



UP TO SPEED

The St. Petersburg Road Runners Newsletter

July 2011 - Vol 2, Issue 6

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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 -

[Pam Greene](#) and [Jerry Fowle](#)

Children's Program - [Eileen Hodges](#)

The Board of Directors meet at 5:30pm the second Thursday of every

Dear Ginger,

Letter from the Editor

Happy Fourth of July,

As we begin the second half of the year and celebrate the freedoms we enjoy.

I look back on the Fourth of July celebrations of my childhood in the United States. Growing up in a very small rural town I never had a car, or television, or phone. I didn't go to town. When my family went out to eat it meant a picnic.

I never missed these things. And actually, I really never appreciated what we did have, food to eat, a house to live in, I appreciated the radio we listened to, especially The Long Mountain and look for Indian arrowheads in the caves, I like trees, play cowboys and Indians, fish in the Delaware River on vacation but celebrated holidays; especially July 4th.

I looked forward to the Fourth of July and the Fireman's Picnic never lasted more than 10 or 15 minutes and they were over anyway, the patriotism it instilled, and sense of gratitude.

I have more freedoms to enjoy today, like taking vacations, watching sports on TV, and of course, running. I am still grateful and I still....

Enjoy the Journey
Ginger

MEMBERSHIP

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.

The St. Pete Road Runners is a member of the Road Runners Club of America. We are a group of runners, 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 all of our members and other running clubs in the area. We invite you to be part of the solution.

DID YOU KNOW that you can become a member, or renew your membership. It's the advantage of this easy way to join SPRR or to renew your membership.



[Click here](#)



WELCOME TO ALL OUR NEW MEMBERS

We are happy to have you with us.

Sonny Alberdeston	Travis Irwin	Amanda McCu
Lindsay Anderson	Angela Irwin	Keara McGraw
Adam Clarke	Charles Landrum	Danielle Micklit
Verna Dedlaso	Beth Landrum	AJ Ortiz
Brian Dobkin	Andrea Lee	Doug Peterson
Laurie Germann	Sherry Lucas	Yumi Toomey
John Gough	Jay Lucas	Dan Toomey
Kristin Heatherly	Lincoln Lucas	Bradley White
Jay Heatherly	Morgan Lucas	
Mickey Hooke	Gates Lucas	

MONTHLY MEETING

Our next SPRR meeting is scheduled for Thursday, July 14, 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. Matt Fontain. Dr. Fontaine is the director and head clinician of Tri-Core Performance Therapy. He is a graduate of National University of Health Sciences where he received his first undergraduate B.S. in Health Science Studies from Quinnipiac University.

He was residency trained at the Texas Back Institute, one of the country's leading spine care facilities. Dr. Fontaine holds certification with the American College of Sports Medicine. He is a member of the ART IRONMAN Performance Care Team which treats triathletes at IRONMAN events in North America.

At Tri-Core Performance Therapy the main focus is conservative sports medicine and rehabilitation. Dr. Fontaine has been privileged to treat many professional, collegiate and high school athletes. He has worked as an ART provider with some of the MLB teams who make their spring training and minor league homes in the St. Petersburg/ Clearwater area.

The Suncoast Hospice
3050 1st Ave South
St. Petersburg, FL
July 14, 2011
6:30 p.m.

HAPPY BIRTHDAY TO YOU



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

Maureen Ahern	Elizabeth Hancock	John Meyer	Tiffany Stevens
Kevin Codol	Michael Hancock	Kyah Morgan	Herb Townsend
Dana Dolores	Gwen Kearley	Luz Nagle	Jill Voorhis
Desi Dolores	Cathy Keim	Scott Norman	Julie Weakley
Leah Essers	Carolyn Kiper	Matthew Pedersen	Jake Wegerski
Bill Feeney	Vicki Linkovich	MaryAnn Renfrow	Cameron Wheeler
Jerry Fowle	Kathleen Litton	Emily Repka	Carrie Wilbur
Grady Golden	Joe Maggio	Anne Ryan	John Wulfert
Pam Greene	Dan McLaughlin	David Shiner	

SPRR CLUB NIGHT AT THE RAYS GAME



DID YOU GET YOUR TICKETS TO THE BALL GAME YET?

There are only **6 more** tickets available for the **August 21st Rays game**. The tickets only cost \$10 for seats in the **tbt* Party Deck**. Bring your \$10 to the July 14 meeting! Also, those who have reserved their seat but have not yet paid, please bring your \$10 to the July 14 meeting.

This has always been a great time to share with SPRR members. The price is certainly good, so I hope you will join us.

SHOE DRIVE

We've started our shoe drive with donations collected at our beach race. I forgot to bring my old running shoes to donate to local high school running teams, but I can still bring them to our meeting July 14.



Many times these teams have members who can't afford the price tag of a new pair of shoes. We usually buy new running shoes once our old ones reach 350 to 400 miles on them. These shoes have more running life for the high school runners in need. Bring the running shoes you no longer wear to the meeting July 14 for our shoe drive. Thank you in advance for your contributions.

