

# StrideRight

Club #225



Volume 41, Number 2

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## What Is Going On Under My Trucker Hat?

Written by Mae Barker, PhD, BCBA-D

WOO-HOO!!!! Today, at 42 years old (and knocking on 43), I am celebrating a personal record in running my fastest Ortega River Run! Three weekends ago, I won first female in the Iron Horse 100 miler (a first!) and was 3<sup>rd</sup> overall. Am I proud of these accomplishments? Hell, yeah!!! I work hard to run well and then I celebrate my accomplishments. I think everyone should do the same. Life is short. Run hard, celebrate your and other's accomplishments, give lots of high-fives and fist-bumps along the route, and repeat.

Maybe you are wondering what makes my middle-age self speedier now than I have ever been in my life? Is it the PED's (aka "performance enhancing drugs")? No, unless WADA starts to include chocolate and caffeine on their lists of banned substances! Is it that I run all the time? I do run a lot, but I still have other responsibilities that keep me from running as much as I'd like. Is it that I abide by a special diet? I don't discriminate in the food department. I eat everything, but I do consume a lot of fruits and vegetables and try to moderate the junk/processed food stuff. So, my response to this question is this: I apply a science of behavior known as Applied Behavior Analysis

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## MESSAGE FROM THE PRESIDENT

For this issue of the Strideright, I would like to share some personal thoughts about the Florida Striders and what this club means to me.

I believe the purpose of the Florida Striders is to help individuals make improvements to their lives! This will mean different things to different people. Some people want to push themselves to become the fastest runner possible. Others want to learn to live a healthier lifestyle and/or lose weight. Some enjoy the charity work we do in the community. Many simply want to associate with positive people and improve their mental outlook on life. For me, this is one of the most important benefits of being a member of our club. The social benefits of associating with positive-minded people are perhaps the most important reason to be a Strider! To state it simply, I believe that runners are, overall, a better than average group of people.

During my years growing up in a small town in the Midwest, my parents were concerned about who my friends were. I believe many of you have experienced the same thing. Now, as parents, we understand the positive and negative influence that peers can have on our children. We want to protect them from the negativity.

Most of us have had people in our lives that we look to as role models. These individuals have helped shape our lives. Parents, teachers, coaches, pastors and friends all influence our mental development. I have multiple role models who have influenced me. Some are good role models, and some are bad role models. My parents taught me how to tell the difference!

All of this is to say that I am very proud to be a member of the Florida Striders. We exist in order to be a positive influence in the lives of our members. As I stated earlier, this can mean different things to everyone. I sincerely hope that each of you will make the effort to be that positive role model. We never know who is watching.

Best regards to all my running friends!

*Jon Guthrie*



The City of Green Cove Springs Mayor and Council presented a plaque to the Florida Striders Track Club on January 7, 2020. It was given for the many times that we have participated in contributing to the Jingle Bell Fun Run. On the plaque is written, "In grateful appreciation for your many years of dedication and service to City of Green Cove Springs."

*In the photo are members of the city council along with Carol MacDougall and her sister, Janice Kellogg who have been taking care of the finish line all these years.*





## Another Great Resolution Run

Written by Bill Krause, Race Director

Perfect running weather and a resurfaced River Road sure make a great combination. Despite other options in town, many of you came out to support our club by running and/or volunteering at the race. Thanks!

I am very lucky to be associated with such an excellent group of dedicated runners and volunteers. It took a lot of effort from a lot of people to make the race the success that it was. Thank you all very much for your longtime support of our club and what we stand for. It would take me too long to mention everyone by name, (and sure enough, I would forget someone!), but you know who you are. I know the good feeling you have inside is your reward. The final accounting isn't

done yet, but I know we garnered a fair amount of revenue to help support our Children's and Adult Running programs.

