

J U L Y - A U G U S T 2 0 1 9

the StrideRight

www.floridastriders.com

Club #229



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Memorial Day 5K Review

Written by Scott Hershey, Race Director

This year's race had some of the hottest weather we've had in some time. Daytime highs were predicted to be around 100 degrees.

At the start, race temperatures were around 80 degrees with a slight breeze. The last couple of years, runners have asked about getting water before the race. So starting this year, we had a pre-race water table near the starting line available for those runners that needed a little more hydration before the race.

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Volunteer Opportunities!

Clara White Mission

July 7th – 8 to 10am

Contact Amy Bonnette if you would like to be a volunteer for a great cause!

Fall Running Class

Beginning Sept. 25th – 5:45pm

We need volunteers to help run the class – coaches, timers, marketing, etc. Call Vicky Connell at 904-707-8469 if interested. Check the flyer for details. All help is welcome!



MESSAGE FROM THE PRESIDENT

Much has been happening in our club and throughout the local running community!

In this issue, you will read about the Strider cruise from April. It was so well received that we are already planning a similar event for 2020! In May, we teamed up with the folks from PRS Running for brunch and social time at TopGolf! Both clubs had strong representation and loads of fun!

The month of June kicked off with a destination run in Palatka. We hit the road with the yellow tent and our largest group of runners ever, and we were rewarded with a trophy for having the team with the most registered participants at the Beck 5K! Hooray for us! Striders also ran some great times despite the heat and swept up many of the awards! You can read more about this on the club Facebook page, and elsewhere in this issue of the StrideRight.

Group runs continue to be an important part of our club activities. Here are the weekly group runs at this time:

Sunday at 6:30am / IHOP parking lot on Blanding in Orange Park
Monday at 6:00pm / Lucky's Market by Epic Theaters Oakleaf (evening run)
Wednesday at 6:00pm / Track at St. Johns Country Day School
Saturday at 7:00am / Starbucks at Oakleaf Town Center

The Monday evening run began just a few weeks ago by Perry and Michele Pelham, with the intention of happening only through the summer. It has quickly grown, and I hope will continue on a permanent basis.

On Sunday, July 7, a group of Strider volunteers will be helping serve breakfast at the Clara White Mission in downtown Jacksonville. This will be the second time we have provided this community service, and those who have participated found it eye opening and rewarding. If you are interested in participating at this or a future serving, please drop an email to Amy Bonnette – social@floridastriders.com

We are not advertising this as an event, but we will be present at the Bridge of Lions 5K in St. Augustine on Saturday, July 13. Our yellow Strider tent will be set up in the park at the finish line for you to have a place to gather and socialize after the run that morning. We have done this the past couple of years, and it provides a welcome place to cool off after a typically hot run!

Here is how to stay up to date on all of the club activities:

Website
www.floridastriders.com
Facebook
www.facebook.com/FloridaStridersTrackClub

Also, be sure to watch your email for important updates.

Hope to see you soon!

Jon Guthrie



2019-20 Board of Directors & Key Persons

Officers

President: Jon Guthrie
president@floridastriders.com
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daveallen@floridastriders.com
Secretary: Sara Guthrie
froggyskg@comcast.net
Treasurer: Bill Krause
treasurer@floridastriders.com

Race Directors

Resolution Run: Bill Krause
resolutionrunrd@floridastriders.com
Angry Tortoise 25K/50K: Mae 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

Directors at Large

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Ann Krause
Cari Holbrook
David Bonnette
George Hoskins
Julia Wolfe
Kathy Murray
Kim Lundy
Michael Mayse
Michele Pelham
Perry Pelham
Scott Hershey
Scott Showalter
Shelly Allen
Vicky Connell

Coordinators

Children's Running: Carol MacDougall – carolmacdougall@bellsouth.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 – volunteer@floridastriders.com
Registration: Kathy Murray & Sara Guthrie – registration@floridastriders.com
Equipment: Mike Mayse – mjmayse@comcast.net
Race Advisor: Bob Boyd bobbydFL@fmail.com
StrideRight Editor: Cari Holbrook – striderighteditor@gmail.com

For a complete list of all directors, personnel, and board meeting minutes, please go to the "about" tab on our website:
www.floridastriders.com.



