



June/July 2013 Issue

The Memorial Day 5k Race from the Race Director's Perspective

By Vicky Connell



Have you ever wondered what it takes to put on one of the four Florida Strider Track Club races that are staged each year? I have to admit I never really thought much about it, other than a vague notion that it was probably a lot of work. As a long time Strider, I volunteer in some capacity for almost every race we do, making sure I'm always in the category of "running the race," which means I can only help out before or after. The first time I was asked to consider being a Race Director, part of the reason I resisted was that I didn't want to stop doing the actual races. I figured heck, I joined this club because I love to run – not to stop running and simply vol-

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Angry Tortoise 25k Trail Race

By Charlie Hunsberger

Great news Striders! The Board of Directors has approved the creation of a new trail race, and it will be called the Cary State Forest Angry Tortoise 25k Trail Race, presented by Kohl's and the Florida Striders Track Club. We are still in the beginning stages of planning, but we have received the approvals we need from the club and the State Forest.

As you can see by the name, the race will be held in Cary State Forest in Bryceville, FL, 6 miles north of Baldwin on 301. The first year we'll be running just a 25k, with a cap of 75 runners. This is to ensure that we put on a quality race without putting too much stress on the environment at the Forest. But in our second year, we envision adding in a 50k option, and a 10 or 12k option with total participation of up to 150 runners! The date should be sometime in February 2014.

We should have all of our pre-planning done within the next couple of weeks, when we'll announce the date and open up registration! You'll want to sign up early for this one, because with a cap of 75 runners, it's very likely we'll sell out. But not to

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Prez Sez

By Scott Hershey



On May 13th I was able to join the scholarship committee that was awarding 4 scholarships this year at the awards dinner. Not knowing what to expect, I was extremely happy with the selections the committee had made. I can see now why there seems to be little turnover on this committee. I was thrilled to discover that one of the scholarship recipients this year got his start in one of our run/walk programs in Clay County. It is remarkable to consider the fact that the running clubs we sponsor in schools have such a long-term impact. In fact, the student shared that he still has his chain with toe tokens that were earned in elementary school!

We had over 1,300 runners participate in our Memorial Day 5k! A big thanks goes out to Vicky Connell for doing an excellent job as the race director and her ability to make everything flow so smoothly was SUPER!

The board has approved a NEW RACE. It is the brainchild of board member Charlie Hunsberger. The new race is going to be a trail run called the Angry Tortoise 25k. Charlie and his committee have done a lot of ground work getting this set up. Stand by for further information on this new race scheduled for early February. This should be a fun race!

As we head into summer, we need to be aware of the conditions we are running in. Doing long runs in the Florida heat and humidity this time of year can lead to heat exhaustion and heat stroke so be careful out there! Stay hydrated. Know where your water stops are on your run or like me, carry a hydro-belt with you on the longer runs.

That said, if you can endure the sluggish long runs, hill repeats, tempo runs and track work in the summer then you will become faster as we move into the cooler weather in the fall.

Have fun this summer and stay hydrated! =

Board of Directors' Summary of Action

April 9, 2013 • Orange Park Library

I. Call to Order: The meeting was called to order by Scott Hershey at 7:11 p.m.

Board Members present: Dan Adams, Regina Soeey, Scott Hershey, Randy Arend, Kristie Matherne, Maria Littlejohn, Lisa Adams, Kellie Howard, Carol MacDougall, Mike Mayse, Robert Webster, Glenn Hanna, Mark Wynter, Ann Krause, Bill Krause. Quorum: Yes

Also present: Larry Clark, Charlie Hunsberger, and Jack Frost.

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

III. Officer Reports

a. President Report – Dan Adams: His challenge to this board two years ago was for people to get involved, and we have done just that. We have accomplished a lot of new goals these past few years. Dan thanked the club for all they have done to give back.

i. Free Strider Races for Board Members: Discussion about the pros and cons of this idea. Discussion of shirts for board members. Proposal that Charlie ask around at the RRCA Convention to see what other clubs do to thank their volunteers, and their board members. We shall table this idea until more information can be gathered.

b. Treasurer Report – Randy Arend:

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2013-2014 Board of Directors & Key Members

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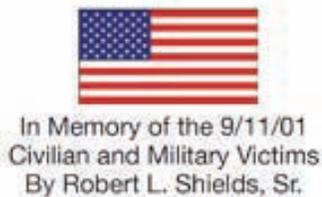
Race Logistics Coordinator:

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Salton Sea to Palomar

'Twas early March when I received a message . . . thirty hand-picked veterans of the Badwater Ultramarathon were invited to assemble three-person teams for a new race. (Badwater is the 135-mile trek from the lowest point in the Western Hemisphere (-282 below sea level) to the trailhead of Mt. Whitney in California).

Chris Kostman, the director of Badwater and other adventure races in Southern California, was fishing for interest in a new event, dubbed Badwater: Salton Sea. Two key features were a team race format and a new, 81-mile course.

The race rules were that three men or women (or a mixed team) would stay within 10 yards for the entire route.

The course was from a Mistake to an Icon.

The Mistake is the Salton Sea. Little more than a century ago, the Corps of Engineers diverted the Colorado River into a desert basin in Imperial County, California. That same year, a flood filled the basin to form a temporary "sea". Long after the river was sent back its usual route, the Salton Sea remains.

Real estate developers, seeing an opportunity, platted Salton City, built golf courses, pools, marinas, and after WWII, the place was a thriving tourist destination. But agricultural runoff and other environmental anomalies caused massive fish kills, the lake's salinity kept increasing, and the place became a ghost town of sorts. The golf courses are sand, the marina has no boats, and abandoned houses are more abundant than inhabited ones.

The Icon is Palomar Mountain, the highest peak in San Diego County and massive Anza-Borrego State Park. Palomar was, for over sixty years, the world's most productive and famous astronomical observatory, credited with hundreds of discoveries. The massive telescope still scans the sky for Cal Tech and other astronomers.

So, I put together a team. My mileage was around 15 per week and the race route was 81. Eight weeks to whip myself into shape for three marathons

and 9,000 feet of climbing.

Chris Twiggs, an accomplished ultrarunner, is president of the Amelia Island Runners (AIR). I asked Chris because he is national director of the Galloway program, a run-walk-run approach to covering long distances. I knew that was the only sensible approach for me. Chris is 25 years my junior at 42 years old. The real kid on the team is Derek Fey, a high school history teacher and coach, who lives in Omaha. Derek is 33 and was a cross country and marathon standout in college. He has helped me in Death Valley three times, so I knew he'd understand the challenges faced by his old coach.

Fourteen teams answered the call for entries, including teams from Brazil and Canada.

So, just six weeks ago, we all took two days from work, flew to San Diego, and started our trek from Salton Sea to Palomar Mountain.

Weather in the Colorado Desert is typically hot in May, 95 to 105 degrees, but we were happy with a cooler 90 degrees on May 6.

We climbed slowly through the desert from the shores of Salton Sea, three merry men supported by two other former Dana College athletes, teacher and coach John Tripp of Omaha, and University of New Mexico herpetologist, Ian Latella. Trippy is a McGyver type—a problem solver with a scrap of tape and a piece of broken glass. Ian knows every reptile and amphibian in the Southwest, and where to find them, but also has three Badwater ultramarathons as a crew member.

