

the
StrideRight
 www.floridastriders.com Club #229



To Join, or Not to Join...

What's Inside!

By Jean Schubert

Why join a track club? After all, the only stuff you need to run is a pair of shoes and some clothes. And some, like Jon Atwood, would argue that you don't even need the shoes.

You don't need to be a member of anything to run in most of the races offered near and far each month.

So, what are the benefits to joining a track club, like the Florida Striders? To be honest, for me, it was the lure of discounted entry fees for the many wonderful races that the club sponsors each year. That's why when I signed up in 2012 I did it for a three-year period. That fit my budget. And even better, now that I'm "older", I get a discounted rate on the membership.

In addition to that is the 10% discount on purchases at many of the local running stores (I've even had that honored at a running store while on vacation in North Carolina!).

Bank account aside, what I have found is family.

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Message From The President

Hello Striders!

I hope everyone had a great summer! It sure went by fast, but now we can look forward to some cooler temperatures and great running weather!

Each year, the Striders select a Board of Directors and nominate Board Officers. We have an incredible group this year, and I am very excited to be your club President for the 2016-17 season. With the leadership of the Board and support of our club members, sponsors, and volunteers, it's going to be a great year.

In the months ahead, be on the lookout for our new Florida Striders Running Team, led by long-time Strider, Shelly Allen. You can't miss them in their red Strider singlets.

If you are planning to run a half marathon this year, register now for our Fall Half-Marathon Running Class, led by Vicky Connell. The first class is September 14th!

The Ham Jam has returned! That's right – the 28th Annual Hog Jog Cross Country 5K is on Sunday, November 6th, and it's going to be better than ever this year. There will be live music, a post-race cookout, and fun games for the kids. Online registration is open. So sign up now!

New Strider social events are underway, including a Holly Jolly Pub Run to kick off the holiday season. Keep your eyes and ears open for exact dates and locations!

It is an honor to be a part of this organization that contributes so much to the health and wellness of our communities through our Adult Running as well as Children's Run/Walk clubs in over 50 area elementary schools. Please help us continue to do this good work by promoting awareness of our club, running our races, and actively participating in socials and volunteer events.

Thank you for your support! See you at the races!



Michelle

2016-17 BOARD OF DIRECTORS & KEY PERSONS

President: Michelle McCullough
mmccullough@floridastriders.com

Vice President: Jennifer DeSantis
musicchr24@aol.com

Secretary: Regina Soeey
Regina@ReginaSoeey.com

Treasurer: Bill Krause
treasurer@floridastriders.com

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Scott Hershey	Jamie Williams
Dave Allen	Bill Page
Gordon Simms	Kathy Murray
Sara Guthrie	Tara Showalter
Cari Holbrook	Kim Lundy
Jon Guthrie	Shelly Allen

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
rttsrd@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: Dave Allen, 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.

By Vicky Connell

Strider Spotlight

One of the most enjoyable activities I engage in with the Florida Striders Track Club is coaching the class we hold in the spring. Although we have runners of all levels in this class, I especially enjoy helping the beginner level group that has never completed a 5K before. It's very gratifying to help them accomplish their goals.

This past spring, as usual, we had a great group of people join the class. One of these people was Tom Shaffer. It was fun to watch him enjoy the class and reach his goals. I chose him for an interview because he really personifies the type of person we want to reach out to in our club and help on their running journey.

Prior to the Running Class, which started this past April, Tom had been intermittent in his running. He was trying to run regularly so he could complete a 5K, but he just didn't have the motivation to be consistent. When he heard Jon Guthrie (his friend of 16 years) talking about the class, he decided to join. Although the class goal was to complete the Memorial Day 5K, Jon and a bunch of other Striders were planning to run in the Corporate Run 5K that was held just over a week before. They applied some peer pressure to Tom, and he decided to "cheat" and run the race. It was exciting and fun, and Tom had a great time running with his new friends. And, of course, he also completed the Memorial Day 5K after that.

Since the class, Tom has participated in track on Wednesday when he can and has occasionally joined the group that goes out for dinner afterwards. He has also started attending the Saturday morning runs at Oakleaf which Jon Guthrie heads up. Tom has become a lot more consistent about running regularly since he now has people to run with. Recently, however, Tom finds it increasingly difficult to run in the heat. He works 10 hours in the heat every day and needs to cool down before he can head out for a run. (I suggested he drink a slushy to help cool down before running!) He's still working on making it a regular occurrence. Tom participated in the Celebration 5K but had to walk part of it because of the heat. His next day at work was especially difficult after running the race. Tom is looking forward to cooler weather in the fall when the heat won't hamper him so much.

Tom has several goals for his future running: he wants to build on his speed; he plans to take our Half Marathon Class this fall and complete his first half; he would like to incorporate his biking into competitive events such as duathlons; and further down the road, he'd like to start swimming and perhaps complete a triathlon!

Tom has a great appreciation for the Striders and all that he has heard that we do. He is impressed with the knowledge and experience of the coaches and fellow Striders and their openness to share and help others. He has made a lot of friends and appreciates the support he has received since becoming part of the club. He would like to learn more about what we do, and in the future, give back with some volunteer work.

Before attending the Spring Running Class, Tom said that he was never a runner. He played some hockey in his youth, but that was it. As an adult, he tried to make running a habit, but it didn't happen. He attempted 5Ks on his own but was never successful at completing them. However, Tom believes that his recent accomplishments have set a new standard for his life, and he plans to use these experiences as stepping stones for the future.



Tom Shaffer (left) and Jon Guthrie (right) at the finish of the Corporate Run 5K.



Half Marathon Running Class



- Starts:** September 14th, 2016
- Location:** St. John's Country Day School, Orange Park (Wed)
IHOP parking lot on Blanding Blvd, Orange Park (Sun)
- Meets:** Wednesday's at 6:00pm
Sundays at 6:30am
- Price:** \$65 non-members, \$45 members
- Required:** Must currently be running at least 3 times a week for at least 30 minutes
- Goal:** Complete the Ameris Bank Jacksonville Half-Marathon on Dec 18, 2016 (must register separately for race)
- Who?:** Class is designed for both first time half marathoners or more advanced runners who want to run with a group and get faster. Participants will follow a 14 week training schedule which is provided.