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



Bold New City
Financial



A HUGE THANK YOU TO OUR PARTNERS. WE COULDN'T
DO WHAT WE DO WITHOUT YOUR HELP!

A New Masters PR in the Mile

Written by Shelly Allen

This past spring I was training for the Mile after a winter of indoor track meets where I set Masters PR's in the 3000m and 1500m. I had 3 main track meets scheduled to try and see how I could do in the Mile at age 55. My first meet was the Kansas Relays on April 20th, and I ran 5:51.47 which was a masters PR but only by 2/10 of a second. It was VERY windy on the backstretch of the track, making that race really challenging.

Then on June 1st I ran in the Music City Distance Carnival in Nashville, TN. What a fun track meet with lots of elite and Olympic/World Champion athletes! They play music while you race, and there's a great energy vibe. I ran at 5:00pm, and it was warm at about 85 degrees, but I felt ok, and ran another masters PR, 5:50.17. Although, I felt like I was really ready to go sub 5:50. So there was just a tiny bit of disappointment.

The next weekend was the Portland Track Festival and the weather was great, with temperatures in the mid 70's, low humidity, and



Photo credit: Dave Albo Lane 1

just a light breeze. This track meet also has a lot of elite/pro runners, and they play music too! I ran this race alone most of the way, with a pack of women in front of me and another pack behind me. I really concentrated on hitting my goal splits each lap, and making sure I hit the 3rd lap especially hard since that's usually my slowest lap. I knew I needed to come through that split at 4:20 to have any chance of running my goal finish time of 5:46. When I came through at 4:18 I was so happy – I know it's only 2 seconds, but that's a lot in a 1-mile race. The last lap was such a happy feeling, knowing that this was going to be a big PR! And it ended up even faster than I thought I could run, 5:43.17.

In looking at the World Masters Rankings, my time makes me the 5th fastest woman in the USA for the Mile, in the 55-59 age group in the last 10+ years (as far as the rankings go back). I'm pretty happy with that, and so is my husband and coach, Dave Allen!

Photo credit: Dave Albo Lane 1



New Group Run!

Written by Leah Pelham

A new Striders group run/walk is happening every Monday in Oakleaf...

The group departs at 6pm from Lucky's Market (8380 Merchants Way) and follows the 6-mile, fully side-walked loop with a water stop along the way. All paces are welcome. Join us at Lucky's after the run for pizza and a beverage while we talk all things running. With what once started off as a small group of 5, has quickly grown to almost 20 in just a couple of weeks. "We look forward to seeing how much the group grows and are excited to meet new runners," says Strider Board member, Michele Pelham.



Memberships

NEW

and

RENEWED

Lauren Burke & Richard
Blancato
Laura Buschle
Tinesha & Rodney Byrd
Buffy Davis
Peter Fernandez
Brenden Goff
Leslie Hart
Caitlin Kerr
Joe & Gin Michael
James & Heidi Mosby
Kelly Nelson
Kara Parham
Jon & Milo Phillips
Noel & Danette Reforma
Mike & Jennifer Rodgers
George Royal
Bradley & Katherine Sweeting
Pamela Tarras
Lee & BJ Taylor
Mary Trudell
Daniel Villareal
Paul & Gina Williams
Chris Young

Randy Arend
Rodger Baldwin
Darin & Debbie Bickle
Bonnie Brooks
Vicki Choinski
Gary Corbitt
Ben & Stevee Espling
Jeffthe Fenelon
Elisabeth Ferreira
Anne Giffin
Monica Goddard
Mike Graber
Stephanie & Chuck Griffith
Jim Hanson
Stacey Hendryx
Hal & Rose Higdon
Osra Hutcheson
Kathleen Kaye
Jan Kellogg
Melinda & Robert Mann

