

the

StrideRight

www.floridastriders.com

Club #229



What's Your New Year's Resolution?

Written by Vicky Connell

After many years I learned that simple, uncomplicated resolutions are the ones I stand a chance of actually keeping - even better if it's only one resolution, and not multiple ones to remember. So, with that in mind, my resolution this year is to find a somewhat local trail to run or race on at least once a month. Hopefully I'll do more, but I'm the kind who prefers to run out my door without having to drive anywhere, so we'll see how that goes. Normally my only trail race of the year is the Angry Tortoise, which is one of the easier trails to navigate. But, like many others, I decided that with the pandemic in full force, this was the year to get away and find more trails.

It all started earlier this year when I heard there was a trail opening up at Black Creek. For my first time, my daughter Marissa and I took the dogs and walked around. It was a nice little trail and good to get off the pavement. Plus it was close by! But I quickly learned that you must be careful on these trails – it's easy to catch your toe on a root and down you go!

One thing I've learned in my running career is that most runners pound the pavement way too much, and often end up with injuries. Some of these are caused by doing the same thing over and over, resulting in "overuse" injuries. Sometimes it's caused by running on roads that have a steep "cant", which means one foot always lands higher than the other. Over time, it can cause an injury to your hip or other parts of your leg. One way to counter both of these is to run on trails that make your feet and legs work differently since

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Message from the President



The year of 2020 has brought difficult times to many people, for a variety of reasons. As a club, the Florida Striders Track Club, has also faced challenges. Our primary source of revenue has been the race events we host, and the membership dues we collect. Our numbers in both of these areas have decreased. We expect live running events to make a comeback in 2021, but nothing is for certain.

Fortunately, we have funds in reserve so that we can continue to support local projects such as our Children’s Running Program, and offer scholarship money to help young men and women with college expenses. There are a couple of simple things our members and friends can do that will help ensure that we can continue to do good for our running community. First of all, make sure that you are up to date on your dues. Time goes by very quickly, and you may not be aware that your membership has expired. Many of our long-time members are presently delinquent in their dues. Please log in to our website www.floridastriders.com and verify your membership status. You should be receiving an email notification prior to your membership expiration date. If you have questions about your status, just send us a note.

Also, please sign up for our running events. Participation is vital to the success of the events we host. Even if you don’t run, it’s wonderful to walk, support your club, and be part of the fun!

In order to help control expenses, and have a better effect on our environment, we have decided to “go green” with our newsletter, the StrideRight. Beginning with the March-April edition, we will no longer provide a mass paper mailing to members. The newsletter is always available on our website, and we provide a link to it through our Facebook page, as well as in an email to our members. Most of us are already used to paperless billing and electronic communication, so you won’t notice a change. Less paper in our lives can be a blessing. However, if you absolutely feel the need for a paper copy, let us know, and we will try to accommodate you.

Questions and suggestions are always welcome.

Best regards, *Jon Guthrie*

A Big Thanks to our Partners!



Races to Remember

Strider Members recall some of their favorite races from the past or just favorite places to run in general.



Peak to Creek Marathon

Run by Mae Barker

This marathon is a point-to-point course through pure NC mountain heaven in the fall. It is a small race limited to ONLY marathon runners, which I think is awesome. When my hubby Zach and I ran it, we camped the night before at Brown Mountain Beach Resort (<http://brownmountainbeach.com>). This is where you take the bus in the morning of the race to the start and also serves as the finish. Note: the resort is a great place for a run-cation any time of the year. During the marathon, you run on dirt roads by a mountain stream. The race is in October so you are treated to fall leaves and cool weather. If you are looking for a post-COVID marathon, I would check this one out. It is a Boston Marathon qualifier and is mostly downhill (but watch out that you don't run those downhills too hard or you will burn up those quads)! <https://runsignup.com/Race/NC/JonasRidge/PeaktoCreekMarathon>

