To get your race results published, fill out the form on [floridastriders.com](http://floridastriders.com)

# Race Results

## Summer Beach 5 Mile Jacksonville, FL August 25, 2012

Robert Walker 33:36 2nd AG

## Turtle Trot 5K Fernandina Beach, FL September 3, 2012

Terry Sikes 20:03 1st AG  
Bill Pennington 24:26 3rd AG

Paul Smith	24:28	1st AG	Robert Smith	28:48
John McBrearty	25:33	2nd AG		
Kathy Murray	25:59	1st AG	Bernie Powers	29:31
Alan Harmon	28:07		Gerry Tyburski	30:09
Bonita Golden-Sikes	28:14	1st AG	Margaret Tyburski	34:01

Continued on next page

## RACE RESULTS

Continued from previous page

Charles Goodyear 38:07 3rd AG  
Brian Ottosen 39:02  
Jacqueline Ottosen 48:21

### Wounded Warriors 8k Jacksonville, FL September 8, 2012

Alex Hawkins 40:25  
Jerry Skirvin 42:14  
Robbie Hailey 44:19  
Joanne Harris 47:38 1st AG  
Jennifer MacDonald 49:37  
Buddy Harris 50:27  
David Dugle 51:08  
Gary Proctor 53:44  
August Leone 54:29 1st AG  
Bradley Shepherd 56:32  
Eric Rider 56:55  
Elsie Altman 1:04:16

### Financial Fitness 5K Jacksonville, FL September 15, 2012

Jean Schubert 45:33 2nd AG

### Hammerhead Olympic Triathlon Camp Blanding Military Reservation, FL September 16, 2012

Robert Dews 2:59:10

### Race for Fetal Hope 5K Atlantic Beach, FL September 29, 2012

Robert Walker 18:42 3rd AG  
Robert Dews 20:23  
George Hoskins 25:55  
Sue Whitworth 27:39  
Bob Meister 37:54 7th AG  
Barbara Gilbert 41:02  
race walker

### Marine Corp Freedom 5k Jacksonville, FL October 6, 2012

Daniel Hayes 19:17  
*Talked with some of the strider leaders and loved the sound of this club!*  
Kay Sutliff 29:58  
Bob Meister 37:36 5th AG  
Jean Schubert 42:58  
*I finally hit a pace under 14 minutes!!!!!!*

### Marine Corps Half Marathon Jacksonville, FL October 6, 2012

Robert Walker 1:37:00  
9th AG, 63rd OA  
Kevin Mangold 1:44:52  
August Leone 2:35:55  
Nancy Pullo 2:34:00 1st AG  
*1st (only) in age group. At this age (71) you don't have to out run anyone, you just have to out-*

*last them!*

Richard Vance 2:36:22  
Trish Kabus 3:23:20

### Human Race 5K Jacksonville, FL October 13, 2012

Robert Walker 18:31 1st AG  
*3rd year, 6th overall-running for Clay Habitat*  
Bonnie O'Nora 29:26  
Barbara Gilbert 41:04 3rd AG  
race walker

### The Monster Mash Dash 5K Jacksonville, FL October 20, 2012

Sayer Gunn 22:58 1st AG  
*PR by 1 minute*

### Race for the Cure 5k Jacksonville, FL October 20, 2012

George Hoskins 25:21 1st AG

### Zombie Buffet 5K Jacksonville, FL October 20, 2012

Jean Schubert 41:40  
*Apparently, Zombies make me move faster!*

### Guana 12k Guana State Park, FL October 21, 2012

Bonita Golden-Sikes 1:20:36

### Evergreen Pumpkin Run 10 miles Jacksonville, FL October 28, 2012

Sayer Gunn 1:21:22  
George Hoskins 1:27:08 3rd AG  
Sue Whitworth 1:32:27  
Nancy Pullo 1:53:52  
*Alone in my age group. She showed up again!!!!*  
Anne Matthews 2:05:34  
Bob Meister 2:08:47 1st AG  
Jean Schubert 2:28:28  
*Longest race to date and I did not come in last! And, I earned my first Grand Prix points coming in 8th in my age group.*