Emil Maramba
Mike Marino
Charity McDaniel
Jay & Whitney Millson
Betzy & Jeff Nelson
Bernie Powers
Mike & Heidi Robinson
Holly Sanford
Thomas Shaffer
Tiffany Shrider &
Greg Crews
Mike Sperry
James Spooner
Jessica & Alan Sturm
Robert Taylor
John & Soledad Terry
Wade Tonkin
Kameron Wallizada
Jamey Wilkes
Steve Williams

UPCOMING RENEWALS

JULY

Paul Hibel
Frances Hogas &
Gabriel Morales
Susanne Jones
Jack Knee
Michael Martinez
Scott Olivolo
Bridget Turner

AUGUST

Dan Caisse
Liane Daniels
Errol Daniels
William & Carmen Darfler
Cassandra Jaques
Hollie Johnson
August Leone
Susan & Brian McInnis
Ken Murray
John & Laura Rafalski
Al Saffer
Angela Schenker
Regina Sooley &
Bill Page
Erin Victor



SCHOLARSHIP ESSAY WINNERS

The four winning essays of the 2019 Florida Striders Track Club Scholarship were written by Alaina Carpenter, John Bear, Ben Gelok, and Logan Chastain. Each student will be receiving \$1000 to assist them with college funds. Below are those essays that were selected. Enjoy!

Written by John Bear



When I started my freshman year, I did not realize how running would impact my life and how deeply I would fall in love with the sport. A three-sport athlete at the time, I figured I would easily excel at running with no real effort having to be put forth. I soon realized I made a mistake by neglecting to train in the offseason as my freshman cross country season began. I became disappointed in my race results and felt I was a failure even though my coaches and parents were pleased with my results. That winter, during basketball season, I decided to put in extra training for the oncoming track season. While those short miles appear meager to me now, I learned the value of hard work and dedication that offseason, which established a consistency in my training that is still present today. As a result, I also developed the same consistency and dedication in my academics and extracurricular activities. That experience taught me the value of gritting my teeth and digging deep in order to achieve desired results.

The sport of running has also introduced me to a vibrant community of fellow runners who hold common interests and goals. Unlike other sports I have played, running builds a unique bond, which has allowed me to be accepted and feel a unity with other runners. As I train, I am continuously striving

toward my goals of achieving new personal record times, higher mileage-counts, or simply finishing races well. I have also been opened to a new world of possibilities, such as running at the collegiate level, forming new friendships, and developing perseverance and dedication as I compete at the state level in track and cross-country. Running with athletes of all levels of competitiveness has helped me appreciate the

Written by Logan Chastain



You are at the end of a 5K race and the finish line is in sight. You are exhausted, and just moving forward takes all of your energy. Then, another racer from a rival school tries to pass you just before the finish line. Speeding up seems impossible, but you have put in too much work just to give up now. So you dig deep, deeper to find energy that you didn't think you had left. This quick rush of energy is enough to help you push ahead and cross the finish line before the other runner. Your placement in this race has helped your team

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snatch a narrow win against the other runner's rival school. This win has allowed your team to move on to States. This one split second decision has made all of the miles, early mornings, and dieting worth it. Your team finally makes it to States after years of trying and coming up short at Regionals. Your entire team is losing their minds because you all have wanted this for so long and now it's finally happening.