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 Day _____
 Phone _____
 e-mail _____

REGISTRATION/ENTRY FEES
 Please check event

Club Member	Non Member	Late Fee add \$5.00
<input type="checkbox"/> June 24/530	<input type="checkbox"/> June 24/515	<input type="checkbox"/> Early will have 17
<input type="checkbox"/> July 29/540	<input type="checkbox"/> July 29/510	<input type="checkbox"/> Early will have 22
<input type="checkbox"/> August 26/510	<input type="checkbox"/> August 26/515	<input type="checkbox"/> Early will August 10
<input type="checkbox"/> Sprint/522	<input type="checkbox"/> Sprint/540	<input type="checkbox"/> Early will June 17

 New Day on site add \$5.00

Make check or Money Order for: **Mail fee:** \$1.00
 St. Petersburg Road Runners: **Item Fudge**
Race information: 0767 Sunset Way #201
 727-360-9213 St. Pete Beach, FL 33706

AMENITIES/SPONSORS:
 Post-race refreshments, door prizes and music!
 Age Group Awards - 3 deep and unique!

Presented By:

Hosted By:

Our Thanks:

SPRR club memberships and club tech shirts will be available on race days.
Join us race day and save!

WARRANTY MUST BE READ, SIGNED & MAILED WITH ENTRY!
 I agree to which by my decision of a race official relative to my 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 condition of the road, all risks being known and expected by me. I sign and file waiver and knowing their facts and in consideration of acceptance of my entry, I for myself and anyone entitled to act as my behalf, waive and release the 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 said liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I give permission for all of the foregoing to use my photographs, motion pictures, recordings, or any other records of this event for any legitimate purpose. Persons must sign if participant is under 18 years of age. I list it to certify that my child has permission to compete in this event, is in good physical condition and that events officials may enforce necessary emergency measures.
ENTRY FEES ARE NON-REFUNDABLE.

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

Wow, what a turnout for our first beach race. It was a great night even though the beach conditions were less than perfect. The post race refreshments, awards, and door prizes were perfect however.

Thanks to all the volunteers who made this night possible.

There are two more races so check out the [SPRR Website](#) to download your registration form.

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

I'll see you on the beach.

AROUND THE TRACK

IN MEMORIUM: We are sad to report that one of our SPRR members has passed away. Bob Grande, brother of Steve Grande who is also a member, passed away a few weeks ago from cancer. Our condolences to Steve and the rest of the family.

UPDATE FROM CAROL JEAN: So excited to announce that I won a gold medal in my final event at the National Sr Olympics in Houston yesterday. Total count for 4 events, 2 gold, 2 silver. I am so grateful that I was able to recover to compete. Now it's party time. Left Houston and spent the night playing in Biloxi, on to NC today. Thanks so much to all that encouraged and supported me, friends and family.

Don't forget to bring your running shoes to the meeting to help out some of the area's high school cross

country teams.

Don't forget to mark your calendar and purchase your tickets for our group fun day at the Ray's game on 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.

Albert Wieringa was in the March/April Florida Running & Triathlon magazine reporting on his marathon race as one of Florida's Finest at Disney World.

Also, our Holiday Party Committee has begun planning a spectacular evening tentatively for December 3. Watch for further details and mark your calendar.

Christy Ford is moving to Jacksonville this month. We wish her luck with her new job. We'll miss you.

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 that at Fit for Life they are going to have a Summer Fit Class (like Boot Camp) again this summer on Saturdays. Class will be from 8:30 - 9:30. Perfect for after our Saturday run.

ON THE ROAD: RACES AND RACE RESULTS

SPRR Results - June 2011

Sunsets at Pier 60, Summer Series #1, Clearwater Beach - June 4

Females

Lisa Williams,	20:41,	1st Overall
Millie Hamilton,	29:49,	1st 65-69
Kathleen Wheeler,	31:37	
Sharon Andrews,	38:32,	2nd 65-69

Males

Cameron Wheeler, 17:52, 1st 15-19
Albert Wieringa, 21:30, 1st 60-64
Allen Ahern, 25:21
Jack Gough, 34:05, 1st 80-84

Spring into Summer, 5K, Tampa - June 5

Females

Carol Glasscock, 19:59, 1st Overall
Sharon Andrews, 34:56, 3rd 65-69

Oldsmar Taphouse, 5K, Oldsmar - June 10

Females (top 50)

Christa Stephens, 18:57, 1st Overall
Christine Kiernan-Ortiz, 21:16
Katie Argotsinger, 22:25
Keara McGraw, 23:38

Males (top 50)

Lee Stephens, 16:28, 1st Overall
Chris Kiernan III 19:54

Rap River Run, 5K, New Port Richey - June 11

Females

Brittany Hicks, 21:28, 1st 20-24

Males

Steve Williams, 19:47, 3rd 45-49
Jim Hummel, 19:58, 1st 50-54

Sunsets at Pier 60 - Summer Series #2, 5K beach-race, Clearwater Beach - June 17

Females

Lisa Williams, 20:38, 2nd Overall
Millie Hamilton, 29:42, 1st 65-69
Kathleen Wheeler, 30:04
Colleen Evans, 31:47
Sharon Andrews, 38:11, 2nd 65-69

