

S U M M E R 2 0 1 7

the

StrideRight

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Club #229



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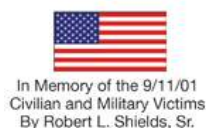
From Local High School Standout & Strider Scholarship Recipient to the Olympic Trials!

Written by Shelly Allen

The Florida Striders Track Club has been awarding college scholarships for years to local high school seniors who are runners. One of the recipients of the scholarship 17 years ago in the year 2000 was Bishop Kenny's Mason Cathey. Mason was an outstanding high school runner and pole-vaulter. What an interesting combination showing her athletic talents! She participated in many different sports and activities in her youth and teen years including basketball, dance, and running the hurdles, which ultimately all contributed to her later success in her best track event, the steeplechase. Her high school PRs were 2:11 in the 800m, 4:55 in the 1600m, 11:09 in the 3200m, 18:03 in the 5K, and 11' 1.25 in the pole vault. She was a deserving recipient of the scholarship winning a total of 13 State Championships throughout her high school years in both track and cross-country!

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BIG Thank You to our Sponsors!



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For contact information and a complete list of all directors, personnel, and board meeting minutes, please look under the "About" tab on our website:
www.floridastriders.com.



Thank you for helping to support the Florida Striders with your Amazon purchases! Amazon donates 0.5% of your purchase price to Road Runners Club of America – Orange Park. Bookmark the link <http://smile.amazon.com/ch/74-2194707> if you haven't already and continue to support us every time you shop. It doesn't cost you any extra to do this, but it does help us! Every little bit adds up. Our club has received \$50.79 just since May 2017! So thank you, fellow Striders!!



The Memorial Day 5K marked the end of this year's Spring Running Class. The pictures show just a few of the participants in the class, as well as a group photo of everyone who attended our banquet at the end. About 23 people took the class, and our usual coaches led the way for all the training.

Our club holds a class every spring at the St. Johns Country Day School track. The class is geared mostly toward beginners, but it also includes speed work for more advanced runners who want to become faster and an intermediate group for those somewhere in between. In addition, we have a powerwalking group for those who want to burn some calories, but prefer not to run. Powerwalking is also a great start for those who do want to eventually run but aren't quite ready to take that step.

We have been conducting these classes for about 15 years now. One of the best parts of hosting these classes is seeing new people become involved with the Florida Striders after they participate in the class. Everyone seems to truly love having a group to run with once a week, and of course, it's more than just a weekly run. Each class starts with a guest speaker who talks about various aspects of running – how to run with good form, proper hydration, strength training, race preparation, fueling for runs, proper shoes, and more. When the guest speaker is done, each group (beginners, intermediate, advanced, power walkers) get together to talk about their week and any concerns or questions they have. Then, we all do our group runs. At the end,

Florida Strider Spring Running Class

Written by Vicky Connell

everyone gathers back at the track for some plyometrics, a little strength training, and some stretching.

Our goal each year is to complete the Memorial Day 5K for newbies and maybe set a personal record (PR) for the intermediate or advanced runners. The week before the race, we have a banquet to celebrate our time together and get motivated for the race ahead. This year our guest speaker was Julie Stackhouse who did a wonderful job of providing some great motivation! At the end, I passed out our class t-shirts, which have our class "iRun" logo with the little running feet up the side (everyone loves the cool t-shirts!).

I would be remiss if I didn't thank all the volunteer coaches who helped with our class this year, many of whom have done so for a very long time. Some did multiple jobs of helping in a variety of ways! They are:

Dave Allen, Frank Frazier, Sara Guthrie, Jon Guthrie, Jen Harper, Kim Lundy, George Hoskins, Carol MacDougall, and Jamie Williams.

This fall, we will once again be hosting a Fall Half Marathon Running Class. If you would like to either attend or help out in some way, please send me an email at vickyjc@comcast.net.



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 North Florida races, go to www.ameliaislandrunners.webs.com/kbendy/rracal.htm.

