



UP TO SPEED

The St. Petersburg Road Runners Newsletter December 2011 - Vol 2, Issue 11

Find us on Facebook 

In This Issue

Letter from the Editor

Membership

Monthly Meeting

December Birthdays

Purple Stride

St. Pete Beach Classic

Grand Prix Series

St. Pete Bowl Fan 5K

Holiday Party

Around the Track

On the Road

Sponsors

BOARD OF DIRECTORS

The Board of Directors are listed below:

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 -

Dear Ginger,

Letter from the Editor

Seasons Greetings.

I was thinking about how fast this year has gone and how much the St. Pete Road Runners has grown. So, I thought I would give you sort of a "state of the club" report.

A group of 5 women got together to form a running club that would serve southern Pinellas. In 2006, the St. Pete Road Runners Club was established with a mission to encourage running, walking, and biking for all ages and all abilities. The club has a goal of promoting and educating fitness in the community as well as giving back to the community.

At the first organized meeting, SPRR signed up 40 members. Last month we reached our 500th member and 285 of those are currently active.

SPRR is a member of the Road Runners Club of America, Tampa Bay Economic Development Chamber of Commerce and continues to be involved with area races like the Clearwater Women's Half Marathon, Halloween Half, Holiday Half-a-thon, Clearwater Half, and Florida Half, St. Pete Beach Classic, Gasparilla, St. Anthony's Triathlon, and many others that won't come to mind right now.

SPRR also hosts their own beach race series and offers the Grand Prix Series with prizes for club members. We also have great social events, and invite informative speakers at our monthly meetings.

As a way to give back to our community, we contributed to Hospice, began a toy drive to give our old, but still usable shoes to needy high school runners, and are currently having a toy drive for CASA's Holiday Wish List. (Don't forget to bring your toys to the party Saturday, December 3.)

SPRR has a good website, is on Facebook that attracts over 150 visits a



[Pam Greene](#) and [Jerry Fowle](#)
Children's Program - [Eileen Hodges](#)

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.

now have PayPal that makes it easy for members to renew or join our club.

This report shows a little bit of how far SPRR has grown, but it doesn't really tell the whole story. The reason our club has become a recognizable name in the community - our members. You are a reflection of SPRR and all it stands for. If it were not for the members who volunteer, promote and educate fitness by example, SPRR would not be another running club. Thank you members, for making SPRR the most successful running club in the area.

Yes, we've come a long way since 2006, but we've just begun. Just wait and see how we'll grow next year.

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 join us for the fun and excitement SPRR has to offer.

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



[Click here for a membership application](#)



Welcome to our new members. We are glad to have you be part of SPRR.

Susan Barnes	Marieta Kaszyk
Susan Burk	Peter Kaszyk
Marcia Connell	Deborah Kelley
Elizabeth Coughlin	Jeff Lannigan
Sylvia Crowhurst	Brian McManus

MONTHLY MEETING

PLEASE REMEMBER THERE IS NO MONTHLY MEETING IN DECEMBER.

We are having an awesome Holiday Party in lieu of the regular meeting. I hope to see you at the Windjammer Club December 3, 6pm.

HAPPY BIRTHDAY TO YOU

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

Bill Castleman	Susan D Haight	Diane LaJoie	Marcy Phipps
Jennifer Castleman	Robyn Hancock	Mike LaPlante	Ken Prewitt
Bonnie Conley	Nancy Hansford	Lara Latshaw	Tanya Repka
Marcia Connell	Laura Healy	Elisa Licona	Bryan Reynolds
Toni Ann Connors	Donald Herring	Karen Mathews	Amy Robinson
Cathy deHaan	Eileen Hodges	Dan McClenathan	Trey Smith
Anthony Esposito	Tucker Hodges	Jim McConnell	Kenneth Smith
Pat Fitzgerald	Alan Johnson	Karin Miller	Warren Wheeler
Vicki Franklin	Emily Keilman	Rue Morgan	Sabrina Williams
Kate Franzese	Christopher Kiernan	Doug Norcross	Rachel Winter
Paul Graus	Alice Kohler	Jim Nunamaker	Michael Zelenak



PURPLE STRIDE TAMPA BAY

PURPLE STRIDE TAMPA BAY 2011 was an enormous success. The new location at Albert Whitted Park in downtown St. Petersburg was well received. We received loads of positive feedback from PanCan people to participants.

We were told the event was one of the best PanCan events and people were impressed with our volunteers and excellent organization. Special kudos to Tracy Connolly, the PanCan committee and all the volunteers who helped make this the best year ever.

ST. PETE BEACH CLASSIC

St.Pete Road Runner Members get a special 15% off the entry fee to the St. Pete Beach Classic - January 13th-15th, 2012. The discount can be used for the 5k, 10k, 1/2 Marathon or duo or trio combo. Go to the St. Pete Beach Classic website to register and use the code: SPRR12.