Continued on next page

Blaze Pioneer Trail Run

Run by Mike Martinez

On December 12, 2020 (30k/50k) and December 13, 2020 (15k), the Inaugural Blaze Pioneer Trail Run was held in Middleburg in Jennings State Forest on the Pioneer Trail. There were several Florida Strider members in attendance, and Race Director/Board Member, Mike Martinez (who is also the RD for the Run to the Sun), said that the participants LOVED the beautiful trail. They could not believe such a challenging and diverse trail like this was in Florida. Strider members Zach Hanna and Mae Barker took home the Male and Female Masters award for the 30k. The proceeds from this event went back to Safe Animal Shelter in Middleburg and to the Friends of Florida State Forest in Middleburg. If anyone is interested in doing any group trail runs on the gorgeous trail, they can go to their FB site: Blaze Pioneer Trail Run 15k/30k/50k, which several members run every weekend and several times during the week.



Bay to Breakers 1985

Run by Jack Knee



By 1912, San Francisco had finally been cleaned up from the 1906 Earthquake. Part of the celebration was to have a 12K run from the Embarcadero (where the rubble had been pushed) to the ocean. Later, it was named the “Bay to Breakers”, and in 1986, had 110,000 participants. The year before, it had nearly that number, and I was visiting my late father’s brother in San Fran and had entered the run.

Mark Twain was once quoted, “The coldest winter I ever spent was a summer in San Francisco.” This led to me and thousands of others in the May weather to wear and discard in the first few hundred yards, acres of sweatshirts we wore huddled up at the Start. They were collected for homeless shelters.

A racing team term, “Centipedes”, is unique for this run. This is a group of 13 runners attached by

cord or any other method. The Cal Poly Aggies had been undefeated for decades and boasted that they always beat the first woman finisher. However, in 1985, the organizers brought in Olympic Gold Medalist Joan Benoit, and she beat the Aggies by one minute: a time of 39:55.

By the way, a chain of 13 required a different starting area, and to make up for it, the centipede teams had to make a full 360 degree “Lenichi Turn.” When I inquired how did it get that term, the reply was: after a Polish surveyor named Iगतoo Lenichi who made the measurements to ensure both courses would be equal.

The Aggies sought revenge in 1986 and Benoit returned along with Greta Waitz, the Norwegian female winner of six NYC Marathons. Benoit faltered atop the Hays Street Hill, which is about the same angle as the Hart Bridge (but three times as high). However, Greta beat the Aggies by 5 seconds.

There was a huge collection of costumed runners. Many fire departments ran in heavy coat, fireman’s boots, hard fireman hat, and many passed me by in groups of six with a long ladder carried. A paper maché whale was 70 feet long. A huge red lobster with claws seemed to be half a city block, and on and on. A centipede of local tort lawyers in three piece suits chased a cardboard ambulance, tossing their business cards to the massive crowds who handed out beer along the distance.

It ended in a mammoth park with several bands booming, and for \$5 we got a great box lunch – delicious sandwich, cold apple, a sweet, and a bottled beverage. After wandering by clouds of pot smoke, I found a spot to enjoy the music, atmosphere, and lunch. A few days later, half the airplane passengers were wearing the finishers T-shirt handed out, similar to the Peachtree Run. The main sponsor was the Hearst Newspaper, but they have fallen on harder times. I see that in May 2019, it was down to 50,000 runners. Everyone should try it once.