Thirty-five miles into the race, we reached Borrego Springs resort, re-filled the ice chest, and climbed five miles toward the trail section of the course. My left hip began malfunctioning on the inclined road, and now we faced 9 miles of rough mountain trail and 4000 feet of climbing. Chris and I were tethered together with a 10-foot length of bungee cord and Derek kept me from sliding backwards or sideways on the rugged trail. Four hours later, I was ready for a

Wide World of Running By Jay Birmingham

body bag. We regained the highway long past dark and cold rain fell steadily. From desert to mountain conditions in ten miles.

Three miles of gentle downhill later, we reached the 50-mile mark, a closed general store with a 14-foot tall yeti outside, a landmark called Ranchetti. We took the obligatory photo, rested in the support van for 30 minutes, then resumed the race.

But my lack of fitness and sore hip were too much for me on this night. At 53 miles, I convinced my teammates to salvage a legitimate finish (under 28 hours) without me. Derek and Chris picked up the pace, ran the 18 miles to the base of Palomar, then ground their way up to the 5,500 foot finish line 13 miles of climb later.

Eleven of the 14 teams were official finishers. My team, Jay & The Americans, were honorary finishers. Team Brazil had no finishers.

We enjoyed a congenial brunch at a mountain lodge, the runners, crews, and race staff numbering about 80 strong. We'd shared the birth of a new race. Like most births, there was discomfort followed by satisfaction, relief, and fatigue.

An hour later, Jay & The Americans headed for the San Diego airport for night flights to Nebraska and Florida. The next morning, we were all back in the classroom teaching, as if nothing out of the ordinary had taken place. =

ANGRY TORTOISE 25K

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worry, Striders are going to get advance notice, and will have registration open for a month before we announce it to the general public. Stay tuned into Facebook or look for an email blast with the announcement! =

MEMORIAL DAY 5k

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unteer at races! But as many of you have experienced the persuasive powers of Bob Boyd, he eventually convinced me that my life just isn't complete until I have been a Race Director. Somewhat reluctantly (OMG – what have I gotten myself into??), I finally succumbed.

What you may not know, is that this year we've had a series of first time Race Directors. Myself, Charlie Hunsberger, Kellie Howard, and Joe Strickland were all newbies at our jobs. As I began planning for the MD5K a year ago, I attended each of their races, marveling at how well they went and how calm each director seemed to be on race day. I worried that my race would not quite measure up. Especially considering that it had been done so well for the previous 5 years by Dave Bokros, and was expected to be the biggest Strider race of the year. Not only that, but the Striders depended on that big race to bring

in the money needed to support our Children's Running programs and other Strider endeavors. No pressure here!!

My first task was to find sponsors. Even though it's our biggest race, the MD5K has not had a major sponsor in years. I hoped to change that. I had great prospects to start out with, and they all looked very promising. I actually had the misguided notion that I would have to tell 3 major companies they would have to split the top billing. As it turned out, that was only in my dreams. They all fell through. I kept plugging away at it though, and came up with some smaller sponsors. Now all I needed was a good turn out and a careful budget to make the money needed.

But it wasn't all about money. I wanted the race to be special. Memorial Day has a very special meaning for a lot of people, and I wanted to honor that. But since this is a race, I knew runners wouldn't want to spend a lot of time listening to speeches or doing anything different for

too long. I went back and forth with about a hundred emails, and finally got an arrangement (thanks to Brad Shepherd) for a Naval Color Guard to post the colors just before the National Anthem. A High School volunteer to sing (thanks Sarah Worwetz – great job!), was just the right touch. I heard from the crowd later that it gave many people goose bumps to see them march up the street in uniform with the American Flag through the middle of the gathered runners.

So I had sponsors, an approved budget, a game plan for the race, and now I needed volunteers to run everything. Talk about a big job! Another hundred or so emails and Kim Crist and Frank Frazier had my volunteers lined up. Many of them showed up to help me stuff 1400 packets and talk business to make sure we were all on the same page for race day. Some beer and pizza afterwards helped!

Then came the subject of food. Pancake breakfast, to include sausage this year? Check. The Rotary Club with the direction of Jim Hughes and Chuck Drysdale came through as usual. To make things extra special, Publix, along with our usual fruit and water, donated crates of Chocolate Milk as well as mini-muffins. A group of Publix managers showed up in their suits before going to work, and unloaded everything along with a kiddie pool they filled with ice to keep the milk cold! The runners responded very enthusiastically after the race, especially when they saw the chocolate milk.

As race day came closer, I went over my checklist numerous times to make sure I hadn't missed anything. Deputy Sheriff support? Check. Fire Department? Check. Race Medals? Check. (A very special race medal this year with the Strider name on the neck ribbon!) Awards? Double check. (Lisa Adams came up with a fabulous idea – a bottle opener with the race logo stamped on it, tied around the neck of either a beer or rootbeer. I had to put a guard on them to make sure they didn't disappear!) Porta-lets? Check, but a near miss. Got delivered to the wrong location. Got moved to another wrong location by unknown people. Got moved to the right location by

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MEMORIAL DAY 5k

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volunteers with a hand cart!

So far so good. Now I just needed people to register. As usual, most people wait till the last week to register. (Don't they know this is really bad for the RD's stress level???) And then comes the huge guessing game of how many t-shirts to order. I never had a true appreciation for just how difficult this is. Thank goodness for Marge Ruebush and Karen McCormick! I'd have been lost without them! They did a wonderful job of taking up my slack in this department for which I had zero expertise!

So the old saying "if you build it they will come" must be true. My team built a great race, and a record number of people signed up. We had just under 1400 registered! You can't imagine my relief! So all that's really left at this point is to watch it all unfold. I show up race morning at 5:30 am and Mike Mayse has beat me there. He and Course Director Joe Strickland are busy setting up tables, cones and other equipment. 1st Place Sports begins to get the Start and Finish Line ready, and my volunteers Lisa Miller, Karen McCormick and Julie Runnfeldt get busy signing up the race day entrants as others hand out chips and race packets. It's like a well oiled machine, and I beam with pride as everyone does their part. I feel like a mother hen running around to ensure everything is going well, but there's really not that much for me to do. I make sure I run (literally) from point to point, knowing I won't feel comfortable leaving to do a warm up. Up to the last minute I'm not sure if I'll actually be able to run the race, but I finally realize that I'm not really needed anymore, and I jump into the crowd just before the gun goes off. Charlie Hunsberger does a fabulous job as the Start line coordinator, and once he reminds us to be safe, we're off. Somewhere about a mile and a half later, I realize I'm running a race and I don't have any clue what pace I'm running. That's a first for me! I spot Paul Smith as he passes me, and decide to try and hang with him. I do so till the very end when I just don't have anything left for a

kick to the finish. But that's when I see the clock and realize I've run under 24 minutes, which I haven't done since 2006. I cross the finish line with a huge smile, especially when Jaguar Cheerleader Jennifer Connell (yes – we're related!) hangs that wonderful medal around my neck!

After the race I get to listen to the rocking live band, "Smooth McFlea", of which my husband Jim is the drummer. I eat some delicious pancakes with my chocolate milk, then rush back to watch the Fun Run, which is executed flawlessly by Tara Showalter and Jack Frost. My daughter Marissa hands out medals as my other daughter Tori (who designed that patriotic logo) snaps photos.

Before I know it, it's time to do awards. I was thrilled to be the one handing them out, finding it amusing to get to announce my own name in the results,

and receive one of those coveted bottles with opener. Once we finally finish the last award, I go to see how much we have left to clean up. To my amazement, the volunteers have pretty much taken care of it all and everything looks pretty good! I talk to the last few people and then we load up and head home.

