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the

StrideRight

www.floridastriders.com

Club #225

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Strider Memories

Written by Jack Knee

Sometime in the 1980s, Doug Alred managed the Law Day 5K which had a duration of several years. It was staged early on a Sunday and open to all comers. It featured an invitation to those in law enforcement and drew a large representation of local and Federal law enforcement types and lawyers including several judges. I'm guessing about 150 to 200 entered. It had a certain uniqueness to it. You can see it started on the riverfront just west of Liberty Street, and then turned up to the jail. It was a pleasant run along the Riverfront, then up and over the Acosta Bridge, winding around San Marco, and back over the blue Main Street Bridge to the finish. The smoke you see above the start is Doug Alred's Cannon that boomed at the start and for the first finisher in Doug's races. I did about ten River Runs back of the pack, and I would hear the first finisher cannon roar when I was near Bishop Kenny High School on Atlantic Blvd.

MESSAGE FROM THE PRESIDENT

There's a song that was recorded by Kenny Rogers and Dolly Parton called "You can't make old friends". The message of that song is that old friends are the best friends, and the years of shared experiences can't be duplicated with new friends.

I absolutely agree that there is no shortcut when it comes to getting to know people and building friendships. I also know that there are some people reading this with "old friends" who may not be the best influence.

In our world of running and fitness, we all encounter the negative influence of those who do not understand what we wish to accomplish. This is where "new friends" can be the positive influence to bring change into our lives.

Family members and others close to us can sometimes undermine our objectives, and steer us away from our dreams. This is one of the reasons that becoming involved with a club such as the Florida Striders is important. In one of my previous messages, I wrote about how we, as parents, want our children to associate with positive-minded people. The same is true for us as adults. We choose our associates. Role models are not just for children. We are all influenced by the people we come in contact with each day.

Our running club is a wonderful place to make new friends. We all have the opportunity to be positive role models, and participate in a network of support to our friends in need.

I'm proud to be a Florida Strider, and I am proud to know so many wonderful, and positive-minded people.

Runners do make the best friends!

Regards,
Jon Guthrie



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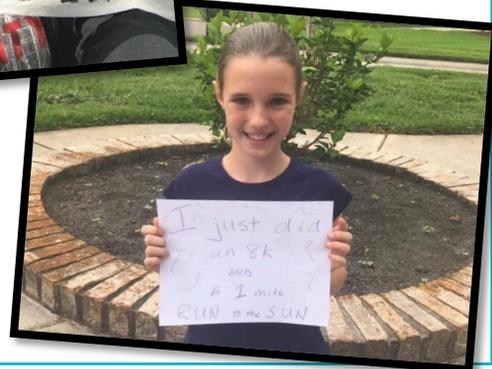
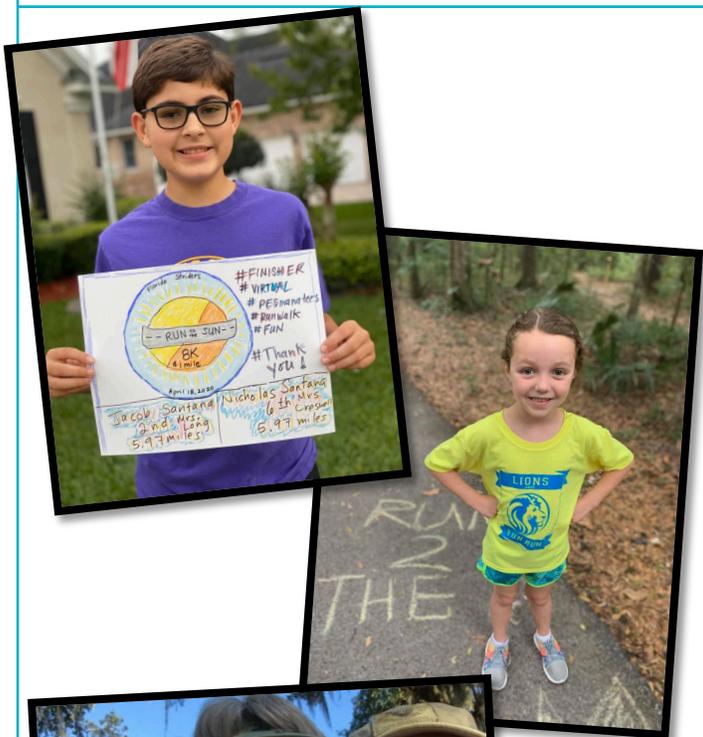
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For a complete list of all directors, personnel, and board meeting minutes, please go to the "about" tab on our website:
www.floridastriders.com