DATE	RACE	TIME	RACE DAY LOCATION	WHERE TO REGISTER
4-Jul	Celebration Run 5K	7:30am	1st Place Sports, Baymeadows Location	1st Place Sports (any location or online)
7-Jul	Glow for it 5K	7:00pm	Aberdeen Amenity Center, Saint Johns, FL	www.FloridaRaceDay.com
8-Jul	BFAST Triathlons	7:00am	Ponte Vedra Beach, FL	www.bfasracing.org
9-Jul	Suck it Up Buttercup 5/10K	6:30am	Gemini Spring State Park, DeBary, FL	www.finalmileracemanagement.com
15-Jul	Run to Wellness 5K	9:00am	Times Union Performing Arts Center	www.runtowellness5k.com
22-Jul	Vestcor Bridges Run	7:00pm	Water Street, Downtown Jacksonville	1st Place Sports (any location or online)
5-Aug	Bubble Run	8:00am	Jacksonville Equestrian Center	www.bubblerun.com
11/12 - Aug	Tour De Pain - 4Mile/5K/1Mile	various	various locations	1st Place Sports (any location or online)
19-Aug	Lung Force 5K	8:00am	Jacksonville Landing	1st Place Sports (any location or online)
22-Aug	Tijuana Flats Summer Beach Run 5 Mile	6:00pm	Seawalk Pavilion	1st Place Sports (any location or online)
2-Sep	Tunnel to Towers 5K	8:45am	Jacksonville Landing	1st Place Sports (any location or online)
4-Sep	RunJax Labor Day 5K	7:30am	1st Place Sports, Baymeadows Location	1st Place Sports (any location or online)

2017 Eagles 5K Recap

Written by Jennifer Otero

On May 13, 2017, the Fleming Island High School Track & Field Team hosted their annual Fleming Island 5K. With more than 250 participants, the FIHS Track Team was able to raise over \$5000 in support of the track program and their dream of building an All-Weather Track. There was a strong community presence. Nearly 50 students and teachers of the Southside Elementary Sharks Running Club from Starke, FL attended and dominated a number of categories. FIHS's very own state qualifying runners, Andrew Miller and Evan Fuller came in 1st and 2nd place. This event is transforming into a large

community event with next year's plans to include increased community participation, larger pre- and post-entertainment and booths, as well as a possible change to the race route.

A special thanks goes out to the following supporters and sponsors: Florida Striders Track Club, 1st Place Sports, The Florida National Guard, Achieve Fitness, Dicks Wings, Orange Theory Fitness, Dentistry4Children – Dr. Elaine Martinez, BJs Wholesale Club, and Great Atlantic Outfitters.

Written by Shelly Allen

Florida Striders Running Team

Team Member Highlight

Our Florida Striders Running Team spotlight is on Dena Gaucher. Dena began running in 2003 at the age of 35 to have a hobby other than just being a mom. Her first race was the Children's Way 5K, and she quickly set her sights on the Gate River Run. She ran her first River Run in 2004 where she met her husband, Rick. So, obviously, the River Run is her favorite race! Since then, she has run it every year but two. She even ran it in 2006 at 7 ½ months pregnant when she was able to meet her goal of running under 2 hours with a 1:59!

She is now 49 years old and will be moving up an age group, which she says can be either good or bad! Some of Dena's PRs are a 23:38 5K, a 1:56 ½ Marathon, and a 3:00 30K. She prefers a long steady race over the faster 5Ks. Her running goals are mainly to stay healthy and injury free.

It's also important to her to be a positive role model for her kids by exercising daily and teaching them the importance of making healthy choices. She has three children: Sommer, age 28, Paige, age 11, and Blake, age 10. She also has a very sweet 1-year old granddaughter, Emerson. She says her



favorite day of the week is Monday when she gets to babysit Emerson and get lots of snuggles. She works in administration at a family law firm in Fleming Island and says it's the best job ever for allowing her to work around her family.

Dena can be seen at a lot of our Strider group runs, sometimes on the track on Wednesday evenings at St. Johns Country Day School, and at numerous road races proudly representing the Florida Striders! It's obvious she also enjoys the social side of running, as she is always a friendly, fun person in the running community!

STRIDERS AT THE RACES

4/22/17 – Parkinson's 5K

Jacksonville, FL

Bernie Powers 28:48 2nd AG

4/29/17 – Marti Estes 5K

Moresville, NC

Kim Lundy 26:28 2nd AG

4/30/17 – USATF Masters 10K Championship –James Joyce

Ramble 10K

Dedham, MA

Shelly Allen 42:06

New Masters 10K PR

5/4/17 – Corporate Run 5K

Jacksonville, FL

Nick Camarata 21:19

Bernie Powers 28:28

5/6/17 – Shrimp Festival 5K

Fernandina Beach, FL

Bernie Powers 27:30 5th AG

Lot of fast geezers in Nassau County!

