

the

## StrideRight

www.floridastriders.com

Club #229



Volume 38, Number 6

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Written by Bob Fernce

## The Hog Has Jogged

The 29<sup>th</sup> running of the Florida Striders famous cross-country race, the Hog Jog, took place on Sunday, October 22<sup>nd</sup>. As usual, there was a free one-mile fun run for the kids, followed by a 5K for adults, kids, and adults who want to be kids (and you know cross-country gives you that kid-again feeling). It was my second go-round as the worried race director, a part I play so well – especially the worried bit. Thankfully, a small army of efficient Strider volunteers was on hand. They effortlessly went about their tasks and took away a huge amount of that worry, as well as a lot of toil and tears. What a great bunch of people. Who could ask for anything more? Certainly not me. I cannot thank them enough, but I can thank them here – thank you all so very, very much.

In the role of blundering race director, I began by not calling the Clay County Parks Department early enough to reserve our first-choice race day, which was in November. By the time I did, two church groups had grabbed pavilions 1 and 2. We don't actually use those pavilions, but we need their

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'Tis the season to shop online at [amazonsmile.com](http://smile.amazon.com)! Support your local running club every time you purchase a gift for a loved one (or something special for yourself)! 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. Every little bit helps!

**amazonsmile**  
You shop. Amazon gives.

## 2017-18 Board Members &

### Key Persons

**President:** Jon Guthrie  
 president@floridastriders.com  
**Vice President:** Dave Allen  
**Secretary:** Regina Sooley  
 Regina@ReginaSooley.com  
**Treasurer:** Bill Krause  
 treasurer@floridastriders.com

### Directors At Large

Ann Krause	George Hoskins
Scott Hershey	Jamie Williams
Mike Mayse	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  
**Angry Tortoise 25K/50K:** Charlie Sauter-  
 Hunsberger – jaxcharlie@gmail.com  
**Run to the Sun 8K:** Bill Krause  
 rttstrd@floridastriders.com  
**Memorial Day 5K:** Scott Hershey  
 Run2day4life@gmail.com  
**HogJog 5K:** Bob Fernee  
 bobfernee@aol.com

### Coordinators

**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  
 bobboydFL@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](http://www.floridastriders.com).

## MESSAGE FROM THE PRESIDENT

Fun times are ahead for the Florida Striders! The holiday season is almost here, and that means the year 2018 is just around the corner. That might not mean anything to some of you, but our club was founded in 1978. The upcoming year of 2018 will mark the 40<sup>th</sup> anniversary of the Florida Striders! Plans are in the works for a year of celebration! As we celebrate our 40 years of existence, we look back on all that this club has accomplished and look forward to the great things we will do in the future!

I am honored to now be filling the role of Club President, and have two simple short-term objectives for us:

- 1) Major increase in membership of the FSTC, and
- 2) Have fun!

These are both very attainable. I believe that we are a premier running club, and that everyone in the running community should WANT to be a member of the Florida Striders! Having fun is how I believe we should approach everything we do.

Personally, I love being surrounded by people who want to improve themselves physically. They are almost always the ones having the most fun!

You will be hearing more details about our future plans soon. Expect to be busy!

One of the comments I like to make is, "Runners make the best friends!" If we have not yet met, I hope that we will become runner friends in the near future!



Best Regards,

*Jon Guthrie*

# Florida Striders Running Team

## *Team Member Highlight: Jennifer DeSantis*

Written by Shelly Allen

Jennifer DeSantis started running in 2002 by running 10 minutes on a treadmill and thought it was amazing, so she kept at it. Then, in 2004, she started running more seriously and thought it would be a good idea to sign up for a marathon. She ran her first marathon in 2005 and was hooked! The running also jumpstarted her fitness journey and helped her lose the initial extra weight she wanted to lose. She developed discipline, confidence, and belief in herself as her journey continued, which she says was a welcome change. "Running is a very humbling sport, and I believe that pushing myself

through those tough training moments, hitting the wall and pushing through during a race, lacing up my shoes, even when it's raining or snowing – that has helped me step out of my comfort zone and open doors that I never thought I would ever face. And what is even more important or more special are the friendships running has brought me!"

While her favorite distance to race is the half-marathon, Jenn's favorite race so far has been the Chicago Marathon because it's a great course, the spectators are amazing, and it's a fun city. Some of her PRs are 4:05 for the marathon, 1:50 for the half-

marathon, and 23:07 for the 5K. She typically trains about 20-25 miles a week when she is not marathon training, and she is getting ready to move out of the 35-39 age group, which will make her a new Masters Division runner!

