



The StrideRight

www.floridastriders.com

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January – February 2024

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Presidents Corner

By Joni Neidigh



Happy New Year Strider Family! Moving into 2024 I am excited as I reflect on the tremendous growth of our club and all of the wonderful updates and changes that we have made.

Congratulations and thank you to all who have volunteered their time and energy to making

this happen.

It was wonderful to see the success of the 2023 Annual Hog Jog, the excitement and interaction among members at our fabulous holiday party, the pure joy exhibited by the children at the Jingle Bell Fun Run, and the support that Strider members gave to the runners at the Ameris Bank Marathon by providing water and Gatorade at miles 12 and 19. A few of us were there until the very last runners came by and they appreciated it so much!

We have so much to look forward to in 2024 as we kick-off our Florida Striders Inaugural 2024 Championship Series with our Resolution Run as the first race of the series.

All of our events and races require volunteers and with our membership rapidly increasing my hope is that members (old and new) will step up and get even more involved. Volunteering strengthens the bonds among club members, creating a sense of camaraderie and shared purpose. Whether you choose to organize an event, assist with one of our Strider runs, serve as a coordinator, a board member, or an officer, your time helps build our supportive running community. It has been my personal experience that being actively involved in the organization of club activities provides a unique perspective on the running community. By being part of the behind-the-scenes efforts that help the club run successfully, I now have an even deeper appreciation for the club and the sport.

Our mission of supporting our children's running program offers a key motivating factor for volunteering. I encourage you to familiarize yourself and learn more about the program if you are on the fence about contributing your time. I know that there are many reasons that members shy away from volunteering including being challenged to step out of comfort zones but by doing that members not only contribute to personal confidence but often learn new skills as you also get to know and bond with your Strider family. Another reason members hesitate to volunteer involves being time poor. Keep in mind that many of the volunteer needs are time-limited and easy.

Our Florida Striders Track Club is a resourceful group. Whether you are a beginning walker/runner or a seasoned runner, networking and interacting with club members can open doors to new friendships, mentorship, and even career opportunities. I assure you that you are needed and that your efforts and your time will extend far beyond the finish line. Hope to see you out there!

With Gratitude,

Joni

Meet Your Board of Directors 2023-2024

2023-2024 Officers and Board of Directors

Officers

President: Joni Neidigh
president@floridastriders.com

Vice President: George
Barthelmes, IV
vpresident@floridastriders.com

Secretary: Britta Fortson
secretary@floridastriders.com

Treasurer: Adam Cross
treasurer@floridastriders.com



Coordinators

Children's Running: Carol MacDougall
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Track Coordinator: Mike Tibble
striderstrackop@gmail.com

Membership: Eugene Biala
membership@floridastriders.com

Social: TBD

Scholarship: Kim Lundy
scholarship@floridastriders.com

Race Volunteer:
Registration: Kathy Murray
registration@floridastriders.com

Equipment: Suzanne Baker
Suzanne.baker@myoneclay.net

Race Advisor: Bill Krause
billkrause615@gmail.com

StrideRight Editor: Michelle Colina
striderighteditor@gmail.com

StrideRight Proofreader: Vicky Connell
vickyvic@comcast.net

Race Directors and Coordinators

Race Directors

Resolution Run 5K
JD Dillaberry
resolutionrunrd@floridastriders.com

Run To The Sun 5K
Adam Cross
rttsrd@floridastriders.com

MD5K
Adam Cross
md5krd@floridastriders.com

The Angry Tortoise 25K/50K
george.barthelmes@icloud.com

Hog Jog 5K
suzanne.baker@myoneclay.net

Striders Summer Classic
Treasurer@FloridaStriders.com

Strider's Sponsor Spotlight



We're pleased to announce that long term sponsors Dave & Shelly Allen have once again agreed to sponsor the Florida Strider's Track Club!

