

StrideRight

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www.floridastriders.com

November-December 2021

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Join Us for the Hog Jog 5k!

Pretty cool shirt, huh? Yes, this could be yours if you sign up for this great race!

The Florida Striders Hog Jog 5K is Nov. 20th. This trail run in Ronnie Van Zant Park has been a tradition for 34 years now!

Still not comfortable running in a group? How about volunteering? Not comfortable doing that either? Then please consider making a donation to our club. You can do any and all of these by going to the registration site.

All of our local non-profit organizations are having a tough time raising funds for their community programs right now, so any help

you can provide would be greatly appreciated!

Details

- Register at our website, www.floridastriders.com, click on the link at the bottom of this page, or walk into any 1st Place Sports store.
 - Online registration closes at noon on 11/18, and store registration closes at 6pm on 11/19, but you can still register at the race Saturday morning starting at 7:30.
 - T-Shirts for the first 300 pre-registered runners.
 - Packet pick-up race day only starting at 7:30.
- (Sorry, no refunds unless the unthinkable happens and we have to cancel the race due to COVID. We would not be able to refund any processing fees, however.)*

Thanks and remember to take care of yourself and others, please!

Any questions? Mike Mayse is the Race Director, and he can be reached

at (904) 238-3650 (leave a message or text), or you can email him at jaxmjm@gmail.com

Register here: https://thedriven.net/event.../site.race_reg/eid/39840024589

Save The Date!

1st Grand Prix race
of the year!



Message from the President

2021-22 Key Persons and Board of Directors

Officers

President: Jon Guthrie

president@floridastriders.com

Vice President: Mae Barker

vpresident@floridastriders.com

Secretary: Sara Guthrie

froggyskg@comcast.net

Treasurer: Bill Krause

treasurer@floridastriders.com

Directors at Large

Kathy Murray Jack Frost

Scott Hershey Shelly Allen

Suzanne Baker Josue Velazquez

Zach Hanna Mike Martinez

Jon Guthrie Sara Guthrie

Bill Krause Dave Allen

Tiffany Heitman Darryl Herren

Bernie Berania Emma Millson

Race Directors

Resolution Run: Justin Sorrell

resolutionrunrd@floridastriders.com

Angry Tortoise 25K/50K: Mae Barker

mae@facesjax.com

Run to the Sun 8K: Mike Martinez

rttsrd@floridastriders.com

Memorial Day 5K: TBD

run2day4life@gmail.com

Hog Jog 5K: Mike Mayse

mjmayse@comcast.net

Coordinators

Children's Running: Carol Macdougall

carolmacdougall@bellsouth.net

Track Coordinator: Vicky Connell

vickyjc@comcast.net

Membership: Eugene Biala

membership@floridastriders.com

Social: open

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: Bill Krause

billkrause615@gmail.com

StrideRight Editor: Tiffany Heitman

striderighteditor@gmail.com

It's hard to believe we are approaching the end of another year. 2021 has been a challenging year for our club and many of our members. Getting back to regular racing events has really helped me to regain a feeling of normalcy as we recover from this pandemic.

Coming up real soon, on November 20th, is the Hog Jog 5K. Please sign up and support your club for this fun event at Van Zant Park. Remember, our races are our primary source of funds, so we need as much participation as possible!

Then on Christmas Day, December 25th, we expect to have our traditional early morning run and fellowship time in Orange Park. It starts early and ends early so we can also enjoy our Christmas family time!

On New Year's Day, 2022, we have a group that will take part in the annual Polar Plunge at Jacksonville Beach. It's a surprisingly fun event that happens promptly at 9:00am and is over very quickly. More information will be posted as we get closer to that date.

Resolution Run 5K is scheduled for Saturday, January 15, 2022. We have a new race director this year. Justin Sorrell is handling the RD duties for this upcoming event. Thanks, Justin, for stepping up! On Saturday, February 5, 2022, Mae Barker and the Florida Striders are hosting the Angry Tortoise 25K and 50K at Carey State Forest. Links to sign up for both of these races can be found on our website.

March 5, 2022 is the date for the Gate River Run 15K put on by our friends at JTC. At this time, we expect to be back to our usual pre-race and post-race hospitality area for our members. Please make sure your membership dues are up to date, and put this on your calendar. This is always the single largest gathering of our members each year! More information will be provided when it becomes available.