When she is not running, she stays very busy as a full-time music educator to elementary students. She also has an online health and wellness

*"Running is a very humbling sport..."*

business, teaches PiYo at a local yoga studio. She is also a certified running coach and does some coaching with our friends in the Jacksonville Track Club. In addition, she serves on our Florida Striders Board of Directors where she is the Social Co-Chair, on the

Scholarship Committee, and was our VP for a year. She loves volunteering at locals races, further showing her passion for the running community and children's running programs in our club!





## UPCOMING RENEWALS!

### RETURNING!

Suzanne Baker  
Amy & David Bonnette  
Dotti Cahill  
Danny Cole  
Rick & Aimee Cubbedge  
Denise Dailey  
Gregg & Kristin Friend  
Carol MacDougall  
Steven O'brien  
Deborah Potash  
Al Saffer  
Barbara Scott  
Tara & Scott Showalter  
Jamie & Tabitha Williams

# MEM- BER -SHIP

### NEW!

Edward Bowman  
Cecile Dunham  
Alice Painter  
Samantha & Eric Parham  
Stephanie Watson

Eugene Biala  
Charles Boswell  
Billy Fehrs  
Michael McGrew  
Joseph Ritchie  
Kevin & Shellie Atchison  
Christie Canlas  
Jennifer DeSantis  
Tom & Shirley Henkel  
Ed Kelly  
William Kortright  
Linda Reynolds  
Larry & Barbara Sage  
James Spooner  
Rosanne Vernon  
Anne Weaver  
Sue & Darrell Whitworth

## 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](http://www.floridastriders.com), or contact our membership director, George Hoskins, 264-4372, or email [membership@floridastriders.com](mailto: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 potential y hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road or the traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, The Florida Striders Track Club, and all sponsors, their representatives and successors from all claims and liabilities of any kind arising out of my participation in these club activities, even though that liabilities may arise out of negligence or carelessness on the part of the persons named in this waiver. Rev. 12/15

Mail Application with dues to:

Florida Striders - 2254 Gabriel Drive - Orange Park, FL 32073



A big thank you to our partners! We couldn't do what we do without your help! .....

### ***STRIDERS AT THE RACES***

#### **8/18/17 – Cecil Field Classic 5K Jacksonville, FL**

Aldren Biala 18:16

#### **9/4/17 – Run Jax Labor Day 5K Jacksonville, FL**

Eugene Biala 39:02  
Charina Biala 30:38 11<sup>th</sup> AG  
Aldren Biala 19:13 2<sup>nd</sup> AG  
John Keester IV 20:49 2<sup>nd</sup> AG

#### **9/16/17 – Historic Springfield 5K Jacksonville, FL**

Bernie Powers 29:10 2<sup>nd</sup> AG  
Jean Schubert 44:14 2<sup>nd</sup> AG

#### **9/23/17 – BASCA 5K Orange Park, FL**

Nick Camarata 22:13 1<sup>st</sup> AG  
*on a recovery race!*  
Jan Bullock 39:42 3<sup>rd</sup> AG  
Shelly Allen 21:00 1<sup>st</sup> female overall  
Bernie Powers 28:53 1<sup>st</sup> AG  
*"Who let the dogs out?"*

#### **10/01/17 – USATF Masters 5K**

#### **Championships race Syracuse, NY**

Shelly Allen 20:13 6<sup>th</sup> AG

#### **10/14/17 – Marine Corps 5K Jacksonville, FL**

Jean Schubert 46:32  
*Dedicated this race to Tom Petty RIP.*  
Keegan Emanuel 21:05 1<sup>st</sup> AG & PR

#### **10/22/17 – Hog Jog 5K Green Cove Springs, FL**

Keegan Emanuel 22:33 3<sup>rd</sup> AG  
Brooklynn Keester 29:35 2<sup>nd</sup> AG  
Logan Keester 22:20 2<sup>nd</sup> AG  
John Keester IV 20:39 1<sup>st</sup> AG (6<sup>th</sup> overall)  
Eugene Biala 41:10 3<sup>rd</sup> AG  
Charina Biala 34:07 3<sup>rd</sup> AG

#### ***SEND US YOUR RESULTS!***

See your name in the StrideRight by submitting your race results at [www.floridastriders.com](http://www.floridastriders.com). Just click on the "Races & Events" tab and scroll down to "Striders at the Races." We would love to see how you did and where you've been running!



# 39<sup>th</sup> Anniversary Celebration

Written by Jenny Allen



October 8<sup>th</sup> was a sunny, breezy day but with heat and humidity higher than usual for this time of year. Nonetheless, it was a beautiful day. This day's weather was in sharp contrast to the stormy weather of a month ago when Hurricane Irma ravaged the state of Florida, affecting a number of our club's members. Many have had to deal with flooding, loss of electricity, and downed trees damaging their homes and property. Our hearts go out to them. It was great to see many of these members out Sunday morning to celebrate our club and the anniversary of running from Sun Tire.