For more info and to register, go to:
www.floridastriders.com/running-classes/

Half Marathon Class Entry Form

Your signature below these two paragraphs indicates that you have read, understand, and agree to both. This entry form also provides the information for your one year Florida Strider Membership, which is included with your class entry fee.

Class Release & Indemnification Agreement: The person named on this registration form wishes to participate in the Running Program (the "Program") from Sep 14th through Dec 18th, 2016. Those who have made this Program possible -- The Florida Striders, their sponsors, and St. Johns County Day School, volunteers, and officials (collectively, the "Organizers") -- wish to ensure to the fullest extent possible that they are not sued or held liable for injuries or damages sustained by participants or those attending the Program. I make this release and indemnification agreement on my behalf, and on behalf of anyone who would be able to sue if I were injured while participating in or attending this Program. In return for being allowed to participate in this Program, I agree and acknowledge as follows: 1) Participation and attendance at Training programs, especially those held on trails, carries with it some risk of serious injury, including even in rare cases, death. The risks include, but are not limited to, those caused by overexertion, vehicular traffic, the course, weather, facilities, equipment, Organizers, spectators, and other participants; 2) I assume all risk of participating in and attending this Program; 3) I understand that the Organizers of this Program are relying upon the agreements and representations I make in here; 4) I release the Organizers of the Program from any and all claims, including negligence claims and claims relating to personal injury or property, arising out of my participation or attendance in this Program, except I do not release reckless or intentional tort claims; 5) I agree to indemnify the Organizers if I or anyone else brings a claim against the Organizers due to injuries I receive due to my participating in or attending the Program ("indemnify" here means to reimburse the Organizers for any sums they have to pay and expenses/fees they incur due to an injury claim related to me); 6) I give permission for the free use of my name and picture in any broadcast or print media account or promotion of this event; and 7) I have carefully read this document and understand it. If I am under 18 years old, my parent or guardian is signing on my behalf, and my parent or guardian also agrees to indemnify the Organizers if I or anyone else brings a claim against the Organizers due to injuries I receive due to my participating or attending this Program. With knowledge of the risks involved and the rights I give up, I waive the rights I might otherwise have, and I freely sign this document. **I will notify Sara Guthrie if I do not wish my contact information shared with the rest of the class** (contact information is usually shared to facilitate group run coordination.)

Membership Liability Waiver: I know and understand that participating in and/or volunteering to work at FSTC races are potentially hazardous activities. I will not participate in club activities unless I am medically able and/or properly trained to do so. I agree to abide by any decision of a race official relative to my ability to safely complete a FSTC sponsored race. I assume all risks associated with running and volunteering to work in club races including, but not limited to, slip/trip/falls, contact with other participants, volunteers, or officials, the effects of the weather including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and understood 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, release, and agree to hold harmless the Road Runners Club of America, the Florida Striders Track Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities, even though these liabilities may arise out of negligence or carelessness on the part of persons named on this waiver.

Participant's Signature _____ Date ___/___/___
 Parent's Signature (if participant under 18) _____

Name _____

Address _____

City _____ State _____ ZIP Code _____

Sex: ___ Birth Date: ___/___/___ T-Shirt Size ___ (XS / S / M / L / XL / XXL) (please add \$2 for XXL)

Home Phone: _____ - _____ - _____ Work Phone : _____ - _____ - _____

e-mail Address(es) _____ (please print)

How many miles per week are you currently running? _____ Approximate pace per mile: _____

You must be running at least 3 times per week for 30 minutes each time to join this class.

Entry Fee enclosed \$ _____ (\$45 for existing Strider members, \$65 for non-members)
 (Call Sara Guthrie at (904) 651-4476 for discount rates for couples, families, under 18 or over 65.)

For questions contact Vicky Connell at 904-707-8469/vickyjc@comcast.net

**Mail completed forms, with your check made out to "Florida Striders" to:
 Half Marathon Class, c/o Sara Guthrie, 8125 Coralberry Lane, Jacksonville, FL 32244**



In Memoriam

Bill Zipperer - A Special Strider Member

Bill Zipperer was one of the early members of the Florida Striders.

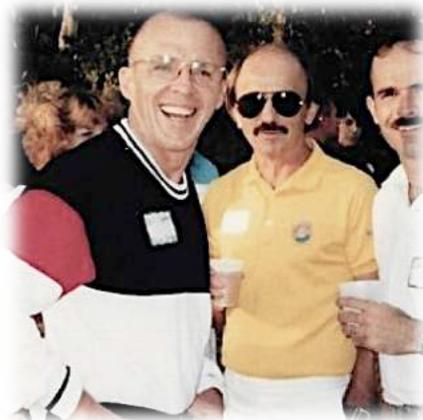
He was a talented, resourceful, active member, always ready to help wherever needed.

He held the office of 2nd VP and was president from August 1984 until April 1986.

He was the director of the Autumn Twilight Run in 1984.

He shared his mountain climbing experience of Mount Everest as the speaker at one of the Strider socials.

Bill was a multi-talented man who loved a challenge.



In Memory of William "Bill" Zipperer

1934-2016

**By Braden Phillips,
Bill's brother-in-law**

Bill was born in Old Hickory, Tennessee on January 31, 1934. He attended Tennessee Tech where he earned a degree in mechanical engineering. He joined the US Naval Reserves, and after college, he entered Naval Flight Training and earned his Wing of Gold in 1958.

Bill had always been an exceptional athlete. During his initial assignment as a flight instructor, he was selected to become a member of Star Flight, the Navy Trampoline Exhibition Team. Star Flight traveled the country and performed at air shows with the Blue Angels.

