



Runner's Hi!

Greetings from

Amelia Island Runners, Inc. June/July 2007

Running Cumberland

Plus —

The Battle of Boston
Fernandina's Big 5K
Race Reports, Shrimp Fest
Snapshots, and More



The leader of the pack

Lots has gone on since our last newsletter, and we want to get right to it. But first, there's some news about the club itself.

Despite our best efforts to proclaim John McBrearty "president for life," he has decided to yield the gavel, at least for a while. We runners are generally more concerned with gravel than gavels, but I'd like to tell you just a bit about John.

Primarily this: Amelia Island Runners exists because of John McBrearty. Without him, it probably would never have happened; it certainly would not be the growing, active club that it is today. He has been the force behind it since Day 1.



John



**AIR
Fare**

Ed Hardee

I could try to tell you everything John and Emylee have done to get this club going, but it's exhausting just to think about it. Besides, our journalistic partner in crime around here, Bill Pennington, is working up a profile of John for a future *Runner's Hi*. He'll tell the story better than I could.

For now, just a bit about just one of the duties John has always taken on himself: race-directing. I know only enough about race-directing to know that there's a *lot* of organizational work involved that you'd never even think of. For instance, somebody's got to measure the course. From John, I've learned that you use a little gizmo called a "Jones counter" on a bicycle. It clicks off numbers; John knows how to translate them into miles and kilometers.

At the end of a race course, you've got to have a finishing chute. Me, I would try to go buy one, until learning in frustration (like the caveman in the FedEx ad) that Finishingchute 'R' Us doesn't exist. But from John, I've learned that you can run a rope through plastic pipes that you screw onto wooden stands, and *voila* – you've got a finishing chute. John built it himself.

And those are just a couple of things involved in putting on a race, and organizing a running club. There are literally hundreds more. I told John once that we were really lucky he'd learned how to do all these things from his many years in the Space Coast Runners club while he was at NASA.

"Well – actually, I didn't," he kind of chuckled, quite immodestly. Turns out he taught himself, after he retired here and decided the Fernandina Beach area needed a running club. He got on the Internet, studied up on material from the RRCA and others, and talked to great local resources like John TenBroeck, a founder of the Jacksonville Track Club.

The rest of us won't have to start from scratch like John did – because we've got John!

Even in stepping down from the president's job, John is thinking about what's best for us. For the good of the club and its future, more of us need to learn how to do what John and Emylee have been doing so unselfishly. They'll still be actively participating, teaching us and guiding us, as more of us step up into leadership roles.

Plus, it will be great to see John actually run in some of our races! Because he's been the race director for almost every event we've had, he and Emylee have had to work instead of "play." Look out, you guys in the 60-69 age group!

At this point, I was going to say there's no way we can adequately thank John and Emylee for all they've done to get this running club started, and growing. But, it occurs to me, there IS a way to thank them.

We can do it by stepping up our involvement in the club, in whatever ways (large or small) that our time and abilities will allow. That will assure the future of Amelia Island Runners – and make John and Emylee very happy.

Running shorts

* **AIR's second** Summer Running Camp for middle school and high school students will be June 11-15, 9 to 11 a.m. at the Atlantic Ave. Recreation Center. It's free, and AIR club members will be the instructors. (If you'd like to help out, send an email to runnernews@aol.com.) More info and applications are available at www.ameliainlandrunners.com, or at the YMCA on Citrona Drive.

* **Our club** is also offering five grants of \$100 each for Nassau County high school students who would like to attend a tuition-based running camp this summer. The deadline to apply is June 15. Forms are available on the website.

* **There's been** a change in AIR's slate of officers: Ed Hardee was elected president at the April meeting, and outgoing president John McBrearty becomes a director at large. Also, Joe Fanelli and Jim Hill have volunteered to serve as co-race directors for the club's Sept. 1 Turtle Trot 5K/10K, and Bill Pennington will be race director for the Reindeer Run 5K/10K in December. John will continue as race director for the Pirates on the Run in February, which will move to a new date next year — Feb. 2, instead of the President's Day weekend — to avoid a conflict with the new Donna Hicken marathon in Jacksonville.

* **Congratulations** to AIR's teams in the 2007 Katie Ride for Life, the annual bicycling event for organ-donation awareness. Joining Jill Staples as the distance riders on our "AIR CYCLE" team this year were Bob Tomassetti and AIR member Robin Ritchie; taking the Fort Clinch route were Laurie Bruner (who came from Atlanta!), June Abee and Pat Gibbs.

* **Our amazing** masters runner, Elfrieda Wyner, has gained some more national recognition. She received honorable mention among women 60-64 in Running Times magazine's "Masters of the Year," in the March 2007 issue.

Welcome new members!

Jo Baker
Renee and Cobb Golson
Jennifer Gorbutt-Rector
David Moody
Al Saffer
Kathy Terwilliger
David Williamson
Gayle Wood

Glad to have you with us!

Chills and thrills at a wet, windy Boston

By Ed Hardee

The Boston Marathon is tough enough without the historically bad weather forecasts that runners faced this year: heavy rains, temperatures in the 30s, wind chills in the 20s and sustained headwinds of 20-25 mph, gusting to 50. The Boston Athletic Association was warning about hypothermia – body-heat loss that, in severe cases, can be life-threatening.

But you know what happens with the going gets tough – tough runners get going! And three of our Amelia Island Runners passed the 2007 Boston test with flying colors, even if they were the colors of gale-warning flags.

Kathy Murray of Jacksonville, Carolyn Peeples of Yulee and Judy Wilson of Fernandina Beach finished with excellent times in the 111th Boston Marathon on April 16. Fortunately, the weather turned out to be not as bad as feared, although still wet, cold and windy. Kathy, 44, finished in 3:36:45; Carolyn, 32, in 4:02:07; and Judy, 52, in 4:23:31.

Had to run

Though the three of them didn't say so, it took courage in the face of those near-apocalyptic forecasts to even attempt the race. Our AIR members agreed that for them, *not* running was never an option.

"That never crossed my mind," says Judy. "Once I got there I was going to do it, no matter what."

"You have to," says Kathy.

"Rumors were flying about the possibility of them canceling the race. I never thought they would, but there was talk of it," says Carolyn. "My friend who went with me, I told her – if for some reason there's no race, we're taking a cab out to Hopkinton tomorrow and running back. I'm dead serious. I came to run."

As if the warnings from the BAA and the Weather Service weren't enough, Carolyn had another sure sign that there was trouble ahead – in Atlanta she met the Weather Channel's top storm-chaser, Jim Cantore. "He interviewed us," she said. "He was on our flight to Boston because the weather was so bad. So we knew it was gonna



INTO THE STORM: Carolyn Peeples knew she was headed toward rough weather in Boston — but didn't imagine that Jim Cantore would be on the same plane. Here they are at the Atlanta airport along with Carolyn's friend Taesha Spanfellner, left, from Ponte Vedra Beach, who ran the marathon in 3:35:48.

be bad!"

Kathy had a similar experience – "We saw Tim Deegan up there, at the Expo on Saturday," she says. "He was so excited -- he said this was going to be the lowest barometric pressure of any major marathon, and he was so excited about this! I said, 'Tim, I hope you're wrong!'" (The 47-year-old First Coast News meteorologist didn't let the weather intimidate him either – he finished in 3:32:00.)

"We were really scared," Kathy says. "I have never prayed so hard in my life. I don't mind rain, but wind plus rain plus cold weather, that's just not good. I heard it all night long."

Rainy road to Hopkinton

It was Judy's first Boston Marathon – she qualified at Chicago last year in 3:58:27 – and "I was just dreading what the weather would be," she says. "On the bus to Hopkinton (where the race starts) it poured most of the way, and I kept thinking, 'If it does this during the marathon I'm done,' because once your feet get soaking wet you get blisters. I let the weather mess my head up."

After arriving at Hopkinton, there was a long wait in the gym for Judy's 10:30

a.m. start – which, fortunately, provided time for the rain to taper off.

"Most marathons start early in the morning. We were waiting around to run and waiting to see what would happen. There were great people in the gym, fun to talk to, and to hear their experiences."

Says Kathy, a Boston veteran who's now done it five times: "It was terrible on Sunday and Monday morning, pouring rain and windy. Then about 10 o'clock, when the first group was taking off, I heard there was a downpour at the start. But a half hour later it started to clear up. We were very fortunate." The runners did encounter rain during the event, but not throughout.

Timely purchase

Carolyn qualified for her first Boston at the Jacksonville Marathon last December, somewhat ironically on a hot, sunny day.