Last month (October) we celebrated the 43rd anniversary of our club. The Florida Striders Track Club was founded in 1978, and we are still going strong! I'm proud to be a part of this fine organization, and you should be too. Although my time as board president will be ending in April next year, I expect to remain actively involved in serving our members. I encourage everyone to consider ways you can help grow our club. We are always in need of new people and new ideas. Be active and do good stuff!

Best regards,

Jon



Volunteer Hall of Fame Welcomes Bill Krause

Talk about the unexpected. What an honor! I was inducted into the Striders Volunteer Hall of Fame recently. Annie and I moved down here from Michigan in 2006, and we joined the Striders not too long after that. I remember those days. That's when I could actually run. Boy, that ship has sailed. Anyway, we were in awe of how much the Club did for the community and wanted to be a part of this. We joined the Board in 2009, and before you know it, we were the Social Directors. We did that for 3 years until I traded in my hat for the Treasurer position, and Annie started working on the Race Volunteer Committee. I have also served on the Scholarship Committee since 2010. What a rewarding experience! Seeing the kids' faces when they receive their "big cardboard check" just really makes your day.

I retired from my paying job in 2014 and went full time with my more rewarding, non-paying job with the Striders:-). I added the title of Race Director for the Resolution Run 5K and for the Run to The Sun 8K to my other duties in 2015. Thankfully I didn't muck them up too bad before turning over the reins this past year. The people in this club continue to amaze me and I am so proud to be a part of this wonderful group, and honored to be in the Volunteer Hall of Fame. Does this mean I can retire? Just kidding, sort of.

I want to take this opportunity to ask everyone, especially our younger members, to get more involved with the club. You will be doing yourself and your community a big favor, and you will feel great! Our club is over 40 years old and a lot of the same members have been volunteering for years. It is time for some fresh faces with fresh ideas to take over please!

Thank you very much!

Bill Krause





We are very pleased to announce the members of our 2021/2022 Florida Striders Running Team:

Shelly Allen
Trish Mandelare
Randy Arend
Nick Camarata
Bernie Powers
Adam Cross
Kira Roberts
Jean Schubert
Jennifer Szala

Steve Beard
Jon Guthrie
Bill Darfler
Joni Neidigh
Dena Gaucher
Matthew Stratton
Rebecca Stratton
Kim Lundy
Allie Knotts

**Welcome to
the Team!**

**We are
Thankful
for our
Partners in
Running!**



Congratulations to our Striders Boston Marathon Finishers!

Dan Adams
Britta Fortson
Christina Mitchell
Regina Sooyey



The 2021 Jacksonville Senior Games

Congratulations to our Florida Striders who participated in the 2021 Jacksonville Senior Games.

George Hoskins placed 2nd in the 800-meter run, and 1st place in the 1500-meter run. **Jan Bullock** placed 3rd in the 50 and 100-meter dashes, and 2nd in shot put. **Jean Schubert** served as the Torch Bearer. **Denise Dailey** placed 1st in the 1500-meter race walk. We also want to recognize **Darryl Herren** for placing 2nd in the javelin and softball throw at the Gainesville Senior Games. Finally, a big thank you **Vicky Connell** and **Shelly Allen** for sharing the details of your incredible performances at the Senior Games!

Senior Games 2021

By Vicky Connell

For those of you who have been following my journey of the torn meniscus, you know that I finally had surgery at the end of July, and I'm slowly learning to walk and run again. It's not a fast journey, but fortunately for me, as a lifelong triathlete, I've got swimming and biking in my wheel house as well. They have helped me to not go insane, and not get totally out of shape. There were a few weeks where I couldn't do any exercise at all, but fortunately I got through them without committing any crimes.

Which brings me up to October 1st, when I participated in the senior games. For those of you not familiar with them, they are sponsored by the city of Jacksonville and happen every year around October or November. There are many, many sports (even bowling and pickleball!), and I know quite a few other Striders participated, especially in the running events. Of course for me, swimming is what I'm best at, so that's what I did.

This year was particularly fun for me. I've been swimming at my local Esporta Fitness Club (formerly LA Fitness) and this year I got to know two gentlemen who I noticed swim very regularly. I told them both about the games, and they were excited to sign up and participate as well. One of them was an experienced swimmer like me, and the other had only been swimming for two years (a reformed runner with too many injuries!). Even better, they invited others as well, so it was quite a group that showed up to race that day. It was especially fun to watch the new swimmer do his first race. He had worked really hard in the pool, trying to bring his times down. As it turned out, he performed even better than expected, which was fantastic!

