



# Runner's Hi!

Greetings from Amelia Island Runners Inc. June/July 2005



AND AWAAAY WE GO!: AIR was well represented at the start (and finish) of the Shrimp Festival 5K. See page 2.

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News and notes about Amelia Island Runners

**UPCOMING RACES:** Two Fourth of July runs to celebrate

**SUMMER FUN:**  
An AIR 'fun run relay' is in the works

**'DROP AND GIVE ME 26.2!':**  
You can still get in the Marine Corps Marathon

**ON OUR TOES:**  
What do runners really talk about? Don't ask!

And More!

## Think running a race is tough? Just try running the show!

*AIR's Bill Pennington served as volunteer race director for this year's FLeeT Feet, one of three annual AIR-sponsored races. He did a fantastic job, and the event raised more than \$800 for the Fernandina Little Theatre. Like many of us, Bill had been a racer many times but never a race director. We asked him to describe this rewarding but sometimes stressful role.*

**S**o much goes into putting on a successful race. There's the planning, drafting of helpers, promotion, sponsors, T-shirts, and, of course, the competitors.

The smallest detail can derail an event; a tardy traffic control officer, a faulty clock, a single flash of lightning on the horizon, or something as minuscule as a safety pin. Well, actually it was safety pins that almost brought the FLeeT Feet to a halt on April 2.

It was a wonderful day for a race. An early morning shower cleaned the air and cooled the temperatures. More than 200 runners, walkers, and children had gathered at the Fernandina Little Theatre to compete in a 5K and Kids' Fun

Run. The sun was peeking through the clouds and David Vigh had his game face on, ready to take home his umpteenth trophy. All the regular Amelia Island Runners dotted the landscape exchanging pre-race hugs and high-fives. The only thing missing were Bill Beaumont's You-Can-Spot-Me-From-The-Space-Station-Neon-Orange Nikes.

The police arrived early, ready to control traffic; our new AIR clock was working perfectly, and the early morning thunder had faded over the Atlantic. The volunteers were working steadily, registering walk-ups and issuing numbers. The mileage markers were in place, CSX had stopped all

For the race director, preparation begins about three months before the event with a list that would make Santa shudder.

(Please see FLeeT FEET, page 7)

# AIR fare

By ED HARDEE

**THE RIGHT STUFF:** First of all, a big *Runner's Hi!* to AIR's first and only president, **John McBrearty**. We're all thrilled at his great recovery from recent surgery.

You might not know this about John, but he's a veteran of NASA. On a club training run one morning we asked for some stories, and he regaled us with affectionate tales about the space program, and astronauts, and huge computers of yore that could hardly stand up to our modern little Palm Pilots. The miles flew by that day.

In retirement, John's mission is to promote active, healthy lifestyles. His volunteer work for the club is amazing, everything from being a race director (several times) to helping coach FBHS runners. He's kind of like **George Bailey** to our **Bedford Falls** — without John, **Amelia Island Runners** might never have been born. It certainly wouldn't be what it is today.

But hey, I don't mean to get all gushy here — I mean, even rocket scientists aren't perfect! They say things like, "Pie are squared." Heck, that can't be right. Pie are round! *Cornbread* are squared!

Continued best wishes, John, and get well soon!

**THE WRITE STUFF:** Speaking of shout-outs, here's one to **Deborah Dunham**, who has done an outstanding job as creator and editor of this newsletter. After a year, she has decided to turn the editorship over to me. And I'm grateful, because it's letting me reconnect with everybody during a way-too-long injury layoff.

This is *your* newsletter! It's your forum to express yourself on one of our favorite subjects — running. We need your input to make it the best it can be.

So, you think you're not a writer? You think nobody cares how your running's going? Wrong! We can learn from each other, and entertain ourselves too. We're all runners (or walkers or joggers), so we speak the same language.

Tell us about your training. Talk about races you've particularly liked (or disliked). Share funny stories you've heard on the run. Send us your race times from out-of-town events. Anything about our favorite sport. Pictures, too.

Just email me at [runnernews@aol.com](mailto:runnernews@aol.com). I'm looking forward to hearing from you.

**GREAT GUESTS:** If you missed some of the club's recent monthly meetings, you missed a lot. We've had some excellent guest speakers.

