

the
StrideRight

www.floridastriders.com

Club#229



What's Inside!

President's Message	2
Board of Directors	2
Sponsors	3
New Race Director	3
5 Tips to a PR	4
Scholarship Essay Winners	5,6
Strider Spotlight	7
Volunteer Accolades	8
Membership	9
Summer Socials	10
Upcoming Races	11
Running Team	11
Run to the Sun	12
Spring Running Class	12
Striders at the Races	13



Hog Jog History - The Early Runs

By Jack Knee

A few years before I moved to St. John's County in 1989, Strider President, India Hendly, asked if I would be the Race Director of a new 5K called the "Hog Jog". I had been a director of Run the Sun #2 after Commander Ken Pekie got that one to lift off. I was a little surprised, but the name Hog Jog was an attention getter. So I asked, "What is it?"

India explained that the small town of Vienna, Georgia (locals pronounced it "Vigh-enna") off I-75 had originated a "Ham Jam" which featured barbeque cookers from around the nation several years ago. She said that they had a 5K race on opening day to attract an early crowd, and it was called a "Hog Jog". She added that the Striders had never had a run in Middleburg, and this was the designated location right in the middle of town.

As a runner, I knew that this meant getting up early to assure a good parking space. As a director, it also meant figuring out a

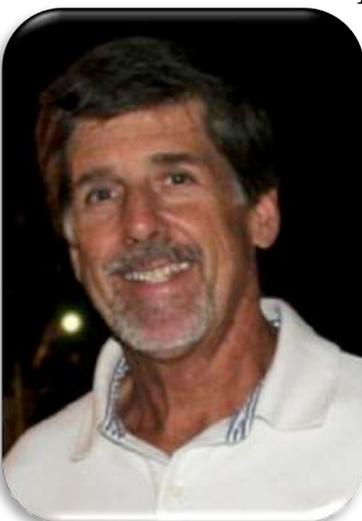
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MESSAGE FROM THE PRESIDENT

Wow, what a ride. As an incoming president years ago, I looked back to see what changes and accomplishments were made by past presidents during their terms. Kellie Howard had the “Guinness 5K & 10K World Records (which we accomplished), Dan Adams moved to make the Resolution Run 5K into the 5K AND 10K. My goal was to improve the “race day experience”. The inflatable arch and banners were part of this added race experience. Then somewhere along the way, we added a new race – The Angry Tortoise 25K - adding the 50K option a year later. Charlie Sauter-Hunsberger was the driving force behind this race. I remember when he asked about possibly adding a 25K cross-country race to our 4 other races and whether the board of directors would approve such a race. I said, “Why not?” I could see the trend in running. After running a marathon, many runners start looking to the next challenge, and this would be a natural fit.

As President, I learned a lot about the club and all the incredible work we do that even as a board member, I was unaware. We have a great club with a positive and caring board of directors. The majority of the money raised from our races goes to fund our Children’s Running Program. Positivity affecting over 18,000 kids in the Clay and Duval County schools is something ALL Florida Strider members should be proud of.

Getting the club’s business done is a collective effort, and I couldn’t have done a lot of it without our Board of Directors accepting the above challenges. Thank you all! You’re the best!



My time as president has come to an end, but I know that as a club, we are in good hands as Michelle McCullough steps in as our new president. I can’t wait to see what she has in store moving us forward. I know it will be good!

Scott Hershey

2016-17 BOARD OF DIRECTORS & KEY PERSONS

President: Michelle McCullough
mmccullough@floridastriders.com

Vice President: TBD

Secretary: Regina Sooeey
Regina@ReginaSooeey.com

Treasurer: Bill Krause
treasurer@floridastriders.com

Directors At Large

Ann Krause	George Hoskins
Jennifer DeSantis	Scott Hershey
Christine Vaughn	Bill Page
Gordon Simms	Kathy Murray
Sara Guthrie	Tara Showalter
Cari Holbrook	Kim Lundy
Jon Guthrie	Shelly Allen
Dave Allen	Jamie Williams

Race Directors

Resolution Run: Bill Krause
resolutionrunrd@floridastriders.com

Angry Tortoise 25K/50K: Charlie Sauter-Hunsberger
jaxcharlie@gmail.com

Run to the Sun 8K: Bill Krause
rtrsrtd@floridastriders.com

Memorial Day 5K: Scott Hershey
Run2day4life@gmail.com

HogJog 5K: Bob Fernee
bobfernee@aol.com

Coordinators

Sponsorship: Michelle McCullough
marketing@floridastriders.com

Children’s Running: Carol McDougall
cmmacdougall@oneclay.net

Running Classes: 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

Equipment: Mike Mayse
mjmayse@comcast.net

Race Advisor: Bob Boyd
bobbydFL@gmail.com

StrideRight Editor: Cari Holbrook
striderighteditor@gmail.com

For a complete list of all director, personnel, and board meeting minutes, please look under the “About” tab on our website: www.floridastriders.com.