The discount is available from now through December 16th only!

St. Pete Beach Classic

GRAND PRIX SERIES

The races have been selected for this year's Grand Prix Series. The Grand Prix Committee is still working out details for awards. Watch for further details on how many races will be needed to qualify for an award and how deep the awards will be given. In the meantime, here is the schedule of races:

Manatee River Run 5 Miler	December 31, 2011
St. Pete Beach Classic 5K/10K	January 14, 2012
St. Pete Beach Classic Half Marathon	January 15, 2012
Rock 'n' Roll Half Marathon	February 12, 2012
Suncoast Classic 5K/10K	February 25, 2012
Gasparilla Distance Classic 5K/15K	March 3, 2012
Gasparilla Distance Classic Half/5+3K	March 4, 2012
Florida Beach Half Marathon/5K	March 18, 2012
Robinson Preserve Twilight 5K	March 25, 2012

ST. PETE BOWL FAN 5K

A message From Tracy Connolly:

I'm working with Motion Sports Management to bring the "St. Pete Bowl Fan 5k" back to life. The 5k will be held Monday, December 19th at 6:00 pm as part of the Beef O' Brady's Bowl Game. Proceeds from the race will benefit the Mike Alstott Family Foundation and Athletes for Hearts.

I need volunteers. There is not much to do but with an evening race it's harder to find people with open schedules. All volunteers will receive a FREE ticket to the Bowl Game! Oh, and of course free food and beer from Ferg's Post Race Party.

Right now I am looking for the following:

Registration and Packet Pick Up (at Ferg's) 12:30 - 4:00 (volunteers may also race)

Registration and Packet Pick Up (at Ferg's) 3:30 - 5:30 (volunteers may also race)

Course Marshalls 5:00 - 6:45

Registration and info at <http://www.spbowfan5k.com/> and I can be reached directly at (727) 744-4026 or tracy_connolly@yahoo.com.

Thanks so much and hope to see you out there!

Tracy Connolly

Beef O' Brady's St. Pete Bowl Charity 5K (Monday, Dec. 19th)

www.SPBowFan5k.com

Come Run with us! St. Pete Road Runners Club: www.SPRR.org

SPRR HOLIDAY PARTY

We are expecting a big crowd at our Holiday Party this Saturday, December 3. I'd like to remind you to bring your gift for CASA.

New this year is your opportunity to make a difference for an abused family or child. The Hope for the Holidays project will benefit CASA. We are asking that you bring a new, unwrapped gift to the Holiday Party. It could be for a child, but if something else on CASA's wish list touches your heart, please feel free to contribute to that. Click here to view [CASA WISH LIST](#).

If you can't make it to the party you can still contribute your gift by giving it to Ginger Herring. She will happily make sure it is donated with the gifts from the holiday party. Thank you in advance for your generosity.

AROUND THE TRACK

Dear Ginger,

I hope this email finds you well. My name is Alexandra van Wees and I coordinate the *RUN FOR AUTISM*, the national charity running program of the Organization for Autism Research. I'd like to let your members know that we currently have free entries available to the Rock 'n' Roll St. Pete Half Marathon on February 12, 2012.

If any of your St. Pete Road Runners has a connection to autism or is simply interested in running either of these events for a cause, we'd love for them to join the team. We happily provide racing gear, fundraising assistance, race weekend support, and a post-race celebration to recognize each runner's finish.

Please consider circulating the attached PDF flyer to your members - it explains a little more about what we offer to our runners and contact information. If any of your members have any questions or wish to get involved, please have them contact me directly at 703-243-3466 or avanwees@researchautism.org.

Thank you so much for your time.

Happy running,
Alexandra van Wees

Alexandra van Wees
Coordinator, *RUN FOR AUTISM*
Organization for Autism Research
2000 North 14th Street, Suite 710
Arlington, Virginia 22201
(703) 243-3466
www.researchautism.org

www.twitter.com/RUN_for_AUTISM
www.facebook.com/runforautism

Open Attachment: [Golden Ticket Full Page.pdf](#)

