



UP TO SPEED

The St. Petersburg Road Runners Newsletter
Issue 4

April 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](#)

Dear Karen,

Letter from the Editor

Happy Spring Everyone,

Cold wintery days are behind us and spring is to our running step.

Spring is a time we think of cleaning cars. Those of you who live, or have tires off the car.

I was thinking about that the other zip and enthusiasm and can't wait for our engines are roaring and we feel

Cars need to have repairs and maintenance. Like cars, every once in a while run plugs and belts, and put some addi

Cars sometimes get new paint jobs on body part.

The most significant similarity, I think may be slower and it may not have

Runners, too, can run hundreds of like when they first laced up their r

So, when you do your spring cleaning and maintenance for your running:

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 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.
Downtown St. Pete: Sun 6:30am

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.

and...

Enjoy the Journey
Ginger

MEMBERSHIP

The St. Pete Road Runners is a member of the Road Runners Club of America. We offer walkers, joggers, non-competitive runners, biathletes and triathletes. We give you monthly meetings with guest speakers, coach talks and the absolutely best social events ever - like the SPRR A

The Board continues to work on ideas to improve better running clubs in the area. We invite you to be part of

Don't forget that our newsletter is one of the benefits of membership to continue to receive all the information



WELCOME NEW MEMBERS

Chris Cargo	Brittany Hicks
Matthew Conigliaro	Peter Sector
Robert Hatala	Diane Sector
Brenda Hatala	Hope Walls

We are happy to have you with us.

MONTHLY MEETING

Our next SPRR meeting is scheduled for Thursday, April 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 Christy Morgan. Christy graduated from Old Dominion University with an impressive record:

3 time All-American 82, 83, 84
3 time National Champion 82,83, 84
High scorer in the nation 83, 84
Broderick Award winner: Most outstanding college player in the nation 84
Named to the NCAA all century team (top 16 player since Field Hockey was a part of the NCAA)

Christy was starting center forward on the USA Hockey team in the 1988 Olympics in Seoul Korea. She was the alternate for the 1984 Olympics, a Silver medal winner in the Pan Am Games, played in 2 World Cup competitions in Malaysia and Amsterdam Holland, and played on the National team (top 16 players in the nation) for 7 years.

Christy was a college coach, and as head coach of James Madison University, she led her team to a national championship title in 1994. She was the first female in the NCAA to win both a national championship as a player and as a coach.

Christy was inducted into the Virginia Hall of Fame as an athlete, Old Dominion Hall of Fame as an athlete, James Madison Hall of Fame as a coach, and the United States Field Hockey Hall of Fame as an athlete.

She is currently owner and director of CirclePlay, Inc. and will present the Seven Keys to Creating a Culture of Greatness at our meeting April 14. Be sure to join us.

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

HAPPY BIRTHDAY TO YOU



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

Larry Ahern
Jeffrey Bigham
William Boyd
Mike Castleman
Tony Duda
Jennifer Duda
Maria Ghizzoni
Steven Grande
Melody Janson
Heather Joie

Kate Juba
David Kopsco
Paul Latshaw
Grace McNasser
Michelle Moody
Joshua Moushon
Brian Rothenberger
Peter Sector
David E. Smith
Pamela Smith

Carol Smith
Maria Stamoulis
Melody Tabman
Stephanie Walston
Stephanie Walter
Jim Weot
Andrew Winter
Nancy Zoufaly

GRAND PRIX



FIT2RUN has sponsored another successful Grand Prix Series for SPRR. This year, 20 members will receive a monetary award. The series ended with the Robinson

Preserve Twilight on March 25th, which was also a FIT2RUN sponsored race. The top 3 male and female winners are below. All winners and participants will be recognized at the SPRR Annual Picnic on April 9. Members that participate in 3 out of 5 races will also be awarded a participation award.

top 3 males/females:

1. Lisa Williams, (5 races) 368.82
2. Virginia Edmonds, (5 races) 341.60
3. Millie Hamilton, (4 races) 312.00

1. Gilbert Dolores, (5 races) 331.51
2. Albert Wieringa (4 races) 328.34
3. Jack Keefe, (5 races) 328.32

For current standings and more information, please go to the [SPRR](#) website.

Thanks to all who joined in the fun of participating in our Grand Prix Series.

FIT2RUN
Tampa International Plaza
Adjacent to the Food Court
2223 N. West Shore Blvd.
Tampa, FL 33607
813-873-2786

VOLUNTEERS

The next fun opportunity for volunteering will be St. Anthony's Triathlon May 1. We still need a few good volunteers to help at the SPRR water stop. Check out our [website](#) for volunteer updates and further information.