Thank You To Our Sponsors for Their Amazing Support!



Mark Your Calendars!

by Bob Fernee

Everybody’s favorite race (I’m referring to the Hog Jog, of course) is already in the planning stages. Does that seem premature? You may think that I am jumping the gun, but the best things in life take time. Remember the old saying, “Rome wasn’t built in a day!” and Orson Wells, the actor/director and wine salesman (who was about the size of Rome in his later years) who declared, “We sell no wine before its time!” We Florida Striders take those adages seriously and apply their simple truths to our famous events.

In the January issue of the StrideRight, I wrote about my first amazingly wonderful experience in the 2015 Hog Jog. Well, it cost me, and now - brace yourselves: yours truly is the new race director. Poetic justice, I suppose. In any case, it was a great experience, and now I get to try and make it the same for you. (Please save your applause until after the race. You never know how much I could mess this thing up). The Hog Jog is an historic esteemed race, previously directed by some of the finest. I am humbled to be in their company. I can only say that I will tread carefully in their footsteps and do the best I can.

The 28th Hog Jog will take place on Sunday, November 6, 2016 at 2p.m. – a little earlier in the month than usual, but this date seemed best. It should be nice and cool and a great time to run fast if you care to. It is a superb cross-country/trail course in the beautiful, spacious VanZant Park in Fleming Island.

There may be some changes this time around: a different type of shirt, different awards, a fresh approach to the post-race BBQ, and quite possibly, a team race in addition to the individual one. Some things will remain the same: the blue ribbon event (the 5K) will take place as usual, and you can count on the kids’ 1-mile fun run. Over the next 6 months, I will consider what else we can do for the event, and if you have any ideas to improve the race, please let me know. In addition, I hope that you will plan to come out and enjoy this wonderful day. It will be a fine time to support the Striders and cross-country running. In fact, bring some friends with you! In the running game, word-of-mouth is always the best advertisement and crowd builder.

5 Tips to a PR

By Julie Stackhouse

So things are really starting to heat up outside. You've probably come off of a nice half-marathon/ marathon season and Gate River Run and may be ready to dive into 5K and triathlon season as the pavement begins to sizzle, and the famous Publix "Pies" are starting to bake in the oven. Below are my "Five Tips to a PR" – **Plan**, **R**ecover/**R**est, **P**ace, **R**elax, and **PR**epare. I hope that you may find a tidbit or two to incorporate into your routine and pre-race planning to help you reach your own personal best come race day. Personally, for myself, and my racing, these tips have been time-tested and proven to deliver the results you train so hard to achieve when it counts.

Tip #1: Plan

- ✓ Includes studying the course (especially the start/finish) and your opponents, having a nutrition/hydration strategy, mapping out water/fuel stations (and knowing the products), and sticking with your plan no matter what other runners are doing.
- ✓ Fuel with the pre-race meal (2-3 hours prior) that you know works for you. Don't experiment with anything new on race day.
- ✓ Plan out each and every detail – leave nothing to chance!

Tip #2: Recover/Rest

- ✓ All week long, rest your body and mind, making sure that easy runs are easy. Get plenty of sleep (essential) especially two nights prior to the race. Visualize yourself racing relaxed and feeling good.
- ✓ Hydrate! In hot/humid conditions, hydrate early and often!
- ✓ Don't try to "cram" in missed training opportunities right before a goal race.

Tip #3: Pace

- ✓ Appropriate pace/strategy is the most important race-day tactic for a PR performance. Knowing what you are capable of based on your workouts going into the race is key.
- ✓ Set realistic goals/expectations to allow yourself to race smart and feel great doing so.
- ✓ Set a pacing strategy relative to the course/conditions.

Tip #4: Relax

- ✓ There will always be events outside of your control (weather, competitors, potential delays, etc.). Take a few deep breaths on the start line during the national anthem and relax, harness nervous energy, have faith in your training, running ability, family/friends or wherever your inner strength comes from.
- ✓ Smile! Be positive!
- ✓ Focus on good form in the later stages of the race.

Tip #5: Prepare

- ✓ Lay out everything the night before (race bib, weather-appropriate

Continued on page 15

Essay Winner – Mason Gerry

The aspect of running that brings the most value to my life is the training. Most sports and activities focus on what can be measured. Most people would base their running success on the medals they've earned, the time records they've broken, or the races they've won. By any measure, in that regard, I am extremely successful. It is the training, however, where my character was built, my body was strengthened, my friendships were forged, and my leadership was tested. The accolades are nice, but I would have walked away far less of a leader and far less of a man if it weren't for the daily workouts.



