



The StrideRight

Club #229 Vol. 45 No 12 Nov – Dec 2024

www.floridastriders.com

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President’s Corner

By Joni Neidigh



“The joy of running isn’t just crossing the finish line. It’s the small victories along the way”- Jenny Hadfield.

Hello Strider Family!

It’s always an exciting time as we move into the holiday season. When I think about holidays I think about celebrations.

Celebrations are important for a myriad of reasons including numerous psychological benefits. By celebrating wins, no matter

how small, a positive, resilient mindset is cultivated.

As runners, we often focus on major goals: setting a new personal best, reaching a podium position in a race, or finishing a marathon. While these milestones are important, it’s the small wins along the way that truly keep us motivated, sustain our progress and build long-term success.

In the world of running, progress isn’t always linear. Some days/races you’ll feel invincible, and other days, just finishing your run might feel

like an uphill battle. By celebrating the small wins, you build resilience and your brain releases dopamine, the feel-good chemical.

This allows you to remind yourself that progress is happening, even if it’s not always visible.

Incremental progress is important! For example, if you’ve been working on your form, the first time you feel a smoother stride is a small win. It’s a step toward becoming a more efficient runner. Faster recovery from a hard session is another example of a win. It means your body is adapting, even if it hasn’t shown up in race times just yet.

I hope all of you will consider practical ways to celebrating small wins. Running requires quite an investment of time and effort and you deserve to enjoy the journey. Here are a few suggestions for accomplishing this:

Keep a training journal and write down small accomplishments after each run or race.

Reward yourself for hitting mini-goals by treating yourself to your favorite snack, buying new gear, or taking a well-earned rest day.

Reflect on progress by looking back at where you started in order to remind yourself of the progress you’ve made, even if you haven’t reached your bigger goal yet.

Share your small wins with others. Your running friends/fellow Striders can help reinforce the positive mindset and you help motivate them to do the same.

I absolutely love how the Florida Strider family encourages each other at track, group runs, races, and social events. Let’s all just remember when you head out for a run: each step forward is worth celebrating! I’m looking forward to our new November 5 mile race and our holiday party/championship awards event.

Hope to see many of you there!

With Gratitude,

Joni Johnston Neidigh



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Welcome Nick Deal!



We are excited to introduce you to our newest member of the Florida Strider Running Team. Nick is a talented distance runner from Jacksonville, Florida, known for his strong performances at Creekside High School. He was a standout in both cross country and track, eventually signing with the University of Florida to continue his career. As a Florida Gator, Nick earned honors including placement on the SEC Academic Honor Roll and earning a

spot on the Gators all-time indoor list for the 3000 meters.

Nick graduated with a Master's degree from the University of Florida and began working with Athletes In Action and has been running and sharing his faith for the last 2 years in the Czech Republic. He has had notable international races including a 3rd place finish in the 10k race at the Slovakian Track Championships.



Nick recently won the Labor Day 5k here in Jacksonville and attended his first Florida Strider track workout. We look forward to having him represent our Florida Strider Track Club family!





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Tips You Didn't Know You Needed

By Coach Jakob Irwin

Whether you are training for your first 5k or your 20th marathon, the reality is we as runners are always searching for a deal on the products we depend on. But with all the resources out there, how do we know which ones to rely on the most? Sure, Amazon is a quick source for runner needs, but they don't always have all the flavors, brands or sizes that we are looking for.

So here are a couple resources and Product Tips to help you get what you need, even if you didn't know you needed it 😊

TheFeed.com

TheFeed is a company that started around 10 years ago, built to offer sports nutrition options to endurance athletes. Over the years they have grown and now work with 150 different nutrition brands and gather feedback from athletes in testing formats prior to selling a brand's product on their website. They Test roughly 400 endurance nutrition brands a year and stock the 150 best brands on their site.

But where they truly stand out is their buying options. Often when you go directly to the brand itself, they will make you buy an entire box of one flavor. While the feed offers this as an option, they also break down the products to single units for purchase so you don't waste more money than you need on testing a product that you are not sure if you will even like.

Furthermore, many of the brands they stock are brands that you can't buy in stores. SIS (Science in Sports) Gels are my go-to endurance gel but are not stocked in any US stores as they are a UK based company. You can buy directly from their site but shipping typically takes longer and they are often out of stock. This is where TheFeed.com comes in. To top it all off, they have a membership program where you can earn dollars towards future purchases with them, and they have a quarterly magazine that comes out

with the membership that has great running articles and interviews with the world's top athletes.

Wolaco

apparel

Wolaco knows what they are good at, they stay within that lane, and they have mastered it. What is it that they have mastered, you ask?

Tights!

Wolaco.com is slowly becoming the best place to purchase Running compression shorts and long tights. Another brand that you can't find in stores, this company has built a product that leads the industry in both compression and functionality. The biggest attribute to them is pockets. I know, sounds weird right? But do you own running tights? How many pockets do they have? Do they have any at all? Do any of the pockets fit your phone? Can you fit all your gels for your long run in it? Are the pockets waterproof?

