



UP TO SPEED

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

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BOARD OF DIRECTORS

The Board of Directors are listed below:

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Uniforms/Equipment -
[Pam Greene](#) and [Jerry Fowle](#)

Dear Ginger,

Letter from the Editor



Happy Thanksgiving and Happy Fall Marathons for everyone.

SNOW! Really?? Well, that's what I saw the day before the Marine Corp Marathon - Snow! I was a bit concerned about the weather forecast before I left for Washington, DC and now I was very concerned.

The weather forecasters said it would turn cloudy and rainy overnight and on Saturday 100% chance of rain/snow. They were right on - Saturday was not nice at all. It rained a bit, I went out to get acquainted with the area. It rained a bit more, I only got to a bakery and picked up some sweet stuff for after my race. It poured a lot and hard, I made it back to the hotel and stayed there the rest of the boring day. Oh well, I had college football and I had to rest my legs anyway. Then the rain turned to a slushy sleet and then to snow. Darned if it didn't snow in DC. It really was fun to watch that white stuff flutter to the ground - and melt. I was thankful it didn't stick on the ground for long.

The weather forecasters said the inclement weather would clear out and Sunday would be sunny and cold. They were right on - Sunday was better. It was clear and sunny, but I couldn't feel the sun. How could I? It was 34 degrees and windy with a wind chill factor of 27. I was thankful I packed a "throw-away" sweatsuit.

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 7:00 a.m.

Fit for Life: Track/reg run Tu 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 7:00 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 weather forecasters said the temperature wouldn't get much higher than 41 or 42 degrees. They were right on again. I started out the door with my running shorts, long waisted jog bra, topped with my long sleeved red polypro shirt, topped with my blue long sleeved polypro shirt, topped with my throw-away sweatsuit. I joined other runners who were staged under tents. I was thankful I had the shelter and what ever body heat I could get from those other frozen runners.

The weather people could not forecast how a Floridian would react to such cold conditions. Although I was shaking and shivering, I knew I couldn't run in my sweatpants. I shed my sweatpants which were retrieved by some guy behind me who wrapped them around his cold, frozen feet. The flyover, the Star Spangled Banner, the Howitzer gun blast - finally the race has started and I forgot how cold I was. I shed my sweatshirt, took my inhaler and waited **4 full minutes** before we even started to move! I started to shake and shiver again as we inched a little closer to the start. It took over 12 minutes to reach the start line. It took me over 24 minutes to get to the first mile. I was thankful we were finally moving.

I thought I was trained for hills. I guess I was trained for Florida hills. Marine Corp experts mentioned that there was only one pretty significant hill in Georgetown and that the rest was rolling until the .2 hill at the finish. For a true Florida flatlander, the rolling hills were mountains, and the .2 hill at the finish was like climbing stairs. The weather and hills gave me a bit of a breathing problem and my legs were trashed by mile 7. I was thankful that I finished.

I remembered when I said I had doubts about my training, my ability, my sanity and wondered what was I thinking. Back then, I wanted to prove to myself that I could still do a marathon. I wanted to know that I wasn't too old to experience one of the greatest challenges a runner could face. Now I know - I CAN! And I am thankful.

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

Michael Aiello
Nancy Aiello
Roberta Jordan

Emily Keilman
Junko Lescinski

MONTHLY MEETING

Our next SPRR meeting is scheduled for Thursday, November 10, 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.

Be sure to attend the November meeting as it is designated the Annual Membership Meeting at which the membership votes and approves the candidates for next years' Board of Directors. Your voice and your vote is important, so please try your best to be there.

Also for this meeting we are pleased to have Al Meilus, of Meilus Muscular Therapy & Sports, Inc. Electrical engineering in automation technologies is what Al Meilus began doing for GE Corporation after graduating from Cleveland State University in 1977. Little did he know then that this would one day be critical in helping to procure is own health and well-being. Very unexpectedly, al developed a severe equilibrium problem that was debilitating; numerous doctors were unable to diagnose the cause. Trying to avoid surgery, Al assembled a team of specialists in varying fields to collectively work on figuring out a solution to his illness. The diagnosis: a muscular issue.

