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## What's Inside!



### Let's meet one of the Florida Striders Racing Team Members, Eve Schlotthauer!

I moved to Florida from Alaska on May 28, 2022. I am a sixth grader at Thunderbolt Elementary School. Though I ran several community races in the past, I really began running in

October of 2022 and joined the Florida Striders Racing Team after beginning my school's run/walk program. Since then, I have

participated in 38 community races and logged over 168 racing miles. I have really enjoyed meeting other Florida Striders members at these events and getting the chance to know all of you. I am most proud of completing the Angry Tortoise 25K last weekend. I accomplished my goal and ran the whole 15.5 miles without stopping. I am also proud of my achievements in races including getting first overall female and reaching personal records. I shaved 11 minutes off my 5K time, and 9 minutes off my 10K time. My 5k PR is 24:56. Running and being a Florida Strider has meant the world to me because it has taught me much about setting/accomplishing goals, perseverance, and "mind over miles." I do look forward to seeing each of you at future races!



# PRESIDENT'S MESSAGE

It's almost spring! We are very fortunate to be living in an area where the running season continues all 12 months of the year. My early years growing up in the farmlands of Illinois, the winter months could be filled with snow and cold! The availability of indoor physical activities was very limited, so the ability to run year-round in Florida is something that I do not take for granted.

Since October of 2018, I have served as President of our Florida Striders Club. My hope is that I have had a positive influence on the growth of our club, and that at least of few members have been motivated to begin, or renew, their pursuit of physical fitness through running or walking.

Are you interested in helping out with the administration of our running club? We need help in the following areas: Race Directors, Board Members, Newsletter Editor, Treasurer, and Board Officers. If you believe in the good of our club, and wish to see it continue, we need you!

Make sure you have these Florida Strider events on your calendar:

- Run to the Sun 5K – 4/15/2023
- Annual Picnic and Board of Directors election – 4/23/2023
- Memorial Day 5K – 5/29/2023

Hope to see you out running! I'm proud to be a Florida Strider!  
Jon

Jon



# A Big Thank You to Our Partners in Running!



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### Race Directors

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

**Angry Tortoise 25K/50K:** Mae Barker  
[mae@facesjax.com](mailto:mae@facesjax.com)

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

**Memorial Day 5K:** TBD  
[run2day4life@gmail.com](mailto:run2day4life@gmail.com)

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

## 2022-2023 Officers and Board of Directors

### Officers

**President:** Jon Guthrie  
[president@floridastriders.com](mailto:president@floridastriders.com)  
**Vice President:** Joni Neidigh  
[vpresident@floridastriders.com](mailto:vpresident@floridastriders.com)  
**Secretary:** Britta Fortson  
[secretary@floridastriders.com](mailto:secretary@floridastriders.com)  
**Treasurer:** Bill Krause  
[treasurer@floridastriders.com](mailto:treasurer@floridastriders.com)

### Directors at Large

Jon Guthrie	Mae Barker
Zach Hanna	Bill Krause
Trish Mandelare	Dave Allen
Shelly Allen	Darryl Herren
Suzanne Baker	Jack Frost
Josue Velazquez	Emma Millson
Joni Neidigh	Adam Cross
Britta Fortson	

### Coordinators

**Children's Running:** Carol MacDougall  
[cmmacdougall@bellsouth.net](mailto:cmmacdougall@bellsouth.net)  
**Track Coordinator:** Mike Tibble  
[striderstrackop@gmail.com](mailto:striderstrackop@gmail.com)  
**Membership:** Eugene Biala  
[membership@floridastriders.com](mailto:membership@floridastriders.com)  
**Social:** Mae Barker and Trish Mandelare  
**Scholarship:** Kim Lundy  
[scholarship@floridastriders.com](mailto:scholarship@floridastriders.com)  
**Race Volunteer:** Ann Krause  
[volunteer@floridastriders.com](mailto:volunteer@floridastriders.com)  
**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  
**StrideRight Editor:** Tiffany Heitman  
[striderigheditor@gmail.com](mailto:striderigheditor@gmail.com)  
**StrideRight Proofreader:** Vicky Connell  
[vickyjc@comcast.net](mailto:vickyjc@comcast.net)



It was a family affair for the Myers family taking top honors!

