



UP TO SPEED

The St. Petersburg Road Runners Newsletter

August 2011 - Vol 2, Issue 6

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BOARD OF DIRECTORS

Dear Ginger,

Letter from the Editor

How are you surviving the "dog" days of summer? One way I try to survive the scorching heat and oppressive humidity is to run on the beach.

A few weeks ago, I was running on Upham beach. As I was settling in on an easy pace, I was suddenly aware of the gentle sea breeze and the sensational sunrise. I glanced at the waves rolling towards the sandy shoreline and saw dolphins. I watched the sea gulls and sandpipers catching their breakfast.



And then I saw a heron, as tall as I am, with a sting ray in his

The new Board of Directors are listed below and will take office in January:

President - [Ginger Herring](#)
Vice President - [Vicki Linkovich](#)
Treasurer - [Gordon Benedict](#)
Secretary - [Karen Mathews](#)
Volunteer Coordinators - [Stefanie Seropian](#) and [Eileen Hodges](#)
Guest Speaker Coordinator - [Grant Fashbaugh](#)
Website Editor - [Gloria Hancock](#)
Membership Director - [John Meyer](#)
RRCA Coordinator - [Gordon Benedict](#)
Publicity/Community Affairs - [Doug Schiller](#)
Newsletter Editor - [Ginger Herring](#)
Uniforms/Equipment - [Pam Greene](#) and [Jerry Fowle](#)
Children's Program - [Eileen Hodges](#)

THERE WILL BE NO BOARD OF DIRECTORS MEETING IN AUGUST. Otherwise, the Board of Directors meet at 5:30pm the second Thursday of every month before the general membership meeting at the Suncoast Hospice Center. Meetings are open to SPRR members.

The Board welcomes your comments. Feel free to contact anyone on the Board to offer your thoughts.

GROUP RUNS

SPRR extends an open invitation to runners and walkers of all abilities to join us for one of our group runs.

Upham Beach: M-F 6:30 a.m.
Fit for Life: Track/reg run Tu 6pm
Carillon Wellness Center
Training/Group Tues 6:00 pm
Carillon Wellness Center
Beginners Group: Thurs 6pm
Downtown St. Pete: Fri 6:00 p.m.
Fit for Life: Sat 6:30 a.m.
Sunday Runs-varies: Sun 6:00am
Clearwater bridge Runs varies-check website:

Please check out our website for more details. Feel free to join us on one or more of our group runs. I'm sure you'll find someone to run or walk with that's just your speed.

beak. I had to stop to see if he was really going to eat that ray. He chomped the sting ray side to side, left wing to right wing. To my surprise, he swallowed the sting ray barb and all. I saw it, but I couldn't believe it.

This was one of those beautiful runs that I was thankful I could experience. It is also a reminder for all of us to take our time every once in a while to really see our surroundings. It might surprise you.

Enjoy the Journey
Ginger

MEMBERSHIP

The St. Pete Road Runners is a member of the Road Runners Club of America. Club membership is open to all walkers, joggers, non-competitive runners, biathletes, triathletes and competitive runners. Your membership gives you monthly meetings with guest speakers, coaching, group runs, newsletters, Grand Prix Series, and the absolutely best social events ever.



The Board continues to work on ideas to improve benefits for our members and to make SPRR one of the best running clubs in the area. We invite you to be part of the fun and excitement SPRR has to offer.

DID YOU KNOW that you can become a member, or renew your membership online using PayPal? I hope you will take advantage of this easy way to join SPRR or to renew your membership.

[Click here for a membership application](#)



WELCOME TO ALL OUR NEW MEMBERS

We are happy to have you with us.

Billy Cooper	Normand Jacques
Robin Grabowski	Elisa Licon
Rita Gutekunst	Joe McNeill
Amanda Harlan	Lacey Nash
Charlotte Hollingsworth	Willie Roth

MONTHLY MEETING

Our next SPRR meeting is scheduled for Thursday, September 8, 2011, 6:30 p.m. at the Suncoast Hospice. The Suncoast Hospice Service Center is used for administrative purposes only. We are thankful to have this great facility for our meetings

THERE IS NO GENERAL MEETING IN AUGUST. We'll see you at the ballgame August 21.

