



UP TO SPEED

The St. Petersburg Road Runners Newsletter
Issue 5

May 2011 - Vol 2,

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BOARD OF DIRECTORS

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 [Christy Ford](#)

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](#)

Hello Everyone,

Did you follow the Boston Marathon like I did? I plugged and ran along with them as their times were posted.

As I visualized the start in Hopkinton I could see some adrenaline rush took over. I could see when they settled in sync with each foot strike, high fiving the kids and abs Wellsley girls, whose cheers could be heard two miles b

I could see how they seemed to slow down a bit over the smiles and I could feel their awe and appreciation of being running on the same historic trail as Paul Revere, and the and those who pioneered our sport.

I could see how they found their kick at the one mile mark there is one more mile to the finish. I ran with them as th

So many runners will never experience the Boston Marathon. Congratulations to all our Boston Marathon finishers and

Enjoy the Journey
Ginger

MEMBERSHIP

[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 6:300 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.

The St. Pete Road Runners is a member of the Road Runners Club of America. We offer a variety of activities for walkers, joggers, non-competitive runners, biathletes, triathletes, and more. We give you monthly meetings with guest speakers, coaches, and more. We have the absolutely best social events ever.

The Board continues to work on ideas to improve benefits for our members and other running clubs in the area. We invite you to be part of the solution.

Don't forget that our newsletter is one of the benefits of membership. Please contact us to continue to receive all the information from our newsletter.



[Click here](#)



WELCOME TO ALL OUR NEW MEMBERS

We are happy to have you with us.

MONTHLY MEETING

Our next SPRR meeting is scheduled for Thursday, May 12, 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

Please join us this month to meet Dr. Sheila Dean, DSc,RD,LD,CCN,CDE. Dr. Dean is a registered and licensed dietitian, board certified clinical nutritionist, certified diabetes educator and exercise physiologist.

She received her undergraduate training through Rutgers University, completed her internship and graduate training with University of Rhode Island and Brown University's teaching hospitals, received doctoral training

in nutritional genomics and pharmacology through the University of Medicine and Dentistry of New Jersey

(UMDNJ) and completed her Doctorate of Science degree through Hawthorn University. Dr. Dean is a graduate of the Institute for Functional Medicine where she received advanced training in functional medicine

and nutritional biochemistry. She has also worked with the Duke University Medical Center's Endocrinology

and Metabolism Disorders Clinic and the Joslin Center for Diabetes as a certified diabetes educator.

Currently, Dr. Dean is the owner of Palm Harbor Medical Nutrition, a private practice based in Palm

Harbor, Florida. An educator at heart, she has taught for 14 years as adjunct nutrition science professor at St. Petersburg College and currently teaches at the University of Tampa. She has conducted dozens of local and national public presentations for groups from preschool age to the professional, has written continuing education credit functional medicine modules for both nutritionists and nurses, has authored book reviews and articles for The St. Petersburg Times, Ms. Fitness magazine, Ironmanlive.com website and has appeared on NBC - News Channel 8, NBC-Daytime, CBS-News Channel 10, ABC-News Channel 28, WTVT-TV Fox13-Good Day Tampa Bay, Natural Living-KONK 1500 AM radio, WFTW 1260 am radio, WDBO 580 am radio for dozens of interviews.

Dr. Dean is the new senior editor of the ADA publication *The Health Professional's Guide to Popular Dietary Supplements* due out in September 2011. She is a contributing author of the medical textbook *Integrative Gastroenterology* published by Oxford University Press. She is also a contributing author of the clinical nutrition textbook *Krause's Food & Nutrition Therapy- 13th ed.* Dr. Dean currently serves on the advisory board for the nationally acclaimed Center For Mind-Body Medicine's *Food As Medicine* professional education course and was the Professional Advancement Director for the *Dietitians in Integrative and Functional Medicine* dietetic practice group of the American Dietetic Association. She's served as the consulting sports nutritionist for the Philadelphia Phillies, has consulted for the Tampa Bay Buccaneers and was the media spokesperson and columnist for the Ironman Institute.

Dr. Dean is the author of *Nutrition & Endurance: Where Do I Begin?*, (Meyer & Meyer Publishing) and is a certified health and fitness instructor with the American College of Sports Medicine (ACSM), the Aerobics and Fitness Association of America (AFAA), and the YMCA of America.

I wish I were going to be here to listen to her. It sounds like she'll present a great message for us.

The Suncoast Hospice
 3050 1st Ave South
 St. Petersburg, FL
 May 12, 2011
 6:30 p.m.