As for me, I also did better than expected, and placed 1st or 2nd in all three of my races. Swimming for me is a lot like running – I tend to do better in a race than any time in practice.

So what's next? As it turns out, for swimming at least, if you place in the top 4 in your age group, you qualify to enter the State competition. And then there's nationals, which happen every other year, and just happen to be next spring. But alas, the dates for both are not especially good for me, so I'm not sure if I can participate. But I'm glad I got to race since running races are out for me right now. It's good to have goals and something to look forward to!

If you're interested in getting involved next year, just look up Jacksonville Senior Games and you'll find all the important info. So what are you looking forward to?



Continued on page 14



1st Grand Prix race
of the year!

Start the year
off right!

Long sleeve
cotton t-shirts and
Finishers medals

Our Runs Benefit Local School's Run/Walk Programs



Saturday, January 15th, 2022
5K Starts at 8:30am & 1 Mile Fun Run Starts at 9:30am
Location: bestbet Orange Park - 455 Park Avenue

- Overall winners and awards 3 deep in each age group.
- Register at https://thedriven.net/event.race_reg/eid/40459015679 or scan the QR code below
- Online registration is available until noon Thursday, Jan. 13th, or register at any 1st Place Sports store thru Friday, Jan. 14th
 - Day of race registration onsite opens at 7AM.
- Race Director: Justin Sorrell - resolutionrunrd@floridastriders.com

ENTRY FEES

	Striders	Non-Striders	Kids 13 & Under
Until Jan. 2nd	\$22	\$27	\$15
Jan. 3rd - 14th	\$27	\$32	\$20
Day of Race	\$35	\$35	\$35

PARTNERS



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

Jenny's Pennies: The COVID Years!

2020 and 2021

By Jenny Allen

After missing our first anniversary celebration in many, many years and after having had our third COVID vaccination, it was time for Richard and me to get back to socializing with our Strider friends. Last year the 2020 party went on as

usual but without us and many other folks who were concerned about health issues of the COVID 19 virus. Thanks to the new vaccine, many of us felt more comfortable attending this year. Hopefully next year even more people will feel safer and ready to return.

We are still loving the Beach Bay Pavilion at the Clarke House Park, where we met again this year to celebrate the birthday of our amazing club. We had at least 36 attending and in addition, Dave Allen brought his Angry Eagles cross-country boys and girls teams from Fleming Island. It was refreshing to see these young kids participating with us. Thanks to Dave for inviting them!



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AMERIS BANK MARATHON STRIDER WATER STOP

Please join us for the Florida Striders water stop at the Ameris Bank Marathon on December 12th! It's a lot of fun cheering on the runners, (including a lot of your own club members), handing them cups of water, and frankly, it's just the right thing to do:-)

The Striders have a long history of helping the community, including this race, and some of us are tired, so we need some fresh faces to take over please.



**JOIN US ON
DECEMBER 12**



We set up on Mandarin Road inside Walter Jones Park near County Dock Road. You can check out the course map on the race website at 1stPlaceSports.com

We see the runners going out about the 12.5 mile mark, and about the 17 mile mark coming back.

We need at least a dozen volunteers, so please let us know you can help. You get a free race t-shirt and maybe even a donut:-)

We set up at 7am, and are done by 10:30 or 11am.

Email Bill Krause at treasurer@floridastriders.com to let him know you are coming!

See you there!

Florida Striders Scholarship Essay Winners

The Florida Striders were able to give out four \$1000 scholarships and one \$1500 scholarship this year. Below you will see the remaining student who was selected, along with her essay. We are so proud to be able to support these young people 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 Anna Albertelli



When I was entering into high school, I did not decide to get into running because I enjoyed it. In fact, I had never run before my freshman year. I

My whole freshman year, I was physically present at practices,

but not mentally. I ran my first 5k in 32:00 and finished the season in 28:00. Pretty good improvement, but since I was a freshman I was just naturally getting into shape. I never really thought that running could give me anything. I showed up. I ran. That was it.

My sophomore year, however, things changed quite a bit. At the beginning of the year, my family was moving for financial reasons and my older brother was admitted into a hospital for mental health. I was crushed. I did not know what it was my family had done, or did not do. I felt so many emotions, and did not know how to express them, so I ran. Anytime there was a practice, I was there.