Thanks to all who helped out at the Florida Beaches Half Marathon & 5k Race. For further information on volunteering or to sign up for St. Anthony's, please contact Stefanie Seropian at stefserop@verizon.net or Christy Ford at christy.ford@gmail.com.

Keep in mind our picnic April 9 and the Beach races the last Friday of June, July, and August will need your help.
Thank you.

SPRR BEACH RACES

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

June 24 - July 29 - August 26

All races start at 7:00PM from Rum 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 ^{MM}/_{DD} ^{Year}
Phone _____
e-mail _____



Amenities/ Sponsors

Post-race refreshments, shoe prizes and music!
Age Group Awards - 5 deep and unique!

Presented by:



Hosted by:



Our Thanks:



SPRR club memberships and club tech shirts will be available on race days.

Join up race day and save!

REGISTRATION/ENTRY FEES

Please check event

Club Member	Non Member	Late Fee add \$5.00
<input type="checkbox"/> June 24/5:00	<input type="checkbox"/> June 24/5:00	<input type="checkbox"/> Early until June 17
<input type="checkbox"/> July 26/5:00	<input type="checkbox"/> July 29/5:00	<input type="checkbox"/> Early until July 22
<input type="checkbox"/> August 26/5:00	<input type="checkbox"/> August 28/5:00	<input type="checkbox"/> Early until August 19
<input type="checkbox"/> Savics /5:00	<input type="checkbox"/> Savics /5:00	<input type="checkbox"/> Early until June 17

Make check or Money Order to:

St. Petersburg Road Runners
Race Information:
727-360-9213

Mail to:

Ben Fudge
0767 Sunset Way #201
St. Pete Beach, FL 33706

WAIVER MUST BE READ, SIGNED & MAILED WITH ENTRY

Official Waiver: I know that running/jogging a race is a potentially hazardous activity. I do not enter and run/walk, unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the race/walk. 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, heat, and the condition of the road, all of which risks being known and appreciated by me. Having read this waiver and knowing these risks, I hereby accept the conditions 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 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. Permission given if participant is under 18 years of age. This is to certify that my child has permission to complete this event, is in good physical condition and that events officials may enforce necessary emergency treatment.

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

SAVE THE DATE: SPRR Annual Picnic is April 9th

Here is your invitation in case you did not receive it in the mail:



SPRR Family & Friends Picnic!



Date - Saturday, April 9th

Time - 11:00 am



Place - Fort DeSoto Shelter #2

North Beach

Great Friends! Delicious Foods! Beach Time!

Members Bring: Beverage, and Dish to Share!

Club Supplies: Meats and Picnic Fixin's!

****Please RSVP by April 3rd to Vicki Linkovich @
727-867-4951 or email: mslink@tampabay.rr.com**



Bring Your Family & Friends! Let's increase our
Running & Walking Memberships!

The picnic committee has worked hard to make this the best ever. Thank you for your hard work on behalf of the St. Pete Road Runners' Club.

I'm looking forward to this fun day and I hope to see you there.

AROUND THE TRACK

I heard around the track that Christine Moorby has a new car.

Tracy Connolly has a stress fracture and is on crutches. We hope you get better soon.

WOW!! Check out this announcement the St. Pete Road Runners Club received!

Because you've been one of our most exemplary customers, we're excited to name you one of our **2010 All Stars!** It's a way to recognize you for your great online marketing practices and for your full and effective use of your Constant Contact account for last year.



The Contact All Star Program is our way to recognize customers who stand out among more than 400,000 small businesses and organizations. These "power users" make the most of our marketing tools-both

in how well they use Constant Contact to meet their goals and the results they get in return. Our All Stars set an example for small businesses everywhere, and we love to celebrate that "all-star power."

How do All Stars get picked?

All Stars come in all shapes and sizes - small businesses and organizations from different industries and areas. When we choose All Stars, we look at the following criteria for success:

- Communicate with customers and members for all four quarters of the year*
- Update mailing lists often and obtain permission from all their subscribers to contact them
- Have high open and click-through rates, and low bounce rates
- Use mailing list sign-up tools like "Join My Mailing List" on their website or Facebook page
- Use reports to gain insights about their contact list and online marketing activities
- Use our social media tools
- For Online Survey customers: have high survey completion rates
- For Event Marketing customers: have a high ratio of invitees who register for their events
- For our Partners: make great use of their own or their clients' accounts

We have developed a new relationship with **ISLAND GRILLE** in Terre Verde. They are offering a 10% discount to SPRR and have given us 15% discount cards for our door prizes. If you run Ft. DeSoto or Terre Verde on Sunday, be sure to stop in for breakfast afterward. They are open at 8:00 a.m. and have great food for great prices. We may start an evening run (maybe Thursday) at Terre Verde and stop in for food and beverages afterward. If you go to the Island Grille, be sure to let them know you're with the St. Pete Road Runners Club.