The Suncoast Hospice
3050 1st Ave South
St. Petersburg, FL
September 8, 2011
6:30 p.m.

HAPPY BIRTHDAY TO YOU

We wish all of you with August birthdays the best ever and many more happy miles:

Jeffrey Aber

Kelly Baker

Pat Brighton

Mary Cunningham

Sara Rose Cunningham

Lara Dergham

Colleen Evans

Tiffany Gorman

Robin Grabowski

Carl Hammen

Ryan Hoge

Rose Hoge

Normand Jacques

Christine Kiernan-Ortiz

Martin Lawson

Peg McKeever

Russell Miller Jr.

Dale Moushon

Shirley Nadeau

Justin Nunamaker

Jane Pearl

Tracy Rabon

Wes Reynolds

Yarrow Ries

Steve Schilling

Diane Sector

Courtney Smith

Hope Walls

Debbie Wayland



SPRR CLUB NIGHT AT THE RAYS GAME



DID YOU GET YOUR TICKETS TO THE BALL GAME?

If not, you can still join us. Some members will be buying their Party Deck tickets for August 21 and meeting us at Ferg's by 12 noon. Those who already purchased tickets can pick them up at Ferg's. We will then go see the ballgame. I hope you will join us.

SHOE DRIVE

Thank you so much for all your shoe donations. You helped make our first shoe drive very successful. Your running shoes were given to Andy Horne to help the disadvantaged students at Dixie Hollins who want to run Cross Country.



We'll do this again in the fall, so watch for the announcement. Again, thank you.

NOMINATING COMMITTEE

It is time for the St. Pete Road Runners Club to form a nominating committee. This committee will be responsible for selecting nominees for next year's Board of Directors. Our Annual Membership Meeting held for the purpose of electing the Board of Directors is scheduled for November. The

new Board will be introduced at our Holiday Party in December. Check out our website and read the By-Laws (Section 5. Elections) for further information. The Nominating Committee needs to present the slate in sufficient time to permit other candidates to submit positions. Please let me know if you would be willing to be on the Nominating Committee. Thank you.

SPRR BEACH SERIES



Wow, another great turnout for our second beach race. Beach conditions were MUCH better this month.

Thanks to all the volunteers who made this night possible. And, thanks to Mickey Hooke for submitting the picture.

Check out the SPRR Website to view more awesome pictures from SPRR Beach Race #2.

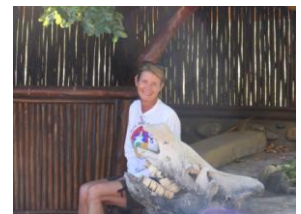
There is only one more race so check out the [SPRR Website](#) to download your registration form and sign up today.

Also, be sure to visit our sponsors and thank them for their support.

I'll see you on the beach.

AROUND THE TRACK

Check out the t-shirt Anna Raschar was wearing in Africa after she did Comrades.



Grant Fashbaugh ran the San Francisco Marathon July 31 in 4:22:27. Not bad for a hard, hilly race.

Don Rasdall ran the Cleveland Half Marathon in 1:43. He said it was a nice 53 degrees and light rain for the 13.1 on May 15. He also did the Chicago Ragnar on June 9th (Madison, WI to Chicago

IL). Don was the only one on the 12 person relay team that has participated in a Ragnar event. The Chicago Ragnar was his 4th Ragnar after having done 2 Central Florida's and 1 Key West.

Sean and Tracy Connolly are still on the road but should be back soon. Sean will be putting together weekend runs focusing on training for upcoming Ultra Marathons. Watch for more information on this on our website.

New member, Mickey Hooke, ran the New Bridge of Lions 5K in St. Augustine, FL on July 16. He said it was 76 degrees, overcast, calm wind and he placed 4th overall, 1st in the 50-54 age group. His time was 17:56.

Have fun at our group day at the Ray's game August 21.

