

F A L L 2 0 1 5

StrideRight

Club #229

floridastriders.com

FLORIDA
STRIDER'S
TRACK CLUB
SINCE 1978
SETTING THE PACE

Why I'm Able To Run

By Frank Frazier

So, I'm laying in my designer backless hospital gown on this "really" comfortable blanket-covered plate of steel while hooked up to all kinds of monitors on March 30th at about 2:00pm. In the last two hours, I've had at least 6 needle sticks, I've been told that I had a heart attack, and they are going to do a heart cath NOW.



Go straight to the hospital. Do not collect \$200.

I've also not had a bit of food or a drop of liquid for over 26 hours by this time, and I have just been told that this chick is going to shave my groin. The nurse says, "Oh, your BP is a little high." You think???

This heart attack apparently happened on December 28th at the end of the Jax Bank ½ Marathon. I finished it – very slowly – but I was feeling okay. By the time I walked to my car, I had chest pressure, but not the elephant sitting on my chest. I caught a ride to the EMT tent and was released without any sports drink or water or IV (they missed the vein in both arms). I walked around for a bit, got to feeling better and went home. Four days later at the old Gator Bowl 5K, I dropped out after about 2 blocks.

The following Monday, I went to my PCP and was told that my lungs were clear, and my heart sounded good.

I continued running/walking 15-25 miles per week while spinning hard 3 hours per week. Tough running. I knew it was not right, but what? Ms. Nancy was after me to see Ramezani, but I knew it wasn't *that* bad.

On March 2nd, I went back to the PCP. Same answer. On March 12th, Dr. R walked through the RR expo and stopped to talk to me. In the course

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MESSAGE FROM THE PRESIDENT

Looks like it's finally starting to get a little cooler, and I know a lot of you are in the middle of your half-marathon, marathon, or perhaps ultra-marathon training. All these hot sweaty days will be soon behind you. So, if you're possibly looking to PR a particular distance, it will seem easier because of all your hard work. Everything seems a little easier when it's like 60 degrees – right? Well, your body likes it cooler, too. The cooler weather keeps your body from overheating as quickly, thereby letting you run faster and longer.

We are about two months out from our next club race – the Hog Jog 5K. Race director, Charlie Sauter-Hunsberger continues to do a great job organizing this race. And like last year, he has a BBQ lined up for the runners afterwards. So, come on out and race with us. It's a great deal!

As the board of directors plans for next year, is there something you would like to see us do? Something you might want to see us change? We would like to think that we have all the answers on how to do things going forward, but we don't. So, we need your input. This is YOUR club, and we want to hear from you. If you know a board member, be sure to tell them, or you can email me at president@floridastriders.com and let me know.

A big THANK YOU goes out to Bill Krause for stepping up and agreeing to be the upcoming Resolution Run race director for 2016. Bill Krause is also our club's treasurer. We are still in need of a race director for the Run to the Sun 8K in April of next year. We have the key areas for all our races covered. So, the main job of a race director is being a "master coordinator". You don't have to do it alone. We have past race directors that can tell you everything you need to know to make your job easier.

As we enter the fall/winter season, we need to be aware of it getting dark earlier, like 5pm. Many of your runs will be either before work or after work in the dark. As runners, we need to remember to wear light, reflective clothing if you have it, and it wouldn't hurt to carry a flashlight or flasher with you, too. You can see the cars, but they can't always see us. When I'm running at night, I always assume that the cars can't see me and adjust my path accordingly.

Stay safe out there, and until next time....I'll see you on the roads.

Scott Hershey

P.S.

September 21st at 9:30am – While on a job site in Atlantic Beach, I was asked by a female runner if I had a phone so she could call 911. She had been hit by a car. She had the state of mind to get the tag number of the car that hit her. She was okay, but she was badly shaken up. I work in the Atlantic Beach area a couple of times a week, and it's usually a great place to run or bike. This happened in broad daylight! I had no idea that the article I was working on would be so topical. Be as mindful as you can of your surroundings. People today like to multi-task while driving. Remember: SAFETY FIRST! We want you to be around for a long time.



UFHealthJax.org



In Memory of the 9/11/01
Civilian and Military Victims
By Robert L. Shields, Sr.



HASKELL



The Perfect People For A Perfect Pool





Florida Strider Scholarship Essay Winners!

(Round Two)

Essay by Megan Prangley

It all happened so fast. In February 2014, my dad registered to run in the Donna marathon, and my mom registered to run in the half marathon. When my dad was registering my mom, he called her, and she confirmed that I would run in the half marathon, too. He thought she was half crazy, since I had never defined myself as a runner, but I went for it anyways. Before the day of the half marathon, I had never run more than six miles in my life. Yet, I finished slowly but surely, and after crossing that finish line, I fell in love with running. My itch to return to the atmosphere of racing after the Donna led me to run in the GATE River Run in March 2014. I saw some of the cross country team from my school there, and they encouraged me to run cross country. I was unsure about running on the cross country team because as a rising senior, it wasn't exactly the norm to join a new sport, and I didn't know how I would fit in with a team who had been so close throughout high school. However, in May, I began training with the team.