We get to come back to this wonderful course on River Road April 18<sup>th</sup> for our annual Run To The Sun 8K. Thanks to all of you who came out to Fleming Island High School for our revised race last year, since River Road was closed. We received such great feedback on the 5K distance, that we are adding it to the RTTS this

year. You can run either the 5K or 8K course. The 8K continues to be the Grand Prix race, and there will be Awards and Finisher medals for both distances. Go to our website for more details, [www.floridastriders.com](http://www.floridastriders.com) or you can go right to the online registration at [https://thedriven.net/event.race\\_reg/eid/36351035789](https://thedriven.net/event.race_reg/eid/36351035789)

## STRIDERS MILEAGE COMPETITION UPDATE

As of this writing, there is one month remaining in the mileage competition. The competition started on October 1<sup>st</sup> and ends on March 31<sup>st</sup>, 1<sup>st</sup> place age group awards will be given out at the picnic in April. The current leaders are:

14 and under: Keegan Emanuel, 15-24: Leah Pelham, 25-34: Josue Velazquez, 35-44: Mae Barker, 45-54: George Barthelmes, 55-64: John Chismar, 65-74: David Townsend.

I've been throwing around ideas for a fun, summer competition. Possibly teams, maybe boys versus girls, some have suggested George Barthelmes versus the field LOL. If you would like to join the fun, you will need to have a Garmin device synced to your Garmin Connect account. In the Garmin Connect App, search "Florida Striders" in the Groups section and click request to join. Any questions, suggestions you can email me at [perrypelham@floridastriders.com](mailto:perrypelham@floridastriders.com)

# M E M B E R S H I P

## New & Returning Members/Families

Aren Biala  
Aldren Biala  
Keira Butler  
James Byrd  
Karla Byrd  
April Daneyel  
Jim Elliott  
Robb Falana  
Jenneifer Fordan-Herman  
Bill Gladding  
Nancy Harms  
Maria Herman  
Michael Herman  
Kayla Herman  
Darryl Herren

Annie Inman  
Linda Johnson  
Jubert Keen  
Dan King  
Melissa King  
Judy Lind  
Paula Mesa  
Victor Mesa  
Marshall Myers  
Judson Myers  
Leonor Myers  
Graham Myers  
Logan Myers  
Gary Myers  
David Nasemann

Pat Noonan  
Byron Peacock  
Brian Peacock  
Amy Plimpton  
Leigh Powell  
William Ramp  
Jennifer Ramp  
Liz Rosset  
Charlotte Skaggs  
Scott Sloniker  
Robert Smith  
Andrew Snyder  
John Tackett  
Suzanne Vetter

## Join the Florida Striders Track Club

The Florida Striders Track Club is a family oriented club that stages 5 races each year, offers free children's fun runs with our races, and has socials and other activities on a regular basis. Profits from our events are funneled back into community projects to promote fitness and health. Our Newsletter, the StrideRight, includes articles from our members, fitness tips, and pictures of our members in action, race results, and items of general interest. See our website, [www.floridastriders.com](http://www.floridastriders.com), or contact our membership director, George Hoskins, 264-4372, or email [membership@floridastriders.com](mailto:membership@floridastriders.com) for more information. Complete the membership application below and come have fun with us.

## Florida Striders Membership Application

			New <input type="checkbox"/>	Renewal <input type="checkbox"/>
Last Name		First	MI	
Address		Apt#	# in Family	Spouse's Name (Family Membership Only)
City	State	Zip	Your DOB	Spouse's DOB
Home/Cell Phone	Alternate Phone (Optional)		Children's Names (Family Membership Only)	

Email Address (print clearly)	Signature	Date
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Would you like to make a donation to the Children's Running Program?

☐ \$1 ☐ \$2 ☐ \$5 ☐ Other Amt \$ \_\_\_\_\_

### Annual Dues

- ☐ Family \$25 (2 years \$50, 3 years \$75)  
☐ Single \$20 (2 years \$40, 3 years \$60)  
☐ Junior \$15 (2 years \$30, 3 years \$45) (under 18)  
☐ Senior \$15 (2 years \$30, 3 years \$45) (age 65+)

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

Mail Application with dues to:  
 Florida Striders - 2254 Gabriel Drive - Orange Park, FL 32073



# What's On Your Feet?

Written by Vicky Connell

To many of us, the shoes we wear to run are a very important issue. Most of you probably know whether you need a cushioned shoe, a support shoe, or a motion control shoe. But let me ask you this – do you really need that specific shoe?

