

November – December 2018

the StrideRight

www.floridastriders.com

Club #229



40th Anniversary Celebration (Jenny's Pennies)

Written by Jenny Allen

What a beautiful day for a celebration at our new venue, “The Clarke House Park”. With plenty of sunshine and temperatures between 70 and 80 degrees, we heard no complaints about the weather or about our new location at the park.

On this Sunday, we celebrated forty years of running together from Famous Amos, then Sun Tire, and now across Blanding at I-Hop. As far as we know, there has not been a single Sunday since the beginning that a runner has not shown up. That is amazing!

Our pavilion, “Beach Bay”, had nine picnic tables, along with electricity, water, garbage cans, and a roof overhead for protection from the rain and sun. We had this, thanks to George Hoskins and Mike Mayse. George arranged it all and went Saturday to successfully see if the park could be opened at 6:30 instead of 7:00. In the meantime, Frank Frazier was waiting at Sun Tire, directing lost runners to Clarke Park.

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Message from the President

As I sit at my computer to write this message, we have just completed our club's annual anniversary event, commonly known as Jenny's Pennies. Due to the sale of the business where the event has been held in the past, we were forced to find a new venue this year. Clarke House Park on Kingsley Avenue in Orange Park turned out to be a great location, and we had possibly the largest attendance ever for that event! Looks like we have found a new home for Jenny's Pennies!

Coming up on Sunday, November 18, at 2:00pm, the club will be hosting a private, members only 5K run/walk and social at Achieve Fitness on Fleming Island to celebrate the conclusion of our beginner 5K run class. It's free and only for Strider members. No registration, no shirts, no awards. This is just for fun! We plan to set up the Strider blow up arch at the finish line to help create the race atmosphere. A few volunteers will be needed to get this all done, so if you would like to help, just let us know.

Thanksgiving morning, we will be set up in the parking lot at the Distance Classic half marathon and 5K to provide a gathering place and social setting before and after the run. Look for our yellow tent.

Sunday, December 9th is the Florida Strider Christmas/Holiday party at the Haskell building on the St. Johns River. Once again, this is a free adults-only event for members and their guest. The fun begins around 6:30pm. Believe me, you do not want to miss it!

Another event I would like to highlight is still six months away. Get it on your calendar. We have finalized the details for our Strider Cruise! We will be sailing from Jacksonville aboard the Carnival Elation on May 2, 2019 for a 4-night cruise that will take us to Freeport and Nassau in the Bahamas! Look for details in the StrideRight and on our Strider Facebook page soon about pricing and how to book your spot. A cruise is my favorite way to vacation. Add in my favorite people (runners) and it is a recipe for a great time! Join us!

Details for these events and more can be found on our Club Facebook page under "Events".

We are a busy club. Come be a part of the fun!

Jon Guthrie



Upcoming Events

- 11/4/18 Hog Jog at Van Zant Park
- 11/11/18 Destination Las Vegas Rock 'n Roll Half & Full Marathon
- 11/18/18 Beginner run class private 5K
- 11/22/18 Thanksgiving morning social at Distance Classic
- 12/9/18 Christmas/Holiday party at Haskell Building in Riverside
- 1/5/19 Resolution Run
- 1/20/19 Destination New Smyrna Beach Shark Bite Half Marathon
- 2/10/19 Destination New Orleans Rock 'n Roll Half & Full Marathon
- 4/6/19 Angry Tortoise at Carey State Forest
- 4/14/19 Annual Picnic at Mandarin Park
- 4/20/19 Run to the Sun
- 5/2/19 Strider Cruise to Bahamas (4 nights)

Striders Giving Back

The Florida Striders are volunteering at the Clara White Mission on Sunday, December 16th, from 8:00-10:00am. We will be feeding breakfast to our community and helping reduce homelessness. The first 17 Striders to contact Amy Bonnette to confirm their interest in being a part of this event will attend. There will be a waiting list available in the event that someone needs to cancel their attendance. Contact Amy at amy.bonnette@haskell.com.