At first, I was worried I wouldn't be able to keep up, but my worries were set aside as I fell in love with running and the positivity of the team. Throughout the summer, I trained with the team day-in and day-out. I was a newbie, but I ran faster than some of the other newbies. So I was in my own strange category. I was a decent runner, but through much dedication to my training, my teammates, and my overall health, I was able to earn the number four spot on Creekside High School's state championship team. Being a part of the state championship team was surreal, but the ways in which running has helped me grow left a lasting impression on my life.

Running has taught me to never give up no matter how tough life gets. It has demonstrated how mental life really is and has taught me that our life is a result of our thinking. With positivity and faith, we can overcome anything. Throughout cross country season, I struggled with orthorexia which is an eating disorder characterized by eating "perfectly". This eating disorder worsened my anxiety and led to depression. Yet, by the grace of God, and through my passion for running, I am recovering. I can't wait to see what track season holds and beyond. Even though this is my first year running, I have received a scholarship to run at Georgia Southern University, which is a division one school. That exemplifies that hard work can take you far. To me, running is an outlet that has been the key to developing my character before I go off to college.

Essay by Daniel Sanford

The crack of a pistol, and the smell of cordite release an animal inside me....an animal starving for its prey, an animal seeking victory, an animal willing to do anything for the hunt. My brothers and I fight together like wolves for victory. "For the strength of the pack is the wolf, and the strength of the wolf is the pack." (*The Law for the Wolves*, Rudyard Kipling). Together we fight. Together we conquer. Together we suffer. Our aching legs beg us to cease, our stomachs cry in agony as we resist their urges to wretch, and pain encompasses every muscle in our bodies, yet we continue on. Our minds remain sharp and firm disregarding our bodies' pleas with one desire: the hunt.

For four long years, I have been blessed to be a member of Bishop Kenny Cross Country, a team which has taught me to hold myself to a higher standard like our motto: *A Tradition of Excellence* suggests. My teammates are my brothers, sisters, and even parents (although running coaches make pretty sadistic parents). We grow together academically, athletically, and spiritually. We win or lose together. As a family, we suffer through agonizing runs and workouts pushing each other succeed, even for a week every summer in the North Carolina mountains. The bond we share is indescribably and everlasting despite the fact that I am graduating this year. I know that I will have my cross country family forever.

Stereotypically, runners are the thin "nerds" at school, and I proudly wear that title. We hold all athletes to a high standard regarding running, academics, and character. This further deepens my love of cross country; it even helps alleviate some of the stress from a busy school schedule.

I am honored and grateful to have been a part of such an amazing sport and group. I take pride in our successes and failures together, and the humility derived from them all. We have been blessed with phenomenal coaches who have had an immense impact on me as a person, but one man in particular stands out. My head coach and AP Calculus teacher is an example of the man I hope to become someday: honorable, humble, respecting, and caring. He has helped me through cross country, school, and even through tragedy in the lives of me and my brothers. With the influence of all the coaches, every person that joins our family becomes a better person.

I, like many seniors, was teary-eyed at our Awards Banquet. I will miss this family, but I will always be a member. We join a legacy, a legacy of Kenny runners generation old. We all share the same bond, a bond forged through pain and suffering. We join the *Tradition of Excellence*. I will never forget these years and am so thankful for the influences they have had on me. I will always be a Bishop Kenny runner and will always be a better person because of it.





STRIDER SPOTLIGHT

By Vicky Connell

The subject of this Spotlight takes a different approach to running than many of us who pound the pavement several times a week. Charlie Sauter-Hunsberger prefers to do his running not only outside in the fresh air, but on trails in contact with the actual ground. Charlie isn't one to worry about how fast he runs, but instead he uses his running time as his opportunity to be in tune with the nature around him.

Charlie first got involved with the Florida Striders in 2009. He was unemployed at the time and looking for an inexpensive activity to keep him busy. (He discovered later that you can spend a lot of money on running)! Someone at 1st Place Sports recommended he get involved with the Florida Striders, who are known to have inexpensive races. So, Charlie did just that: he attended some of the local races and a few of the group runs. Before long, Dan Adams who was President at the time approached him and asked if he would be interested in directing the Hog Jog 5K. Charlie still doesn't know who recommended him for the position, but he accepted and has been doing it ever since.

The Hog Jog was the only Strider race that was considered "cross-country" making it a good fit for Charlie since he started his running career on trails. He has always been into hiking and backpacking. So, running on trails was a very natural progression. Charlie does about 95% of his running on trails. Eventually, Charlie created "The Angry Tortoise", a trail race that has a small but devoted following and has grown every year.