### Evergreen Pumpkin Run 5 miles Jacksonville, FL October 28, 2012

Robert Dews 20:09

### Black Creek Bowl 5k Middleburg, FL November 3, 2012

Robert Dews 19:42

### Native Sun Mandarin 10k Jacksonville, FL November 17, 2012

George Hoskins 52:42 3rd AG  
Sue Whitworth 54:57

August Leone 1:04:21 1st AG  
Jean Schubert 1:29:22  
Bob Meister 1:17:04 2nd AG

### St. Augustine 10k St. Augustine, FL November 18, 2012

Leslie Forhan 1:22:16  
*I am very proud of my time. I started running in January as a resolution and haven't stopped. I have my first half this weekend*  
Trish Kabus 1:24:00

### St. Augustine Half Marathon St. Augustine, FL November 18, 2012

Mercedes Smith 1:58:27  
Trish Kabus 3:33:13

### Subaru Distance Classic Half Marathon Jacksonville, FL November 22, 2012

Kevin Mangold 1:36:09  
*New PR for the Half Marathon*  
Sue Whitworth 2:03:37  
Mercedes Smith 2:05:33  
*Slower than last year, but still finished with a smile on my face. Nice cool conditions.*  
Maria Littlejohn 2:07:20

Thomas Mahan 2:20:48  
Richard Vance 2:33:25  
Jean Schubert 3:19:24  
*My first Half Marathon ever! Couldn't have done it without the support of my fellow Florida Striders!!*

### Subaru Distance Classic 6k Jacksonville, FL November 22, 2012

Barbara Gilbert 47:21

## Out of Town

### Maintain the Momentum 5k Orlando (SeaWorld), FL September 19, 2012

Trish Kabus 52:27.

### Fall Fitness World 5K Durham, NC October 29, 2012

Jean Schubert 44:14  
*Raced with my daughter by my side in Durham, NC, in the rain, on hills, yet earned my best 5K time to date.*

### Chicago Marathon Chicago, IL October 7, 2012

John McGriff 4:47:12  
*Awesome event, great weather,*



### Hinson Lake 24 Hour Ultra Classic Rockingham, NC September 29-30, 2012

Sung Ho (Bruce) Choi, Kristie Matherne and I all participated in the event. It was the first time Kristie & I had participated in this type of event & we absolutely LOVED it! We are looking forward to recruiting more Striders to participate next year :-). Info on the race can be found at <http://www.hinsonlake24hour.com/>

Race results were as follows:  
Bruce Choi- 103.36 miles  
Kristie Matherne- 42.56 miles  
Maria Littlejohn- 53.2 miles

# floridastriders.com



42,000 runners actually crossed the start line - and the spectator support was never-ending (there was not one time during the race that the side of any road wasn't lined with spectators).

**Liz Hurley Ribbon Run 5K**  
Huntsville, AL  
October 20, 2012

Gregg Friend 22:15 PR  
Kristin Friend 33:40  
In Huntsville, AL with hills, beautiful autumn colors and a refreshing 49 degrees.

**Marine Corps Marathon**  
Arlington, VA  
October 28, 2012

Mercedes Smith 5:09:13  
I was super slow for my 2nd marathon, but it was a lot of fun!!

**Lighthouse Loop Half Marathon**  
Port Orange, FL  
October 28, 2012

Trish Kabus 3:26:54

**Rock & Roll Savannah**  
Half Marathon  
Savannah, GA  
November 3, 2012

Nancy Pullo 2:34:29 1st AG  
I wasn't alone, there were 9 others!

**Rock & Roll Savannah**  
Marathon  
Savannah, GA  
November 3, 2012

Kevin Mangold 3:53:18  
First out of state running event and set a new PR in the marathon distance!

**Richmond Half Marathon**  
Richmond, VA  
November 10, 2012

Bonita Golden-Sikes 2:02:37  
Signed up at the last minute to join friends on this outing. Glad I did! Loved the course and the finish area. Would do it again just to return to Richmond for the weekend!

**Disney Wine & Dine**  
Half Marathon  
Orlando, FL  
November 10, 2012

Thomas Mahan 2:31:38

Candace Mahan 3:18:47  
First half-marathon!!