People always talk about that “runner’s high,” and for me in that time, I lived for it. While the rest of my life was so stressful and chaotic, running kept me sane and gave me something to look forward to. While I used to think the simplicity of running was a bad thing, I

later learned to cherish it. I ran. That was it. All of my frustrations at people and at the world were forgotten as I got lost in the motions.

Remember when I said my first 5k of freshman year was 32:00? Well, my first 5k of sophomore year was 24:00. I learned to use running as my outlet, and instead of wasting my energy on being upset and complaining about life, I put it towards becoming a better runner. Each race was a chance to prove how much I had worked and how much I had overcome.

Now, as I approach the end of my senior year, I am able to look back and realize all that running has given me. One, it has given me hope. As I continued to run through my sophomore and junior years, things seemed to get better for me and my family. My brother recovered and I was fortunate enough to remain at my school with my friends.

Two, running has taught me to not cower in the face of adversity and difficulties, but rather to face them with courage. While I have faced many challenges in my life, running has given me the qualities of determination and drive. If I did not have running as an outlet during those times, I’m not sure I would be the person I am today.

It gave me hope and courage in a time where I thought there was none, and for that, I am forever grateful.

Amy Bonnette
 Danny Cole
 Denise Dalley
 Ceci Dunham
 Andrew Kirchert
 Lila Kirchert
 Aiden Kirchert
 Jamie Kirchert
 Allie Knotts

MEMBERSHIP

NEW & RETURNING MEMBERS

Kimberly Lundy
 Patrick McEachin
 Jamie Mealor
 Mark Peterson
 Kira Roberts
 Charlotte Skaggs
 Steven Tuten
 Jamie Williams

The Florida Striders Track Club is a family oriented club that stages five 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, race results, and items of general interest. See our website, www.floridastriders.com, or contact our Membership Director, Eugene Biala, 904-778-9502, or email membership@floridastriders.com for more information. Complete the membership application below and come have fun with us.

Florida Striders Membership Application

<input type="checkbox"/> New <input type="checkbox"/> Renewal		
Last Name	First	MI
Address		Apt#
City		State
Home / Cell Phone		Alternate Phone (Optional)
Email Address (Print clearly)		Annual Dues <input type="checkbox"/> Family \$25 (2 years \$50, 3 years \$75) <input type="checkbox"/> Single \$20 (2 years \$40, 3 years \$60) <input type="checkbox"/> Junior \$15 (2 years \$30, 3 years \$45) (under 18) <input type="checkbox"/> Senior \$15 (2 years \$30, 3 years \$45) (Age 65 +)
Would you like to make a donation to the Children's Running Program? <input type="checkbox"/> \$1 <input type="checkbox"/> \$2 <input type="checkbox"/> \$5 <input type="checkbox"/> Other amount \$_____		Signature _____ Date _____
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 7841 Longhorn Cir E. Jacksonville, FL 32244 Revised 8/2020		

TRAIL RUNNING = FUN = HAPPINESS

**RUN THE
ANGRY
TORTOISE
TRAIL RACE
25K/50K**



FEB. 5, 2022

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SELL OUT!**



*Photo courtesy of Michael Brynildsen
of Semper Fi Photos*

Huddle with H2 Health: Treating Muscle Pain with the McKenzie Method

H2 HEALTH



By Courtnie Breland, H2Health Representative

As runners, we do our best to stay healthy, hydrated, and free from injury. We know how important it is to stretch, strengthen and allow our bodies time to recover. Yet, try as we might, injuries can happen even to the most vigilant among us! The most important factor in determining how well and how quickly we recover from an injury; is how well we treat it. How do you treat your injuries? Do you ignore them? Do you ice? Do you rest? Do you hope they go away? Do you head to Instagram to seek the help of “experts”?

Our resident expert, Teo Sim, physical therapist, and clinic director at **H2 Health** in Middleburg considers the McKenzie method, or MDT (Mechanical Diagnosis and Therapy) to be the gold standard in the treatment and diagnosis of pain and injury. Specifically, of musculoskeletal pain that is mechanical in origin, meaning there is no serious pathology, but pain mainly resulting from abnormal or unusual forces, position, movement, or activity to the tissue. Sound familiar to any other runners?

