



UP TO SPEED

The St. Petersburg Road Runners Newsletter October 2011 - Vol 2, Issue 10

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

Dear Ginger,

Letter from the Editor



Happy Halloween,

Last month, Bill Mathews was our guest speaker. He spoke about our running club and the opportunity for greatness we have. It struck a cord within me and realized he is absolutely right.

We are one of the best running clubs in the area, I sincerely believe that. We have become very well known in the community, not just the running community but the community as a whole. We make ourselves available to help with other races like Gasparilla, Women's Half, Chris Lauber's Half-a-thons, Creaky Bones and PurpleStride to name a few. We've collected shoes to help needy high school runners, and give student discounts for our beach series.

Yes, we've come a long way since our inception, but there is still a long way to go and a lot of work ahead. Some things your board has been talking about is establishing a scholarship for a high school runner entering college, bringing a gift to the Holiday Party to help some needy children, and a youth program to promote healthy choices to combat obesity.

Our mission isn't just about running and socializing together. We do a very good job at that, but it goes deeper than that. Like Bill said we have a chance to really make a difference, don't blow it.

We're doing our best, Bill.

Enjoy the Journey

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 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.

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](#)



We now have over **300 active members.**

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

MONTHLY MEETING

Our next SPRR meeting is scheduled for Thursday, October 13, 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.

This month we are proud to have Dr. Robert Levine as our guest speaker. Dr. Levine graduated from the University of Florida with an Associate of Arts degree, the Ohio College of Podiatric Medicine, and did a one year Surgical Residency Program at the Jacksonville Medical Center.

Dr. Levine is a licensed Podiatrist in Florida, Twenty Five Years in Good Standing Group Podiatry Practice, "Florida BioMechanics Group"; Ten Years

Solo Podiatry Practice; Fifteen Years

Through his 25 years of clinical practice Bob Levine has always found biomechanics and orthotics to be a very challenging and rewarding part of his clinical practice. Throughout his experience, he has gravitated towards this particular aspect of Podiatric practice. In fact five years ago he gave up his traditional practice to open a purely biomechanics practice; one that exclusively deals with faulty mechanics, orthotics and shoe gear. This move allowed him to offer and expand his efforts more heavily into servicing athletes both for chronic sports medicine related injuries and performance enhancement as well treating patients for all manners of lower extremity biomechanical instability. Additionally, Bob has lectured over the past seven years on the subject of biomechanics and orthotic therapy and most recently, he has begun a biomechanics consulting service - "DPM Practice Solutions."

The Suncoast Hospice
3050 1st Ave South
St. Petersburg, FL
October 13, 2011
6:30 p.m.

HAPPY BIRTHDAY TO YOU

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



Stuart Mellish
Patrick Bell
Annette Frisch
Annie Glode
Tom Haight
Beth Hawkins
Ginger Herring
Bess Kennedy
Iris Kraft

Victoria Long
Mallory Mangold

Jennifer Wreyford
Patty Zanghi

Sharon Andrews

Lauri Reynolds
Douglas Schiller
Shannan Schroeder
Stefanie Seropian
John "LJ" Smith
Kathy Waiston
Daniel Ward
Mike Wilbur



PURPLE STRIDE TAMPA BAY

REGISTRATION IS NOW OPEN FOR PURPLE STRIDE TAMPA BAY 2011

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 today at www.purplestride.org to make a difference!

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

ST. PETE BEACH CLASSIC

There's still time to take advantage of this special:

Al Johnson received an agreement with the SPB Classic organization to hold the "early" registration price of \$60 for the Classic Half until **10/15/2011** for members in good standing of the St. Pete Road Runners Club.

If you want to take advantage of this special offer, you need to mail in your form and check (made out to the City of St. Pete Beach) to Al Johnson, Motion Sports Management, PO Box 66477, St. Pete Beach, FL 33736.

Go to www.stpetebeachclassic.com for the registration form and make sure to note you are an SPRR member. Thanks Al for extending this great offer to our members.

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.

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.

I believe there are a few more people interested in becoming a candidate for the Board of Directors. We welcome anyone who would like to help our running club grow. Contact Sean Connolly at pittsconn@yahoo.com.

We will also ask for nominations from the floor during the October meeting.

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.

AROUND THE TRACK

BREAKING NEWS!!!

Victoria Ryan is engaged to Jerry Fowle. Ben Fudge thinks this is the first time that two club members have become engaged. CONGRATULATIONS.



VOLUNTEER OPPORTUNITY!!!!

Creaky Bones is just around the corner. We need a few more volunteers to help. Please contact Stephanie Seropian at stefserop@verizon.net.

Sean Connolly tells me that he is scheduling weekend runs - usually a long Saturday run and a shorter, but building, run on Sunday. The Ultra crowd refers to these as sandwich runs. Sean will alternate between trails and pavement to keep the training fresh (the legs too). He has set up an email account and is currently working on a Facebook page to update anyone interested. If you are interested, contact Sean at flipfloplarry@yahoo.com. He set this up in homage to St. Petersburg's running legend Larry Perrier, who is St. Pete's most famous ultra runner (you may have seen him running all around town in his flip flops). Sean's intent is not to coach anyone as he doesn't believe himself to be qualified, but would happily discuss experiences and reference you to the places where he found information.