The first year, he started with a 25K race, and then he added a 50K for those who wanted to do long distance. His whole mission in starting this race was to introduce others to the joys of running in nature and make them more aware of trail running. The Angry Tortoise is held at the Cary State Forest, a great location for a trail race. This is one of Charlie's proudest running accomplishments!

Currently, Charlie is in a race taper, as he is leaving next week for Colorado to backpack the course that is covered in the Hardrock 100. When he discovered how difficult it is to qualify for this race that only accepts 140 people each year, Charlie decided a better course of action would be to just do it on his own. It will take him about 5 days to cover the course. He will be doing this solo, completely self supported. After arriving in Colorado, Charlie will spend several days getting acclimated. The average elevation of the course is over 11,000 feet with a high point of over 14,000 feet! He has been planning a trip like this to Washington State for about 2 years, but two weeks ago, Charlie made the decision to do the Hardrock 100 instead because of the fires currently in Washington.

Another one of Charlie's proudest running accomplishments was completing the Northface Endurance Challenge 50K in Wisconsin. He finished in just over 6 hours on the hilliest course he's ever run. Charlie considered it a success because he was able to cover the distance and finish without injury. He doesn't really care that much about the time. When Charlie first started

Continued on back page

UPCOMING RACES!

This is published as a service and is not a complete list of races. All dates and times are subject to change.
For a complete list of NF races, go to www.ameliaislandrunners.webs.com/kbendy/rrcocal.htm

DATE	RACE	TIME	RACE DAY LOCATION	WHERE TO REGISTER
3-Oct	Jacksonville Marine Corps 1/2 Marathon & 5K	7:00am	Metropolitan Park	1st Place Sports (any location or online)
9-Oct	First Responders Appreciation 5K	6:30pm	Jacksonville Landing	coolrunning.com
10-Oct	Financial Fitness 5K	8:00am	Fletcher Park - San Marco	1st Place Sports (any location or online)
16-Oct	Monster Mash Dash	6:00pm	Jacksonville Fairgrounds	communityhospice.com
17-Oct	Race for the Cure	9:00am	Metropolitan Park	northflorida.info-komen.org
24-Oct	Chomp and Stomp 5K	8:30am	Smith St. & Stowe Ave. (Orange Park)	1st Place Sports (any location or online)
25-Oct	Evergreen Pumpkin Run 10 Mile & 5K	8:00am	Evergreen Cemetery	1st Place Sports (any location or online)
7-Nov	Mandarin Run 5/10K	7:50am	Mandarin Presbyterian Church	1st Place Sports (any location or online)
14-Nov	Ryan's Run 5K	9:30am	Ortega United Methodist Church	1st Place Sports (any location or online)
15-Nov	6th Annual Right Whale Fest 5K	8:30am	Lifesaving Station Jacksonville Beach	Performance Multisports (904)373-8411
16-Nov	27th Annual Hog Jog 5K	2:00pm	Ronnie VanZant Park	Florida Striders TC
26-Nov	Subaru Thanksgiving Day Classic 1/2 Marathon & 6K	7:00am	Pickwick Plaza 9850 San Jose Blvd.	1st Place Sports (any location or online)
5-Dec	Josh's Run for Paws 5K	9:00am	Seawalk Pavilion Jacksonville Beach	Milestone Race Authority (904)318-8104
6-Dec	Reindeer Run 1/2 Marathon & 5K	7:00am	Main Beach Park Fernandina Beach	Amelia Island Runners
19-Dec	Jingle Bell Run for Arthritis	TBD	The Landing	1st Place Sports (any location or online)
3-Jan	Jacksonville Bank Marathon & 1/2 Marathon	7:00am	Bolles School	1st Place Sports (any location or online)

Wednesday Night Track Workouts

For anyone who has ever thought about running faster in races, have we got the workout for you! Every Wednesday night at 6pm, the Florida Striders have the use of the St. John's County Day School track. You will find the school's entrance located at about the midpoint of Doctor's Lake Drive. Their track is all the way to the rear. Vicky Connell, Shelly Allen, or another volunteer usually lead these evening workouts. All Striders are welcome to join us! The group that meets for our workouts is quite varied in speed. Some go fast, some not so much. You do whatever suits you best! There are also some who run on Doctor's Lake Drive instead of running circles around the track. We're happy to help newcomers adjust



to either. Arrive late or early – there are no rules here! Afterwards, we pick a local restaurant for dinner. Most of us just throw on a dry t-shirt and go. No time for showers! If you'd like to be added to the email list and get a reminder each week, contact Vicky at vickyjc@comcast.net. She sends out an email on Monday or Tuesday each week to let everyone know what the workout will be and where we're going for dinner. Everyone is welcome to join us!