Fascinated by how something so simple could cause such problems, Al left GE to become a muscular therapist. After developing a evere hernia while performing therapy, Al invented Therbo, a robot to handle the physical aspect of muscular therapy.

Therbo's robotic arm is non-invasive and can improve a runners stride length, gate speed and lung capacity. To help demonstrate the powers of muscular therapy, Al will treat on leg on a volunteer - after treating the leg with the least range of motion, it will become the better leg of the two!

Wow, sounds like a demonstration I won't want to miss.

The Suncoast Hospice
3050 1st Ave South
St. Petersburg, Fl
November 10, 2011
6:30 p.m.

HAPPY BIRTHDAY TO YOU

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

Katie Argotsinger	James Hummel	Rupa Nunamaker	Max Zinsmeister
Jim Barbour	Lori Hunsaker	Hilary Pierson	
BettyAnn Berger	Kate Kennicutt	Cristina Ramos	
Steve Bolin	Jennifer LaPlante	Katherine Repka	
Sheryl Davis	Brian Lester	John	
Rohloff			
Royston Dillon	Sharon Lewkowitz	Kerry Smith	
Jonathan Dunford	Amy McClenathan	Bonnie Stein	
Galen Garrison	Shannon McClenathan	Debra Taylor	
Terry Golden	Patrick McKeefery	Laura Taylor	
Robert Haynes	Dayna Mendoza	Carol Jean Vosburgh	
James Heuser	Connie Mendoza	Jerry Woodward	
Toni Hoge	Brad Messick	Paige Wulfert	



PURPLE STRIDE TAMPA BAY

PURPLE STRIDE TAMPA BAY 2011 is this weekend - November 5th.

Last year, PurpleStride Tampa Bay brought together over 800 people, and raised over \$90,000 for the fight against pancreatic cancer. You most likely already know that this event raises awareness and support, but it does much more. The money raised has helped to advance research, support patients and create hope.

Please join us Saturday, November 5 for the 5K timed run/walk and 1 mile walk at our great new location at Albert Whitted Park in downtown St. Petersburg. There will be children's activities, refreshments, entertainment, hope and inspiration.

Sign up on Saturday to make a difference!

To volunteer or for more information contact [Tracy Connolly](#).

I'll be on the course to guide you and cheer for you. See you Saturday.

WOMEN'S HALF MARATHON

The Women's Half Marathon is in town again on November 20, 2011. SPRR has agreed to provide volunteers for the race. We already have a good number of great club members signed up to help, but we still need 10 - 12 more. If you aren't running this great race, please contact [Eileen Hodges](#) to volunteer.

In case you don't know, SPRR benefits a lot for providing volunteers at the Women's Half Marathon. It is truly a great partnership between the club and the Women's Half Marathon group. One of the benefits we are offered this year is the opportunity to put our club information in the runners' packets. This will reach around 7,500 runners. If you would like to help stuff these packets, we'd love to have you join us.

Oh, and we have a complimentary registration for some lucky winner of our door prize which will be drawn at the Annual Membership Meeting, November 10.

SPRR HOLIDAY PARTY

We hope you marked your calendar for December 3. The SPRR Holiday Party is scheduled for that date at the Windjammer Club, Coast Guard. Your invitation will go out next week. In the meantime, please know that the party starts at 6pm for cocktails (beer and wine provided by SPRR). The Grand Buffet catered by Banquet Masters will open at 7pm and includes appetizers served by the Banquet Masters butlers, a 14 item salad bar, 4 entrees, coffee/tea station, and desserts. All this is provided to you for only \$20 per person. You MUST RSVP by November 25. No exceptions because the Coast Guard needs your name on their list. If you are not on the RSVP list, you will not be allowed entry.

You will be able to fill out the RSVP on the invitation on our website and pay by PayPal. Or, print the invitation and mail with your check made payable to SPRR to Vicki Linkovich, 4316 44th Street S, St. Petersburg, FL 33711.

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.