Herb Townsend tells me that based on the interest shown, Insight Cuba has come through and arranged for an athletic license that will allow US citizens to travel legally to Cuba to participate in the Marabena Marathon and Half Marathon in Havana on November 20. A 5 day/4 night tour has been set up. Details, costs and registration are at <http://insightcuba.com/havana-marathon>.

Anna Raschar said that when she ran Comrades, there were about 20 from a running club in NY that ran and then all took over a safari lodge for a few days after and thought it sounded so fun. She thought she would let us know in case there was an interest for May 2013. Registration is from Sept to Nov and there are qualifying times. Look at North America runs Comrades on Facebook.

The next SPRR social event is the Holiday Party. The Windjammer Room at the Coast Guard Station has been reserved. The committee is currently working on the menu and costs. Stay tuned and mark your calendar for December 3.

MaryAnn Renfrow and Team #001, Conchy Tonchin', needs a female replacement runner. This is a Masters team so the only requirement is to be female and a runner who is young at heart. The team is running Ragnar Florida Keys, Key Biscayne - Key West. Race starts on Friday, January 6th and ends on Saturday night, January 7th in Key West. We are going down in a van on Thursday, January 5th and returning on Monday, January 9th. There are others from the area that a runner may catch a ride back with. The race fee is \$90.00 plus expenses. Check is payable to me as I covered the early entry for the entire team. We are team #001, Conchy Tonchin'.

Thanks for your assistance.

Don't forget to take advantage of the St. Pete Beach Classic special offer for SPRR members.

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](mailto:Tracy.Connolly) to volunteer or for more information.

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.

ON THE ROAD: RACES AND RACE RESULTS

SPRR Results - September 2011

My apologies. I could not get the September race results copied into the newsletter. In the interest of time, please click on [September Race Results](#) to read all the great successes our members had with their September races.

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:

October 1	Race for the Cure 5K and 10K	Vinoy Park
October 8	John Holmes 50K and 16 mile	Croom Hiking Trail
	Police Memorial 5K	Tampa
October 15	Rattlesnake 5 Mile	San Antonio FL
	Tampa Breeze LFL 5K	Al Lopez Park, Tampa
	Spartan Challenge Obstacle 5K	UT Pepin Rood Stadium
October 16	Ace of Hearts 15K and 5K	Del Oro Park, Clearwater
October 21	Fergs 4 Mile	Ferg's, St. Petersburg
October 22	Suncoast Triathlon	Ft. DeSoto
October 27	Creeky Bones 5K	The Pier
October 29	Great Westchase 5K	Westchase Center, Tampa
	Hustle in the Harbor 5K	Palm Harbor
October 30	Halloween Half Marathon	Ft. DeSoto

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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
Motion Sports Management

Tom Haight haightt@pcsb.org
Al Johnson

www.batswim.com
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.



I've been thinking of some of the mysteries of life as I run.

1. Ever wonder about those people who spend \$2.00 a piece on those little bottles of Evian water? Try spelling Evian backwards : NAIVE

~~*~*~*~*~*~*~*~*

2. If a pig loses its voice, is it disgruntled?

~~*~*~*~*~*~*~*~*

3. Why do croutons come in airtight packages? Aren't they just stale bread to begin with? *~*~*~*~*~*~*~*~*~*

4. Why is a person who plays the piano called a pianist, but a person who drives a race car is not called a racist?

~~*~*~*~*~*~*~*~*

5. Why isn't the number 11 pronounced onety one?

~~*~*~*~*~*~*~*~*

6. If lawyers are disbarred and clergymen defrocked, doesn't it follow that electricians can be delighted, musicians denoted, cowboys deranged, models deposed, tree surgeons debarked, and dry cleaners depressed?

~~*~*~*~*!~*~*~*~*

7. If Fed Ex and UPS were to merge, would they call it Fed UP?

~~*~*~*~*~*~*~*~*

8. Do Lipton Tea employees take coffee breaks?

~~*~*~*~*~*~*~*~*

9. What hair color do they put on the driver's licenses of bald men and women? *~*~*~*~*~*~*~*~*~*

10. I was thinking about how people seem to read the Bible a whole lot more as they get older; then it dawned on me .. they're cramming for their final exam.

~~*~*~*~*~*~*~*~*

11. I thought about how mothers feed their babies with tiny little spoons and forks, so I wondered what do Chinese mothers use? Toothpicks?

~~*~*~*~*~*~*~*~*

12. If it's true that we are here to help others, then what exactly are the others here for? *~*~*~*~*~*~*~*~*~*

13. You never really learn to swear until you learn to drive or play golf.

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14. Ever wonder what the speed of lightning would be if it didn't zigzag?

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15. If a cow laughed, would she spew milk out of her nose?

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16. At income tax time, did you ever notice: When you put the two words 'The' and 'IRS' together it spells, 'THEIRS'?

Enjoy the Journey