Grit, perseverance, and a strong will to never give up are all unique qualities that I have gained from running. I have run cross country and track throughout high school. During my junior year, I was getting passed by some exceptionally talented and hardworking sophomores. I was the best runner in my class and the fact that I was getting passed by people with an entire year less of experience than me drove me crazy. What had I been doing for the past three years if these guys can just pass me this easily? My confidence was shaken, and I wasn't sure what I was supposed to do. I thought I was going to be one of the fastest runners on my team when it came to my seasons as an upper classman, and I had definitely put in the work to be there. This displacement in the rankings caused me to see myself as a mediocre runner compared to the sophomore class and the results showed in my races. For about two weeks, I ran terrible times and lost interest in running. I had stopped trying, and it was driving me crazy. I didn't want to give up but I couldn't beat the sophomores no matter how hard I tried. I decided to text a friend of mine who was a runner who had graduated the previous year and talk to him about it. From our talk, I learned not to compare myself to other people and their achievements. I had my own goals that I was striving for. Just because a few guys were more talented than I was and could improve faster than I could should not have shaken my confidence. I didn't give up on my own goals and that year I was the eighth fastest runner out of forty on my team with a time of 18:35 and was a regional alternate for my team. Running to me is something that allows me to take a little bit of time out of every day to better myself.

Written by Alaina Carpenter



It started in middle school. I, along with a close friend, decided to join the Cross Country team. We were not fast, in fact we were quite the opposite. There was a race where we "ran" a 2 mile course at Fruit Cove Middle School in 21:52. Although I was incredibly slow, there was something about the feeling running gave me that made me feel some type of comfort. I still dreaded practice, but there was still just this odd feeling about it that made me never want to quit.

In addition to running in middle school, I played lacrosse and soccer. I was much better at both of those sports, but for some reason, when the time came for me to choose one sport going into high school, I chose running. The other sports were fun, but I found the people on Cross Country to be more "my type", and I loved the fact that I was responsible for my own successes and failures in Cross Country. I couldn't blame anyone else for what I was doing, like one could in other sports, and the clock couldn't make excuses for me. I dedicated myself to being a runner, and that's the identity I've maintained for the past 4 years.

Running in high school started out as a big challenge for me. I was waking up at 5:30am to go run every day, as opposed to the two practices per week we had in middle school. As the races started though, and I saw a divide between JV and Varsity, I knew what my goal was: to make the Varsity team. A fire

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lit inside me and I worked my butt off freshman year and brought my time down from the 26minute-range to breaking 23minutes. I was an alternate for the State team and knew my ultimate high school goal was to run at the State Meet.

Throughout my high school years I faced a lot of challenges, both mentally and physically. I had problems with hip-dysplasia and my hip flexor that caused a bit of a setback, but my hardest injury, which many runners can relate to, was shin splints that caused me to fracture my fibula. Looking back, I see it as a blessing because I now know how to take care of my body and prevent injuries like that.

Through my years of high school running I have developed the “running” persona. It’s how I, as well as my peers, have identified me. I grew a passion for this sport and made it my mission to excel. Finishing off my senior year, I was able to accomplish my main goal: I ran at the Cross Country State Meet. I PR’d with a time of 20:32 in the 5k, over a minute faster than what I had run in a 2mile in middle school. I developed a love for something not tangible and will have it for the rest of my life.

Written by Ben Gelok

The idea of running typically differs greatly from person to person. Many see running as a painful waste of time while others view it as an amusing hobby that keeps you in shape.

When

I started running in seventh grade, I thought running was an elaborate way to demonstrate what death feels like, or so I thought. The pain was excruciating and I was significantly slower than the rest of my team. However, when I completed my first half marathon, I was introduced to the running community and my attitude towards running evolved.

During my first race, spectators and runners were cheering me on and wishing me luck even if they were competing against me. This motivated me to push harder and run faster.

Knowing that other people were feeling the same pain and still having a smile on their face made me feel welcome and influenced me to keep on running. Eventually, I surprisingly began to see how people enjoyed running. What used to feel like pain now felt like pleasure especially when I started passing people on the track.

As I became more involved with the running community, I fell in love with the sport. My school Cross Country and Track teams have allowed me to meet great people that are now lifelong friends. These teams are like a family and have influenced me to work harder in everything I do, whether it includes running or not.

To me, running is a lifestyle that satisfies me everyday. Aside from the numerous health benefits to running, the community that I am now a part of keeps me motivated in every aspect of life. For example, I treat schoolwork as if it were a race where I keep pushing myself to succeed, and if I fall short, I know that my running family will always support me. Running was the best decision I have ever made and is something I look forward to every day.