Bill was a light Attack Pilot, flying single-engine, single-seat A-4 Skyhawk and A-7 Corsair aircraft. In 1972, he assumed command of VA-105 and led the squadron through a very intense deployment to the Gulf of Tonkin off the coast of North Vietnam. In total, Bill flew 240 combat missions. He earned three individual Air Medals for exceptional performance on an individual combat mission and four Distinguished Flying Cross medals for performance as a major Combat Strike Leader. He subsequently commanded the Combat Support Ship, USS San Diego (AFS-6). Having accomplished every one of his Navy career goals, Bill retired as a Captain in 1981. During his 29 years of service, in addition to his two commands, he earned a Masters Degree in Economics and logged over 750 day and night carrier landings.

Bill was an avid outdoorsman and adventurer who enjoyed mountain climbing, running, hiking, and snow skiing. He was one of the early members and a past President of the Florida Striders running club. Bill and Robin met while running with the Striders. He ran his last of many marathons at age 76 and walked/ran his last race in May 2016. His last skiing run was, as always, in his beloved Crested Butte, Colorado in January 2016. He backpacked and hiked the peaks of mountains in Colorado, Wyoming, Alaska, Canada, and the Carolinas. He even attempted to scale Mt. Everest, but was overcome by altitude sickness just short of the summit.

After retirement, he settled in Orange Park, Florida where he worked for 24 years for USPA/IRA (precursor to First Command), a financial advisory firm specializing in serving service members and their families. In 1999, Bill and his wife, Robin, moved to St. Augustine, Florida where he was a dedicated "fitness fanatic" in the YMCA weight room, working out with his buddies six days a week. Bill was also a man of faith. He and Robin were active members of the Trinity Episcopal Church.

Bill started riding motorcycles when he was quite young. He owned a "fleet" of motorcycles and rode his bikes all over the country, including two trips to Alaska. He was a skilled Backyard Mechanic and an active member of the BMW Club of North Florida. Following a tragic motorcycle accident, Bill passed quietly and peacefully on Saturday, June 20, 2016 at Community Hospice in St. Augustine, Florida.

Bill and Robin enjoyed 18 years of running, hiking, traveling, laughing, reading, and praying. They had a special relationship through this journey called life. In addition to Robin, Bill is also survived by his older sister, Norva Green and her three sons, Michael (Debbie), Jack, and Bill. He has wonderful and successful children. His children include: Lisa Manning (David), Erik Zipperer, and Wendy Helms Roark (Rick). His stepchildren are Garrett Potter (Nicole) and Elizabeth Potter. He has seven grandchildren, including Meredith and Emily Manning, Anthony and Kymber Zipperer, Kyle Helms, Addison Potter, and Melita Brito. He also has two great-grandchildren: Marabella Zipperer and Leyla Mesic. He loved and was immensely proud of them.

Bill lived large. As his sister, Norva, said, "He hung the moon and polished the sun." He touched a lot of lives in his 82 years, and he will be deeply missed. A memorial service was held on Saturday, July 30, 2016 at the Trinity Episcopal Church in St. Augustine, Florida.

Fair Winds and Following Seas, Captain. God Speed!



Save the Date!

We have a lot going on in the months ahead worth checking out. Put these events on your calendar and come join us!

Jenny's Pennies

The 39th anniversary celebration is already here again! On October 16th, we'll be meeting at the Sun Tire on Blanding Blvd. in Orange Park. Join us at 6:30am to run/walk and celebrate afterwards at 8:00am with money collected by our members on their weekly runs. Please bring breakfast food or a non-sweet snack item to share, and Jenny's Pennies will supply the champagne, orange juice, and coffee.

Holiday Gathering

For over 20 years, Janet and Robert Irvin have been hosting this annual Champagne Open House Holiday Party on the night of the Avondale Luminaria. Join us this year on December 18th at 6:00pm for another great evening with fellow running friends!

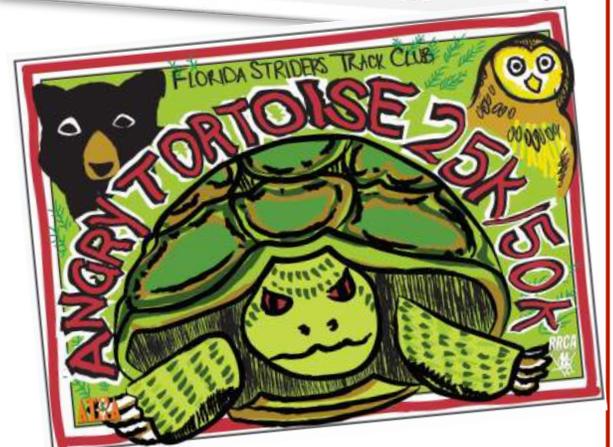
Resolution Run

It's never too early to plan ahead! Now that school is in full swing, the holidays are right around the corner. You'll be so busy that before you know it, the new year will be knocking on your front door! Don't ignore the knocking! Get off the couch and start the 2017 year off right with this Grand Prix race on January 7th!



Angry Tortoise 25K/50K

And of course, we can't share one race without mentioning this one as well! It might seem like it's too far ahead to plan for, but for this one, you'll want to start your training well in advance. This is a great trail run at the Cary State Forest on February 26th that benefits our Children's Running Program. Don't miss it!



Tania, My Running Friend By Everett Crum

I first met Tania in Fernandina Beach. As I recall, I had just finished a race, I was walking toward my car on a road near the beach when this black Porsche pulled up beside me and stopped. She rolled down the window, and this cute little girl leaned over, smiled, and said, “Hi, aren’t you Everett? I’m Tania.”

I am an old man now, and I have outlived all of my family. I fully believe it is because of running. I never started running until age 45 (the same age Tania was when I first met her). I ran competitively for 30 years, and the more I ran, the better I got. Through running, I have acquired many friends, but I had one that, to me, was very special. Even when you run in the back of the pack, you gain a few new friends. But when you run up front, more people know you, and you acquire many friends.

Even though Tania had been running for a number of years and was a very good consistent runner, she never won many races. Thus, I didn’t know her nor had ever met her. Then, she invited me via Facebook to come run with her group at Boone Park in Jacksonville. About a dozen runners would meet at her house every Wednesday night to run a 7-mile loop and then go to a local place to eat afterwards. So, I went.