Of course, I wasn't completely done. There were loose ends to tie up, money to reconcile and deposit, awards and t-shirts to deliver, and lots of thank you notes to write. But I feel a huge relief that all was successful, and I'm extremely grateful for all the help I received. I've mentioned a few of the people who deserve credit for helping, but there were many, many more who contributed. I sincerely want to thank everyone for making this race a huge success!! Now all that's left is to figure out how to do it bigger and better next year! =

In Memoriam

On July 7th we lost John (Terry) Sikes to an accident on Wesconnett Boulevard.

Elaine Davis and Terry's wife (Bonita) were on a run Sunday morning with plans to meet Terry for coffee at 8:30. Approximately 6:40 a.m., while riding in the bike lane Terry was hit and killed by a car fleeing a robbery scene.

Terry and Bonita met a few years ago at the Summer Beaches Run. They eventually started dating and were married a few years ago in a wedding that was so much fun! They were a truly loving and devoted couple and were "newlyweds" in every sense of the word!

The North Florida Running community has lost an exceptional runner, all around good guy and devoted husband.

Bonita will need the support of friends and "running buddies" as she deals with this senseless tragedy.



Photo by Kirk Chamberlain

JULY SOCIAL **Clark's Fish Camp - Sunday, July 14th • 4:00 PM**

12903 HOOD LANDING ROAD, JACKSONVILLE, FL 32258

We had such a good time last year, we are going back! The fun starts at 4pm. If you have never been to Clark's, I won't spoil it for you, but remember to bring your cameras. You may just see a live gator, or two! This is a very kid friendly environment. We hope you all can come to this event, as well as anyone else considering joining the club. This annual dinner is always attended by a lot of our current members, and promises to be a good time. Bring a friend. You'll have lots of fun! **Please RSVP to Ann Krause's email (adk622@yahoo.com) by July 8th.** We need to give Clark's a good head count, so they can attend to our every need! We will be ordering off the menu. =

WEEKLY TRAINING RUNS				
Day	Time	Distance	Location	Point of Contact
Sunday	6:30 am	5 to 10 Miles Various pace groups	Atlantic Beach Ragtime Restaurant	Bill or Dot Mitchell (904) 241-0331, mitd0005@mac.com
Sunday	6:30 am	6 to 20 Miles Various pace groups	Orange Park Sun Tire Blanding Blvd.	Dave Bokros (904) 545-4538 dbokros@gmail.com
Sunday	6:30 am	Varied	Various Mandarin Locations	Stephanie Griffith (904) 233-6964
Monday	5:00 PM EST 5:30 PM DST	6 Miles Downtown Bridges	Jacksonville River City Brewing Co. Parking Lot	Danny Weaver (904) 287-5496 weaver243@hotmail.com
Monday	6:30 PM	3 to 7.5 Miles Easy Pace	Jacksonville Gazebo Mall	Bernie Gross (904) 272-5995, berniegross@juno.com
Monday	6:30 PM	2 Miles Run/Walk	Orange Park Organized by Journey Church - 2864 Moody Ave	Vernon W Allen, (904) 699-8614 buildingahealthytemple @walkandrunjourneygroup.com
Wednesday	5:30 PM	Interval Training	Jacksonville Bolles School San Jose Blvd.	Danny Weaver (904) 287-5496 weaver243@hotmail.com
Wednesday	6:15 PM	6.2 Miles Easy pace	Jacksonville Boone Park, Riverside	Doug Tillett, (904) 386-61395 douglastillett@hotmail.com
Wednesday	6:30 PM	Interval Training	Orange Park St. Johns Country Day School Track (Use the main gate on Doctor's Lake Drive, park near the athletic field)	Dave Bokros (904) 545-4538 dbokros@gmail.com
Thursday	6:30 PM	5 Miles	Jacksonville San Marco/Largo Park Corner of Naldo and Largo	Doug Tillett, (904) 386-61395 douglastillett@hotmail.com
Saturday	6:30 AM	10-15 Miles Moderate Pace	Julington Creek Starbucks	Wendy Patterson (904) 237-4100, wenrex@comcast.net



RACE RESULTS

Due to space limitations on 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 website. For complete results, please go to www.fordastriders.com.

1204	22	3	Gene Reale, 34	18:33	18:30	5:58
1195	51	4	Joe Amentt, 32	20:13	20:09	6:30
841	52	5	James Theis, 33	20:25	20:14	6:31

Men 35 - 39

874	5	1	David Martinson, 37	16:57	16:57	5:28
373	6	2	Shawn Williams, 37	17:02	17:01	5:29
1412	17	3	David Frank, 37	17:49	17:48	5:44
1394	19	4	Gary Dove, 36	18:16	18:14	5:53
1463	20	5	David Moritz, 35	18:21	18:19	5:54

Men 40 - 44

1421	13	1	Rick Patterson, 43	17:35	17:34	5:40
727	14	2	Andrew Marchand, 42	17:38	17:37	5:41
439	23	3	Christian Jurs, 41	18:35	18:31	5:58
359	26	4	Brett Opalinski, 41	18:39	18:39	6:01
120	28	5	Mills Ramseur, 41	18:48	18:48	6:04

Men 45 - 49

7	16	1	Eric Vandervort, 45	17:47	17:46	5:44
646	34	2	Dean Krueger, 47	19:21	19:20	6:14
630	44	3	Andrew Barr, 48	19:54	19:48	6:23
496	45	4	Mark Grubb, 48	19:53	19:50	6:24
1303	46	5	Craig Bennett, 46	19:51	19:50	6:24

Men 50 - 54

483	18	1	Gerry Glynn, 50	18:02	18:00	5:48
77	48	2	Michael Johnson, 51	20:03	20:01	6:27
184	49	3	Scott Rabalais, 54	20:02	20:01	6:27
685	62	4	Spencer Olsen, 51	20:30	20:28	6:36
181	65	5	Anthony Truitt, 54	20:37	20:32	6:37

Men 55 - 59

688	38	1	Steve Johnson, 55	19:39	19:38	6:20
822	89	2	Steve Beard, 57	21:37	21:34	6:57
683	120	3	Jay Herring, 55	22:58	22:43	7:19
346	122	4	Dan Holloway, 5	22:56	22:48	7:21
463	154	5	Paul Berna, 57	24:04	23:49	7:41

Men 60 - 64

180	106	1	Steve Williams, 63	22:18	22:09	7:09
649	114	2	Lewis Buzzell, 61	22:49	22:37	7:18
1173	140	3	Bronislaw Czech, 64	23:30	23:27	7:34
1416	148	4	Pat Gaughan, 63	23:43	23:38	7:37
1298	181	5	Bernie Powers, 62	24:39	24:24	7:52

Men 65 - 69

138	74	1	Bruce Holmes, 65	21:03	20:56	6:45
456	95	2	Bernie Candy, 65	21:51	21:49	7:02
492	152	3	Herbert Taskett, 65	23:52	23:44	7:39
1263	218	4	George Hoskins, 68	25:48	25:32	8:14
868	231	5	Wesley Royal, 68	26:15	25:55	8:21

Men 70 - 74

80	153	1	Paul Smith, 71	23:56	23:49	7:41
474	188	2	Bernie Loftus, 70	24:50	24:45	7:59
1264	288	3	Frank Frazier, 70	27:42	27:23	8:50
717	362	4	Bobby Greene, 7	29:58	29:22	9:28
495	404	5	Ben Holland, 72	31:15	30:52	9:57

