



UP TO SPEED

The St. Petersburg Road Runners Newsletter September 2011 - Vol 2, Issue 9

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In This Issue

Letter from the Editor
Membership
Monthly Meeting
September Birthdays
Purple Stride
St. Pete Beach Classic
Nominating Committee
SPRR Beach Races
Around the Track
On the Road

Sponsors

BOARD OF DIRECTORS

The Board of Directors are listed below:

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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 month before the general membership meeting at the Suncoast Hospice Center. Meetings are open to SPRR

Dear Ginger,

Letter from the Editor

I don't know about you, but at this point, about half way through marathon training, I start having doubts. Doubts about my training, about my ability, about my sanity. I often wonder, "What was I thinking?"



I know what I was thinking. I was thinking I want to run another marathon. I want to prove to myself that I can still do that. I want to know that I'm not too old to experience one of the greatest challenges a runner could face.

And so I run. I run at 5:00 a.m. on Sundays instead of drinking coffee and reading the paper like in my couch potato days. I have run dates very early in the morning throughout the week in order to get out the door on these nasty hot, humid days.

I still have a passion for running. Even though I grow weary and harbor doubts, I wouldn't have it any other way. Yes, there are days when I struggle. There are days when I don't even want to go out the door. But there are also days, like this morning, when every step seemed to glide effortlessly across the ground.

We have a large group starting to train for Space Coast or another fall marathon. You may have days like I've just had. You may doubt your training, or your ability, or your sanity. Don't give up, keep going, your finish line is one of the greatest rewards ever.

I know that when I cross the finish line at the Marine Corp Marathon, tears will well up in my eyes, I'll have a lump in my throat, and pride in my heart for what I just accomplished. You will too.

Enjoy the Journey
Ginger

MEMBERSHIP

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. 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 **300 active members** including the following new members:

Alan Edwards	Robin Grabowski
Ray Charles	Heather Grzelka
Bill Condon	Kevin Grzelka
Donna Condon	Katherine Grzelka
Courtney Condon	Valerie Leggett
Will Condon	Kim Mottert
Joe Condon	Debra Sikorski
Kim Engebregtsen	Robert VanFolkenburgh
Bruce Fuller	

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

MONTHLY MEETING

Our next SPRR meeting is scheduled for Thursday, September 8, 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.

Our speaker for this meeting is Bill Mathews. Bill Mathews first stepped foot on the Eckerd College campus in 1975 and is now in his third decade serving as the Tritons head coach.

Mathews, who will enter his 22nd season as head coach in 2012, has done it all in the Eckerd program. He was a student-athlete before becoming an assistant as a junior in 1978 - joining future Major League Baseball coaching standouts Brian Butterfield and Carlos Tosca along with current San Francisco Giants General Manager Brian Sabean.

Following a four-year stint as an assistant, he worked as a high school teacher and administrator before coming back to Eckerd as the head coach in 1990.

During that time, Mathews has been honored as the Sunshine State Conference Coach of the Year (1999) and also spent six years as a member of the NCAA Baseball Committee.

In 2011, he became the school's all-time winningest coach after notching career victory No. 437. Off the field, he has made an even bigger impact. In each of his first 20 years as head coach, Eckerd placed more baseball players on the SSC Commissioner's Honor Roll than any other institution.

More than 90 percent of his student-athletes who spent four years in the program have earned their degrees.

Mathews is very active in the local and international baseball scene. He is currently the head coach of the Tampa Bay Rays summer baseball camp, which annually attracts approximately 1,500 Tampa Bay-area youth. He is also the Rays' official scorer for home games and is a member of the MLB Advisory Committee On Scoring.

He has coached the Polish National Team to two gold and two silver medals and was a former bench coach for the Swedish National Team. Mathews is also a board member of International Sports Group, which is responsible for coordinating baseball clinics worldwide from September through February.

This past summer, Mathews directed coaching and player clinics at the Play Ball Baseball Academy in Guatemala City.