I already knew several of the others in the group running this course. The course ran by several small, lighted sidewalk cafes. It was a dark and cold winter night, yet many of the sidewalk booths were occupied. Running past the little twinkling lights made it seem like a Christmas fairyland. It was a beautiful night and a delightful run. That first night, I went with them to a small pizza parlor after the

run. Being that Tania and I were the only non-couple twosome in the group, we went together in her Porsche. From that night on, all of my training runs in the Jacksonville area were done with her at my side; every race I ran, she would enter and run as well; and I came to know her like no one else.

Tania lived adjacent to Boone Park, and though she was seldom there, her home was always left open to her running friends for anything they might need. She owned an elite beauty salon a block away and had several girls that worked for her. She worked there a couple days a week. She also played tennis several times a week at the Boone Park courts. Running and tennis were just two of her many outdoor passions. She was a very out-going and down-to-earth individual.

I could write a book on Tania, but I’ll hold it down to this final comment: I’ll always remember her as a special soul who was a friend of mine – someone who cared, someone that loved life, and lived it to the fullest, and I feel privileged to have known her.



*In Memory of Tania Woodrum
October 19, 1949 – July 8, 2016*



WE LOVE OUR SPONSORS!
THANK YOU FOR YOUR SUPPORT!



HASKELL



Sun TIRE



Memorial Day 5K 2016

Recap by Race Director,
 Scott Hershey

We had a beautiful morning for the Memorial Day 5K this year: warm and humid (it could have been worse). Everything went very smoothly from the pre-race to post-race with the exception of being short some 125 finisher's medals with the better than expected turnout. We apologize for that and will do better next year! We received the extra medals a few weeks later. If, by some chance, you haven't picked up your Memorial Day 5K medal, they are available for pickup at the Orange Park 1st Place Sports.



After the race, we had the usual water, bananas, and bagels. This year we added sliced watermelon to the line-up, which seemed to be received well as we had none left by the finish of the race. Thank you to ALL the volunteers and board members that helped to make this year's Memorial Day 5K a success. We just wouldn't be able to do it without you. We look forward to seeing you all next year!

Striders Old and New



Robert Shields, 81, is one of a few Lifetime Members of the Striders and a permanent sponsor of the club. His distinctive "logo" is an American flag and the words, "In Memory of the 9/11/01 Civilian and Military Victims." Robert now lives in North Carolina but returns to Jacksonville every year for the Memorial Day 5K.

Holli Barnet Rumsey, 30, is one of the newest Striders. Introduced to the club by Frank Frazier, Holli was 1st AG in her first race, the 2016 Spartan 5K. Holli is an active participant in Team RWB, whose mission is to enrich the lives of America's veterans by connecting them to their community through physical and social activity.

Photo taken May 29, 2016 at the Sunday Striders OP training run.

Become a Florida Strider Member!

The Florida Striders Track Club is a non-profit, family oriented club that stages five races each year, offers free children's fun runs with our races, and has social and other activities on a regular basis. We are running enthusiasts who love to run, race, and socialize! See our website, www.floridastriders.com or email membership@floridastriders.com for more information.

Renewing Members

James Braunreiter
 Bonnie Brooks
 Rebecca & Kevin Brown
 Luke Bybee
 Dotti Cahill
 Patricia Czamecki
 William & Carmen Darfler
 Clay & Debbie Fliess
 Monica Goddard
 Jim Hanson
 Diane Jacobs
 Carol MacDougall
 Ken Murray
 Krithika Narayan
 Mark & Tina Nelson
 Scott Olivolo
 Dee & Dan Robertson-Lee
 Tara & Scott Showalter
 Regina Sooeey
 James Spooner
 Lori Theus
 Anne Weaver

Membership Benefits

- ❖ \$5.00 discount for early registration on our 5 races
- ❖ 10% discount at 1st Place Sports and New Balance stores
- ❖ Email blasts with info on races, socials, etc.
- ❖ Email link to the StrideRight newsletter when it is published (send an email request to membership@floridastriders.com to receive a paper version)
- ❖ Entry to the Florida Strider Hospitality tent at the Gate River Run

New Members

Linda Reynolds
 Charlotte Singletary
 Scott Tremaine
 Donna Trumble
 Tracey Zarkis

Upcoming Renewals

Janice Carrico
 Amy Guthrie
 Jon & Sara Guthrie
 Stacie Lancaster
 Chris Rodatz
 Barbara Scott
 Bryan Bartosik
 Denise Dailey
 Linda Day-Cordes
 Michael Putala
 Jamie Williams
 Herb Armstrong
 Erin Aylsworth
 Jan Bullock
 John & Denise Metzgar
 Scott Taylor
 David & Deborah Townsend

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)

Signature

Date

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

\$1 \$2 \$5 Other Amt \$

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) (age 65+)

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. 12/15

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



My Fitness Journey

By Jennifer DeSantis

I never considered myself an athlete. I played high school sports, but I was never the star athlete or anything. I did not have an athletic body, and I was definitely overweight in college (freshmen 15 and then some).

It wasn't until I started training for my 1st marathon in 2005 that I started to shed some of the weight I had carried around for so long (that's one of the reasons I continued with my running journey!). However, I still wasn't proud of my body, and I didn't value who I was on the inside. Even as a boot camp fitness instructor, I still didn't have that feeling of pride or athleticism, even though I instilled that in my clients.

I came across Beachbody and the P90X3 workout in December of 2013. It was the best investment I ever made! I completed this 90-day program, and I continued my fitness journey with many other at-home workout programs. It was through these programs that I learned how to fuel my body properly, not only to complete the strength workouts, but also with my running.

I thought I had a handle on my nutrition, but it wasn't until I looked at food as fuel that things started to click. I read the labels but didn't really understand what I was reading. If it said, "low-fat" or reduced sugar," I was happy to eat it because I thought it was healthy. I didn't understand why my fitness wasn't progressing. Fortunately, I have found success with the nutrition plans that come with my at-home workout programs, and I'm learning how to properly fuel my body. I still have a treat or a glass (or bottle, just kidding) of wine, but not every day.