What would happen if you ran in one of the other types? And then there's the issue of whether you should jump on the bandwagon for zero drop shoes? How about minimalist shoes, or even barefoot running? And don't even get me started on the Nike Vaporfly! It's enough to make a runner want to ignore everything and wear a pair of shoes that just feel good to run in!

But wait, apparently that's actually the latest advice – wear the shoes that feel good to you! Now that's advice I think I like the best! Shoes that are comfortable and enable you to run injury free!

Of course, there's always a bit more to the story. I've spent the last few years reading and listening to professionals talk about running shoes. I've learned a lot, and much of it went totally against everything I was taught as a runner years ago about shoes. As it turns out, much of the info we've received about proper shoes for runners has not been based on science or actual studies of real runners (just shoe companies wanting to sell shoes!). More recently, quite a case has been built for not wearing any shoe that puts your heel higher than your toe (zero drop). And many take the extreme route of not adding any kind of cushioning (minimalist). The idea is that your feet need to feel the ground to develop and grow strong. I can definitely see some sense in this, but how will that feel? Especially if you've worn shoes with cushion all your life? And of course the Nike Vaporfly, which has been proven to make you faster, has a ton of cushioning!!

So what's a runner to do?

Well, I have been an experiment of one, and I can only give you my opinion.

Early in my running career I was told I needed to wear stability shoes, so I did. However, I still got injuries, and sometimes I blamed them on wearing worn out shoes. So I would go get new ones, although usually the same exact shoe in its latest version. Eventually I wanted to wear lighter shoes for racing, and I found that most of those were "neutral" shoes. I figured I was only wearing them to race, and they seemed to make me fly! I even went so far as to wear them in a marathon, and that was the year I got my BQ (Boston Qualifying time) and my feet were fine.

I eventually became convinced that I really didn't need a stability shoe all the time, and started experimenting with other shoes that seemed comfortable. Then I started reading and listening to podcasts that wanted to debunk the whole system of shoe selection that started with "what kind of arch do you have?" My feet seemed fine, and my running didn't suffer. However, I have not one, not two, but three bunions on my left foot, and they definitely caused me issues, although not much pain (blisters and corns resulting from my toes rubbing together was the biggest issue - I found that "toe socks" solved those issues).

The next thing I learned about was "foot shaped shoes". The company that promotes this type of shoe is Altra, and I was immediately interested. I bought my first pair and was amazed at the comfort for my feet, especially the foot with the bunions. I had often looked for shoes with a wide toe box, but this was a whole new level at keeping things from rubbing the wrong way. I was definitely sold!

However, this was also where the problems began as I started wearing the Altra "zero drop" shoes. No one told

me about the long break in period. I learned too late that it takes at least a year to transition, and you shouldn't switch to zero drop too quickly. My feet began to hurt badly during and after each run. I solved this somewhat by getting zero drop shoes that had more cushioning. But the real answer was to dial it back and transition more slowly (which means wearing my usual running shoes most of the time). My feet finally quit hurting so much, and I'm slowing wearing my zero drop shoes more often. I also learned that if you're wearing minimalist shoes, there's a similar period of transition (which I had also started doing). You can even look up how minimalist your shoes are on a rating scale at this website:

<https://therunningclinic.com/minimalist-index/>. This will help you determine how much time you need to transition into wearing these shoes for all your runs.

One good thing that may have come out of all of this is that zero drop shoes encourage you to naturally have a mid to forefoot strike as opposed to a heel strike. I find myself doing a lot more midfoot running than I ever have, without a lot of effort. Although even the advice to not have a heel strike is sometimes questioned considering several very fast elite runners do it. Once again, nothing is written in concrete!