At Boston's pre-race expo, "I heard a Nike rep talking about a dry-fit hat. I bought one, and that was my saving grace," Carolyn says. "It kept the rain out of my eyes." But there was also a big drawback: "Because of the wind, I

(Please see BOSTON, next page)

BOSTON (from preceding page)

had it strapped so tight to my face I had to keep my head down, looking at the ground. If I looked up, the wind would snap my head back. I ran the whole race looking at my feet.”

Kathy found a silver lining among the clouds: “I think because we were so worried about the weather, we didn’t have time to think about the hills,” she says.

Oh, those Boston hills. Kathy says she’s done hill and bridge training in the past to prepare, but this year, “I just put more long miles in.”

Judy says she didn’t do hill training either, and “by Mile 10 I knew I was in trouble with my quads. Every time I got to the crest of another hill, I’d say, ‘Oh, no, another downhill.’”

It was tough going for Carolyn, too: “I struggled mentally from Mile 15 to 20. I didn’t have any physical problems, but mentally, staring at the ground for so long, I mentally walked. I got upset and had to talk myself out of walking. I had no reason to walk, I just got mentally beaten down. The course is hard. Then I thought – ‘What am I thinking? You don’t walk in a race for anything!’” She replayed in her mind the lessons of motivation and encouragement she gives to her young students at Pak’s Karate Academy. “Then when I hit Mile 20, it was like the wind was in my sails instead of in my face.”

Not so much Heartbreak

And what about the celebrated Heartbreak Hill, between Mile 20 and 21? Carolyn and Judy agreed that comparatively speaking, it wasn’t all that daunting.

“Everybody thinks it’s called Heartbreak Hill because it’s such a difficult hill, but it’s not any worse than the rest of the hills,” Judy says.

The BAA website tells the real story, from Monday, April 20, 1936. “The last of Newton’s hills was given the nickname ‘Heartbreak Hill’ by Boston Globe reporter Jerry Nason. When John A. Kelley caught eventual champion Ellison ‘Tarzan’ Brown on the Newton hills, Kelley made a friendly gesture of tapping Brown on the shoulder. Brown responded by regaining the lead on the final hill, and as Nason reported, ‘breaking Kelley’s heart.’”



PRE-BOSTON: Kathy Murray at the Navy 10K April 7 in Jacksonville, where she was the women’s masters winner. ‘I really did have fun’ at Boston, she says, in spite of the weather.

“There are two hills in lower Newton before Heartbreak that are much more difficult,” Carolyn says. “Heartbreak was a cakewalk compared to the other two.”

A city for runners

There’s another thing that our three Amelia Island Runners agree on about Boston: the incredible support of Bostonians, especially in the face of the weather this year.

“Boston is different,” Carolyn says. “It’s not just another race. I was thinking it’d be like New York or Washington, special, but still a marathon. It really is something different. I still get goosebumps talking about it.”

“Thousands of people stood out in the pouring rain and they made you feel like they were there just for you. Restaurants were giving out free food. They canceled our flights for two days and we couldn’t get out – and the hotel comped our rooms. They took really good care of us.”

“The food and the people make up for everything,” says Kathy. “When you run Boston, everybody is so sweet. I



POST-BOSTON: Back from the big event, Judy Wilson served as a start/finish line volunteer at another one — the Girls on the Run 5K on April 28. She was determined to run the marathon ‘no matter what.’

really did have fun.”

“Wellesley was as loud as they said it would be, and Boston College was even louder,” says Judy. “I’ve never heard as much cheering and screaming.”

“When I crossed the finish line, I just cried,” she says. “But I always cry. It’s such a relief, you set this goal and you were able to accomplish it. And it’s not an easy thing to accomplish.”

“There was a mat at the finish line and they called out my name, *Judy Wilson from Fernandina Beach*, and I thought... ‘*They called my name at the Boston Marathon.*’”

A memory that should brighten any cold, rainy day.

Upcoming races will put sizzle in your summer

Vestcor 5K Bridges Run

Saturday, July 21, 7:30 p.m., Hemming Plaza, downtown Jacksonville

There's a word to describe lots of the 5K races around here: Flat.

Not that there's anything wrong with flat. Doesn't mean dull. Often means fast. It's just that the courses are -- flat.

Coming up Saturday, July 21 in Jacksonville is the Vestcor 5K Bridges Run. There are words to describe it, too.

"Flat" is not among them.

"Challenging" certainly is. The Vestcor may feature the single most challenging mile of any North Florida road race, with the exception of the Gate River Run's Hart Bridge incline.



TWILIGHT TIME: After the Vestcor, runners can enjoy food, drink and a live oldies band at Hemming Plaza.

It begins on Duval Street at Hemming Plaza, proceeding west several blocks to an out-and-back turnaround. Another typical flat start, you might think. But you'd be wrong. It's actually a downhill slope, making it even more inviting than usual to start out too fast. (Although pavement imperfections did their part last year to keep runners from making that mistake.)

Soon you've run back past Hemming Plaza, turned right on Laura and are approaching the one-mile mark, thinking: That mile went by fast!

And then the fun, known as The Second Mile, begins.

After just two more blocks, you're heading up the steep incline ramp to the Main Street Bridge, and across the St. Johns River. Once you hit the descent, it's down the bridge, past Friendship Park, a couple of blocks over to Mary Street...

... and onto the steep incline ramp of the Acosta.

At the end of Mile 2, you're still ascending the Acosta Bridge, and wondering, when's this thing gonna stop?!? The bridge affords a beautiful view of the river and the Jacksonville skyline, but as you trudge to the top of the span, you might not be inclined toward sightseeing.

At last you do crest the bridge, and begin a fairly sharp descent. At the base of the span, you're looking straight ahead at a blissfully flat stretch of Broad Street, and in the distance, blocks away, perhaps you can tell that runners are turning right.

Make it to that turn, you figure, and finally you'll be home free.

Wrong again.

Make it to the turn, and you realize you still have several blocks to go, along old, familiar Duval Street -- weren't we here already? But what you may be too tired to realize at this point, is: That nice downhill slope on Duval, when you were heading west, is now an *uphill* slope in the final stretch, as you're heading east.

Wicked!

But fun -- once it's over, at least. And popular. The five-year-old event switched to this new course in 2005, and has seen a big increase in participation. It's followed by a "block party" in Hemming Plaza that includes a live band and awards ceremony. (Several of our Amelia Island Runners were among the 2006 participants.)

So, if you're looking for a 5K that's flat-out different -- consider the Vestcor.

If a favorite race of yours is coming up, please send a "review" to runnernews@aol.com and share it with the club!



St. Marys Independence Day Festival 5K/10K
Wednesday, July 4, 7 a.m.
Downtown St. Marys, GA

Here's a race that has already become a favorite for our young running club. It's a great way to start your Fourth of July holiday, and starts early enough that the heat stays at least bearable! Best of all, the sponsors (St. Marys Kiwanis), other runners and people of St. Marys always give our club a warm welcome.

The event kicks off a full day of holiday festivities, food booths and arts and crafts, ending with fireworks after dark. If you're interested, check our website for an entry form -- or just ask some of our members; we usually have a carpool. And be sure to wear your AIR shirt if you have one!

OE&S Run for the Pies 5K
Saturday, June 16, 8 p.m.
Jacksonville Landing

It's billed as the area's biggest 5K, and we all know the drill: men who finish in under 20 minutes, and women who finish in under 24, get a pie! Age-group awards also go deeper than the usual three places.

The run is preceded by a championship 5K at 7:30, and followed by a party that includes (of course) a pie-eating contest.

A very big day for running on Amelia Island

Perhaps the biggest running event ever in Fernandina Beach came to town on April 28. It was the Girls on the Run "You Go Girl" 5K — with almost 400 girls running (and some boys, too), plus 60 coaches and 300 family members. In all, more than 1,000 people turned out for the big day, according to GOTR. And as you might expect, several of the volunteers were members of our running club.

Girls on the Run is a program to enhance girls' health and self-esteem through running, and the noncompetitive 5K is the event they train for throughout their season. Girls age 8-12 from around Northeast Florida took part. The run started and finished at the Fernandina Beach High School track, and took the young runners along roads and trails, with a portion of the course heading through the Greenway.

It was one of two noteworthy events for GOTR in April — we have more on the group's "Run Wild at Cumberland Island" elsewhere in this issue.

Here's a look back in pictures at a great day for the girls, their families and coaches — and for running in Northeast Florida, too.