As we turned into the parking lot, we were greeted with our bright yellow Strider tent, compliments of Mike Mayse. Mike had gotten to Sun Tire earlier and had the tables, chairs, and tent set up and



the banners hung. The only glitch of the morning was not having any electricity, meaning no music and no coffee. Mike solved the coffee problem by running to Dunkin Donuts and returning with three boxes of java. (Is there any doubt why Mike won an award for the Strider's Volunteer Hall of Fame this morning????) Runners and walkers dropped off their food, and at 6:30am, took off into the

dark, muggy morning.

Meanwhile, Lori Scarlett, Lynn Sykes, and Sara Guthrie were busy setting up and putting out food for nearly sixty attendees. We had more food than the Golden Corral....sandwiches, donuts, deviled eggs, fried chicken, potato salad, and cheesecake from the Cheesecake Factory, to name a few of the items on the menu. Ann Krause made her special Bloody Mary's with all the trimmings, and Dave and

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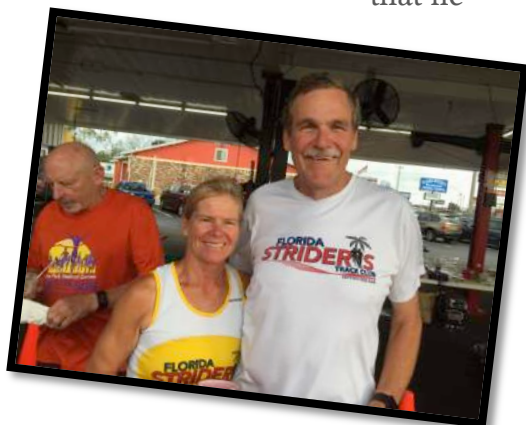


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Shelly Allen donated the orange juice for mimosas. Marge Ruebush helped me to organize the social and gave me all her trays, baskets, and supplies to use while she and Paul were in Texas. Lori helped me buy and cut fruit for the salad, and my husband, Richard, loaded and unloaded boxes and coolers and did just about anything I asked. Frank Frazier checked with Sun Tire to okay the availability of their facility. Many of you stayed until the cars and trucks were packed and the last piece of trash was in the garbage can. Much appreciation and thanks go out to all who lent a hand.

This year, you all found a total of \$162.77. David Townsend found the most money at one time. Yay! This is the second year in a row that he



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found a twenty-dollar bill! Bernie Powers found a ten-dollar bill, and Bobby Greene, a five-dollar bill. Gordon Simms, David Townsend, a runner from the half marathon class who was never identified all found ones, and Shelly Allen found two one-dollar bills folded together. Robert Shields, who lives in Cary, NC, sent me a check every month covering the money he found throughout the year. With a total of \$42.75, this puts Robert high on the list of finders. Last October, my friends Susan and Dave Caldwell gave me a bag of change they found in Ohio, amounting to \$1.67. Bernie Gross found over half of a ten-dollar bill, so I have been busy trying to find someone who will give me a ten for it. I have been to three banks, and one said they would do it, but I didn't have an account with them. The bank that I do have an account with said, "No."

Our "anonymous runner" sent another note to me saying, "As luck would have it, I found more money running this year. I must be in the right place at the right time. ☺" Enclosed was \$70.00 in cash with no identification. Do you have any idea who this may be??? This secret has been going on for three years. Let me know if you have



someone you suspect!! Thank you, Anonymous Runner!!

We now start our Sunday run at IHOP across the street from Sun Tire on Blanding Blvd. This is more convenient for those who want to stay for breakfast. Everyone is welcome to walk or run with us, starting at 6:30am.

I hope to see all of you back next year to celebrate our 40<sup>th</sup> anniversary of Sunday morning runs with the Florida Striders. Let's make it the best! Hopefully, we won't be dealing with the aftermath of hurricanes and everyone will finally be settled.

So until then, happy, healthy running, and keep those pennies rolling in.





# UPCOMING RACES!

*Please note that this is published as a service and is not a complete list of races. All dates and times are subject to change. For a complete list of NF races, go to [www.ameliaislandrunners.webs.com/kbendy/rrcaca.htm](http://www.ameliaislandrunners.webs.com/kbendy/rrcaca.htm).*