2020 Virtual Run to the Sun Recap

Written by Bill Krause, Race Director

Necessity is the mother of invention, right? The running community was presented with quite the challenge in March when, suddenly, we were told not to gather in groups. No more races, no more hanging out with our friends afterwards either bragging about our times or complaining about our injuries. Thus, the Virtual Run was the next best option. No surprise that we all accepted this challenge and made the most of it. While we did not draw the numbers we would normally have for a regular race, we still fared well enough to keep our community programs going. Directing a virtual run turned out to be a pleasant surprise. People from all over the country joined in: WA, CA, MD, NY, and everywhere in between. 15 states in all! Over 140 people submitted photos on our Facebook post. My favorite has to be my sister and 2 nieces in Missouri who made a Finish Line tape out of toilet paper.



Many thanks go to our Partners who stuck with us: Pinch-A-Penny, Dentistry 4 Children, H2 Health, Kenny Leigh & Associates, Orange Park Medical Center, and Camp Gladiator. A special thanks goes to Sean McCormick and Preston Haskell for each contributing \$500! When asked to donate \$5 to help with the mailing costs, many of you donated a lot more. Some contributed \$25, \$50, even \$100!

I am extremely fortunate 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. We even had a Virtual Fun Run thanks to the Herculean efforts of Carol Macdougall, our Children's Running Coordinator, and Kim Tracanna-Breault from Lakeside Elementary. 297 kids from her school participated! Thanks ladies.

Thanks again for supporting the RTTS and making this Race Director look virtually good!



On March 13, 2020, President Trump declared COVID-19 a national emergency. Largely affected are our first responders because they are first in line of defense for our communities. To show our appreciation, on Saturday, May 2nd, the Florida Striders provided a catered meal for Clay County Fire Rescue – Station 17 on Peoria Avenue in Orange Park. Not only are they first responders, but they also serve as a water station to Florida Striders running in the area! Pictured from left to right, are board members, Amy Bonnette, David Bonnette, Ann Krause, Sara Guthrie, Bill Krause, and Jon Guthrie, along with four of our local firefighters.



Thank you to our Partners for all your contributions. We couldn't do what we do without you!

FLORIDA STRIDER SCHOLARSHIP ESSAY WINNERS

The Florida Striders were able to give out five \$1000 scholarships and one \$1400 scholarship this year. On the next few pages, you will see 3 of the 6 students who were selected and their essays. We are so proud to be able to support these young ladies and gentlemen in their pursuit of running and education. We wish them the best of luck on their upcoming college careers!

What Does Running Mean to Me?

Written by Craig McFarland

The human body is composed of many organs – the heart, the brain, the lungs, etc. – that when worked in harmony, beget great things; through running, I have experienced such harmony and more.

Having become an avid runner through my participation in Marathon High and a Varsity Track & Field, I have come to not only realize but cherish the everlasting impact of running. Running provides me the medium with which I can challenge both my mind and my body harmoniously. To say I completed a half-marathon – 13.1 miles of constant kinesthetic movement – is to say that I have willed my mind and my legs to never give up; to say that I am a part of my school's Varsity track team is to say that I have a second family where we all come to

train ourselves to be the best that we can be. Through running, I have developed the mental willpower and determination to overcome any physical or mental obstacle, be it a calculus problem or a 15K run. Of course, being fit does not just apply to your physical well-being, it applies to your mental and social health – I have been able to better myself in all such areas through my participation running. As a result of my athletic experiences and subsequent success, I have garnered the realization that any feat – be it physical or mental – can be overcome with persistence, patience, and practice.