Off the field, the Rhode Island native has committed himself to education. Holding a bachelor's degree in management from Eckerd and a master's degree in educational administration from the University of South Florida, Mathews teaches athletic administration courses at Eckerd.

He has lived in St. Petersburg for the past 36 years. He and his wife, Karen, have three children: Christopher, Katie and Zach.

Bill has been a runner for 25 years. He may talk about the emotion needed to motivate others and how that emotion needs to be in place for those who run.

This sounds like a talk I need to hear. Hope you will join me.

The Suncoast Hospice
3050 1st Ave South
St. Petersburg, FL
September 8, 2011
6:30 p.m.

HAPPY BIRTHDAY TO YOU

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

Ted Andresen	Debi Havens	Quint Noordstar	Denise Stoltzfus
Christine Arbasak	Hayden Hodges	Mary Novy	Lourdes Vales
Walter Arnold	Becky Huffman	David Ottinger	John Voorhis
Susan Castleman	Michelle Kieffer	Samantha Prewitt	Katy Wheeler

Lauren Coleman	Jim LaMar	Lisa Prewitt	Albert Wieringa
Sean Connolly	Sylvia Martinez	Don Rasdall	Ella Wilbur
Holly Dawson	Corinne Mixon	Gina Rosato	Lisa Williams
Jeff Essers	David Mohyla	Daniel Rothenberger	Jennifer Winter
Ben Fudge	Kathy Morgan	Deborah Rothenberger	Rebecca Yore
Kristi Graus	Luz Nagle	Victoria Ryan	
Gina Hadala	Chris Neilson	Sandy Singleton	



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

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

We have a great start for the nomination ballot for next years' Board of Directors. There are some new names as well as some veterans for you to consider. We'll announce the candidates in next month's newsletter and at next month's meeting. 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.

SPRR BEACH SERIES



It's sad, but the Beach Series is over for another year. The beach conditions for Beach Race #3 were excellent, but the wind conditions were challenging. See the results below.

Thank you all for participating and to all the volunteers who made the beach series possible.

A special thank you to our sponsors. You are the greatest.

AROUND THE TRACK

For every runner who tours the world running marathons, there are thousands who run to hear the leaves and listen to the rain and look to the day when it is suddenly as easy as a bird in flight.
George Sheehan

Welcome back Tracy and Sean Connolly.

Sean Connolly tells me that he is putting together weekend runs focusing on training for upcoming Ultra Marathons. Watch for details.

Al Ahern had his knee scoped. We hope he will recover and be back on the road with us soon.

We had a large group of SPRR members enjoying the Rays game on August 21. The Rays won which made it even more enjoyable.

The next SPRR social event is the Holiday Party. Mark your calendar for December 3.

Check out our web page for information on Ferg's Run 4 Fun and Beers on Thursday nights, 7:00 p.m. This is a free event and a lot of fun.

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.

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](#) 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.

One of my greatest desires has been to travel to Cuba and run the Havana Marathon. This year it will be held on November 20, along with a half marathon. With the recent easing of US travel restrictions, it is now possible for US citizens to travel legally to Cuba under a group license for cultural, religious, and athletic functions.

A travel agent specializing in arranging US tour groups to Cuba tells me that a tour can be arranged for the Havana Marathon, if we can assemble a group of 10 or more. I am attempting to put together such a group. If you or any of the other club members are interested, please contact me.