PRE-RUN: The fun was infectious as girls partied (and stretched) and heard words of inspiration from GOTR's Deborah Dunham and champion racer Kim Pawelek.



AT THE START: With so many runners, the girls took off in two groups on the FBHS track.



CLOCKWISE FROM LEFT: Entertainment on the course; scenes from the starts; running the Greenway.





At left, the first finishers arrive back at the FBHS track — but in this event, the run itself was what counted.



Run from the sun

It seems that the heat starts to set in earlier each year in Northeast Florida. Perhaps this is due to Global Warming.

We teamed up with other members of the Amelia Island Runners to compete in the Florida Striders' Run to the Sun 8K and immediately thereafter decided we'd better start getting ready to head for the mountains of North Carolina.

This would be our last race in Florida for the season but it proved to be successful for us and our AIR compatriots.

Traveling in from AIR's home base of Fernandina Beach were Rosa and Gary Haslip while Craig, Susan and Nancy Harms represented the Jacksonville Beach area. The St. Augustine contingent was represented by Frieda and Norm Wyner, and Fleming Island by Keith Poythress. Everett Crum and Del Conner from Hilliard were the delegates from rural Florida. The diversity of this group points out that AIR runners can come from anywhere.

In the women's division, the top Masters and Grand Masters went to AIR standouts Rosa Haslip and Frieda Wyner.

A sweep of the awards in the Men's 70-74 division was accomplished by AIR members Everett Crum, Al Saffer and Norm Wyner.

Al was so anxious to become an AIR member that he filled out a Strider membership form, changed the name of the club, and presented it to Rosa Haslip for instant acceptance into our elite running group. Al (keeper of the Striders' race-info 'guy,' Strider Man) said he will show us how to construct an "AIR Man."

After the awards ceremony, Frank Frazier could be seen proudly wearing his AIR singlet and displaying his age-group award.

Frank showed other AIR members how to enhance post-race activities by bringing folding chairs and some refreshments to enjoy while waiting for the awards ceremony to get under way.

Frieda and Norm bid adieu to their running friends as they would soon be departing on their summer travels. Norm said he hadn't trained for warm weather racing, so he would be heading north where it's cooler.

(Norm and Frieda Wyner spend their winters in St. Augustine and their summers on the road. To keep track of their adventures (and races) this summer, check their always-entertaining website. You'll find a link at www.ameliainlandrunners.com in the "News Update" section.)



GRAND MASTERS: Frieda and Rosa, the Grand Masters and Masters women champs.



AIR'S AGE-GROUP SWEEP: Al, Everett and Norm.



POST-RACER: Frank displays his age-group plaque (and AIR singlet!)

Amelia Island racers

Bob Cooke Memorial 5K Run Against Skin Cancer, March 31, Atlantic Beach

Rosa Haslip, 43, 20:31, 1st place age group
Bill Pennington, 50, 20:53, 4th pl. a. gp.
Donna Scalia, 61, 31:16, 2nd pl. a. grp.
Pete Scalia, 64, 30:17, 3rd pl. age grp.

Capt. Chuck Cornett Memorial Navy 10K Run, April 7, NAS Jacksonville

Everett Crum, 72, 46:13, 1st pl. a. grp.
Frank Frazier, 64, 44:10, 2nd pl. a. grp.
Ed Hardee, 55, 47:04
Kathy Murray, 44, 44:58, masters winner
Kevin Ott, 49, 1:02:20
Bill Pennington, 50, 43:58, 3rd pl. a. grp.
Gayla Poythress, 39, 1:17:09
Keith Poythress, 43, 42:21, 2nd pl. a. g.

Catfish Run 5K, April 7, Crescent City

Elfrieda Wyner, 64, 21:55, 1st place age group
Norm Wyner, 73, 30:44, 1st pl. a. grp.

Running the Blues 5K, April 7, Jacksonville Beach

Craig Harms, 56, 24:51, 1st pl. a. grp.
Al Saffer, 72, 32:03, 1st pl. age group

Run to the Sun 8K, April 14, Orange Park

Del Conner, 54, 34:32, 3rd pl. age grp.
Everett Crum, 72, 38:05, 1st pl. a. grp.
Frank Frazier, 64, 35:11, 2nd pl. a. grp.
Craig Harms, 56, 38:41, 5th pl. age grp.
Nancy Harms, 12, 45:05, 4th pl. a. grp.
Susan Harms, 47, 39:32, 3rd pl. a. grp.
Gary Haslip, 44, 35:01, 7th pl. age grp.
Rosa Haslip, 43, 34:57, women's masters winner
Keith Poythress, 43, 33:47, 4th pl. a. g.
Al Saffer, 72, 52:15, 2nd pl. age group
Elfrieda Wyner, 64, 35:56, women's grand masters winner
Norm Wyner, 73, 52:29, 3rd pl. age grp.

Spartan Run 5K, April 20, Orange Park

Frank Frazier, 64, 21:16, 2nd pl. a. grp.
Keith Poythress, 43, 19:50
Al Saffer, 72, 33:09, 1st pl. age group

Any Way U Can 5K, April 28, Orange Park

Craig Harms, 56, 22:55, 1st pl. age grp.
Nancy Harms, 12, 25:56, 1st pl. a. grp.
Susan Harms, 47, 24:22, 3rd place overall women
Al Saffer, 72, 30:46, 1st pl. age group
(Please see RACERS, next page)

Road trip!

Marilyn and I are no strangers to road trips. While living in middle Georgia, we often traveled to Atlanta for Marilyn to participate in Atlanta Track Club events. We also went to other races that interested us in Peachtree City, Eatonton and Cartersville, GA. Many small races at Georgia festivals were also fun destinations. We went to the Peach Festival, Cherry Blossom Festival, and Forsythia Festival.

But that seemed long ago. When we

Race Report

Jerry Roberts

both worked 40-50 hours per week, we had more time for road trips than we seem to have since we retired. We have gone to quite a few

destinations, such as Disney events and the Rock n Roll marathon in Phoenix, but we needed a pure road trip!

Blessing of the slow?

After searching the Internet for a reasonable commute, our choice was the curiously named "Blessing of the Fleet 5K" in Darien, GA. It seems to me that in a running event like a 5K, the "fleet" would be adequately blessed, already. Shouldn't a person with the lung capacity of a gazelle; hips of a snake; metabolism of a hummingbird, on speed; fame and fortune; college scholarships; a shoe contract; and a garage full of overall and age group trophies, medals and plaques, feel adequately blessed? After the race, maybe we could think up a blessing for the plain ol' slow; the Clydesdales; the middle-of-the-pack dwellers; and the runners who feel lucky that they received a t-shirt, a participant's medal, and did not finish last.

Prior to the event, we received an e-mail from the race directors, giving us alternate directions to the event, in case Darien traffic prevented us from traveling to the course by the most direct route. Seriously! It also cleared up the name confusion — it is the "Darien River Run"! The festival is "the Blessing of the Fleet." Makes more sense.

For road trips, you must get up early -- earlier than your cat! In our case, 5 a.m. Seriously! We had done our homework, but we faced the usual un-



BOAT PARADE ON THE DARIEN RIVER: 'It seems to me that in a running event like a 5K, the "fleet" would be adequately blessed, already.'

Photo: Darien-McIntosh County Chamber of Commerce

certainties. Most cities are farther away than they appear in MapQuest. Also, when budgeting time, think of I-95 as a surcharge. Any trip involving I-95 takes longer than you planned. The bathroom habits of runners dictate that you also allow adequate time for the inevitable port-a-potty lines.

Following the excellent directions provided, we arrived at the starting line in plenty of time. Among the first people we encountered were fellow AIR members, David and Tina Vigh. It is nice to see familiar faces when racing out of town.

An outstanding race

The race directors put on an excellent event. The facilities were nice, and the people were friendly and hospitable. They had a DJ, a lot of door prizes, an attractive T-shirt, and plentiful and healthy post-race food. The weather was nearly perfect. More than 200 runners participated.

AIR runners represented the club very well. David was overall race winner, with an excellent time of just over 17 minutes, on a very twisty course. Tina and Marilyn each won their respective age groups. In addition, Marilyn won a door prize! I would have had proof of this, but my digital ex-camera died at the precise moment I was to take the obligatory photo of members with trophy/medals. Perhaps next year there will be fewer scheduling conflicts, and AIR can make an even stronger showing, and bring home most of their awards.

Following the event was the festival and parade in the lovely, historic district of Darien. It is the second-oldest planned settlement in Georgia, after Savannah. The city shares some qualities with Fernandina Beach, hav-

ing its origins in the shrimp industry. Not many buildings predate the 1860s, as it was burned by federal troops during the Civil War. It is still a pretty, interesting town. This was definitely a fun event, and a nice trip.

