

the

StrideRight

www.floridastriders.com

Club #229



Volume 38, Number 5

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Jenny's Pennies Has Not Lost Its Value

Written by Bob Fernee

There seems to be a growing opinion lately that the good old penny is useless. People have written articles saying that it should be discontinued, abolished, as it is "behind the times." I guess inflation has kind of killed its reputation. "It's worthless. You can't buy anything with a penny anymore," they say. Folks drop them and don't even bother to bend over to pick them up. What a sad demise for such a noble, historic icon.

Do people even say, "Penny for your thoughts," these days? Probably not. After you factor in inflation, it's more likely to be, "Give you ten bucks for what you're thinking."

Yet, as far as the Florida Striders Track Club is concerned, the penny is still a valuable commodity. How valuable? Well, what price can you put on friendship, camaraderie, and a healthy tradition that is nearly 40 years old?

The Strider' Sunday morning 10-mile training run has been around nearly as long as the club. The weekly "long run" dug in at the club's most significant sponsor location: the Sun Tire store on Blanding Blvd. The Striders' Sunday 10-miler became famous. And why not? It was one of the most dependable things on the local running scene. Running guru, Capt. Chuck Cornett, led the

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Open-Heart Surgery to Marathon

A Story of Survival from Orange Park Medical Center

Written by Carrie Turansky

Gary Cooke was driving to work when he suddenly forgot where he was going. He knew something was wrong and drove straight to the doctor. Cooke later learned he was experiencing transient global amnesia due to a bicuspid aortic valve, an inherited form of heart disease resulting in two-leaflet valves instead of the normal three - a rare asymptomatic condition that only affects 2% of the population.

After months of screenings to monitor his condition, things suddenly worsened. Cooke was faced with the decision to have open-heart surgery at the age of only 53. As an avid runner, guitar player, and a father of three, the thought of having open-heart surgery was terrifying. "I remember what it was like to sit on the table at 53 years old and hear I had to have open-heart surgery. I remember how scary it was," said

Cooke, but he quickly changed his attitude.

Instead of dwelling on the risks and what-ifs, Cooke focused on his children, wife, and even his surgeon, during the days leading up to the big day, writing letters to each of them, and packing goody bags with his family's favorite snacks for surgery day. In Cooke's letter to his surgeon, Dr. Nathan Bates, he thanked him for taking time away from his family that morning to give him the chance to spend many more mornings with his own family.

In May 2015, Cooke underwent open-heart surgery at Orange Park Medical Center that included four different procedures. After only a few weeks in cardiac rehabilitation at Orange Park Medical Center's Outpatient Rehabilitation Center, he was on the road to recovery.

Eight short months after the

surgery, Cooke ran a marathon, making his best time ever. He was back. Running, playing guitar, and enjoying time with his family.

"I want people to know that they can do it. They can get through it, and you can live a normal life after open-heart surgery."

On the one-year anniversary of his surgery, Cooke walked back through the doors of Orange Park Medical Center to not only thank the staff and physicians that helped him that day, but to help other patients through telling his story.

About Orange Park Medical Center:
Orange Park Medical Center, serving Clay County and its surrounding communities, is a full-service, acute care hospital with 317 inpatient beds. OPMC is a Joint Commission Top-Performing Hospital, ranked as one of the best hospitals in the country for heart, lung, and surgical care. For more information about services, facilities, and physicians, please visit OrangeParkMedical.com.

Shop & Support Your Club!



Your continued support of the Florida Striders Track Club is truly appreciated! Every online purchase you make through AmazonSmile helps us out. 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 done so already) and keep that ball rolling. It is no cost to you, but it does help us. You get the same products, the same prices, and the same service. Thank you for your support!



Written by Shelly Allen

Our Running Team member spotlight is on 11-year old John Keester. After a summer full of high-level youth racing representing the Florida Striders Track Club, it seems fitting to spotlight this young athlete. John began running at about the age of 7 years old, attending fun runs, road races, and the run-walk club at his school. He actually started participating in the run-walk club while still in pre-school when his mom would take him to run with his older brother at the elementary school. Now, as he is entering 6th grade, he has collected quite a few Florida Strider shirts and medals for his miles run at the elementary school run-walk club! After winning a few age group awards in local road races, he began training more seriously in track this past spring. He had played baseball and football also, but is "retiring" from football this fall to run cross-

Florida Striders Running Team

Team Member Highlight: John Keester

country.