HAPPY BIRTHDAY TO YOU



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

- | | | | |
|--------------------------|-------------------|---------------------|-----------------|
| Frank Adornato | Jeanne Fowler | Meredith Jones | Noreen Parker |
| Rebecca Bialosky Rothman | Gregory Glasscock | Alfredo Kiernan | Rebecca |
| David Bilyeu | Delaney Golden | Laura Linton | Lynn |
| Sammetinger | | | |
| Kristin Burke | Andrew Graus | Bill McKeever | Patrick Smith |
| Thomas Coleman | Shannon Hodges | Christine Moorby | Karen Soultis |
| Chris Connors | Suzanne Holland | Linda-Ann Newsome | Sally VonKaenel |
| Carl Dobbins | Jessica Hughes | Christina Noordstar | Kathleen |
| Wheeler | | | |
| Cyrns Donato | Agnieszka Hunter | Malinda Ottinger | |

MILES FOR MOFFIT - TEAM WENDY

REMINDER: Don't forget to sign up for Team Wendy at Miles for Moffitt.

The link to the team registration on active is below. Folks have to log on to Active to register for the race and/or join the team.

<https://www.active.com/login.cfm?returnTo=http://www.active.com/teams/index.cfm&CFID=66551752&CFTOKEN=48551488>

Al Johnson said they are having a tent, refreshments and special t-shirts made up for the event. Please sign up today and run in memory of Wendy.

VOLUNTEERS

HAVE FUN AT THE ST. ANTHONY'S TRIATHLON WATER STOP.
Thank you for all your help. You are very appreciated.

Volunteering Opportunity:

Have fun while helping out! If interested in signing up as a volunteer for one or all three of the St. Pete Beach 5K summer series races, please contact one of our Volunteer Coordinators: Stefanie Seropian

at stefserop@verizon.net or Christy Ford christy.ford@gmail.com.

SOCIAL COMMITTEE:

We are sending you an invitation to join our Social Committee. In the past, our Board members have taken up this responsibility. We would like to have you help us out with your fresh ideas and enthusiasm. Some of our social events are Rays game, picnic, and Holiday party. We would like to start a New Member Reception and Welcome event as well. Anyone interested in being part of the Social Committee, please contact Ginger Herring at dherring12@tampabay.rr.com. Thank you.

SPRR BEACH SERIES

St. Pete Road Runners ST. PETE BEACH 5K SERIES

June 24 - July 29 - August 26

All races start at 7:00PM from Run Runners Bar at the Sirata Beach Resort 5300 Gulf Boulevard Park ONLY at Dolphin Village or Pinellas County Park at 46th Ave.

Downloadable Race Entry also available at sprr.org

(Please print)
Last Name _____ First _____

Address _____

City _____ State _____ Zip _____

Date of Birth _____ M F Age They _____

Phone _____

e-mail _____



Amenities/ Sponsors
Post-race refreshments, door prizes and music.
Age Group Awards - 3 deep and unique.



Hosted By:
SIRATA BEACH RESORT & CONFERENCE CENTER
5300 Gulf Boulevard - St. Pete Beach, FL
www.sirata.com

Our Thanks:
Walden Beach Resort & Suites
MSM

REGISTRATION/ENTRY FEES

Please check event

<input type="checkbox"/> Club Member	<input type="checkbox"/> Non Member	Late Fee add \$5.00
<input type="checkbox"/> June 24 / \$10	<input type="checkbox"/> June 24 / \$15	<input type="checkbox"/> Early until June 17
<input type="checkbox"/> July 26 / \$10	<input type="checkbox"/> July 26 / \$15	<input type="checkbox"/> Late until July 22
<input type="checkbox"/> August 26 / \$10	<input type="checkbox"/> August 26 / \$15	<input type="checkbox"/> Early until August 19
<input type="checkbox"/> Before / \$22	<input type="checkbox"/> Before / \$40	<input type="checkbox"/> Late until June 17

Show Day on site add \$5.00

Make check or Money Order to:

St. Petersburg Road Runners
727-360-9913

Mail to:

Bert Fudge
6767 Sunset Way #201
St. Pete Beach, FL 33706

WAVNER MUST BE READ, SIGNED & MAILED WITH ENTRY

OFFICIAL WAIVER: I know that running/walking a race is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to which by my decision to race is an official release to any ability to safely complete the race. I assume all risks associated with participating in this event including, but not limited to falls, contact with other participants, the effects of weather, including high humidity, traffic and the location of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of acceptance of my entry, I do hereby and irrevocably release, defend and hold harmless St. Pete Road Runners, City of St. Pete Beach, the State of Florida and any and all persons, sponsors and entities, their representatives and successors from all claims or liabilities of any kind arising out of my participation even though such liability may arise out of negligence or conditions 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. Please print name of participant is under 18 years of age. This is to certify that my child has permission to participate in this event, is in good physical condition and that events officials may utilize the necessary emergency resources.

ENTRY FEES ARE NON-REFUNDABLE.

Signature of Athlete (Signature of Parent or Guardian if under 18 years of age) _____

Date _____

Check out the [SPRR Website](http://sprr.org) to download your registration form for this year's St. Pete Beach 5K Series. I hear they have great awards this year.