This reminds me of a time at running camp in Brevard, North Carolina. It was our final run of the week with a difficult finish at the summit of John's Rock. It is a tradition of the team that we have the slowest runners lead us up the mountain. This shows the amount of respect we have for the team as a whole. It shows that we also have the ability to not only pull the team from the front, but to also push the team from behind. This training run reminded us that the effort of each runner is valued because, though we all run together, we only race against ourselves. As we reached the peak of the mountain and viewed what we had accomplished as a team, I was overcome with a feeling of unity only found when you're part of something bigger than yourself. I'll

never forget the feeling of invincibility I had when I set foot on that rock.

The difficulties and adversities of life are made easier through practice and hard work. Not only is training an excellent source of stress relief and self-reflection, it shows me that difficult tasks can be broken down over time if I have the tenacity to just continue. Training teaches that we are not promised victory, but we are promised success. This is what running means to me. This is why I run.



Scholarship Essay Winners

Congratulations from the Florida Striders Track Club!

- | | |
|-------------------|--|
| Mason Gerry | <i>Bishop Kenny H.S. - University of Florida</i> |
| Nicole Schoenfeld | <i>Fleming Island H.S. - Rollins College</i> |
| Madeline Sgro | <i>Oakleaf High School - Vanderbilt University</i> |
| Emily Surgeoner | <i>Fleming Island H.S. - University of Florida</i> |



Essay Winner – Madeline Sgro

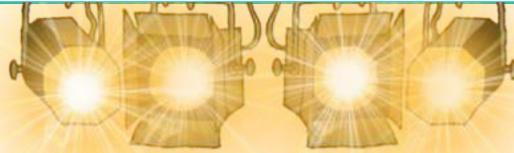
From cross-country conditioning in June to the end of track season in late April or early May, running consumes my life. My sharp tan lines will probably never fade, and my feet will forever be paler than the rest of my body. Running is a significant part of my life.

For the past four years, I have competed on both my high school's Varsity Cross Country team and Varsity Track and Field team. As a member of the track team, I compete in the mile, 300m hurdles, steeplechase, pole vault, and I am the first leg on our 4x800m relay team. I am the recipient of the coveted Coach's Award and have been invited to compete at the 2015 Florida Regional Championships and the Florida Pepsi Relays hosted by the University of Florida. I have run my heart out on Saturday morning races, sprinted to the finish at Friday night meets, and pushed my body until I vomited in afternoon practices. My experience has led to one definite conclusion – running hurts. Mile after mile, lap after lap, my legs stride out, each step straining the muscles. My breathing is heavy, my heart is pounding, and every fiber, every cell in my body cries in agony for rest. Blazing heat or torrential downpour, practice is never cancelled. In the event of a lightning storm, practice is moved

indoors where we scale the three flights of stairs in the school building over and over again. I sweat through ladders and 400m repeats, through pole vaulting drills and laps of hurdles. I still have recurring nightmares from the Pavlovian effect of my coach's shrill whistle.

Yet, through all the pain and soreness and sweat, I enjoy running. I am satisfied knowing that I have pushed my limits and that it has made me stronger. Four years of running has taught me to persevere, and performing in competition – catching the girl in front of me, watching my times drop, celebrating post-meet with my team – has made every stride worthwhile. I formed strong bonds with my track family, a dedicated group of individuals, who have strengthened my work ethic – pushing me to do an extra set of stadiums, a few more pull-ups after an exhausting practice. We have one simple motto that I hope to never live down: "Be Great."

Running has strengthened my sense of perseverance. For me, running is a means to achieve self-improvement and satisfaction. I may be sore when I go home, but I leave contented, knowing I accomplished something through hard work and discipline. I have learned a great deal in the classroom during my brief tenure in high school. However, it is the four years spent competing on track and field and cross country that has developed me as an individual – both mentally and physically.



By Vicky Connell

STRIDER SPOTLIGHT

This month I thought that rather than focus on one individual for this article, I would focus instead on families. Lately, I've noticed how there are many families that are involved in the Florida Striders together. I think one of our club mottos should be, "The family that runs together, stays together!"

We have a group of people who meet at the St. John's Country Day School every Wednesday evening to run track repeats in an effort to improve our running. Afterwards, some of us go to a local restaurant for dinner together. I see couples coming out to do this more and more. Two of these couples, which are regulars in our group, are Dave and Shelly Allen and Jon and Sara Guthrie. Not only do these couples come and run almost every week, both of them have extended family that is often seen at Strider events. Many of you know Dave's parents, Jenni and Richard Allen, who have been active Strider members for many years. In fact, I knew Dave's parents long before I met Dave and Shelly. It has really made me smile to see Dave and Shelly around Jenni and Richard, noting the very close relationship they have, and how it often intersects with their fitness activity and the Florida Striders.

Jon and Sara Guthrie have been involved with the Striders a relatively short time in comparison to Jenni and Richard, but they have really stepped up to the plate volunteering at events and consenting to be on the Strider Board of Directors. Like the Allens, they too have family members at many events; their daughters, Kim and Amy, and their soon to be son-in-law, Dave Bonnett (Amy and Dave met through their running activities!). It's truly a family affair on a regular basis!