**Paul de Bruyn 30k**  
New Smyrna, FL  
November 11, 2012

Barbara Whitter 4:33:20 3rd AG  
Finish line was already taken down, so Barbara didn't get listed in the results.  
Trish Kabus 2:24:24  
This is the 15k time.  
Poorly marked course! I was

registered for the 30k and got lost and ended up at the finish line twice, so I finally gave up and went out to find Barbara on the course and finished up with her. A true disappointment, this race used to be a favorite!

**Feet to Feast 15k**  
Palm Coast, FL  
November 22, 2012

Trish Kabus 2:08:58 =

## Florida Striders are Represented at the Chicago Marathon



John McGriff proudly displays his Florida Striders' shirt before the Chicago Marathon. John is still smiling after the race with his family, shirt and medal! =

## Top 10 Reasons to Run the Resolution 10K and 5K

The Resolution 10K and 5K will be held at the Orange Park Kennel Club on January 5, 2013 at 8:30 am. The 1 mile fun run will start at 10:30 am. The top 10 reasons to run the race:

1. Enjoy the cooler running weather while we have it.
2. Striders have the least expensive races in town. Only \$13 if you sign up now at 1st Place Sports and are a Florida Strider and chip owner.
3. Great course to get a seeded or better seeded number for the Gate River Run.
4. Race shirt is a long sleeve heavy cotton tee-shirt that you thought were only a thing of the past.
5. If you are only going to run one race a year, you can get it over within the first 5 days of the year.
6. It does not take more time to get to the race than actually run the race.
7. Post race treatment massages provided by Heartland Rehabilitation.
8. Exciting water and refreshments.
9. Great odds in winning an award. Three deep overall and in all age categories in both the 10K and 5K runs, plus the 10K has a clydesdale and athena category.
10. Supports a great cause - All of the Florida Striders programs, including the children's running program in the schools.

More information available on [Floridastriders.com](http://Floridastriders.com) =

### Human Performance Lab

Performance testing for Competitive runners, cyclists, and triathletes

	Florida Striders	Savings
VO2	\$50	-\$100
RMR	\$30	-\$45
Fitness & Strength Eval	\$50	-\$100
BOD POD (Body Composition)	\$25	-\$50
Athletic Ability Assessment	\$50	-\$100
Nutrition consult	\$60	-\$25
Sports Medicine Consult With Dr. Joseph Czerkawski	FREE	-\$100

**Bring in this ad for a FREE Bod Pod test!!!**

**FREE Sports Medicine Consultation with Dr. Joseph Czerkawski**

9446 Phillips Highway, Suite 3, Jacksonville, FL 32256 (904) 475-9600 [www.thehitcenters.com](http://www.thehitcenters.com)

## MINUTES

Continued from page 2

Lisa Adams, Kim Lundy, Mike Mayse, Glenn Hanna, 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 August 2012 meeting.

### II. Officer Reports

#### a. President Report

i. RRCA Outstanding Volunteer Awards: Mike Mayse, Bob Boyd, Dave Bokros

ii. Intermin Race Advisor-Dan Adams: Dave is thinking about this role.

iii. Children's Running Coordinator-Dan is seeking a breakdown of duties from the Boyds. Discussion of what work is needed, how it can be delegated, and who may want to take over this position. Lisa suggested that we ask the schools to do more of the work, and/or divide it up more.

iv. Adult Running Class Coordinator-Need volunteers.

v. Hershey Games Coordinator-Need volunteers.

vi. Marketing and Sponsorships: Mark Wynter would like to take this on.

vii. Wiinn Dixie Golf Tournament-October 15th 7am-2pm: Kohls gives us a lot of money and volunteer hours throughout the year. Frank offered for us to volunteer at this event.

b. Treasurer Report – Randy Arend: August 2012:

Beginning Cash Balance as of August 1, 2012 was \$38,840.34.

August Income was \$1,250.

August Expenses were \$2,426.34.