Don't forget to check out the [SPRR](#) website for the Board of Directors' minutes. We are aware that you can't always make our monthly meetings so we are posting our minutes to help you keep up to date on plans and progress for the club. The Board would also like to hear from you. Contact anyone from the Board and let us know your thoughts, suggestions, or concerns.

On-Line entry for the 2012 St. Pete Beach Classic is now open. The Classic now includes a HALF MARATHON!! The traditional SPB Classic weekend has been re-arranged due to the addition of the Half Marathon on Sunday morning January 15, 2012. The Saturday races will still include the 5K and 10K events and the Kids Races. Check out all the information at www.stpetebeachclassic.com.

Registration is now open for PurpleStride Tampa Bay 2011. PurpleStride 5K and 1-mile walk will be on November 5 at their new location at Albert Whitted Park in Downtown St. Petersburg. Check out their website at www.pancan.org for more information or to register. You can also contact [Tracy Connolly](#) to volunteer or for more information.

SPRR club is a member of the Tampa Bay Beaches Chamber of Commerce. They are on Facebook. You can check them out, like their page and become a friend. SPRR members are entitled to participate in ALL their events as representatives of the Club through SPRR's membership in the Chamber. It also entitles you, as a member, to take advantage of special discount offers. Check it out and take advantage of the events and offers from the Tampa Bay Beaches Chamber of Commerce.

MEMBER RENEWALS: Let us know if you want a new membership card. The membership cards are the same as the one you have, so in the interest of saving the club some money, we won't mail you a new card unless you request one. Contact John Meyer at johnmeyer75@gmail.com.

Don't forget there is NO MEETING for August.