Local marathoner and ultramarathoner **Chris Twiggs** talked about training, 100-milers, and how he came to embrace the **Jeff Galloway** method of marathon run/walking. And Jacksonville running legend **John TenBroeck** discussed his years with the **Jacksonville Track Club**, the incredibly talented runners he has met, and how to help a running club grow. Both were great programs.

So, come if you can! Meetings are the third Wednesday of each month at 7 p.m. at the Atlantic Avenue Recreation Center.



**AIR's ACTIVE APRIL:** David Vigh heads for the finish line of the McArthur Family YMCA's Shrimp Festival 5K on April 30. David's 17:56 finish was good for third place overall, plus an age-group win. Other AIR members posting age-group wins included Bill Beaumont, Kathy Duprey, Mary Jean Last, Marilyn Roberts, Chuck Russo and Jill Staples. At the AIR/Fernandina Little Theatre Fleet Feet 5K April 2, David was the overall winner at 17:40, while AIR's Steve Devlin (18:49) and Kathy Duprey (22:50) took the top masters spots. AIR runners with age group wins included Bruce and Deborah Dunham, Rusty Elliott, Joe Fanelli, Mary Jean Last and Jazz Tomassetti.

**THE COMMISH:** Congratulations to **Joe Gerrity**, who in addition to being an **Amelia Island Runner** has been sworn in as a **Fernandina Beach City Commissioner**. We're not sure which should come first on the resume, but in any case, Joe, good luck and good wishes!

**TRADING SPACES:** Next time you head to **First Place Sports** for new running shoes, it might not be where you expected. The flagship Jacksonville store is set to relocate about 100 yards east to 3931 Baymeadows Road in July, in the same shopping center. The Jax Beach store was expected to relocate to 424 S. Third St., four blocks south of Beach Boulevard, around June 9. Both new stores will be bigger, but one thing's unchanged: Show them your Amelia Island Runners membership card, and you'll get a discount.

**OVERHEARD:** "Why does the **Run for the Pies** give away *pies* to the fastest finishers? They're the ones least likely to want them!"

# Can we talk?

By BILL PENNINGTON

Let's bring the microphone into a conversation between three AIR runners following a late afternoon workout. Since the subject is ugly toes, we'll protect their identities.

**Runner 1:** My feet are so bad that I went to the store the other day to look for sandals. When I looked down and saw how awful my toes looked, I asked the guy if he had any with a closed toe.

**Runner 2:** My toes are really weird. The toe next to my big toe is longer than my big toe. I had a pair of running shoes once that should have fit, but that toe kept hitting the end of the shoe.



**Runner 1:** That same toe on my foot is longer than the big toe.

**Runner 3:** The toe next to my big toe is shorter, but that toenail always gets black when I run. The rest of my toenails are fine, but it basically stays black all the time. I guess it must hit the top of my shoe without me even realizing it.

**Runner 2:** I have the exact same problem. My second toenail is always black.

**Runner 3:** Mine is on the left foot only.

**Runner 2:** Mine is only on my right foot, and all the other ones are OK.

**Runner 2:** My girlfriend looked at my feet the other night and asked, "Why do you do this?" I told her if you're not a runner, you wouldn't understand.

With that, the three dispersed, ready to reunite with the rosy-toed masses.



## Start your Fourth with a bang!

Last year, Amelia Island Runners had a great showing at the annual Independence Day Festival 5K and 10K in St. Marys. It's a fun way to begin the Fourth of July, especially since it's part of a daylong celebration that includes a parade, arts and crafts, food, and fireworks after dark.

While St. Marys is just across the river, race info can be hard to find on the Florida-based running websites. So, here's the scoop: The runs start at 7 a.m. sharp Monday, July 4, with pre-race registration from 6:15 to 6:45 a.m. at the waterfront pavilion at the end of Osborne Street downtown. Take I-95 to

Exit 3 (Georgia Highway 40) and follow the signs east to St. Marys.

Entry fee is \$15 if postmarked by June 24, \$25 after. For an entry form write to P.O. Box 343, St. Marys, GA 31558, or email Ed Hardee for a .pdf version at [runnernews@aol.com](mailto:runnernews@aol.com). The event is sponsored by St. Marys Kiwanis.