Treat your body as an investment. You wouldn't put low-grade gasoline in a high-octane car. So why make unhealthy nutrition choices for your body? One way I fuel my body daily is by drinking Shakeology. It contains over 7- superfoods, which are foods that are rich in nutrients and vitamins but low in calories. It helps to strengthen my immune system. As an elementary music teacher I fight off germs every day. I have battled chronic ear and sinus infections, bronchitis, and the common cold. Since incorporating Shakeology into my daily routine, I have not been sick with anything more than the occasional cold. Not only has my health improved, my running has drastically improved since I've made these healthy lifestyle choices in my daily routine. I have PR'd in many distances, including a marathon.

I'd like to share with you ten healthy lifestyle choices that have made such a difference in my health and fitness, and I think that others would benefit from as well.

1. **Drink Shakeology:** this keeps me full so I don't snack in between meals, it boosts my immune system, keeps me regular 😊, and provides a daily dose of vitamins.
2. **Create a Meal Plan:** a weekly calendar of your meals, snacks, and meal prep will help you avoid grabbing food choices that are not as healthy.
3. **Shop the Perimeter:** avoid the middle aisles as much as possible in the grocery store.
4. **Eat Clean Foods:** nothing processed, no added sugars, no chemicals – a good rule to follow is if you can't read the first few ingredients, put it back on the shelf (I shop with the Dirty Dozen and Clean Fifteen items on my phone. For example, apples and strawberries are on the Dirty Dozen list. So I try to buy the organic of those items).

Continued on page 17

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.ameliainlandrunners.webs.com/kbendy/rrcaca1.htm.

DATE	RACE	TIME	RACE DAY LOCATION	WHERE TO REGISTER
5-Sep	RunJax Labor Day Run	7:30am	1st Place Sports - Baymeadows	1st Place Sports (any location or online)
10-Sep	Run with the Flock	8:00am	601 Riverside Avenue	flamingocharities.com
11-Sep	9/11 Heroes Run	10:00am	Sea Walk Pavilion	travismanion.org
17-Sep	Tunnel to Towers 5K	8:46am	Jacksonville Landing	crowdrise.com
18-Sep	Healthy Kids Running Series #1	5:30pm	Orange Park YMCA	healthykidsrunningseries.org
24-Sep	Avondale 5K Classic	8:30am	Shoppes of Avondale	1st Place Sports (any location or online)
25-Sep	Healthy Kids Running Series #2	5:30pm	Orange Park YMCA	healthykidsrunningseries.org
30-Sep	Hats Off Hustle Fun Run	7:00pm	Jacksonville Beach	1st Place Sports (any location or online)
1-Oct	Jacksonville Challenge	1:00pm	TBD	challengenation.com
2-Oct	Healthy Kids Running Series #3	5:30pm	Orange Park YMCA	healthykidsrunningseries.org
8-Oct	Jacksonville Marine Corp 1/2 Marathon & 5K	7:00am	Metropolitan Park	1st Place Sports (any location or online)
9-Oct	Healthy Kids Running Series #4	5:30pm	Orange Park YMCA	healthykidsrunningseries.org
14-Oct	Monster Mash Dash	6:30pm	Jacksonville Fairgrounds	1st Place Sports (any location or online)
15-Oct	Jaguars Stache Dash	8:30am	Everbank Field	1st Place Sports (any location or online)
16-Oct	Healthy Kids Running Series #5	5:30pm	Orange Park YMCA	healthykidsrunningseries.org
21-Oct	LumiTronix Glow Run 5K	7:00pm	Metropolitan Park	1st Place Sports (any location or online)
22-Oct	Creepy Crawl 5K Run & Fun Walk	8:00am	Nocatee Publix Supermarket	firstgiving.com
30-Oct	Evergreen Pumpkin Run	8:00am	Evergreen Cemetery	1st Place Sports (any location or online)
5-Nov	Ryan's Run 5K	9:30am	Ortega United Methodist Church	1st Place Sports (any location or online)
6-Nov	Hog Jog 5K		Ronnie Van Zant Park	floridastriders.com
12-Nov	Mandarin Run 10K & 5K	7:50am	Bailey's Gym, Mandarin	1st Place Sports (any location or online)
13-Nov	Episcopal Children's Services 5K	8:00am	Palencia Elementary, St. Augustine	active.com
19-Nov	McKenzie's Run 5K	10:00am	Everbank Field	mckenzie'srun.org
24-Nov	Thanksgiving Distance Classic	7:00am	Pickwick Plaza, Mandarin	1st Place Sports (any location or online)
3-Dec	Running of the Bulls 5K	11:00am	Intuition Ale Works, Bay St.	1st Place Sports (any location or online)
4-Dec	Reindeer Run 1/2 Marathon & 5K	7:00am	Main Beach Park, Amelia Island	ameliarunners.com
10-Dec	Santa Suits on the Loose 5K	8:00am	St. Augustine Beach Pier	racsmith.com
18-Dec	Ameris Bank Jacksonville Full & 1/2 Marathon & 5K	7:00am	Bolles School	1st Place Sports (any location or online)
30-Dec	Vystar 5K	TBD	Downtown Jacksonville	1st Place Sports (any location or online)

Striders Hamming It Up Again

By Bob Fernee

We're pigging out, and what's wrong with that? Our glorious track club is overindulging in all the things we love: running, revelry, camaraderie, socializing, fun, food, and frolic. And we are doing all of it in just one day. Which day? Why, Sunday, November 6th, of course, when we celebrate the 28th running of the Florida Striders' Hog Jog.

We have great things in store for this year's event, some of which you have never seen before. Just so you don't miss a thing, let's take it from the top – from the pig's snout to his curly little tail.

First of all, we're jamming. Years ago, Clay County had a fest titled the Ham Jam. The Striders joined in with a little addition of their own, the Hog Jog 5K. The Jog continued, but the politicians dropped the trotter as far as the Jam went.

So, the county relinquished its hold, and now the Striders are claiming eminent domain. Yes, we are bringing back the Ham Jam, and with it, live music in the manner of a good old-fashioned hoedown. The Old City Farmers bluegrass/folk band from St. Augustine will join us live and in person. How we got them is beyond me. Band leader and banjo player, Tommy Bledsoe said quite sincerely, "Pigs mean an awful lot to us."