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.amellaislandrunners.webs.com/kbendy/rrcaca1.htm.

DATE	RACE	TIME	RACE DAY LOCATION	WHERE TO REGISTER
4-Jul	Celebration 5K	7:30am	1st Place Sports @ Baymeadows	1st Place Sports (online or in the store)
13-Jul	Bridge of Lions 5K	7:30am	Castillo de San Marcos - St. Augustine	bridgeoflions5k.com
20-Jul	Vestcor Bridge Run 5K	7:00pm	Water Street, Jacksonville	1st Place Sports (online or in the store)
2-Aug	Tour de Pain - 4 mile Beach Run	7:00pm	Seawalk Pavilion, Jax Beach	1st Place Sports (online or in the store)
3-Aug	Tour de Pain - 5K Road Race	7:00am	1st Place Sports @ Baymeadows	1st Place Sports (online or in the store)
3-Aug	Tour de Pain - 1 Mile Sizzler	4:30pm	Hemming Park	1st Place Sports (online or in the store)
10-Aug	Mandarin High Mustang 5K	7:30am	Mandarin High School	1st Place Sports (online or in the store)
17-Aug	Alex's Capes & Tiaras 5K	8:00am	St. Augustine Shores Riverview Club	racessmith.com
17-Aug	Tijuana Flats Summer Beach Run	6:00pm	Seawalk Pavilion, Jax Beach	1st Place Sports (online or in the store)
23-Aug	Cecil Field Pre-Season Classic	6:15pm	Cecil Field Golf Course	1st Place Sports (online or in the store)
24-Aug	Lung Force 5K	8:00am	HASKELL Building, Riverside	1st Place Sports (online or in the store)
31-Aug	Taco Trot 5K	10:30am	World Golf Village Cinco De Mayo Restaurant	runsignup.com
2-Sep	Run Jax Labor Day 5K	7:30am	1st Place Sports @ Baymeadows	1st Place Sports (online or in the store)

Strider Socials

Bahamas Cruise



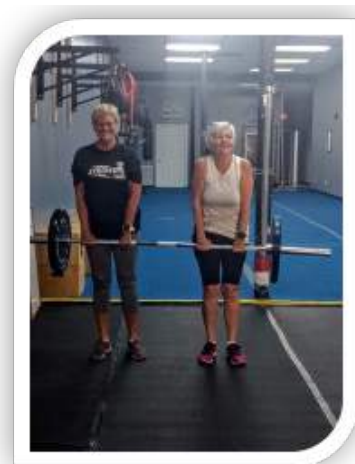
Four nights on the Carnival Elation straight out of Jacksonville from May 2-6 proved to be a fun-filled getaway for those who attended. Ten of our members participated, and everyone agreed that this is an event that our club must do again next year! "My favorite part was meeting the gang at dinner and hanging out afterwards, or even dancing with the waiters in between courses! I always enjoy meals with the company of friends, and this was guaranteed every evening," wrote Vicky Connell.



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Mother's Day Social

We hope all the Strider moms had a day filled with happiness. It was a day full of fit bodies at the Fit Body Boot Camp in Orange Park!



Beck 5K Run

We had a great time at the Beck 5K Run on Saturday, June 1st in Palatka for our Florida Striders Track Club Team. We had 41 runners registered for this hot and humid run, and we took the team participation trophy for the most participants this year! Our club was well represented with a great many podium awards! Congratulations to everyone!



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Jumbo Shrimp Baseball Game

On Sunday, June 23, 2019, our Florida Striders Track Club hosted a social event at the Baseball Grounds of Jacksonville and watched our Jumbo Shrimp baseball team defeat the Pensacola Blue Wahoos 7-1 on a hot and rain-free afternoon! Our friends from JTC and PRS Running joined with us for a picnic style lunch, beverages, and some great networking fun on the private sky deck!

Frank Frazier threw the first pitch. Thanks to Stan Lambert for arranging this surprise! It was a wonderful honor, and several of our members were also able to go onto the field to take photos.