Continued on page 14

Make a



this

Summer!

Written by Julie Stackhouse

Aqua jogging: it is not just “punishment” for injured runners attempting to rehab their way back to pounding the pavement again. When done correctly, it can be a valuable cross training tool and possibly even a form of “hydro-massage.”

When I was a college track athlete at Clemson University, we used to aqua jog in the diving well and perfect running form drills in the shallow end of the pool on our running day off each week. As a former college coach, I always added in aqua jogging days as a second workout option in the afternoon after a harder morning interval or tempo workout. For my own training now, I believe in the value of one day a week of aqua jogging or swimming (or both) as a non-impact aerobic workout, or after hard workouts to aide in recovery.

If you are new to aqua jogging, or even if you just need a change in your routine as the summer months are upon us, I'd like to share a few pointers and basic workouts with you.

1. You will need to purchase an aqua jogging or water belt to keep you afloat. I used to believe that it was better to run in the water without the belt, as it felt like a much harder workout. However, form was compromised as it became more like treading water or doggy paddling instead of executing proper running mechanics. These belts aren't too costly.
2. Locate a short bungee cord. I prefer the type with the coated rubber hooks on each end. This cord will be attached to the lane line in the deepest end of the pool or to the hook where the lane line attaches, while the other end will be attached to a strap located on the back of the water belt. It will anchor you in place. I've had to get creative in pools where these options weren't available and tether around a ladder or hook into a drain. Tethering allows for correct posture and technique, and it leaves more of the pool available for swimmers.
3. Get some good tunes and a waterproof speaker or iPod or a buddy! Aqua jogging, while it may be beneficial, can get to be a bit monotonous, especially since you'll be running in place (expect a few stares from others at first). It can help to break up the tempo of your routine a bit if you upload some of your favorite fast beats or even a podcast.

Sample Workouts:

1. Pyramid - warm-up 15 minutes steady. 4 minutes on, 1 minute off, 3 minutes on, 1 minute off, 2 minutes on, 1 minute off, 1 minute on, 1 minute off. 11 minutes cool down easy.
2. Fartlek – simulate any running workout you'd planned to do with the equivalent in timed intervals. For example, if you were going to warm-up one mile, then aqua jog for 8-10 minutes, followed by the times it would have taken you to run (approximately) for your given distances. So, a 400m/200m workout with 400s at 6:00 mile pace and 200s at 8:00 mile pace would be the equivalent of reps of 90 seconds on/1 minute off. Repeat as many times as necessary.
3. Steady-state run – a good rule of thumb if you are substituting aqua jogging for a scheduled run, plan to double your timed efforts (i.e. a 30 minute run = 1 hour aqua jogging at a steady pace).

Form:

1. Knee up, toe up, head up (neutral spine).
2. Keep your arms active (as in running).
3. Beware of the tendency to start leaning forward from the torso. Keep your core engaged.

About the Author:

Julie Stackhouse is the owner of Stackhouse Fitness (getstackednow.com). She was the female winner of the Memorial Day 5K in a new course record time of 17:47. Her coaching platform is built around the premise that the key to happy, successful and lifelong running is to run injury-free as long as possible by following sensible training, nutritional and recovery principles.

Who Are Our Scholarship Essay Winners?

Kayley DeLay

- Graduated from Fletcher High School
- Will be attending Yale and will be on their running team
- Is a hospital volunteer, participated in Relay for Life, and is a lifeguard
- Ran an 18:06 in the Elite race at Run for the Pies



Allison Hajda

- Graduated from Bolles High School
- Will be attending Brown University and plans to continue her running
- Was captain of the cross-country and track & field teams, volunteered for Habijax, and has been on several mission trips

Ryan Canaday

- Graduated from Bartram Trail High School
- Will be attending University of Florida
- Is an Eagle Scout, was all-county first team for cross-country and track & field, and is a youth leader at his church
- Won his AG at the Memorial Day 5K with a 17:17



Grace Gerry

- Graduated from Bishop Kenny
- Will be attending University of Florida
- A highly decorated runner on the cross-country and track & field teams at her school, is a youth Eucharistic minister, and a Special Olympics volunteer
- Danny Weaver scholarship recipient (coincidentally, her brother, Mason, won the same scholarship last year)



Essay Winner - Kayley DeLay

To me, running means opportunity. It means a literal and figurative path towards a finish line. Running is not just cross-country or track and field, but it is a lifestyle; a lifestyle encouraging dedication, responsibility, and goal setting; a lifestyle that highlights the individual without diminishing the collective; a lifestyle that doesn't allow for settlement. I love that there is always room for improvement when it comes to running.