Before, running meant to me pain – an action we had to do in our gym and PE classes that I would dread with every fiber of my being. For this reason, I am always in absolute shock when I reflect upon how different I am now than I was before I started to run. Now, running to me means progress and community. The memories I have running 5Ks, 10Ks, and even a half-marathon are beautifully adorned with remembered sounds of my friends running by me and supportive onlookers cheering me on. Such long-distance runs, despite physically exhausting, always stimulated my heart and my mind never before experienced and it was in these runs that I have laughed the hardest and have ran my proudest. The memories I have of practicing and running at track meets are filled with faces of some of my closest friends – people I would have never met had I never decided to pick up running. Lastly, through running, I have matured physically, emotionally, and mentally beyond comprehension; for this reason, running to me is synonymous with progress. Even just a year ago, I never would have even imagined that I would be waking up at the crack of dawn to run a half-marathon, or that I would have the commitment to become both a sprinter and a thrower.

Although my life will change drastically as I transition into college, I know that running will remain as a constant for me in this period of nerve-wracking changes. Now and forever, running will mean to me community, progress, and absolute, immeasurable happiness.



What Does Running Mean to Me?

Written by Jessica Fliess

Running means more to me than I ever thought, but I failed to recognize the importance of running until I had to stop. My junior year of high school when I started running during the summer, something was different than any other year, my legs were in constant pain. But I had this mindset that I was used to pain, running long distances and constantly trying to run faster comes with pain but I failed to accept that this pain was different and ignored it. I was very close to breaking my leg and didn't know it. So after about 2 months of on and off running I decided to see a doctor. I had stress fractures and stress reactions in both of my shins in which running one race would have caused my leg to break. I was put in a wheelchair for over two weeks and then crutches for thirteen weeks.

Running not only helped me get in better physical shape but also in better mental shape as it helped relieve stress from school and a busy schedule. When I first started cross-country my freshman year I thought I would hate it but I was doing it because my sister was too, but my injury showed me how much I really loved running with a team and encouraging others. I not only enjoyed running because I was getting faster but also because I loved to see how far I could push myself to get faster, or run a longer distance.

But cross-country and running means a lot to me also because of the valuable life lessons I have learned through my continued dedication and commitment to push myself and others. I have learned, through cross-country, how to continually push past my limits and push myself to be the best I can be. This has enabled me to carry over these skills and use them in my academic and personal life, as well as in my sport. I learned what it takes to be a good leader, as I was one of two of the four year seniors on the cross-country team. I helped and encouraged my teammates to be the best that

they can be and led by example. By participating in cross-country I have developed the skill of time management by learning to balance a heavy academic schedule, extracurricular activities, and practicing for my sport. These skills in time management, leadership, and dedication have allowed me to continue with always pushing myself to reach my goals.

However, by participating in cross-country I have also learned that in order to reach a goal, hard work has to be put in order to get the desired outcome. A goal is not reached unless you work for it to the best of your abilities. Even though cross-country is considered a physical sport it takes mental strength to push yourself to run faster and farther even if you feel like you can't. Thus by participating in cross-country for these four years I have built up my mental strength and attitude that I can reach any goal that I put my best effort into.

So, running means the world to me as it has taught me lessons that I will continue to use and practice for the rest of my life.



What Does Running Mean to Me?

Written by John Wright Stanly

Throughout my time at Stanton, I've been fortunate enough to experience the wonders of Stanton's cross country and track programs. Consequently, it's had a big impact on my high school experience. To me, running is a way to break away from the stress of my academic life as well as help express my school pride for Stanton in a competitive nature.



At Stanton I oftentimes feel drowned in schoolwork. I find the never-ending cycle of continuous schoolwork to be daunting; however, running allows me to temporarily break away from this process. Running enables me to break away from the stress of schoolwork and to enjoy myself. I find running to be personally therapeutic in ways that are hard to parallel. Additionally, the experience of running with your friends is like no other. By being provided the opportunity to run every day with my teammates, I am given the opportunity to forget about all my stress for two hours a day. While fostering and expanding my physical health, running also simultaneously boosts my mental health as well, making me a much healthier person overall. I greatly appreciate the time running gives me to relax from my schoolwork.