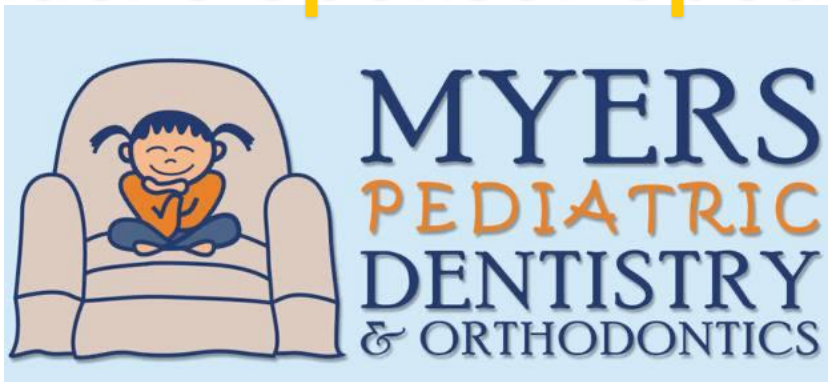
Dave & Shelly are the owners of the Pinch A Penny Mandarin Pool Supplies & Service located on SR 13 in Mandarin at 11112 San Jose Boulevard Jacksonville, FL 32223. Their website is <https://pinchapenny.com/stores/east-mandarin-fl-70>.

Shop their store for the best selection of pool supplies including liquid chlorine, tablets, pumps, filters and more. They're your neighborhood pool store providing expert advice plus everything you need to care for your pool, patio or spa.

In addition to being long term sponsors of the Florida Strider's Track Club, they're also great supporters of the club and local youth running. Dave & Shelly are both Board Members and Shelly is our Race Team Coordinator. Dave has dedicated countless hours volunteering as a coach for the very successful Fleming Island High School Boy's & Girl's Cross Country teams.

Thanks again Dave & Shelly for all you do to support the Florida Strider's Track Club and the local running programs!

Strider's Sponsor Spotlight



Gary Myers, with Myers Pediatric Dentistry & Orthodontics who is a long-time sponsor of the Resolution Run, has agreed to once again sponsor the Resolution Run in 2024!

Myers Pediatric Dentistry & Orthodontics has 2 locations which are located at 3200 Old Jennings Rd., Middleburg, FL 32068 and 3267 Hodges Blvd. #13, Jacksonville, FL 32224.

Myers Pediatric Dentistry & Orthodontics website can be found at <https://www.tooth2tooth.com>.

In addition to being a great sponsor, you can often see the Myers Family (Gary, Logan, Graham, Eleanor, Judson & Marshall) competing at our road races. Son, Graham Myers is also a member of the Florida Strider's Race Team and recently announced that he'll be running at University of Florida beginning next year.

Thanks again to Gary and the whole Myers family for your continued support of the Florida Strider's Track Club and the Children's Running Programs we support.

Florida Strider's Internet / Social Media Update

By: George Barthelmes, IV

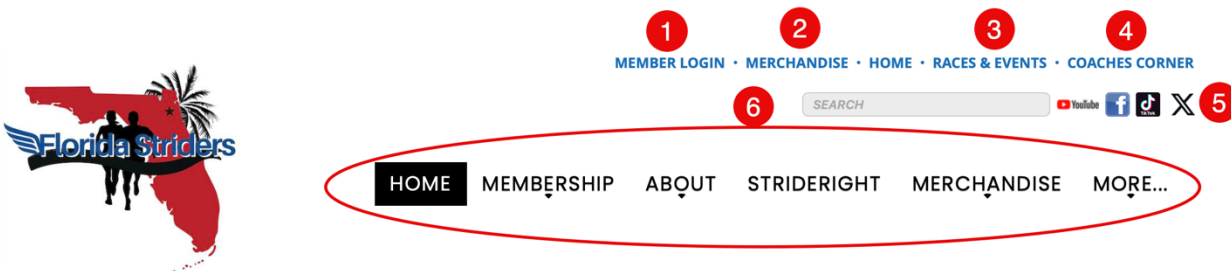


Hello Striders! Over the past couple of months, a lot of work has been done to refresh our Club's internet / social media presence. This is vitally important to the success of our club for the following reasons...