Truth is most running tights are built around compression, but not around function. And if the goal is to not have to hold so many things in your hands, wear an arm band or extra running belt, or even a water vest, then Wolaco might be worth the extra spend. And to be clear, this is a product that is not easy on the wallet, but it is also a product that will last a long time and make your runs that much easier.

I have 4 pairs of Wolaco Distance half tights. They have 4 pockets each, pockets big enough for my iPhone 15, 7 gel packets, my keys, and salt tabs. It also has a shirt loop in the back so on the hot days when I take my shirt off mid run, I just stick it through the loop and it's out of the way.

It's a perfect example of sometimes, you get what you pay for 😊

More Tips and tricks for the world of running to come in future newsletters so be on the lookout and in the meantime, I'll see you on the starting line!



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JENNY'S PENNIES



On October 13th, we celebrated the 46th birthday of our wonderful Florida Striders Track Club. Forty-six years ago, Chuck Cornett and a few of his running friends met at Famous Amos in Orange park and began what was the first of many Sunday morning runs. In 1984, the members started looking for coins while running and in 1992 the first Anniversary Celebration took place. In 1995, the Striders began using the money they found along the way to pay for the anniversary event.

This year we had a wonderful celebration with a great turnout! Thanks to Jenny Allen (the custodian of the fund known as “Jenny’s Pennies) for hosting this wonderful celebration with the help of Marge Ruebush, Mike Mayse and so many others. It’s amazing how our Florida Striders always step up to help set up and break down after events. You are appreciated so much! Thank you to all of our members who came out including members of the Angry Eagles Cross Country Team and their coach, Dave Allen. You all made it so much fun!





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Registration for the 12th Annual Angry Tortoise 25k / 50k is now OPEN!!! The race will take place at Cary State Forest in Bryceville, FL on 15 February 2025 at 7:30am.

New this year....1st Place Male and Female Senior Grand Masters (70 & Over) in both the 25k and 50k will receive awards!

Awards for the Top 3 Overall (Male & Female), 1st Place Masters (40-49) (Male & Female), 1st Place Grand Masters (50-69) (Male and Female) and 1st Place Senior Grand Masters (70 & Over) (Male and Female) for both the 25k and 50k!

We also offer awards for new Course Record Holders!

We offer FREE lunch to the runners! Come run and then enjoy a great pulled pork sandwich, collard greens and potato salad!

The restrooms close to the finish line also have hot showers so you can shower and change after the race!

Registration is limited to 150 so register early!

You can register by going to: <https://ultrasignup.com/register.aspx?did=116422>

Florida Strider's save \$10.00 on registration by using the coupon code "Striders10".

Volunteers Needed!

If you'd like to volunteer for the race, please send me an email to George.Barthelmes@icloud.com with what position (see chart below) you'd like to work and hours along with your cell phone number and long sleeve technical shirt size.

2025 Angry Tortoise Volunteers			
Position	Report Time	Finish Time	Volunteer Name
Parking (1)	5:30am	8:00am	
Parking (2)	5:30am	8:00am	
Bib/Packet Pickup/Pavilion Aid Station Support (1)	5:30am	11:00am	
Bib/Packet Pickup/Pavilion Aid Station Support (2)	5:30am	11:00am	
Bib/Packet Pickup/Pavilion Aid Station Support (3)	11:00am	4:00pm	Christine (Chris) Scrim
Bib/Packet Pickup/Pavilion Aid Station Support (4)	5:30am	4:00pm	Jean Schubert
Main Aid Station Leader (1)	6:00am	3:30pm	
Main Aid Station Support (2)	6:00am	3:30pm	
Main Aid Station Support (3)	6:00am	3:30pm	
Main Aid Station Support (4)	6:00am	3:30pm	
Main Aid Station Support (5)	6:00am	3:30pm	
Main Aid Station Support (6)	6:00am	3:30pm	



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Upcoming Events



11.2.2024	Florida Strider 5 Miler
11.30.2024	Holiday Party/Championship Awards Event
12.7.2024	Jingle Bell Fun Run
12.14.2024	Ameris Bank Marathon Water Stop
1.11.2024	Resolution Run
2.15.2025	Angry Tortoise 25k/50k



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MEMBERSHIP

Welcome and thank you to our new and returning members!

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[Click here to renew](#)

Traci	Bane	Taylor	Ferrell	John	Rafalski
Matthew	Bevis	Nancy	Field	Brian	Rensing
Amy	Bonnette	Liam	Flores	Kira	Roberts
Adam	Cross	Lolee	Flores	Mattison	Robinson
Greg	Davis	Oscar	Flores	Michael	Ruby
Kinzy	Davis	Monica	Giotta	Audra	Sandifer
Libby	Davis	Daniel	Herrera	Cardave	Sandifer
Zac	Davis	Paulette	Isacsson	Zailyn	Sandifer
Zayden	Davis	Luke	Janke	Emma	Schlotthauer
Nick	Deal	Barbara	Knox	Eve	Schlotthauer
Christopher	DeDecker	William	Kortright	Sherri	Simmons
Tara	DeDecker	Kevin	Langston	Dawn	Sumner
Skylar	Donovan	Patrick	McEachin	Steven	Tuten
Ceci	Dunham	Gary	Myers	Jeremy	Wenzel