DATE	RACE	TIME	RACE DAY LOCATION	WHERE TO REGISTER
11-Nov	Mandarin Run 10K	8:00am	Bailey's Powerhouse Gym, San Jose Blvd.	1st Place Sports (any location or online)
12-Nov	St. Augustine Half Marathon/10K/5K	7:00am	Francis Field, St. Augustine, FL	<a href="http://www.staugustinemarathon.com">www.staugustinemarathon.com</a>
18-Nov	McKenzie's Run	9:30am	Everbank Field	1st Place Sports (any location or online)
23-Nov	Community First Thanksgiving Classic	6:50am	Pickwick Plaza	1st Place Sports (any location or online)
2-Dec	Children's Way 5K	4:00pm	824 Children's Way	1st Place Sports (any location or online)
3-Dec	Reindeer Run Half Marathon	7:00am	Fernandina Beach	<a href="http://www.ameliaislandrunners.com">www.ameliaislandrunners.com</a>
9-Dec	Festival of Lights 5K	6:00pm	San Marco Square	1st Place Sports (any location or online)
16-Dec	Ameris Bank Jacksonville Marathon & Half Marathon	7:00am	Bolles School	1st Place Sports (any location or online)
22-Dec	Run Santa Run 5K	6:00pm	Henry J. Klutho Park	1st Place Sports (any location or online)
30-Dec	Last Gasp 5K	6:00pm	JU Campus	JTC Running
31-Dec	Vystar New Year's Eve 5K	2:00pm	Jacksonville Landing	1st Place Sports (any location or online)
6-Jan	Resolution Run 5K	8:00am	Best Bet Kennel Club, Orange Park, FL	<a href="http://www.floridastriders.com">www.floridastriders.com</a>
13-Jan	Running of the Bulls 5K	8:30am	Institution Ale Works	1st Place Sports (any location or online)



Written by Vicky Connell



# STRIDER SPOTLIGHT

Part of being in the Florida Striders is helping others in the journey of becoming runners. Sometimes it's just giving a little advice here and there or volunteering to coach in one of our running classes. Many of us have a lot of experience as runners, and we love to share that experience to benefit others. Recently, I have taken notice of some coaching going on at the St. John's Country Day School Track that isn't anything formal, but it's one Strider helping others.

It all started months ago when the Adult Running Class was going on this past spring. Keegan Emanuel, a charming 7<sup>th</sup> grader who attends Green Cove Springs Junior High and his mom, JoAnna, showed up at the beginning of our class session. I noticed them and said hello, and I told them they were welcome to use the track. Keegan joined in on some of our class intervals and even did the plyometrics and stretches at the end! Of course, he was much better at the plyometrics than any of us and faster than most of us on the track. Before long, Dave Allen, who usually comes to the track to coach his wife, Shelly (who heads up the Strider Running Team), noticed Keegan as well.

One thing led to another, and before long, Dave was giving Keegan advice on what to run, how fast, how many intervals, etc. Soon, Keegan was joined by Johnny Keester, a talented 6<sup>th</sup> grader, and occasionally, Johnny's older brother Logan, an 8<sup>th</sup> grader, and Keegan's younger brother, Aiden, a 5<sup>th</sup> grader. The boys helped each other to push hard on the track, sometimes joining Shelly on her repeats, all under Dave's watchful encouragement. It has become quite the norm to see Dave standing at the track, stopwatch in hand, shouting out encouragement

to the boys, Shelly, and anyone else who is running hard! Dave commented recently on how amusing it was at the end of a very difficult workout to see Shelly, Keegan, and Johnny all collapse simultaneously on the grass at the end of their last repeat, indicating just how hard they had all been running!

I asked Dave why he started coaching the boys, and he joked, "They make me look good!" Indeed, all these boys are doing very well with their running. Keegan told me he came to the track because he wanted to improve his 5K time, which had become stagnant. (He's been participating in Strider races since he was 5 years old, and I don't mean the Fun Runs. They weren't long enough!) After a few months of training, he's gone from finishes in the 24-minute time to 21 minutes. Keegan also runs Cross Country for his school team at Green Cove Springs Junior High, which is coached by another Strider, Lisa Adams. They recently won the County Championship for the school with Keegan leading the way in 1<sup>st</sup> place for the 3K race. While Keegan runs with his school team on most days, on Wednesdays, he comes to the track and runs with the Striders while Dave coaches. Dave was also quick to give the parents of all the boys a lot of credit. He knows they couldn't do it without their support. Keegan's mom, JoAnna, in turn told me, "Dave is modest. He and Shelly even show up at their school events to support them. The kids really appreciate his investment in their running."

JoAnna told me that Keegan is very self-motivated, and she and her husband, Brian, simply give their boys the opportunity to run but never have to push them to do so. Keegan is

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# Run for Turkey (or Tofurky)!

Written by Julie Stackhouse

What are you thankful for this year? Today as I sit here in post-run bliss and compose this article, I'm thankful for the cooler fall temperatures, which have JUST broken for the first time since Gate River Run last spring. Finally, I can go into Publix for a post-run snack without someone staring at me as though I've just been dragged out of the swamp at the UNF trails.