Striders at the Races

Endless Summer 5K
Anastasia Park, St. Augustine, FL
September 19, 2015

Al Saffer	28:00	1 st AG
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Run with the Flock 5K
Jacksonville, FL
September 12, 2015

Jean Schubert	43:09	
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RunJax Labor Day 5K
Jacksonville, FL
September 7, 2015

George Hoskins	27:44	2 nd AG
Jean Schubert	40:47	

Hammerhead Sprint Triathlon
Starke, FL
August 30, 2015

Vicky Connell	1:22:26	1 st AG
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Tijuana Flats Summer Beach Run
Jacksonville Beach, FL
August 22, 2015

Al Saffer	1:01:30	1 st AG
Jean Schubert	1:25:22	
George Hoskins	57:43	4 th AG

Tour de Pain
Jacksonville, FL
August 7-8, 2015

Al Saffer	1:36:06	2 nd AG
George Hoskins	1:16:18	4 th AG
Jean Schubert	1:57:29	

4 mile beach run was 1:00:03, 5k was 45:04, 1 mile sizzler was 12:19 – a new PR!

Townsville Running Festival Sports Clinic NQ Half Marathon
Townsville, QLD, Australia
August 2, 2015

JD Smith	2:32:20	
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Vestcor Bridges 5K
Jacksonville, FL
July 25, 2015

Jean Schubert	48:33	
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BFAST Olympic Triathlon
Jacksonville, FL
July 11, 2015

Vicky Connell	2:29:22	1 st AG
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Finished the 3 race series in 2nd place overall.

Celebration 5K
Jacksonville, FL
July 4, 2015

Al Saffer	37:00	1 st AG
Jean Schubert	45:39	

Get Inspired 6K
Jacksonville, FL
June 27, 2015

Liane Daniels	35:17	1 st AG
Jean Schubert	52:12	

Run for the Pies 5K
Jacksonville, FL
June 13, 2015

Al Saffer	34:5	1 st AG
Terri Rose	23:00	3 rd AG

and a pie!

Jean Schubert	45:45	
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Membership Benefits

By George Hoskins

Ever wonder if it is important to pay those dues and keep your membership current? Let's review some membership highlights. We would love to save a few bucks when shopping for our favorite shoes and other running gear, right? Here is the latest information on local businesses that support the Striders:

1st Place Sports – 3931 Baymeadows Rd, and other locations (San Marco, Orange Park, Jax Beach, the Town Center, and St. Augustine) – *10% discount.*

New Balance Jacksonville – 10095 Beach Blvd (and Orange Park – 1871 Wells Rd) – *20% discount on shoes/30% discount on other items.*

Jacksonville Running Company – 9823 Tapestry Park Circle, Unit #17 (and 13760 Old St. Augustine Rd #102) – *Striders are invited to join the JRC Rewards Program and the Sunny Runner Kids Program to earn store credit. Contact a JRC store for details.*

Save money at races! The Striders host 5 great races each year, and members get a \$5 discount for early registration. This alone covers the cost of your annual dues.

Enjoy great friends and food at the Gate River Run! Our hospitality tent for members and guests only is THE PLACE to be during the biggest 15K of the year.

Your Strider membership fees help support the local community through our children's running program in elementary and middle schools, Marathon High in high schools, free fun runs at our races, college scholarships, and MANY other worthy projects.

So, rush over to our website, click on About – Membership, and click on that list to see when to renew those dues!

Join The Florida Striders Track Club

The Florida Striders Track Club is a family oriented club that stages three Grand Prix races each year and a Social each month. Profits from our events are funneled back into community projects to promote fitness and health. Our Newsletter, the Strideright, includes articles from our members, fitness tips, pictures of our members in action, race results, and items of general interest. See our website, www.floridastriders.com, or contact our Membership Director, George Hoskins, 264-4372, or email membership@floridastriders.com for more information. Complete the membership application below and come have fun with us.

FLORIDA STRIDERS MEMBERSHIP APPLICATION

				<input type="checkbox"/> New <input type="checkbox"/> Renewal	
Last Name		First	MI		
Address			Apt. #	# in Family	Spouse's Name
City		State	Zip	Your DOB	Spouse's DOB
Home Phone		Work Phone		Occupation	Employer
Email					
Signature			Date		
<p><small>I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road or the traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, The Florida Striders Track Club, and all sponsors, their representatives and successors from all claims and liabilities of any kind arising out of my participation in these club activities, even though that liabilities may arise out of negligence or carelessness on the part of the persons named in this waiver. Rev. 12/14</small></p>					
<p>Annual Dues</p> <p><input type="checkbox"/> Family \$25 (2 years \$50, 3 years \$75)</p> <p><input type="checkbox"/> Single \$20 (2 years \$40, 3 years \$60)</p> <p><input type="checkbox"/> Junior (under 18) \$10 (2 yrs \$20, 3 yrs \$30)</p> <p><input type="checkbox"/> Senior (over 65) \$10 (2 yrs \$20, 3 yrs \$30)</p>					
<p>Mail Application with dues to: Florida Striders 2254 Gabriel Dr. • Orange Park, FL 32073</p>					

