



Mysterious 5K Fun Run on March 9

ROY BENSON
For the News-Leader

Runners, joggers and walkers, the Nassau Education Foundation and the Amelia Island Runners are offering you a learning opportunity. This lesson will be your homework in prep for a little quiz on March 9 at 8:30 a.m. at the Nassau County School Board location on Atlantic Avenue. It will be a friendly, learn-by-doing opportunity to show how well you studied the below information and learned how to "run for fun" versus "dash for cash." So study carefully, but then be ready for a little extra credit work at the end of the run.

Mystery 5K Run and Walk

The Nassau Education Foundation will host the Mystery 5K Run and Walk at 8:30 a.m. March 9 at the Nassau County School District office, 1201 Atlantic Ave. in Fernandina Beach. Entry fee is \$25 and includes a T-shirt for the first 150 registrants.

To start today's lesson, here are the most basic features of road races:

Races provide finish times and finish places for each competitor, and races guarantee accuracy of race results.

Computerized systems featuring radio frequency identification chips, usually embedded in the competitors' pinned-on numbers, record when and in what order the runners cross the finish line mat. Race results list everyone who crosses the finish line of an accurately measured, certified course. From miles 3.1 to 6.2 to 9.3, the distances are advertised in kilometers as 5K, 10K and 15K. Half and full marathons, however, are listed as 13.1 miles and 26.2 miles. (Don't even think about asking, "Why aren't all road races measured in miles since we use the English, not the metric, system?")

Races offer "split" (i.e., intermediate) times at each mile marker to aid the runners to pace themselves. (Don't even think about asking, "Why, since the shorter courses are measured in kilometers, are the split times not offered at the 1,000-meter points? Folks, if you need an answer to that conundrum, call your local USAT&F governing body representative. But, rest assured, that question and its answer will not be on your quiz.)

Races feature competitive divisions based on age groups, in five-year increments, i.e., the 25-29 year age group, for both male and female runners. Awards are usually given to the top three finishers in each age group, plus the overall and masters (40 years and over) winners. At local race after race, the same recognizable faces usually take home most of age group prizes.

Most races are produced with the expectancy of raising money for a worthy charity or cause but are expensive to put on. The costs of the obligatory T-shirts for each entrant and age division awards three deep in each as many as 16 age divisions tends to run into the money.

Traffic control by local police is not pro bono. Neither are EMT services at the finish area. Without a nearby woods, providing port-o-potties is a necessity and very expensive. Race management companies who handle registration, finish-line operations and results are also major contributors to the cost of a race. Entry fees from \$35 to \$50 for 5K to 15K races are standard, especially if every finisher is given a participation ribbon or medal.

The above may be more information than you ever wanted to know.

To continue today's lesson, now let's consider the main features of a fun run. In the true spirit of a fun run, let's not clutter things up by worrying about additional facts

RUN Continued on 2B



PHOTOS BY BETH JONES/NEWS-LEADER

The Lady Pirate beach volleyball team made its debut Monday during a high school preseason tournament Monday at Sports Edge Beach in St. Johns County. "We are very excited about the start of the season," said Brian Evatt, head coach of the Fernandina Beach High School inaugural beach volleyball team. "The girls played very well. We got a chance to see for the first time how some of the girls are going to play together. Beach is about how well you and your partner can communicate with each other. We played some very good teams and were able to treat the tournament as practice. We haven't been able to have a lot of practices. Luckily a lot of these girls have played indoor so it's just getting them comfortable playing in the sand." Thirteen of the 16 girls played indoor volleyball at FBHS. Home matches will be played at Main Beach. Pictured are Reese Dardy and Anna Ross, top; Leni Domenick and Addison Pearce, middle left; Elizabeth Smith and Indigo King, middle right; Smith, above left; Sophia Saldana and Oliva Rousslow, above center; and Ross, above right.

Amelia Island Sailing Club holds three-race event



SUBMITTED PHOTO

Tiger Tale, Misty and Valkyrie in the second race on Feb. 17. The next race is March 16.