I'm also thankful to have so many running friends and teammates. This has been a memorable year for me, and not just because my running has taken on new heights. For the first time in a long time, I feel like I'm able to call a city "home," and I owe that all to my involvement in the local running scene. I used to feel like this was such a big city. Now, everywhere I go, I see runners I know. I've been fortunate to join the family-style Strider socials and races (the Memorial Day Run, Resolution Run, and Hog Jog to name a few of my favorites), I've engaged in corporate runs multiple times a week, and I've been able to lend a small tidbit or two at pre-race talks, foam rolling clinics, etc. to fellow age-group athletes trying to improve their PRs or fitness.

I feel grateful to have some amazing running buddies, my

closest one of whom is Michelle McCullough, president of the Striders for the past couple of years. A few years back, I heard about this intriguing trail race called the Angry Tortoise and had to check it out. Not only was I in awe of the amazing trails on the outskirts of Jacksonville and the delicious looking mini home-baked apple pies at the finish line, this race also allowed me to gain a new best friend for life in Michelle. She is an amazing mom, COO, runner and triathlete, and was an inspiration through morning runs in the dark at all hours, spin days in the pouring rain, and swim workouts in the dead of winter (which had us sprinting afterwards to cannonball into the hot tub). I'm so happy that she introduced me to the group known as the Striders and look forward to this relationship continuing for many years to come. If you haven't found your running buddy yet, there are so many great places to look! There are group runs in Jacksonville nearly every night of the week, morning track groups in multiple locations, and socials galore, depending on which part of town you in and what you're looking for.

But back to the turkey – or in my case, Tofurky. I'm thankful for this time of year to reflect on the things most important to me in my life: my health, my ability to run and do what I love, and to share

that with so many others near and far, my family, my friends, and my running family. My enthusiastic clients continue to spark my love for the sport with their positive attitudes and eagerness to learn. I'm thankful for 1<sup>st</sup> Place Sports for hosting races every weekend so we can test the limits of our human spirit. Speaking of, my favorite thing to do Thanksgiving morning is to lace up my favorite Brooks and race! No one feels guilty about that extra helping of sweet mashed potatoes or Kilwin's ice cream melting smoothly on warm pumpkin pie when you've run a 5K or even a half-marathon.

Below are some great options this Thanksgiving:

**Community First Thanksgiving Distance Classic** (Mandarin) – half-marathon/5K (new distance this year) –

[www.1stplacesports.com](http://www.1stplacesports.com)

**11<sup>th</sup> Annual Ponte Vedra YMCA Turkey Trot/1-Mile Fun Run** (Mickler's Landing) –

[www.firstcoastymca.org](http://www.firstcoastymca.org)

**Tim's Turkey Trot 5K** (Atlantic Beach) –

[www.tonysturkeytrot.com](http://www.tonysturkeytrot.com)

**Psych Ed Connections Turkey Trot** (Nocatee Town Center) –

[www.ultimateracinginc.com](http://www.ultimateracinginc.com)

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parking area. So rather than compete for the space, we agreed to push the race date forward into October. Did this hurt race turnout? We'll never know.

The October day wasn't so bad. Yes, it



was a little warm, but it wasn't awful. It rained twice during the day but only for very short periods. A refreshing shower during the 5K would have been a welcome relief, but Mother Nature's timing was off. There were six other races going on during the weekend of October 21-22. Schools were deep into the remaining couple of weeks of the cross-country season, so teenagers were otherwise engaged. This may have affected attendance more than anything else. It's crazy; there are just too many races for the number of people who attend races around here. The pie is getting sliced way too thin.

As race director last year, I made a few changes. I flipped the races around, putting the one-mile first and the 5K second. My idea was to get the one-mile people out of the way and feed them first. Kids aren't into haute cuisine or even haute barbeque. So we grilled them some burgers and dogs and kept them entertained. When the 5K runners finished the traditional Sonny's BBQ was laid out for them, and of course, the kids came back for more. Everyone enjoyed the feast and I am sure it is one of the things that makes the Hog Jog a popular event.

I wondered if it wouldn't be better to start the one-mile race half way through the 5K and on a different course with the thought that all participants might finish at about the same time. I realized that this would probably not be a good idea as it would be hard to feed everyone at once. Besides, a lot of the parents like to jog the fun run with their kids.

Last year, in an attempt to relive the ancient defunct event, the Ham Jam, I hired a bluegrass band that provided live music. I think everyone liked that touch so this time, the Firewater Tent Revival made the park come alive with their unique blend of country, bluegrass, and funk.

Not many races offer a t-shirt, dinner, and live music to attendees, but the Striders' Hog Jog does, and it makes me question why it is that more people do not take advantage of this event. Is it because it is cross-country? Is it because we don't "award" all participants with a 10-pound medallion for completing 3.1 miles? What do runners want these days? I'd like to know.