Bottom line is this: Running shoes are changing at a lightning fast speed these days, and it's tough to keep up. There's a lot written about the subject (or talked about if you listen to podcasts) so it's best to educate yourself. And if you're going to make any changes, which may or may not make you a better runner, it's best to take a lot of time doing so or you'll end up with feet that just don't feel good!

# Upcoming Races

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

	RACE	TIME	RACE DAY LOCATION	WHERE TO REGISTER
7-Mar	Gate River Run	8:00am	Sports Complex/Jacksonville Fairgrounds	<a href="http://www.1stplacesports.com">www.1stplacesports.com</a>
<b>14-Mar</b>	<b>Angry Tortoise 25K/50K</b>	<b>7:30am</b>	<b>Cary State Forest</b>	<b><a href="http://www.floridastriders.com">www.floridastriders.com</a></b>
15-Mar	St. Paddy's Day 5K/10K	8:00am	Evergreen Cemetery	<a href="http://www.1stplacesports.com">www.1stplacesports.com</a>
21-Mar	Mt. Acosta Endurance Classic	4:30pm	Haskell Building, Jacksonville	<a href="http://www.1stplacesports.com">www.1stplacesports.com</a>
28-Mar	Kilwin's Ice Cream Run 5K	7:30am	St. Johns Town Center	<a href="http://www.clarkeschools.org/icecreamrun">www.clarkeschools.org/icecreamrun</a>
28-Mar	Chick-fil-A Biscuit Run 5K	8:00am	River City Marketplace, Jacksonville	<a href="http://www.1stplacesports.com">www.1stplacesports.com</a>
29-Mar	March to Get Screened 5K	8:30am	715 Riverside Avenue	<a href="http://www.1stplacesports.com">www.1stplacesports.com</a>
3-Apr	Ready Set Glow 5K	7:45pm	500 World Commerce Pkwy, St. Augustine	<a href="http://www.itsyourrace.com">www.itsyourrace.com</a>
4-Apr	Wine and Chocolate Run 5K	8:00am	San Marco Blvd.	<a href="http://www.1stplacesports.com">www.1stplacesports.com</a>
9-Apr	Race for Peace 5K	8:00am	St. Augustine Beach Pier	<a href="http://www.runforpeace5k.org">www.runforpeace5k.org</a>
11-Apr	Hope for Our Heroes 5K	8:00am	Christian Family Chapel, Old St. Augustine Road	<a href="http://www.hopeforourheroes5k.itsyourrace.com">www.hopeforourheroes5k.itsyourrace.com</a>
<b>18-Apr</b>	<b>Run to the Sun 5K/8K</b>	<b>8:00am</b>	<b>Best Bet, Orange Park</b>	<b><a href="http://www.floridastriders.com">www.floridastriders.com</a></b>
19-Apr	The Run Home 5K	8:30am	Riverside Arts Market	<a href="http://www.1stplacesports.com">www.1stplacesports.com</a>
25-Apr	Strides for Pride 5K	7:00am	Riverside Park	<a href="http://www.1stplacesports.com">www.1stplacesports.com</a>
29-Apr	BKS Partners Corporate Run 5K	8:30am	Jacksonville Fairgrounds	<a href="http://www.1stplacesports.com">www.1stplacesports.com</a>

## DECREASE THE INTERVAL TO *INCREASE* YOUR STRENGTH

Written by Sean McCormack

In this article, I will attempt to dive a bit deep into the subject of “interval training” and offer my experiences & learnings from over the years. As you read, please remember, “one size does not fit all”. The interval sessions that will work best for you really depend on your goals, your strengths, and your tendencies to find that combination of volume and intensity that will not only improve your performance, but also keep you engaged & motivated. My purpose here is to give you some basic principles, and at the same time give you some examples of workouts and approaches that have worked best for me over the years.