NOMINATING COMMITTEE

Sean Connolly and the Nominating Committee have begun to assemble a great slate of candidates for the Board of Directors. They are:

SPRR 2012 Nominating Committee Candidates & Bios:

Grant Fashbaugh

Grant is originally from Southern Michigan and has been a Gulf Beaches resident since 1984. He has been a member of SPRR since the summer of 2008 and has served as a Board of Director for 2011. Grant has been a runner for over 20 years and competes in everything from 5K to

Marathons. He also spends much time volunteering and mentoring small business owners through the federal agency SCORE and the Tampa Bay Innovation Center. He is a life long athlete, RRCA Certified Distance Running Coach and entrepreneur, he as owned and operated 9 companies over the last 40 years. He is very passionate about running and "giving back" to the community. Grant is currently a resident of Pass A Grille Beach and the father of Jake and Emma Fashbaugh.

Pam Greene

Pam has been a member of the St. Pete Road Runners since January 2007. She is currently serving on the Board of Directors as Uniform/Equipment Co-coordinator. Pam is an active club member and has volunteered for many of the club's races and committees. Pam has enjoyed serving on the board this past year and would like to continue serving to ensure that St. Pete Road Runner remains true to its mission.

Gloria Hancock

Gloria has been an active member of the SPRR since January 2007. She has served on the Board of Directors for the last year, at the present time she is the Web Site Editor. Gloria would like to have another opportunity to continue working with the club's Web Site. Gloria enjoys running and has made wonderful friends through the club. She appreciates the hard work of the past and present members of the board, and she is grateful for the great coaching through the club. In March 2008 she started to train for her first ever long distance race (Half-Marathon). She has now completed 4 more and 2 marathons (2009, 2010). Her goal is to run one marathon a year. She is originally from Colombia, married with 2 daughters. Gloria has an education in Computer Science. She has worked as a freelance Web Site developer, as an Analyst Programmer, Support Analyst and Network Administrator.

Vicki Linkovich

Vicki, a three year member of SPRR is serving as vice-president of the board currently. Vicki enjoys the social aspect of the club and has found she must improve her time if she is going to have running partners. Vicki is a CPA who retired from Verizon after 25 years. She currently works as a part-time accounting instructor at USF-SP and for a CPA firm during tax season. She also serves as Treasurer of her homeowners association.

Ginger Herring

Ginger has been a member of the St. Pete Road Runners since January 2007. She has served on the Board of Directors for the past three years and is currently the President and Editor of Up to Speed, the SPRR Newsletter.

Ginger has leadership skills developed as Coordinator of the Annual Fund at Stetson University College of Law, Director of the Annual Fund at Eckerd College, and Coordinator of Planned Giving at the Pinellas Education Foundation. She has created, organized and directed the Stetson Law Run at Stetson University College of Law and the Pel-I-Can Run (now known as the Triton Run) at Eckerd College.

Ginger is passionate about running and would welcome the opportunity to help further the mission of the St. Pete Road Runners.

Tracy Connolly

Tracy Connolly has been a member of the St. Pete Road Runners Club since 2007 and served on the Board of Directors in 2009 and 2010. She has been the Event Director for SPRR's PurpleStride 5k since 2009.

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Tracy has a professional background in sales and convention services which helped bring SPRR's 5k series to its current home at the Sirata Beach Resort. Her volunteer resume includes serving on the steering committee for the St. Pete Beach Classic and Bay to Bay, volunteering for Gasparilla, St. Anthony's, Sand Key Triathlon, Halloween Half, Ironman 70.3 and Western States.

She's captained SPRR's 2009 Ragnar Relay Team, participated in for Relay for Life and is a 2 time Team in Training participant (Anchorage and Baltimore Marathon). She's completed 5 marathons, several half marathons, 2 ultras and many local races. Being an "active" member means Tracy continually supports many local races and group runs as a participant, volunteer and cheerleader to her fellow runners. Her love and enthusiasm for running makes her eager to serve St. Pete Road Runners' members and her community.