Or, you can head south to Jacksonville, where the annual Celebration 5K starts at 7:30 a.m. July 4 at 1st Place Sports, 3931 Baymeadows Road. This one features prize giveaways and free beer after the race. For details, see [www.1stplacesports.com](http://www.1stplacesports.com).



**KATIE RIDE FOR LIFE TEAM:** Eight cyclists represented Amelia Island Runners in the Katie Ride for Life on April 17. The event was sponsored by the Katie Caples Foundation to raise money for organ donor education and increase donor commitment. We're proud to say that the AIR team raised more than \$1,300. Pictured from left are Carolyn Kreid, Jack and Bob Tomassetti, Jill Staples, Jim Ecklof, Tracy Lindsey and Melanie Adams. Not pictured, but on the team: Bruce Dunham.

## Welcome new members!

Greg Leonard Family  
(Donna, Sara  
and Mark)  
Martin Drury

Sarah A. Fritts-Reilly  
Chip Reamy  
Jan Hodges  
Buck Mercer

Glad to have you with us!

# AIR member spotlight: Meet Lynn Hudson!

**Number of years running:** About 15 years

**Favorite thing to do after a long run:** Absolutely nothing – just hang around and relax

**Favorite Amelia Island route:**

Beach to town

**Favorite races:** Gate River Run, Outback Distance Classic, Disney Half Marathon

**Funniest thing I've seen while running:** My friend Sally smack-ing into a tree!! (After we knew she was OK.) We laughed about it and still do every time we talk about it. Some dogs were coming after us – she turned without looking and smacked right into a tree. Down she went!! She will never live that one down.

**Biggest training accomplishment:** Running the Marine Corps Marathon



**Cross-training activities:** Biking, weights

**Favorite ice cream:** Cherry vanilla (ever since I was a little girl)

**Favorite movie:** Any romantic comedy . I am a sucker for those!

**Personal heroes:** My mom — she's the greatest  
My husband and son – they are the sweetest  
And my running buddies – they are inspirational

**I run because:** It's not only great for weight control – it's like therapy. Whatever is on your mind that day, running always makes it better. (For a little while, anyway!)



**THIS COULD BE YOU!:** AIR's Chip Townsend savors the moment after a strong finish in the 2004 MCM, his first marathon.

## Marine Corps slots await

By DEBORAH DUNHAM  
Executive Director, Girls on the Run of N.E. Florida

Registration is closed for the 2005 Marine Corps Marathon. If you got closed out but still want to be in it, here's your chance.

As a fundraiser, Girls on the Run of N.E. Florida is holding a one-time silent auction for two guaranteed slots to the Marine Corps Marathon. The bidding starts Monday, June 13 and ends Thursday, June 30.

For details and to place your bid, visit [www.gotrnefflorida.org](http://www.gotrnefflorida.org) or call (904) 321-4315. Winning bids are a tax-deductible donation to Girls on the Run, a local nonprofit that brings the power of running and a healthy lifestyle to young girls in our community.

## Running, walking: The perfect 'upper'?

By MIKE BRODIE

We all have our gray/blue days. It's only natural. The good news is there is a great antidote. It's called aerobic activity.

Aerobic workouts cause positive chemical changes in the body. These changes override the negative emotions life sometimes presents. Most of the benefits occur without a great deal of emotional participation on our part.

But, what if you wanted to amplify the positive changes? You can, by consciously involving the mind. You might try something like this: Imagine yourself being influenced by negative (-) charges flowing through the body. Imagine your aerobic activity replacing the negative with positive (+).

Play with it, or develop your own emotional exercise. In the meantime you are getting a heck of a workout! Push!

## Just a reminder...

**If you've been a member for a year, it's time to pay your dues! The number next to your name on the *Runner's Hi* mailing label is your due date. Please mail dues (\$20 individual, \$25 family, \$10 student) to AIR, P.O. Box 15322, Fernandina Beach, FL 32035 or turn them in at the next monthly meeting.**

# AIR 'fun run relay' coming up soon!

Heads up, Amelia Island Runners: It's time for some summer fun! Plans are under way for a fun run on the beach for club members, with some interesting twists:

- \* It'll be a relay.
- \* Runners of all abilities can compete.
- \* There could be eats afterward!