Men 75 - 79

852	253	1	Benjamin Mathews, 75	26:33	26:23	8:31
1290	477	2	Al Saffer, 78	34:31	34:19	11:04
1133	528	3	Charles Wagner, 75	39:16	38:13	12:20
1355	566	4	Robert Shields, 78	45:27	43:50	14:08

Men 80 & Up

399	484	1	Larry Galley, 69	35:22	34:54	11:15
1294	517	2	Robert Meister, 81	37:52	37:30	12:06

ID#	PLACE	CLASS PLACE	FINISHER	GUN TIME	CH P TIME	PACE
Open Men						
109	1	1	Gilbert Vazquez, 21	16:25	16:25	5:18
1459	2	2	jeffrey millich, 22	16:31	16:29	5:19
375	3	3	Matt Bulecza, 31	16:34	16:34	5:20

Open Women

767	1	1	Shannon Miller, 28,	17:58	17:57	5:47
1464	2	2	Karen Edmonds, 29	18:32	18:30	5:58
645	3	3	Michelle Krueger, 37	19:01	19:00	6:08

Masters Men

1	7	1	John Metzgar, 50	17:14	17:13	5:33
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Masters Women

1208	4	1	Lorna Bradford, 42	19:22	19:19	6:14
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ID#	PLACE	CLASS PLACE	FINISHER	GUN TIME	CH P TIME	PACE
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Men 3 - 10

641	170	1	Grayson McCombs, 10	24:36	24:15	7:49
963	225	2	Owen Darfler, 10	25:58	25:41	8:17
475	286	3	Juan Bruce, 8	27:45	27:21	8:49
169	301	4	Evan Toner, 6	28:32	27:41	8:56
404	304	5	Ander Jurs, 9	28:03	27:47	8:58

Men 11 - 13

17	31	1	Ryan Rabalais, 13	19:10	19:09	6:11
738	60	2	Christian Hanson, 13	20:31	20:27	6:35
101	70	3	Alex Bolt, 13	20:48	20:44	6:41
962	72	4	Daniel Tressler III, 11	20:50	20:50	6:43
99	79	5	Jacob Posey, 13	21:19	21:14	6:51

Men 14 - 19

731	4	1	Rayford james, 17,	16:55	16:55	5:27
792	10	2	Crisman Jones, 17	17:29	17:28	5:38
696	12	3	Philip Dannelly, 19	17:34	17:33	5:39
1408	15	4	Cody Helms, 19	17:39	17:37	5:41
1306	25	5	Reagan Luke, 1	18:33	18:33	5:59

Men 20 - 24

764	90	1	Alex Hallmark, 23	21:48	21:36	6:58
1080	119	2	Joshua Hobbs, 24	22:58	22:39	7:18
244	121	3	Davis Skinner, 23	23:01	22:46	7:20
734	161	4	Brandon Kroupa, 22	24:15	24:02	7:45
1371	212	5	Drew Lawson, 22	28:06	25:23	8:11

Men 25 - 29

978	8	1	Tommy Brauer, 25	17:20	17:19	5:35
454	11	2	Zachary Holliday, 25	17:33	17:32	5:39
671	24	3	Justin Holstein, 28	18:33	18:31	5:58
669	27	4	Matt Worsham, 26	18:45	18:44	6:03
638	29	5	Joel Sorto, 27	19:03	19:00	6:08

Men 30 - 34

694	9	1	Sean Nagorny, 33	17:27	17:26	5:37
499	21	2	Robert Walker, 31	18:30	18:28	5:57

Kohl's Appreciation Award

By Bob Boyd

On Wednesday, May 8th, Bob Boyd presented an award to the Fleming Island Kohl's "A" Team for the eight events their volunteer team had supported to benefit the Florida Striders Children's running program in the last 5 months. Those eight events, each receiving a \$500 Kohls Cares For Kids grant from Kohl's, generated \$4,000! The Fleming Island team, led by Tracey Armon, has supported the Florida Striders to the tune of about \$5,000 for each of the last several years. Each \$500 grant only happens because at least 5 Kohl's employees have volunteered their personal time to help us with an event. Those events include helping us at a race, a Hershey Games, or counting marathon medals for distribution to the over 50 elementary school Run/Walk programs we support in our community. While not all of the Fleming Island Kohl's "A" Team Members were available for the photo shown, those significant contributors to the well being of our children include: Bobbie Harrel; Kim Skoglund; Mary Kitts; Pauline Fortak; Sarah Heninhold; Sue Boissonneault; Tracey Armon; Sarah Knight; and Teresa Straty.

Bob's presentation to the Kohl's Cares For Kids "A" Team included: "When children get some physical activ-

ity in their school day it has some profound effects on their lives:

- 1) They behave better
- 2) They pay attention better
- 3) Their self-esteem is better
- 4) They get better grades
- 5) They are healthier

The Florida Striders, thanks to a lot of help from Kohl's and our many partners in the community, provide the incentives that keep the children moving, at no charge, to over 50 elementary school programs and more than 14,000 children

We appreciate the financial commitment Kohls has made at the corporate

level to make money available whenever your teams do an "A" Team event. I also know that those events do not happen without the personal commitment of each of you to share your very limited personal time.... On behalf of the Florida Striders, and all the children you help, we wish to express our appreciation for your ongoing contributions."

I also want to thank Karen McCormick, George Hoskins, Kellie Howard, and Vanessa Boyd for their help in preparing the photo plaque featuring the Resolution One Mile Fun Run that was provided to Kohls. Vanessa Boyd provided the photo below. =



1252	558	3	Pat Gallagher, 82	42:33	42:33	13:43	1404	25	3	Abby Boyd, 18	22:52	22:39	7:18
261	560	4	Joe Connolly, 88,	44:49	42:43	13:47	788	30	4	Jenn Hayes, 17	23:10	22:57	7:24
							360	34	5	Anna Opalinski, 15	23:19	23:06	7:27
ID#	PLACE	CLASS PLACE	FINISHER	GUN TIME	CH P TIME	PACE							
Women 3 - 10													
682	29	1	Meghan Harris, 10	22:58	22:51	7:22	Women 20 - 24						
959	31	2	Rhiannon O'Donnell, 10	23:08	23:02	7:26	629	11	1	Lauren Barr, 20	21:17	21:10	6:50
1364	62	3	Hannah Johnson, 10	24:59	24:52	8:01	254	59	2	Joanna Mendez, 22	25:35	24:42	7:58
1328	108	4	Rachel Renault, 10	27:53	27:07	8:45	262	61	3	Allison Gubitz, 21	25:00	24:47	7:59
147	138	5	Leigha Pecora, 10	29:09	28:23	9:09	674	75	4	Caitlin O'Keefe, 24	26:05	25:43	8:18
Women 11 - 13													
871	7	1	Kayley DeLay, 13	19:47	19:45	6:22	1028	100	5	Jennifer Ayala, 22	28:45	26:57	8:42
1352	43	2	Rosemarie Cubbedge, 13	23:44	23:41	7:38	Women 25 - 29						
148	48	3	Lexi Smith, 12	24:06	23:58	7:44	142	6	1	Carley Glasser, 25	19:44	19:43	6:22
207	97	4	Caroline Medley, 13	27:06	26:50	8:39	291	17	2	Katie Dingler, 27	22:06	21:58	7:05
753	134	5	Anna Magruder, 11	28:54	28:15	9:07	845	60	3	Brittany Churchey, 25,	24:58	24:47	7:59
Women 14 - 19													
371	15	1	Augusta Roueche, 18	21:52	21:47	7:01	208	72	4	Ciara Smallwood, 25,	26:55	25:26	8:12
32	24	2	Caitlin Irene, 18	22:43	22:27	7:14	243	77	5	Ashley Hassel, 27	26:05	25:51	8:20
Women 30 - 34													
							125	18	1	Christine Vaughn, 31	22:09	22:04	7:07
							860	27	2	Michelle McCullough, 34	22:49	22:43	7:19