The Amelia Island Sailing Club held its second race day of the 2024 season on Saturday, Feb. 17, in Cumberland Sound. Sailing a different format than usual, there were three shorter, 2.4-nautical mile length races rather than the normal single long race of approximately 9 nautical miles. The first race started at 11 a.m., followed by the second and third races starting at 12:10 p.m. and 01:15 p.m., respectively.

The weather was drab and drizzly, with periods of light rain, and cool with temps reaching the high 50s. Winds from the west were light and variable in the range of 5-10 knots, and the tide was incoming for the whole event, resulting in increasing current speed as the day progressed.

Seven boats raced all three races, involving 24 sailors braving the elements. The shorter race format kept the boats in sight of each other and

provided for close racing by both the faster boats in the fleet and the slower boats. The tight racing helps everyone focus on fine tuning and sailing the boats as fast as possible all the time for the best adjusted finish times after applying the racing PHRF handicaps to the elapsed finish times.

The results of the three individual races were tallied to determine the overall winner of the day. Bill Kavanaugh and crew masterfully sailed Tiger Tale to three first-place finishes, capturing first place for the day. Fred Eichmann and the team on Wilby Whitt's Misty raced for three second-place finishes, for overall second place for the day. For two of the races, Misty finished just 47 seconds and 54 seconds behind Tiger Tale, extremely close finishes for races which had elapsed race times

SAIL Continued on 2B



SUBMITTED PHOTOS

Miss Marsha close hauled in the second race, left. Miss Marsha windward of Tiger Tale, right.

SAIL From 1B

for all boats between 32 to 54 minutes. Justin Pelham-Webb sailed Valkyrie to third place for the day, with two thirds and a fourth-place finish in the three races. Fourth place for the day was secured by Steve Boice on Miss Marsha, fifth place was taken by Gary Sanders on Salty Sally, followed by Norm Wentworth on Morning Glory and Colleen and Jason Gerke on Juliana.

Post-race camaraderie and stories of the day were shared on the dock beside Misty at Tiger Point Marina.

Complete results and more race photos along with 2024 racing schedule are available on the AISC website at ameliaislandsailing-club.wildapricot.org.

The next race is on Saturday, March 16. All are welcome to race with AISC



Julianna in the third race.

requiring just a club membership at \$100 per year. Visit the club's website to learn more, and anyone with a boating interest is invited to join. Members have sail-

boats, power boats and pontoon boats, and many have no boats. The club holds monthly dinner meetings and races and other social events throughout the year.

RUN From 1B

and figures. No extra credit here.

Fun run participants are responsible for their finish times by either noting their time on a digital display clock, or stopping their watches, as they cross the finish line. There are no official results of places or times since no one bothers to note who you are and when you finished. At fun runs, it is just you against the clock and everyone will have to take your word about how fast or slow you were.

Awards for the top male and female finishers are optional; not required, but expected. At the typical fun run, most finishers enjoy some socializing after their finish while they wait to hear how fast those overall and masters finishers ran and to see their surprise if no trophy is presented. A fancy fun run may even include some free snacks; perhaps a banana or a bagel.

The routes of the runs tend to be laid out and measured rather casually without too much concern about accuracy of the advertised distance. Without certified distances and finish place results, finish times need to be suspected within a few or many more than several tick-ticks on the clock.

Fun runs are fairly cheap



to stage, so entry fees tend to be significantly lower than race fees, even when the obligatory T-shirt is provided. (Sponsors do appreciate the mobile logos on the backs of the T-shirts.)

The NEF and AIR are providing these important distinctions as a public service to the running, jogging and walking communities. However, they have asked themselves, is there some way we could combine the competitive features of a road race with the lower cost features and simplicity of a fun run? What distinction of this fun run might be special enough to attract lots of folks and help raise the NEF profile in the county? Might competition be used in a casual, low key fun run? How about, instead of age groups, something different? Furthermore, what if those divisions were kept a mystery? What if participants did not find out their division until they turned in a simple, old-fashioned finish card listing their place? What if, after the last walker finished, clerks ranked-ordered all the cards in their separate divisions? And, finally, an

awards ceremony for the top five secret winners in each mystery category were revealed?