Ending Cash Balance as of August 31, 2012 was \$37,664, of which \$8,811.85 was designated for Children's Running Budget, \$2,666.67 was designated for Heartland multi-race sponsorship for 2013 and 2014 races, and \$26,185.48 was undesignated.

Comparable Ending Cash Balance as of August 31, 2011 was \$24,679.54, of which \$7,149.85 was designated

and \$17,529.69 was undesignated

The Boyds brought in a few more sponsorships. Aetna (\$1,000) and Starke EquityGroup (\$250). Expenses included the 300 cones that Mike purchased, a scholarship, added money to the bulk mail account, and transfer to race accounts of the Heartland sponsorship.

### III. Committee and Director Reports

#### a. Memorial Day 5K

i. Report-Dave Bokros: Highest participation and revenues ever generated. All the volunteers contributed to make it happen, and the Rotary Club is a big help. We had to pay for a few extra things due to the reschedule. Doug Alred was instrumental in rescheduling the race, as was Orange Park.

ii. Race Date: 5/27/13 A motion was made, seconded and passed to approve this date for the 2013 race.

b. Children's Running Committee End of year report (see attached)-Kim Lundy: Last year there were 267, 730 total miles reported from 12,907 participants. Kim feels we should try to get more information from this report into the Clay Today, for PR. Over 4000 marathon medals were awarded.

#### c. Social Update – Bill Krause

i. Oct 11: Jay Birmingham-will speak after a group run from First Place Sports in Orange Park. The club will supply pizze and beer. The run starts at 6:30, and speaker at 7:30.

ii. Jennies Pennies: October 14 at Sun Tire on Blanding, after the run.

iii. Increase Social Budget \$300. A motion was made, seconded and passed without objection.

IV. Old Business: Race for Fetal Hope-Regina Sooe. We are going to have a booth at the race expo, and Hog Jog flyers in the race packets.

### V. New Business:

a. Drs Lake Sign-George Hoskins: He has talked with 3 sign companies about a design for a new sign. The current sign has our old logo, and is a non-permitted sign. Clay County is aware our sign is there, and has been there for

a long time. If no one complains about it, they will let it be, and not require a permit. If we want to take it down and put up a new one, we must submit our design to them, and get a permit. The quotes are in the range of \$600-650, and one estimate around \$350.

Dave made a motion to pursue permitting and replacement of the Drs Lake sign. The motion was seconded by Lisa and passed without objection. The BOD will give feedback on the designs and verbiage on the sign and Dan will consolidate the feedback for George.

VI. Announcements: Kristie's open house was successful, and they raised \$125 for Children's Running.

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

## OCTOBER MINUTES

October 9, 2012 • 7:00 PM

Orange Park Library

Members Present – Maria Littlejohn, Scott Hershey, Randy Arend, Dan Adams, Kellie Howard, Bill Krause, Ann Krause, Mike Mayse, Glenn Hanna, Robert Webster, and Lisa Adams. Others in attendance: Charlie Hunsberger, Frank Frazier

### I. Call to Order - at 7:03 PM

### II. Review of Minutes – approved

### III. Officer Reports

#### a. President Report – Dan Adams

i. Club Restructuring – positions open.

Dan is working on filling positions. The Club needs a Fun Run Race Coordinator to interface with the schools and work race day registration. Children's Running Committee members and race photographer are also needed.

ii. Very nice StrideRight this month. The printer did a special type at no additional cost for this one month. Mike Mayse will mail extra copies of the StrideRight to Scott Hershey to show as examples to prospective members along with merchandise.

b. Treasurer Report – Randy Arend



September 2012

Randy went over the financial report for the 9 months year to date and the month, including highlighting the largest expenses.