John typically runs about 15 miles a week, depending on his race schedule. Several of his PRs set this summer are very impressive: 5K- 19:46, 1500m – 5:14.58, and 3000m – 10:53.51. John was able to run in the AAU National Club Championship in Orlando, and he qualified for the AAU Nationals in Detroit, Michigan this summer where he ran outstanding races against the very best youth runners in America. With this being his first experience at national level running, he said that it was amazing, and he was a little intimidated to see so many super fast kids there, but he knew he could hold his own against them. He finished an impressive 9th place out of 48 in his age group, running his favorite distance of 3000m. He also finished 26th out of 78 boys in the 1500m. He ran PRs in both races!

As far as his goals, John plans to run in middle school and wants to break 5 minutes in the 1500m. He also wants to return to nationals next year and bring home a medal in the 3000m. After that, he wants to run in high school and college, attending the University of Oregon to run and eventually represent the USA in the Olympics! He is inspired by the great University of Oregon runner, Steve Prefontaine, and hopes to run like him one day. There is no doubt he is serious about his running at age 11... he sometimes wakes up his mom and asks to go running early in the morning! Dedicated, talented, and inspired – a winning combination to achieve his goals!

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
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)
9-Sep	Turtle Trot 5K	7:30am	Fernandina Beach	Amelia Island Runners
16-Sep	Historic Springfield 5K	7:30am	Main N & E 6th Street, Jacksonville, FL	1st Place Sports (any location or online)
23-Sep	Basca Run, Walk & Roll 5K	8:30am	Stowe Ave., Orange Park, FL	1st Place Sports (any location or online)
30-Sep	Run for Heroes 5K	6:30pm	Unity Plaza, Jacksonville, FL	1st Place Sports (any location or online)
7-Oct	Pink up the Pace 5K	8:00am	Francis Field, St. Augustine, FL	RaceSmith, Inc.
14-Oct	Marine Corps Half Marathon	7:00am	Metropolitan Park	1st Place Sports (any location or online)
20-Oct	Monster Mash Dash 5K	6:00pm	Jacksonville Fairgrounds	1st Place Sports (any location or online)
21-Oct	Jaguars Stadium Challenge 5K	6:00pm	Everbank Field	1st Place Sports (any location or online)
22-Oct	Hog Jog 5K	2:00pm	Ronnie VanZant Memorial Park	floridastriders.com
28-Oct	Penney Farms 5K	9:00am	Green Cove Springs	1st Place Sports (any location or online)
29-Oct	Evergreen Pumpkin Run	8:00am	Evergreen Cemetery	1st Place Sports (any location or online)
4-Nov	Ryan's Run 5K	9:30am	Ortega United Methodist Church	1st Place Sports (any location or online)



Written by Vicky Connell

STRIDER SPOTLIGHT

Those of us who run are very fortunate if we have spouses who also share that passion. Sometime last year, I noticed a young couple running together at the St. John's Country Day School track where the Florida Striders work out on Wednesday nights. They also happened to both be very fast! Before long, they were joining the group that often goes out to eat after our track workouts, sharing food and stories about running. Last night after the final race in the Tour de Pain, I sat down with them to talk. For those of you not familiar with this race, it's three races in one. Friday night is a 4-mile beach run, Saturday morning brings a 5K, and then Saturday evening is a blow out 1-mile speed fest! Belissa Del Valle and Josué Velázquez had done very well,

finishing 1st and 2nd in their age groups respectively. Her 1-mile time at the end of this grueling weekend was a speedy 5:29 and his was 5:07. Very impressive!

Not very surprising is how Belissa and Josué met – running for the Track and Field as well as the cross country teams at the University of Puerto Rico in 2009 (they were both born and raised in Puerto Rico). Three years after meeting, they were married. After college, they were offered jobs in Ohio to work for Procter & Gamble where Josué was an engineer. They soon discovered they didn't care for the cold weather and started looking in Florida for jobs. Josué found a job working for the Navy as a civilian engineer, and Belissa was hired by Ecolab Healthcare to work as a Quality System

Coordinator. The weather in Florida was much more to their liking!