There are many other families that get involved as well. In our current running class, there are quite a few parent/son or parent/daughter groups that joined this spring. It's wonderful to see them out encouraging each other and doing this as a family! It's also very budget friendly, as a family membership for our club is only an additional \$5 over the \$20 individual price. Scott and Lisa Miller are another couple that helps put on this class, taking care of our registration process. They've been helping others

with their running for several years, also volunteering at other running classes.

Now I realize that not all of us have spouses, parents, or children who have an interest in running. Fortunately, as Striders, there is still plenty they can do with the club that doesn't involve running. We have lots of socials where people may run beforehand, but there is usually a group that simply joins for the post-run festivities. And, of course, there are more volunteer opportunities than I can mention that we always need help with!

In addition to Socials, there's a fairly large group of Striders who don't run for one reason or another, but they walk. We love our walkers, and they are a very important group who help keep the Striders going! Sometimes one spouse will run while the other walks, and certainly encourage this!

I love to see the families who attend our races where the parents do the race part, then stay and run the 1-mile fun run with their children. This often leads to children who want to do the "grown up" race, sometimes at a very early age. I've even been passed in a race by some of those speedy youngsters!

As for myself, I ran alone for years because my husband couldn't keep up. Then, several years ago, he decided to start running, lose some weight, and get healthy. Now he's faster than me, and at the recent Run to the Sun, he stayed with me, running my pace, and we held hands crossing the finish line together. It made the race so much more enjoyable to me for us to be able to do this!

The moral of this story is, if you're a Strider, and you have family members, it's never too late to get involved together. If one spouse doesn't want to run, encourage them to walk. The kids can do the fun runs (they're free!), and bump up to the regular races when they're ready. You should also take the time to give back to our community and occasionally volunteer at one of our races, too. There's always something that needs to be done, and we can't do it without the volunteers. There's definitely something for the entire family in the Florida Striders Track Club!

Volunteers Are Awesome!

Striders at the Gate River Run

By George Hoskins

The Gate River Run 15K race has become a signature running event in the Jacksonville area, with many thousands of local runners, as well as visiting runners from all over the United States. The event also hosts a great Expo on the preceding Thursday and Friday, with booths and exhibits of all kinds.

The Florida Striders have become highly involved in this event by hosting a booth during the Expo and having a Hospitality Tent and Members Only area on race day.



The Strider Gate River Run Expo Booth was a busy and exciting place this year. We gave out wrist bands and membership gifts, sold merchandise, displayed Strider photos and information, and of course, handled many new and renewing memberships.

We would like to thank the volunteers that helped make the booth a great success this year: Elaine Davis, Frank Frazier, Scott Hershey, Cari Holbrook, Kellie Howard, Susanne Jones, Bill Krause, Mike Mayse, Kathy Murray, Michelle McCullough, Bill Page, Jean Schubert, Tara Showalter, and Regina Sooy.

If you want to have a great time and really experience “Strider Spirit,” be sure to volunteer at the Gate River Run Expo Booth and Hospitality Tent in 2017!

Striders at the Players Club



On Saturday, May 14th, some of our board members volunteered at the Players Club golf tournament. Arriving at 7am, they started off separating burger buns and lining paper boats with food napkins to prepare for the onslaught of customers who began arriving by 10am. Michelle McCullough and Cari Holbrook worked the cash registers, Jennifer DeSantis handed out Bubba Burgers, Scott Hershey braved the hot dogs and

grilled chicken sandwiches with help from Jon Guthrie, Sara Guthrie figured out how to make a mean Philly cheesesteak, and Kathy Murray became a pro at pulling beer from the tap. What a team of brave souls! They didn’t leave their post until 3pm, and they can’t wait to do it again next year!

NEW!

Christine Ackerman
 Jennifer Allen
 Ashley Allen
 Abby Bachmayer
 Abraham Banks
 Karen Boree
 William Cesery
 Traci Conroy
 Becky Crosby
 Mary DeClue
 Jan Dimond
 Lorena Dominey
 Christine Doss
 LeeAnne Dougherty
 Amy Dyal
 Lee Eulenfeld
 Karie Ewing
 Barry Floyd
 Sonja Gapinski
 Eddie Gomez
 Denise Graham
 George Green
 Lance Haney
 Jennifer Harper
 Parker Harrison
 Wendy Helmey
 Kenzie Hurley
 Darcy Jeffers
 Joanne Jernigan
 Tricia Johnson
 James Kenirey
 Allen Kent
 Jackie Knabel
 Ann & Scott Landes
 Debbie Lineberry
 Sarah McGerald
 Deanna Medvidofsky
 Linda Montez
 Rebecca Moore
 Alex Moore
 Betzy Nelson
 Lisa Nixon
 Leah Norton
 Maureen Pelletier
 Jaimy Piccirilli
 Holli Rumsey
 Lisa Salyer
 Thomas Shaffer
 Dana Slyh
 Dan Springer
 Peggy Stern
 Jennifer Szala
 Rebecca VanDeWater
 Chin-Chih Ward
 Melissa Warner
 Sabre Ziegler

RENEWING!

