

Message from GISDAVIDH@aol.com

PENSACOLA 4 MILE VETERANS' RUN
Sunday, November 11th, 2:00 PM

Our annual Pensacola 4 Miler Veterans' Day Run is coming up on November 11th, at 2:00 PM, and we would love to have you at this year's event. This is first time that this run will be held on a Sunday afternoon. The location is the new Fitness Center at 190 Radford Blvd. on board NAS Pensacola. Just take the main gate entrance all the way down Duncan to Radford, then left about a quarter of a mile to the start and finish area next to the gym. The Fitness Center has facilities, including showers, and will be open until 4:00 PM. The run starts on Radford, and finishes across the street in a crosswalk from the seawall that leads back to the Fitness Center. There will be a limited number of port-a-potties available for the "overflow".

This years Veterans' Day Run is being held in honor of Jim Ross, who passed away in late August of this year. It was only about a year ago that we lost Jim's wife, Junmi, and now more recently Jim, in a tragic motorbike accident on his way to Northview High School where he was the Senior JROTC Naval Science instructor. Jim was also a retired Marine major who saw combat in the first Gulf War. Jim and Junmi were practically fixtures at nearly every running event in the northwest Florida area, and they are tremendously missed. There was a wonderful article on the front page of the August 30th edition of the PNJ that is well worth anyone's time to look up and read: <http://pensacolanejournal.com/apps/pbcs.dll/article?AID=/20070830/NEWS01/708300319/1006>

The Northview High School JROTC will present the flag at the start of the event. Christopher B. King will play bagpipe at a strategic location on the course, and Boogie, Inc. will DJ after the run. Drinks will be provided by Buffalo Rock Company and Lewis Bear Company, and we will provide hot dogs barring any unforeseen circumstances. We have also collected a few door prizes, and don't forget the shirt for the first 500 registered participants.

It will be an almost identical course to last year's, with the major exception of going around the Barrancas National Cemetery rather than through it. The start will be facing west on Radford, running past Duncan and taking a right going north on Slemmer. Stay on Slemmer to Hovey, take a right headed east on Hovey for a few short blocks to John Tower. Bear left heading north again on John Tower until you get to Taylor Road. Go right (east) on Taylor to Duncan, then right (south) on Duncan to Moffett. Take a left on Moffett (Mobile runners should feel at home on Moffett Road!), heading east until you pass the chapel and reach Murray. Take a right on Murray heading south to Radford. Go right on Radford for a couple of blocks until you are directed to take a left to the seawall. Follow the seawall until you take the last turn north to finish at the wide end of the crosswalk just before it reconnects to Radford. This will be directly across from the Fitness Center and the post race activities. Lord, I hope I got that right or I will never hear the end of it!

You can register at www.active.com, at Running Wild on Saturday from 1 to 4 PM, or Seville Quarter on Friday from 4:30 to 7:00 PM, but please register early! Rumor has it that this years event will be well attended. After all, you don't have to get up early, and what else would you be doing on a Sunday afternoon in November? So please come out and support us and have a great time. There will be a donation table set up for The Ross Fund, and a large portion of race proceeds will also benefit the fund, which is to be used for scholarships for the Northview JROTC.

We hope to see you there!

David Harris
GISDAVIDH@aol.com