Written by Kelsey Beckmann, RDN/LDN

While our North Florida weather is slow to follow, fall racing season is upon us! For a lot of us, this means jumping into longer distance races that often require more nutritional considerations. Several of you have put in hours of training and are in the process of tapering to be able to put forth your best effort on race day. To keep you occupied with all the extra time you have when you aren't running, we wanted to entertain you and keep you motivated with some nutrition considerations. As a sports dietitian, here are some specific race tips to help you maximize your potential on your big race day:



1. Although you should be engaging in less physical activity a few days before the race (known as tapering), that does not mean there should be a shortage of carbohydrates! For runners planning to race longer than 90 minutes, I recommend filling up at least half of your plate with carbohydrates 48-72 hours prior to race time will allow you to maximize your energy storages. This will allow for sustained energy and decrease the risk of the dreaded “bonk”.
 2. Choose prerace dinners carefully. Avoid heavy foods such as fried foods, creamy sauces, and other high fat options. Also, save high fiber meals (such as salads) for another night. Fiber may cause uncomfortable GI issues during the race!
 3. Start race morning right with a well-balanced pre-race meal consisting mostly of carbohydrates for fuel, some protein to keep you full and limited excess fat, which can make you feel sluggish.
 4. Know your corral start time and plan to pack snacks if you have a later starter. Good, easy to digest options include fruit squeezes, applesauce, sports chews, Gsports drinks, and pretzels.
 5. Look at the hydration/fuel map prior to race to plan for your personal race hydration/fuel plan.
 6. Try your best to not try anything new on race day (shoes, clothes, and especially nutrition!). Above all, we recommend implementing any nutritional strategies that you have found to be successful during your training. Everybody is different and will find different techniques that work better for their own personal bodies.
- General guidelines:
- a. We recommend 4-8 oz fluid every 15-20 minutes.
 - b. 1.5-3 hours of racing: 45 grams carb/hour of racing. This equates to about 1.5 gels for each hour, which can be consumed gradually if you're worried about GI tolerance.
 - c. 3+ hours of racing: Aim for 60 grams of carbs/ hour of racing. This equates to about 1 gel every 30 minutes. You can also use blocks, beans, and fluids to meet carbohydrate/calorie needs.
7. Refuel after the race! Occasionally, there are usually snacks to grab post race. However, if you would like to ensure that you have a snack of your preference, throw your favorite recovery snack in your checked in bag to have access to after the race. Chances are, it will be some time until you can successful leave the race and get to your next meal. So being prepared with snacks is vital. Proper recovery nutrition rebuilds muscles and prevents soreness!
 8. Reduce inflammation triggered by the race by filling your plate with anti-inflammatory foods like salmon, spinach, kale, oranges, walnuts, and berries.

I wish you all a fun, safe, fast day! Whether it is your first time racing a new distance, or you are an experienced runner, I applaud all of the hard work you have put into training and encourage you to support all of the hard work with nutritional strategies!

If you would like more information regarding sports nutrition, remember to follow @meteornutrition on Instagram and FaceBook, or email meteornutrition@gmail.com for inquiries about individual nutrition services to optimize your performance!

Florida Strider Running Team

Written by Shelly Allen

Team Member Highlight: Addison Adams

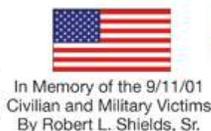
Our Running Team Spotlight is on 12-year old Addison Adams, a 7th grader at Green Cove Jr. High. Addison has been running for 8 years, starting at age 4! Her first 5K was the Hog Jog many years ago. Already an experienced runner, Addison recently attended the Brevard Distance Running Camp in North Carolina to help her prepare for running on the cross-country team at her school. She really enjoyed it, and her cross-country season is going well, with a 3K PR of 14:07 and 5K PR of 27:00.

Addison's favorite races have been the Tour de Pain and the Gate River Run. Her next race is the Pumpkin Run, and then the Half-Marathon on Thanksgiving Day, which will be her first time running a half-marathon.

In addition to running, Addison plays club soccer for Clay County; and she enjoys hiking and paddle boarding as well as baking and cooking. She is often the family chef at home in an athletic, running family. We enjoy seeing her smiling face at the races, and wish her a successful half-marathon race!



A Big Thank You to Our Partners!