As promised, here is my nomination for the alternate blessing. Blessed are those who run for the pure joy, without hope of record or reward, for neither stopwatch nor timing chip can measure how it makes your spirit soar.

Amelia Island racers

(from preceding page)

Fleming Island 5K, May 5, Orange Park
Frank Frazier, 64, 21:38, 2nd place a. grp.
Gayla Poythress, 39, 32:40
Keith Poythress, 43, 20:16, 1st pl. a. grp.
Al Saffer, 72, 34:49, 1st place age group

Turtle Crawl Triathlon, May 5, Jekyll Island, GA

Bruce Dunham, 42, 2:13:30, 1st pl. ag. grp.
Ken Marker, 30, 2:10:27, 1st place ag. grp.
Vann Simmons, 40, 2:14:03, 2nd pl. a. grp.

RITA CASH in the Spring 5K, May 12, Jacksonville

Frank Frazier, 64, 21:33, 2nd pl. age grp.
Rosa Haslip, 43, 21:11, 1st pl. age group
Al Saffer, 72, 32:42, 1st place age group
Josh Stanley, 14, 29:51
Katie Stanley, 14, 46:38
Susan Stanley, 42, 47:34

Pine Forest 5K, May 19, Jacksonville

Gayla Poythress, 39, 29:38
Keith Poythress, 43, 19:51, 2nd pl. ag. grp.

Ford Ironman 70.3 Florida Triathlon, May 20, Orlando, FL (Half-Ironman: 1.2-mi swim, 56-mi bike, 13.1-mi run)

Bruce Dunham, 42, 5:36:47
Ken Marker, 29, 5:08:59
Sean McGill, 34, 5:33:27
Michael Peters, 38, 4:52:34
Vann Simmons, 40, 5:28:33

Our new corporate motto: Don't mess with 'Misc.!'

Memo to: Amelia Island Runners, Inc.

From: Office of the Prez

Re: Citistreet Corporate Run 5K, April 26, 2007, Jacksonville Landing

Dear Fellow "Shareholders,"

This is your first Annual Report on AIR's performance at the Citistreet Corporate 5K. And we are pleased to tell you that AIR rocked!

As you may know, the Corporate 5K is a team event for businesses, corporations and government agencies. No-where does it say "running clubs."

Race Report

Ed Hardee

However, Vice

President Bill Pennington projected that since we are a (not-for-profit) corporation, we could find a niche among the banks, law firms, merchants, etc. And we did. Our category was: "Miscellaneous!"

In each category, there were three types of teams: men's, women's, and "mixed" (both men and women). The top three finishers' times were used in the scoring.

Originally our plan was to enter one "mixed" team for our six runners. But Rosa Haslip, corporate thinker that she is, split us into two squads to improve our chances.

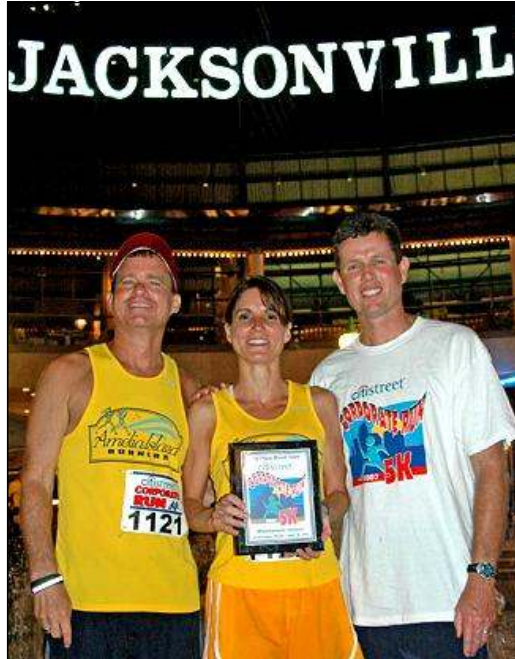
For her excellence in devising winning strategies, she has been rewarded (?!?) with the title of Social Director for our corporation.

Congratulations to Rosa on her promotion!

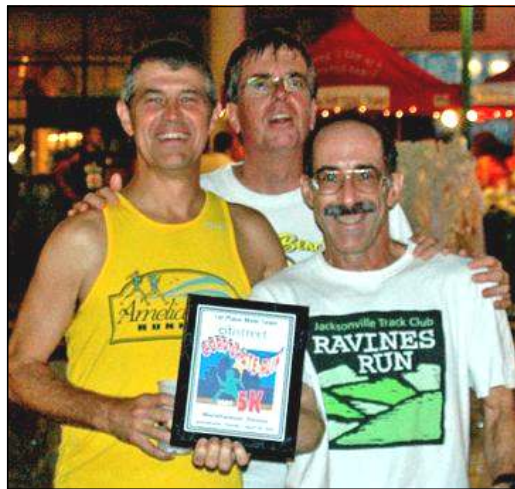
Team spirit

As for the race itself, it was a great event, with teams large and small giving it their all. We must report to you one disturbing development: It was warm and humid, which can only mean... SUMMER IS COMING. Handle your own running strategies accordingly!

Re your corporation's performance, we're happy to tell you that almost everyone set a Corporate 5K PR. That's because it was the first time we'd done the Corporate 5K. But it was an outright PR for Gary, who finished in 20:48 (chip time) despite the heat.



MISCELLANEOUS MIXED (MEN AND WOMEN) TEAM: Bill Pennington, Rosa and Gary Haslip.



MISCELLANEOUS MEN'S TEAM: Jim Hill, Ed Hardee and Joe Fanelli.

Gary's trend lines are heading up, up, up, which is what we corporate (running) types like to see! We expect the Haslips to continue gaining market share in the all-important Race Hardware segment.

After the finish, your exhausted but happy corporate reps acquired some brews and repaired to the deck of the Jacksonville Landing to await the race results. A party atmosphere prevailed, in keeping with our corporate philosophy.

For some reason, the winners of "Miscellaneous" were the last to be

announced from the stage by Friend-of-AIR John TenBroeck. We suspect he couldn't hear the cries of "Get on with it, bring on Miscellaneous!" and "Miscellaneous Rocks!" emanating from the upper deck. Fortunately, police were not summoned, and finally the big category arrived.

Two firsts

And we are extremely happy to report that BOTH of your AIR squads took first place in the "Miscellaneous" division! We believe that if we can also field an all-women's team next year in addition to the men's and "mixed" teams, we might be looking at a total sweep!

Your AIR reps would like to thank everyone involved in this great victory. Most of all, we would like to thank the Florida Striders, JTC Running, Ancient City Road Runners and the 1st Place Sports Running Club for NOT entering teams. (Although some of our joint Strider/AIR members were on hand, including Frank Frazier and also Keith Poythress, who was part of the winning men's team in the government category, Fleet Readiness. Way to go!)

Your club was presented with two first-place plaques, which will be displayed in a place of honor in the palatial Amelia Island Runners headquarters building in Fernandina Beach ... if we ever get one.

And remember, running is good business!

Yours for happy corporate trails,
Ed

Note: This report contains forward-looking statements. Past performance may not be indicative of future results!

Citistreet Corporate 5K, April 26, Jacksonville, FL

Misc. Men: Amelia Island Runners, Joe Fanelli, 53, 22:43, Ed Hardee, 55, 22:59, Jim Hill, 52, 23:26, Time = 1:09:07, Places = 423, 1st place (raw times used for teams)

Misc. Mixed: Amelia Island Runners, Gary Haslip, 44, 20:50, Rosa Haslip, 43, 22:00, Bill Pennington, 50, 21:38, Time = 1:04:27, Places = 211, 1st place

Keith Poythress, 43, 20:11, member Fleet Readiness Ctr team, 1st place Government Male category

Frank Frazier, 64, 21:33, individual

It's 5K season

From September to about March of each year, my training is designed to get me ready to run 15K's and half marathons. When the heat and humidity of spring and summer arrive, though, I "switch gears" and start training for 5K's.

Changing your training routines several times a year "does your body good" and also helps you to keep "mentally fresh." My performance seems to level off or diminish as my body adapts to the same training routine over and over. You can "challenge" your body to get better (and it will!!!) when you change your training routine from time to time.



Trainin' With Billy

Bill Beaumont

I can run a lot more 5K's than half marathons because they are shorter and the required "rest/recovery"

time after each race is less, so I plan for that in my training routines also.