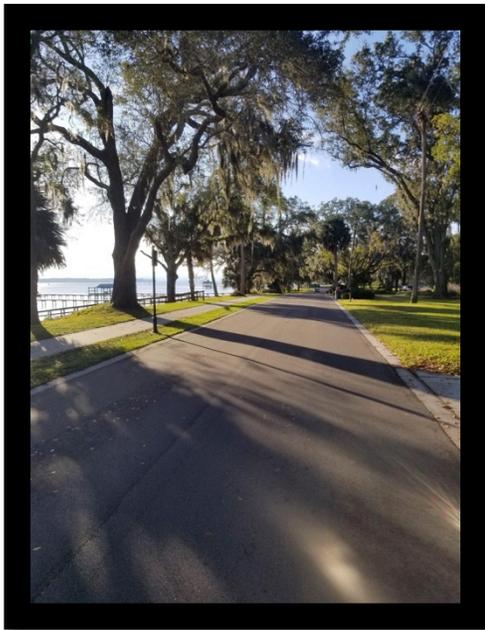
The Resolution Run

January 16th 2021

5K @ 8:00am

1-Mile Fun Run @ 9:00am

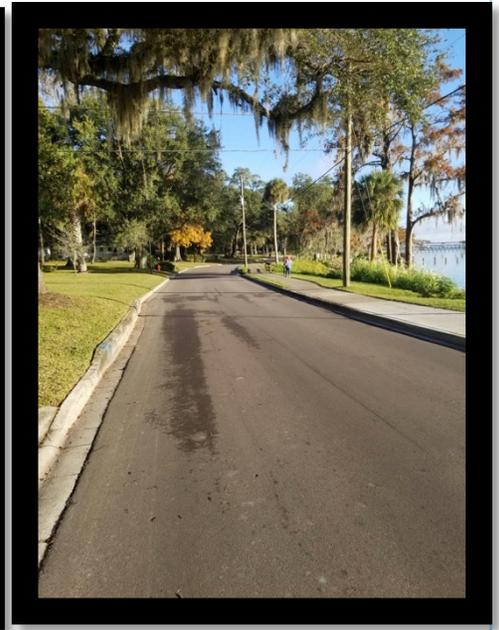
- ✓ Long sleeve cotton t-shirts (early packet pick-up is recommended to ensure you get the size desired)
- ✓ Wave start – socially distanced
Waves are filling up – register NOW!
- ✓ Overall, Masters, Grandmasters, and Age Group Awards
- ✓ \$100 Visa Gift Card to 1st Place Overall male and female courtesy of NEFBA Apprenticeship



Headed south just past start line (should feel easy here!)



Headed north with about 1.2 miles to go (time to kick it up a notch!)



Headed north on River Road toward finish line (almost there!)

Special thanks to the following sponsors for making the 2021 Resolution Run possible:



Clay County



Amateur Radio Emergency Services



Time to Get Back Out There!

Written by Mike Mayse, Race Director

“The prime objective of the Florida Striders is to promote and encourage running by educating the community on the benefits of physical fitness and sports.” This year our mission has been greatly affected by the pandemic - no surprise there. For us to succeed, we must raise enough funds to support our programs. These include our Children’s Running programs, our annual scholarships, and so on. We spend thousands of our hard-earned dollars on these programs every year. If we are to stay solvent and continue to provide this community service, we must bring in at least as much as we spend. This year the revenue from two of our major income streams; the Run to the Sun 8K and Memorial Day 5K were severely diminished due to having to go virtual. These two races and the Resolution Run 5K are the primary sources of our funding. The Hog Jog Cross Country 5K is our last major fund-

raising event of the year.

Putting on a 5k race is not as easy as one might think. Work starts months in advance and there are a multitude of logistical processes. This year there was a lot of discussion about if we should move forward with the Hog Jog. After much consideration, the Board of Directors decided we needed to do something to bring about some normalcy to this otherwise very strange year, so we decided to go for it. At this point the idea was to have the race and attempt to at least break even. Community service versus profit was the goal for this event. All the COVID requirements added an extra layer of complexity but we needed to do something.

Over the last few years, the Hog Jog has not been a primary source of income for the club. Many of our past Race Directors, as well as myself, have tried numerous ideas to bring participants out to the park but nothing has had much impact. We came close to pulling the plug on this event, but we continue to try, try again. Resources and logistics for putting on a 5K for 500 runners are not significantly more difficult than a small group like we routinely have at the annual Hog Jog. This year participation was an all-time low with just 77 finishers, but all of us that worked diligently to put on a safe event consider the 2020 Hog Jog a success when all constraints are considered.