Continued on next page

MEMORIAL DAY 5k RESULTS

Continued from previous page

63	38	3	Tammy Jenkins, 31	23:25	23:20	7:31
238	49	4	Heather Hentze, 34	24:21	24:03	7:45
1409	53	5	LeAnna Hayward, 32	24:52	24:29	7:54

Women 35 - 39

354	8	1	Lisa Adams, 38	20:15	20:13	6:31
136	14	2	Sayer Gunn, 36	21:44	21:33	6:57
713	21	3	Melissa Sepe, 37	22:13	22:09	7:08
1424	26	4	Lindsay Hipp, 35	22:56	22:41	7:19
1302	33	5	April Martin, 37	23:16	23:05	7:27

Women 40 - 44

1234	5	1	Britta Fortson, 40	19:22	19:20	6:14
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714	16	2	Maria Pugliese, 42	22:02	21:58	7:05
198	19	3	Kristine Williams, 41	22:17	22:06	7:08
654	22	4	Regina Sooey, 42	22:19	22:16	7:11
743	28	5	Susan Hampson, 40	22:54	22:49	7:21

Women 45 - 49

1211	9	1	Regina Taylor, 48	21:06	21:03	6:47
1292	10	2	Shelly Allen, 49	21:13	21:08	6:49
472	12	3	Alison Ronzon, 49	21:25	21:22	6:54
91	13	4	Kim Scurti, 45	21:31	21:29	6:55
9	23	5	Denise Metzgar, 46	22:30	22:24	7:13

Women 50 - 54

389	39	1	Lynn Hill, 51	23:32	23:21	7:32
1076	47	2	Vicky Connell, 54	23:58	23:54	7:42
97	54	3	Beth Fagin, 54	24:53	24:32	7:55

New, Renewing and Expiring Memberships

NEW MEMBERS

Louise Alvey	5/31/14
Brandon & Tracy Ashby	5/31/14
Josh Bardin	5/31/14
Julie Bevington	6/30/14
Fyiad Constantine	5/31/14
Michael Cumpton	5/31/14
Jessica & Shawn Duke	5/31/14
Michelle & Brian Ellison	5/31/14
Maryorin English	5/31/14
Jake/Rich Garvey/Dawson	5/31/14
Robert & Diane Grimmig	6/30/14
Melissa & Robert Hersh	5/31/14
Dan Holloway	5/31/14
Jeremy Huntley	5/31/14
John Kaschak	5/31/14
Sara Kinion	5/31/14
Nicole & Justin Kuperberg	5/31/14
Julius Lacerna	5/31/14
Amanda & Richard Laffoon	5/31/14
Sean Martin	5/31/14
Lori Mazeikis	5/31/14
Michael McDonald	5/31/14
Tammy Menard	5/31/14
Beth & Wesley Moody	5/31/14
Logan & Julie Myers	5/31/14
David & Hope Orsi	5/31/14
Courtney Ortega	5/31/14
Zachary Proehl	5/31/14
Donna Quintard	5/31/14
Reynaldo & Alana Rivera	5/31/14
Erin & Nathan Rogerson	5/31/14
Victor & Gina Ruiz	5/31/14
Larry & Barbara Sage	5/31/14
William Sims	5/31/14
Kristin & Adam Smith	5/31/14
Andrew Snyder	5/31/14
Sandi Spivack	5/31/14

David Sturgis

5/31/14

Nicholas Szczepanski

5/31/14

Rebecca Westbrooke

5/31/14

Joanne Wiggins

5/31/14

RENEWING MEMBERS

Terry & Elda Bell	5/31/14
Doug Bigalke	5/31/14
Teri Briggs	5/31/14
Rebecca & Kevin Brown	5/31/14
Robert Dews	5/31/14
Suzanne Fazio	6/30/14
Janet Fox	5/31/14
Monica Goddard	5/31/14
Charles Goodyear	5/31/14
Mark Grubb	5/31/14
Tom & Shirley Henkel	5/31/14
Hal Higdon	5/31/14
Charlie/Travis Hunsberger/Sauter	5/31/14
Diane Jacobs	5/31/14
Mark Johnson	5/31/14
Troy King	5/31/14
Terry & Kimberly Lawlor	5/31/14
James & Denise May	5/31/14
Bob & Judy Moyer	5/31/14
Tony Nading	5/31/14
Patricia & Pete Noonan	5/31/14
Bonnie O'Nora	5/31/14
Bill Page	5/31/14
Bill Phillips	5/31/14
Dee & Dan Robertson-Lee	5/31/14
John Slough	5/31/14
Jamie & Melissa Webb	5/31/14
Tom & Amy Wiley	5/31/14
Andrew Williams	5/31/14
Jesse Withrow	5/31/14

MULTI-YEAR MEMBERSHIPS

Robert & Karin Glenn	5/31/16
Freddy Fillingham	5/31/14
John, Denise, Chelsea & Cameron Metzgar	5/31/14
Don Thieman	5/31/14

EXPIRING MEMBERSHIPS

David & Aimee Albritton	4/30/13
Cynthia Anderson	4/30/13
Ralph & Mickie Billings	4/30/13
Paul & Wanda Boucher	4/30/13
Christopher & Jennifer Branton	4/30/13
David Clarkson	4/30/13
Lisa & Stacey Collins	4/30/13
Mark Coutu	4/30/13
Kim & Steve Crist	4/30/13
John & Michelle Dunsford	4/30/13
Jill & Cameron Geertsema	4/30/13
Evan & Judith Gould	4/30/13
Ilana Haas	4/30/13
Cynthia Heineman	4/30/13
Bo Holub	4/30/13
John & Sherry Mahoney	4/30/13
Lisa & Joe Mancino	4/30/13
Christina & Steve McDonough	4/30/13
Charlotte Milligan	4/30/13
Kelly Minor	4/30/13
Rachel & Seth Myers	4/30/13
Carol Palmer	4/30/13
Danny & Rebecca Randolph	4/30/13
Jeb Stewart	4/30/13
Staci Suits	4/30/13
Dan Teahan	4/30/13
Ken, Jeanie & Erin Wilson	4/30/13
Joseph & Amy Young	4/30/13
Mike & Jamie Wyche	3/31/13 =

441 67 4 Janet Maynor, 51
1343 69 5 Sonja Brauer, 52

25:30 25:00 8:04
25:14 25:08 8:06

Women 65 - 69

1297 110 1 Osra Hutcheson, 65
854 152 2 Patti Taylor, 65
1176 248 3 Mary Strickland, 67
729 318 4 Sue Gostage, 67
996 362 5 Sara Guthrie, 65

27:32 27:16 8:47
29:02 29:02 9:22
32:33 31:59 10:19
34:43 34:06 11:00
36:55 35:58 11:36