Running means freedom but also togetherness. It means a burst of expression, a release of emotion, and a compilation of a long drawn-out thought. It is a passing of time that is beneficial to the mind and body. Running is extremely therapeutic and so easily available, yet it is too often judged by the temporary pain associated with it by newcomers or infrequent participators. Running during speed workouts or races, however, is a whole different kind of pain. It is exhilarating to push the limits of one's capabilities and see how hard work pays off. Running is the challenge of how much pain you can tolerate and if you are mentally strong enough to overcome unfavorable thoughts that drag you down.

Running has built up my confidence and has stripped it away, again and again. Yet this flux of self-assurance has only taught me more about myself and what it means to be the best possible version of me.

I am extremely grateful to be part of such a wonderful community of runners who inspire me every day. The endless support and encouragement from the running community along with friends and family fuels my motivation to improve, as I know it does for thousands of other young runners.

To me, running means putting on a pair of shoes and enjoying the journey – the struggle, the ease, the pain, the pleasure, the setbacks, and the successes, all included.

Essay Winner - Allison Hajda

Running is a painful sport. It takes everything within you to keep on going. This endurance takes more than physical strength; it takes a higher purpose and resolve to tell yourself to keep running – it takes discipline, training, and goals.

With discipline comes discipleship. It takes extreme self-discipline to get out of bed those 5 o'clock mornings for track practice, but it makes it a little easier to remember my higher purpose – to glorify God and show my love for Him in every step of my race.

Before every cross country and track race, my team and I circle up and bow our heads in prayer, thanking God for the opportunity to run and race in this beautiful world God created. This gratitude to God plays a critical role in my journey as a runner, for without it, the pain seems to overtake me, and running seems like a chore rather than a blessing.

At a distance running camp I attended, one of the counselors talked about how his son was physically disabled and did not have the ability to walk around, eat on his own, dress himself – much less run. Every time that counselor ran, he thanked God for the incredible blessing of running and the ability to feel his feet against the cement, even when it hurt.

From then on, running to me became the most beautiful gift from God, and I vowed I would take full advantage of my talent to run for Him – my higher purpose.



Essay Winner - Ryan Canaday

Silence falls over the crowd as a hundred runners stand still with their toe pressed against the starting line. My heart pounds in nervous anticipation, as if I were a child on Christmas morning. The starting gun fires, and that tense silence devolves into chaos. Without hesitation, I spring out of my starting position and begin to pump my arms and legs. In a race there is nowhere to hide. I feel the cool October breeze on my face as I make my way to the front of the pack. I see the leaders; eight people are in front of me. I swing to the outside of a turn and come alongside another runner. In every race there are moments of truth. It is in these moments when the outcome of the race is decided. You either become a victim to your doubts, allowing the competition to inch ahead, or you shut down these thoughts and confidently take the lead.

My experience with running has taught me that success, on and off the course, is directly determined by personal motivation, perseverance, and mental strength. My coach likes to use a quote by Emily Dickinson to motivate the team: "Take care of the little things, the big things take care of themselves." These words remind me to work hard every day during drills, and to stay focused, even on an easy run because perseverance to master the small techniques, while training, leads to success on race day. Running has also developed my mental strength, which has allowed me to stay motivated in the toughest of times. As a runner, I have never been faced with more adversity than in the last few laps of a 3200m race. At this point in the race, my lungs are starving for air, and my legs feel like they are weighed down by rocks. Despite the pain, I think back to all the time and effort I've committed to training and find the determination to push through to finish the race.