Karen Mathews

Karen has been a member of SPRR for two years and has thoroughly enjoyed being a part of this supportive and fun organization! A basketball player in college and a coach for her son's Little League and soccer teams, she has only been a runner for about 10 years, coming to the sport as a way to lose a few pounds and get cholesterol numbers under control. Karen is currently training for her first half marathon in November. After a 25 year career as a teacher and administrator in independent schools, Karen now works with the Florida Council of Independent Schools to help schools prepare for accreditation visits. She is an organized and detail-oriented person who has the luxury of time now that her kids are grown and she can pursue her own interests! Karen has served on the board this last year as secretary. If elected, Karen promises to continue to work hard lending support and energy to the mission of SPRR!

Doug Schiller

Doug is a new member to the St. Pete Road Runners. His running experience spans over 33 years and over a thousand races, including 16 Boston's plus 13 NYC marathons and others. He is currently enjoying his 8th career, and now is working as an event planner for the Arthritis Foundation. This includes race director for four of their events annually. During 1988 and through 1995 as a member of the Bedford, NH Lions Doug directed two half marathons, and six 20K race events of which four were USA T&F NE Grand Prix races. This involved the entire process of forming committees, seeking sponsors, permits, and working with timing companies. Doug has served on the Bradenton Runner Club Board as Corresponding secretary and the SPRR Board as Publicity/Community Affairs Director. Please consider his candidacy for the board.

Gordon Benedict

My name is Gordon Benedict and I have been the club's treasurer for the past 2 years. I have enjoyed watching the club grow in membership as well as financially for the past couple of years. This could not have happened without the dedication of previous Director's that have served with me and before me. This is by far the best club that I have ever been a part of and I have made many life long friends and unfortunately in Eric's case, friends that I will probably never be able to get rid of. I still have many ideas and things I would like to see get accomplished to keep our club the best around and would welcome the opportunity to serve another term on the Board of Director's

Stephanie Walston

Stephanie Walston has been a member of the Road Runners since 2009. Each year her passion for running grows as well as her involvement with the club. Stephanie recently completed her first marathon this year and is eager for the opportunity to represent the St. Pete Road Runners by

serving as a member of the board (as long as it doesn't involve losing any more toenails!) Stephanie's strengths include photography, film and video production, website management and merchandise sales. She is dependable and can be counted on for hydration as she brings a 12 pack of Diet Dr. Pepper just about everywhere she goes.

Our Annual Membership Meeting held for the purpose of electing the Board of Directors is scheduled for November 10. 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.

AROUND THE TRACK

From Mary Novy:

As I was driving to the SPRR meeting in June, I thought to myself I really should make an appointment for a massage. I had just started a walk/run program, having arthroscopic knee surgery 9 months ago for a meniscus tear, and I still was feeling tight and sore.

Little did I know I would win the raffle and there in front of me was gift certificate for Meilus Muscular Therapy. Here is my appointment for a massage, I thought! I took the certificate and made an appointment.

After a consultation with Al Meilus and some leg tests which measured my flexibility, I was on a table with a robotic arm over my knee applying small, yet effective, pressure to various points from my left knee, over to my IT band and quads. Not quite what I expected, but once the session was over, we conducted the same flexibility tests and there was noticeable improvement after 1 session- my muscles had lengthened and the flexibility increased.

After the first visit I thought, this is something that really works. Following my surgery in October 2010, I went through 3-4 months of PT, followed all the advise of the doctor and physical therapist, but my challenge was that I was seeing little improvement. After 3 visits at Meilus Muscular Therapy, I noticed increased flexibility and less pain and tightness in my left leg.

This is an alternative approach to your well being and to me, makes sense and works. If your muscles are contracted from running and cross training and feel tight, you are prone for injury. The robotic therapy can help increase your flexibility, relive soreness, and help align your body. I highly encourage you to give it a try!

GOPHER WEEDON 7K TRAIL RUN, Saturday, November 19, 2011, 8:00 a.m.