And what if food and entertainment were offered while the tension built awaiting the awards ceremony where anyone might be a winner? And what if you could get even more extra credit for your post-race suggestions, which might be used next year to make the event more fun?

And what if the entry fee were just \$25 because the goal of the NEF was simply to point out the importance of supporting our county's great teachers? And most importantly, the county schools encouraged their scholars to participate and learn that exercise is not hard when you're having fun.

Would this interest you? Well then, come walk if you wish, jog if you want, run if you will, but help solve the mystery and have some fun.

Go to www.nassaueducationfoundation.org for all the details on the event and to enter.

There will be food trucks and musical entertainment by DJ Reverb.

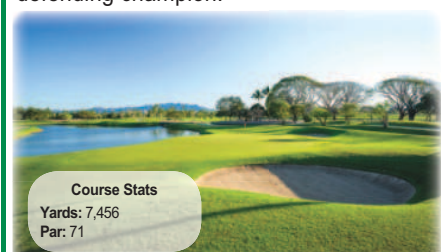
2024 SCHOOL SCHEDULES

School	Event	Date	Time	Location	
YULEE HIGH SCHOOL	Wrestling	Feb. 24	region		
		Feb. 29-March 2	state at Kissimmee		
	FERNANDINA BEACH HIGH SCHOOL	Wrestling	Feb. 23-24	Regional	
			Feb. 29-March 2	individual state, Kissimmee	
FERNANDINA BEACH HIGH SCHOOL	Varsity Baseball	Feb. 22	BISHOP KENNY	6:30	
		Feb. 22	WOLFSON	6:30	
		March 2	CAMDEN COUNTY	7:00	
		March 5	at Ponte Vedra	6:30	
		March 7	SANDALWOOD	6:30	
		March 8	WEST NASSAU	7:00	
		March 13	at Yulee	7:00	
		March 14	BUCHHOLZ	6:30	
		March 15	BALDWIN	7:00	
		March 21-23	DIAMOND CLASSIC	TBA	
		March 28	STANTON	6:30	
		March 29	ST. AUGUSTINE	7:00	
		April 2	OAKLEAF	7:00	
		April 5	at Bolles	6:30	
		April 9	EPISCOPAL	6:30	
		April 25	at East County	6:30	
		April 12	at Keystone Heights	6:30	
		April 16	at Camden County	6:00	
		April 17	TOCOI CREEK	6:30	
		April 19	at West Nassau	7:00	
		April 24	at Fletcher	6:00	
		April 29-May 2	District 3-3A tournament	TBA	
FERNANDINA BEACH HIGH SCHOOL	Junior Varsity Baseball	Feb. 22	at Bishop Kenny	6:00	
		Feb. 27	at Sandalwood	6:00	
		March 5	FLETCHER	10:00	
		March 6	at Wolfson	6:30	
		March 8	at West Nassau	6:00	
		March 15	at Baldwin	6:00	
		March 26	FIRST COAST	5:30	
		March 29	ST. AUGUSTINE	5:30	
		April 2	OAKLEAF	4:30	
		April 5	BOLLES	6:30	
		April 9	at Episcopal	6:00	
	FERNANDINA BEACH HIGH SCHOOL	Beach Volleyball	Feb. 21	at Episcopal preseason tourney	4:00
		Feb. 28	at Middleburg	4:00	
		March 5	FIRST COAST	4:00	
		March 7	at Episcopal	4:00	
		March 12	CLAY HIGH	4:00	
		April 2	at Ponte Vedra	4:00	
FERNANDINA BEACH HIGH SCHOOL	Boys Weightlifting	Feb. 23	County at West Nassau	5:00	
		Feb. 29	UNIVERSITY/YULEE	5:00	
		March 6	WEST NASSAU	5:00	
		March 30	DISTRICT MEET		
FERNANDINA BEACH HIGH SCHOOL	Flag Football	April 4-6	Region 1	6:30	
		April 11-19	State at Lakeland	6:30	
		Feb. 21	YULEE	6:00	
		Feb. 26	WESTSIDE	6:00	
		Feb. 28	at Baker County	6:00	
		March 5	HILLIARD	6:00	
		March 7	at West Nassau	6:00	