- It allows us to inform our membership of what is occurring within your club and why your membership matters.
- It allows us to inform prospective members about our club and members and create a reason for them to become a fellow member(s).
- It allows us to showcase our Sponsors. This'll help us be good partners to them to meet their marketing and sales goals.

Here is a brief overview of our internet and Social Media presence...

Website: <https://floridastriders.com>



Over the past month, Scott Hershey and I have been making changes and updating our website. Item 1 located at the top of the website is for your Member Login. Item 2 is a link where you can purchase Florida Strider's merchandise. We now have a lot of apparel and merchandise available with our new logo at our online store. Item 3 is for our Club Races and Events. Item 4 is

our new Coaches Corner that highlights the Coaches who are members of our club. Item 5 are quick links to our Social Media accounts (YouTube, Facebook, Tik Tok, and X). The Facebook Logo/Link will take you to our Facebook page that is open for anyone to view and follow. We now have a new Facebook Page that is private and only active members will be able to join this group. Item 6 is the main menu for all of our website pages.

Facebook Open Page: <https://www.facebook.com/FloridaStridersTrackClub>

This Facebook page is open for anyone to view. This page allows us to disseminate information about our races, social events, sponsors, and other items to anyone who has a Facebook account. Only administrators can create or edit posts to this page. Administrators of this page are a few Club Officers, Board Members and Coordinators.



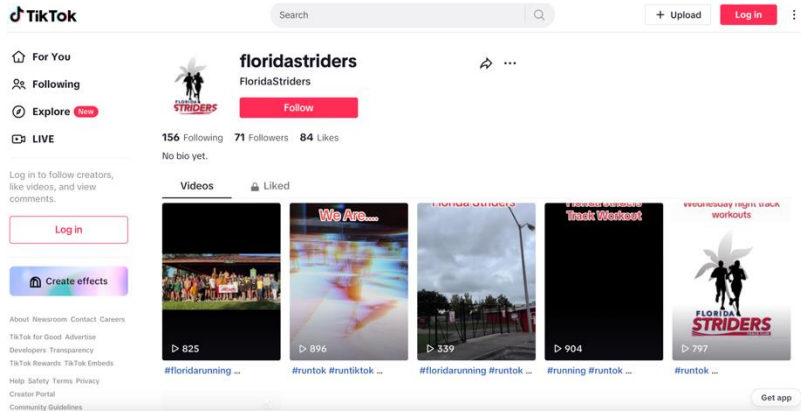
Facebook Private Page:

<https://www.facebook.com/groups/299782246190587>

This Facebook page is a private group. To be admitted to this page, you must be an active member of the Florida Strider's Track Club and answer 3 questions and they are as follows:

1. Are you a current member of the Florida Strider's Track Club?
2. What name are you registered under with Florida Strider's Track Club?
3. What is your Zip Code?

Once your membership status is verified, you'll be admitted into the group. The purpose of this page is to create a forum for club members to create posts to share with the other members.



Tik Tok Page:

<https://www.tiktok.com/@floridastriders?lang=en>

Over the past month Board Member, Jakob Irwin has created our Tik Tok account and begun posting videos to the platform. These are short form videos that highlight some of our club events and information such as the Wednesday Evening Track Workouts, Jenny's Pennies and the video "We are... ". As we develop additional video content it'll be posted to this platform in addition to our YouTube Channel.



YouTube: https://www.youtube.com/channel/UCR_izu9SGGltiy_EyJIWwhg

The YouTube account was just created and provides us a social media platform where we can create and upload both short and long content videos to share with our members and the public.