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

a. Resolution Run race budget – Kellie Howard – Discussion about why we moved the race to an earlier week due to Winter Beaches run conflict. The budget was approved.

b. Donna Water Stop Feb 17th. The Board approved supporting the event and may need a coordinator if Dave is not available.

c. River Run Expo Booth Update– Dan Adams (for Krisitie Matherne). We will make the down payment for the expo booth this month. It is already approved in our budget.

d. Social Update – Bill Krause – went over the schedule

i. Jay Birmingham: October 11th

ii. Jennies Pennies: October 14th  
iii. Prediction Run: Nov 18th – at Mellow Mushroom at Fleming Island

#### **V. Old Business**

a. Doctors Lake Sign (see attached) – Dan Adams – Dan reminded the Board that George Hoskins presented a replacement sign for Doctors Lake last month. A draft of the layout of the sign was presented to the Board. The Board approved the proof with adding the words “Mission: To” before Promote and Encourage. The Board discussed the color of the sign being yellow verses white. Dan will talk with George to discuss the option of using yellow as the base color of the sign. The proof will be submitted to the city for approval.

b. CCSD Health Fair October 19th – Volunteer needed – Maria Littlejohn.

Robert Walker and Frank Frasier volunteered to help.

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

#### **VII. Announcements**

**VIII. Adjournment:** Meeting adjourned at 7:50PM. =

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

#### **Cdr. John Franklin Hirsch, Jr. USN (Ret.)**



Our condolences go out to the Hirsh family on the passing of their devoted husband, son, father, brother, uncle, grandfather, and our friend! John has been a Strider since 1996.

## **New, Renewing and Expiring Memberships**

### **NEW MEMBERS**

Lesle Boswell	11/30/13
Kevin & Kathleen Jenkins	11/30/13
Lynn Kaminskis	11/30/13
Kenneth Kohnen	11/30/13
Jennifer & Chris Leo	11/30/13
Lisa & Scott Miller	11/30/13
Patrica Pedroni	11/30/14
Amy Perkins	11/30/13
Paul & Ann Stodola	11/30/13
Alan & Jessica Sturm	11/30/13

### **RENEWING MEMBERS**

John & Diane Aimone	11/30/13
Bey-Li & Scott Bialek	10/31/13
Gene Bridges	10/31/13
Steve, Maria, Isabel, Juan Bruce/Padin	10/31/13
Gary Corbitt	10/31/13
Tommy & Cathy Dobbs	11/30/13
Billy Fehrs	11/30/13
Clay & Debbie Fliess	10/31/13
John Heisner	11/30/13
Scott Hershey	10/31/13
David Kelley	10/31/13
Lisa Kern	11/30/15
Maria Littlejohn	10/31/13
Mike Marino	10/31/13
Karen & Steve McCormick	10/31/13
Sharon & Gary Medders	11/30/13

Tracy Meeks	10/31/13
George Obi	11/30/13
Wendy Patterson	10/31/13
Ron Porter	10/31/13
Chris Rodatz	11/30/15
Michael & Connie Schoenfeld	10/31/13
Terry & Bonita Sikes	10/31/13
Richard Vance	11/30/16
Stacy Williams	10/31/13
Peter Winkler	11/30/13

### **MULTI-YEAR MEMBERSHIPS**

Vicki Choinski	9/30/14
Teresa Hankel	9/30/14
John Kotsubka	9/30/13
Larry Mattingly	9/30/14
James/Kay Vavrina/Womack	9/30/13

Danny Cole	10/31/13
Charles Mann	10/31/13
Russell & Connie Pratt	10/31/14

### **EXPIRING MEMBERSHIPS**

Mel Abando	9/30/12
Jennifer Albertson	9/30/12
Alexander & Micheala Combs	9/30/12
Patrick & Laura Flynn	9/30/12

Bobby Greene	9/30/12
Scott Grimm	9/30/12
Richard Horton	9/30/12
William Kennedy	9/30/12
Dennis & Sylvia Lee	9/30/12
Quincy Masters	9/30/12
Maria McNary	9/30/12
Ken Murray	9/30/12
Seth Pajcic	9/30/12
David Pizzi	9/30/12
Guillermo Ramos-Piazza	9/30/12
Rex Reed	9/30/12
Susan Shelton	9/30/12
Kim & Chris Tracanna-Breault	9/30/12
Michael & Stacy Walker	9/30/12
Beverly Aquí	10/31/12
Larry Clark	10/31/12
Jack Hayes	10/31/12
Gene Imrich	10/31/12
Steven Johnson	10/31/12
Christy Miller	10/31/12
Regina Taylor	10/31/12
Barbara Werner	10/31/12 =

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](mailto:floridastriders.com) or call Mike Mayse (904) 777-6108.