		March 12	at Westside	6:00	
		March 26	WEST NASSAU	6:00	
		March 28	at Hilliard	6:00	
FERNANDINA BEACH HIGH SCHOOL	Boys Lacrosse	Feb. 23	CRENSHAW	6:30	
		Feb. 28	PROVIDENCE	6:00	
		March 4	MENENDEZ	7:00	
		March 7	ATLANTIC COAST	7:00	
		March 14	RIVERSIDE	6:00	
		March 25	JV/V at Episcopal	5:30/7:00	
		March 29	BEACHSIDE	7:00	
		April 1	at Stanton	7:00	
		April 15	at Hilliard	7:00	
		April 5	FLEMING ISLAND	7:00	
	FERNANDINA BEACH HIGH SCHOOL	Track and Field	Feb. 24	at Danny Brown Invitational	
			March 2	at 10th annual Craig Speziale	
			March 13	Coach Hunt Classic at Episcopal	
			March 16	at Bob Hayes at UNF	
			March 20	at JV championship at Toco Creek	
		March 28	at Don Hall Invitational at Orange Park		
		March 30	Chadron Cheeseborough		
		April 6	at Bear Classic at Bartram Trail		
		April 12	at Mile Festival at Bolles		
		April 13	at Toro Showdown at Toco Creek		
YULEE HIGH SCHOOL	Baseball	Feb. 23	CAMDEN COUNTY	6:30	
		Feb. 29	at Cook High (Worth)	7:00	
		March 1	at Cook High (Lee)	4:00	
		March 2	at Tift High (Metter)	11:00	
		March 2	at Tift High (Tift)	1:00	
		March 7	BOLLES	6:30	
		March 8	at Oakleaf	7:00	
		March 12	BUCHHOLZ	6:30	
		March 13	FERNANDINA BEACH	7:00	
		March 15	at Eagle's View	6:30	
FERNANDINA BEACH MIDDLE SCHOOL	Baseball	Feb. 21	at Camden County	5:00	
		Feb. 23	at Bolles	5:30	
		Feb. 29	at Yulee	5:30	
		March 4	at Hilliard	6:00	
		March 5	at St. Marys	5:30	
		March 6	at Callahan	6:00	
		March 11	YULEE	6:00	
		March 12	CAMDEN COUNTY	5:00	
		March 26	ST. MARYS	5:00	
		March 28	CALLAHAN	5:30	
FERNANDINA BEACH MIDDLE SCHOOL	Softball	Feb. 21	at Camden County	5:00	
		Feb. 23	at Bolles	5:30	
		Feb. 29	at Yulee	5:30	
		March 4	at Hilliard	6:00	
		March 5	at St. Marys	5:30	
		March 6	at Callahan	6:00	
		March 11	YULEE	6:00	
		March 12	CAMDEN COUNTY	5:00	
		March 26	ST. MARYS	5:00	
		March 28	CALLAHAN	5:30	
FERNANDINA BEACH MIDDLE SCHOOL	Track and Field	Feb. 25	at Mandarin Classic		
		March 2	at Craig Speziale Memorial		
		March 9	at Keystones Invitational		
		March 13	COUNTY CHAMPIONSHIPS	12:00	
		March 16	at Bob Hayes at UNF		
		April 6	at Bear Classic at Bartram Trail		
		April 13	at Toro Showdown at Toco Creek		
		April 7	at LAST CHANCE FIELD EVENTS	4:00	
		May 17	Region at UNF		
		May 16	State at UNF		

PRO GOLF WEEKLY UPDATE
Golf News, Tips, Trivia & Stats

This Week in Pro Golf

The PGA Tour returns to Vidanta Vallarta for the Mexico Open
Vidanta Vallarta opened in 2015 and meanders along the Ameca River while views of the Sierra Madres are offered on every hole. There are large landing areas off the tee while the large greens are protected by cavernous bunkers. Positioning off the tee is key to success at Vidanta Vallarta. The course added 250 yards from its original design in preparation for the arrival of the PGA Tour, along with 51 new bunkers. Tony Finau is the defending champion.