STRIDERS AT THE RACES

4/20/19 - Run to the Sun 5K

Fleming Island, FL

Al Saffer 39:31 1st AG (80+)

5/11/19 – Beach Fest 5K

Jacksonville Beach, FL

August Leone 42:38 1st AG

5/18/19 – Fleming Island 5K

Fleming Island, FL

August Leone 40:21 1st AG

5/27/19 – Memorial Day 5K

Jacksonville, FL

Al Saffer 38:21 1st AG (80+)

Jean Schubert 48:15

August Leone 38:44 3rd AG

Perry Pelham 22:07

Ceci Dunham 26:49

New PR

6/1/19 – Butterfly 5K

Orange Park, FL

August Leone 40:41 1st AG

6/1/19 – Music City Distance Carnival, 1 Mile Track Race

Nashville, TN

Shelly Allen 5:50.17

Masters PR

6/8/19 – Run for the Pies 5K

Jacksonville, FL

Perry Pelham 22:21

Jean Schubert 46:48

August Leone 42:01

6/9/19 – Portland Track Festival 1 Mile Trace Race

Portland, OR

Shelly Allen 5:43.08

BIG Masters PR at age 55. Currently ranked #1 in USA in my AG.

Vicky's Running Review

This is the first book review I've ever done when I met the author and then read his book. The author is Mark Cucuzzella, M.D. (it took me forever to remember that last name!), and his book is "Run For Your Life". It has a subtitle too – *How to Run, Walk, and Move Without Pain or Injury and Achieve a Sense of Well-Being and Joy*.

Every year our parent club, the "Road Runners Club of America", has a national convention when officers are elected and clubs from around the country send representatives to meet and learn from each other. I was very fortunate to represent the Florida Striders at that meeting this past March in New Orleans. I got more out of it than I even expected which was a huge bonus! It was a whirlwind of activity and very difficult to choose from a variety of workshops to attend. I went to as many as possible and regretted I couldn't attend those that ran simultaneously. Cloning myself would have come in handy!

At one of these workshops I met Dr. Cucuzzella who was giving a talk on nutrition. I already read tons of info on the subject, and he confirmed a lot of what the recent scientific research is saying. (If you haven't read anything in a while about nutrition, things have changed significantly in the past 10 years over the old "wisdom"). I was so impressed with him that when I heard about his book, I decided it would be perfect for the Strideright book review. I also got the chance to talk to him about my own running issues, and he gave me some fantastic advice.

As for the book he wrote, he certainly has the background and credentials to give advice. Not only is he an impressive runner himself (over one hundred marathon and ultramarathon finishes, and he continues to compete as a national-level masters runner with thirty straight years under a 3-hour

marathon!), he is also an Air Force Reserve Lieutenant Colonel and created the U.S. Air Force Efficient Running Program. Additionally, he conducts Healthy Running Medical Education Courses and has a slew of awards for his efforts to get his local community active and healthy.

This is a very detailed book about running efficiently and injury free. Dr. Cucuzzella strives to convince us that "pre-hab" is always better than "re-hab", and he provides the tools and information needed to do exactly this. There are detailed illustrations of exercises and movements, and most of them also have videos that can be accessed with his on-line website that goes with the book. I found them very useful, and I plan to incorporate his ideas into my own training.

This book goes even deeper with his ideas on movement and exercise. For the most part, he's preaching to the choir about our sedentary society – I'm already a convert. However, it really made me wish I could convince my sedentary friends to read this book. It made me want to jump up and move after reading so many details about why it's good for me!

Dr. Cucuzzella also included some great info on nutrition; in particular, how our society needs to cut the carbs and increase the healthy fat. Again, preaching to the choir, but it was interesting to hear his take on the subject.

I have to say I really enjoyed reading the book and getting a few new ideas. If you're a runner, you're sure to find something new and interesting if you take a chance and read this book. I highly recommend it!



