

the

Club #229

# StrideRight

www.floridastriders.com



*Chad, Lovett, Mark, and Mike*

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## What Is Runwell?

Written by Kim Pawelek

"What is Runwell?" I love when people ask me this question because it signifies this...we're generating interest, gaining traction, and building brand awareness. And we are thrilled!

Runwell is a movement. We are a 501(c)3 foundation that supports those who struggle with addiction. This is our mission:

1. To raise awareness about addiction and mental illness,
2. To erase the stigma of addiction,
3. To introduce and implement a running/exercise program to those in treatment and recovery (when you're free of substance abuse), and
4. To provide financial support to those who cannot afford treatment.

As runners, the simple act of running is therapeutic. It satiates our need for a physical outlet, and let's face it...it keeps us sane. This is why we believe the healthy, active lifestyle fosters mental clarity and physical strength in ways no other form of therapy provides. This is why we believe in the power of partnering an exercise routine with clinical treatment and implementing an exercise routine into recovery.

# MESSAGE FROM THE PRESIDENT

*Greetings, Striders!*

Things are really heating up this summer for the Florida Striders! We have just wrapped up 2 of our signature events: Run to the Sun and the Memorial Day 5K! A big “thank you” goes to Bill Krause and Scott Hershey who provided their volunteer services as Race Directors for these two successful events. Well done, guys!

Also on the Race Director topic, we are in desperate need of a Race Director for the Angry Tortoise. If this trail run event is going to survive, someone needs to step up. Please let me know if you want to see this event continue. This run typically is near the end of February, so time is getting short to get the ball rolling.

On a positive note, we have a great social event coming up on Sunday afternoon, July 15<sup>th</sup>, at the Jumbo Shrimp baseball game. Tickets are only \$8 and can be reserved via email at social@floridastriders.com. I’m expecting a big turnout of Striders at this event. Our social director has arranged for us to be in a shaded area with room to socialize with your friends and family!

Reserve Sunday, August 12<sup>th</sup> for a Family Fun Day at Hanna Park. Yes, it’s a little drive for some of us, but it is worth it. There really is something for everyone at Hanna Park! Canoes, kayaks, kid’s play area, hiking and running trails, games camping, and the beach are all right there! Watch for more details coming very soon.

September 13<sup>th</sup> (Thursday evening) is the official 40<sup>th</sup> Anniversary Celebration of our club! This will be a catered event at the Orange Park Lions Club building. Details will be announced soon with information on how to make reservations and purchase tickets. History has been made and will continue to be made by the Florida Striders!

For those of you planning ahead, put Sunday, October 14<sup>th</sup> on your calendar for Jenny’s Pennies and November 4<sup>th</sup> for the Hog Jog. Then, on November 11<sup>th</sup>, we will have a group in Las Vegas for the Rock ‘n Roll Half Marathon. We are also locked in on Sunday, December 9<sup>th</sup>, for our Strider Christmas party! Last year’s event at the Haskell Building on the St. John’s River was such a success that we are doing it again in 2018 at the same location. If you talk to anyone who attended last year, I believe you will not want to miss it!

We expect to be pretty busy the rest of this year! Suggestions for fun things to do are always welcome!

Regards,  
*Jon Guthrie*



**A big thank you to our partners who help make it possible for us to give back to the community. We couldn't do it without you!**



# Beet the Heat!

Written by Julie Stackhouse

## Summer Recipes for the Healthy Athlete

Ready or not, summer is here! Break out your favorite light-colored summer sweat attire, get those ice baths ready, and run to your favorite local organic grocer to keep these items handy to blend or mix up a recovery snack, which is as good for relieving your post-run “hanger” as it is healthy! I hope you enjoy these recipes as much as I do – they are my new summer go-to’s!



### Can't Beet This Smoothie

- 1 small beet (roasted will be easier to blend)
- ½ c. frozen blueberries
- 1 frozen banana
- 16 oz. cashew milk (or favorite milk-alternative)
- 1 TB. ground flax
- pinch of unsweetened cocoa powder

*This one “rose” to the top as a pink post-run replenishing treat boosting vitamin C, fiber, potassium, and manganese!*

### The Grasshopper Smoothie

- 1 handful spinach
- 16 oz. almond milk (my favorite is unsweetened vanilla)
- 1 frozen banana
- sprinkle of dark cacao nibs
- ½ tsp. peppermint extract
- 1 TB. agave

*Blend together until smooth, adding a few ice cubes if you like. This one is my new summer addiction and absolute favorite! It’s a healthy take on a mint chocolate chip shake!*

What exactly is maca powder? I picked up a bag at my local Trader Joe’s because I was intrigued by its energizing claims to be vitamin rich (B, C, and E), improving bone health, mood, and skin. Maca is a root common to Peru which boosts a nutty flavor, pairing well with smoothies, granola, cereal, baked goods, or even as a topping on chia pudding or your favorite dessert.

