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## President's Message



Given that our Florida Striders Year runs from May 2023 to April 2024, I would say that we've gotten off to a remarkable start! As you read about the Memorial 5K in this newsletter you can see why. I am beyond thankful to all who stepped up to make our event a huge success.

### What's Inside!

I am honored to be your new President and I am appreciative of everyone who has either stayed or joined us for the first time to serve on our Board and agreed to serve as Race Directors and other Committees. You are all valued and appreciated and deserve much recognition for your hard work. Having said that I am excited to highlight many of you this year by contributing video interviews so that our members can get to see you, hear you and get to know you better.

I also appreciate all of the members and sponsors who remain committed and contribute to our Strider community. Our Club has great purpose and I love that we invite and support runners and walkers at every level with their own unique goals within this wonderful sport.

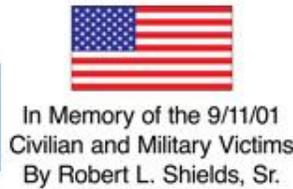
I am excited to see our Club maintain many traditions and also add new ideas and events to keep us moving forward. Please communicate your ideas with us and don't hesitate to get involved.

Be sure to stay engaged with our Florida Striders Track Club Facebook page. We will have information about group run opportunities and updates about socials and other events. This is a great place to share your wins!

With Gratitude,

*Joni*

## A Big Thank You to Our Partners in Running!



[www.myuhcagent.com/susan.halman](http://www.myuhcagent.com/susan.halman)

## Meet Your Board of Directors 2023-2024

### *2023-2024 Officers and Board of Directors*

#### **Officers**

**President:** Joni Neidigh  
[president@floridastriders.com](mailto:president@floridastriders.com)

**Vice President:** Heather  
Thompson  
[vpresident@floridastriders.com](mailto:vpresident@floridastriders.com)

**Secretary:** Britta Fortson  
[secretary@floridastriders.com](mailto:secretary@floridastriders.com)

**Treasurer:** Adam Cross  
[treasurer@floridastriders.com](mailto:treasurer@floridastriders.com)



## Race Directors and Coordinators

### **Race Directors**

**Resolution Run 5K**  
JD Dillaberry  
[resolutionrunrd@floridastriders.com](mailto:resolutionrunrd@floridastriders.com)

**Run To The Sun 5K**  
Adam Cross  
[rttsrd@floridastriders.com](mailto:rttsrd@floridastriders.com)

**MD5K**  
Adam Cross  
[md5krd@floridastriders.com](mailto:md5krd@floridastriders.com)

**The Angry Tortoise 25K/50K**  
[George.Barthelems@icloud.com](mailto:George.Barthelems@icloud.com)

**Hog Jog 5K**  
[suzanne.baker@myoneclay.net](mailto:suzanne.baker@myoneclay.net)

### **Coordinators**

**Children's Running:** Carol MacDougall  
[cmacdongall@bellsouth.net](mailto:cmacdongall@bellsouth.net)

**Track Coordinator:** Mike Tibble  
[striderstrackop@gmail.com](mailto:striderstrackop@gmail.com)

**Membership:** Eugene Biala  
[membership@floridastriders.com](mailto:membership@floridastriders.com)

**Social:** TBD

**Scholarship:** Kim Lundy  
[scholarship@floridastriders.com](mailto:scholarship@floridastriders.com)

**Race Volunteer:**

**Registration:** Kathy Murray  
[registration@floridastriders.com](mailto:registration@floridastriders.com)

**Equipment:** Suzanne Baker  
[Suzanne.baker@myoneclay.net](mailto:Suzanne.baker@myoneclay.net)

**Race Advisor:** Bill Krause  
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## Another Successful Memorial Day 5K Race By Adam Cross



What a great event we had, nice turnout, many volunteers - the works. Special thanks to Heather Thompson for bringing out extra volunteers in a time of need. The more I work with this club the more I continue to be impressed with all the extra effort that is put in by so many of our members. I would like to give a special shout-out to our good friend Bill Krause who has served willingly and loyally for so many years as a race director, advisor and treasurer. Truth be told, Bill did 99% of the work for this race. He stepped up to make sure our club put on a great event. I am sure that doesn't surprise many of you. I have gotten to know Bill well over the past couple of months and I admire his passion and dedication for our club. He is a genuine servant who loves helping others. I am grateful he will be by my side moving forward, but also know he is happy to take some time, finally, for himself. Thank you Bill for all you have done for the Striders.



I also want to thank our partners, and the people that take care of us on race day. Pinch A Penny of Mandarin continues to support our club. 1st Place Sports was one of our bigger donations, providing us with needed support - organizationally and financially. UF Health, Baby Barrier Pool Fence Company, Kohl's and United Healthcare continued a welcome tradition of being financial partners with us once again.



I know it's been a busy few months for our club. However, running many events around the area and state I am confident our club puts on a great event for our community members. Our drive to support our local community makes us a special organization. I look forward to serving it as a race director and treasurer for many years to come! Our next event will be the Hog Jog coming up in November - more details to follow soon.



## Angry Tortoise 25k/50K By George V Barthelmes, IV



Recently, I volunteered to be the new Race Director for the Angry Tortoise 25k & 50k. The Florida Striders Officers and Board voted and approved me as the new Race Director at the June Board Meeting. I appreciate their confidence that I'll be able to provide a great running event for the runners. The previous 2 Race Directors, Charlie Sauter-Hunsberger and Mae Barker did a tremendous job of providing a great event over the past 10 years.

This race is special to me as Cary State Forest borders the eastern and northern sides of my property, with the start and finish area less than 1 mile from my house. When you live in "the sticks" (Bryceville) most races are at least a 30-minute drive. I've been fortunate to have 9 overall race wins and the inaugural Angry Tortoise 25k in 2014 is one of them. Anyone who wins a race will tell you each win is special, and it also makes that race special.



The Angry Tortoise 25k / 50k course is very flat and fast with great footing for a trail race. The course winds you through the pines of Cary State Forest which is the second oldest State Forest in Florida. You'll also go through a swamp where you never know what wildlife you might spot.

The date for the 2024 edition of the Angry Tortoise 25k / 50k should be finalized soon and registration will open then. If you have any questions or would like to volunteer, please feel free to contact me at [George.Barthelmes@icloud.com](mailto:George.Barthelmes@icloud.com). I also race most of the Jacksonville Grand Prix races so if you see at a race, you can always talk to me about the Angry Tortoise races.

I'm looking forward to providing a great race to the runners and volunteers and hoping it'll be a special event to many as well. Thanks again to the Florida Striders Officers and Board Members for providing me this opportunity to serve the club!