We could not put our races on without the financial backing from our sponsors. It is their support that allows us to continue with our programs. This year the Hog Jog turned a small profit because of their donations. Sponsors for 2020 Hog Jog were:



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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.ameliainlandrunners.webs.com/kbendy/rrcaca.htm

Please see each race’s website for specific information on COVID safety and social distancing guidelines. Also note that some races may have a virtual option as well.

DATE	RACE	TIME	RACE DAY LOCATION	WHERE TO REGISTER
16-Jan	Resolution Run	8:00am	bestbet Orange Park Kennel Club	www.floridastriders.com
23-Jan	Hellcat 50k & 30k/10k	8:00am	Military Museum of North Florida, Green Cove Springs	www.1stplacesports.com
30-Jan	Go Green Winter Beach 5 Mile Run	2:00pm	75 1st Street N, Jacksonville Beach	www.1stplacesports.com
6-Feb	Angry Tortoise 50/25K Trail Run	8:00am	Cary State Forest	www.floridastriders.com
13-Feb	5k/8k Superhero Run	8:30am	156 Kingsley Avenue	www.1stplacesports.com
6-Feb to 14-Feb	Donna 1/2 & Full Marathon	anytime	anywhere	www.1stplacesports.com
27-Feb	Ortega River Run	8:00am	St. Mark’s Episcopal School	www.1stplacesports.com
6-Mar	MOO-VE IT 5k	8:00am	101 E. Bay Street	www.1stplacesports.com
14-Mar	St. Paddy’s Run 5k/10k	8:00am	Evergreen Cemetery	www.1stplacesports.com

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!



Continued from front page

the terrain is widely varied. This generally makes your feet and legs stronger and may help with the injury issues when running only on pavement.

For a long time I envied my northern friends who seem to have so many more options for trail running than here in Florida. But that seems to be changing. Of course Florida trails bring some unique challenges – mainly heat and bugs! But this time of year, neither of those problems seem to be an issue, so it's a great opportunity to see some of the new trails opening near by.

A few months ago my husband Jim and I took our dogs for a walk to the Black Creek Ravines Trail. This trail is out towards Middleburg. The trailhead was easy to find and there was plenty of room for parking. After that, it got kind of adventurous as the trail wasn't as clear as we would have liked. However, we found our way and it eventually led us to an overlook of Black Creek, which was beautiful and made the trip worthwhile! That time we neglected to take bug spray and Jim ended up with a bad case of chiggers, so lesson learned... I haven't forgotten my bug spray since!

Soon I began hearing about the Blaze Pioneer trail in Jennings Forest, which is practically in my back yard. Mike Martinez connected me to a group of runners that do this trail regularly and I jumped right in. My first time running this trail, I did a nine-mile loop. I was shocked to discover this trail had quite a bit of elevation and there was a lot of uphill walking. Also surprising were the waterfalls! Yes, they were small, but definitely waterfalls and very pretty.

Last weekend, I raced the inaugural Blaze Pioneer 15k. There was also a 30K and 50K, but I wasn't ready for that distance. I managed to make it within a half mile of the finish before I took a tumble. Thankfully I just got some dirt on my hands and knees and nothing



was damaged! It was such a different way to race than I'm accustomed to doing. I highly recommend it!

I also learned that there's an App for your phone called AllTrails. It helps with maps and navigation of trails all over the country. But it's definitely not perfect. For Thanksgiving we went camping in Alabama and hiked around a bit. None of the trails in our State Park guide matched the ones on the app. Oh well – at least the map shows where you're located!

So this year I've done more trail running and hiking than ever before, and it's something I plan to do as much as I can in the future. Hopefully it will help keep my head clear and my body strong. I keep hearing about more trails in our area that I never knew about before, so I plan to keep exploring as many as possible. I hope you'll consider doing the same! It's a simple, uncomplicated resolution to make for 2021!