I'm not complaining. In 2016, we had 148 finishers in the 5K. This year, we had 166, an increase of 16. In fact, 187 signed up, which means there were either some no-shows or a few non-finishers. Hard to know how many jumped into the free one-mile, but it was a good-sized crowd. I believe it was the Florida Striders who began the custom of the free kids run, and it is a tremendous tradition. But what else would you expect from a great club like the Striders?

Local pediatric dentist, Gary Myers (45), a familiar figure on our



racing scene, won the race in 18:29. The women's race was a hotly contested affair eventually won by a 14-year old Lauren Schaudel in 22:26. Right behind her was a girl of the same age, Emma Millson, who finished in 22:27. Completing the race in 22:29 was 46-year old Jennifer Flagge. I love a hard-fought close finish, and this certainly was.

The Masters division was won by Cort Neal (40) who posted the good time of 19:54. The women's Masters champion was Jennifer Flagge. The Grand Masters winner was Robert Foster (54) who ran 23:01. The women's Grand Master champion was Vicky Connell (58) who completed the course in 27:39.

Full results can be found on [www.floridastriders.com](http://www.floridastriders.com) and [www.1stplacesports.com](http://www.1stplacesports.com). I would like to thank all the volunteers who made this event possible. They made it seem easy....well....easier.





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currently working up his mileage for the Gate River Run next year. This will be his third time completing it, and he has already completed two half-marathons. Keegan is definitely in it for the distance! His long-term goal is to make the Junior Olympics. The first qualifying event will be in November in Boca Raton.

I asked Dave about his philosophy for coaching younger runners. He said he worries all the time about pushing too hard with them. They recover much quicker than adults and are soon ready for the next workout. Dave is very cognizant of not adding too much mileage. JoAnna mentioned that she talked to their pediatrician when Keegan wanted to run half marathons. The doctor said that if he wants to do it, and he can handle the mileage, it's fine. She's always careful if they're sore to make sure it's not an injury.

Eventually, Shelly invited Johnny and Keegan to join the Florida Strider Running Team, and they were happy to do so. So far, they have definitely represented the Florida Striders very well. I foresee that these boys are worth keeping our eyes on!

## Volunteer Opportunities!

Volunteers are needed to man the water station at the Ameris Bank Jacksonville Marathon and Half-Marathon on December 16th. This is a great opportunity to get involved, give your support to those braving the marathon, and socialize with fellow Striders. If you are interested in joining us on this exciting day, please contact Mike Mayse at [mjmayse@comcast.net](mailto:mjmayse@comcast.net) for information.

If the Ameris Bank Marathon date doesn't work for you, there is another chance to help support your club on January 6<sup>th</sup> at the Resolution Run 5K. We could always use course marshalls, extra hands for setting up tents and tables, water station assistants, and more. Contact Bill Krause at [resolutionrunrd@floridastriders.com](mailto:resolutionrunrd@floridastriders.com) for details on this event.



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**Inn & Club Turkey Trot 5-Mile beach race/5K walk** (Ponte Vedra Beach) – breakfast & t-shirt for \$30 (must be a member or guest of a member) – [www.pontevedra.com](http://www.pontevedra.com)

### About the Author:

Julie Stackhouse, owner of Stackhouse Fitness ([getstackednow.com](http://getstackednow.com)), has a healthy approach to running and competing and enjoys coaching other runners to perform and feel their best at any age. She leads a weekly track interval training group at Jacksonville University, as well as coaches individuals through written training plans and one-on-one sessions. She was last year's female winner of the Subaru Thanksgiving Distance Classic Half-Marathon in a personal best time of 1:16:52.

## ROASTED BRUSSELS SPROUTS, CINNAMON BUTTERNUT SQUASH, PECANS, & CRANBERRIES

*Even if you don't like Brussels sprouts, you'll like this fall-inspired, fiber-packed, colorful side dish as a healthy compliment to your holiday meal!*

**Total Time:** 40 minutes

**Yield:** 6 servings

### Ingredients:

#### Roasted Brussels Sprouts:

- \* 3 c. Brussels sprouts, ends trimmed, yellow leaves removed
- \* 3 TB olive oil
- \* salt, to taste

#### Roasted Butternut Squash:

- \* 1 ½ lbs. butternut squash, peeled, seeded, and cubed into 1-inch cubes (about 4 cups uncooked)
- \* 2 TB olive oil
- \* 3 TB maple syrup
- \* ½ tsp ground cinnamon

#### Other ingredients:

- \* 2 c. pecan halves
- \* 1 c. dried cranberries
- \* 2-4 TB maple syrup (optional)

### Instructions:

1. Preheat oven to 400°F. Lightly grease two foil-lined baking sheets with 1 TB of olive oil.
2. Slice all Brussels sprouts in half and toss in a medium-sized bowl with 2 TB olive oil and salt (to taste). Spread Brussels onto one of the baking sheet, cut side down, and roast for 20-25 minutes. During the last 5-10 minutes, turn them over for even browning.
3. Combine the cubed butternut squash, 1 TB olive oil, maple syrup, and cinnamon in a medium bowl and toss to coat well. Spread squash in a single layer onto the other baking sheet. Bake for 20-25 minutes, turning once halfway through

baking until softened.