### Maca Latte Smoothie

- 16 oz. milkadamia (or favorite non-dairy beverage)
- 2 TB. organic maca powder
- 8 coffee beans (or more to your liking)
- 2 pinches ground cardamom
- 4 pitted medjool dates

*Blend until smooth and serve chilled for a healthy chai latte you can whip up at home!*

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## 2018-19 Board Members and Key Persons

### Officers

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

### Race Directors

**Resolution Run:** Bill Krause  
 resolutionrunrd@floridastriders.com  
**Angry Tortoise 25K/50K:** TBD  
**Run to the Sun 8K:** Bill Krause  
 rrttsrd@floridastriders.com  
**Memorial Day 5K:** Scott Hershey  
 run2day4life@gmail.com  
**Hog Jog 5K:** Mike Mayse  
 mjmayse@comcast.net

### Directors at Large

Amy Bonnette  
 Ann Krause  
 Bill Page  
 Cari Holbrook  
 Doug Barrows  
 George Hoskins  
 Jennifer Harper  
 Kathy Murray  
 Kim Lundy  
 Mike Mayse  
 Sara Guthrie  
 Scott Hershey  
 Shelly Allen  
 Stephanie Watson  
 Tara Showalter  
 Vicky Connell

### Coordinators

**Children's Running:** Carol MacDougall – cmmacdougall@oneclay.net  
**Running Classes:** Vicky Connell – vickyjc@comcast.net  
**Membership:** George Hoskins – membership@floridastriders.com  
**Social:** Dave Allen & Amy Bonnette – social@floridastriders.com  
**Scholarship:** Kim Lundy – scholarship@floridastriders.com  
**Race Volunteer:** Ann Krause & Kellie Howard – volunteers@floridastriders.com  
**Registration:** Kathy Murray & Sara Guthrie – registration@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)*

## 2017-18 Florida Striders Children's Running Report

Written by Carol MacDougall

The Florida Striders Children's Running Program had another stellar year with over 5,000 children participating in one of their school's elementary Run/Walk Club Programs! The Clay County School system had 21 elementary schools, with an additional 15 schools from St. Johns County and Duval County that participated and took advantage of all the incentives provided by the Florida Striders Children's Running Program.

These students cumulatively ran over a total of 260,000 miles, which averaged out to a marathon (26.2 miles) per child participant. Most programs began in September and ended in May meeting once a week.

The Children's Running Program provided Mileage Tokens, Mileage T-shirts in 50-mile increments up to 300 miles, and Marathon Medals. There were over 3,300 shirts, 20,000 tokens, and 5,000 Marathon Medals given out this past school year!

Each year, the FSTC gives participation prize money at the Resolution Run and the Run to the Sun 1-Mile Fun

Runs to the schools with the highest participation. There are also Striders Fun Runs available (Hog Jog, Jingle Bell Run, and Memorial Day) where kids can get credit for the Run/Walk Club Mileage.

We look forward to an even better year next year and hope to provide more running awards earned by our children. Please contact Carol MacDougall at carol.macdougall@myoneclay.net if you know of a school that might want to start a program!



# Florida Striders Scholarship Essay Winners

Essay by Sean Snyder

(Part 1 of 2)

Growing up, running was always a huge part of my life mainly because it was the one thing I could always count on to get me through the challenges I faced in my life. I can't even begin to imagine where I would be or the person I would be if it wasn't for running. I was born with a competitive spirit, but it was the discipline I gained through logging the long tireless miles that made me the hard working young man I am today. Running cross country and track has given me a drive and a motivation to flourish in every aspect of life because the harder I pushed to be a better runner, the more I pushed to be a better person, a better student, a better friend, and of course, a better brother/son. Therefore, there is undoubtedly something to be said about the character that running brings to one's life.

Through the culmination of hard work, competitiveness, determination, discipline, and perseverance, a runner is born. At the end of the day it's not about who can run better. It's about who is willing to hurt more. You can teach someone how to walk, how to run, how to do any sport of that matter, but you can't teach a person how to give that extra ten percent they didn't even know they had in them. You don't have to have a lot of skill to put one foot in front of the other. That's the beauty of running. It's a way of life and it's something that once you start, you can't

stop. I plan to take that passion with me to my grave, and with that I plan to take everything running has brought to my life with me in everything I do.