Herb Townsend

ON THE ROAD: RACES AND RACE RESULTS

SPRR Results - August 2011

Rock 'n' Roll Providence Half Marathon , Providence - Aug 7

Females

Carol Glasscock, 1:31:28, 2nd 40-44

Sunsets at Pier 60 - Summer series #4, 5K beach race, Clearwater Beach - Aug 12

Females

Christa Stephens, 19:15, 2nd Overall

Lisa Williams, 20:40, 3rd Overall

Millie Hamilton, 29:54, 1st 65-69

Kathleen Wheeler, 32:05

Sharon Andrews, 43:03, 2nd 65-69

Males

Lee Stephens, 19:15, 1st 30-34

Allen Ahern, 25:22

Billy Cooper,	26:03
David Shiner,	29:09
Jim LaMar,	40:20

Hit the Trail, XC 5K, Fish Hawk Ranch - Lithia - Aug 19

Males

Allen Ahern,	25:37
David Shiner,	28:17

Ace of Diamonds, 5K, Clearwater - Aug 21

Females

Maggie Miller,	25:25,	1st 55-59
Millie Hamilton,	28:45,	1st 65-69
Mariah Moushon,	39:40	

Males

Joshua Moushon,	24:41,	3rd 15-19
Dale Moushon,	27:21	
David Shiner,	27:54	
Russ Miller,	34:09,	2nd 60-64

St. Pete Beach Summer 5K-Series #3, St.Pete Beach - Aug 26

Females

Christa Stephens,	18:58,	1st Overall
Karin Miller,	23:26,	2nd 30-34
Christine Moorby,	24:34,	1st 40-44
Jen Duda,	26:00	
Deb Robinson,	26:02,	2nd 50-54
Yumi Toomey,	26:47,	1st 45-49
Lisa Williams,	27:03	
Stefanie Seropian,	27:56	
Andrea Lee,	28:21	
Kristin Heatherly,	28:34	
Karen Mathews,	29:20,	2nd 55-59
Millie Hamilton,	29:28,	1st 65-69
Laurie Germann,	31:38,	3rd 55-59
Ellyn Jack,	32:14	
Ginger Herring,	34:46,	2nd 65-69
Julie Weakley,	35:45	
Sharon Andrews,	43:48,	3rd 65-69

Males

Steve Schilling,	18:05,	1st 25-29
Lee Stephens,	18:58,	2nd 30-34
Adam Clarke,	19:32,	3rd 15-19
Zach Matthews,	20:55,	1st 20-24
Gilbert Dolores,	21:16,	2nd 45-49
Chris Pedersen,	21:33,	1st 50-54
Jay Heatherly,	23:01	
Doug Peterson,	24:22,	1st 40-44
Allen Ahern,	24:39,	2nd 50-54
Ernie Glode,	26:26,	3rd 50-54
Dan Toomey,	26:35	
Dave Counsman,	26:57	
David Shiner,	28:00,	3rd 40-44
Warren Wheeler,	28:35,	1st 60-64
Pete Sector,	28:52,	2nd 60-64
Russ Miller,	33:15,	3rd 60-64
Jim LaMar,	35:38	

9th annual Zoo Run Run, 5K, Tampa - Aug 27

Females

Danielle Micklitsch, 30:41
Amanda Harlan, 46:10

Males

Francis Harlan, 19:49, 1st 35-39
Doug Schiller, 47:56, 3rd 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 August. Click on the [SPRR](#) link to check out those results or those in past months. Keep up the good work.

RACE CALENDAR - 2011:

September 10	Prostate Cancer Awareness 5K	Clearwater
	Tarpon Springs Triathlon	Fred Howard Park
September 11	Ace of Clubs 10K and 5K	Del Oro Park
	9/11 Memorial 5K	New Port Richey
September 17	Running with the Bulls 5K	Valrico
	HSCO Ranch Run 5K	Temple Terrace
September 24	Miles for Hope 5K	Clearwater
	Closer to the Cure 5K	Albert Whitted Park

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.



A silver-haired lady calls her neighbor over and explains, "I have a killer jigsaw puzzle, and I can't figure out how to even get it started. It's supposed to be a rooster when it's done."

The neighbor looks at the puzzle spread all over the table, then at the box, and shakes his head.

"It's never going to look like a rooster. Let's relax, have a nice cup of tea, and then put all the cornflakes back in the box."

Enjoy the Journey

Forward email to a friend!



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