You've never seen such a thing since Hee Haw was on T.V. (I can hear it all now, "Daddy, what's Hee Haw?"). Our motto is: "Make the Ham Jam Great Again." Gosh, sounds familiar.

Food? Lots of it! A BBQ is planned; there is even talk of a whole hog on a spit (the feasibility and logistics are yet to be worked out, but we will do it if we can). Regardless, there will be burgers and dogs and other great treats. Those not registered to race can buy food tickets for five bucks if they care to have a bite as well.

Games? Heck, yeah! We got games better than the Olympics! Our games are for kids, though, not those overpaid professionals. The kids' run starts at 2 o'clock, and afterward, we will feed the little tykes and entreat them with some joyous games. We are thinking a piñata, maybe sack races, or 3-legged races...that sort of thing. All good, clean fun, which is what the Hog Jog is all about.

Oh, and there's a race! This cross-country race starting at 2:30pm (half an hour earlier than last year) is one of the best around – guaranteed. I loved it last year, and I am gutted that since I am now the race director, I won't be able to race it, and duke it out up front. Oh well, now, not only do I get to give back, but I can "hog" the limelight!

Aside from all this, you get a long sleeved tech t-shirt, and an age group award (if you qualify). Don't miss out on this memorable event and jolly wonderful time with all your Strider friends. I'll be hog-tied if you don't like it!

Florida Striders Running Team

By Shelly Allen

The Florida Striders Running Team has been in action this summer after their debut at the Memorial Day 5K. The eighteen team members have run nearly 100 races combined in their first 2 ½ months! They are doing a great job representing our club as ambassadors for the Striders in the running community.



Team Member Highlight



Let's meet team member, Jaimy Piccirilli. Jaimy is 43 years old. He began running in March 2014. Prior to that, he had never run at all! He trains 5 days a week, running a total of about 30-35 miles a week. He is coached by David Bonnette and has set impressive PR's in several race distances in the last 6 months:

1 mile – 5:23

5K – 18:58

8K – 33:14

½ marathon – 1:36:34

He likes the social part of running because he met his girlfriend, Jennifer Wellington, through running and racing! When he is not running, he works at an engineering firm as a Senior CAD Designer.

Striders at the Races!

5/14/16 – Hula Hustle 5K Orange Park, FL

Matthew Stratton 18:10 1st overall
and a PR
Rebecca Stratton 26:37 1st AG

5/21/16 – Eagles 5K Fleming Island, FL

Bernie Powers 28:57 1st AG
First race as a Strider Team Member
Jean Schubert 52:25

5/28/16 – Viking 5K Palatka, FL

Bernie Powers 28:20 2nd AG
Nobody told me it was over the bridge – twice!

5/28/16 – Marty 5K Nocatee, FL

Jan Bullock 39:04 1st AG

5/28/16 – Run for Heroes Jacksonville, FL

Dena Gaucher 24:02 1st AG
Wore red Strider singlet today. Love wearing it! Makes me go harder!!

5/30/16 – Memorial Day 5K Orange Park, FL

Jean Schubert 43:00
Wore Running Team Red
Bernie Powers 27:11 5th AG
Ron Riggins eludes me yet.
Amy Guthrie 26:16
Al Saffer 37:36 1st AG
Luke Bybee 23:28 2nd AG
Shelly Allen 20:38 2nd overall
Jack Sykes 26:18
Randy Arend 20:29 2nd AG
Matthew Stratton 19:23 1st AG
Michelle McCullough 22:15 2nd AG

6/4/16 – Beck 5K Palatka, FL

Amy Guthrie 27:20 1st AG
Jack Sykes 27:25 2nd AG
Bernie Powers 27:43 2nd AG
Couldn't quite catch fellow Strider Team Member, Jack Sykes

Dena Gaucher 25:55 1st AG
3rd overall female, excruciatingly hot!

Jon Guthrie 32:18

6/4/16 – JTC Summer Track Meet Jacksonville, FL

Jon Guthrie
100m – 1st AG
200m – 2nd AG
First time participating in a track meet since high school.

Continued on next page

6/4/16 – South Carolina Open & Masters Track Classic, Greenville, SC

Shelly Allen
800m – 2:47
1 mile – 6:04

6/11/16 – Sunrise 8K Simpsonville, SC

Matthew Stratton 32:19 3rd AG

6/11/16 – Run for the Pies 5K Jacksonville, FL

Luke Bybee 23:10 5th AG
PR and wore team singlet
 Bernie Powers 27:46 7th AG
Couldn't catch Bruce Z.
 Randy Arend 20:42 2nd AG
 Jean Schubert 44:52
 Shelly Allen 20:52 2nd
overall in open race
 Rebecca Stratton 29:32 1st AG
 Matthew Stratton 18:41 1st AG
 Jennifer DeSantis 24:57
 Michelle McCullough 22:27 3rd AG
 Jon Guthrie 31:36

6/17/16 – NAS Jax RunWay 5K Jacksonville, FL

Amy Guthrie 25:20 2nd AG
 Jean Schubert 45:52
 Bernie Powers 31:00 26th AG
50 plus! The most ridiculous age grouping I've experienced. I jogged it.

6/18/16 – Historic Springfield 5K Jacksonville, FL

Bernie Powers 27:15 1st AG
 Jean Schubert 41:55 2nd AG

6/18/16 – USATF Georgia Masters Track Meet, Atlanta, GA

Shelly Allen
1500m - 5:35
Best 1500m time since college. Very windy!
800m – 2:49

6/19/16 – Tutu 5K Jacksonville, FL

Jan Bullock 37:39 2nd AG

6/25/16 – USATF Florida Masters Track Meet, Ft. Lauderdale, FL

Shelly Allen
800m - 2:53
1500m - 5:35
Windy and very hot!