Here are the guidelines I follow to determine my "effort level" when training for a FAST 5K.

* Your pace will be approaching 100% of your aerobic capacity. This will work out to about 90% to 95% of your maximum heart rate. (You can count the old fashioned way, or, spring for a heart monitor. A ROUGH GUIDE for your maximum heart rate is 220 minus your age.)

* I train to run an even pace, with a quarter-mile (AT MOST) surge to finish.

* Lactic acid accumulation will occur. (Your legs will start to feel tired and heavy.) You must learn to manage this and run through it. You need to learn the difference between DISCOMFORT and PAIN. You can run through discomfort, you should NOT run through pain.

* Increase mileage and intensity SLOWLY up through the week before the race. (I try to reach a conditioning PEAK for the race.)

We'll start with the weekly long run. I like to WORK UP TO a long run of about an hour and a half when I'm training for a 5K. (PEAK #1) The long run should be run at a "conversational pace." The weekend before the 5K race, I will run the last two miles of my long run at a tempo run pace.

I do a tempo run once a week also. I do

my tempo runs at a pace that is 20-30 seconds a mile slower than my 5K race pace. I start my training cycles doing a tempo run of 20 minutes, and SLOWLY increase the length of the tempo run to 25 minutes the week before the race. (PEAK #2)

The other "core" workout in my 5K training program is my weekly interval session. I enjoy all my other runs, but, I hafta' tell ya', I DO NOT like running intervals. I run them because they serve a purpose. Always remember, "If ya' wanna' race fast, ya' hafta' run fast!" I do all sorts of "intervals" to help me keep my sanity.

Sometimes I'll run 220's at "faster than 5K race pace." Sometimes I'll run 440's at "faster than 5K race pace." Sometimes I'll run 880's AT 5K race pace. Sometimes I'll "bag" the track altogether and head to the 18th Street hill and run back and forth across that sucker til' I'm sick of it!!! Remember, Frank Shorter said that hills are "speedwork in disguise." Whichever I choose, I add one or two "reps" a week to my routine to create another "PEAK" in my training program the week before my race.

All my other runs each week are "fun runs." I'll run any other runs wherever I want to run, at whatever distance I want to run, at whatever pace I feel like running, with whoever I want to run with.

The week before the race, it's "taper time." Since I am a "frequent racer," I don't do a full week taper. I do a mini-taper. This way, I don't take away too much from my weekly base mileage. I "front load" my race week with volume and intensity through Wednesday. I'll do my long run on Sunday, with the last two miles run at "tempo run" pace. I'll do an abbreviated "interval session" on Tuesday. On Monday and Wednesday, I'll run my usual distances, but at a "conversational" pace.

Folks who run with me regularly know I'm a big fan of quotes I've collected over the years. This is a good time for one of 'em. "Everybody knows you don't train hard on Friday, the day before a race. But a lot of runners will overtrain on Thursday, if left on their own....." I take this quote seriously! I always REST on Thursday of race week. On Friday, the day before the race, I take a short, EASY 2- to 3- mile run, and finish it off with four "race pace strides."

Now, go grab that next 5K by the horns and "bust ya' off a fast one"!!!! And when you're lining up and gittin' ready for that new PR, don't forget the words of the immortal Hulk Hogan along the way. "Eat right, exercise and say yur' prayers."!!!

Run Safe, Run Strong, Run Fast!!!

Bill

A gentle reminder...

Your annual dues may be due! 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 Amelia Island Runners, P.O. Box 15322, Fernandina Beach, FL 32305 or turn them in at our next meeting, 7:30 p.m. June 20 at Sliders Seaside Grill, 1998 S. Fletcher Ave.

Run with us

Come join our Tuesday and Wednesday group runs, 6 p.m. at the Atlantic Ave. Recreation Center. All runners, all abilities, all ages always welcome!

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AN ADVENTURE BEGINS: Clockwise from left, a view of the island from Cumberland Sound; AIR member Jim Strozinsky during the trip over; runners and other ferry passengers arrive.

Running Cumberland

The secluded island just to our north is 'one of the prettiest places on the face of the Earth' — and an unforgettable spot for an adventure run

By Ed Hardee

"People from all over the world come to visit Cumberland Island. It's one of the most pristine on the East Coast," says a passenger on the Cumberland Lady as the ferry pulls away from St. Marys on a sunny Saturday morning.

Georgia's southernmost barrier island is accessible only by boat, and for about 50 people this day, it will be a place where nature, history and physical challenge meet. They're on their way to "Run Wild," a 12.5-mile adventure run along the beach and trails of Cumberland.

The annual event is a fundraiser for Girls on the Run of Northeast Florida, a nonprofit group that encourages running, and self-esteem, among girls age 8-12.

Along for his second Cumberland adventure run is Jim Strozinsky, 47, a high school science teacher in St. Marys and member of the Amelia Island Runners club. He's

(Please see RUN WILD, next page)



ADVENTURE ISLAND: Clockwise from above, runners get an introduction to the course from Bruce and Deborah Dunham; then it's time to head to the River Trail and start the 12.5-mile run, which begins with a ranger saying, 'Go!'





Runners head south beneath a canopy of Spanish moss, toward the ruins of the Carnegie mansion, Dungeness.

RUN WILD from preceding page

excited about the trip, not just for himself, but for everyone aboard who's never visited the National Seashore before today. "Cumberland Island," Jim says, "is one of the prettiest places on the face of the Earth."

After a 45-minute voyage along the St. Marys River and Cumberland Sound, the adventure runners arrive at Sea Camp Ranger Station and are greeted by Deborah Dunham, director of Girls on the Run. She and her husband Bruce give the runners an orientation, and then they're off – but not in the way they'd expect in a typical race.

"No gun, or cannon, or big timing clock," says Jim. "Just a park ranger saying, 'Go!'"

The adventure run, in fact, is not a race. In many respects it's a trip back in time, before development changed the face of the East Coast forever. The runners head south along the River Trail to the ruins of Dungeness, a Carnegie family mansion built in the 1880s and destroyed by fire in 1959. A handful of tourists at the site offer what Jim calls

"polite motivation" to keep going. If the runners want more time to explore, "I



Dungeness, built in the 1880s on the site of an earlier mansion, burned in 1959.



After passing an old cemetery, runners head for a boardwalk over marshes where feral horses graze.

guess they just have to come back for a nice hike."

They pass a small cemetery dating back to the early 18th Century. Then comes a



wooden boardwalk, and beside it, several of the famed feral horses of Cumberland Island. The horses graze quietly on marsh grass

as the runners pass, only a few feet away.

Suddenly, the water and
(RUN WILD, next page)

RUN WILD (from preceding page)

grass yield to a desert-like scene as the runners begin climbing soft, white dune sand toward the ocean. “Brutally hard on the legs,” Jim says, “but fun.”

And then the group treks north again along a wide expanse of beautiful, hard-packed beach, which they have almost all to themselves. Jim stops at a tidal pool to splash cold water on his head before leaving the beach for the warmer side of the dunes.

“As you come off the beach there is a maritime forest that is straight out of a fantasy book,” he says. “There’s a canopy of twisted oak here that is rivaled nowhere.”

And there are more highlights, both natural and historical, as the runners continue their journey: the Parallel Trail, a hiking trail that heads due north for about two miles; Stafford Beach, where the runners turn west, then head south once more; a glimpse of the Greyfield Inn, site of the JFK Jr. wedding reception in 1996; and the graded main road back to Sea Camp and the finish line, where food and drink await, including bagged sandwich lunches provided by the Greyfield.

Observant runners – or those who weren’t trying to set a personal trail-running speed record – might have noticed a series of small signs set out along the way, with information about the island to keep the adventurers entertained. Paying attention was a profitable strategy, because there’s a quiz later. Prizes go to runners who can remember the answers to such questions as:

How many full-time residents are on Cumberland Island? (14);

When did the Greyfield Inn resort open? (1962); and

The island is home to how



Climbing the soft sand is ‘brutally hard on the legs,’ but runners are rewarded...



...when they reach the wide, hard-packed ocean beach of Cumberland.



Coming off the beach, the maritime forest ‘is straight out of a fantasy book.’

(See RUN WILD, next page)



Runners head down Cumberland's graded Main Road on the last leg of their journey. Above right, Jim Strozinsky nears the finish line. Below, runners and visitors bid farewell to Cumberland's Sea Camp ranger station, and head back to 'civilization' after an exhilarating day.



RUN WILD, from preceding page

many species of birds? (323).