The leadership qualities and traits I have picked up through my years of running is something that has made running so much more important for me as it begins to have an impact not just on me, but on others. To be able to pocket so many traits and characteristics from something as simple as running is exactly why it is so much more than just a sport or a hobby to me. It wasn't until high school when I began racing on a more competitive level that I realized the influence I had on other people who looked up to me, and what I did. There is always room for improvement, always a reason to get better, and there is never a good excuse to settle. Realizing that, there became many more reasons to get better, a lot less room for excuses, and the improvements just came along with it. Because when others look to you not just as a leader, but as a sense of inspiration and hope, and you unwillingly become someone's dreams and expectations; they begin to influence you even more than you influence them.



*Sean Snyder, from St. Joseph's Academy, will be attending the University of North Florida in the fall.*



*Danielle Corbin, from Episcopal School of Jacksonville, will be attending Notre Dame in the fall.*

## Florida Striders Scholarship Essay Winners

### Essay by Danielle Corbin

When many people think about running, they equate it with pain and shortness of breath. However, my associations with running are quite the opposite. To me, running is freedom and liberation, my one time in the day to truly breathe. Many people ask me how I am able to pack so many things into my day and efficiently manage my time amidst such a stressful schedule. My answer? Running. On the days where my mind is muddled, the cobwebs instantly clear away when I begin to run. Running is my rhythm: the even sound of my feet hitting the hard pavement while I take in the crisp, fresh air. The emotional release I experience through running gives me the strength, focus, and courage to conquer the day ahead of me with tenacity.

However, running is so much more than just a study break. When I was little, I was a

vivacious child abounding in energy, unable to sit still and always ready to compete. My mom enrolled me in Girls on the Run and there my love of racing began. It wasn't enough to simply run but to pursue it to the best of my ability. To me, true greatness in running is defined by the courage to push myself to my farthest limit. In the seventh grade, my racing dreams came to fruition at the Mountain Dew Invitational JV race. Crossing the finish line in first place produced a feeling that was indescribable. Now, when I look back at that tiny, French braided girl, I have realized that I still love running just as much as I did in that moment of victory. However, running is not only my peace and my victory; it is the pursuit of my best self.

Written by Bill Krause

## 2018 Run to the Sun Recap

Another great race on another wonderful day! More and more races are coming out of the woodwork, so it was refreshing to see so many good friends and loyal Strider members at the Run to the Sun on April 28<sup>th</sup>. I know that no matter how much you plan and plan, if the partners, support personnel, volunteers, and runners don't show up, it doesn't matter.

I am very happy to report that we did well in all areas! I would like to thank everyone individually, but time and space do not allow me to do so (and if I try, but miss someone, that would be very bad!). I am very lucky to be part of such a great club. Our mission from the beginning has been to help the community grow by educating the kids on better physical and mental health through running and walking programs. Once again, we had more kids in the free 1-mile Fun Run than we did for the 8K race! I guess it doesn't hurt that we distribute \$1000 to the schools based on their participation level, huh?

In case you didn't know, River Road will be undergoing a major reconstruction project at this time next year. So, we will have to move this race temporarily. We are mulling over several options. If you have any suggestions, please let us know. You can reach me at [rttsrd@floridastriders.com](mailto:rttsrd@floridastriders.com).

Thanks again for supporting the RTTS and making this race director look good!

# SPRING RUNNING CLASS

Written by Vicky Connell

The Memorial Day 5K was the conclusion to another Florida Strider Spring Running Class. We had a mixed group of participants this year – some of them returning for the 3<sup>rd</sup> time to enjoy the benefits of running with others and receiving individualized run coaching. Others joined us for the first time, becoming new Florida Strider members who will hopefully become regular participants in our runs and social activities.

While I head up the efforts to put this class together, I'm very fortunate to have a group of volunteers and coaches who contribute and without whom I couldn't do the class. Please express your appreciation to the people acknowledged in this article:



**Coaches:** Frank Frazier, Carolyn Krall, Jan Bullock, George Hoskins, Jamie Williams, Kim Lundy, Carol MacDougall, Jon Guthrie, Doug Barrows, JD Smith, Vicky Connell

**Registration:** Sara Guthrie

**Guest Speakers:** Dave Allen, Shelly Allen, George Hoskins, Chris McCaffrey, Simon O'Brien, Jennifer Craig, Jennifer DeSantis, Vicky Connell

**Banquet Organizers:** Jon and Sara Guthrie

**Sponsor:** Heartland Rehabilitation



*If you have any interest in either attending a class or getting involved with helping to put it on, please email me at [vickyjc@comcast.net](mailto:vickyjc@comcast.net).*

I had an exceptionally fun time this year coaching the advanced group. Each week I challenged them to run difficult workouts, and they put out great effort with no whining or complaining, even the week it rained! It was a pleasure to coach such a dedicated group! Part of the fun was how diverse our group was this year – we had people of all ages and levels of ability. Hopefully, each one learned a little and perhaps got a bit faster!