Like running, life presents many moments of truth. Applying what I have learned through running to my everyday life has helped me to stay on task with assignments and manage my time to successfully balance a schedule filled with sports, clubs, and rigorous AP coursework. I also attribute the mental toughness I gained as a runner to helping me achieve the rank of Eagle Scout. As I prepare to graduate high school, my goals include attending college and earning a degree in mechanical engineering. The process of becoming an engineer will require dedication and persistence to get through difficult coursework, but I am confident that the skills I have gained through the sport of running will aid me while in college and ultimately allow me to achieve my career goals as an engineer. I plan to accomplish these goals and others, just as I have in the past, by being prepared to capitalize on the opportunities presented during moments of truth.



Essay Winner – Grace Gerry

Running, for me, has become an integral part of my work/life balance; an activity that imposes the highest demands both physically and mentally, but reaps the greatest rewards if approached with proper training, respect, and discipline.

As I contemplate my future after high school, I am realizing just how much my running experience has prepared me to line up for that next race called life. Like any life experience, we all take something from it, and then it becomes a part of the person we are and who we become.

To reach any goal, whether it is to PR or become a doctor, you need the tools to get there because honestly, it is hard, and rarely do you get there with blind luck. Running competitively is exciting and nerve-wracking, but to stand out, you work, and you keep training. With little victories and accomplishments, the motivation and mental fortitude increases – never quitting when it gets tough.

With all the personal hard work that is put into my training, I also know I cannot do it by myself. My coach has always told me to stay relaxed and find my pace. When I do, I am confident, and I achieve. I also know that my parents are my biggest cheerleaders and will continue to lift me up, no matter the outcome. To have faith in yourself is to have faith in those around you.

Our goals are the same in many ways. We all know where we want to go and what we want to do. But without the means to get there, we may not finish the race the way we want to. I am grateful for my years of running track and cross-country because it has helped hone the skills and attitude needed to tackle any challenge. The experience will help me achieve anything I set my mind to because I have the tools to be greater than the discomfort, better than the hurt, and more patient for the journey.



Written by Vicky Connell



STRIDER SPOTLIGHT

By now, many of you have met Liane Daniels and learned of her heroic story of surviving domestic violence. When I interviewed her, I mostly wanted to focus on her running and involvement with the Florida Striders, but I discovered that the two stories are intertwined.

The first thing I learned about Liane is that she is hearing impaired. Although I had been corresponding with her through Facebook and greeting her at races, I had never realized she had an impairment. Now I understand why we couldn't do a phone interview! Liane lost most of her hearing after contracting German Measles when she was two years old. By high school, her hearing was mostly gone, but by then she had learned to lip read very well. She tried hearing aids, but they didn't really help. What works is paying close attention when people talk. Of course, some of our southern dialects give her problems since she's from the north!

Liane first noticed some Striders running at various races she attended. Liane prefers to run with other people. So she decided to check out our club. She was delighted with the warm welcome she received from everyone, especially one of the first people she met – Jean Schubert. She loved Jean's very outgoing and exuberant spirit. Liane was nervous about doing races with her hearing difficulties, but this was

diminished with friendly Striders around her. She also loves the discount we receive at 1st Place Sports and thinks it's great how we support the Marathon High program!

After the death of her first husband, Liane remarried and unfortunately, learned too late that her new husband was an alcoholic who became abusive when he drank. He belittled her, pushed her around, and eventually became violent. She attended races often as a means of escape. In 2015, he came home drunk one night and started an argument. It escalated as Liane tried to leave. So he began beating and kicking her. Eventually, he pulled out a gun and shot her through the chest. Somehow she managed to escape out the front door. Liane pounded on the door of a neighbor's house where a police officer lived until he finally came out. Then, she collapsed, her lungs filling with blood. Her husband proceeded to fire into another neighbor's house where there were children inside. Police arrived and arrested him on the scene while Liane was rushed to the hospital.

Liane had a collapsed lung, broken ribs, a broken sternum, and a lacerated lung. Her

husband went to jail and is still awaiting trial. She still has chronic pain from the bullet fragments which remain in her chest (the bullet just missed her heart), but Liane has found the strength and



Continued on page 14

(SOME OF) OUR AWESOME MEMBERS!

NEW TO THE CLUB!