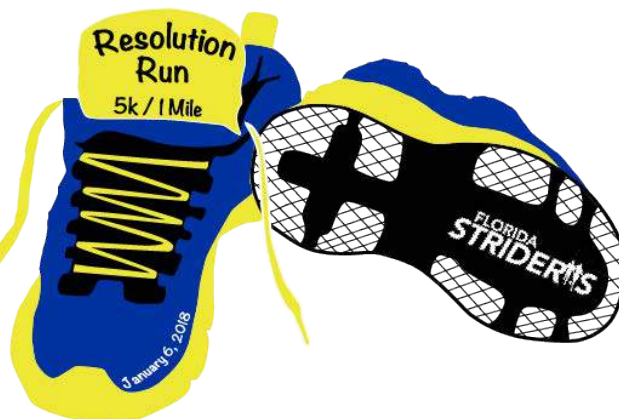
4. In a large bowl, combine the roasted Brussels sprouts, roasted butternut squash, pecans, and cranberries. Mix well. (OPTIONAL): For more sweetness, add 2-4 TB of maple syrup. DO NOT add all maple syrup at once. Start with 2 TB, then add more, if desired, and toss with the salad ingredients to combine.

*Note: You can roast both Brussels sprouts and butternut squash on their separate baking sheets (preferably on the same rack) at the same time if you have the space in your oven.*



**Start the year off right!**

Sign up for the  
Florida Striders'  
Resolution Run 5K  
Jan. 6th, 2018 at bestbet  
in Orange Park, FL



Long sleeve cotton shirts,  
and Finisher medals!

5K (1st Grand Prix race of  
the new year) - **8:30AM**  
1 Mile Fun Run - **9:30AM**

## Runs Benefit Local School's Run/Walk Programs

### ENTRY FEES

	Striders	Non Striders	Kids 13 & Under
Until Dec. 22nd	\$22	\$25	\$15
Dec. 23 - Jan. 5	\$27	\$30	\$20
Race Day	\$35	\$35	\$35

- Register online at <https://www.signmeup.com/122203>, visit our website at [www.floridastriders.com](http://www.floridastriders.com), go to [1stplacesports.com](http://1stplacesports.com), or register in person at any one of the 1st Place Sports stores. Sorry, no refunds.
- Online registration available until noon, Jan. 3rd, register at the stores thru the 5th, or at the race Saturday morning.
- Day of Race Registration starts at 7:30 AM.

**Race Director:** Bill Krause

[resolutionrunrd@floridastriders.com](mailto:resolutionrunrd@floridastriders.com)

### THE COURSE

The 5K starts at 8:30 AM on River Road. The course takes you out and back along the beautiful St. John's River. There is a water stop near the half way turn around. See map for more details. Strollers are not allowed in the 5K. This is the first race in the 2018 Grand Prix Series, and certified by the USTAF. The results will be posted near the finish. You can also check your results at

**1stplacesports.com** after the race.

### AWARDS

**Medals to all 5K finishers this year!** The overall and age group winner awards ceremony will be near the finish line. Top 3 overall, top master, top grand master, wheelchair, and top 3 in each age group. Age groups include 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. Awards given to males and females in each category.

### PARKING

Parking is available at bestbet. **Please park in the extreme west or east sides of the lot, as the center spots are reserved for the Poker Room clientele.** Race registration and packet pick up are located in the open field area east of the Kennel Club.

### RACE CHECK-IN AND TIMING CHIPS

Race day registration and packet pick up opens at 7:30 AM. The timing chip is attached to the bib. **Do not wear your personal chip** You must cross the mats at the start and the finish to be included in the results. Chips are not used for the One Mile Fun Run.

### FUN RUN

The **FREE** One-Mile Fun Run starts at 9:30AM in the field behind bestbet. Entry forms available race morning (do not mail in). Ribbons to all and \$1,800 in participation money for elementary schools as a courtesy of bestbet. The fun run is free, but all participants must register on race day. Suzanne Baker is the Fun Run Coordinator & can be reached at [suzanne.baker@myoneclay.net](mailto:suzanne.baker@myoneclay.net).

### PACKET PICKUP

Please check your packet pick up location box on the entry form.