Cathy Abbott
JoAnn Adams
Douglas Aiosa
Shelly Allen
Vernon Allen
Cynthia Anderson
Jon Atwood
Suzanne Baker
Anne Barnes
Robert Barnhill
Andrew Barr
Joanie Barrett
Doug Barrows
Darin Bickle
Ralph Billings
Elmore Bing
Jay Birmingham
Andrea Bishop
Teri Briggs
Michelle Brooks
Lora Burnett
David Butler
Dotti Cahill
Jerry Caito
Thomas Carlson
Janice Carrico
Susan Chadwell
Wesley Cole
Joe Connolly
Victor Corrales
Liz Crane
Everett Crum
Kari Damrow
Liane Daniels
William Darfler
Scott Drumb

Sonya Dudley
Barb Ebers
Christine Edgington
David Edwards
Aria Entin
Jill Eubank
Nathan Ferguson
Bob Fernee
Regina Fisher
Gregory Fleck
Christine Ford
Ginger Frazer-French
Isabella Frazier
Michael French
Donna Gallant
Pat Gaughan
Jennifer Gerush
Darren Glenn
Monica Goddard
Judith Gould
Jennifer Greene
Bobby Greene
Lee Grose
Bernie Gross
Michelle Guyot
Todd Hacket
Mike Hagel
Leslie Hague
Gary Hallett
Tony Hanneken
Gary Harlow
David Harper
JoAnne Harris
Ana Hartman
John Heisner
Tom Henkel
Paul Hibel
Deb Higdon
David Hodges
Ben Holland
Bruce Holmes
Brandy Homeyard

David Horn
Richard Horton
Jennifer Hu
Brent Hume
Leo Hunkele
Jim Huster
Osra Hutcheson
Diane Jacobs
Steven Jimenez
Dawn Johnson
Michael Johnson
Lesley Jones
Kathleen Kaye
Nancy Kern
Leslie Kindling
Harry Klug
Stacie Lancaster
Terry Lawlor
Lisa Lee
John Leinhauser
August Leone
Peggy Lessig
Maria Littlejohn
Ed Mallard
Kevin Mangold
Mike Marino
April Martin
John Martin
Joseph McCoy
Brian McGrady
Bob Meister
Scott Miller
Jay Millison
Ken Murray
Kent Northey
Marceliano Obnamia
Kristina Oettel-Barber
Scott Olivolo
Robert Opkins
Kathy Owens
Bill Page
Brian Patterson

Kim Pawelek
Bill Phillips
Alan Phillips
David Pierson
William Powers
Keith Poythress
Tom Reynolds
Gary Reynolds
Alex Riggins
Dee Robertson-Lee
Marie-Claire Rowlinson
Al Saffer
Barbara Sage
Michael Schoenfeld
Jean Schubert
Barbara Scott
Kim Scurti
Tara Showalter
Babs Shutt
Stan Simkins
Robert Smith
J.D. Smith
Denise Stern
Diane Stewart
Gregory Stratton
Jack Sykes
Bob Tatum
Melinda Terry
John Terry
Doug Tillett
Bridget Trotter
Gerry Tyburski
Robert Walker
Anne Weaver
Annie White-Butler
Grady Williams
Elfrieda Wyner
Curt Young
Roberta Zukauskas



Hooray for our Renewing Members!

This list includes as many Striders as possible, who renewed a membership in recent months. We greatly appreciate ALL Striders who renewed, but could not list everyone in this edition.

WANTED



Race Director!!

It's all about event planning, folks, but in our case, all of the hard work has already been done! We have very detailed guidelines and contact lists, including a calendar with dates indicating when each task needs to be accomplished. Your main job will be to email and call the coordinators to make sure they show up and perform their assigned task on time! Our incredibly strong team of volunteers knows our races very well, and they make your job easy. Our current and prior race directors and race advisor will help train you and answer any questions you may have. Want to know more? Email: run2day4life@gmail.com or raceadvisor@floridastriders.com

REWARD

**EXTREME FEELING OF
ACCOMPLISHMENT!**

Help Support the Florida Striders with your Amazon Purchases!

Did you know that a portion of your Amazon purchases can be donated to a charitable organization through the AMAZON Smile program?

- Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice.
- AmazonSmile is the same Amazon you know. Same products, same prices, same service.
- Support your charitable organization by starting your shopping at www.smile.amazon.com.

Here's what you do:

- On your first visit to AmazonSmile (smile.amazon.com), login and select a charitable organization to receive donations from eligible purchases before you begin shopping – Florida Striders is listed as Road Runners Club – Orange Park.
- Amazon will remember your selection, and then every eligible purchase you make at smile.amazon.com will result in a donation!

Any questions, contact marketing@floridastriders.com!