Males

Cameron Wheeler, 19:03
Allen Ahern, 25:53
Jack Gough, 33:41, 1st 80-84

2011 E.L.Bing "Beat the Heat" 5K, Thonotosassa - June 18

Males

Mickey Hooke, 18:06, 1st 50-54
Albert Wieringa, 19:37, 1st 60-64

7th annual Tri if you Dare (2011) Kids Triathlon, Seminole - June 19

Males

Gregory Glasscock, 17:34, 1st 8-year olds / 2nd Overall male

I love Fathers Day, 5K run, Palm Harbor - June 19

Males

Jim Hummel, 19:49
Pat Fitzgerald, 36:58

National Senior Olympics, Biking and Triathlon, Houston, TX - June 20 and beyond

Females

Carol Jean Vosburgh, 41:07, 1st 65-69,(Gold) 20K road race (bike)
8:00, 2nd 65-69, (Silver) 5K time trial
17:30, 2nd 65-69, (Silver) 10K time trial
1:20:39, 1st 65-69, (Gold) triathlon

St. Pete Beach Summer 5K series #1, St. Pete Beach - June 24

Females

Christa Stephens, 19:23, 1st Overall
Amy McClenathan, 22:33, 1st 50-54
Jessica Rutherford, 22:39, 2nd 35-39
Karin Miller, 23:09, 1st 30-34
Christine Moorby, 25:07, 2nd 40-45
Maggie Miller, 26:06, 1st 55-59
Jen Duda, 26:30, 3rd 30-34
Yumi Toomey, 26:53, 3rd 40-45
Deb Robinson, 27:26, 3rd 50-54
Kristin Heatherly, 27:39, 1st 25-29
Lisa Williams, 28:15
Andrea Lee, 28:39, 3rd 25-29
Karen Mathews , 29:07, 2nd 55-59
Millie Hamilton, 29:47, 1st 65-59
Ellyn Jack, 32:34, 3rd 55-59
Ginger Herring, 34:35, 2nd 65-69

Males

Mickey Hooke, 18:26, 1st 50-54
Adam Clarke, 18:42
Steve Williams, 20:12, 1st 45-49

Chris Pedersen,	21:07,	2nd 50-54
Zach Matthews,	21:25,	3rd 20-24
Gilbert Dolores,	21:40,	3rd 45-49
Doug Peterson,	23:28,	1st 40-44
Jay Heatherly,	23:41	
Allen Ahern,	24:50,	3rd 50-54
Don Rasdall,	25:14	
Steve Bolin,	25:40	
Dan Toomey,	26:35	
Russ Miller,	34:27	
Don Herring,	37:22,	2nd 65-69
Dan McLaughlin,	38:08	
Doug Schiller,	45:14,	1st 70-74

Port to Park Summer series, 5K, Race #1, Port Richey - June 25

Males

Jim Hummel,	20:01,	1st 50-54
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Morton Plant Mease Duathlon, Sand Key Park, Clearwater Beach - June 26

Females

Melody Janson,	35:01,	1st 45-49
Annette Frisch,	50:38,	1st 70-74

Males

Jonathan Dunford,	33:58	
Bob Moorehead,	55:09,	2nd 70-74

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 June. Click on the [SPRR](#) link to check out those results or those in past months. Keep up the good work.

RACE CALENDAR - 2011:

July 3	Midnight Run 5K	Dunedin
July 4	Midnight Run 10K	Dunedin
	Independence Day 5K	Lutz
July 15	Picnic Island Adventure Run #3	Tampa
	Pier 60 Beach Run #3	Clearwater
July 16	Beat the Heat 5K #2	Thonotosassa
July 17	Run Thru Hell 5K XC	Al Lopez Park
July 23	Siesta Beach Sprint Tri	Sarasota
	Crystal River Tri	Crystal River
July 29	SPRR Beach Race 5K #2	St. Pete Beach
July 30	Top Gun Tri	Ft. DeSoto

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.



Author Unknown:

**I watched the flag pass by one day.
*It fluttered in the breeze.***

**A young Marine saluted it,
*And then he stood at ease.***

**I looked at him in uniform;
so young, so tall, so proud.
With hair cut square and eyes alert,
*he'd stand out in any crowd.***

**I thought how many men like him
had fallen through the years.
How many died on foreign soil;
*how many mothers' tears?***

**How many pilots' planes shot down?
*How many died at sea?***

*How many foxholes were soldiers' graves?
NO, FREEDOM ISN'T FREE !*

*I heard the sound of Taps one night,
when everything was still.
I listened to the bugler play
And felt a sudden chill.*

*I wondered just how many times
That Taps had meant 'Amen.'
When a flag had draped a coffin
of a brother or a friend.*

*I thought of all the children,
of the mothers and the wives,
of fathers, sons and husbands
With interrupted lives.*

*I thought about a graveyard
At the bottom of the sea.
Of unmarked graves in Arlington
NO FREEDOM ISN'T FREE*

*Enjoy Your Freedom
and
God Bless Our Troops.*

Enjoy the Journey
Ginger