An informative talk by a Park Service ranger offers more about the island's history, ecology and wildlife. And then it's time to board the Cumberland Lady for the trip back to St. Marys, with seagulls providing an escort along the way.

This year's Cumberland adventure run on April 14 was the third sponsored by Girls on the Run, Deborah Dunham explains. She says the idea was to provide a unique running experience, not a typical 5K race.

The group sponsors another adventure run each fall in another picturesque spot seldom seen by the public, White Oak Plantation in Nassau County. Monies generated by the fund-raisers are used to support girls in the program.

"I've been waiting for a year to come back. It's like a vacation – like a personal retreat," says Gail Morley of St. Augustine, riding the ferry back to St. Marys after finishing her second "wild" run. "It's the highlight of the year for me. I told my husband, I don't think I'm coming home."

"It was fabulous," Jim Strozinsky agrees. He'll be commuting to St. Marys after he and his family move to Fernandina Beach this summer, and he hopes his two daughters will be joining Girls on the Run. Amy, 9, is in her running club at school, and Jenny, 11, recently ran an 8-minute mile.

"A perfect day," he says of his adventure. "Can't wait to do it again."

Cumberland Island is accessible only by boat. A ferry leaves the Cumberland Visitor Center in downtown St. Marys, GA. You can arrange to visit the island by calling the ferry reservation office toll-free at (877) 860-6787, 10 a.m. to 4 p.m. Monday-Friday. For fees, schedules and need-to-know info, visit www.nps.gov/cuis.





Hot shrimp!

They weren't exactly like shrimp on the barbie, but more than 375 runners were warm enough on May 5th for the 13th annual Shrimp Festival 5K at Main Beach, sponsored by the McArthur Family YMCA. The traditional walk and Katie Caples Memorial one-mile youth run were joined this year by a "Popcorn Shrimp" half-miler for the youngest set. Ryder Leary won the 5K men's event (yet again!) with Joni Gruwell first among the women.

Amelia Island Runners had another great turnout, along with a hospitality table captained by Caroline Fanelli. For more pictures, check our website, www.ameliaislandrunners.com.



TOP 5K WOMEN'S FINISHERS: Joni Gruwell, 26, first place, 18:40; Julie Stackhouse, 28, second, 18:52; Amelia Island Runner Shelby Kittrell, 16, third, 21:00.

TOP 5K MEN'S FINISHERS: Ryder Leary, 21, first place, 15:31; Amelia Island Runners Rob Whiting, 20, second, 16:10, and David Vigh, 40, third, 17:28.



Top finishers in the girls' one-miler: Brynn Hentschel, third, Jenny Strozinsky, second, Kierstin Turner, first place.



Top finishers in the boys' one-miler: Chris Azar, first place, Philipp Tolxdorf, second, Scott Thelemann, third.



Top finishers in the girls' half-miler: Halia Smithley, first place, Kaylin Hentschel, second, Natalie Cottingham, third.



Top finishers in the boys' half-miler: Heyward Burnet, first place, Robert Southwick, second, Jake Faltemier, third.

Amelia Island Runners in the 2007 Shrimp Festival 5K

We had a great turnout in the Shrimp Fest 5K — and we have the pictures to prove it! If you'd like to have the .jpeg version of any of these pictures, just drop an

email to runnernews@aol.com. And our thanks to Dave Gussow for the race photography.



Amy Strozinsky, Ann Reamy, Art Nichols, Ashley Powell, Bill Barnes, Bill Beaumont, Bill Pennington



Bradley Dunham, Ceris Feakes, Chip Reamy, Chris Timmons, Connie Parker, John and Colleen Hodge

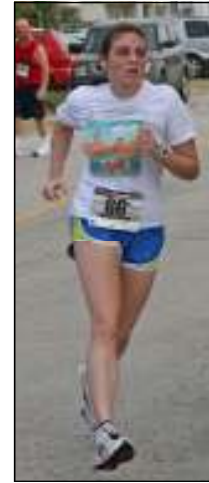


Daniel Faltemier, Deborah Dunham, Del Conner, Ed Hardee, Emma Feakes, Fannie Byrd, Gary Haslip

Lucy Athey, 63, 33:37
 Joan Baine, 44, 30:31
 Bill Barnes, 60, 24:14, 1st pl. age group
 Bill Beaumont, 50, 17:52, 1st pl. a.g.
 Fannie Byrd, 34, 29:34
 Del Conner, 54, 20:50, 2nd pl. a.g.
 Kathy Conner, 53, 36:08
 Marc Demeter, 34, 21:48, 2nd pl. a.g.
 Steve Devlin, 47, 18:19, 1st pl. a.g.
 Bradley Dunham, 10, 29:52
 Deborah Dunham, 40, 22:13, 2nd pl. a.g.
 Marty Elliott, 68, 31:17
 Rusty Elliott, 64, 39:20
 Daniel Faltemier, 7, 30:30
 Tom Faltemier, 39, 30:39
 Valerie Faltemier, 38, 30:41
 Joe Fanelli, 53, 22:23
 Ceris Feakes, 53, 31:02
 Emma Feakes, 15, 30:43
 Joe Gerrity, 53, 29:24
 Renee Golson, 37, 24:52
 Jennifer Gorbutt-Rector, 32, 34:36
 Ed Hardee, 55, 22:36, 1st pl. a.g.
 Melanie Haslip, 21, 31:51
 Rosa Haslip, 43, 21:11, 1st pl. a.g.
 Lisa Haviland, 45, 23:50, 3rd pl. a.g.
 Jim Hill, 53, 22:55
 Colleen Hodge, 37, 41:47
 Julie Johnson, 53, 39:13
 Shelby Kittrell, 16, 21:00, 3rd female overall, 1st place age group
 Robin Lentz, 27, 26:16
 Toby Lentz, 30, 29:17
 Melinda Lesoine, 46, 25:48
 Leslie Livingston, 49, 28:51
 William McLaughlin, 63, 27:31
 Kathy Murray, 44, 22:25, 3rd pl. a.g.
 Art Nichols, 60, 26:01
 Kevin Ott, 49, 31:16
 Bill Pennington, 50, 21:08, 3rd pl. a.g.
 Connie Parker, 60, 30:25, 3rd pl. a.g.
 Vann Parker, 63, 27:44
 Susan Perry, 43, 26:38
 Michael Peters, 38, 20:43
 Greg Phillips, 43, 21:51
 Ashley Powell, 26, 30:01
 Scott Powell, 29, 25:10
 Ann Reamy, 59, 30:45, 2nd pl. a.g.
 Chip Reamy, 59, 28:10
 Marilyn Roberts, 60, 26:46, 1st pl. a.g.
 Donna Scalia, 61, 30:17, 2nd pl. a.g.
 Pete Scalia, 64, 30:19
 Pam Shull, 44, 24:54
 Stacy Simmons, 41, 24:55
 Jill Staples, 51, 26:55, 2nd pl. a.g.
 Amy Strozinsky, 9, 29:37
 Jim Strozinsky, 47, 23:28
 Chris Timmons, 53, 30:59
 Philipp Tolxdorf, 9, 22:44
 Raquel Vanlennep, 36, 26:36
 David Vigh, 40, 17:28, 3rd male overall, 1st place age group
 Tina Vigh, 43, 24:36
 Rob Whiting, 20, 16:10, 2nd male overall, 1st place age group
 Judy Wilson, 52, 24:02, 1st pl. a.g.
 Gayle Wood, 59, 29:29, 1st pl. a.g.
 Laverne Wright, 49, 33:13
 Nathalie Wu, 38, 28:31

AIR at the Shrimp Festival 5K

As always, if we missed you or made an error, it wasn't intentional — please let us know so we won't do it again, and can run your picture next time. Just send an email to runnernews@aol.com.



Gayle Wood, Greg Phillips, Jennifer Gorbutt-Rector, Jill Staples



Jim Hill, Jim Strozinsky, Joan Baine, Joe Fanelli



Joe Gerrity, Judy Wilson, Julie Johnson, Kathy Conner

Amelia Island Runners at the Shrimp Fest 5K



Kathy Murray, Kevin Ott, Laverne Wright, Leslie Livingston, Lindy Lesoine, Lisa Haviland



Lucy Athey, Marc Demeter, Marilyn Roberts, Marty Elliott, Melanie Haslip, Michael Peters



Nathalie Wu, Pam Shull, Pete and Donna Scalia, Philipp Tolxdorf, Raquel Vanlennep

Congratulations to all of our Shrimp 5K finishers!