Cathy Abbott	Dena & Rick Gaucher	Melissa McCrosky	Marc Sokolay
Traci Akers	Patrick Gaughan	Michelle McCullough	Cecile Spiegel
Mike Alden	Paul & Gene Geiger	Brian McGready	Denise Stern
Randy Arend	Darren & Leslie Glenn	Rob & Emily McKisick	Cheryl & Nathan Sweet
Heidi Barfield	David Goedtke	Ida & Hernando Mejias	April Switzer
Joanie & Rob Barrett	Evan & Judith Gould	Jay Millson	Russel Townsend
Brian Benda	Theresa Graeser	Dorna Mitchell	Dawn Troxel
Ralph & Mickie Billings	Sue Granger	Alvin Montabo	Kathy King & Anthony
Jon Braasch	Mark Grubb	Kthy Murray	Truitt
Gerald Caito	Ilana Haas	Jenevieve Napier	Susan Turner
Sarah Campbell	Dawn & Mike Hagel	Beth Norman	Mical Van De Water
Bernie Candy	Gary & Nancy Hallett	Marceliano Obnamia	Charles Wagner
Thomas Carlson	David Harper	Sheila Oconnor	Robert Walker
Giselle Carson	Rosalind Hoffman	Kristina Oettel-barber	James & Nova Way
Susan & Buddy Chadwell	Cari Holbrook	David & Marilyn Ohnsman	Robert Webster
Vicki Choinski	Benjamin Holland	Jennifer Otero	Steven West
Dionne Clark	Jennifer & Dennis Holler	Brian Patterson Chris Payton	Carrie & Adam Wetzel
Alexander & Micheala Combs	Bruce Homes	Michele Pelham	George & Vickie White
Cheryl Corpuz	Jim Huster	Tracy & Len Pfuntner	John Wisker
Helen & Mike Crawford-	Jessica Jewell	David Pizzi Gail Pylipow	Wayne & Linda
Connolly	Lesley Jones	Raymond & Michelle Ramos Jr.	Wolfenbarger
Kim Crist	Bonnie Jules	Jeffery Richardson	Donald & Beth Wucker
Tom Crowe	Haris Jusic	Clay Riddling	
Georginia Cruz	Kathleen Kaye	Bill Roberts	
Tom Custer	Mike Kloehn	Neil Robinson	
Elaine Davis	Kenneth Kohlen	Brayan Rohlin	
M Antonia	Harry Koslowski	Terri Rose	
Donnelly	John & Tiffany Kovacs	Al Saffer	
Sonya Dudley	Jacqueline Kroggel	Charlie Sauter-Hunsberger	
Chris Edgington	Julius Lacerna	Derrick Schimcek	
Janet Ellieott	Vanessa & Jason Lain	Michael & Connie Schoenfeld	
Arik Entin	Mark Lay	Damian Schroeder	
Janet Esslinger	Janet Leigh	Catherine Serico	
Jill & Mike Eubank	Judy Lind	Annette & Kevin Shannon	
Elizabeth Fagin	Manel Lopost	Bradley Shepherd	
Bob Fernee	Heather Losasso	Terry Shuya	
Robby Finklea	Sharon & Steve Lucie	Gordon Simms	
Regina Fisher	Kimberly Lundy	Kate Sitler	
Christine Ford	Maria Mack	Stephanie Skelley	
Isabella Frazier	Edward Mallard III	Pamela & Bulmero Skindziel-	
Patrick Gallagher	Kristie Matherne	Reyes	



We want to offer a special WELCOME to all who became new Striders in the Spring Running Class, and those who joined us during the Gate River Run. If you have questions about our Club, email: membership@floridastriders.com

SUMMER SOCIALS!

June 2nd – Run/Speaker Social

1st Place Sports in Orange Park

6:30pm – Run

7:15pm – Social (speaker & pizza)

- *Asics will be there to try shoes for the run*
- *Our very own Vicky Connell will cover :*

Sudden Cardiac Arrest: One and two person CPR (Cardiopulmonary Resuscitation) and AED (Automated External Defibrillator) for Adults, Children, and Infants



June - TBD
Catty Shack Night Time Feeding

July 14th – 7:00pm
Jacksonville Suns Game
Tickets are \$8 and on the 1st base line
24 tickets available
Email social@floridastriders.com to order/reserve your ticket!

August - TBD
Dinner Outing

Please check the Florida Striders website, Facebook page, or email social@floridastriders.com for information on the summer social events!