Track Workout on Wednesdays 6:30PM at Orange Park High School By Michael Tibble



Dear Striders, you must come out to our new and improved Wednesday Track program. New and improved because since July of this year we have had a new location (Orange Park High School) and improved because the facility is fantastic. Striders Board Member Jakob Irwin is our coach and provides us with a unique track workout every week that builds upon prior weeks. Jake is well known and respected in the local running community and has his own podcast on running (Run Tok Live) which is available on various streaming services. Another Striders Board Member, Dave Allen, administers the practice and assists with the group timing along with John Rafalski an 8-year veteran of the club. Dave has also been a fixture at Striders for years and is heavily involved with the high school track program at Fleming Island HS. Our track community is comprised of all levels from beginners to dedicated and accomplished runners who are competitive at the top level

locally and even nationally. We encourage you to come out and experience the training. We have a lot of fun and if you want to see improvement in your running game these workouts will provide a quick payoff. Track practice starts at 6:30 at the Orange Park HS track located at 2300 Kingsley Avenue, Orange Park, FL. If you are interested in receiving the weekly Track Email, please send an email to StriderstrackOP@Gmail.com stating you want to sign up and we will get on the mailing list. Please come out and give it a try.

Logos, Shirts, and A bit of Strider History

By George Hoskins

Our Strider leaders recently came up with a new logo for the Club, the third one in our history. That made me think of our earlier logos, and it took me on a trip down memory lane. Our Club was founded in 1978, and Ken Taylor, one of the founders, created the original logo. That logo was worn proudly by our members for about 28 years. For many of our Club's early years a person could go to any local race, and many in distant locations, and see lots of Striders in the distinctive gold shirts with that logo.

I was a member in the early 1980's and wore the Strider colors, but it was years later when I became much more involved in Club activities. In 2000 I renewed my membership, returned to the Sunday morning training runs, and became an active Strider again. In 2003 I joined the Board of Directors. The next year I volunteered to take over Merchandise from Lillian Lawless who was moving out of the area. I found that merchandise had expanded over time and included many additional items.

Like a lot of volunteer activities, there were a few surprises when I became Merchandise Coordinator. I had to find space for several huge boxes of Strider gear and get a handle on the inventory. As the next Strider race approached I planned for a merchandise display table. Things got remarkably busy and hectic at that race. Folks surprised me with questions like "What do you have that my 8 year old can wear?" and "Why don't you have Strider sports bras for us ladies?" Then there were the free shirts! Years before, the Club decided to increase membership by offering a free tee shirt to all new members. I quickly found out how eager the new members were to get that shirt, in just the right size. I really needed to bring a bigger box of those shirts to the next race. The upside of it was that you are pretty popular when you give people free stuff.

I got better at the task with each race and continued to be the Merchandise Coordinator for a couple of years before I moved on to another Board position. I look back on it as a worthwhile and interesting time in my "Strider Life". I

definitely have a great appreciation for all the Merchandise Coordinators, before and after my time with it.

A couple of notable things have happened with merchandise. The second Club logo was developed in 2006, under the leadership of President Dave Bokros. Some of the Merchandise Coordinators that followed me got shirts in a greater variety of colors and styles. Selling merchandise at the Gate River Run booth became a really big deal. At some point the Board of Directors realized how time consuming the Merchandise position had become. President Jon Guthrie led the effort to streamline the process, so that merchandise could be ordered directly from a local business. No more huge boxes in someone's garage! I am extremely impressed with our Club's current leadership, and I applaud all the creative ideas to make the Striders an even bigger and better Club. The new logo is great, and I am sure that it will be proudly worn by the next generation of Florida Striders.

HOLIDAY PARTY

By Joni Neidigh



There was so much fun had by all at the 2023 Florida Strider Holiday Party!

We ate, danced, gave away prizes, took fun photos, and played a game that required interacting with and learning about each other. Thank you to Becky Wood, Joni Neidigh, and Barbara Knox for putting it all together. Special thanks to Amy Guthrie Bonnette for reserving the beautiful Haskell Building for our event and to David Bonnette for all of his help moving the tables and so much more. Kim Rife and Marlene Boyce stepped up to help with arranging the appetizers and clean up and we appreciate them so much! The gorgeous cupcakes were donated by Barbara Knox and her beautiful daughters, Eve and Emma helped from beginning to end. Thank you to everyone who attended and helped!