## Thanks for Another Great Resolution Run

By Bill Krause

It was a chilly one, but you still all came out! And the Volunteers! I've been doing this for a while now and I am reminded every race about how lucky I am to be associated with such a great group! Thanks as always for making the Striders look good 😊

Our host, BestBet, is truly amazing. They donate \$1800 to the schools participating in this Fun Run every year. Talk about a community leader! Also, Aiosa & Hoffman Orthodontics, Myers Pediatric Dentistry, Pinch-

A-Penny of Mandarin, Publix Charities, UF Health, Baby

Barrier Pool Fence Company, Camp Gladiator, First Tee of North Florida, and the ladies from KOHL's are there every year supporting our club and our cause as well. This year we were also joined by David Bonnette Lawn Services and f45 Training from Fleming Island. Thanks!

And we can't forget to thank Scott Roberts and his team from Amateur Emergency Radio Services. They work with the officers from the Sheriff's Office to keep everyone safe out there on the course.

The final numbers aren't in yet, but the revenue we garner will give a boost to our Children's Running and Scholarship Programs. We also received over \$700 in donations from people who registered online. Thanks again!!

Ready to do it again? Our annual Run to The Sun 5K & Children's free 1-mile Fun Run is April 15<sup>th</sup>. Same location, same courses, same time. I promise the weather will be better! Register now while the prices are still low. Only \$30 for adults, (\$25 if you are a Strider member), and \$15 for kids 13 & under. Prices increase April 3<sup>rd</sup>. Register by clicking [here](#)! See you there!



bestbet is hosting us once again, and we are running the 5K course.



Soft feel t-shirts and Finisher medals!

The 5K starts at 8:00AM, and it is a Grand Prix race. The 1 mile Fun Run is at 9:30AM

**Runs Benefit Local School's Run/Walk Programs**



Saturday, April 15th, 2023 • 5K starts at 8:00AM • 1 Mile Fun Run Starts at 9:30AM • bestbet Orange Park 455 Park Ave, Orange Park

- Overall winners and awards 3 deep in each age group.
  - Registration information is on our website, [floridastriders.com](http://floridastriders.com), or click on [https://thedriven.net/event-registration/site.race\\_reg/eid/41998135679](https://thedriven.net/event-registration/site.race_reg/eid/41998135679)
  - Online registration closes at noon on Thursday, April 13th. Registration at the stores closes at noon on Friday, April 14th.
    - Day of race registration on-site opens at 6:30AM
- Race Director: Adam Cross | [rttsrd@floridastriders.com](mailto:rttsrd@floridastriders.com)

**ENTRY FEES**

	<u>Striders</u>	<u>Non -Striders</u>	<u>Kids 13 &amp; under</u>
Until April 2nd	\$25	\$30	\$15
April 3th - 14th	\$30	\$35	\$20
Day of Race	\$40	\$40	\$25

**PARTNERS**



For more information and to register, visit [floridastriders.com/runtothesun](http://floridastriders.com/runtothesun)

## Run for the Fallen February 10-12, 2023

By Trish Mandelare

Every year for the past 3 years I have put the call out on Facebook to my local running friends to come out to meet a team who run from the State Capital building in Tallahassee to the Veterans Memorial wall in Jacksonville and run the last two miles of the run with them. A core group of friends has met them every year, however this was the first year someone answered the call after seeing my post on Facebook.

That someone was one of the youngest members of the Strider's Running Team, Kira Roberts. There are no awards and no medals; just the opportunity to support runners in the final 2-mile stretch of their 147-mile run to honor and remember Florida's Fallen Soldiers as well as First Responders. This is not a race and the most important task we had was to ensure we entered as a group with the flags in front so we slowed down if we needed to let others catch up.

Kira showed up on a very windy and cold Sunday morning to run two miles out and two miles back with a group of adults she had not met until that day to run the last two miles with them. She did not know how fast we would be running, but she was able to keep up with the group without a problem. She got to hear fallen soldiers' names called out at two different hero markers as well as see a flag passed to their family if they were present at the hero marker. Following the run was a ceremony that honors Gold Star families. Several families were presented with a personalized Honor and Remember flag. She took the time to meet and speak with some of the Gold Star families as well as the Core Runners. She listened as the Honor and Remember and Honor and Sacrifice flags were explained and why the runners run with four flags all the way from Tallahassee to Jacksonville in addition to the history of the Run for Fallen organization, the Honor and Remember as well as the Honor and Sacrifice flag.