6/26/16 – Ponte Vedra Big Bang 5K Ponte Vedra, FL

Michelle McCullough 21:36 3rd
overall female

6/30/16 – JTC Track Meet Jacksonville, FL

Jean Schubert
100m – 21.10 1st AG
200m – 54.35 1st AG
400m – 2:04.89 1st AG

7/2/16 – Firecracker 10K & 5K Wrightsville, GA

Bernie Powers 1:03:20 1st AG
Ran the 5K in 36:46 immediately after the 10K in brutal heat. Also 1st AG.

7/2/16 – JTC Track Meet Jacksonville, FL

Jean Schubert
100m - 13.02 1st AG & PR!
200m - 52.62 1st AG
400m - 1:56.29 1st AG & PR!

7/4/16 – Celebration 5K Jacksonville, FL

Amy Guthrie 25:04
 Jean Schubert 42:56
 Bernie Powers 31:53
Overheated!
 Jaimy Piccirilli 18:58 3rd AG
And a PR
 Dena Gaucher 26:09 5th AG
Extremely HOT day.
 Randy Arend 20:23 3rd AG
 Jon Guthrie 31:57
 Jack Sykes 28:03

7/16/16 – Bridge of Lions 5K St. Augustine, FL

Jennifer DeSantis 24:59
 Michelle McCullough 22:17 1st AG
 Jon Guthrie 31:41
 Jack Sykes 27:39
 Amy Guthrie 25:43
 Bernie Powers 28:14 7th AG

7/17/16 – USATF Masters National Championships, Grand Valley State University, MI

Shelly Allen
4x400m relay - 1st in AG
I ran 3rd leg. Wore Strider Team singlet in all races at Nationals
1500m race – 5:32 5th AG
My best time since college.
800m – 2:44 4th AG
My best time this year! Very windy!

7/22/16 – Vestcor Bridges 5K Jacksonville, FL

Grace Adams 26:10 2nd AG
 Addison Adams 33:10 3rd AG
 Jean Schubert 44:55 3rd AG
4 minutes faster than last year!
 Randy Arend 20:51 2nd AG
 Michelle McCullough 22:35 1st AG
 Bernie Powers 28:38 4th AG
Always a bridesmaid!
 Liane Daniels 31:26 2nd AG
First bridges race since being shot.

7/28/16 – USA Masters Games Greensboro, NC

Shelly Allen
800m – 2:42.3 2nd Place
My best time of the year.

8/5 & 8/6/16 – Tour de Pain Jacksonville, FL

Dena Gaucher 1:07 8th AG
Goal was Grand Prix points.
 Grace Adams 1:06:02 2nd AG
 Addison Adams 1:24:53 1st AG
 Amy Guthrie
4 mile – 34:07
5K -25:53
1 mile sprint – 7:19
 Jean Schubert 5th AG
4 mile – 57:58
Finally finished this race in under an hour. Set a new 4 mile PR!
5K – 43:26
1 mile sprint – 11:08
PR by 1:11! 4:57 off last year's series!
 Bernie Powers
4 mile – 38:28 7th AG
5K – 28:02 6th AG
Bruce Z smoked me in the chute!
1 mile sprint – 7:40 5th AG
Ron Riggins smoked me in the chute!
 George White 1:04:35 2nd AG
 Jon Guthrie 1:24:20
4 mile – 42:19
5K 33:20
1 mile sprint – 8:43

Submit your race results to
 Striders at the Races at
www.floridastriders.com to see
 your name in the StrideRight!
 We'd love to see how you did!

Continued from front page

True, you can meet people at the races and have conversations, but when you are a member of a great track club like the Florida Striders, you are taken into the fold and can develop meaningful relationships which help you develop your skills – some that even go beyond running. And that, my friends, is priceless.

Then, there is that extra issue of what an excellent effort the Florida Striders put forth to support and expand the opportunity for youth to become involved in running. That is a quality to be admired.

We do things for many different reasons, but these are just a few of the reasons that I'm so very happy I am a member of the Florida Striders Track Club. I have even given membership as a gift to others.

Think about why you are a member and why others should be, too. Speak up about what you like and what you don't like. Let the Board know your ideas. It's our club; help it grow!

Do you have a running story to share? Is there someone in the club whose praises you'd like to sing? How does the Florida Striders Track Club benefit your life? What does running mean to you? What would you like to see more of in your StrideRight?

We want to hear from you! All articles, stories, and statements sent to striderighteditor@gmail.com will be considered for future newsletter issues. Submit your work by December 1st for the winter issue.



Remember: you can help the Florida Striders earn money when you shop on AmazonSmile at no extra cost to you. Amazon will donate 0.5% of your purchase price to Road Runners Club of America – Orange Park. Bookmark the link <http://smile.amazon.com/ch/74-2194707> and support us every time you shop. Once you select our club, Amazon will remember your selection, and then every eligible purchase you make at smile.amazon.com will result in a donation. Every little bit helps!

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5. **Portion Control:** cutting up fresh veggies and fruit as soon as you get home and putting them into small containers will make it easier to control amounts that you grab when you are hungry.
6. **Workout/Move Every Day:** even on my "rest" days, I go for a walk or do yoga/PIYo.
7. **Throw Out Junk:** only stock your house with whole, clean foods. If you get rid of the junk foods in your pantry and fridge, it will help with the temptations.
8. **Drink WATER:** water is your best friend! It will help curb your appetite, help keep your insides clean, keep you hydrated (which we all need living in Florida), it's great for your skin, and has many other benefits.
9. **Avoid the Scale:** that number that lights up does not define who you are. It is nothing more than your relationship with gravity.
10. **Be Proud:** be proud of who you are, and acknowledge that you're human, and you will make mistakes.



New! Florida Striders' HAM JAM
Old fashioned Hoedown with the OLD CITY FARMERS

Stay for Awards & Free BBQ!
Games for the Kids!