Let me begin by referring back to the title of this article. My first belief is that proper interval training improves performance NOT by making you “faster” but rather by making you “stronger”. A quick review is that the “interval” is not the repetition, but the recovery period (which is the interval) between the repetitions. I have coached numerous individuals in really ensuring they grasp and understand this principle. Generally, as distance runners, we should not be going all out for example doing 400 meter repetitions, resting 3-4 minutes and doing it again. That really does very little for physiologically developing your efficiency in a middle or distance race, and it defeats the purpose of interval training, which is incomplete recovery. For example, I coached a young man who thought running 400s in 64-65 seconds (x6-8) and resting 3 minutes between was better than more repetitions (x10-12) at 72-74 seconds (slightly faster than his VO2 Max) with a resting interval of only 45 seconds. The lesson was delivered when he could not complete the latter workout. Quite simply, his body was not adapted to an incomplete recovery, and although the first few 400s were easy, after 7-8 400s he was done. He simply did not possess the strength. The key was that he still was running slightly faster than VO2 Max which was the goal, as it was faster than his 5k race

pace. The end result was after 12 weeks of a gradual build up of volume and a gradual reduction in the recovery interval, he was able to complete x12 repetitions at 71-72 seconds with only 30 seconds of recovery. The results were dramatic, and he took a full minute off his 3200m PR the following season.

My favorite benefit of this approach is that improvements are consistently measured and seen every couple of weeks, which maintains motivation. I remember back in the early 1980s attending a lecture by Alberto Salazar’s coach, Bill Dellinger, from Oregon. He gave a couple of really good examples of how Salazar incorporated this principle of increasing volume and reducing the rest interval as he got fitter. A quote I will never forget is, “Nobody throws you a chair to recover in the middle of a race.”

So, let me give a personal example of how this approach became a staple and worked for me back in the early 1990s. First, I knew that my strength as a runner was indeed my strength. I am also a big believer in playing to your strengths. When I was running well, I needed and my body could handle 130-mile weeks. Therefore, my approach tended to be to gradually work towards longer repetitions, increasing volume, and gradually decreasing the recovery interval. While marathon training, my key-measuring workout was based on repetitions of 800s. I found this to fit me well, as it was long enough to stress my strength, but it was short enough to keep me slightly below my VO2 Max. Now, early in my training cycle I could handle x6-8 800’s at 2:22-2:24 (slightly faster than my VO2 Max of 4:50 mile pace for 5k) with an incomplete recovery of 90 seconds. Every week, I would aim for some advancement to improve fitness depending on how I felt, usually in either volume or interval reduction. Bottom line, after 3-4

months I was able to complete x16 800s at 2:22-2:24 with only a 30 second recovery. This gave me the confidence to hit my marathon pace goal of 5:20-5:25 mile pace. If I had completed the same volume of x16 faster, say 2:15-2:18 with elongated interval recovery (say 3 minutes), there is no way I would have had the required strength I needed.

In summary, all of us are different, and a good coach will work with an athlete to understand the interval workouts that “fit” the best based on your strengths, style etc. But remember, the goal is to build strength and to physiologically become more efficient. We are not training to be sprinters, so find your VO2 Max, and that will guide you on where you need to be. My preference is slightly faster than VO2 Max, but the magic is truly *Decreasing the Interval to Increase Strength & Performance.*

*Sean McCormack is 3 time winner of the Jacksonville Marathon & 3 time U.S. Navy Marathon Champion. He is a USTAF Certified Coach & Former Head Cross Country Coach at Georgia Southern. He can be reached with any running or coaching questions at [seanmichaelmccormack@gmail.com](mailto:seanmichaelmccormack@gmail.com)*



# Florida Strider Partners



## 2019-20 Board of Directors & Key Persons

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

If you are interested in joining the Florida Strider Board of Directors or becoming a race director, please contact Jon Guthrie or Bill Krause for more information on how to get involved. We would love to have you!

Continued from front page

(ABA) to my running, and, really, overall life.