They both got started early in their running careers. Belissa began cross country in junior high school, running the 800 and 1500 meters. Josué started at the beginning of high school, specializing in the 5000m and 3000m Steeple Chase. They both continued through college. When they eventually moved to the Jacksonville area, they lived on the east side of the river. Josué started looking for a track to run on and found the JTC group that runs on the track at the Bolles School. When they moved to Oakleaf, Paul Smith let them know about the Striders group that runs on Wednesday. So that became their new track home.

I remember the first time I noticed them, they were doing running drills on the grass in the middle of the track. I was very impressed how they did things together and seemed very efficient at it. It wasn't long before the track group invited them to dinner, and they became regulars at our table. They became Strider members in 2016. Of course, they're also still members of JTC (as many of us are), and they race for the JTC team. The team was lucky to get them! Belissa told me her favorite distance was the 800m when she was younger. Her



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2017-18 Board Members & Key Persons

President: Michelle McCullough
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Vice President: Jon Guthrie

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Scott Hershey	Jamie Williams
Dave Allen	Bill Page
Sara Guthrie	Tara Showalter
Cari Holbrook	Kim Lundy
Shelly Allen	Doug Barrows
Jennifer Harper	Tabitha Williams
Kathy Murray	Jennifer DeSantis

Race Directors

Resolution Run: Bill Krause
resolutionrunrd@floridastriders.com

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Hunsberger – jaxcharlie@gmail.com

Run to the Sun 8K: Bill Krause
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Memorial Day 5K: Scott Hershey
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HogJog 5K: Bob Fernee
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Running Classes: Vicky Connell
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StrideRight Editor: Cari Holbrook
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For a complete list of all director, personnel,
and board meeting minutes, please look under
the "About" tab on our website:
www.floridastriders.com.

Give your support to those who support
us. THANK YOU, PARTNERS!



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



PUBLIX SUPER MARKETS
CHARITIES



2017 Virtual Half-Marathon for Marathon High

Coming Soon!



Join us for the 5th Annual Marathon High Virtual Half Marathon. This year's theme: PASSING ON THE POWER OF RUNNING.

Join us for the 5th Annual Marathon High Virtual Half-Marathon Challenge! Our program and our students need funding to keep Marathon High going, and fund Season 7, which starts this fall. Over 1,200 high school students have successfully completed Marathon High, and we want to reach thousands more because we have learned that running changes their lives, their futures, as well as the way they feel about themselves, others, and the world. Be a proud part of that, and pass on the power of running!

This year's Virtual Half-Marathon will be held from September 1-10. That means you have 10 days to run, walk, bike, swim, etc. 13.1 miles. Do it all in one day, or spread it out – your choice. We do 13.1 to honor the distance that our students are challenged to complete in Marathon High.

Your participation will help ensure that more at-risk (or "at-hope" as we like to say) teenagers can participate in the upcoming season of Marathon High. That's what makes this Virtual so awesome. The funds you raise go directly into a program that positively impacts our future generation and the community!

REGISTER FOR JUST \$35

Once you register, you will receive:

- ✓ Virtual Half-Marathon race bib to customize with your name and print out
- ✓ Custom MH medal designed by one of our students
- ✓ Marathon High Asics tank or long sleeve shirt (add this to your registration for an additional \$25 which includes shipping)
- ✓ Inspiration team leaderboard to motivate you along
- ✓ Community camaraderie as people from all over the world rally together to support these teenagers as they undertake a life-changing event

TEAMS:

You have the opportunity to create a team or join an existing one. Team captains who recruit at least 15 team members receive a FREE Marathon High Asics tank. Team captains with 25 or more members get a free tank top and a stainless steel Mizu water bottle. There are also fun challenges for all teams, including:

- ✓ Most spirited team
- ✓ Most creative team photos
- ✓ Team that raises the most money
- ✓ Team with the most members

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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 <input type="checkbox"/> Renewal <input type="checkbox"/>
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