**Where:** 1st Place Sports locations (info on 2nd page)

**When:** Thursday, Jan. 4th, or Friday, Jan. 5th, 10AM to 6PM  
or at the race site Saturday morning

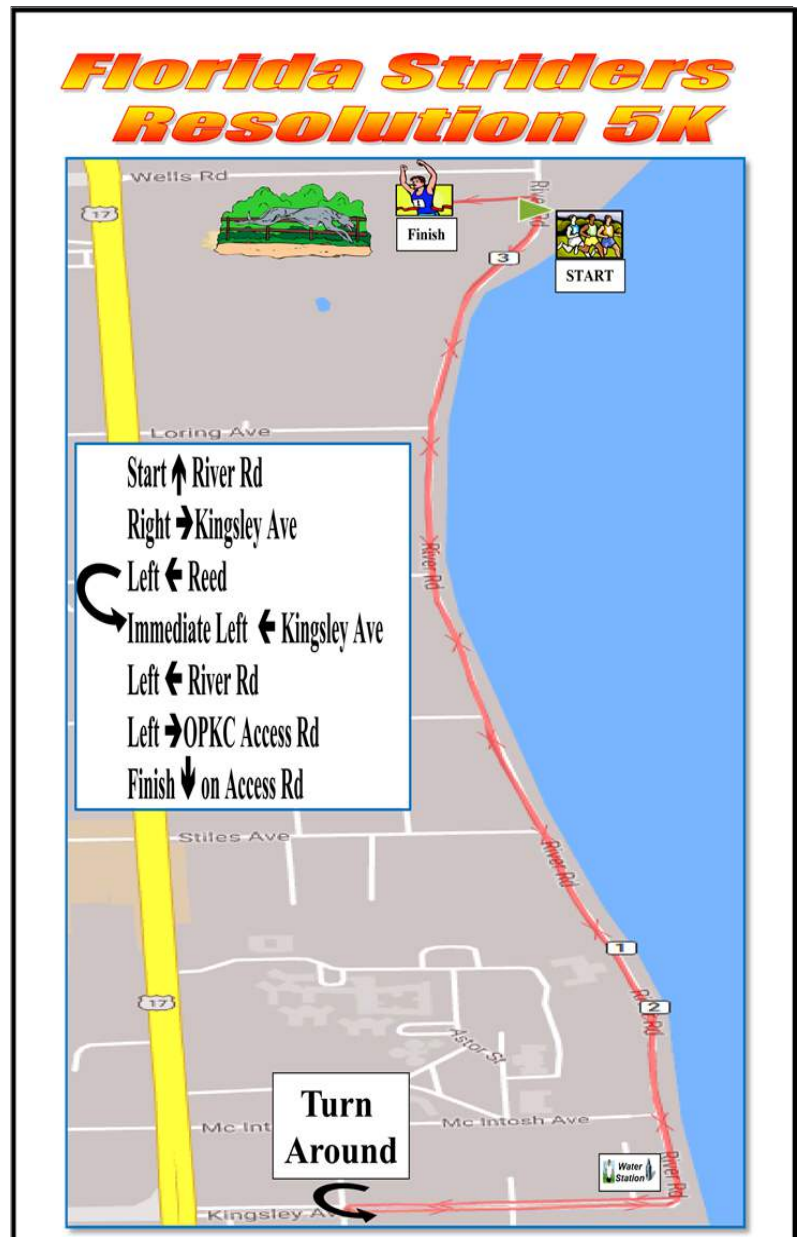




- 3931 Baymeadows Rd, Jacksonville, FL 32217
- 2016 San Marco Blvd, Jacksonville, FL 32207
- 2186 Park Avenue, Orange Park, FL 32073
- 9823 Tapestry Park, Jacksonville, FL 32246

All packets not picked up at 1st Place Sports will be moved to bestbet Orange Park for race day pick up.

## SPONSORS



## BECOME A FLORIDA STRIDERS MEMBER

The Florida Striders is a **non-profit** organization of running enthusiasts who love to run, race, and socialize!

### Benefits Include:

- If you run 4 Strider races, the Florida Strider discount pays for itself.
- Discounts at 1st Place Sports and New Balance
- Private Strider member tent at the Gate River Run with food & drink: a great place to swap race stories.
- Visit [www.floridastriders.com/membership.html](http://www.floridastriders.com/membership.html) for more information

*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. Printed by Sir Speedy – <http://www.sirspeedyop.com>.*

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## FLORIDA STRIDERS TRACK CLUB

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StrideRight

Volume 38, Number 6

## Florida Strider Socials



Thank you to Orange Park Medical Center and Dr. Steve Jackson for sharing injury prevention tips at our last social! We had a great turnout, and our members learned a lot!

Join us for our next social at the Thanksgiving Day Race - stop by the big yellow tent to enjoy some refreshments and celebrate with fellow Striders. Check the Florida Strider Facebook page and website for details soon on our December social!

*Happiness is*

*....running with a friend.*