Running also provides me the chance to express my school pride. I couldn't see myself anywhere else besides Stanton and I'm very proud of my school. Through sports, I am able to highlight my school's image. Few experiences rival the awesomeness and rush of excitement from winning a sporting event for your school, and the experiences I've had I'll cherish forever. A great example was this last fall when Stanton's Cross-Country team won the Gateway conference title. Being able to see the fruits of your hard work and hundreds of hours running payoff is an unparalleled experience, and I'll never forget the opportunity of being able to give Stanton a trophy plaque for winning Gateway XC. Being able to put your school's name out into the sporting public and beyond is thrilling, and I'll always admire the opportunity to represent Stanton in the world of sports.

Don't forget that you can 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!



Top Ways to Stay Visible While Running

Written by Rachel Gaffney, Outreach Specialist

Running is a great way to enjoy the outdoors and to get in your exercise. When you go running, it is important to make sure you do everything you can to stay visible so you will be noticed by drivers and reduce your risk of being in an accident. Here are some of the top ways to stay visible while running.

- Wear brightly [colored clothes](#) so you will stand out from the landscape. Wear hot pink, neon yellow, lime green, or bright orange so you will get noticed. You can wear a jacket, shirt, jersey, or even a safety vest.
- When it is permitted, run on the sidewalk. If you cannot run on the sidewalk, you should run toward traffic and make sure you keep a lookout so you can get out of way fast should the need arise.
- Stop at all intersections and be sure to make eye contact with the drivers. You want to make sure that they see you before you move on through.
- When running before dawn or after dusk, make sure you are visible. Wear reflective clothing and make sure you have reflective bands on your wrists and ankles. Get reflective tape to put on your chest and back. A flashing LED light can be attached to your back and to your chest, so you are [easily noticed](#).
- Run in well-lit areas. This will help you see where you are going while also making sure that you are noticed as well.
- Don't run too close to the curb because of the debris that usually makes its way there, and that way, you are also more easily noticed by drivers because they will have to go into the other lane to pass you.
- Run predictably and always indicate which way you are going. Never run in between vehicles or cut in and out of traffic.
- Avoid parked cars. Make sure you stay far enough way so that you do not get doored by someone who does not see you when they open a car door. This is especially true where cars are parked along the sides of streets or where cars are in the turn lane letting people out.
- Adhere to traffic laws. Do not jaywalk, and be sure to watch for traffic signals. Be patient and wait your turn.
- When it is dark, carry a flashlight. Turn it on and hold it pointed down in front of you so drivers will see you.
- Run with a buddy. When there are [two runners](#) wearing bright colors to stand out, they will be more noticeable than a lone runner.
- Wear a headlamp. You can get one that you can wear around your head or you can get a cap or visor that has one already attached to it.

With the proper precautions, you can improve your safety and significantly decrease the likelihood of an accident caused by the driver failing to see you. You want to have many years of enjoyable running, so do your part to stand out.

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The Running Review

Written by Vicky Connell

For this edition of the Strideright, I thought instead of just reviewing a book or podcast, I'd review a website that includes books, a podcast, coaching, and more. This is all part of a small empire created by Jeff Gaudette, and his website is RunnersConnect.net.

I started following Jeff Gaudette about a year ago when I heard him interviewed on a podcast. One thing I find very interesting is how many of the podcasters I listen to introduce me to other podcasts. There seems to be a general consensus among them that they support each other in their efforts, and don't just "compete" with each other. I find that very refreshing!

Another thing I've noticed about many people who coach runners and have podcasts and websites, is that they offer much of their information for free, and although they may occasionally hit you up for personal coaching or purchasing an online class, for the most part, it's not so much that it gets annoying. Plus, there seems to be so much free content that is excellent material, that I don't mind making a purchase here and there to support their efforts since I'm getting a great benefit from them.

After I listened to Jeff Gaudette, I went to his website and browsed through a ton of information, and eventually signed up for one of his free classes. It truly was free (no gimmicks or "gotchas"), which rather impressed me. Plus the info he was putting out was science based, informative, and followed along with things I already knew. I was impressed that I was actually able to learn a few new things as well.