Ross Adkison  
 Jodie Altizer  
 Kelly Cobb  
 Ben Espling  
 Don Fadel  
 Jeffth Feneion  
 Joe Gilbert  
 Mike Graber  
 Christopher Hervey  
 Nyomi Jackson  
 Bill & Michlle Laird  
 Melinda & Robert Mann  
 Emil Maramba  
 Charity McDaniel  
 Bill Mothershed  
 Kristin Orr  
 Mike & Heidi Robinson  
 Liz & Lauren Rosset  
 Michelle Urbanek

Jamey Wilkes  
 James Wilson  
 Alex Zifra

Bernie Gross  
 Paul & Megan Grybb  
 Jennifer & Chip Harper  
 Jennifer Hu  
 Susanne Jones  
 Kathleen Kaye  
 Juliet Kroggel  
 Jodi & David Land  
 Jay & Whitney Millson  
 Sally Mowery  
 Cheryl Runkle  
 Thomas Shafffer  
 Tiffany & Greg Crews Shrider  
 Coleen & Vincent Stoffa  
 Linda & Keith Toucey  
 Gerry & Margaret Tyburski  
 Annie White  
 Catherine Wogoman  
 Tracey Zarkis



Herb & Janie Armstrong  
 Ivy & Chris Bryan  
 Alice & Doug Coats  
 Gary Corbitt  
 Errol Daniels  
 Jo Anna & Brian Emanuel  
 Clay & Debbie Fliess  
 Patrick Gallagher  
 David Garrett  
 Monica Goddard

**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

|                               |       |                            |             |   |                                  |
|-------------------------------|-------|----------------------------|-------------|---|----------------------------------|
| Last Name                     |       | First                      | MI          | New <input type="checkbox"/>              | Renewal <input type="checkbox"/> |
| 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**



Everyone has heard that all you need to run is a pair of shoes and shorts (and a shirt), and yes, that's enough for some people. But there are warehouses full of gear waiting to be sold to those of us that run, and depending on your running style, you may want to investigate what's out there.

I remember one race expo where the salesperson tried to convince me that his item that retailed for \$150 was a bargain at the special expo price of \$99. The item: battery powered wristbands that cooled you while you wore them. Bargain or not, I'm on a fairly strict budget, and a free ice cube cools me off even better than his technology (besides, then you'd have to carry around extra batteries).

Even with my budget, I like some gear very much. My mantra has always been, "Never be afraid to ask questions," and in my early races, you can bet I was going up to complete strangers to ask them about their gear. In fact, I still do.

I was intrigued by those leg compression sleeves that I saw worn by racers of all ages. Before I put down what are big bucks for me to spend, I wanted to do some first-hand research. That's the great thing about the running community – they are willing to talk with you and answer your questions. That's real important to a novice

## GOT GEAR?

Written by Jean Schubert

runner. In the end, it's obvious I felt those sleeves were worth it to me because I now own a few pairs.

What to do about sweat running into your eyes? You have a whole assortment of hats, visors, and headbands depending on your personal preference. I think it's obvious what my choice is (gotten me through more than 260 races!). Yes, I will wear a visor, also, to keep rain off my glasses, but hats are too hot for me.

And socks! There are so many different ones way more technical than the old tube socks of the 70's. I read an article while waiting on the orthopedic surgeon to look at my broken arm, and it touted the benefits of socks with built in toes. I thought how awful those must be, but I asked around, and now they are my go-to socks to keep my feet blister-free!

Hydration can be an issue. People tell me I'd run faster if I didn't carry my own water, but I like having it when I want it. I recall a 10-mile race when I was at the back of the pack, and the volunteers had abandoned the water station, leaving less than a half dozen small cups of water on the table. Now, I love nature. And the sticks, leaves, and critters in those cups were protein and fiber, but not what I'd call refreshing. Many of my friends love those water bladders with tubes to suck from, but that's not something I care to invest in because I wouldn't use it.

I do like to pour water on myself when I'm hot, and at the last expo I attended, there was a man who said he had a towel perfect for my post race ride home. I bluntly asked him, "What's better about this towel than the thick beach towel I put on my car seat?" He proved it was better, and I even bought one for my firstborn daughter who also races.