Join the Florida Striders Track Club

The Florida Striders Track Club is a family oriented club that stages 5 races each year, offers free children’s fun runs with our races, and has socials and other activities on a regular basis. 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, and 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

New ____ Renewal ____

Last Name First MI

Address Apt# # in Family Spouse’s Name (Family Membership Only)

City State Zip Your DOB Spouse’s DOB

Home/Cell Phone / Alternate Phone (Optional) Children’s Names (Family Membership Only)

Email Address (print clearly)

Annual Dues

- ___ Family \$25 (2 years \$50, 3 years \$75)
- ___ Single \$20 (2 years \$40, 3 years \$60)
- ___ Junior \$15 (2 years \$30, 3 years \$45) (under 18)
- ___ Senior \$15 (2 years \$30, 3 years \$45) (over 65)

Would you like to make a donation to the Children’s Running Program?

___ \$1 ___ \$2 ___ \$5 ___ Other Amt \$ _____

I know that running and volunteering to work in club races are potential y 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. 12/15

**Mail Application with dues to:
Florida Striders – 2254 Gabriel Drive – Orange Park, FL 32073**

Upcoming Races

Please note that 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 North Florida races, go to www.ameliaislandrunners.webs.com/kbendy/rrcocal.htm.

DATE	RACE	TIME	RACE DAY LOCATION	WHERE TO REGISTER
30-May	Memorial Day 5K	8:00am	1st Place Sports - Orange Park Location	1st Place Sports (any location or online)
4-Jun	Spirit 5K Southbank River Run	8:00am	San Marco Square	1st Place Sports (any location or online)
11-Jun	Run for the Pies 5K	7:00pm	Jacksonville Landing	1st Place Sports (any location or online)
18-Jun	Springfield 5K	8:30am	Wells Fargo at 6th and Main St.	1st Place Sports (any location or online)
25-Jun	Big Bang 5K	8:00am	Christ Episcopal Church, Ponte Vedra	bigbang5k.itsyourrace.com
2-Jul	YMCA/Omni Amelia Island Firecracker 5K	8:00am	Omni Amelia Island Plantation	runsignup.com
4-Jul	Celebration 5K	7:30am	1st Place Sports - Baymeadows Location	1st Place Sports (any location or online)
23-Jul	Vestcor 5K Bridges Run	7:00pm	Jacksonville Landing	1st Place Sports (any location or online)
5-Aug	Tour de Pain	6:30pm	Jacksonville Beach	1st Place Sports (any location or online)
6-Aug	Tour de Pain	7:00am	1st Place Sports - Baymeadows Location	1st Place Sports (any location or online)
6-Aug	Tour de Pain	4:30pm	Jacksonville Landing	1st Place Sports (any location or online)
13-Aug	Jax Open 5000	6:15pm	Hyde Park Golf Club Clubhouse	prsracetiming.com
20-Aug	Tijuana Flats Summer Beach Run	6:00pm	Seawalk Pavilion Jacksonville Beach	1st Place Sports (any location or online)
27-Aug	Lungforce Run/Walk	8:00am	Jacksonville Landing	action.lung.org

NEW RUNNING TEAM!

Rebecca Stratton
Addison Adams
Grace Adams
Jennifer DeSantis
Michelle McCullough
Dena Gaucher
Amy Guthrie
Shelly Allen
Becky DeSantis

Matthew Stratton
Luke Bybee
Justin Jewel
Jamie Piccirilli
Randy Arend
Jon Guthrie
Jack Sykes
Bernie Powers

The Florida Striders Track Club has a new running team and will begin racing in their new Strider team singlets this summer! Our new team is comprised of club members from a variety of age groups, from youth to masters ages; and the team members are first and foremost, enthusiastic Strider ambassadors!

There is currently one corporate sponsor for the team, Pinch-A-Penny of Mandarin. We look to grow the team in the future and are seeking additional sponsors for the Running Team. Please contact our sponsor coordinator at sponsor@floridastriders.com if you would like to help sponsor the team.

Run to the Sun 8K & 1 Mile Fun Run

Recap by Race Director, Bill Krause

Another Strider race, another good time had by all! The weather gods scared us up until the night before, but race day morning was dry (albeit a little windy). We had almost 400 runners for the 8K and 800 at the kid's fun run.

It is a genuine pleasure to coordinate a race with so many wonderful volunteers doing everything in sight.



I almost had time to take a nap! We had bagels from Panera, treats from Smoothie King, massages by Heartland, really cool cooler bags for the award winners, and the kids even got water bottles from Dentistry 4 Children & Teens 2 after the fun run.

Please mark April 15th, 2017 on your calendar so you can join us again next year, and bring ALL your friends! We need to double our numbers so we can help more kids with our Children's Running programs!