NEW & RETURNING MEMBERS

UPCOMING RENEWALS

Christa Bailey
Crystal Geronimo
Cassandra Jaques

George Barthelmes
Liane Daniels
William & Carmen Darfler
Paul Hibbel
Diane Jacobs
Mark Johnson
Jack Knee

Patrick McCarthy
Ken Murray
Krithika Narayan
Bill Page
Maggie Randall
Dee & Dan Robertson-Lee
Regina Sooy
Gopalram Sudhirkumar
William Tomlinson
Bridget Turner
George & Vickie White

David Bonnette
Donna Fielding
Gregg & Kristin Friend
Amy Bonnette
Patricia Hetzer-Coots
Ernestine Munoz
Steven O'Brien
Barbara Scott
Donna Trumble
Pablita Wood

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personal record (PR) at that distance was 2:06.57. Now she likes the 5K, and that PR is 18 minutes flat. Josué prefers the 10K, and his PR is 35:17. For her future goals, Belissa wants to complete a marathon before she turns 30. She's currently training for one that will be in Pisa, Italy where they're going on vacation. Josué's goal is to finish the 6 World Marathon Majors. These are 6 marathons throughout the world: Chicago, New York, Boston, Berlin, London, and Tokyo. So far, he's done Chicago, and he will do New York this fall. He has to qualify for Boston and get in to the others by lottery. Josué's current marathon PR is 3:13.52. Josué has also formed a new passion lately – triathlons! This is something near and dear to my heart, and it's been so much fun talking to him about it and watching him improve. This summer he won the Novice category in the Jacksonville Triathlon series. He's been swimming and biking a lot and wants to eventually do a Half Ironman.

I asked Belissa what her favorite thing about being part of the Striders is, and she said that she loves going out to eat with the group after our track sessions and socializing. Josué told me he really enjoys the Hog Jog Cross Country 5K that the Striders put on. He said it's a unique race, and he really likes the Barbeque afterwards!

Josué gave me some advice for new runners. He said that the most important thing is to enjoy it and run by feel. He said you should jog and get fit first before you worry about speed. The focus should be on getting the aerobic fitness base. Belissa added that it's important to do form drills to help you get in good shape and make you stronger. She said it's also important to focus on good nutrition.

I look forward to seeing what this talented couple can accomplish – they've got a lot of great years ahead to do great things!

Florida Striders Running Team Openings

Are you interested in being a part of the Florida Striders Running Team? Right now, there are two spots open on Team 2, and we currently have a limited number of all sizes of racing singlets in stock. Email Shelly Allen at fsrceteam@floridastriders.com for more information on how to be a more integral part of the Florida Striders and show your support at the races!



Half Marathon Running Class



Starts:	September 13th, 2017
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 16, 2017 (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/

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charge, aided and abetted by other stalwarts like Ken Bendy, Stan Scarlet, and Paul Ruebush.

The Sunday run begat Jenny's Pennies as its namesake, Jenny Allen recalls, "The idea of saving money that was found while walking and running started with Marv and Cindy Mollnow. They began saving money they found, taking it on marathon trips, and using it to fund post-race parties. It sounded interesting, so I started saving the money that I found. This was in 1984, and the money I was finding didn't amount to much. In 1987, the Striders joined in, and I was custodian of the money found. At this time, we were still taking our money to marathons for post-race parties. As more and more Striders participated, we decided more people would benefit if we spent the money here instead of out-of-town. If my memory and records serve me right, the Striders celebrated their very first anniversary celebration in 1992, celebrating the first Sunday morning run from Sun Tire in 1979."

Jenny also remembered the big moment. "In 1995, we combined this anniversary celebration with the spending of the money we found. The money was used to buy champagne, orange juice, coffee, etc." As the miles and years went by, there were some memorable moments. "One Sunday, in 1998, we found \$102. Frank Frazier found \$61, Stan Scarlett and I both found \$20, and Randy Birch found a dollar. Most of it was on Wells Road! Another Sunday in 1997, \$58 was found, and another Sunday in 2009, \$40 was found," Jenny said. Between 1984 and 2016, \$3,469.19 has been found, according to Jenny's highly accurate records. An even more impressive statistic is this one: the Striders have met and run over 1,956 consecutive Sundays since 1979.