Florida Striders 26th Annual Christmas Morning Run and Social By Joni Neidigh



Florida Striders enjoyed a fun run and social in the parking lot of Orange Park Mall. This is a wonderful tradition and everyone who attended agreed that this was a great way to start the day. Thank you to Mike Mayse and everyone who attended and helped to make our run around the mall and the social so enjoyable. There was a lighted Florida Strider tent, plenty of food, and festive outfits. If you missed it, please put it on your calendar for 2024.



Jingle Bell Run By Joni Neidigh

The 2023 Jingle Bell Fun Run was a huge success with a record number of 214 kids running.

Thank you to Carol MacDougall for her 10+ years of serving our youth-running our children's program and reaching this record number for this wonderful event. It was amazing to see all of these children and families experiencing the joy of running and receiving a ribbon and candy cane at the finish. Joni Neidigh, Larry



Neidigh, and Marlene Hazlett Boyce all volunteered at the finish line. We hope to see many of you there next year!



Strider Volunteers for the Ameris Bank Jacksonville Marathon By Joni Neidigh



Thank you to all of our Strider volunteers for working the Water and Gatorade Stations (Miles 12 & 19) at the Ameris Bank Jacksonville Marathon. Larry Neidigh, Joni Neidigh, Kim Achtabowski-Rife, George Barthelmes, Adam Cook, Britta Nelson Fortson, Robert Fortson, Chris Baker, Suzanne Baker, and Ann Krause all helped the runners

as they endured hot and humid conditions. Special thanks to Suzanne Baker's Physics Club students who truly made a difference at our stations! The Baker's and Ann Krause set up early and Kim, George, Larry, George, and Adam Cook stayed until the last runners came by. They were very grateful for all of the help.



FSTC College Scholarship Recipients

By Kim Lundy

Congratulations to the recipients of the 2023 FSTC College Scholarships! These students were selected from a very competitive pool of applicants based on academic and athletic achievements, community involvement, and their essay focusing on what running means to them! Their essays will be published in the next edition of The StrideRight. The 2024 FSTC College Scholarship application will be available on our website and in area HS Guidance Departments by the end of January.



Congratulations to these outstanding student athletes!

Keegan Emanuel, Fleming Island High School

Reese Henley, Bartram Trail High School

Katherine McCoy, Stanton College Preparatory School

Joslyn Rill, Bishop Kenny High School

Joseph Salazar, Ridgeview High School

Katelyn Thompson, Fleming Island High School



INAUGURAL 2024 CHAMPIONSHIP SERIES

01/ 06 RESOLUTION 5K RUN

4/ 20 RUN TO THE SUN 5K

5/ 27 MEMORIAL DAY 5K

7/ 27 STRIDER SUMMER CLASSIC 5K

11/ 16 HOG JOG 5K

Points Per Age Group

- 1st- 10
- 2nd- 8
- 3rd- 6
- 4th- 4
- 5th- 3

participation equals one point

Strider championship points are open to active Strider members

*Sign up to
Become a
Strider member
today!*



Team Cup

Requirements

- 7 team members compete in all five races

Awards

- Traveling team cup
- Plaques to 7 team members
- Children Charity Donations for Top 3 teams (\$250, \$150, \$100)

2024 All-Strider Team Awards

Top 3 Overall Male and Female

\$250, \$175, \$100

Overall Masters Male and Female

\$250

**Top 3 in each age group
Plaque, Shirt, Magnet and Hat**

Scan here for a 10% discount when you sign up for all 5 races!