2015-16 Board of Directors & Key Members

President: Scott Hershey

run2day4life@gmail.com

V-President: Michelle McCullough

mmccullough@floridastriders.com

Secretary: Regina Soocy

Regina@ReginaSoocy.com

Treasurer: Bill Krause

treasurer@floridastriders.com

Race Directors

Resolution Run: Bill Krause

resolutionrunrd@floridastriders.com

Memorial Day 5K: Scott Hershey

Memorialday5Krd@floridastriders.com

Hog Jog 5K: Charlie Sauter-Hunsberger

stridershogjog@gmail.com

Angry Tortoise 25K: Charlie Sauter-Hunsberger

Run to the Sun 8K: TBD

Coordinators

Sponsorship: Michelle McCullough

marketing@floridastriders.com

Children's Running: Carol McDougall

cmmacdougall@oneclay.net

Running Class: Vicky Connell

vickyjc@comcast.net

Membership: George Hoskins

membership@floridastriders.com

Social: Christine Vaughn & Jennifer

DeSantis social@floridastriders.com

Scholarship: Kim Lundy

scholarship@floridastriders.com

StrideRight Editor: Cari Holbrook

striderighteditor@gmail.com

For a complete list of all directors, key persons, and board meeting minutes, please look under the "About" menu at www.floridastriders.com.

amazonsmile
You shop. Amazon gives.

Upcoming Events You Don't Want to Miss!

Jenny's Pennies

Meet us at the Sun Tire on Blanding Blvd. in Orange Park on Sunday, October 11th at 6:30am for an outstanding run with friends and then a celebrated breakfast afterwards at 8:00am!

Bring a little something to share for the breakfast started by Jenny Allen 38 years ago. After saving coins discovered along the Sunday runs, we spend it on this post-run breakfast. We provide the champagne, orange juice, coffee, and other goodies. See you there!



Hog Jog 5K & BBQ

Join other trail runners and become one with nature on our rugged cross-country course at Ronnie VanZant Memorial Park. Then, enjoy some terrific barbeque with everyone afterwards. There is also a free 1-mile fun run, and awards are given to the top male and female finishers overall and in each age group.

Subaru Post-Race Social

There's no better way to show how thankful you are for running an awesome race on Thanksgiving Day than by mingling and sharing some refreshments afterwards with fellow Striders! Look for our bright yellow tent at the Subaru Thanksgiving Day Classic ½ Marathon and 6K on November 26th!



Holly Jolly Pub Run

Keep your eyes and ears open on Facebook and your email for upcoming details on what is expected to be a HUGE blast in December! Exact date, time, and location are in the works at this very moment, and we will send the information your way as soon as possible! 'Tis the season to run with friends!

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of the conversation, I told him about my breathing problem. He absolutely insisted that I be at his office early that day. After a couple of tests, he informed me that I had had a heart attack, and after a bit of talking (where he repeated several times that I was fortunate to be alive and that he fully believed that the Hart Bridge would kill me if I tried to run the Gate River Run on Saturday), he told me to go to OPMC immediately. He came and did a heart cath. No stent for reasons I was not clear on. One artery was severely blocked and another had mild blockage. I later found out that the artery was so twisted that it would cause more damage to try to put in a stent that it wasn't worth the risk. Needless to say, I did not run that Saturday.

After that, Ms. Nancy had been after me for a few weeks to get a 2nd opinion. I had basically ignored her. Then, we went to a race where Ms. Nancy met Kitty Ferrell, the Director of Cardiac Operations for St. Vincent's hospital, who has been a running friend for years. By the time I finished walking the event, they had hatched a plan to get that 2nd opinion on me. Kitty said that she could get me an appointment with Dr. Garas (chief of cardiology at St. Vincent's), and assured us that he was the best coronary doc in town. So, I was committed without even a vote.

I rounded up all my records (PET scan, heart cath and MRA) and trotted down to meet Dr. Garas to submit all my test results. At the first meeting, he was 50% sure that he could stent the coronary, but he wanted the opportunity to review what I had brought him. Later that day, he called and said he now felt 70% sure that he could place a stent.

An appointment was set for May 19th. I was there early that morning and was brought into the holding cell with about 12 of my best friends that I had never met before with a thin sheet separating each little bed. I knew I was in the right place when Bonnie walks in, hands me a folded up backless designer gown and says, "Get naked. I'm going to shave you." Yes, ma'am!

After that chore was finished, they let Ms. Nancy come in and hold my hand. A bright spot in the morning was when Kitty came in to see us as well. That whole cardiology department loves Kitty. They just raved about her while she was there and after she left. After waiting a day and a half that morning, they came and pushed my gurney to the operating

room. I did see Dr. Garas just before I went to sleep, and I think I remember him saying that he was putting a cath in both femoral arteries. Oh joy. Double the fun. Somewhere along the line, it was explained to me that if a stent was put in, I would get to spend the night - - no stent placement, and I could go home that afternoon. While not looking forward to a night there, that is exactly what I was hoping for.