So, in keeping with my mantra, "Never be afraid to ask questions," what gear do you like and why? I'm certain there are novices as well as experienced runners out there who would benefit from your sharing of information!

## Memorial Hosts Fashion Show to Celebrate the Accomplishments of Weight-Loss Surgery Patients

Submitted by Ilyssa Drumm, Associate VP, PR & Communications\*



For Bill Pollackov, life has been a rollercoaster. He went from a varsity athlete and firefighter to living a sedentary life. At 465 pounds and wearing a size 60 pants, Pollackov says he had a hard time moving and was missing out on everything his kids were doing. His father died at an early age from health complications related to obesity, and he didn't want the same destiny for himself. In 2015, Pollackov had the Vertical Sleeve Gastrectomy, a bariatric surgery procedure at Memorial Hospital. Since then, he not only lost a total of 245 pounds, but he has also transformed his life. He has completed a half marathon and 17 Spartan obstacle course events, including a 31-mile Spartan race. Currently, he's training for a Spartan ultra-endurance event in Mongolia and is on the board of directors of an obstacle course racing group.

"You just take baby steps and then all of a sudden you can run a half mile, and then a full mile, and then a Spartan race," he said. "This surgery is a great tool and helped me convert my lifestyle into something that was healthy and beneficial."

Pollackov is one of 20 bariatric surgery patients who took part in a fashion show at Memorial Hospital on Friday, June 1<sup>st</sup>. The event was organized by the Memorial Hospital Bariatric Surgery Center and was designed to celebrate the accomplishments of its weight-loss surgery patients.

"Obesity is a disease and can lead to serious health complications, including diabetes, high blood pressure, cancer, and even death," said Bariatric Surgeon, Husain Abbas, MD. "Our goal is to empower our patients and give them an opportunity to change their lives and improve their overall health."

Weight loss surgery is considered the most successful approach to rescuing patients from morbid obesity. Surgery can also prevent, and sometimes reverse, the development of diseases associated with obesity.

Studies show that surgical weight-loss patients have significant and lasting weight loss and improvement in diabetes, lipid levels, HDL levels, high blood pressure, sleep apnea, infertility, and many other medical conditions. Achieving a healthier weight has shown to improve quality and increase quantity of life.



\* edited to reflect timing of past event.

*About Memorial Hospital: Fully accredited by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO), Memorial Hospital is known as a leader in quality, compassionate healthcare with a reputation maintained through excellent staff, along with programs of technological advances, growth and expansion to meet the ongoing needs of the community. Memorial Hospital is owned by HCA Healthcare, which operates 177 hospitals and 119 freestanding surgery centers in 20 states and the United Kingdom.*

# The Running Review

By Vicky Connell

Many of you have been reading my “Spotlight” column for quite a while. I’ve enjoyed interviewing all the different Strider members, but I decided it’s time for a change. So this column will now be about reviewing books that have a running theme. I plan to announce which book I’m reading for the next column, giving you a chance to read it and send me comments if you’d like, some of which I might include in my column. Or you can just read my review to decide if it’s something you might want to read for yourself.

For this issue’s column however, I’ve decided to do a Podcast review. It seems to be the wave of the future right now, and I’ve found that it fits me very well to listen to them. I usually have them playing in my car as I’m traveling around town. And when I’m performing mundane chores at home, they keep me company and I don’t mind the chore so much. I find that my iPhone earbuds work exceptionally well for this. There are no cords to get in my way, and I was able to program one ear to control my phone and the other to control my music/podcast player with just a tap. If you want more information on how to do this, send me an email or give me a call!

I began listening to podcasts when I got fed up with talk radio and all the political hate that is spewed from both sides of the spectrum. I needed something more positive in my life. I had never listened to a podcast, but my sister kept telling me about one that she listens to called “The Strength Running Podcast”. It only took a few episodes, and I was totally hooked. The host, Jason Fitzgerald, seemed to really know a lot about running, and I found myself agreeing with everything he said and learning a few new things. Before I knew it, I had listened to every single podcast and needed to find a new one while I

waited for his next episode. Somewhere in there I also started listening to my absolute favorite which is Clark Howard, the guy who does his best to help us “save money and spend less”. While he is a runner, his show has nothing to do with running. So I’ll skip the review on that one, but remember I said it’s my absolute favorite.

As I started looking around for more podcasts to listen to, I discovered that they are definitely not all created equally. Some hosts just don’t know how to do an interview or discuss a subject in an interesting fashion! Dead air is very boring! So even though some podcasts seem like they’d be right up my alley, listening to them wasn’t fun, and they quickly got deleted from my lineup.