Women 55 - 59

94 20 1 Kathleen Kaye, 55
40 32 2 Stephanie Griffith, 58
458 41 3 Terri Rose, 55
129 50 4 Ann Krause, 55
92 51 5 Leslie Hague, 5

22:13 22:08 7:08
23:12 23:05 7:27
23:43 23:35 7:36
24:23 24:14 7:49
24:38 24:22 7:52

Women 70 - 74

471 282 1 Nancy Pullo, 71
1235 488 2 Lynda Massa, 70

33:04 32:52 10:36
42:32 40:56 13:12

Women 60 - 64

796 272 1 Joanne Wiggins, 64
1167 285 2 Debbie Coleman, 61
1121 296 3 Christine Edgington, 64
1284 301 4 Pat Noonan, 64,
1402 334 5 Linda Olsen, 64

32:55 32:35 10:31
33:39 33:05 10:40
34:34 33:26 10:47
34:13 33:36 10:50
36:41 34:33 11:08

Women 75 - 79

386 616 1 Karen Nelson, 79,

54:48 53:07 17:08 =

FLORIDASTRIDERS.COM

2013 RRCA Convention Recap

By Charlie Hunsberger

Let me just start by saying thank you so much Florida Striders for letting me represent our Track Club at the RRCA National Convention this year in Albuquerque, NM. It was a truly wonderful experience; one which enabled me to learn an incredible amount about the organization of our national running club, and about running in general. Though to be honest it has presented as many questions as it has answers. It's also enabled me to make some great contacts in the running community, contacts that I hope to exploit for the betterment of our club, and contacts that I can hopefully continue to grow throughout the upcoming years.

In addition to getting to know Ken and Marie Bendy a lot better, and through them a lot more of the history of our club, I also got to talk with a lot of other club leaders and event directors from around the country. All of this information has served to help me get a better understanding of how our club compares to others around the country, and I can tell we have a truly remarkable club. We are fully engaged in our community, we are open to runners of all backgrounds from the very young to the very old, runners of nearly every race and ethnicity, and runners from all walks of life! We help out the beginning runners and experienced runners alike in our running classes. We host weekly group runs and track work-

outs. We host monthly socials. We produce a wonderful newsletter. And we put on 4 truly wonderful events every year that compete with some of the best events in our area.

It was during the morning group runs through Albuquerque that I met and talked with many of my new contacts including a rep from imAthlete, a competitor to Active.com, that we might look in to using in the future. These group runs were cold! Friday morning it was 37 degrees, and Saturday morning it was in the low forties! I also met the race directors for the Space Coast Marathon and got to ride the shuttle bus down to the start of the Half Marathon with them on Sunday morning. We huddled on the leeward side of an ambulance to stay out of the winds on that 50 degree morning. The one upside was that the humidity was only 19%. It was one of the hardest races I've ever run, as we had 20 to 30 mph winds to contend with, and of course the town of Albuquerque is itself situated a mile above sea level, so elevation was a huge factor. I also met and talked some with Leslie Jordan and several other company and club leaders from around the country during the expo that was going on throughout most of the convention.

I have to admit that prior to attending this convention, I didn't know a whole lot about the RRCA aside from the fact that we're a member and that they pro-

vide our insurance for us. But it turns out they offer a lot more. There's a coaching certification program that we might choose to take advantage of for some of our running class leaders (If they aren't already certified). They offer a program to certify race directors based on industry best practices. They offer a national awards program for such areas as club volunteer of the year awards (I know of a few in our club that certainly qualify. You know, any of those few people that are at all of our events for several hours before during and after). And there are other programs they offer, as well as a virtual library of information sources on their website, that can help us all be better leaders both in our club and in our sport region wide.

One of the best take-aways for me was information on how to update our club's social media policies, and look forward to continuing to work with Larry Clark, Scott Hershey, and several others to ensure we stay up to date on Facebook and Twitter. In addition I attended a class on how to start an Ultra, and am already hard at work on getting a Trail Race going for our Track Club. We have our location selected and approval from the board, now we just have to work out a few more details.

In closing I'd like to encourage anybody with questions about the RRCA to feel free to ask, as I'll be happy to share more of what I learned! =

MINUTES

Continued from page 2

-Beginning Cash Balance as of March 1, 2013 was \$42,050.42.

-March Income was \$4,716.

-March Expenses were \$19,501.19.

-Ending Cash Balance as of March 31, 2013 was \$27,265.23, of which \$12,635.95 was designated for Children's Running, \$1,666.67 was designated for Heartland multi-race sponsorship for 2013 and 2014 races, and \$12,962.61 was undesignated.

-Comparable Ending Cash Balance as of March 31, 2012 was \$20,265.57, of which \$9,895.19 was designated and \$10,370.38 was undesignated.

March 2013: It was a pretty active month with the revenues from membership and merchandise sales at the River Run, and the expenses from the River Run. Other big expenses were the technical shirts for the next 4 races, and medals for the run/walk clubs. Kohls continues to be a consistent sponsor when they attend our events.

IV. Committee and Director Reports

a. Hershey Games Report – Jack Frost: Bob Boyd and Carol MacDougall helped out a lot. Things went very smoothly, and he enjoyed the experience. Jack thanked our club for the support and growth of his Run/Walk Club. One issue is the shortage of equipment. We need a starter gun, rakes, clipboards, walkie-talkies, more stop watches, more bib numbers. The participant numbers have gone up significantly, because we run such an organized meet. Jack made a proposal for the Striders to host a state track meet for the Hershey Games in June; but we feel that our volunteers are stretched thin, and there could be a problem finding a suitable venue.

b. Resolution Run – Kellie Howard:

i. Race Date: January 11, 2014

ii. Final Budget: The number of race entrants was down from 2012; therefore the profit was down. This was more than likely due to the date being so close to the holidays. We have a better race date next year, a week later. She is going to try to get more sponsors for next year.

iii. Race Director for 2014: A motion was made, seconded and passed for

Kellie Howard to be the race director again in 2014.

c. Social Update – Bill Krause

i. April – Annual Meeting and Picnic April 21st

ii. June – Sun's Game June 13th

V. Old Business:

a. RRCA Convention preview-Charlie Hunsberger: He will be attending some interesting seminars, and doing a Half Marathon on Sunday.

b. Hog Jog Date Selection-Charlie Hunsberger: We will wait until the NFL race schedule, choose a date, and ask 1st Place Sports if they are available. We can discuss the date over email, and vote on it at the next meeting.

VI. New Business:

a. Vegetarian food at races-Larry Clark: Discussion about having other food options at our races and events. The general consensus seems to be that the food we have is already acceptable to vegans and vegetarians.

VII. Announcements: Happy 30th Anniversary to Bill and Ann Krause. This is the last board meeting for many of our board members.

VIII. Adjournment: A motion was made, seconded and passed to adjourn the meeting at 8:19 a.m.

May 14, 2013 • Orange Park Library

I. Call to Order: Scott Hershey called the meeting to order at 7:07 p.m.

Board Members present: Scott Hershey, Regina Soeoy, Tara Showalter, Charlie Hunsberger, Bill Page, Kathy Murray, Joe Strickland, Christine Vaughn, Ann Krause, Bill Krause, Andrew Barr, Carol MacDougall, George Hoskins, Mike Mayse, Robert Webster, Mark Wynter, Kim Lundy, Gordon Sims. Quorum: Yes

Also present: Larry Clark, Vicky Connell, Randy Arend, Ed Kelly.