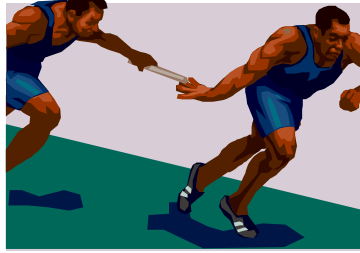
The specifics were still being worked out at our newsletter's deadline. When the date, time and locations are set — which could be any day now — club members will be notified by email. But here's the general idea:

Relay teams will consist of a captain and three team runners. The captains will choose their teams by drawing names from a hat, which means each team could have runners who are fast, not so

fast, or somewhere in between.

The course likely would consist of four legs — as an example, from Main Beach to Sliders (two miles), back to Main Beach (two miles), back toward Sliders for one mile, and then the rest of the way for another mile. The long and short segments allow runners of all abilities to participate; captains decide who runs each leg depending on the team's talents and strategy.

As an added incentive, the relay just might end with a get-together at Slider's patio, where food and beverages are available. So watch your email, and come have some fun in AIR's fun run relay!



2005 FLeET FEET 5K RESULTS										
Fernandina Beach, FL April 2, 2005										
Name	Time	Overall								
<b>OVERALL WINNER MALE</b>			2.	Tom Armstrong	22:55	15	6.	Susan Haag	29:10	51
David Vigh	17:40	1	3.	Scott Chesnut	28:04	44	7.	Cheyenne Palmer	29:12	52
<b>OVERALL WINNER FEMALE</b>			4.	Sean Kelly	30:06	60	8.	Kim Kosowicz	29:30	56
Vikki Armstrong	22:30	10	<b>50-59 MALE</b>			9.	Claire Vanetta	32:38	68	
<b>MASTERS WINNER MALE</b>			1.	Joe Fanelli	22:05	8	10.	Jen Dewaard	33:35	72
Steve Devlin	18:49	2	2.	Charles Russo	22:38	11	11.	Dianne Strachan	34:01	73
<b>MASTERS WINNER FEMALE</b>			3.	Joe Gerrity	23:42	22	12.	Jennifer Skurpski	37:28	77
Kathy Duprey	22:50	14	4.	Mario Ibanez	27:03	39	13.	Valerie Bryant	40:24	79
<b>12 &amp; UNDER MALE</b>			5.	Charles Duke	27:40	43	<b>40- 49 FEMALE</b>			
1.	Ian Armstrong	20:50	6.	Ron Flick	29:39	57	1.	Lindy Lesoine	24:37	28
2.	Robby Phillips	23:13	7.	Linden Fenton	41:25	80	2.	Fadia Middlebrook	24:54	30
3.	Jordan McIntosh	28:19	<b>60-69 MALE</b>			3.	Liz McCall	28:27	48	
4.	Dylan Kelly	28:31	1.	Ralph Billings	23:40	21	4.	Lauri Russell	29:20	54
5.	Jacob Seidel	29:05	2.	Marty Elliott	28:22	46	5.	Catherine Rary	29:20	53
6.	Sean Phelps	29:28	<b>12-UNDER FEMALE</b>			6.	Janet Devlin	30:12	61	
7.	Bradley Dunham	32:45	1.	Jessie Armstrong	23:38	20	7.	Mary Sinnott	30:31	64
8.	Pierce McIntyre	37:27	2.	Rachel Armstrong	25:18	33	8.	Mary Doyle	32:35	67
<b>13-19 MALE</b>			3.	Kaysie Norton	33:22	70	<b>50-59 FEMALE</b>			
1.	Jazz Tomasseti	22:11	4.	Katie Duke	33:29	71	1.	Mary Jean Last	24:45	29
2.	John Sword	23:27	<b>13-19 FEMALE</b>			2.	Cindy Leary	26:42	38	
3.	Damon Tyler	30:19	1.	Caty Sinnott	28:24	47	3.	Toni Stoughton	27:05	40
<b>20- 29 MALE</b>			2.	Kim Kelly	30:06	59	4.	Marilyn Roberts	27:18	41
1.	Eamon Keleher	20:20	<b>20-29 FEMALE</b>			5.	Kathy Terwilliger	27:29	42	
2.	Niall Keleher	21:19	1.	Robin Lentz	22:46	12	6.	Liz Pipes	30:00	58
3.	Donovan Vansant	21:56	2.	Elizabeth Mayo	22:48	13	7.	Kay Stephens	30:16	62
4.	Brian Flick	23:56	3.	Jennifer Gallese	23:36	19	8.	Lori Ballard	30:42	65
5.	Steven Tann	25:40	4.	Ann Parker	24:22	24	9.	Connie Parker	31:45	66
<b>30-39 MALE</b>			5.	Bethany Glassbrenner	25:05	32	10.	Caroline Fanelli	34:29	74
1.	Mike Dewaard	24:30	6.	Abigail Poirier	25:57	37	11.	Peggy Ford	37:32	78
2.	Shawn Taylor	25:21	<b>30-39 FEMALE</b>			<b>60-69 FEMALE</b>				
<b>40-49 MALE</b>			1.	Deborah Dunham	23:24	17	1.	Rusty Elliott	36:25	75
1.	Bruce Dunham	20:14	2.	Colleen Hodge	24:27	25	Note: If you placed in the FLeET Feet			
			3.	Jan Hodges	24:32	27	but didn 't get your medal, call Ed at			
			4.	Carlin Balyeat	24:56	31	277-8365 and we 'll get it to you!			
			5.	Carolyn Peeples	25:37	35				