SPRR Results - November 2011

10th annual Richard's Run for Life, 5K, Tampa - Nov 4

Males

David Shiner, 26:05

Purple Stride Tampa Bay, 5K, St. Petersburg - Nov 5

Females

Rachel Winter, 21:48, 2nd Overall

Deb Robinson, 23:53, 1st 50-54

Millie Hamilton, 28:42, 1st 65-69

Laurie Germann, 30:41, 1st 55-59

Diane Sector, 31:23, 2nd 55-59

Dede Buckley, 33:24, 1st 70-74

Grace McNasser, 34:09, 2nd 70-74

Carol Montgomery, 38:02, 1st 75-over

Lisa Prewitt, 48:22

Males

Mickey Hooke, 17:56, 2nd Overall

Gilbert Dolores, 20:23, 1st Master

Ernie Glode, 23:27, 2nd 50-54

David Counsman, 24:08

Peter Sector, 27:02, 1st 60-64

Jack Keefe, 31:57, 2nd 70-74

Donald Herring 35:54

Blue Moon Half Marathon, Palm Harbor - Nov 6

Males

Steve Williams, 1:28:36, 1st 45-49

David Shiner, 1:55:49

Blue Moon, 5K, Palm Harbor - Nov 6

Males

Pat Fitzgerald, 36:08, 1st 75-over

Women helping others succeed Run, 5K, Tampa - Nov 11

Females

Lisa Williams, 19:30, 1st Overall

Deb Robinson, 23:27, 1st 50-59

Males

David Shiner, 24:42

Holiday Rotary 5K, Holiday - Nov 12

Males

Albert Wieringa, 21:14, 1st 65-69

Gopher Weedon 7K run, St. Petersburg - Nov 19

Females

Laurie Germann, 49:01, 3rd 50-59

Males

Jack Keefe, 47:45, 1st 70&over

Ben Fudge, 50:39, 2nd 70&over

Inaugural 10K Beach Running World Championships, Cocoa Beach, Fl - Nov 19

Males

Mickey Hooke, 37:51, 3rd Overall, (New Masters + Grand-Masters record)



Congratulations on your record Mickey

Women's Half Marathon, St. Petersburg - Nov 20

Yumi Toomey, 1:57:11

Karen Mathews, 2:14:22

Ellyn Jack, 2:21:42

Annette Frisch, 2:30:17, 1st 70-99

Women's Running Magazine 5K, St. Petersburg - Nov 20

Christa Stephens, 18:16, 1st Overall

Connie Mendoza, 20:10, 2nd Overall

Mary Novy, 29:28

Dede Buckley, 33:11, 1st 70-99

Nancy Hansford, 33:27

Cathy DeHaan, 37:25

Jackie Yost, 54:09

X-Country Half Marathon, Lithia-Nov 20

Females

Jennifer LaPlante 1:55:12

2nd Annual ALSO Turkey Trot, 10K, Sarasota - Nov 24

Males

Mickey Hooke 36:50, 1st Overall

Fishhawk Turkey Trot, 5K, Lithia - Nov 24

Males

Steve Bolin 25:45 1st 60-64

33 annual St Pete Times Turkey Trot, 10K, Clearwater - Nov 24

Females-top 120

Christa Stephens 37:45, 2nd Overall

Lisa Williams 42:58

Amy McClenathan 45:34 3rd Grand Master

Males-top 120

Lee Stephens 33:54

Cameron Wheeler 34:58

Albert Wieringa 41:48

33 annual St Pete Times Wingding 5K, Clearwater - Nov 24

Females-top 120

Connie Mendoza 19:40 1st Master

Lisa Williams 20:15

Amy McClenathan 21:08 2nd Grand Master

Brittany Hicks 22:51

Space Coast Marathon, Cocoa - Nov 27

Females

Christine Kiernan-Ortiz 3:29:37 2nd 25-29

Deb Robinson 4:08:11

Pam Greene 4:44:59

Gloria Hancock 4:54:05

Males

Jeff Essers 3:10:22 1st 40-44

Steve Williams 3:21:03 2nd 45-49

Chris Pedersen 3:50:10

Gilbert Dolores 3:50:30

Space Coast Half Marathon, Cocoa - Nov 27

Females

Keara McGraw 1:33:26 1st 25-29
Christine Moorby 1:57:08
Stefanie Seropian 1:58:14
Christine Arbasak 2:07:22
Ginger Herring 2:44:43

Males

Steve Schilling 1:26:19 2nd 25-29
Ernie Glode 1:50:46
Christoffer Kiernan III 2:02:53
John Meyer 2:04:03
Scott Wayland 2:24:27
Gordon Benedict 2:26:09

DECEMBER RACE SCHEDULE

December 3 Tough Mudder Obstacle 12 Mile Dade City
Jingle Bell Arthritis 5K HCC Campus Tampa
Sherrif's Ride/Run with the Stars Ft. DeSoto
December 7 Boley Jingle Bell Run The Pier
December 11 Holiday Half Marathon Madiera Beach
December 17 Say No to Drugs 5/10K Clearwater
December 18 Jacksonville Marathon Jacksonville
December 31 Manatee River Run 5 mile Palmetto (1st race in Grand Prix)

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

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

SEASON'S GREETINGS



IN CLOSING.....

Here are some Senior Citizen Bumper Stickers:

Young at heart - slightly older in other places!

I don't think about dying. It's the last thing I want to do.

I'm retired - I was tired yesterday. I'm tired again today.

Live each day like it's your last. One day, you'll get it right.

Enjoy the Journey!

[Forward email to a friend!](#)



This email was sent to dherring12@tampabay.rr.com by dherring12@tampabay.rr.com | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).
St Pete Road Runners | P.O. Box 14516 | St. Petersburg | FL | 33733