The runners are always appreciative of everyone who comes out to greet them in the home stretch. However, it really touched their hearts this year that someone as young as Kira took the time to come out and appreciate what they are doing and support them in the final miles. She represented the Striders Running Team in such a positive manner showing this diverse group of people exactly why she was chosen to be on the Striders Running Team. She has already been invited back next year!







Abby Balangué  
 Christopher Balangué  
 Mary Arvie Balangué  
 Maureen Barrett  
 George Barthelmes  
 Eugene Biala  
 Gigi Bistrow  
 Jim Bistrow  
 Jo Bistrow  
 Austin Bryant  
 Dotti Cahill  
 Jerry Ciato  
 DiOnne Clark  
 Kent Colina  
 Michelle Colina  
 Mark Corpuz  
 April Daneyel  
 Mamie Davis  
 Rose Davis  
 Vincent Degennaro  
 Jennifer DeSantis  
 Rick Eberhart  
 Rose Eddins  
 Beth Fagin  
 Dena Gaucher  
 Gary Gerdeman

Malachi Rogers  
 Liz Rossett  
 Al Saffer  
 Christine Scrimé  
 Annette Shannon  
 Andrew Snyder  
 David Townsend  
 Avery Turner  
 Dianna Wears  
 Sue Whitworth  
 Winney Yaun



Jim Gianola  
 Bill Gladding  
 Heather Goode  
 Edgar Gutierrez  
 Amie Harvey  
 Lon Harvey  
 Natalie Harvey  
 Scott Harvey  
 Tom Henkel  
 Rita Holden  
 Bruce Holmes  
 Jamie Hull  
 Linda Johnson  
 Sara Keller  
 Ted Kusters  
 Mark Lake  
 Linda Landry  
 Judy Lind  
 Kelley Lomax  
 Susan McCutcheon  
 Alex Midgett  
 Christina Mitchell  
 Deanna Parker  
 Ben Payton  
 Christopher Payton  
 Eden Payton  
 David Pierson

**MEMBERSHIP**

Welcome and thank you to  
 our new and returning  
 members!

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## Why I Wish I Looked Like a Trash Can

By Britta Fortson

It's a beautiful day. It's a rare 40-50° and you are running on your favorite sidewalk. You're in a groove, close to getting that "runner's high" and you are feeling good. Up ahead you see caution tape blocking off the next quarter mile of your favorite sidewalk, so you hop onto the road to run. You see a car approaching, you wave, look back and notice there are no other cars on the road. Certainly, the approaching car will move over and "share the road."



As the car is approaching your brain is beginning to process that the driver is NOT moving over but appears to have sped up and seems to be aggressively headed straight for you. You make the fight or flight decision to hop off the road onto the shoulder, which was not really a shoulder, but a ditch. Now your new shoes are muddy, your socks are wet, and your good feeling is gone. Sound familiar? This has personally happened to me more than I can count. I think we can all agree that it's not preferable to run in the road, but there are many reasons runners end up on the road. Some of those reasons include closed, uneven, or poorly lit sidewalks, areas without sidewalks, or other people, dogs, or cyclists on the sidewalks. Sometimes runners simply run in the road because they want to run faster or want to run in a group. The runner's conundrum of road vs. sidewalk is a decades old problem. And I know most cyclists reading this are thinking, "hold my beer."

When runners choose to run in the road, we usually do this out of necessity and to run without obstacles. Unfortunately, most drivers do not empathize with this. In my humble opinion, aggressive driving has gotten worse over the last five years. What's the cause? Of course, many immediately think of cell phones and distracted drivers, but from what I have experienced in the past five years, the problem may be more systemic, especially in Florida. Unfortunately, I've personally witnessed drivers head directly towards me causing me to dive out of the way just to see them moments later weave into oncoming traffic to avoid a trash can. And unfortunately, I've lost friends due to aggressive drivers, and many of you have, too. Why do drivers make more of an effort to avoid a trash can than a runner? Why do drivers get so ANGRY at runners who dare run in the road? After researching this (ad nauseam), I feel that the reason may be more psychological in nature. Let's dig into this, shall we?