DATE	RACE	TIME	RACE DAY LOCATION	WHERE TO REGISTER
Nov. 3	Jacksonville Porchfest 5K	8:00am	Henry J. Klutho Park - Springfield	1st Place Sports (online or in the store)
Nov. 4	Hog Jog 5K	2:00/2:30pm	Ronnie VanZant Park	floridastriders.com
Nov. 9	GORUCK 50 Mile	9:00pm	4115 Pablo Avenue N, Jacksonville Beach	GoRuck.com
Nov. 10	Mandarin 5/10K	7:50/8:00am	Bailey's Gym - San Jose Blvd.	1st Place Sports (online or in the store)
Nov. 17	McKensie's Run 5K	10:00am	Gator Bowl Blvd.	1st Place Sports (online or in the store)
Nov. 22	Thanksgiving Distance Classic	6:50/7:00am	Pickwick Plaza	1st Place Sports (online or in the store)
Dec. 1	Candy Cane 5K	3:00pm	824 Childrens Way	1st Place Sports (online or in the store)
Dec. 2	Reindeer Run Half Marathon/5K	7:00am	Fernandina Beach	Amelia Island Runners
Dec. 8	Santa Suits on the Loose 5K	8:00am	Beach Pier, St. Augustine	RaceSmith Inc.
Dec. 15	Ameris Bank Jacksonville Marathon/Half Marathon/5K	7:00am	Bolles School	1st Place Sports (online or in the store)
Dec. 21	Run Santa Run 5K	6:00pm	Henry J. Klutho Park - Springfield	1st Place Sports (online or in the store)
Dec. 31	Vystar New Year's Eve 5K	2:00pm	Jacksonville Landing	1st Place Sports (online or in the store)
Jan. 5	Resolution Run 5K	8:30am	1st Place Sports, Orange Park	floridastriders.com

Please note that this is published as a service and is not a complete list of races. All dates and time are subject to change. For a complete list of North Florida races, go to www.ameliaislandrunners.webs.com/kbendy/rrcaca1.htm.

Florida Striders 40th Anniversary Celebration

Written by Jon Guthrie

On September 13, 2018 our Club held the official 40th anniversary celebration of the founding of the Florida Striders Track Club. The event was held at the Lions Club building at 423 McIntosh Avenue in Orange Park with approximately 65 members in attendance.

The evening began with a social hour of cocktails and appetizers, followed by a catered dinner from “Dinners by Rob”. Attendees were asked to have portraits made in front of the Strider backdrop as they entered the event. Some group photos were also taken, including all the past presidents in attendance, board of director members, and various groups of friends! All of these photos can be viewed on the club Facebook page.

During the social hour, guests were able to enjoy an expo area of club memorabilia, including a digital slide show of historical highlights from the past four decades! A big “thanks” to George Hoskins for his tireless efforts to organize our expo!

Following dinner, the past presidents in attendance were introduced chronologically according to the year(s) they served. Each of the eleven past presidents reflected on memorable events from their time as president, or simply what the Florida Striders has meant to them. Past presidents attending were Ken Bendy, John Powers, Frank Frazier, India Hendley, Dan Adams, Kellie Howard, Walley Lastinger, Lou Carter, Scott Hershey, David Bokros, and Hardie Alexander. Our first president, Jim Finigan served two terms, starting with the founding of our club in 1978. He had planned to attend our celebration, but Hurricane Florence prevented him making the trip from North Carolina. Some audience questions were asked and answered, and after plenty of laughter and fun, the evening was adjourned.

Thank you to everyone who attended or assisted in any way. Many Striders participated to help make the evening a success!



Past Presidents



2018 Board of Directors



Event Room



Group photo

NEW & RETURNING MEMBERS

	Amy & David Bonnette
	Danny Cole
	Denise Dailey
Tonya Brock	Cecile Dunham
Lilly Brown	Joseph & Carey Gullett
Jack Buss	Christopher Hervey
Dan Caisse	Stan Lambert
Nicole Clark	Carol MacDougall
Ashley Dutson	Susan & Brian McInnis
Nancy Field	Al Saffer
Hollie Johnson	Barbara Scott
Renee Sager	David & Deborah
Erin Victor	Townsend

UPCOMING RENEWALS (NOV. & DEC.)

	Eugene & Charina Biala
	Steve & Maria Bruce
	Jennifer Davis
	Tracy & Rich Dawson
	Donna & Mike Fielding
	Jon & Sara Guthrie
	Ed Kelly
	George Mosely
	Krithika Narayan
	Kimberly & Josh Pugh
	Gopalram Sudhirkumar
	Sue & Darrell Whitworth
	Bruce Zewicke
Wally Johnsey	
Kay Jones	
Mills Ramseur	
Marcelino & Dinah	
Ruiz	
Kent Smith	

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			_____ # in Family	_____ Spouse's Name (Family Membership Only)
_____ City	_____ State	_____ Zip	_____ Your 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

The Running Review

Written by Vicky Connell

In keeping with a non-standard way of doing things, this issue I'm reviewing a Cookbook that's written by some runners. You've probably heard of this runner, and maybe even the book itself. It's "Run Fast, Eat Slow" by Shalane Flanagan and her college friend Elyse Kopecky who is also a Chef and Food Writer.