II. Review of April's Minutes: A motion was made, seconded and passed to approve the minutes of the April meeting.

III. Welcome to all the new board members – Self Introductions. All of the board members introduced themselves to the group.

IV. Officer Reports

a. President's Report –

1. Race Directors/BOD – Apparel: It

makes the race directors more visible at the race. Discussion about having Volunteer shirts for our races

2. Volunteer Appreciation Dinner/Banquet: We don't do enough for our volunteers. We need to recognize their service in a bigger way. Mention of gifts.

3. Committee overview of duties: Should be available to the Board.

4. Committee positions need to be filled: Merchandise Coordinator, River Run Expo Coordinator, Race Volunteer Coordinator, Race Marketing Coordinator

b. Treasurer's Report– Randy Arend/Bill Krause

1. Randy Arend - IRS Tax Return: We file an informational return called a Form 990, but we are tax exempt. We get 99% of our monies from public support, and our growth in the last five years has been impressive. We have a better handle on our spending now. The World Record events brought more publicity to our organization. We bought the tents for better visibility at our events. The River Run expo brought in more memberships and sponsorships, and increased our race attendance. Our revenues have steadily increased, while we have kept our expenses down. Randy thanked Ed Kelly for preparing our returns.

2. Bill Krause - April 2013 Treasurers Report:

Beginning Cash Balance as of April 1, 2013 was \$27,265.23.

April Income was \$10,973.80.

April Expenses were \$8,962.71.

Ending Cash Balance as of April 30, 2013 was \$29,276.32, of which \$12,635.95 was designated for Children's Running, \$2,416.67 was designated for Heartland multi-race sponsorship for 2013 and 2014 races (\$1,666.67 remaining) and Sun Tire multi-race sponsorship (\$750 remaining for Hog Jog and Resolution), and \$14,223.70 was undesignated.

Significant revenues included memberships, Run to the Sun Revenues.

We are still within budget in most categories. We are slightly over budget on the website.

V.) Committee and Director Reports

1) Memorial Day 5k – Vicky Connell: New race medal displayed. Only 379 entrants thus far. She is working on

a pre-race ceremony by a color guard. She has some nice things donated for prizes. This is the first no paper registration race we have done, with very few complaints. The only issue is that we don't get paid directly. They take checks and cash in the store.

2) By- Laws: The by-laws are available to read on our website. Scott encouraged all Board members to read them.

3) Nominating Committee- Regina Sooev: Per the by-laws we need to elect the Officers for the upcoming year. Nominations were taken from the floor. Mark Wynter was nominated for Vice President and this nomination was sec-

onded. No further nominations were taken from the floor.

The Proposed Officer Slate is:

- i. President – Scott Hershey
- ii. Vice President – Mark Wynter
- iii. Treasurer – Bill Krause
- v. Secretary – Regina Sooev

A motion was made, seconded and passed to approve the slate.

4a.) Scholarship Committee – Scholarship Vote – Scott Hershey:

We had a \$500 carry over in our scholarship money from last year. The Committee wanted to be able to award a fourth scholarship, and asked the Board to approve an additional \$500 in scholar-

ship money. Because the dinner was last night, we had an email vote to approve this additional money. The results of this email vote was: 14 yeas / 1 abstaining /No Nay votes (70%) Motion to add an additional \$500 to the Scholarship Committee passed.

4b.) Scholarship Committee –Kim Lundy: Recap of Monday night's award dinner: We had more applicants this year than ever before. All of the winners had over 4.0 GPAs, were leaders on their track or cross country teams, and had volunteer activities.

5) Social Update – Bill and Ann Krause:

Continued on page 15

To get your race results published, fill out the form on floridastriders.com

Race Results

Run for the Zoo Half Marathon Albuquerque, NM May 5, 2013

Charlie Hunsberger 1:50:34
It was very windy and we were a mile high in Albuquerque but it was still a great race!

Run for the Gecko Hawaiian Luau 5K Melbourne, FL May 11, 2013

Daniel Tressler III 20:20
HOT!

5th Annual Mother's Day Teal Ribbon 5K Oviedo, FL May 12, 2013

Daniel Tressler III 20:36
6th overall is not bad!

Delaware Marathon Wilmington, DE May 12, 2013

Trish Kabus 6:45:33
I took the train up to visit Frank and Lillian and ran the marathon while I was there. In my quest for running a marathon in every state Delaware was number 22. It was a two loop course. Frank ran with me the first loop which a special treat!

Over the Edge 5K Jacksonville, FL May 18, 2013

Liane Daniels 32:54

Rock N Roll Portland Half Marathon Portland, OR May 19, 2013

Sayer Gunn 1:37:19
A PR by 6.5 minutes on a hilly course!

Never Quit 5k Jacksonville, FL May 19, 2013

Daniel Tressler III 22:18
Running the Players 5K with Donna the day before the 2nd half of this beach 5K was awful..... Shaved time from last year but... Terri Rose 25:15 Sue Whitworth 29:01 Jean Schubert 46:40 8AM race Jean Schubert 52:20 10AM race

22nd Annual BAYTAF Classic Track Meet Tampa, FL May 25-26, 2013

Daniel A. Tressler, III 800m (2:39); 1500m (5:29) & 3k (11:41)
Well-run track meet but windy and hot! I ran off but won the 3K and finished 3rd in the 1500m. Lost my lunch during the 800m so...

Renegade 5K, Key West, FL May 25, 2013

Bill Phillips 19:33

1st Overall Strong headwind and Evening run 7:30pm

Wickham Park Marathon Melbourne, FL May 26, 2013

Trish Kabus 9:21:00
Hard trail run around 7 loops of mostly soft sand. No race entry fee no shirt no bling! Just plain fun and hard work!

Freedom 4 Miler Green Cove Springs, FL May 27, 2013

Amber Sherrill 45:05:
Personal best thanks to some awesome friends

Memorial Day 5k Orange Park, FL May 27, 2013

Daniel A. Tressler, III 20:50
Tired but 4th place in newer Age Group 11-13 isn't bad...
Terri Rose 23:35
George Hoskins 25:32
Al Saffer 34:19
Jean Schubert 41:31
Thanks to Pat Gallagher for pushing me!

Georgia Blueberry Festival 5K Alma, GA June 1, 2013

Bernie Powers 24:09
1st AG. Thanks to Ron Crosby for turning 65!

Hale & Hearty 7K Jacksonville, FL June 1, 2013

Jean Schubert 1:00:18
A new 7K PR

Vilano Bridge 5k St. Augustine, FL June 1, 2013

Bill Phillips 19:22
2nd Overall. Two trips over the bridge.

JAXEX Runway 5K Jacksonville, FL June 8, 2013

August Leone 29:47
1st in 80 plus age group. New experience running on airport runway.