Tired of pounding the pavement on the same ole' 5K race course? Go-pher something different and enjoy 7K of natural trails through one of Tampa Bay's hidden gems! The Gopher Weedon 7K Trail Run will take runners and walkers on a journey along well-maintained dirt and boardwalk trails through native Florida habitats, including gorgeous views of Tampa Bay. This unique, professionally-timed race will occur on Saturday, November 19, at the Weedon Island Preserve - a 3,700 acre preserve nestled along Tampa Bay in northeast St. Petersburg. All pre-registered runners/walkers will receive:

- * 1-year membership to the Friends of Weedon Island, Inc. to provide environmental preservation and education
- * Race T-Shirt



- * Professional race timing and race results
- * Awards for each age group, 3-deep
- * Refreshments and aid stations

Go to www.fowi.org/gopherweedontrainrun to register or for further information.

The next SPRR social event is the Holiday Party. The Windjammer Room at the Coast Guard Station has been reserved. Banquet Masters will cater. Watch for your invitation coming soon. And, don't forget to bring a gift for CASA.

Don't forget to run 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.

Don't forget to volunteer for the Women's Half Marathon on November 20, 2011.

ON THE ROAD: RACES AND RACE RESULTS

SPRR Results - October 2011

Corn Fusion 5K run, Lakeland - Oct 1

Males

Mickey Hooke, 19:57, 1st 50-59

Tampa Police Memorial, 5K, Tampa - Oct 8

Females

Deb Robinson, 24:25, 1st 50-54

Mary Novy, 28:42

Mariah Moushon, 39:53

Males

Albert Wieringa, 20:43, 1st 65-69

Joshua Moushon, 25:29

Dale Moushon, 27:19

The Sunrise Run, 5K, St Petersburg - Oct 8

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Females

Christa Stephens, 18:37, 1st OA
Rita Gutekunst, 27:40, 3rd 45-49
Anna Reschar, 27:45

Males

Lee Stephens, 16:58, 1st OA
Jim Hummel, 20:46, 1st Master
Pat Fitzgerald, 37:02, 1st 75 & over

5th annual Spartan Challenge 5K, Tampa - Oct 15

Females

Connie Mendoza, 21:42, 1st 40-44
Brittany Hicks, 23:21, 1st 20-24

Ace of Hearts 15K, Clearwater - Oct 15

Females

Keara McGraw, 1:08:36, 1st 25-29

Males

Steve Schilling, 57:50, 1st Overall

2011 Amsterdam Marathon, Amsterdam (Nld) - Oct 16

Males

Albert Wieringa, 3:20:05, 3rd 65-69

Cambridge Christian School 5K, Tampa - Oct 22

Females

Deb Robinson, 23:31, 1st 50-54

Males

Jim LaMar, 33:32

5th annual Creaky Bones 5K, Sarasota - Oct 22

Females

Karin Miller, 22:30, 1st 30-34
Maggie Miller, 26:14, 2nd 55-59
Ellyn Jack, 30:28

Run for New Beginnings 5K, Brooksville - Oct 22

Males

Jim Hummel, 20:40, 1st Master

7th annual Creaky Bones 5K, St Petersburg - Oct 27

Females

Carol Glasscock, 20:02, 1st Master
Keara McGraw, 20:30, 1st 25-29
Deb Robinson, 23:25, 1st GrandMaster
Christine Moorby, 23:29, 2nd 40-44
Sharon Kalember, 24:48, 1st 50-54
Valerie Leggett, 26:56
Anna Reschar, 27:00
Karen Mathews, 28:22, 2nd 55-59
Donna Condon, 40:11



Males

Gilbert Dolores, 20:37, 2nd 45-49
Bruce Fuller, 22:00, 3rd 40-44
Ernie Glode, 24:01, 2nd 50-54
Dave Counsman, 25:44
Donald Herring, 37:11, 3rd 65-69