**8:30 AM**  
10K (Grand Prix) & 5K

**10:30 AM**  
1 Mile Fun Run

**ORANGE PARK  
KENNEL CLUB**

**LONG SLEEVE  
SHIRTS!!**

Clydesdale and Athena  
Divisions for 10K

Benefitting School  
Run Walk Clubs

Presented by Key Buick–GMC–Hyundai



## ENTRY FEES

	Striders/Military/AIR	Non Striders	Kids 13 & Under
Until Dec 22nd	\$15	\$20	\$15
12/23 - 1/4	\$20	\$22	\$15
Day of Race	\$25	\$25	\$25

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

**Race Director:** Kellie Howard 904-333-9208  
kellski@comcast.net

## AWARDS

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

**5K Awards:** Male and Female: Top 3 Overall, Top Master, Top Grand Master and Top 3 in Each Age Group.

**Age Groups:** 0-10, 11-13, 14 -19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & Over. (No Multiple Awards.)

## TIMING

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

## COURSE DESCRIPTION

No excuses - Just Do It! Put your New Year resolutions into action. The 5K will go along beautiful River Road and the 10K will do the same course, but the turn around will be about a mile and a half further. The race starts and finishes at Orange Park Kennel Club. Go to [www.floridastriders.com](http://www.floridastriders.com) to view the course map.

## FUN RUN

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

## PACKET PICKUP

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 **Thursday**, Jan 3th and **Friday**, Jan 4th 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
- 4870 Big Island Dr., St. Johns Town Center
- 424 South Third St., Jacksonville, FL 32250

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



## PRESENTING SPONSOR



## SPONSORS



384-0053 810-5009



**BLUE RIDGE**  
Water Company, Inc.



## BECOME A FLORIDA STRIDERS MEMBER

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

### Benefits include:

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

## RESOLUTION 10K & 5K • JAN 5, 2013

RACE#

(OFFICIAL USE ONLY)

Packet Pick-Up (Please Choose One)

☐ Day of Race @ Orange Park Kennel Club

☐ Baymeadows 1st Place  
Sports 1/3 or 1/4

☐ Orange Park 1st Place  
Sports 1/3 or 1/4

☐ San Marco 1st Place  
Sports 1/3 or 1/4

☐ Jax Beach 1st Place  
1/3 or 1/4

☐ St. Johns Town Center  
1/3 or 1/4

First Last

Age

Sex

Unisex T-Shirt Size

10k 5k

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

Personal  
Champion  
Chip

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

Street Address (Please Include Apt. #)

☐ Clydesdale  
(male > 200 lbs)

☐ Athena  
(female > 150 lbs)

City

State

Zip Code

Telephone Number

☐ Cash

☐ Check

Fee Inclosed  
\$

☐ FL Strider

☐ Military

☐ AIR

Credit Card payment available at [www.floridastriders.com](http://www.floridastriders.com)

BY MY SIGNATURE I ACKNOWLEDGE THAT: I know that participating in a race is a potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with participating in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the race course, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and personal music players are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Florida Striders Track Club, the city of Orange Park, and the Road Runners Club of America, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I also understand that there will be no refunds for any reason, including weather, Acts of God, or other factors outside the control of race management.