The next thing I remember was being in recovery and Dr. Garas saying that he had put three stents in that artery. Back to back. Kitty said that I am steel lined now. Recovery was not fun. He used a huge cath in the left femoral, and then put a clamp on the artery to keep it from bleeding. They warn you not to move during recovery to avoid opening up the incisions. That clamp hurt. I couldn't lay still, and I know good and well that I cried. My pulse was very low (40 or less), and my BP was also very low (100/60 or less), and they had to wait until my vitals came up to give me any good drugs.

Finally, they gave me 4 shots of morphine AND an oxycodone pill before the pain subsided. I hate trying to sleep in hospitals, but I made it through the night, and I was home on the 20th.

I was given a CD of the procedure, and it is amazing to see an area of the heart with virtually no blood flow going around it to minutes later, little veins full of blood all around that area. I am thrilled, but then it is my heart and life. While my breathing and running are not near to being normal yet, they are both very much improved.

Ms. Nancy and Kitty are still giving each other high fives for talking me into that second opinion.



**41st Annual Georgia Blueberry
Festival 5K – Alma, GA
June 6, 2015**

Charles Goodyear 45:30
*They use a Spanish timing system (manual).
Everyone is instructed to write their name on a
finishing card and place it in the appropriate
age basket.*

**Memorial Day 5K
Orange Park, FL
May 25, 2015**

Al Saffer 35:32 1st AG
Terri Rose 23:12 2nd AG
Jimmy Pizarro 35:47
Jean Schubert 41:14

**Beachfest 5K
Jacksonville Beach, FL
May 23, 2015**

Al Saffer 37:06 1st AG

**Fleming Island H.S. Eagles 5K
Fleming Island, FL
May 16, 2015**

Jean Schubert 41:31 2nd AG

**Shannon Miller Lifestyle 5K
Jacksonville, FL
May 9, 2015**

Jean Schubert 43:00

**Hula Hustle 5K
Jacksonville, FL
May 2, 2015**

Kendall Mandt 28:17 1st AG
This was a PR!
Cole Mandt 19:21 3rd overall
Jean Schubert 41:24 3rd AG

**Run to the Sun 8K
Orange Park, FL
April 18, 2015**

Al Saffer 58:49 1st AG

**Corporate Cup 5K
Jacksonville, FL
April 16, 2015**

Joe Rivera 17:51

**The Human Race 5K
Jacksonville, FL
April 4, 2015**

Liane Daniels 27:56 2nd AG

**Run 13.1 Half Marathon
Jacksonville, FL
March 29, 2015**

Jean Schubert 3:24:50
Just happy to have finished!
Kelly Rogers 2:09:54
August Leone 2:40:54 1st AG

**Firefly 5K
Dallas, TX
March 28, 2015**

Elda Bell 42:16 1st AG

**Chik-fil-A 5K
Jacksonville, FL
March 28, 2015**

Liane Daniels 28:40 2nd AG
Jean Schubert 40:20 3rd AG

**St. Patty's Day 10K
Jacksonville, FL
March 22, 2015**

Al Saffer 1:11:00 2nd AG
Jean Schubert 1:26:33
August Leone 1:06:44 1st AG

**Gate River Run
Jacksonville, FL
March 14, 2015**

Rick Oblak 1:06:04
PR for the race
Al Saffer 2:06:52 3rd AG
Matthew Stratton 1:06:33 1st AG
*Men 4-15 age group. New PR. Second top
10% finish in the past two years!*
August Leone 1:44:20 1st AG
Karen Albert 1:35:27
PR for this race
Jean Schubert 2:29:33

**Angry Tortoise 25K
Jacksonville, FL
March 1, 2015**

Jean Schubert 4:53:48
Once again, I was not last. Ready to
sign up for 2016!

**GEDS River Day 8k
Orange Park, FL
February 21, 2015**

Jean Schubert 1:09:41
George Hoskins 46:32 1st AG

**26.2 w/Donna Half Marathon
Jacksonville, FL
February 15, 2015**

Jean Schubert 3:39:37
Carri Roper 2:17:03

**Donna 5K
Jacksonville, FL
February 14, 2015**

Jean Schubert 42:55

**Pirates on the Run 5K
Fernandina Beach, FL
February 7, 2015**

Al Saffer 35:42 1st AG

**JTC Winter Beach 10 Mile Run
Jacksonville Beach, FL
January 31, 2015**

George Hoskins 1:49:16 3rd AG
Jean Schubert 2:33:24

**Matanzas 5K
St. Augustine, FL
January 24, 2015**

Al Saffer 35:48 3rd AG
Jean Schubert 41:14

**Resolution Run
Orange Park, FL
January 17, 2015**

Al Saffer 36:32 1st AG
Bernie Berania 22:10
Rick Oblak 18:56 6th AG
And a PR
Tracy Schilling 32:49
PR for 5K
Jean Schubert 39:15
*WOW! Earned Grand Prix points, set a
new 5K PR and achieved a life goal (by life I
mean the 5 years I've been running) of
finishing a 5K in less than forty minutes –
59:15 chip, 59:25 gun!!!*

**Hellcat 10K
Green Cove Springs, FL
January 3, 2015**

Tracy Schilling 1:12:52 3rd AG
PR for a 10K

**Vystar 5K
Jacksonville, FL
January 1, 2015**

Al Saffer 35:48 3rd AG
Jean Schubert 41:10

Due to space limitations, we were only able to post results as far back as the beginning of the year. Congratulations on all your races, and thank you for sharing them with us! Keep up the good work!