In all those years, I never attended the famous Striders' Sunday run. Living across the river in Arlington, I am sure I told myself that it was just too far to go for a training run. If I want to run ten or more, I can do it by simply walking out the front door, I reasoned. Seems like I was missing out during all those years. I realize that now. And I lost out on a lot more than merely a bunch of sweaty miles.

You all know Jenny Allen and are aware of Jenny's Pennies. I probably bored you with all that history (all quite unknown to me). I'm just thinking about the impact that that Jenny's Pennies celebration of October 16, 2016 had on me, the neophyte. "From a tiny acorn grows a mighty oak tree," the saying goes, and one could apply it to Jenny's Pennies. Last year, I wandered over to side table, attracted by poster boards decorated by collages of old photos: the "good old days," and certainly some good old memories. I thumbed through some of the old scrapbooks filled with photos of people dating back to 1978, a real walk down memory lane. So many of them are gone, either disappeared or passed on to another running ground. Boy, were we ever that young? The photos revealed the fit, the fast, and the strong of the 1970s and 1980s. How could so many people be so skinny at the same time?

A lot of things have changed as the years have gone by. Running has changed. Racing has changed. Even people seem to have changed. But at Jenny's Pennies, everything was still the same; frozen in time. The worth of a penny had not gone down, the importance of putting in a hard ten miles was the same, and the value of friendship was as great as ever. Besides, who doesn't enjoy a good party just as much as they ever did? Priceless stuff.

Everything has changed, and yet, nothing has changed at all. And that's a mighty fine reason for attending Jenny's Pennies. Way to go, Striders.

Jenny's Pennies 2017 Anniversary Run

**Join us for the next Jenny's Pennies on
October 8th at the Sun Tire on Blanding Blvd.**

**Run/Walk begins at 6:30am
Social begins at 8:00am**

Bring a breakfast item (especially non-sweet items such as cheese, meats, sandwiches, etc.). Donuts also go well. We will provide drinks, funded with the money we have found throughout the year!

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FUNDRAISING:

Additional fundraising beyond your \$35 registration is not required, but it will greatly help us serve more teenagers next season. Marathon High is a free program for students and schools. So every dollar we need comes from the community. Maximize your impact by asking friends and family to donate towards your virtual race!

HOW THE VIRTUAL CHALLENGE WORKS:

1. Go to http://www.marathonhighfl.org/virtual-half-marathon?mc_cid=2ea5fd464f&mc_eid=48d5181449
2. The week before race week, you will receive an email with a link to customize and print out your race bib. Wear it proudly when you run, walk, or ride your virtual race.
3. Complete 13.1 miles between September 1st and September 10th. You choose where and when you want to log your miles. Keep track of your time to complete your race.
4. Snap a photo before, during or after race. Then post your results and photo with your race bib on our Facebook page. You'll also be able to see sweaty selfies and results of all your "competitors" here.
5. Congratulations! You did it! You have earned your totally awesome medal (which was designed by a Marathon High student)!



Striders at the Races

7/4/17 – Celebration Run 5K

Jacksonville, FL

Perry Pelham 22:24

Jon Guthrie 31:12

Sara Guthrie 38:21

Jennifer DeSantis 25:00

7/9/17 – AAU National Club Championship 3000m

Disney's Wide World of Sports, Orlando, FL

John Keester 10:54.23 3rd AG & PR

7/15/17 – Bridge of Lions 5K

St. Augustine, FL

Bernie Powers 31:20

7/15/17 – Run to Wellness 5K

Jacksonville, FL

Jan Bullock 40:04:84 2nd AG (50-59)

7/15/17 – JTC Track Meet #4 1600m

John Keester 5:43.62 1st AG & PR

7/22/17 – Vestcor Bridges 5K

Jacksonville, FL

Bernie Powers 29:25

Perry Pelham 22:54

7/29/17 – AAU National Championship-Junior

Olympics 3000m

Detroit, Michigan

John Keester 10:53.51 9th AG & PR

8/5/17 – Magnolia Park Forest Run

Apopka, FL

Jennifer DeSantis 1:57:35 2nd female overall

It was a very small race but had a crazy amount of gators!