The next series I really enjoyed was the “Running 4 Real” podcast with Tina Muir. I found it rather interesting that she interviewed some of the same guests that Jason Fitzgerald had on his show. Of course, you can always skip an episode, so you don’t have to listen, but I found that each host does the interview in a slightly different way. Tina Muir is a transplant from Great Britain, so she brings a unique flavor to her show. And while she’s been an elite runner, she truly relates to average runners like me. One of her sayings is “no watch me”, to encourage people to run for fun and forget about their time. I’m not quite there, but I’m thinking about it!

The third one I like is the “Ali on the Run” podcast, although not all of her guests were as appealing to me. The best part is that she’s a very enthusiastic runner who has gone through some difficulties and remained positive through it all. She’s an average runner just like most of us, so she sees things much the way we do.

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# Florida Striders Running Team

Written by Shelly Allen

## Team Member Highlight: Jean Schubert

Jean Schubert is our Florida Striders Running Team spotlight member. Jean started running a few days after her 61<sup>st</sup> birthday, encouraged by her daughter, Erin, who wanted to make certain she didn't isolate herself. She reasoned that since she walks so many miles already as part of her job as a naturalist, she should try entering some races. She ran her first 5K in February 2012 and met Jeff Galloway who told her to keep a record of her races. Then, a month later when she ran her second race, she met another Olympian, Bill Rogers, and he was so encouraging!

Now at age 67, she has run more than 260 races, from 50-meters to 25K, and she has met so many wonderful people who have enriched her life so much. She joined the Florida Striders in May 2012, which she says was a great decision! She states that she had found her tribe: diverse, welcoming, and fun people who did not mind being outdoors in any kind of weather.

Jean says she doesn't really train, and Erin teases her that she is a "racer", not a runner. But she does put in many miles on her legs every weekday as her division at work covers 50,000 acres of preserves. She tries to stay in shape and be happy and healthy

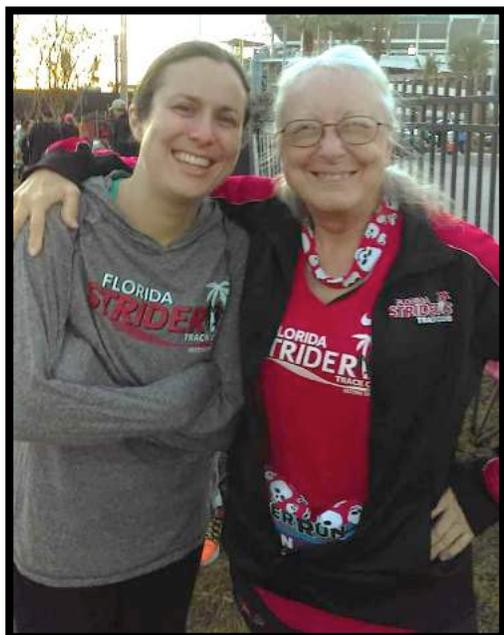


Jean with Charlie after completing the 25K Angry Tortoise in 2018 for the 5<sup>th</sup> time

so she can race. Her favorite race distance is 10K, and her all-time favorite race is the Angry Tortoise 25K, which she has run every year since it began 5 years ago. She loves running on the forest trails in this race and says it's the best-supported trail race she has ever done.

Jean has run in track meets also, although at her first track race in the Jacksonville Senior Games, she managed an epic face plant (as she describes it). However, she got up and finished the race, and then ran 6 more races that day! Some of her PR's are: 1-mile - 11:08, 5K - 38:43, 10K - 1:21:52, 15K - 2:17:10 (7 Gate River Runs now), 10-mile - 2:26:26, Half Marathon - 3:20:38, and 25K - 4:28:01.

Jean says she has been last at several races and that it doesn't kill you. Staying idle kills you! Jean has 3 grown children and now a precious granddaughter to stay healthy and alive for. She wants to run races with so many friends and with friends she hasn't met yet. She wants to cross the finish line upright, and if she's lucky, be able to sprint in and cross the finish line with a kick! Jean feels honored to be a part of the Florida Striders Running Team, and we feel honored to have her representing us!



Jean with her daughter, Erin Cheely, the one responsible for introducing Jean to running and racing

**Continued from front page**

Case in point, Chad Moye, a local Runwell ambassador, surprisingly didn't go to rehab or participate in AA or NA. Instead, he relied on his local running club for his treatment and support. He religiously met the group for training runs and routinely ran in local races. His newfound commitment to his father along with the empowerment and the constant support from the running community, have kept him in recovery for the past six years. Though Chad's road to recovery is more rare than it is the norm, it's a clear and poignant example of how important a running community is to one who struggles with addiction and/or mental illness. This is why we Runwell.