Run for the Pies Jacksonville, FL June 15, 2013

George Hoskins 25:27
1st place men 65-69
Sue Whitworth 28:23

Rock n' Roll Seattle Marathon Seattle, WA June 23, 2013

Trish Kabus 6:34:04
Beautiful day a little hot for Seattle standards 80 degrees. Hilly but scenic course. =

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

July/August 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

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

DATE	EVENT	TIME	LOCATION	CONTACT
July 4	Celebration 5K	7:30 a.m.	1st Place Sports 3931 Baymeadows Rd., Jax	(904) 731-1900 1st Place Sports
July 4	Firecracker 4/10 Milers	7:30 a.m.	13 South Atlantic Ave. Daytona Beach TBA	Daytona Beach TC
July 4	Independence Day 5K	8:00 a.m.	Vida Fitness Omni Amelia Island Plantation 6800 First Coast Hwy. Amelia Island	(904) 318-8104 Milestone Race Authority
July 4	Sunshine Festival 5K	8:00 a.m.	Mallery Park Mallery St. St. Simons Island, GA	Golden Isles TC
July 13	JTC Summer Track Series	6:00 p.m.	The Bolles School 7400 San Jose Blvd.	JTC Running
July 13	Rock the House 5K	7:00 p.m.	Riverplace Towers 1301 Riverplace Blvd. Jacksonville	(904) 318-8104 Milestone Race Authority
July 20	Vestcor Bridges Run 5K	7:30 p.m.	Hemming Plaza Jacksonville	(904) 731-1900 1st Place Sports
July 27	Bridge of Lions 5K	7:30 a.m.	Castillo de San Marcos 1 South Castillo Dr. St. Augustine	(386) 747-3532 RaceSmith, Inc
August 2	3rd Annual Stadium Challenge	6:00-8:30 p.m.	1 Everbank Field Dr. Jacksonville	(904) 731-1900 1st Place Sports
August 9/10	Tour De Pain Three Races in 24 Hours	See website for times/ locations	Jacksonville	(904) 731-1900 1st Place Sports

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

Minutes

Continued from page 13

June – Sun's Game June 13th

Please RSVP and send check to Ann, or pay via paypal. \$11.50 per ticket.

July- 14-Clark's Fish Camp social at 4pm.

VI.) Hog Jog date confirmation –

Charlie Hunsberger: 25th anniversary race. The proposed date is Sunday November 3, at 2pm. Attendance should be better this year, as we have little competition. A motion was made, seconded and approved to use this proposed race date.

VII.) Old Business

Kohl's Appreciation Award – May 8th by Bob Boyd: Scott will send this out for us to read.

VIII.) New Business

a.) The Paul E. & Klare N. Reinhold Foundation Grant will be awarded :

At the Community Service Awards Breakfast on Tuesday, May 21, 2013

I will be there attending. Grant worth \$10,000.

b.) Charlie Hunsberger – RRCA Convention recap: He learned a lot from all the club leaders at the convention. Appreciation for Board members: cannot give anything of monetary value. Appreciation for volunteers annual party, gift certificate raffles. RRCA has a lot of programs we don't take advantage of.

Do we have a emergency and disaster plan for our races?

We could send some runners to some of the RRCA Championship races.

RRCA offers a race director cer-

tification program, and running coach certification.

Updating our communications into the modern era will be essential going into the future. Emphasis on social networking, and using it effectively to market our club and events.

c.) Bruce Morrison (running.net) - Republish the article of Kim Crist about Boston Marathon.

IX.) Adjournment: A motion was made, seconded and passed to adjourn the meeting. The meeting was adjourned at 9:05 p.m.

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

Striders Spotlight



BY VICKY CONNELL

The Florida Striders Track Club is a very diverse group. Its members range from experienced runners to those who simply walk, adults to kids, and extremely talented to merely mortal individuals who all love to run. And then there's that very small group of runners who do something most of us don't even dare to dream of. These are "ultra" runners. This is someone who does races longer than marathon length (26.2 miles). The Striders are fortunate to have an excellent Ultra Runner in our club, and he is long time member Sung Ho Choi, also known as "Bruce" to most of his friends, a nickname from years ago that just seemed to stick. On a side note, at one time Bruce was our Equipment Coordinator!

I spoke with Bruce recently about his love of running. Surprisingly, Bruce told me that no one in his family runs, and he didn't even start running until 1997. He heard about the Outback Half Marathon and thought it would be neat to run for a long time at that distance. Did he train for it? Only if you count working out and doing the elliptical and stair master, because that was pretty much it! But obviously Bruce was built to run, because he finished the race in good shape, with a time around 1:48. He was hooked. Two years later Bruce completed his first

marathon in Chicago, which he has done every year since.

From there Bruce started running longer and longer, completing around 18 100-mile races in the last few years. I asked him what it is about this long distance that attracts him? Bruce said, "It's the challenge to complete the distance. A lot of people can't do this, which makes me want to do it even more. You never know what will happen. Sometimes it goes well, sometimes you feel beat up. It's a challenge. It's not about how long it takes, but whether I will finish."

So what is the longest race Bruce has completed so far? It was the 118 mile race around Lake Okechobee. And that was after doing a 100 mile race the week before! It seems the more long distance running he does, the better he feels! Most weeks he runs about 60 to 70 miles.

So of course, all this distance running just begs the question – what about injuries??!! Surprisingly enough, Bruce has stayed mostly injury free! At least, very few injuries that would prevent him from running. Recently however Bruce ran in The Keys 100 Miler from Key Largo to Key West, got a bruise on a bone in his foot, and wasn't able to run for a week. But now the next step for Bruce is to com-

plete the Vol State Road Race that he'll be doing on July 11, 2013. The race starts in the North West corner of Tennessee, ending in the South East corner. It also passes through Missouri, Georgia and Alabama. This year there are about 50 people running which is a record for this race. During the race Bruce is allowed to stop or take a break as long as he always resumes racing in the same spot where he stopped. Participants are even allowed to go to a motel and rest! Some participants, like Bruce, will have crews along for support. Most people will take 7-10 days to complete the race, but Bruce plans to finish in about 4 days. This means he must cover 80 plus miles a day. I asked Bruce what he will eat during the race, and he replied pretty much anything! I guess he has an iron stomach, because apparently nothing bothers it!

One of the most important aspects of this race for Bruce is that he's running to raise money for the Charity "Open Heart Magic". Bruce learned about this charity when he was running Chicago and really liked what they were doing, partly because it seemed to fit his per-

Continued on next page

sonality! Open Heart Magic sends clowns to children's hospitals to do magic tricks for the kids who are patients there. Bruce thought they were really good and decided to support them, using the Vol State Road Race as his platform to raise money. If anyone wants to support Bruce and donate to Open Heart Magic, go to razoo.com, and in the top right corner type "Vol State" in the search box and his charity will come up. For more info about Bruce doing the race you can also go on Facebook and look up Vol State 317 mile run July 11, 2013.

I wondered how Bruce explains his extreme running to non-running friends. It turns out that while he has some non-running friends, he doesn't have much time to spend with them. And of course, they do think he's insane! So I asked if most people actually support and understand what he does? Bruce said that most don't really try to understand. They sometimes ask why, and he tells them he runs because he likes it and feels better both mentally and physically when he does it. It's good therapy!

So what advice would Bruce give someone who wants to do an Ultra? He says it's not about time, it's about finishing. You should train for that goal. Run and walk. Bruce usually walks a little during his ultras, especially when he needs to eat. Some people actually stop and take naps! It depends on the race



whether Bruce will stop. He has run an entire 50 mile race without stopping!

Finally, I asked if Bruce had any advice for people who are just starting to run. He said to be consistent; if you miss a few days, it's hard to get back on track. He also said to read advice from magazines, but more importantly, listen to your body. Don't keep following a program when your body tells you to back off.

Thanks Bruce! We'll all be rooting for you to complete the Vol State 317. Better you than most of us! =

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 v a e-ma at:
run2day4life@gmail.com.

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

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