Day	Time	Network
Thursday	3:30pm-6:30pm	GOLF
Friday	3:30pm-6:30pm	GOLF
Saturday	1:00pm-3:00pm	GOLF
Saturday	3:00pm-6:00pm	CBS
Sunday	1:00pm-3:00pm	GOLF
Sunday	3:00pm-6:00pm	CBS

Pro Golf Trivia

Modern golf was popularized in the 15th century, in which country?
a) Scotland c) England
b) Ireland d) France
Answer: a) Scotland

Top News Stories

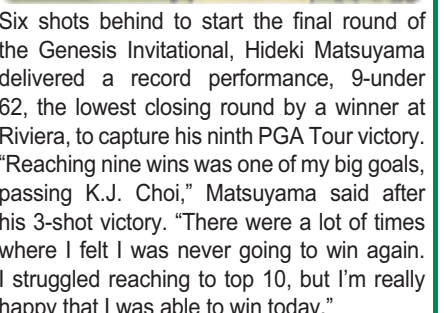
Tiger Woods withdraws during Round 2 of Genesis Open due to illness
Tiger Woods withdrew from the second round of the Genesis Invitational on Friday because of an illness Woods later confirmed to be influenza. Woods pulled out of the tournament after hitting his tee shot on the seventh hole at Riviera Country Club. He was taken off the course in a golf cart driven by a tournament official. At one point, Woods put his head in his hands in frustration. In a social media post Saturday, Woods said that he is "resting and feeling better." Rob McNamara, Woods' good friend and the executive vice president of TGR Ventures, said in a statement that Woods began suffering flu-like symptoms Thursday night. On Friday morning, they were worse. He was treated by physicians at Riviera. "He had a little bit of a fever, and that was better during the warmup," McNamara said. "But then when he got out there and was walking and playing, he started feeling dizzy."

Lessons from the Golf Pro

If you have ever seen a professional like Gary Player make his tee shot, you might think he is a little crazy. After he hits the tee shot, Player immediately takes a step toward the target with his right foot. The move is intentional and is done to prevent a common problem that often happens to amateur golfers. That problem is the dreaded small fade or slice. When you have a fade or slice, this is a clear indicator that you are not firing your right side through the ball at impact. What Player is doing is forcing his knee and hip to activate through the impact, thus making the clubface square up and generate more power. While it is an unusual technique to try and implement, it may be worth some practice time on the range to see if you can fix your problem.

Last Week in Pro Golf

Hideki Matsuyama won the Genesis Invitational
Six shots behind to start the final round of the Genesis Invitational, Hideki Matsuyama delivered a record performance, 9-under 62, the lowest closing round by a winner at Riviera, to capture his ninth PGA Tour victory. "Reaching nine wins was one of my big goals, passing K.J. Choi," Matsuyama said after his 3-shot victory. "There were a lot of times where I felt I was never going to win again. I struggled reaching to top 10, but I'm really happy that I was able to win today."



FedEx Cup Standings

Player	Points	Top 10s
1) Matthieu Pavon	949 pts.	/ 3 top tens
2) Scottie Scheffler	848 pts.	/ 4 top tens
3) Hideki Matsuyama	825 pts.	/ 1 top tens

FedEx Cup Standings continued...

Player	Points	Top 10s
4) Chris Kirk	813	1
5) Wyndham Clark	773	1
6) Byeoung Hun An	719	2
7) Xander Schauffele	698	4
8) J.T. Poston	653	3
9) Jason Day	628	3
10) Sahithi Theegala	624	2

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Presented by COMMUNITY FIRST
March 11, 2024
Amelia National Golf & Country Club
Check-in/Range: 8:30 am | Shotgun Start: 10 am
Benefiting Baptist Medical Center Nassau
Celebrating 30 Years of Care
All proceeds will be used to establish an endowment at Baptist Nassau for Women's Health & Services.

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