RESOLUTION RUN

5K
&
10K



Race Date - January 9th, 2016

"Make a Resolution now to do the Striders Resolution Run on Jan. 9th, 2016, at bestbet Orange Park"

bestbet ORANGE PARK

455 Park Ave
Orange Park, FL 32073

8:30 AM

10K (Grand Prix) & 5K

10:30 AM

1 Mile Fun Run

ENTRY FEES*

	Striders/ Military/AIR	Non Striders	Kids 13 & Under
Until Jan 2nd	\$20	\$25	\$10
Jan 3 - 8th	\$25	\$27	\$15
Day of Race	\$30	\$30	\$30

*Entry Fees include long sleeve cotton shirt.

PARKING

Parking is available at the bestbet Orange Park location at US 17 and Wells Road (455 Park Ave). Please do not park in the portion of the parking lot reserved for Poker Room clientele. There is additional parking across US 17 in the large lot next to the McDonalds. If you use this second lot, use the crosswalk at US 17 and Wells Road to get to the race area. The registration area will be located in the open field area on the east side of the Kennel Club.

10K AND 5K CHECK-IN AND CHAMPIONCHIP TIMING DEVICE

The 10K and 5K registration area will open at 7:30 AM. Runners can pick up their chip at the registration tables on race day. The chip must be worn during the race, and you must cross the mats at the start and finish to be included in the results. After the race, return the chip and velcro strip in the finish area. Participants must pay a \$30 replacement fee for lost chips. Chips are not used for the One Mile Fun Run. No personal chips for the day of race registration.

Your race number is included in your packet. If corrections are needed, take it back to the registration tables. It is important that we have your correct information for the race results.

10K AND 5K START

The 10K & 5K will start at 8:30 AM on Wells Road just east of the employee entrance to the bestbet Orange Park. No strollers allowed in the 10K & 5K.

WATER STATIONS

Water stations will be located approximately 1.5 miles (5K & 10K), 3 miles (10K), and near the finish area.



THE FINISH

The finish line is on the driveway east of bestbet Orange Park off of River Road. 5K runners will turn left off River Road into the finish. The 10K runners will pass the Kennel Club, loop around Judson Circle and turn right into the finish.

RACE RESULTS

Results will be posted near registration tables. You can also get your results on the internet at www.floridastriders.com or at 1stplacesports.com after the race.

AWARDS CEREMONY

Awards will be presented at 9:30 AM for the 5K at 10:00 AM for the 10K. **10K Awards:** Top 3 overall, top master, top grand master, and top 3 in each age group. **5K Awards:** Top 3 overall, top master, top grand master, and top 3 in each age group. **AGE GROUPS:** 0-8 (5K only), 9-10, 11-13, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & over. No multiple awards. Awards not picked up on race day will be available at 1st Place Sports in Orange Park.

FREE FUN RUN

The Fun Run starts at 10:30 AM in the large field immediately east of bestbet Orange Park. There is no charge for the Fun Run, but everyone must register and receive race number. Due to safety concerns, it is important that the faster runners start in the front and strollers start in the back.



PRICES

	Striders/ Military/AIR	Non Striders	Kids 13 & Under
Until Jan 2nd	\$20	\$25	\$10
Jan 3 - 8th	\$25	\$27	\$15
Day of Race	\$30	\$30	\$30

TRI-RACE SERIES

The series includes the Resolution Run, Run to the Sun, and Memorial Day 5K. The fee is only \$10 again this year, (separate fee from the race registrations). You must sign up by the Run To The Sun Race date of April 16th to be eligible. We are in the process of designing another cool medal for this year's event! You must complete all three races to get one. The Memorial Day 5K is May 30th. Visit www.floridastriders.com for more information. You can either register on-line, or print the form and mail it to the Florida Striders, P.O. Box 413, Orange Park, FL 32067-0413.

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Strider Spotlight cont. from page 5

running, he had many people encourage him to work hard to be faster, but he discovered that this was a fast path to injury for him. He's much happier running his own pace in the Ocala National Forest and not trying to hit a certain time. Charlie views running as a way to stay fit so he can enjoy being outside more.

One of Charlie's favorite memories of his time with the Striders was being at the finish line all day at the first Angry Tortoise and being able to congratulate and cheer on many long time Striders who had come out to the race. It was especially nice to introduce people to that sort of race since it was a first for many of them.

I asked Charlie if he has any advice for other Striders or would-be runners. He said to take it slow, run your own run, and good things will happen from there! Sounds like a plan many of us need to listen to!