# Insight from the buck-stops-here guy

## (FLEET FEET, from front page)

train traffic, Ed Hardee and Mike Brodie stood poised with the official time controls. Ed swears the drip of sweat on his brow was from the heat.

We were inside of 30 minutes from starting.

After many weeks of preparing as race director, I was actually feeling a sense of relief. Things were going as planned. I felt as if we had covered all our bases. I was thinking that we were going to pull off a great race. Then came the tug on my arm like the Grim Reaper... "We're out of safety pins."

Darn, I thought. Well, actually it was a little stronger expletive, but it's a family newsletter.

No safety pins  
No race numbers  
No winners  
Oh my!

My first thought was to pass the buck. "It was somebody else who was responsible, Mr. Trump." "Bill, you're the team leader, you're fired!"

Fortunately, a volunteer had a source within a short drive with safety pins, and we were saved. The pins arrived, folks attached their race numbers, and we lined up and raced.

**THE SAFETY PIN** incident exemplifies the detail of being a race director. I've run as a competitor in probably 10 races a year for about five years. I've sold sponsorships, written race press releases, helped put together entry forms, picked up entry forms, hung race banners.

But being the Race Director, the top banana, the buck-stops-here guy, is a different experience. Boy, John McBrearty, I have a renewed respect. It was our president who requested my assistance with the race. Later, he revealed that he would not be around to hold my hand through the process. He was going to be 3,000 miles away watching his grandkid play volleyball in California. Oh yeah, then we had another twist. John TenBroeck, who usually does our timekeeping, was not available, so we would have to operate his equipment without him.



**PRESSURE'S OFF: Bill and Emilie Pennington relax after the Shrimp Festival 5K on April 30. In that one, all Bill had to do was run!**

Well, fortunately, between our AIR volunteers and the Fernandina Little Theatre, we formed a terrific team that increased the entries by about four times from the 2004 event. We could not have done it without AIR's Joe Fanelli, Bruce and Deborah Dunham, Ed and Mike. And of course my wife Emilie.

**WHEN YOU** compete, the check-list goes like this:

- Hear alarm, wake up
- Splash water on your face

- Put on socks, shoes, shorts, T-shirt
- Slip on watch
- Stretch
- Get in car, drive to event
- Get race number
- Line up and run
- Celebrate finish

But for the race director, preparation begins about three months before the event with a list that would make Santa shudder.

And it doesn't end until you clean up the final safety pin a few hours after the race.

## Run with us

Social runs every Tuesday and Wednesday, 6 p.m. at the Atlantic Avenue Rec Center. Tuesday is Ladies Night at the FBHS track; runners meet at the Rec Center at 6 p.m. All runners, all abilities, all ages always welcome!

## Contact us

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