Become a Faster/Stronger Runner 10 Week Class



- Starts:** Wednesday, September 25th, 2019, 5:45pm on the track at St. John's Country Day School
- Locations:** St. John's Country Day School (Wed 5:45pm)
Starbucks parking lot, Oakleaf (Saturday 7am)
Lucky's Parking Lot, Oakleaf (Monday 6pm)
- Included:** Coach led runs 3 times per week, Class T-shirt, Strider Membership, Choice of Training Plans, Strength Training Program, End of Class party
- Price:** \$70 non-members, \$45 members
- Required:** Must currently be running at least 3 times a week for at least 30 minutes/10-15 miles
- Goal:** Choose your race and class training program – 5K or Half Marathon on Nov 28
- Who?:** Class is designed for both first time 5k/Half Marathoners or more advanced runners who want to run with a group and get faster. Participants will follow a 10 week training schedule which is tailored according to the individual's starting level.

For more info call Vicky at 904/707-8469 and to register, go to:
www.floridastriders.com/running-classes/

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We had a good turnout with about 860 finishers. I had hoped for a slightly better turnout, but because of the weather being so hot, I'm sure that must have stopped some people from coming out. At the finish, we gave out race medals, and NEW this year, we added a Top 10% Overall Hat as an added incentive. Everyone seemed to like the hats, and we are planning to have them again next year. So, if you didn't get one this year, maybe you'll get one next year.

Our overall race winner was Matthew Stratton (age 15 - also a Florida Strider) in a blistering time of 16:04. Julie Stackhouse finished 1st for the women with a great time of 17:45.

Post-race we had water, Gatorade, bagels, bananas, and watermelon available for those who wanted to cool off or get a bite to eat.

This year we tacked on an additional option when registering for the race... a Virtual 5K. So, if you couldn't make it to the race and still wanted to participate, you could run a 5K at your desired location and then after the race you would get your race medal and t-shirt mailed to you. This was our 1st year doing a Virtual 5K as part of our Memorial Day race, and it turned out better than I had hoped. Because of it, we were able to donate \$250.00 to the Semper Fi Fund.



To all volunteers who helped out in one of the many areas in setting up this race: it truly is a team effort leading up to race week and on race day making sure that everything runs smoothly. We couldn't do it without you. Thank you!!!

Looking forward to seeing you all next year and hopefully it won't be as hot as this year~



LOGOXPRESS

Florida Striders merchandise is available for purchase through our website:
www.floridastriders.com

Simply click on the "merchandise" tab located under "Get Running!" and follow the directions to browse our selections. It is easy to make your purchase and have the product shipped directly to you! Try it!

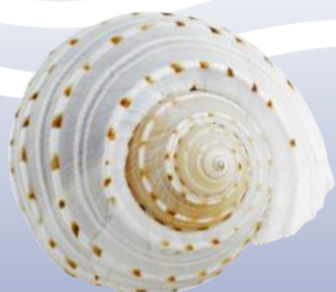


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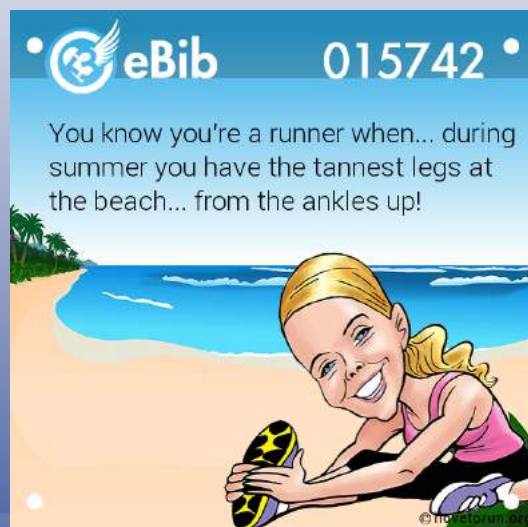
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Thank you for
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You know you're a runner when... during summer you have the tannest legs at the beach... from the ankles up!

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