Your Signature

Date

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

Date

Make checks payable to: Resolution Run

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

Race Hotline: 904-333-9208

# Dec 12/Jan 2013 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
December 8	Santa Suits on the Loose-Family 5K	8:00 a.m.	St. Augustine Beach Pier 350 A1A Beach Blvd. St. Augustine	(904) 669-1207 RaceSmith, Inc
December 8	Nassau Strides for Education 5K	9:00 a.m.	Main Beach Atlantic & Fletcher Fernandina Beach	(904) 548-4464 Take Stock In Children Nassau
December 8	Jingle all the Way 5K	9:00 a.m.	Jekyll Island Club, 1 Pier Rd. Jekyll Island, GA	(904) 318-8104 Milestone Race Authority
December 8	Festival of Lights 5K	6:00 p.m.	San Marco Square Jacksonville	(904) 731-1900 1st Place Sports
December 16	Jacksonville Bank Marathon/Half Marathon/5K	7:00 a.m.	Bolles School 7400 San Jose Blvd. Jacksonville	(904) 731-1900 1st Place Sports
December 29	Color in Motion 5K	9:00 a.m.	Equestrian Center 13611 Normandy Blvd., Jax	(208) 254-0833. Color in Motion
December 29	36th Annual The Last Gasp 5K Cross Country	2:00 p.m.	JU, University Blvd. Jacksonville	(904) 372-0509 JTC Running
December 29	VystarGator Bowl 5K	10:00 a.m.	The Landing Jacksonville	(904) 731-1900 1st Place Sports
<b>January 5</b>	<b>Resolution Run 5/10K</b>	<b>8:30 a.m.</b>	<b>Kennel Club Park Ave. Orange Park</b>	<b>(904) 333-9208 Florida Striders TC</b>
January 13	John Tenbroeck Memorial Winter Beach Run 5/10 Mile	2:30 p.m.	Seawalk Pavilion Jacksonville Beach	(904) 731-1900 JTC Running
January 19	Eagle 5K	9:00 a.m.	Episcopal High School 4455 Atlantic Blvd. Jax	(904) 318-8104 Milestone Race Authority
January 19	Running of the Seahorses 5/2.5K	9:30 a.m.	Seawalk Pavilion 1st Ave. N. & 1st St. N Jacksonville Beach	(904) 509-1345 Milestone Race Authority
January 21	33rd Annual Matanzas 5K	9:00 a.m.	Castillo Dr. St. Augustine	(904) 687-5939 Ancient City Road Runners

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



# Please Take a Minute to Complete the North Florida Transportation Planning Organization's Survey

Please help us spread the word! The North Florida Transportation Planning Organization is in the early stages of developing a Regional Bicycle and Pedestrian Plan. We are asking for your help in completing a survey, which will take only a few minutes. Your input can help us gather information reflecting the current levels of bicycling and walking for residents living in Northeast Florida, their attitudes about cycling and walking and their opinions about barriers that currently exist. Your input is invaluable to us so thank you for your comments. Simply click on the link below or cut and paste the entire URL into your browser to access the survey.

[https://www.surveymonkey.com/s/northfloridatpo\\_bikeped-plan\\_survey](https://www.surveymonkey.com/s/northfloridatpo_bikeped-plan_survey)

Or scan the QR code to the right with your smart phone!



## SEND US YOUR RACE RESULTS!

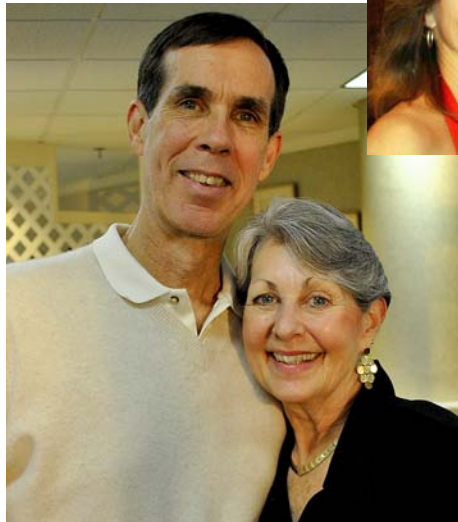
Please make sure you fill out our new race result form located at **floridastriders.com**. This will be the only way your results will appear here each month!

## Striders Spotlight

This month I'm Spotlighting another Strider group, which is "Strider Couples". One of our well known and much loved couples is Bob and Vanessa Boyd. Bob was the first Strider I met, and was responsible for getting me very involved with our group, as he has done for many other people. Bob and Vanessa have worked together for many years to promote and grow our club, supporting countless people in their quest to become runners and stay physically fit.