Spring 2016 Running Class

By Vicky Connell

The Florida Strider's annual Spring Running Class is going strong! This photo was taken on the night that George Hoskins stopped by to talk to everyone about what their new membership in our club means and to give everyone a few goodies for joining. We all happily posed in our new visors!

If you're not familiar with our running class, this is something we do every year in the spring a few weeks after the River Run to prepare our class to run the Memorial Day 5K. This year, we'll be adding a fall half-marathon class, details to be coming out later. Our running class has people of all levels, from our walking group up to



advanced runners. Each week, we hear from a guest speaker to learn about various aspects of running, from picking the proper shoe, to hydrating, and how to get better! If you'd like to get involved, either as a coach (no professional experience required) or attendee, contact Vicky Connell at vickyjc@comcast.net for more information.

STRIDERS AT THE RACES!

2/20/2016 – GEDS 8K River Day Race

Orange Park, FL

Jean Schubert 1:05:43 2nd AG

And a new 8K PR!!

August Leone 58:14 1st AG

2/27/2016 – Ortega River Run 5 Mile

Jacksonville, FL

Jean Schubert 1:09:59

New PR for 5 miles.

Shelly Allen 34:07 1st AG

Al Saffer 1:01:29 1st AG

2/28/2016 - Angry Tortoise 25K

Bryceville, FL

Jean Schubert 4:37:27

After running this race all three years, I finally came in last!! I was the oldest female, and came in more than 16 minutes faster than last year! I'm happy – this is my FAVORITE race!!

3/5/2016 – Kilwin’s Ice Cream Run 5K

Jacksonville, FL

Jean Schubert 40:35 2nd AG

Liane Daniels 31:03 3rd AG

My very first race after suffering fractured sternum, fractured rib, and collapsed lung from being shot.

Rodger Baldwin 28:17

A PR!

3/12/2016 – Gate River Run

Jacksonville, FL

August Leone 2:04:37 2nd AG

Jean Schubert 2:29:26

Jennifer Szala 1:26:22

Rodger Baldwin 1:42:20

A PR! Almost 10 minutes faster than last year!

Shelly Allen 1:10:05 4th AG

Al Saffer 2:22:22 4th AG

3/19/2016 – Vilano Bridge 5K

St. Augustine, FL

Rodger Baldwin 29:40

Won \$25 gift certificate to Kingfish Grille!

3/19/2016 – Shamrock 5K

Jacksonville, FL

Rodger Baldwin 29:37

Won \$10 gift certificate in the costume contest!

3/20/2016 – St. Paddy’s Day Run 10K

Jacksonville, FL

Jean Schubert 1:27:05 2nd AG

My first time placing in a Grand Prix race!

Al Saffer 1:01:38 1st AG

Rodger Baldwin 1:01:05

A new 10K PR!!

Shelly Allen 43:45 1st Masters

3/20/2016 – NY City Half Marathon

New York, NY

Bob Opkins 2:08:40

3/26/2016 – Chick-fil-A 5K

Jacksonville, FL

Liane Daniels 30:20

Second race for me since recovery from being shot in domestic dispute. Race to recovery.

Jean Schubert 40:07 2nd AG

4/02/2016 – Running the Blues 5K

Jacksonville, FL

Al Saffer 37:44 1st AG

4/02/2016 – Publix Savannah 5K

Savannah, GA

Erin Aylsworth 34:28

4/02/2016 – Chuck Cornett 10K

NAS Jax

Jean Schubert 1:26:25 2nd AG

AG by 10 year intervals

4/02/2016 – Final Four 4 Miler

Houston, TX

Ann Krause 34:32

4/03/2016 – Run 13.1

Jacksonville, FL

Jean Schubert 3:24:42

Shelly Allen 1:39:11 1st AG

4/16/2016 – Run to the Sun 8K

Orange Park, FL

Jean Schubert 1:08:29

Almira Diaz

Al Saffer 1:00:28 1st AG

Becky DeSantis 46:40 1st AG

4/23/2016 – First Coast Parkinson’s 5K

Jacksonville, FL

August Leone 36:19 1st AG

Continued on page 15

course, and I hate out & backs. So with the help of Ron Hendly's Jones Counter, Chuck Cornett, and Frank Morse, we only had about a half-mile of out and back in the middle. The surprise in the middle was about a quarter or half mile of a coquina road – gritty and sandy. And, at that turnaround, the locals informed me that the guy at the end had a pack of ill-tempered pit bulls that were very territorial minded and had a crabby, reclusive owner. I didn't want to upset the entrants. So, I kept this to myself and held my breath the entire race time. Fortunately, the crab's preacher prevailed upon the owner to chain up his dogs and stay inside, and nothing happened.

After the run and awards, we had a great pancake breakfast for a nominal sum by a Middleburg church (similar to what we use to have in Green Cove Springs). Middleburg was very appreciative of our presence, and the Ham Jam had delicious food nearby. We had over 250 runners.