**Open to everyone
10% discount for
5 race
package. must sign up
by 12/31/2023**

2024 Florida Strider's Championship Series Rules

1. The 2024 Florida Strider's Championship Series is comprised of 5 of the Florida Strider's Track Club races. The races are the Resolution Run 5k, Run to the Sun 5k, Memorial Day 5k, Strider's Summer Classic 5k, and the Hog Jog 5k.
2. The 2024 Florida Strider's Championship Series individual competition is open to Florida Strider's Track Club members only. Participants must be a member in good standing for each race to receive championship points for that race. The Florida Strider's Championship Series Team Competition is open to anyone who participates in the 5-race series. Rules for the Team Competition begin with Paragraph 9, below.
3. Points will be awarded based upon the following age groups for both male and female. For age group determination, it'll be based on the age of the participant when they compete in their first race of series.
 - a. 10 & Under
 - b. 11 – 13
 - c. 14 – 19
 - d. 20 – 24
 - e. 25 – 29
 - f. 30 – 34
 - g. 35 – 39
 - h. 40 – 44
 - i. 45 – 49
 - j. 50 – 54
 - k. 55 – 59
 - l. 60 – 64
 - m. 65 – 69
 - n. 70 & Over

4. Points are only awarded based upon finishing position within the participants age group as follows. There are no additional points awarded for Top 3 Overall, Masters or Grand Masters winners.
 - a. 1st Place: 10 Points
 - b. 2nd Place: 8 Points
 - c. 3rd Place: 6 Points
 - d. 4th Place: 4 Points
 - e. 5th Place: 3 Points
 - f. 6th Place: 2 Points
 - g. Any position 7th Place or lower: 1 Point
5. After each race, the point totals will be listed on the Florida Strider's Track Club website at <https://FloridaStriders.com/>. Points as calculated by Florida Strider's Track Club will be official. Requests for correction of points should be sent to VPresident@FloridaStriders.com.
6. At the conclusion of the 5 race Championship Series the winners will be notified and arraignments will be made for them to receive their prize(s).
7. Prizes are as follows for both male and female. Prize money will not be paid to anyone under the age of 21 years unless they've completed their college eligibility. Participants can only qualify for one of the following award categories and will receive the higher award category. For instance, if the Masters winner also finishes 2nd Overall, they'd receive the Masters award and not 2nd Overall. If the Masters winner is also the 1st Overall, they'd win the 1st Overall and the 2nd place masters participant would then be the Masters winner.
 - a. 1st Overall: \$250.00
 - b. 2nd Overall: \$175.00
 - c. 3rd Overall: \$100.00
 - d. Masters (40 & Over): \$250.00
 - e. Age Group (See Paragraph 3) (1st, 2nd, 3rd): Plaque, Shirt, Hat & Magnet

8. In the event there's a tie in points for any of the awards listed in Paragraph 7, the following will be the tie breakers:
 - a. Highest overall finishing position for the Hog Jog 5k.
 - b. If the tied participants don't participate in the Hog Jog 5k, the tie breaker will roll back to the closest previous Championship Series race that one of the tied participants completed.
9. The Florida Strider's Championship Series Team Competition is open to teams up to 7 people. For scoring, only the top 5 finishers of each team will be scored. Team rosters for the entire series must be submitted to VPresident@FloridaStriders.com NLT 8:20am, 6 January 2024. Each team must have at least 2 members of each sex so each team will be mixed gendered. Teams can also consist of runners from different age groups. Although not required, it's encouraged that participants will wear shirts or singlets identifying what team they're competing for. No substitutes are allowed after 8:20am, 6 January 2024.
10. Points will be accumulated by each individual member of the team based upon finishing position and a cumulative team score will be totaled based upon the top 5 finishers, like cross country scoring. For example, the first place finisher would receive 1 point, 2nd place 2 points, 3rd place 3 points, etc.. If a team doesn't have 5 finishers for a race, they'll be awarded 1 point more than the last participant finishing position for that race for each non-finishing position.
11. Overall winning team will have the lowest cumulative point total for all 5 races within the Florida Strider's Championship Series.
12. Prizes for the Florida Strider's Championship Series Team Competition are as follows:
 - a. 1st Place: \$250.00 donated to the team's Children's Charity of Choice; a travelling Team Cup that'll be returned each year following the

Resolution Run 5k to be awarded to the previous years' winning team; plaque for each of the team members.