ROSALIND BERRY
GINA BROWN
MICHAEL CURRY
JOHN GOBATON
CHRIS GOMMLICH
PAUL GRYBB
WILL LUDWIGSEN
SALLY MOWERY
TIFFANY SHRIDER
BILL THOMPSON
CATHERINE WOGOMAN

SHELLY & DAVE ALLEN
JULIE BEVINGTON
BONNIE BROOKS
VICKY & JIM CONNELL
BILL & LISSA DUNN
CLAY & DEBBIE FLIESS
GWEN FREEMAN
JACK & KATHY FROST
MONICA GODDARD
CHARLES GOODYEAR
ROBERT & DIANE GRIMMIG
BERNIE GROSS
JIM HANSON

BACK FOR MORE!

JENNIFER HARPER
SARA HART
JENNIFER HU
KIM HYNES
KATHLEEN KAYE
ANN & BILL KRAUSE
DEBBIE LINEBERRY
JAY MILLSON
JAIMY PICCIRILLI
CHARLIE SAUTER-HUNSBERGER
STEPHANIE SKELLEY
PAUL SMITH
KAY SUTLIFF

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 at 904-264-4372 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#

City State Zip

Home/Cell Phone Alternate Phone (Optional)

in Family / Spouse's Name (Family Membership Only)

Your DOB Spouse's DOB

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

Continued from front page

Mason continued her success in college at the University of Florida for both undergraduate studies and graduate school. She studied in the college of Health and Human Performance and majored in Applied Physiology and Kinesiology and minored in Business and Mass Communications. She also continued her running while in college and ran for the Gators with her main event becoming the 3000m Steeplechase.

After college, Mason continued to excel in running both as an athlete and a coach. She coached track & field and cross-country for men and women at Duke, University of Central Florida, Butler University, and Oklahoma State. During her coaching years, she trained and competed, and she became a sponsored professional runner by Saucony and PowerBar. She competed in Europe in addition to 11 USA National Championships, and she coached two USA cross-country teams in Scotland and Colombia. As a professional runner, her PRs improved to 2:03 in the 800m, 4:12 in the 1500m, 15:55 in the 5K, and she was able to meet the Olympic Standard in the 3K Steeplechase running a 9:47!

After her time at Oklahoma State and her many years as a successful coach and runner, Mason accepted a job with New Balance Athletics as a rep for the company. She is currently based out of the Tampa area where all of her family lives. She loves being involved in the running community and is still running. She says she just loves it – it's extremely satisfying. Now, at the age of 35, she has started incorporating other activities in her fitness and training such as strength training, tennis, swimming, and biking to switch things up, but she still loves running the most. Her running goals are less oriented on times now, but she admits to still have the never, never give in mentality. Some things you just can't change easily in an athlete! Proof of that



came in the Gate River Run this past March when Mason ran an impressive 57:48 (that's a 6:11 pace) and finished as the 42nd overall female. A recap of her race can be found on her blog page at mason429.blogspot.com. She was also the 3rd place overall female in the 2016 Disney Wine and Dine Half Marathon with a time of 1:22:55.

Her passion for coaching also continues as she assists at Tampa Prep High School during the cross-country season in addition to coaching individuals ranging from middle-school age to masters and retirees. She really enjoys helping them reach their goals. Furthermore, she loves working to create an incredible running community in the Tampa/St. Pete area. And, while working for New Balance, Mason not only represents the brand, she also spreads that running passion as a positive role model in the running community.

As she thinks back on her high school days and the receiving of the Florida Striders scholarship, Mason says, "I loved receiving the Florida Striders award and scholarship. I started into running at a young age and was hugely supported by our Jacksonville community. By receiving the award, I felt like I had well represented those who helped me develop. Even though I was leaving Jacksonville for college running, the scholarship made me feel like they were going to continue to support me."

Striders at the Races continued**5/6/17 – Hula Hustle 5K
Orange Park, FL**

Luke Bybee	19:48	1 st AG
<i>and a PR</i>		
Keenan Krall	26:53	2 nd AG

**5/6/17 – Flying Pig Marathon
Cincinnati, OH**

Cari Holbrook	3:49
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17th out of 207 in my AG. Awesome weather (38 degrees at the start) but the hills were killer!