The next year (I have no idea why), I decided to accept another request by India, for the course had to be moved out to their former neighborhood, "Black Creek something...." I forget. The Ham Jam needed more space than in metropolitan Middleburg. This course was all paved and featured a tough uphill final quarter-mile that left a lot puffing.

Around this time, I got a call from the president of the Florida Track Club in Gainesville. They were starting The Great Gainesville Road Race through town and asked me about our kids' free Fun Run. I explained how we had a ribbon cut from a roll for each finisher, and so on. They were very appreciative and said that they would send up some members to run the Hog Jog to see things first hand. In the meantime, I traveled the area in my job (IRS!) and left race entry forms at every small military recruiting office, reserve HQ's, and so on over several counties. These also said the military would have a separate award if they ran 5, scored 4, and at least one had to be a female. This was not unusual in other Strider races.

Chuck Cornett thought that the race would probably be won by this new fellow he was coaching who had won the 7-mile bridge run in the Keys. Shortly after that, Keith Brantley said that he was going to enter. He was also going to bring other runners and possibly the first female winner. I told Keith that a runner like him usually gets Bib #1, but I reserved that for Ed Root who was well into his seventies and a financial benefactor of the Striders.

As I recall, Keith won the race handily as did the lady. All this led to over 600 finishers, which had me re-ordering t-shirts up to the day before the race. We were sponsored by Orange Park Hospital and Clay Bank, both which have since merged into other names. With just two sponsors, I could put both their names on the front of the shirt and leave the back plain.

Chuck had the idea of the ceramic coffee mug design. They were fired locally in various sizes, and as each winner was called, they could pick the mug they wanted. This way we didn't have a bunch of 3rd place leftovers in shallow age groups. This also allowed me to go 5 deep using numbers from the shallow finishers, and I was able to get rid of every mug – no running around to locate people who won an award but left early. There was not one complaint, but I don't know if the Striders ever used that method again.

I'm now in Nocatee and in good health except for a dumb thing on a roof a few years ago that left me with a drop foot if I try to run or walk too fast. So, I haven't been to a race in over a decade. But I'm still a member of the Florida Striders, which is a wonderful club and does wonderful work.



Corporate Run Florida Striders Team!

Jennifer DeSantis, Kathy Murray, Cari Holbrook, Michelle McCullough
 Jamie Williams Liane Daniels, Vicky Connell, Dave Allen, Shelly
 Allen, Kim Lundy, Ann Krause, Becky DeSantis,
 Jack Sykes, Sara Guthrie, Jon Guthrie, Frank Frazier, Tom Schaffer,
 Bill Krause, Terri Rose, Regina Soocy, Andrew Barr

Continued from page 13

**4/30/2016 – Run with a Mission
 Nocatee, FL**

Becky DeSantis 28:24 1st AG

**5/07/2016 – Rotary 501 5K
 Orange Park, FL**

Jean Schubert 41:23 3rd AG

**5/14/2016 – Shannon Miller 5K
 Jacksonville, FL**

Jean Schubert 41:24 2nd AG

**5/14/2016 – Hula Hustle 5K
 Orange Park, FL**

Susanne Jones 40:17 2nd AG

Continued from page 4

uniform, racing flats, warm-up attire,
 energy bars, gels, water bottles, etc.).

- ✓ Set alarms to allow for ample time (pre-race meal, travel, parking warm-up routine, etc.) so you are not rushed.
- ✓ Confidence comes from sound preparation. Race with confidence!

About the Author:

Julie Stackhouse, Owner of Stackhouse Fitness (getstackednow.com) and recent winner of the St. Jude Nashville Rock n’ Roll Half Marathon, has run PR’s in 2016 in the 5K, 10K (within a half-marathon), 15K, half marathon and marathon events. She won the Donna Marathon and the Gate River Run Florida/Duval Cup. She believes that you can be your fittest and best at any age and provides coaching plans, individual and group workouts to help runners stay healthy and achieve their full potential.



UPCOMING PR OPPORTUNITIES:

5/30/16
 Memorial
 Day 5K

6/11/16
 Run for the
 Pies 5K

7/4/16
 Celebration
 Day 5K

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BookNook Review

In the last issue of StrideRight, we told you to be on the lookout for Hal Higdon's new book, "Half Marathon Training" which would be available in the spring. Reading this book is like having a conversation with Hal himself. His familiar style of writing makes this book a very easy read. I especially enjoyed the bit of history he gives on the half marathon in the second chapter. Hal also does a great job noting real life experiences of people he's met along the way (Check it out! One of those people might be you!). He's designed several programs ranging from novice for those who may be putting on running shoes for the first time to advanced for those who have been running forever and want to put together their own plan. With something for everyone to enjoy, you should be jumping onto www.amazon.smile.com right now and grabbing your own copy today!