I am a behavior analyst. My doctoral degree is in behavioral and cognitive sciences. Does this mean that I am analyzing your behavior when we hang out? Yes, of course, and I'd be happy to provide you with my analysis over a long run or a good craft beer. If you don't know what a behavior analyst does, I will give you a brief synopsis. Behavior analysts are very interested in how people act and want to help people change behavior that will allow them to be healthier, happier, or more productive. We are interested in how the environment impacts how one may act and how consequences shape or influence future behavior. More specifically, we pay special attention to what are called "reinforcers," consequences that can strengthen certain behaviors such as running more often or eating healthier foods. We help people modify their routines or their environments in a way to lead to meaningful changes in their daily living.

Below I have listed three ways that you can tap into the science of ABA to improve your own running.

1. Schedule your running: At the start of the week, schedule your running times. Find the times when you are most likely to stick to this schedule and when other life events are unlikely to interfere! This may mean you have to wake up earlier than anyone else in your household to get your run in.
2. Make running as enjoyable as possible! Non-runners like to ask me, "When do you experience runner's high?" to which my response is, "When I finish the run!!!" Running is hard. Sometimes, it is less hard, but there is always effort involved at pushing from walk to run mode. How can you make running more enjoyable? Here are some suggestions: Find beautiful places to run, listen to good music or podcasts, run with friends, run with your dog, look for surprises on your run, or watch a movie (treadmill). It is also important to be as comfortable as possible by purchasing good shoes and clothing. It is amazing how revitalizing it can be to buy some new shirts or shorts or even socks! Keep in mind if something is hard or aversive you are less likely to do it. You must either make it less aversive by pairing it with something pleasurable OR find a consequence that will in essence act as a paycheck for the act.

Speaking of paychecks, if you are motivated by weight loss or using the "I'm going to reward myself when I..." approach, both will likely lead you down a dead-end path. First, you need to find instant

rewards that come with running. If you are looking for a weight change, it may not come as you may be acquiring more muscle. Although your body is becoming healthier, this may not show by the number on the scale. Second, humans are not good at withholding rewards from themselves. If you really want ice cream, you are likely to indulge, even if you didn't go for that run. That said, if there is something that you want and you want to earn it by running, find someone who can hold on to it and give you it WHEN they see you have met your goal. Luckily, most people will feel a natural sense of accomplishment or "I feel great" feeling after a good run, which serves as a paycheck in itself! If you follow the earlier advice in this section, you will likely not need to have an external paycheck ☺

3. Step into your role model's shoes! During many runs, I think about a runner that may be around my age who is AMAZING! During my run, I will become that person and try to imitate her. This is a good way of distracting yourself and tapping into some motivation to push yourself harder! Most of us can go faster and longer in our running, but our mindset keeps us from doing so. So, take off that hat, and put on the hat of the runner that inspires you.



*Mae receiving a shiny belt buckle from RD Winston Fletcher after finishing Iron Horse 100 miler in 20hr36min.*



**WALK WITH ME. WISH WITH ME.**

Saturday, May 9, 2020  
7:30-10:00AM | Jacksonville Zoo & Gardens  
[www.jaxwalkforwishes.org](http://www.jaxwalkforwishes.org)

**1 REGISTER 2 FUNDRAISE 3 WALK**

Powered by wish families, volunteers, companies and friends, Walk for Wishes is a nationwide Make-A-Wish® fundraiser that celebrates the thousands of wishes that have already been granted, while raising funds for future wishes. The Jacksonville Walk for Wishes raises funds to grant wishes for critically ill children in the Jacksonville area! Registration includes admission to the Jacksonville Zoo and Gardens.

**FIELD'S**  
AUTO GROUP

**Make-A-Wish**  
CENTRAL AND NORTHERN FLORIDA

**WALK FOR WISHES.**

Presented by: **W.W. GAY**  
MECHANICAL CONTRACTORS, INC.