**5/6/17 – Southern Oak's 1-Mile
Championship
Jacksonville, FL**

Nick Camarata	5:43	4 th Overall
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in Men's Open and New 1-Mile PR

**5/13/17 – Fleming Island H.S. Eagles 5K
Fleming Island, FL**

Jan Bullock	37:25	
Bernie Sanders	28:34	1 st AG
Jean Schubert	42:12	3 rd AG
Amy Bonnette	24:45	3 rd AG
Dena Gaucher	24:24	2 nd AG
Kim Lundy	26:44	1 st AG

**5/14/17 – Turtle Crawl 5K
Jekyll Island, GA**

Keenan Krall	27:18	2 nd AG
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**5/20/17 – Dreams Come True 5K
Jacksonville, FL**

Jan Bullock	37:01	
Bernie Powers	29:55	1 st AG

My 500th race

**5/20/17 – NAS JAX Armed Forces ½
Marathon****Jacksonville, FL**

Kim Lundy	2:13:30	1 st AG
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**5/25/17 – Memorial Day 5K
Orange Park, FL**

Nick Camarata	20:35:6	
<i>New PR</i>		
Jan Bullock	36:56	
Bernie Powers	29:20	
Jean Schubert	44:00	
Luke Bybee	21:54	11 th AG
Perry Pelham	22:05	5 th AG
John Keester	19:49	2 nd AG
<i>and HUGE PR</i>		
Amy Bonnette	25:36	
Anaya Shrider	28:09	1 st AG
Randy Arend	21:03	

**5/27/17 – Viking 5K
Palatka, FL**

Bernie Powers	29:00
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**5/27/17 – Bay Shore Marathon
Traverse City, MI**

Kim Lundy	4:18:42
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PR and a BQ!

**5/27/17 – JTC Track Series Meet 2
Jacksonville, FL**

John Keester	5:54	1 st AG
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in 1600m

**6/3/17 – Butterfly 5K
Orange Park, FL**

Jan Bullock	34:45
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**6/3/17 – Beck 2017 Capes & Cakes 5K
Palatka, FL**

Bernie Powers	28:35	2 nd AG
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Jean Schubert	44:15	3 rd AG
Amy Bonnette	25:22	1 st AG
Kim Lundy	26:52	1 st AG

**6/3/17 – Spirit 5K
Jacksonville, FL**

Perry Pelham	21:18	1 st AG
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**6/3/17 – Running of the Donuts 5K
Ocala, FL**

Anaya Shrider	25:01	1 st AG
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And a PR

**6/10/17 – Run for the Pies 5K
Jacksonville, FL**

Shelly Allen	23:17	
Perry Pelham	21:51	12 th AG
Anaya Shrider	26:34	1 st AG
Randy Arend	21:07	

**6/17/17 – Gratitude America 5K
Marineland, FL**

Anaya Shrider	28:52	3 rd AG
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**6/18/17 – Plymouth YMCA Father's Day
Triple (1 mile, 5K, 10K – 10.3 miles total)
Plymouth, MI**

Paul Grybb	71:44
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The Father's Day Triple is three races consecutively, with your times added together for your final time. The one mile started at 8:15am (6:44) followed by the 5K at 8:30am (21:09) followed by the 10K at 9:00am (43:51). I finished 13th out of 126 in the mile, 11th out of 417 in the 5K (1st AG), 13th out of 115 in the 10K (3rd AG). With all three of my times, I finished 3rd overall in the Distance Triple.

Strider Spotlight continued...

courage to face what she has gone through and is determined to recover what she has both mentally and physically lost.

The Florida Striders have played a role in her recovery, providing friendship and support. Now that she can go to Socials, she likes how people make her feel so welcome. Everyone makes her feel like she's part of the group. She never had that many friends before. So, this has been very much appreciated. No one seems to care about her hearing impairment either. Liane especially enjoys running with the group at Oakleaf on Saturdays.

I asked Liane what advice she would give other people starting a running program. She replied, "You don't have to run right away. Start out walking. If you enjoy that, you'll probably enjoy running too! Do it with a buddy, which makes it more fun. Progress slowly, and don't be in a rush."



FUNDRAISING NIGHT

Help support

ORANGE PARK HIGH SCHOOL CROSS COUNTRY

**July 27, 2017
4:00 P.M. - 8:00 P.M.**

**at the Panera Bread bakery-cafe at
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www.PaneraBread.com/fundraiser**

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Track & Field with JTC

Florida Striders youth, Elijah Showalter, John Keester, and Grace Adams attended the JTC track meet on May 27th at Creekside High School. Events consisted of the long jump, 100m, 200m, and 1600m. All three Striders finished first in their age groups in the 1600m! Way to represent our club!

Go Striders!