Now for a little disclaimer: I got interested in the book when I was looking through my Runner's World magazine and saw a photo of some chocolate peanut butter cups that I thought would be perfect for my next party. Alas, the photo made them look scrumptious, but there was no recipe included! Of course I had to start searching for it, and discovered that it was in Shalane's Cookbook that I had been hearing about. Interested in the book anyway, I thought, "I'll order it, review the book, and use it in this article, starting with this particular recipe."

When the book arrived, I immediately searched for the Peanut Butter Cups, and they weren't there! I was miffed! So another search and I discovered she has two books out that are almost identical in title. The recipe I wanted was in her book "Run Fast, Cook Fast, Eat Slow" but Mr. Google did not fail me, and the recipe was soon in my hands. I did make it, and they were delicious (and much healthier than the store bought variety), but I learned the hard way that you must not leave them out of the fridge or freezer for too long because they will melt!!

So, on to the book I ended up with. The premise of this book is a healthy way of eating that's also simple and delicious. If you haven't been under a rock lately, you may have noticed that what the "experts" consider healthy has changed considerably over the last 10 years. It seems like it's always changing! However, some things seem obvious like more veggies, less white carbs, better quality foods, and so forth, and I don't think anyone can argue those points. The jury may still be out on the new "butter is better" attitude, but hey – I'm certainly willing to consider it! This book follows most of the nutrition advice I've seen elsewhere lately, so if you haven't been following along, this book is a good place to start with lots of info and explanations along with the

recipes.

As for the recipes, I didn't make as many as I had hoped to review, but I did manage to make some. Of course my husband, Jim, was eating my cooking as well, and we don't always agree on what tastes good, so in fairness, I thought I'd give his opinion as well!

So here we go, on a scale of 1 to 5:

Sweet Potato Breakfast Cookies: I thought these made a great pre-run snack. They're not particularly sweet, but definitely give you some energy and are certainly on the healthy side. I liked them even more after I'd had a few and let go of thinking they were "cookies". I made them very small so I could have one or two before I run just to take the edge off my hunger, and I kept them in the freezer. I rate them a solid 4. Jim says they taste like sawdust and gives them a 1.

Greek Bison Burgers: This is the first time I've tried Bison (Buffalo). They were easy to make and Jim grilled them. I think the key here is not to overcook them, but since it was our first try, we had no idea. I give them a 2.5, Jim gave them a 1 (for the obvious reason – they were dry).

Zucchini Quinotto with Roasted Garlic: It's hard to come up with new ways to cook veggies, so this was something I looked forward to making. It's a lot like making risotto, which I realized I don't do cause it's a pain to make! The results weren't bad – Jim and I both rated it a 3. But it wasn't worth the work.

Peanut Butter Cups from Mr. Google search: These were really good and really easy! I give them a 4.5, and Mr. Hard to Please gives them a 3. I'd rate them higher if they didn't need refrigeration.

In conclusion, I'd give the cookbook, as a whole, 3.5 stars. It's got a lot of good info and more recipes I'd like to make. The Sweet Potato Fries are next – she had a hint for making them crunchy I want to try!

Continued from front page

We had approximately 70 Striders, family and friends attending, making this the largest attendance in recent years. Our Tar Heel Strider, Robert Shields, drove down on Friday all the way from Cary, NC just to be with us. Three of this group showed up with walkers. That's a first!!!!



Sara Guthrie presented the "Volunteer Hall of Fame" award again for the third year. This award went to George Hoskins, for his many hours of volunteer work for the Florida Striders. He is on the board of directors and serves as our club's Membership Coordinator. Well deserved, George!