ON THE ROAD: RACES AND RACE RESULTS

SPRR Results - July 2011

32nd annual Kiwanis Morton Plant Mease Midnight 5K, Dunedin - July 3

Females

Lisa Williams, 20:09, 1st 30-34

Males

Ernie Glode, 25:36

32nd annual Kiwanis Morton Plant Mease Midnight 10K, Dunedin - July 4

Females

Christa Stephens, 39:58, 1st Overall

Males

Steve Williams, 43:06, 3rd 45-49

Gilbert Dolores, 46:30

Ernie Glode, 52:20

Lutz Independence Day run, 5K, Lutz - July 4

Females

Kathleen Wheeler, 27:28, 2nd 50-54

Millie Hamilton, 27:34, 1st 65-69

Males

Cameron Wheeler, 16:57, 2nd 15-19

Jim Hummel, 20:00, 1st 50-54

Albert Wieringa, 20:04, 1st 60-64

Pat Fitzgerald, 39:17, 2nd 80-84

Picnic Island Adventure Run #3, Tampa - July 15

Females

Carol Glasscock, 27:55, 2nd Overall

Jennifer LaPlante, 33:25

Sunsets at Pier 60 - Summer Series #3, Clearwater Beach - July 15

Females

Christa Stephens, 19:00, 1st Overall

Lisa Williams, 20:38, 3rd Overall

Millie Hamilton, 29:13, 1st 65-69

Kathleen Wheeler, 31:24

Sharon Andrews, 41:44, 3rd 65-69

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Males

Lee Stephens, 19:01, 1st 30-34

Jack Gough, 34:51, 1st 80-84

New Bridge of Lions, 5K, St. Augustine - July 16

Males

Mickey Hooke, 17:56, 4th Overall, 1st 50-54

Run Thru Hell 2011, 5K XC, Tampa - July 17

Females

Katie Argotsinger, 23:54, 2nd 25-29

Deb Robinson, 27:55, 2nd 50-54

Rita Gutekunst, 29:37, 2nd 45-49

Males

Doug Schiller, 44:11, 1st 70-74

St. Pete Beach Summer 5K series #2, St. Pete Beach - July 29

Females

Christa Stephens, 19:21, 1st Overall

Karin Miller, 22:51, 2nd 30-34

Christine Moorby, 25:08, 2nd 40-44

Maggie Miller, 25:46, 1st 55-59

Lisa Williams, 25:47

Deb Robinson, 26:28, 2nd 50-54

Elisa Licon, 26:32, 2nd 20-24

Yumi Toomey, 28:34, 1st 45-49

Karen Mathews, 29:39, 2nd 55-59

Millie Hamilton, 29:56, 1st 65-69

Kathleen Wheeler, 30:28, 3rd 50-54

Kerry Smith, 32:38

Lacey Nash, 32:47

Ellyn Jack, 32:52, 3rd 55-59

Laurie Germann, 33:19

Amanda McCusker, 37:13

Males

Steve Schilling, 19:03, 1st 25-29

Adam Clarke, 20:33, 1st 15-19

Steve Williams, 20:44, 1st 45-49

Zach Matthews, 21:27, 3rd 20-24

Gilbert Dolores, 21:38

Chris Pedersen, 21:45, 1st 50-54

Normand Jacques, 22:55

Travis Irwin, 23:37, 2nd 30-34

Jay Heatherly, 23:38, 3rd 30-34

Doug Peterson, 24:01, 3rd 40-44

Ernie Glode, 24:05, 3rd 50-54

Allen Ahern, 25:34

Don Rasdall, 26:02

Steve Grande, 26:11, 2nd 55-59

Billy Cooper, 26:22

Willie Roth,	26:47,	3rd 55-59
Dan Toomey,	27:19,	3rd 35-39
Dave Counsman,	27:29	
Dale Moushon,	29:23	
David Shiner,	29:24	
Warren Wheeler,	29:54,	3rd 60-64
Don Kohler,	30:22,	1st 75-over
Jack Gough,	34:39,	2nd 75-over
Russ Miller,	34:48	
Trey Smith,	36:52,	2nd 10-14
Matt Gowens,	38:42	
Jim LaMar,	40:38	

Top Gun Triathlon (sprint distance) Fort DeSoto - July 30

Females

Charlotte Hollingsworth,	1:07:12	
Virginia Edmonds,	1:07:24	
Vicki Linkovich,	1:17:18,	5th 55-59
Diane Lajoie,	1:21:06	
Pam Greene,	1:25:06	

Males

Lee Stephens,	52:05,	2nd 30-34
Roland Lajoie,	1:07:49,	2nd 60-64
Frank Adornato,	1:10:34,	4th 60-64

Thank you Albert Wieringa for providing these results. If we missed anyone, please let us know. We are proud of our club members' accomplishments and would like to acknowledge you.

We have many SPRR members who have done a great job in the races they've run during July. Click on the [SPRR](#) link to check out those results or those in past months. Keep up the good work.

RACE CALENDAR - 2011:

August 6	Beat the Heat 5K #3	Thonotosassa
August 12	Pier 60 Beach 5K #4	Clearwater
August 20	Battle at Ft DeSoto Tri	Ft. DeSoto
	Port to Park 5K #3	Port Richey
August 21	Ace of Diamonds 5K	Del Oro Park Clw
August 26	SPRR Beach Race 5K	St. Pete Beach

Good Luck!

SPONSORS

We are especially grateful to the following companies and organizations for their support and contributions they have made to SPRR:

Bardmoor Aquatic Team Tom Haight haightt@pcsb.org www.batswim.com
Motion Sports Management Al Johnson www.runmsm.com

Please give thanks and support also to the businesses who sponsor our Summer Beach Series. It would be impossible to host these races without their support.

Alden Beach Resort & Suites
Cody's Original Roadhouse
MSM
Sirata Beach Resort & Conference Center

If you are interested in being an SPRR sponsor and advertise in our newsletter, please contact Ginger Herring for rates and options. Thank you.



Here are some of Murphy's OTHER Laws:

Light travels faster than sound. This is why some people appear bright until you hear them speak.

He who laughs last, thinks slowest.

A day without sunshine is like...well....night.

Flashlight - a case for holding dead batteries.

The shin bone is a device for finding furniture in the dark.

AND

from Runners' World Quote of the Day:

The faster I get there, the faster I can start eating.

Enjoy the Journey

Forward email to a friend!



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