Renee Golson, Rosa Haslip, Robin Lentz, Rusty Elliott, Scott Powell, Stacy Simmons, Steve Devlin



Susan Perry, Tina Vigh, Toby Lentz, Tom Faltemier, Valerie Faltemier, Vann Parker, William McLaughlin

And after the Shrimp race...

... it was time for Amelia Island Runners to party, with a Saturday night Shrimp Fest beach bash. David Hardee, shrimp chef extraordinaire, provided just the

right amount of spice for the proceedings with his signature dish, Low Country Boil. It's a shrimp, sausage and veggies concoction from the "Low Country" of South

Carolina. Major thanks from our well-fed band of runners to David and his wife Kathleen, along with the rest of the party's great "support crew," Jeff and Nancy Gussow and (behind the camera) Dave Gussow, who also photographed the 5K for us.



A hog-wild 5K

This year's Shrimp Festival 5K could have become the Hog Jog.

Just ask Jeannine Hanner, who lives along the northernmost part of the Shrimp Fest 5K route, in a neighborhood adjacent to Fort Clinch State Park.

On the morning of the big race May 5, "I had just gone into the kitchen to put my coffee on. Out of the corner of my eye, I see two men in yellow singlets cutting across the front yard. I said, 'That's a little bit strange,'" Jeannine remembers.

"They kept coming, and they started coming up my steps. I went to look and thought, 'Maybe it's somebody I know wanting to leave a water bottle.' I didn't recognize them immediately, and I thought, 'If they're doing stair training, that's just rude!'"

"They got to the top of my steps, and said, 'There's a wild pig chasing us! If he keeps coming, we're coming in your house whether you like it or not!'"

"I got my phone and started to look up the non-emergency number, but then I thought about the number of runners who were about to come through and I thought, 'This probably IS an emergency.' I called 911, and went down the steps to see where it was. He was standing on the other side of the road, like he was waiting to see what was going to happen. I was trying to explain it to the police – this is Shrimp Festival weekend – to convince them that there's a pig here, and I'm sober!"

It wasn't just any pig – it weighed an estimated 300 pounds. And it wasn't just any two runners, or yellow singlets. It was two of our Amelia Island Runners, Steve Devlin and David Vigh. They e-mailed this account:

"We were running the race course to warm up and saw an animal cross from west to east across the street near the top where you turn back around towards home."

Steve told David: "That is a huge Rottweiler." David told Steve: "It's a pig."

"So we ran up there and made a noise to not scare it. As soon as it heard the noise and saw us he came out from a yard and trotted straight at us. We ran up on a lady's deck (at race pace or faster) and told her about it.

"She called the police and we tried to 'shoo' it back into the State Park. It came towards us a few times and then meandered into the park."

Officer Martin Scott arrived quickly, and "David told him it was about two and a half feet high and probably weighed at least 250 pounds," Steve said. "That got his attention."

Officer Scott picks up the story:

"I made it over there, and of course the hog wasn't anywhere to be seen at that point." But knowing that the race was about to start, with hundreds of runners, the officer stayed until all of them had safely cleared the area.

"After all the runners went past, I decided the hog might have gone back over to Fort Clinch, so I went back to the station," the officer said. And then, "We got another call. A gentleman who lives down on the corner said he saw it, in some bushes."

So Officer Scott headed back, and "I actually saw the hog this time." And heard it – the animal was making noises.



EXCITING DAY IN THE NEIGHBORHOOD: The race, and the pig, passed near Jeannine Hanner's steps.

"It didn't seem like he would be a vicious type of wild hog. I asked the neighbors if they had any crackers or bread, and they gave me some crackers. I started throwing the crackers, and it came up and started eating.

"I got up within three feet, and realized he wasn't going to attack me. I got my catch pole around his neck, and he looked up at me as if to say, 'You're not gonna catch me!' He jerked his head and snatched the catch pole out of my hands. I was thankful later; if I'd caught him he might have been dragging me around.

"I called Animal Control, and told them to bring some food. They brought some dog biscuits. But the hog ran back into the woods before Animal Control got there. We did a little search, and lured him back out with the dog biscuits."

Then one of the Animal Control officers fired a couple of tranquilizer darts. They hit their target, but without the desired effect; the animal ran into the woods again. "We had to crawl on our hands and knees through the briars to catch up with the hog. They had to put more tranquilizers in him. He finally fell, and they took him to Animal Control."

And so, the story has a happy ending. "They put him in a truck and took him to a farm in Yulee," Officer Scott reported. "He wasn't anybody's bacon."

The Shrimp Festival runners safely completed their trek, almost all of them unaware that the police cruiser near the turnaround was there for anything other than crowd control. Steve and David, unscathed, made it back to the starting line in time to run the race and win their age groups.

"That's the first boar hog we've seen out running and he was a big, unafraid pig," Steve recounted. "The two of us clearly knew who was in charge in that encounter. And we weren't counting on running skill to get us out of trouble -- we were planning to climb (trees, cars, whatever was close by.)"

And Jeannine Hanner is left with a great story about her morning with two Amelia Island Runners and the visitor she calls Snort, the Wonder Hog. "What a way to start your weekend," she said with a laugh. "I didn't even know we had hogs on the island. Hopefully Snort, the Wonder Hog doesn't have any friends."

From racing to directing at Vandy

(As if AIR member Rob Whiting weren't busy enough with a double major at Vanderbilt and running track and cross country, he's been the driving force behind a new campus group called Vanderbilt Students for Students. The group tutors and mentors students at a low-income Nashville high school to help them prepare for college, and is raising money for scholarships. The cross country team is actively involved, which recently led Rob to tackle yet another task — as a race director.)

By Rob Whiting

When my organization, Vanderbilt Students for Students, and I started planning the Vandy Mile Bonanza last November, I never anticipated the time and effort being as great as it was. On the evening of April 3, more than 400 hours of work by all of us came to fruition, as the event attracted more than 150 participants and raised more than \$1,500 for our scholarship.

To differentiate our event from the myriad of 5K races around Nashville and Vanderbilt, our “Mile Bonanza” included three types of races: a Kids Fun Run, five heats of the Open Mile (seeded by projected time), and a Fraternity and Sorority 4 x 400m Relay.

As this was the first year of the event, we had a lot to figure out. Our initial efforts ranged from picking a date and reserving the track, to setting up online race registration and designing a registration form. Designing the form was a huge learning experience, because in the process my friend and I became amateur graphic designers.

Throughout January and February, I spent countless hours securing sponsors for the race. We were able to get donations of pizza, smoothies, fruit, cookies, soft drinks and sports drinks.

To add to the “bonanza” feel, we also wanted to give away a lot of door prizes (which we called ‘Dore’ Prizes here at Vanderbilt with our Commodore mascot). As a runner who's been to many road races, I know door prizes



WHAT'S UP, DOC?: The Vandy Mile Bonanza really did feature ‘rabbits’ — cross-country runners Mike Nordlund, Chris Noel and Matt Long. Below, Rob with Michael Bashour.



are a great way to get people excited. I was able to solicit multiple gifts and gift certificates, and throughout the event, the race announcer called out random race numbers for people to come claim their prizes.

As the big day neared, our marketing went into overdrive. The biggest help was Facebook, a social networking website, which we used to spread the word and post advertisements. Over spring break I stayed in Nashville to work on the event, and I searched out every YMCA and gym I could find in the vicinity of Nashville. Needless to say, I know the city a little better!

Another huge initiative was getting the Greek chapters to participate in the relay, so a committee member and I visited every Greek house to talk and hand out registration forms. We were also able to get coverage in The Tennessean, the school newspaper and its website, the university's calendar, and every major running website.

In the two weeks prior to the race, we made sure everything was set to go and had tasks assigned for everyone. Of course, I was extremely anxious the

entire time that something wouldn't come through, but everything went well. My parents were able to come to the race, as well as my cousin and his wife, and they helped out a lot.

We had pre-race registration from 4:30-5:30 p.m., started the Kids Fun Run at 5:45, and began rolling heats of the Open Mile starting with the fastest at 6 p.m. Each heat was “rabbitted” by one of my cross country teammates — the runner was dressed as a rabbit, complete with ears and tail. One runner did beat the rabbit, so that person won \$25, and the rabbit donated \$75 to the scholarship fund.

The Greek relays started at 7, and they were extremely entertaining, especially the fraternity relay. The guys really got into it; we had people diving at the line to hand off batons and multiple runners throwing up. Maybe those three slices of pizza were a bad idea.