Suncoast Hospice Foundation is having a Beach Stroll to raise funds for the foundation. This is a three mile beach stroll starting at the Sirata Hotel in St. Pete Beach, Saturday April 16, at 9:00 a.m. Refreshments are provided for participants. When you come to the meeting, stop by the receptionist's desk and pick up the literature. Contact me if you are interested in forming an SPRR team to participate.

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.

Our Board of Directors minutes are being posted on the [SPRR Website](#). The newsletters will soon be posted there as well.

Be sure to check out our Facebook page (link on the sidebar). We posted that we have club visitors coming. Don't forget that we also have the greatest shirts, glasses, hats and other great SPRR stuff. Contact [Pam Greene](#) or [Jerry Fowle](#) to place your order. Or, come to our meeting April 14, they'll be happy to sell you something.

ON THE ROAD: RACES AND RACE RESULTS

SPRR Results - March 2011

The Florida Beaches Halfathon was a huge success. Thank you Chris Lauber for giving us great race opportunities.

Some results from the Half Marathon at Ft. DeSoto are:

Madeline Zolfo 1st Master 1:32:08

Albert Wieringa 3rd Grand Master 1:30:12

Leah Essers 2:04:18
Sean Connolly 1:32:15
Jeff Essers 3rd age group 1:25:53
Gordon Benedict 2:02:28
Gilbert Dolores 1:38:12
Pam Greene 1:56:57
Vicki Linkovich 3rd age group 2:03:28
Frank Adornato 1:58:35
Millie Hamilton 1st age group 2:02:39

Florida Beaches 5K

Lee Stephens 1st Overall Male 18:09
Christa Stephens 1st Overall Female 18:09
Carol Jean Vosburgh 1st Grand Master 27:00

Robinson Preserve 5K

Melody Janson Female Master 20:32
Jonathon Dunford Grand Master 19:37

Gordon Benedict	25:01
Christine Moorby	24:36
Gilbert Dolores	21:14
Gloria Hancock	28:59
Vicki Linkovich	27:18
Albert Wieringa	21:32
Sharon Andrews	38:55
Jack Keefe	28:28
Ben Fudge	31:42
Amy McClenathan	21:06

Grand Prix 5K

Connie Mendoza	1st Age Group	19:11
Madeline Zolfo	3rd Age Group	19:19
Carol Jean Vosburgh	1st Age Group	27:15
Ginger Herring	2nd Age Group	31:51
Annette Frisch	1st Age Group	38:43 (race walked!!)

We have many SPRR members who have done a great job in the races they've run during March. Click on the [SPRR](#) link to check out the complete results. Keep up the good work.

RACE CALENDAR - 2011:

- April 2 Beach to Bayou 5K
Run for Lungs 5K
- April 10 Iron Girl Half Marathon/5K
- April 16 Ft. DeSoto Escape Triathlon
Seminole Stampede 5K
- April 18 Boston Marathon
- April 23 Hare Racing Experience 5K
Blue Ribbon 5K
- April 30 Meek & Mighty Triathlon
- May 1 St. Anthony's Triathlon (SPRR Water Stop)**

Good Luck!



This great story was sent to me by Jack Keefe. This is the story of the running heroics of Sidney Dahlberg. Never in Olympic history has there been another runner like Sidney, whose saga begins in the small Norwegian fishing village where he was born in April 1927.

His father was a carpenter and his mother a seamstress, and they noticed immediately their son was different from the other children. He was gifted. He could run like the wind.

As a 17 year old wunderkind, Dahlberg won the 1944 Olympic Games Marathon in Buenos Aires, Argentina.

Though he was the youngest runner ever to win an Olympic marathon, critics nevertheless scoffed at his triumph because many of the best runners of the time were away at war.

Stung by criticism, Dahlberg retreated into isolation in his adopted home of Copenhagen, Denmark. No one in the international running community saw him for years. When he finally emerged in public, he was a

new man. Well, no, actually he was a woman. Realizing a lifelong dream, Sidney had undergone a sex change operation that allowed him to compete as a female. Sidney entered the woman's marathon in the 1956 Olympic Games in Melbourne, Australia, and remarkably she won.

Dahlberg became not only the first person to win the Olympic Marathon twice, but also the first man and woman to do so.

Not really.....APRIL FOOL!!

Enjoy the Journey
Ginger