First, I'd like to discuss some of the reasons drivers may hate sharing the road. I had a co-worker tell me years ago that when she saw cyclists riding in the road, she "wanted to run them all over" because they made her so "angry." Why would someone feel so upset seeing someone riding in the road? My cyclist and running friends have shared that they have been struck with eggs, soft drinks, and even trash whilst minding their own business on a ride or run. Maybe this resentment has to do with the fact that some active people are up and at 'em before typical people have had a cup of coffee. Or maybe it is because active people are doing something the driver knows in their heart of hearts, they themselves should be doing. A recent study conducted by neurosciencenew.com reports that our brains are wired to be sedentary and that despite society calling us to become more physically active, we are becoming less active. So, what happens when those brains see someone that is not laying on the couch, but quite the opposite? Although there is little research devoted to why some people may resent active people, it makes sense to me that when an inactive, irritated, unhappy driver sees a runner (or cyclist) ... in the road... running toward their car... they may want to take out their aggression on that person. Furthermore, according to thescienceofpeople.com, it doesn't matter what the body type, a person who has a certain opinion about active people will respond the same way. In short, no matter what you look like, people may dislike you for simply being active.

Aggressive drivers would rather hit YOU than a metal trash can. This is the person that goes out of their way to "scare" you. This could be due to an underlying psychological issue or simply because they don't want to "share the road" as they feel they are the only ones allowed on the road. I've personally seen bumper stickers on trucks and cars advertising this sentiment: "I run over things" or "If it moves, I run over it" and my personal favorite involves stick figures on bikes and skateboards literally dying as they get run over. Maybe malevolent drivers are simply having a bad day/month/year and think YOU should not be in the road. Either way, the best solution to a driver behaving in this fashion is to simply get out of the way.

Let's talk about distracted driving for a moment. As you may have already guessed, per the CDC, up to 52% of drivers are driving distracted (which is most likely underestimated). Furthermore, in the United States, over 3,000 people were fatally injured because of distracted driving and of that one in five were pedestrians or cyclists. The biggest difference between distracted drivers and just aggressive drivers is that (in my experience) a distracted driver will come to attention and attempt to modify their behavior even if that means veering into oncoming traffic. However flippant I may seem about distracted drivers, most distracted drivers likely do not have bad intentions. In my experiment of one, the most hazardous encounters I have had are with aggressive drivers looking me straight in the eye, not at an iPhone.

One would think that if a driver has the mental and physical capacity to avoid trash cans that drivers who kill or harm runners with malicious intent would be in HUGE legal trouble. I'd like to tell you that is the case, but it's not. Most runners and cyclists run down by cars never get justice. Many people quote, "the pedestrian always has the right of way", which implies that if someone is quite literally run down, the driver would always be charged with negligence, manslaughter or distracted driving. Unfortunately, most drivers walk away from the scene of the accident (even those resulting in death) with nary a ticket. This is mostly because the lines in these situations are blurred to say the least. Let's walk this out (no pun intended). A runner is running on the left side of the road (against traffic) because the sidewalk is closed. A driver headed toward the runner does not like that the runner is in the road and becomes angry. The driver sideswipes the runner causing the runner to hit his/her head on the pavement which results in sudden death. Authorities are called. The driver speaks to how incompetent the runner was or how the runner was not noticeable or how the runner was aggressive and running into traffic. At this point most cases are deemed "accidental" and nothing happens. A local judge (name withheld) shared that the laws regarding cyclists and runners is "grey" but that it is the onus of the driver to be "on watch for pedestrians". And retired Assistant Public Defender (name withheld), shared that the attitude in Florida is the result of the "culture" regarding pedestrians and cyclists on the road and that Florida generally does "NOT enforce [pedestrian] laws". The ADP also shared that in other states, namely upstate New York, it is easy to identify that pedestrian laws are enforced which improves the overall "share the road" mentality complete with wider bike lanes! Furthermore, according to this source, the driver-pedestrian issues in Florida seem to be a "cultural thing", and unfortunately, in Florida that culture is lacking. Despite how one feels about people running, walking or cycling in the road, it can't feel good to know you are responsible for taking the life of another. I also know that as a runner and cyclist, it is not ok to put yourself at risk of injury or death for your sport.

What can I do to prevent injury or even death while running, walking or cycling? (Some of these recommendations are per CDC guidelines):

- Wear bright colors and/or safety lights. Someone running in all black may not be seen in time for the driver to respond.
- Do NOT wear earbuds. Ten years ago, I wore a headset with music blaring, now I wear one airpod on low volume or listen to my music/book on speaker.
- Run on the sidewalk or on a trail when possible. Try to run in an area that does not involve motor vehicles.