8/11/17 & 8/12/17 – Tour de Pain

Jacksonville, FL

Sara Guthrie 52:16 (4-mile) 2nd AG

37:41 (5K) 2nd AG

11:01 (1-mile) 2nd AG

Jon Guthrie 43:22 (4-mile)

31:37 (5K)

8:26 (1-mile)

Jean Schubert 1:08:41 (4-mile) 7th AG

45:29 (5K) 7th AG

12:32 (1-mile) 4th AG

overall for the 3 race series, 2:06:42 6th AG

Perry Pelham 1:01:01 (overall time)

8/13/17 – NCCWMA World Regional Masters Track Meet
Toronto, Canada

Shelly Allen 21:06 (5000m) 4th AG (50-54)

my heat of the 5000m was at 1:50pm, and it was very hot!

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 13th through Dec 13th, 2017. Those who have made this Program possible -- The Florida Striders, their sponsors, and St. Johns Country 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 : ____-____-____

Email Address _____ (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**

On Your Mark...Get Set...OINK!

Written by Bob Fernee

What's better than a pig in a poke? A hog on the jog. Ha! Get it? OK, not so great....I'll work on it. Frankly, it was much better in rehearsal. As Johnny Carson always used to say when one of his show-opening monologue jokes flopped, "They can't all be gems, folks."

Well, sure, that was a pretty pathetic start to my all-important article about the 2017 Hog Jog. A great event if there ever was one, held back only by its sadly deficient race director. (I told them not to hire that guy).

There aren't many Hog Jogs around. The Last Gasp cross-country race comes close, and the new Cecil Field Cross-Country Classic held on August 18th were very impressive and downright Hog Jog-ish, but they are not the same. Face it, they are Hog Jog wannabes. They do but walk in the shadow of the Striders' hog.

For me, it was love at first snout when I encountered my first Hog Jog way back in 2015. The atmosphere, the course, the people, and naturally, the food were moments of ecstasy that I couldn't get over. I wrote a glowing article about the race and my hoggy experience for the StrideRight newsletter, and that was my undoing. Someone decided that if I liked it so much, then I should be the race's (hapless) director. I fell for flattery, and having a soft touch anyway, I fell – against better judgement – into the trap. Now, for the second time, I am the Hog's boss. Oink, oink, baby. Oink, oink. And as Forest Gump would say,

"That's all I can say about that."

Enough of that, I am here to tell you that the Florida Striders immensely popular event, the Hog Jog, will be run on Sunday, October 22nd. Yes, I know. Everyone says, "Hmmm, that's earlier than usual," as if they mean, "Well, that conflicts with my trip to the Vatican to say 'hi' to the Pope." Now come on, I know the date of the race doesn't matter all that much. So just put it in your diary or calendar or cell phone or whatever else you use to make your appointments, and get out to Ronnie VanZant Park to support the Striders and help out the Hog. No excuses.

You can count on a great time: the same wonderful race on the usual unique course, the same bountiful barbecue where there is too much to eat (included in your race entry fee, or if your kid is in the FREE 1-mile fun run, then he or she eats for free, too), games for the kids, awards in the 5K Hog Jog, custom t-shirts for all 5K participants, and live music provided by the world-renowned bluegrass-folk-funk band, The Old City Farmers.

It all makes for a fine, fun day out with all your Strider friends. Please be there. You can enter online at www.floridastriders.com. The sooner you enter, the more money you save. This is an event not to be missed!

**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. 7	\$22	\$25	\$15
Oct. 8 - 21	\$27	\$30	\$20
Race Day, Oct. 22	\$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, Oct. 18th, 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 Ferner (904) 342-2699
Bobferner@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 mi)
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 mi)

**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 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 Champion Chip (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.

floridastriders.com/hogjog

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

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

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

[illegible][illegible][illegible]

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Age

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.

Date _____

StrideRight

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 bi-monthly at P.O. Box 413, Orange Park, FL. Non-profit Organization Bulk Rate postage

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StrideRight

Volume 38, Number 4



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