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Pinch-A-Penny (Mandarin) \$375
 H2 Health \$333
 Camp Gladiator \$125
 UF Health \$125

Sponsors provide the funds but without volunteers to make it happen, Strider events would go the way of the Dodo bird. Many thanks to an excellent team. There is no way I would ever be race director again without Bill Krause. He makes this job easy. He knows what needs to be done and gets it done. No fuss, no muss. That is probably why I consider him my brother from another mother. Heading up our registration team Sara Guthrie, Kathy Murray and Wendy Schaeffer did an outstanding job while observing COVID mitigation requirements. Suzanne Baker, that's Coach Baker, brought a whole herd of wonderful young folks from her school to manage the course. Suzanne and her most excellent husband Chris went out to the park the evening before the race to get the course ready. Other volunteers included Ann Krause, Teri Rose, Jean Shubert, Jon Guthrie, Frank Frazier, Dave Townsend, Randy Hill, and Perry Pelham.

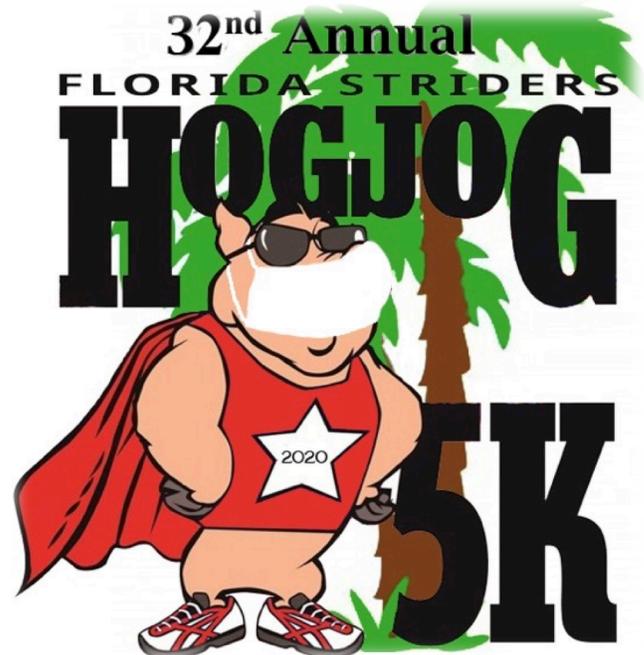
The club is extremely fortunate to have outstanding support from Tracey Armon with Kohls Department store. She has been instrumental in providing thousands of dollars from Kohl's community support programs to the Striders over many years. She and her team unfortunately could not join us this time. We also owe a big thank you to 1st Place Sports for many years of excellent support. Tony Costanza was their man on the scene for the Hog Jog and he is a pleasure to work with. Finally, a big thank you to Scott Roberts and his team from Clay County Amateur Radio Emergency Services. Race after race they come and provide communication and safety services to us at no cost except for a few t-shirts. That is a good deal.

One income stream that does not get addressed very often is donations made during registration. This year for HJ5K we received (\$257):

Frank Frazier	\$50
Terri Rose	\$50
Matthew Stratton	\$25
David Myroup	\$25
Tess Myroup	\$25
Steven Tuten	\$20
Julie Metheney	\$10
Darryl Johnson	\$10
Stephen Beard	\$10
Kathy Murray	\$10
Deborah Cook	\$5
Justin Peterson	\$5
Justin Jones	\$5
Megghan Brooks	\$5
Linda Brown	\$1
Kenneth Brown	\$1

Overall, the race was a success. The numbers were not what we hoped for but in these extremely weird times we take what we can get. Now, go sign up for the Resolution Run 5K!

https://thedriven.net/event.race_reg/aid/38735235789



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Michele Pelham	Perry Pelham
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Zach Hanna	Mike Martinez
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