I also bought his book (I needed a new book to review!) called "EASY RUNNING PLANS Total-Body Training for Speed, Strength, and Endurance". I know – quite a mouthful! But the book does deliver exactly what it says, including beginner training plans for the 5K to the Marathon. It gives great descriptions of how to include strength training along with your running, and how to mix in speed work, drills, and other things to make you a better runner. One of the best things about the book was the correlation with his website, which had videos of all the drills and exercises in case you don't quite get it just from reading. What I especially like about his videos is they get right to the point, and are very short. A definite plus!

Another thing offered on Runner's Connect is personal coaching. You can get everything from personal one on one coaching to custom training plans with an online platform. If you've never tried personal coaching, it's a great help when you're training for a particular goal. Even for experienced runners, we don't always make the smartest coaching decisions for ourselves. It's very helpful to have someone on the outside giving us advice to either go harder, or take it easy when required. So last year after getting several emails with an opportunity to get personalized training plans for only \$29 a month, I decided to give it a try.

The best part about having a training plan is that it takes the decision about what to do out of your hands. You don't have to think about it, you just do it. Someone else gets to figure out what's appropriate for you at whatever level you're starting from. Once I signed up, I had to fill out a

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questionnaire about my running and preferences. Within just a few days, I had a personalized training plan! I really enjoyed using it, and having ideas for workouts that I might not have thought up myself.

The best part about using this online plan was that I was able to easily make adjustments as my schedule dictated. It was easy to contact a coach to ask questions, and a few times I had them make overall adjustments – such as when I hurt myself jumping out of a plane and couldn't run for a few weeks! The coaches were very supportive, and you can also get involved with their other clients in the running community.

I eventually dropped the coaching when I decided to scale back a bit and wait until races resume before I train hard again. But I really enjoyed the experience and I highly recommend them, especially if you've always wanted to try a coaching program but wanted something less expensive. Their rates are exceptionally low, and you get out of it as much as you want. For everything he does, I give Jeff Gaudette (along with all his coaches, website, podcast, etc.) a 5 out of 5 rating.

Continued from front page

Since many of the entrants on Saturdays were writing briefs, touching up trial strategy and things along that line is why I believe it was staged early Sunday morning. I found finishers could still get home, shower, eat and make it to their church by 9:30 or 10:00 A.M if that was their choice. But, while I have no proof since we live in the Bible Belt, it is possible the church people complained and drove it off?

PS: that big ship was tied up for years there in the old shipyards after repairs and enmeshed in various lawsuits and insurance contests since it was under a Liberian Flag and had shady owners hidden by those red herrings.

Ed Root 10K

<https://legacy.usatf.org/routes/view.asp?rID=72271>

This map is not the Ed Root 10K I ran several times in New Smyrna Beach. While the first four miles were split on the paved road and the very wide dunes boardwalk out toward the Coast Guard station, the final two miles headed south on the hard packed sand like in Jacksonville, St. Augustine, and Daytona.

A classic route. There was plenty of free parking at the public locker rooms with showers near the start/finish. It was truly unique. I don't know if it still exists or why they dropped the sand part?

A little bit about Ed: Ed Root died in his eighties about twenty years ago. As a young man in Connecticut he earned a track scholarship to Penn State. However, he told me that this offer was withdrawn when it was learned he accepted \$6.00 from winning a track event. This was in the days of Simon Pure amateurism like when the Olympic Medals earned by Jim Thorpe were later rescinded. Unbelievable today.

Ed joined the U.S. Army for over twenty years and retired to a mobile home park in New Smyrna Beach. When I joined the Florida Striders in 1983, Ed was about age 75. He ran many local runs in north Florida. I recall that often he donated \$100.00 to the Striders and the Ancient City Road Runners after a run. A nice man.

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This photo originally appeared in the April 2008 issue of the StrideRight. It is from the 1989 Ed Root 10K in New Smyrna Beach. The course was two miles on elevated boardwalk in marsh near the Coast Guard Station after two miles on hard road. The final two miles were on beach back to the bathhouse. Photo courtesy of Jack Knee. Special thanks to Michael Knee for touching up the photo. See inside for the article.

Pictured from left to right: Betty Cornett, Frank Morse*, Chuck Cornett*, Ron Weinert*, Ed Root*, Nick Wigelius, Ernie Heisman, and Jack Knee.
*Deceased