**How we make a difference:**

As the program director, I'm also tasked with the responsibility of generating revenue for the foundation. So yes, we're in constant solicitation for donations. One such way we accomplish this is to get Runwell into charity programs affiliated with nationally and internationally known races. For example, we're an official charity in the 2018 BMW Berlin Marathon and the 2018 TCS NYC Marathon. Each person must fundraise for us in order to run in these sold-out events. An added bonus is when these team members are those in recovery. This is a huge milestone because it represents stability in their life and the capacity to pay it forward.

Consequently, your donations are used to fund scholarship programs, providing much-needed financial aid for those seeking treatment. Most who desperately need it cannot afford it...all the more reason why these donations are so critical to Runwell's existence and to our fight against addiction.

**Runwell's Origins:**

And to think, all of this started with just one person back in 2005, Linda Quirk. For three years, Linda and her husband, Randy, had not heard from their daughter because she was on the streets, addicted to drugs. When

Katherine finally reached out for help, they brought her to Caron Renaissance in Boca Raton, Florida. Though they could afford it, Linda was struck at the enormity of this financial burden placed on most families. Determined to change that scenario, Linda founded Runwell to help raise the awareness on addiction, erase that stigma, and provide funds for the families who struggled financially.

Fast forward to today, it's now come full circle, as Runwell has been acquired by Caron Treatment Centers ([www.caron.org](http://www.caron.org)), the place that brought sobriety and a renewed life back to Katherine; a sense of peace, good fortune, and gratitude to her family.

**Runwell in Jacksonville:**

Though most of you already know me, I'd much rather you know these three gentlemen: Mike Martinez, Chad Moye, and Mark Greppin. They are the sole reason why the Runwell name has grown significantly in our community and why our support from you has increased exponentially. They're the ones on social media showing



*Chad with his girlfriend, Amy, and her son, Silas*



*Mark, with his fiancé, Maria, and his stepson, Mark*

**Continued on next page**

you what we're doing, how we're doing it, and why we continue our work with Runwell.

Community involvement is the impetus to community investment. This is the reason why we launched a pilot program at Gateway Community Services...to allow the residents to experience first-hand the benefits of running while in treatment. The goal is for them to understand that the active lifestyle is so beneficial to overall wellbeing and to know that they're always welcome within the running community.

So once a week for the last 4 years, Mike, Mark, and Chad have volunteered their time at Gateway. They take them out for 2-8 miles of running or run/walking, where they love to document the fun by taking selfies and posting to social media weekly. As a result, the support from our Jacksonville running community grew! Your generous donations of shoes and apparel, along with the opportunity to participate in local races, created unexpected aspirations for those who struggled to find stability and hope. So as you can see, it's an incredible cycle of giving back.



Mark, and his stepson, Keanu

Without a doubt, these three gentlemen are the perfect role models and mentors to those both in treatment and those new to recovery. These guys "Get It". They've experienced their rock bottoms, yet they've risen and conquered like the proverbial phoenix. I hope you get a chance to speak to one or all of them because they have these remarkable stories of

redemption that will leave you in awe.

**Mike** – 26 years sober. *Mike picked up one white chip and never looked back. This means he never relapsed. Very few people do it this way. "Runwell has given me the opportunity to give back to the recovery community and to be of service to others. Runwell has also helped me reach out to those in the running community to help erase the stigma of addiction, as well as raise awareness and let them know WE DO RECOVER!!"*

**Chad** – "From prison to podium," as one writer described his story. This description is self-explanatory. Now, he's the inspiration others look to for hope. "Runwell has been a great outlet for me. I've been able to forward my recovery and be a part of others' journeys as well. Seeing them find joy and confidence through the simple act of running and fellowship is very rewarding."

**Mark** – His doctors wanted him institutionalized. He started running and soon after, the voices disappeared. That's how much running has helped his mental illness. "Runwell worked miracles in my life and others. It made dreams happen for me that I never imagined before! Runwell is family! And the only way we can keep what we have is by giving it away. It's an awesome thing seeing someone who was in the struggle and run their first 5k! And then see them 6 months later at a race still running. Sometimes I have no words...but gratitude!"

Mike, Chad, and Mark are the epitome of Runwell. They are living proof that second chances matter; that the stigmas of addiction shouldn't stick. Recovery works and running is a game changer. This is why we Runwell...to "change lives one footprint at a time."