- Don't be stubborn. You will lose the battle with a motor vehicle. Just get out of the way.
- Pay attention. Make sure you are looking out for traffic coming in any direction.
- Run against traffic. This means on your left. You want to see what is coming at you. Ride/Cycle on your right. This means with traffic.
- You are probably not competing in the Olympics. No workout is worth the five second break you may need to take to avoid an oncoming car.
- If you run with a phone and experience an aggressive driver, consider taking a picture of the person's license plate and call the police. If they don't hit you, they may hit a child waiting for their school bus.
- Use the proper crosswalks to cross at intersections- wait for the pedestrian signal when it is safe to cross.



#### **What can I do as a driver to prevent injury or death of a runner?**

- Pay attention. Put down the phone and look around for people who may be in the road.
- Move over- simply moving a few feet over can solve many problems. I recently saw a bumper sticker on a truck that read, "I give three feet" with a bicycle and a runner on each side of the sticker- kudos to that driver! And I always love to see the "Share the Road" license plates.
- Watch for the "WALK" sign. If you are at an intersection and the light turns green, most likely the pedestrian walk sign will light up as well. If it is lit- the pedestrian has the right of way.
- STOP at stop signs and look both ways- it's that easy.
- STOP THE VEHICLE. My favorite drivers are the ones that simply stop moving the vehicle. If someone is running in the road and another car is approaching from the other direction, just stop- it takes mere seconds and can save lives.
- Drive the speed limit. Speeding drivers can easily lose control of the car.
- Don't drive impaired. For everyone's sake, get a ride or an Uber.
- Beware of sunlight blindness. Be especially diligent if the sun is making it hard for you to see.

Picture this: It is 5:30 am and you and a running buddy are running on the road because the sidewalk is grossly uneven and is also poorly lit. You have invested in reflective gear and are easily seen by oncoming traffic. A car is approaching and moves over when they see you. They

wave, you wave, and all is good in the world. This can be a reality, friends! My mission for writing this article is not to shame busy drivers merely trying to get to their next destination or claim that running in the road is perfectly okay in all situations. It is to create a conversation and spread awareness about safety. I speak to both sides when I say we can all work on getting out of the way and improving overall attention to the environment, which results in saving lives. It's not worth it, friends! Your family and friends need you around. Everyone take care out there and stay active, safely.

FSTC Scholarship Application is now open!



The Florida Striders Track Club would like to inform you of our annual college scholarship program and appreciate your help in distributing this information to your students. This year, five (5) \$1,000 college scholarships will be awarded to graduating high school seniors who live in Northeast Florida. I am attaching a copy of our 2023 application and instructions for your review. The 2023 Florida Striders Track Club College Scholarship application is also available on our website at [www.floridastriders.com](http://www.floridastriders.com) and can be downloaded as a Word document. The deadline for applications is **March 31, 2023**.

Thank you very much for your time and assistance. If you have any questions, I can be reached by e-mail at [kimberly.lundy@myoneclay.net](mailto:kimberly.lundy@myoneclay.net) or on my cell at #904-307-9234.

Sincerely,

Kim Lundy  
Chairperson, FSTC Scholarship Committee

***Previous scholarship recipients:***

**2022**

Grace Adams	Fleming Island High School
Kaitlyn Frost	Bishop Snyder High School
Annie Loehle	Mandarin High School
Jessica Malosh	Stanton College Preparatory School
Audrey Singletary	Nease High School
Matthew Stratton	St. Johns Country Day School

**2021**

Anna Albertelli	Bishop Kenny High School
Gabriella Berardi	Ponte Vedra High School
Lucas Bouquot	Ponte Vedra High School
Emma Millson	Fleming Island High School
Rhiannon O'Donnell	Fletcher High School

**2020**

Jessica Fliess	Fleming Island High School
Katherine Harland	Home Schooled, Mandarin High School
William Livesay	Fleming Island High School
Craig McFarland	Stanton College Preparatory School
John Wright Stanly	Stanton College Preparatory School
Lauren Wilkerson	Paxon School for Advanced Studies

# UPCOMING RACES

## Save the Date for Upcoming Florida Striders' Races!

- **42<sup>nd</sup> annual Run to the Sun 5k → 4/15/23** Register by clicking [here!](#)
- **39<sup>th</sup> annual Memorial Day 5k → 5/29/23**

For more details about races in our area, [click here.](#)

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