Vanessa initially got interested in running after she watched Joan Benoit win the marathon in the 1984 Olympics. (Many of us were inspired by that win!!) She committed to training for the Gate River Run 15K and completed it in about 90 minutes. She and Bob then signed up for Chuck Cornett's running class and ran the Marine Corp Marathon in Washington, DC about 6 months later, with Vanessa finishing in about 4 and a half hours. The following year Vanessa had a huge improvement in her River Run time. She continued to race competitively with a 5K PR (personal best) time of 24 minutes. These days Vanessa runs for health and fitness.

When Bob was about 4 years old, he was diagnosed with Retinitis Pigmentosa



(RP), meaning that eventually he would lose his sight. (He's currently legally blind.) The doctor told him that staying physically fit would probably help him retain his vision for the longest period of time, so Bob began running early in life, joining the cross country and track teams in his Freshman year of High School. Bob ran mostly for fitness as an adult in his 20's. He worked for Southern Bell back then, and eventually began running with their racing team which included doing the Gate River Run. Then he took the Cornett running class with Vanessa and they

did the Marine Corp Marathon together, with Bob pacing a friend, then going back to run in with Vanessa. He eventually did the Jacksonville Bank Marathon with a time around 3 hours, 22 minutes. Three of his five marathons have been within a minute of that time. Bob eventually achieved a Boston qualifying time at the Calgary marathon in Canada where he and Vanessa went for a vacation. He is most proud of his 5K PR which is 18:32. He tried to get his Gate River Run time under 60 minutes but the closest he came was 60 minutes, 14 seconds. His best half marathon time was an hour and 30 minutes.

Bob and Vanessa moved to Orange Park in 1983 and they both worked for Southern Bell. When they took the running class together, Chuck Cornett told them about the Sunday run at Sun Tire which they began to attend. Eventually they would both become heavily involved with the Florida Striders.

Over the years, they have both volunteered for a number of positions with the Striders. Bob started as the Newsletter Editor for 3 years, then the Membership Coordinator for 2 or 3 years. He and

**Continued on next page**

Vanessa were on the Board of Directors from 1999 to 2007. When they started leaving Florida to live in Maine for about half the year, they left the board. Bob was President of the Striders from 2005 to 2006. They both got involved in Children's Running in 2005 and Vanessa became the Children's Running Coordinator in 2006. Vanessa has served as the club photographer for about the last 10 years. In 2005 Bob started offering a Florida Strider Running Class with Vanessa assisting him, and continued to run it through 2012. The first year the class had about 40 people sign up, and the largest class has been over 180 (It has since been capped at 150 due to parking limitations). Bob has also been the Race Advisor since 2005. He was Race director of the Autumn Fitness 5K for 3 years, and the Resolution Run for 2 years. He coordinated the Green Cove Springs Fun Run for the Super Celebration during the Jacksonville Super Bowl. He has coordinated the Hershey Games for the Striders, a great free track event for children 9-14, for the past 7 years. Working together, Bob and Vanessa have been very active in supporting the now 50 elementary school run/walk programs, which included coordinating the marathon medals, Mile Club shirts, Fun Runs, & other incentives the children earn. They are proudest of the significant growth of the number of children participating in our Florida Strider run/walk programs, the

miles they earn, and the success of the many athletes who have been part of the Florida Strider running classes and who have done so well making running part of their lives.

These days Vanessa is mostly walking due to an injury. She hopes to get that corrected soon so she can resume running. Prior to her injury she was running about 20 miles a week. Bob has been running about 25 to 30 miles a week. Because of his eyesight, Bob is often limited in his ability to run when he would like to. When asked about it, Bob stated how grateful he is for all the people who have "guided" him over the years, allowing him to run and race more often. He wanted to mention several of them, and apologizes for those he has surely missed who also deserve being listed. His guides include Leslie Kinding, Kim Crist, Frank Frazier, Denise Metzgar, Denise Daily, John Metzgar, Kim Ericson, Jennifer Graustein, Karen McCormick, Vicky Connell, and many more friends in Maine and Orange Park as well.

Asked about their goals for running, Bob stated his are to stay healthy and enjoy his running. (I also heard he's contemplating doing an Olympic Triathlon!) Vanessa wants to get healthy and resume running.

Their advice for other runners? Keep it fun at least 90% of the time, and make sure you enjoy it. I'll take that advice! =

## 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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