Mike, Chad, and Mark



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## Beet-Breast Cancer Banana Pancakes

Bob's Redmill Gluten-Free Pancake Mix (follow the instructions on the package)  
 Beet Elite or Pure Clean Beet Powder (single-serving mix)  
 1 banana, sliced  
 1 TB. honey (to offset the tartness of the beet powder)

*Spoon batter into your griddle sprayed with a non-stick cooking spray (I use TJ's coconut oil). Pancakes will be pink!*

I love these pancakes post-weekend long run! You can even make them in advance and freeze them – they are great on their own on the go without any syrup or sugary toppings!

### About the Author:

*Julie Stackhouse (owner of Stackhouse Fitness, [www.getstackednow.com](http://www.getstackednow.com)), is an avid runner and credits a commitment to a plant-based (and now fully vegan) diet with her continued running success and healthy lifestyle. Her lifelong passion is sharing what she's learned through her extensive education and experiences as a coach and athlete to help athletes of all ages achieve their full potential. She believes that an injury-free approach is and always will be the best approach and that prevention is the best "medicine".*



Continued from page 11

The other thing that's fascinating about podcasts is that there are many ways to actually connect with the host who produces them. I kept hearing Jason Fitzgerald say that you could send him questions and he would answer. So I finally took a shot and did just that. Much to my surprise, I got a personal email response the next day! I'm actually following Tina Muir on my Strava app (that's another article!), and it's a lot of fun to see the runs she does and her comments about them.

If you decide to give listening a try but don't know where to start, I suggest you search "The Beginner's Guide to Podcasts" on [www.wired.com](http://www.wired.com) for a description on how to

listen. Once you get your podcast app, you can search for the ones I've mentioned, or search whatever subject that interests you.

For the next Strideright issue, I'm going to review the book, "Endurance: Mind, Body, and the Curiously Elastic Limits of Human Performance" by Alex Hutchinson. He was interviewed on two of the podcasts I mentioned, and I'd love to read more about what he has to say. If you want to read it also and send me your thoughts, send them to [vickyjc@comcast.net](mailto:vickyjc@comcast.net).

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## FLORIDA STRIDERS TRACK CLUB

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### 4/7/18 – Navy Run 10K Jacksonville, FL

Charina Biala 1:05:41  
Eugene Biala 1:29:02

### 4/21/18 – PRS 1-Mile Championship Elite Men Race – Jacksonville, FL

John Keester IV 5:21

### 4/28/18 – Run to the Sun 8K Orange Park, FL

Charina Biala 48:46  
Perry Pelham 37:18  
Eugene Biala 1:06:35  
Jean Schubert 1:10:54  
Paul Grybb 32:55 2<sup>nd</sup> AG  
John Keester 33:21 1<sup>st</sup> AG  
*New PR*

### 5/5/18 – Hula Hustle 5K Orange Park, FL

Jean Schubert 41:48

### 5/22/18 – AIHF Fun Run 2018 Philadelphia, PA

Jan Bullock 35:55.04

### 5/26/18 – Mother/Father's Day 5K NAS Jax

Aldren Biala 1<sup>st</sup> AG  
*2<sup>nd</sup> overall*  
Charina Biala 1<sup>st</sup> AG

Eugene Biala 29:49

### 5/27/18 – Atlanta Relays Atlanta, GA

Shelly Allen 11:47.78 (3000m)  
5:28.17 (1500m)

### 5/28/18 – Memorial Day 5K Orange Park, FL

Perry Pelham 23:49  
Jean Schubert 45:37

### 6/1/18 – Beck 5K Cake & Capes Race Palatka, FL

Charina Biala 29:46 4<sup>th</sup> AG  
Eugene Biala 40:49  
Aldren Biala 19:26 1<sup>st</sup> AG  
*3<sup>rd</sup> overall male*

### 6/9/18 – Run for the Pies 5K Jacksonville, FL

Jean Schubert 44:45  
Perry Pelham 23:19

### 6/10/18 – Portland Track Festival Portland, OR

Shelly Allen 5:56 (1-mile)



*Submit your race results on our website to see your name in the StrideRight! Just go to the "Races & Events" tab and you'll see the Striders at the Races!*

# STRIDERS AT THE RACES!

*Races are few and far between during these hot summer months. For a complete list of upcoming North Florida races, please visit [www.ameliaislandrunners.webs.com/kbendy/rrcacal.htm](http://www.ameliaislandrunners.webs.com/kbendy/rrcacal.htm).*