## Eagles Fly 5K Maddi's Mile



Saturday, April 25, 2020 8 A.M.  
Fleming Island High School

Register at [Active.com](https://www.active.com)



Proceeds Support The FIHS Track Team  
and Suicide Prevention and Awareness



## STRIDERS AT THE RACES

**Last Gasp 5K – 12/28/19**

**Jacksonville, FL**

Al Saffer 1<sup>st</sup> in AG (80+)

**Resolution Run 5K – 1/11/20**

**Orange Park, FL**

Alex Winters - 7<sup>th</sup> in AG (15-19)

Pat Trudell – 2<sup>nd</sup> in AG (65-69)

Al Saffer – 2<sup>nd</sup> in AG (80+)

**Matanzas 5K – 1/21/20**

**St. Augustine, FL**

Al Saffer – 1<sup>st</sup> in AG (80+)

**Saratoga Classic ½ Marathon – Mayport, FL**

Paul Geiger – 1<sup>st</sup> in AG (65-69)

**Wolfson's Miracle Challenge 1 Miler – 2/3/20**

**Jacksonville, FL**

Al Saffer

1<sup>st</sup> and oldest adult runner

Support your local running club every time you purchase a gift for a loved one (or something special for yourself)! Amazon will donate 0.5% of your purchase price to Road Runners Club of America – Orange Park. Bookmark the link <http://smile.amazon.com/ch/74-2194707> and support us every time you shop. Use the same email address and password you use now. You will be directed to the same place as before with the same products, your same account information, etc. You know you did it right if you see the Amazon Smiles logo in the top left corner of the page. Every little bit helps! It doesn't cost you a thing, and you can "smile" knowing you just did a good thing for your club!

**amazon**smile  
You shop. Amazon gives.

We are back at  
bestbet Orange  
Park Kennel Club  
and back to the 8K  
course, and we  
added the 5K too.  
Awards for both!



Soft feel t-shirts and  
Finisher medals!

8K & 5K both start at  
8:00AM

The 8K is a Grand Prix  
race

1 Mile FUN RUN -  
9:30AM

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



5K & 8K start at 8:00AM • 1 Mile Fun Run Starts at 9:30AM  
Saturday, April 18th, 2020 • bestbet Orange Park  
455 Park Ave, Orange Park

- Free 4 week training camp to the first male and female finishers for both races, courtesy of Camp Gladiator
  - Overall winners and awards 3 deep in each age group for both races
    - Register at [www.floridastriders.com](http://www.floridastriders.com) or at [https://thedriven.net/event.race\\_reg/eid/36351035789](https://thedriven.net/event.race_reg/eid/36351035789)
  - Online registration available until noon Thursday, April 16th, or at any 1st Place Sports store thru Friday, the 17th
    - Day of race registration onsite opens at 6:30AM
- Race Director: Bill Krause [rttsrd@floridastriders.com](mailto:rttsrd@floridastriders.com)

## ENTRY FEES

	<u>Striders</u>	<u>Non -Striders</u>	<u>Kids 13 &amp; under</u>
Until April 3rd	\$22	\$27	\$15
April 4th - 17th	\$27	\$32	\$20
Day of Race	\$35	\$35	\$35

## PARTNERS



<Scan for more details>



For more information and to register, visit [floridastriders.com/runtothesun](http://floridastriders.com/runtothesun)

*The Florida Striders Track Club is incorporated as a non-profit organization under the laws of Florida and is granted federal tax exempt 501(c) 3 status under the blanket exemption of the RRCA ID#74-2194707. StrideRight is published bi-monthly at P.O. Box 413, Orange Park FL. Printed by Sir Speedy – <http://www.sirspeedyop.com>.*

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FLORIDA STRIDERS TRACK CLUB

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

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## Upcoming Events!

March BOD meeting 3/10/2020  
Angry Tortoise 25K / 50K run 3/14/2020  
St Paddy's Run and social 3/15/2020  
Destination Cooper River Bridge Run – Charleston, SC 4/4/2020  
April BOD meeting 4/14/2020  
Run to the Sun 4/18/2020  
Fleming Island 5k 4/25/2020  
Annual Strider Picnic 4/26/2020  
May BOD meeting 5/12/2020  
Top Golf Social 5/17/2020  
Memorial Day 5K 5/25/2020  
Destination Beck 5K Palatka 6/6/2020

## Join Your Fellow Striders

*Don't Miss Out On The Fun!*