My sincere thank you to all who helped make this anniversary celebration a success. My husband, Richard, helped me in so many ways while I was

recuperating from a fall. Mike helped in finding this new location and seeing that our supplies were delivered to the park and then delivered back into storage. Marge helped me organize and made the wonderful fruit salad in spite of her painful legs and back. Those three were always ready to help whenever I needed anything. Lori Scarlett, Lynn Sykes, and Sara helped with setting up the food and drinks and decorations. Ann Krause made the delicious Bloody Mary's, which she and Bill donated to the party. Thanks to all who brought food to share. We had a great spread. The mimosas and the rest of the party were funded by the money you guys found all year.



This was a good year with you finding a total of \$170.98. I believe Robert Shields probably found the most. He sent me a check every month, which totaled \$45.00 by the end of the year. Liane Daniels left a bag of coins (\$8.79) before she moved to Arizona. All her Strider friends miss her so much. Bernie Gross is the winner of the "largest one-time find". He found half of a ten-dollar bill last year but it wasn't until this year that Bobby Greene got it exchanged at the Federal Building for the whole ten. Congratulations, Bernie!!!!!! Martin Wilkinson was second, finding a five-dollar bill. One-dollar bills were found by Bill Krause, Bernie Powers, Sara Guthrie, Bernie Gross and Bill Krause (who found 2 more).

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Our 40th anniversary was a huge success and I am looking forward to the 50th. Meanwhile, I hope to see you all back next year. So until then, happy, healthy running and keep those pennies rolling in.



For the fourth year in a row, our Anonymous Runner sent a note with money. The note said: “Good day Jenny! I was fortunate enough to find another \$50 this year! Hopefully you can put it to good use for Jenny’s Pennies. Thanks for putting on such a fine event. You do a great job! Sincerely, Your runner friend.” Does anyone have an idea who this could be????? Thank you so much, Anonymous Runner!!!

Striders at the Races

8/25/18 – Summer Beach Run Jacksonville Beach, FL

Jean Schubert 1:27:48 (5 mile)

9/3/18 – RunJAX Labor Day 5K Jacksonville, FL

August Leone 39:13 1st AG
Shelly Allen 21:10 1st AG
Perry Pelham 22:34

9/15/18 – World Masters Track & Field Championships Malaga, Spain

Shelly Allen 5:25.99 (1500m)

9/22/18 – BASCA 5K Orange Park, FL

Jean Schubert 47:24 4th AG

9/29/18 – 2018 Jacksonville Senior Games Jacksonville, FL

Jean Schubert 14:13.70 (1500m) 1st AG
2:34.91 (400m) 1st AG
1:02.92 (200m) 1st AG
6:04.23 (800m) 1st AG
21.64 (100m) 1st AG
10.56 (50m) 1st AG

10/6/18 – Zero Prostate 5K Jacksonville, FL

Jean Schubert 47:07

10/13/18 – JU River House 5K Jacksonville University

Shelly Allen 20:58 3rd overall



River Road is under construction so we are using the Memorial Day course this year, near the Orange Park 1st Place Sports store

Runs Benefit Local School's Run/Walk Programs



**5K starts at 8:30AM & 1 Mile Fun Run Starts at 9:30AM
Saturday, January 5th, 2019
Orange Park – First Place Sports
2186 Park Avenue**

- **Long sleeve cotton shirts and Finisher medals!**
 - Overall winners and awards 3 deep in each age group
 - Register at www.floridastriders.com or at signmeup.com/127363
 - Online registration available until noon Wednesday, Jan. 2nd, or register at any 1st Place Sports store thru Friday, Jan. 4th
 - Day of race registration onsite opens at 7AM
- Race Director: Bill Krause resolutionrunrd@floridastriders.com

ENTRY FEES

	<u>Striders</u>	<u>Non –Striders</u>	<u>Kids 13 & under</u>
Until Dec. 21st	\$22	\$27	\$15
Dec. 22 - Jan. 4th	\$27	\$32	\$20
Day of Race	\$35	\$35	\$35

PARTNERS



For more information and to register, visit floridastriders.com/resolutionrun

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FLORIDA STRIDERS TRACK CLUB

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

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2018-19 Board Members and Key Persons

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Vice President: Dave Allen
Secretary: Regina Sooeey
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Treasurer: Bill Krause
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Barker – mae@facesjax.com
Run to the Sun 8K: Bill Krause
rttsrd@floridastriders.com
Memorial Day 5K: Scott Hershey
run2day4life@gmail.com
Hog Jog 5K: Mike Mayse
mjmayse@comcast.net

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Tara Showalter
Vicky Connell

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