I know they can't promise smooth, packed beaches and cool breezes, but they can promise a good time and good food and beverages afterwards.

Be sure to visit our sponsors and thank them for their support.

I'll see you on the beach.

SPRR ANNUAL PICNIC

The annual picnic was held at Fort Desoto Park on April 9th.

We couldn't have ordered a better day.

It was hot in the sun, but once in the shade the temperature was very pleasant (thank goodness for the shelter).

The burgers and hot-dogs were cooked to perfection thanks to Gordon Benedict, Don Ragsdale and Grant Fashbaugh. The sides were a plentiful array of picnic favorites.

The trail run lead by Jack Keefe afforded members the opportunity to appreciate views of Fort Desoto you don't see from the regular foot trail.

Many thanks to Sean Connolly for providing the burgers, Don Ragsdale for providing the hot dogs, Jack Carlock for providing the charcoal and St. Pete Beach Sweetbay for providing the buns.

The picnic could not have been a success without the many members who assisted with the planning, set-up and clean-up.

After everyone had their fill of the great food, Albert Wieringa recognized the winners of the SPRR and Fit 2 Run

Grand Prix. This year monetary awards were presented 10 deep for both the female and male winners. Participation tiles were also presented to those members that competed in 3 of the 5 events.

After the festivities, several members went to the beach to enjoy the rest of the afternoon. It was a perfect way to end the day with friends and family.

AROUND THE TRACK

Times have changed for some of our group runs. The Monday through Friday runs on the beach are now starting at 6:30a.m. The Saturday morning run at Fit for Life is now starting at 6:30a.m. Check out the [SPRR](#) website for times and locations of our Clearwater bridge runs and Sunday morning runs.

Ragnar Relay Florida Keys is gearing up for the race on January 6-7, 2012. They are looking for running club teams. Registration is now open. Check out their website at www.ragnarrelay.com.

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.

Anna Raschar is running Comrades in South Africa on May 29. She ran Boston as a tune-up! Good Luck.

Fit Niche Manager, Lee Stephens, said he is having an open house on June 25, the Saturday after our first beach race. He will be offering a nice discount to SPRR club members.

ON THE ROAD: RACES AND RACE RESULTS

SPRR Results - April 2011

Awsome job at Boston. I saw Sean Connolly and Grant Fashbaugh and they were still grinnin'. Here are some of the results as I know. Please, please let me know your results if I missed you:

Christa Stephens 2:53:55 1st local runner

Jeff Essers 3:04:19
Chris Pedersen 3:13:00
Jonathan Dunford 3:15:05
Melody Janson 3:16:51
Sean Connolly 3:24:03
Amy McClenathan 3:30:22
Sharon Kalember 4:04:03
Grant Fashbaugh 4:32:44
Millie Hamilton 4:34:10
Anna Raschar 4:38:16
Gordon Benedict 5:08:38

Beach to Bayou 5K

Millie Hamilton 27:56 1st age group

Race for Sight 5K

Deb Robinson 24:27 1st age group

Deb also ran a 23:59 1st age group at Grand Prix 5K. Sorry I missed your time last month.

Strawberry Classic

Carol Glasscock 20:09 5K champion

Chile Abuse Prevention 5K

Connie Mendoza 19:41 1st overall

Carol Glasscock 19:58 2nd overall

Gilbert Dolores 20:54 1st age group

We have many SPRR members who have done a great job in the races they've run during April.
Click on the

[SPRR](#) link to check out the complete results. Keep up the good work.

RACE CALENDAR - 2011:

May 1 St. Anthony's Triathlon (SPRR Water Stop)

May 7 May Classic 5K/ 1 mile
Innisbrook Green Day 5K

May 8 I love Mother's Day 5K

May 14 Miles for Moffitt 5 Mile/5K/1 Mile (Team Wendy)

Hog Hustle 5K

May 20 Buzz Hoge Memorial 5K

May 21 Madeira Beach Mini Triathlons

Harvey's 5K

Secret Service 5K

May 22 Madeira Beach Triathlon

May 28 Crystal River Sprint Triathlon #1

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.



Marathoning: The triumph of desire over reason.
One of the New Balance Top 10 Reasons to Run a Marathon

Larry watched as his mother smoothed cold cream on her face. "Why do you do that Mommy?" he asked.
"To make myself beautiful," replied his mother who then began to remove the cream with a tissue.
"What's the matter," said Larry, "Giving up?"

Enjoy the Journey
Ginger

**Complimentary 15 minute
consultation
for SPRR members**

Tri-Core Performance is dedicated to Athletes and Active Individuals.
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get you on the road to recovery for your next ract, run triathlon or other event.

Offer Expires: May 31, 2011 so call to schedule your consult before it's too late.
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