Hustle in the Harbor 5K, Palm Harbor - Oct 29

Males

Jim Hummel, 20:11, 1st 50-54
David Shiner, 27:26, 2nd 40-44

2nd annual Zach Tucker Memorial 5K, Valrico - Oct 29

Males

Jim LaMar, 33:06

Marine Corps Marathon, Washington DC - Oct 30

Females

Connie Mendoza, 3:22:05
Christy Ford, 4:26:11
Ginger Herring, 5:34:22

Males

Matthew Conigliaro, 3:34:41
Daniel Ward, 6:09:33

Florida Halloween 5K, Fort DeSoto Park, Tierra Verde - Oct 30

Females

Virginia Edmonds, 23:18, 2nd Master

Males

Jerry Fowle, 24:15, 2nd Master

Florida Halloween Half-Marathon, Fort DeSoto Park, Tierra Verde - Oct 30

Females

Christa Stephens, 1:26:35, 2nd Overall
Lisa Williams, 1:32:21, 2nd 30-34
Keara McGraw, 1:33:24, 2nd 25-29
Deb Robinson, 1:51:54, 3rd GrandMaster
Verna Deolaso, 1:54:18
Agnieszka Hunter, 1:56:58
Stefanie Seropian, 2:01:10
Gloria Hancock, 2:04:33
Vicki Linkovich, 2:07:21, 3rd 55-59
Anna Reschar, 2:07:31
Rita Gutekunst, 2:17:19
Danielle Micklitsch, 2:22:16
Karen Mathews, 2:25:49

Males

Lee Stephens, 1:18:14, 1st 30-34
Jeff Essers, 1:23:53, 1st Master
Chris Pedersen, 1:28:40, 1st GrandMaster
Steve Williams, 1:29:30, 2nd 45-49
Gilbert Dolores, 1:34:25
Herb Townsend, 1:55:04, 1st 70-74
David Shiner, 2:01:36
Allen Ahern, 2:21:07
Jack Keefe, 2:57:26, 2nd 70-74

Check out some more cool photos from the Halloween Half on our website.

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.

RACE CALENDAR - 2011:

November 4	Richards Run for Life 5K	Ybor City
November 5	Purple Stride 5K	Albert Whitted Park
November 6	Buddy Run 5K	Lutz
	Racoon Run 5K	Boyd Hill Nature Center
November 11	Run for 11.11.11 5K	Hyde Park Village
November 12	Run for the Stars 4 Mile	Walsingham Park
November 19	Gopher Weedon Trail Run	Weedon Island Center
	Strides for Education 5K	Eagle Lake Park, Largo
November 20	Women's Half Marathon	Albert Whitted Park
November 24	Turkey Trot 5K/10K	Clearwater
November 27	Space Coast Marathon	Melbourne

Also, the first race in the next Grand Prix Series will be the Manatee 5 Miler December 31. Save the date on your race calendar and watch for the complete Series schedule next month.

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

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



2007 was a great year for SPRR new members. One guy who joined that year (Greg S.) had gotten into jogging because he saw an article in Runners World that it was good for you and could add years to your life. He was 75 at the time and has run three miles every day since.. He's 79 now and his family hasn't seen him since 2008.

Thank Jack Keefe for this one.

Another informative newsletter. Thank you.
I certainly admire your tenacity preparing for the Marine Corps through the "dog days" of summer. Makes one thankful for air conditioning doesn't it! Did you ever read how a/c was developed for automobiles? Way back in 1947 three brothers who were inventors developed it. Their name was Goldberg (Hymie, Melvin & Louie). They went to Henry Ford's office to try to sell their invention to him. Well he thought they were daffy but nevertheless went to the Goldberg's car to check it out. It was a very hot day for Dearborn with high humidity and a temperature in the upper nineties (and perhaps 120 degrees inside the car). Ford sat down in the car and was amazed when they turned on their invention within a few minutes the temperature dropped to about 78 degrees. Ford immediately offered the Goldbergs \$1,000,000 for the invention. The Goldbergs said their names would have to be placed on the dashboard. Ford was horrified as he was well known to be very anti-semitic - but he couldn't let the Goldbergs take the invention to General Motors. So after very intensive negotiations Ford agreed to pay the Goldbergs \$750,000 and put their names on the dashboards - High, Medium and Low.
Good luck in the marathon!!!!!!

Jack certainly can get us going.

Enjoy the Journey!

Forward email to a friend!



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