5K Race Start 2:30PM

Fun Run Start 2:00PM

ENTRY FEES

	<u>Striders</u>	<u>Non Striders</u>	<u>Kids 13 & Under</u>
Until Oct. 15	\$22	\$25	\$15
Oct. 16 - Nov. 4	\$27	\$30	\$20
Race Day, Nov. 6	\$35	\$35	\$35

- * Register Online – more info at www.floridastriders.com or 1stplacesports.com
- * Sorry, there are no refunds!
- * \$2 personal chip discount, except on race day
- * Online registration closes at noon on Wednesday, Nov. 2nd, but you can still register at any of the 1st Place Sports locations Thursday or Friday. **There is no registration available on Saturday**, but you can register at the race on Sunday, starting at 12:30.
- * Technical shirts for the first 300 pre-registered runners

Race Director: Bob Fernee (904) 342-2699
Bobfernee@aol.com

FAMILY FUN DAY

Stay for Awards & BBQ!
Live Music!
Games for the Kids!

Non entrants can purchase food at venue for \$5 each.

DIRECTIONS / PARKING

From Blanding Blvd. & 1-295:

1. South on Blanding to Knight Boxx Rd (6.5 mi)
2. Left on Knight Boxx to 220 (1.2 mi)
3. Right on 220 to 209 (Russell Rd) (1.1 ml)
4. Left on 209 to 739 (Henley) (1.3 mi)
5. Right on 739 to Sandridge Rd (739B) (2.3 mi)
6. Left on Sandridge to Ronnie VanZant Park (0.6 ml)

2760 Sandridge Road,
Green Cove Springs, FL

COURSE / TIMING

This cross country course starts and finishes at Ronnie VanZant Memorial Park, 2760 Sandridge Rd. This two-lap rugged cross-country course will not be suitable for strollers. Spikes may be worn. Walkers are welcome, but there will be no separate walking awards.

The race will be timed using the ChampionChip (chip must be worn on your shoe or ankle during the race). Do not wear your personal chip if you sign up on race day.

AWARDS

Awards will be given to Top 3 overall male and female, Top Master's male and female, Top Grandmaster's male and female. Awards will also be given to the top three male and female finishers in each age group as follows: 10 and under, 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 and 80 & over The awards ceremony will be held at Ronnie VanZant Park following the race.

FUN RUN

A **FREE** One-Mile Fun Run starts at 2:00PM. There is no charge for the Fun Run, but you must register to participate. Complete an entry form on race day or bring in a completed entry form. Please do not mail in Fun Run entry forms.

PACKET PICKUP

ALL packet pick-up will be done at Ronnie VanZant Park on race day starting at 12:30PM.

www.floridastriders/hogjog

Family Fun Day!
Games for Kids!
Stay for the BBQ!



New!
Florida Striders'
HAM JAM
Live Bluegrass
with the
OLD CITY FARMERS

RIBBONS FOR ALL FINISHERS! • ARRIVE EARLY TO GET YOUR RACE NUMBER!

One Mile FUN RUN • Sunday, November 6 • 2:00 PM

This One Mile Fun Run is **FREE**, but you do have to register (form below) to participate.

Where: Ronnie Van Zant Park (near Lake Asbury)
2760 Sandridge Rd, Green Cove Springs

More Info: Contact Suzanne Baker at (904) 240-6054

HOG JOG FUN RUN ENTRY FORM

First Name

Last Name

School Name

Age

BY MY SIGNATURE I ACKNOWLEDGE THAT: Participating in an organized running event is a potentially hazardous activity. I will not participate unless physically and medically able. I agree to abide by all decisions of race officials relative to my ability to safely complete the race course. I assume all risks associated with participating in this event including but not limited to: Slip/trip/fall, contact with other participants, weather conditions, traffic and conditions of the road/surface, all such risks being known and accepted.

Having read this waiver and in consideration of entry into this event being accepted, I, for myself and anyone named or entitled to act on my behalf, waive and release members and volunteers of the Florida Striders Track Club (FSTC), Road Runners Club of America (RRCA), the town of Green Cove Springs and all sponsors, their representatives and successors, from all claims and/or liabilities of any kind arising out of my participation in this event, including any liability that may arise out of negligence or carelessness by persons or organizations named in this waiver.

I agree and grant permission that should circumstances arise, I defer to race officials and/or qualified persons as to my need to be examined and/or treated medically during the race. I agree that race officials and/or qualified persons have the right to disqualify and remove me from the race course should I be suffering from a life threatening condition. I further grant to Releasees the right to use any and all photographs, images, or accounts of this event in any manner that it feels appropriate.

I agree to abide by all RRCA Guidelines, including but not limited to: No use of headphones or any other device that limits awareness of the participant or any type of wheeled conveyance (excluding use by handicapped or physically disabled participants). Animals are prohibited from the race course unless for the use and assistance of handicapped or physically disabled participants.

Runner Signature

Date

Parent Signature
(If under 18 years of age)

Date

Bring your completed and signed form with you to the race. Come early to make sure you have time to turn in this form and get your race number

The Florida Striders Track Club is incorporated as a non-profit organization under the laws of Florida and is granted federal tax exempt 501(c)3 status under the blanket exemption of the RRCA ID#74-2194707. StrideRight is published quarterly at P.O. Box 413, Orange Park, FL. Non-profit Organization Bulk Rate postage is paid at Orange Park, FL. Printed by Sir Speedy – <http://www.sirspeedyop.com>

FLORIDA STRIDERS TRACK CLUB

P.O. Box 413, Orange Park, FL 32067-0413

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It is because of enthusiastic members like you that the Florida Striders have continued to promote health and fitness within our community for over 37 years. The Striders actively support physical fitness for children in many local schools' run/walk programs. We host five races per year, and we support many other races and events in the community. Periodic socials and other programs round out the yearly schedule. All of these activities are listed in our newsletter, the StrideRight, and E-News, which is included in your membership and on our website: www.floridastriders.com . We also encourage you to follow us on Facebook at www.facebook.com/floridastridertrackclub .



The amazing part of all of this is that we are a 100% volunteer organization. Volunteering at our events is a great way to get involved and meet other Striders. You can be a race volunteer and still run the event, if you want. For volunteer opportunities, you may contact any of our Race Directors or Volunteer Coordinators (listed on page 2 and on our website). You are also welcome to join our monthly Board of Directors meetings at the Orange Park library, or contact any of our Officers if you have questions about our club.