- b. 2nd Place: \$150.00 donated to the team's Children's Charity of Choice.
- c. 3rd Place: \$100.00 donated to the team's Children's Charity of Choice.

13. In the event there's a tie in points amongst the teams for the Florida Strider's Championship Series Team Competition, the tie breaker will be the highest finishing position for the team's number 5 runner for the Hog Jog 5k.

RESOLUTION RUN 2024



* 1st Race of 2024 Inaugural Strider Championship Series*

1st Grand Prix Race of the year

Start the year off right!

Runs Benefit Local School's Run/Walk Programs

5k starts at 8:30AM and 1 Mile Fun Run Starts at 9:30AM

Saturday, January 6th, 2024

Best Bet - Orange Park 455 Park Avenue

Overall winners and awards 3 deep in each 5-year age group

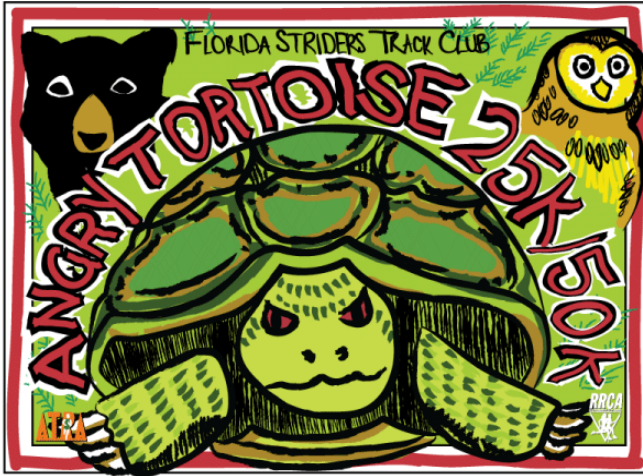
Registration is OPEN at https://thedriven.net/event-registration/site.race_reg/eid/42331014589

Race Director: JD Dillaberry

POC: Adam Cross – Treasurer@FloridaStriders.com

Angry Tortoise 25K & 50K

By: George Barthelmes, IV



Date: Saturday, Feb 24, 2024, at 7:30 AM

Location: Cary State Forest, Bryceville, FL

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 (not including your fellow runners) you might spot. If you're running the 25k, you'll pass by the swamp twice while the 50k runners will pass by four times.

This is one of the last local long-distance races that you can run until the fall race season. This is a great opportunity to use the level of fitness that you've acquired from training and racing during the fall and early winter. If you can run a half-marathon, you can run a 25k (15.5 miles) and if you can run a marathon, you can run a 50k (31 miles). This is a great opportunity for you to finish your first Ultra Marathon if you complete the 50k!



You can register at: <https://ultrasignup.com/register.aspx?did=106813>
Registration is limited to a total of 150 participants. As a Florida Strider's member, you can save \$10.00 by using the Coupon Code "Striders". Beginning on 01 December the price increases by \$10.00, so register now!

If you have any questions or would like to volunteer, please feel free to contact me at VPresident@FloridaStriders.com or George.Barthelmes@icloud.com



Florida Striders Track Club needs you!

By Josue Velazquez



There are open positions for the 2024 board of directors. The Board is looking for a passionate person willing to give back to the community by actively participating on Board of Directors monthly meetings, race coordination support/assistance, volunteer for club races and events. Provide feedback to club initiative ideas and vote when required during Board meetings, among other duties. Vacancies on the Board of Directors will be filled during the next annual meeting to be held in April 2024.

If you would like to apply or have any questions, please send an email to one of the following:

President: Joni Neidigh president@floridastriders.com
Board of Director Josue Velazquez velaztin@hotmail.com