At the awards ceremony, we acknowledged the top 15 male and female milers, including the overall winners, who both received shoe vouchers to a local running store. The overall male winner finished in 4:36 and the overall female in 5:38. We also recognized the Greek houses with plaques and medals — the winner of the fraternity relay finished in 3:50! On my way into Maggiano's at 8:30 for dinner with my dad, the first raindrops began to fall — and then it hailed. We were extremely lucky!

While having the event on my mind at all times made it difficult to concentrate on schoolwork, I still had a great time putting it together and look forward to working on the Second Annual Vandy Mile Bonanza. Everyone involved learned a lot, and I know next year will only be better.

With all the money we raised, we are now prepared to select the winner of the college scholarship our organization offers to seniors at a local under-resourced high school in Nashville. And what's even better, my track season really didn't struggle — the following weekend I ran the 5000m at Auburn and set a personal best of 15:37.

If you have any questions about Vanderbilt Students for Students, donating to our cause, or just want to know more about our big event, please don't hesitate to contact me by e-mail at rob.whiting@vanderbilt.edu, or visit our website at <http://studentorgs.vanderbilt.edu/vss>.

Unwanted motivation was a bolt from the blue

My wife Emilie asked me an interesting question the other day. She inquired if I've ever been "scared" while running.

At first I thought about the assortment of discomforts that all of us go through under race conditions. You know, the heavy breathing, sweating, unsuccessful use of telekinesis to move the finish line closer. But those aren't scary things, just part of our running culture.



Finish Lines

Bill Pennington

I thought about snakes on the trails in Fort Clinch. I hate snakes.

Fortunately, I've never come across a coiled al-Qaida vermin in the park.

Then my mind turned to gators. Yes, there was

one time when I was running with a few of the Wednesday night crew when we came around a Greenway corner and encountered a 10-foot alligator. We were like the Keystone Kops -- the lead runner stopped, and the rest of us ran up on him. The gator wanted no part of the four of us, slithering into the marsh.

That was a good story, not really scary, just a little unnerving.

My scariest running experience was at this time last year when I went for an after-work run on the beach. I started at the Simmons Road beach entrance and ran toward Peters Point. The plan was for a leisurely six-miler. Three miles to Peters Point, then back home.

It was a great day for beach running -- packed sand, a slight breeze, and a hint of sun. I was feeling good -- that is, until I reached my turnaround point. I pivoted to head home and saw a black cloud that looked like the end of days. A thunderstorm was coming and I was about three miles from home.

No money, no shirt, no cell phone -- just a watch, a pair of shorts, and my Asics. Not exactly the stuff that even MacGyver could turn into an anti-lightning rod.

At least I had my ID bracelet so they could identify my charred remains.

A temple of doom?

I felt like Indiana Jones with the big boulder heading my way. But like Indy, I thought I could beat it. I ran about a quarter-mile on the beach and realized that there was no escape. A boom of thunder confirmed that the storm was coming and I was on the beach with no cover and nowhere to hide. I figured when the storm and lightning hit, it would be better to be on the road among large homes and trees than on the beach where I was the tallest thing on the sand. So, I headed for the next beach entrance to Fletcher Avenue.

It's amazing the motivation that a few cracks of thunder can give you. I was sprinting like I was getting ready to take on Carl Lewis.

When the showers started, it was a rain that would fill a swimming pool.... a deluge; Niagara Falls-comes-to-Amelia type rain. I was running fast, and not because I wanted a speed workout; I was running for cover, ducking (like that was really going to help) as each lightning bolt lit the skyline.

So much for a leisurely evening 10K. I have to admit, though, that I had a

slight grin on my face as I splashed through ankle-high puddles and felt the drenching wake of each passing car. I bet those perplexed drivers thought I was some moron who had decided to work out in a thunderstorm.

"Boy, those Amelia Island Runners are sure dedicated, but this is just plain stupid," they must have thought as they sped by.

I wanted to yell out to each of them that this wasn't a workout -- I was just trying to get home.

It was scary.

I was running, praying, and blinking away the rain. I was counting down the streets and my usual landmarks. Okay, I've passed the golf course, I can see the Kangaroo mini-mart sign, a few more streets to the Surf, then a full sprint home. God, please don't strike me down now.

Almost home

Finally, I got within about one-half mile of home when Emilie came to the rescue. I had made the mistake of not informing her of my route that day, so she had been searching unsuccessfully. About the time she pulled up, the rain and lightning had subsided. So, I told her I would be okay to finish. I'll see you at home. I would say she thought I was crazy, but she's lived with me for more than 10 years, so she fortunately understands my idiosyncrasies.

Heck, I was soaked, the lightning scare was over, and now I could enjoy the cooler weather. And besides, my adrenalin had kicked in.

We search for the magic motivational pill to run faster, run farther, run more efficiently -- but a thunderstorm on the beach, I don't recommend it.

Amelia Island Runners Membership Application

Check one: Single membership _____
Family _____ Student _____

(If family membership, please add each member's name, age and gender on separate page.)

Membership fee: \$20/year for individuals, \$25/year for family, \$10/year for students. For more information, please call (904) 277-8365.

Mail to: Amelia Island Runners, P.O. Box 15322, Fernandina Beach, FL 32035.

Name _____ Phone (_____) _____

Address _____

City _____ State _____ Zip _____

E-mail _____ Age _____ Sex: M / F

Signature/ date _____

Waiver: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and participate 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 run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including heat and/or humidity, traffic and the conditions of the road, such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, Amelia Island Runners, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of persons named in this waiver.

Time to get running!



Saturday, June 2 The Neighborhoods of World Golf Village 5K, 8 a.m., World Golf Village near Caddy Shack, north of St. Augustine. Race hotline: (904) 731-1900

Friday, June 8 JTC Running's Mile Festival, 7 p.m., Bolles School, 7400 San Jose Blvd., Jacksonville. (904) 388-7860

Saturday, June 9 A Novel Run 5K, 8 a.m., Mills Field, just E of SR 13 on Racetrack Road, Fruit Cove. (904) 731-1900

Saturday, June 9 Beaches Fine Arts Sprint Triathlon Series Race No. 2, 7 a.m., Mickler's Landing, north of the intersection of State Road A1A and Ponte Vedra Blvd. Route 203, Ponte Vedra Beach. (904) 270-2074

Saturday, June 16 OE&S Run for the Pies 5K, 8 p.m., Jacksonville Landing. (Avia Jacksonville Championship 5K race starts at 7:30 p.m.) (904) 731-1900

Friday, June 22 JTC Running All-Comers Track & Field Meet No. 3, 7 p.m., Bolles School, 7400 San Jose Blvd., Jacksonville. (904) 388-7860

Saturday, June 23 Jacksonville Triathlon Series Sprint No. 1, 7:30 a.m., Little Talbot Island State Park, 12157 Heckscher Drive, Jacksonville. (352) 637-2475

Wednesday, July 4 St. Marys 4th of July Celebration 5K/10K, 7 a.m., downtown St. Marys, GA. (912) 882-1908

Wednesday, July 4 Celebration 5K, 7:30 a.m., 1st Place Sports, 3931 Baymeadows Road, Jacksonville (904) 731-1900

Wednesday, July 4 4th of July 5K at the Sunshine Festival, 8:00 a.m. (one-mile fun run starts at 7:30 a.m.), Mallory Park, St. Simons Island, GA. (912) 638-2396

Saturday, July 7 Jacksonville Triathlon Series Sprint No. 2, 7:30 a.m., Little Talbot Island State Park, 12157 Heckscher Drive, Jacksonville. (352) 637-2475

Saturday, July 14 Beaches Fine Arts Sprint Triathlon Series Race No. 3, 7 a.m., Mickler's Landing, north of the intersection of State Road A1A and Ponte Vedra Blvd. Route 203, Ponte Vedra Beach. (904) 270-2074

Saturday, July 21 'New' Bridge of Lions 5K, 7:30 a.m., 1 S. Castillo Drive, St. Augustine.

Saturday, July 21 Vestcor Bridges Run 5K, 7:30 p.m., Hemming Plaza, downtown Jacksonville. (904) 731-1900

Saturday, July 28 First Coast 5K Trail Run, 8 a.m., Kathryn Abbey Hanna Park, 500 Wonderwood Dr., Atlantic Beach

Saturday, July 28 JTC Running's Summer Track Classic, 5 p.m., Bolles School, 7400 San Jose Blvd., Jacksonville. (904) 388-7860

For more information on these events, with links and downloadable entry forms where available, click on the race calendar at the Amelia Island Runners website: www.ameliaislandrunners.com

Visit AIR on the Web: www.AmeliaIslandRunners.com

P.O. Box 15322
Fernandina Beach, FL 32035