MDT is a well-researched, exercise-based approach comprised of four primary steps:

- ❖ assessment
- ❖ classification
- ❖ treatment
- ❖ prevention

Teo, a certified McKenzie clinician since 2018, has seen countless runners with lower extremity or back complaints and finds the McKenzie method to be uniquely effective.

MDT treatment promotes the body’s ability to repair itself without the use of medication, heat, cold, ultrasound, needles, or surgery. This ultimately empowers the patient to be in control of symptom management, reducing the dependency on medical intervention. A bonus for those of us with busy (training) schedules!

The clinician identifies the mechanical problems, using physical assessment techniques. The assessment explores the patient’s movement patterns and posture to identify which patterns illicit pain or restore function. A plan is then developed to correct or improve the mechanics and thus decrease or eliminate the pain and the associated functional problems. Interpreting this information, the clinician determines which of the movements and postures becomes the treatment as well as the necessary exercise dosage.

MDT certification requires an in-depth designation involving a written and practical exam available to physical therapists, MDs, and other health professionals. PT has long been the secret sauce of successful and durable runners the world over. Teo echoes the sentiment of those in the know, “do not wait on lingering pain.” He is partial to MDT, but certainly encourages seeing a physical therapist to examine the complaint before it prevents you from running. He adds that Florida allows “direct access” to physical therapy, which means that you can seek out a physical therapist’s services for 30 days without a physician’s referral, insurance depending. For more information, or to make an appointment with Teo, or one of H2 Health’s expert clinicians, head over to www.h2health.com, or call (800) 699-9395.

**DO YOU
KNOW
WHAT GOES
INTO THE
MCKENZIE
METHOD?**





The 2021 Jacksonville Senior Games, cont. Running the Senior Games Track Meet, Fall 2021

By Shelly Allen

I participated in two Senior Games Track Meets this fall, and I had so much fun at both events. After knee surgery in January 2020, followed by a calf injury in November 2020, and then another injury to my big toe area in the spring of 2021 (caused by cross training on a bike other than my Peloton), I was thrilled to be healthy enough just to participate. My fitness and speed isn't really where I'd like it to be, but I'll just have to be patient and keep working on it. So, my times weren't quite as fast as I wanted. The first meet was on September 25 at Bishop Snyder High School for the Jacksonville Senior Games. I ran the 800m first, and won the race in 2:52. The 1500m was my next event, and it was right in the middle of day, in the usual late September heat and humidity! They combined the men and women for this race, and I won the race, including all the men. My time was 5:48. This meet was fun because some of my sprinting friends from USATF Masters Track and Field were there, coming to Jacksonville from out of town for this meet.



The next meet I ran in was the Huntsman Senior Games, in St. George, Utah on October 11-13 at Snow Canyon High School. What a beautiful place to run! The track has gorgeous views of snowcapped mountains, and the air was fresh and cool, with low humidity. That was the good part, the bad part was the altitude. It's at about 3000 feet altitude, which isn't terribly high, but to this Florida girl who mostly trains at sea level, it made a big difference. I felt really heavy legs. But, I was able to win all 3 of my events! The 1500m was on the first day, and they combined all age groups of women together. (senior games start at age 50). My time in that race was 5:46. I had run 5:36 at near sea level in late summer, so I was really hoping to better that time. My next event was 2 days later, the 3000m, and I really struggled with breathing and the high altitude. I was way out front, with no one to push me. I won with a 12:30 time. A few hours later, I ran the 400m. I don't run many 400m races, so this one was just for fun. They combined 2 age groups, 50-54 and my age group, 55-59. I had lane 7, so I couldn't see what was happening on the inside lanes as we made the last turn into the home straight, but I could hear footsteps getting closer, and the crowd cheering us on. I was able to hang on for the win in 75 seconds. Again, this track meet was fun, with friends from USATF Masters Track and Field from all over the country there who I knew in my races, as well as in the sprints and field events.

The day after my competitions were over, I went hiking in Snow Canyon State Park. It was a beautiful, interesting park, only about 20 minutes away.

If you love track and field, and you're over age 50, these are fun meets to participate. It's amazing to me to watch the older age groups (especially over age 80), run, jump, and throw. It's all part of a healthy aging lifestyle, which I hope to continue as I age.

Jenny's Pennies, cont.

In addition, thanks to all who helped me again this year. (Marge, Lori, Sara, Mike, Richard, and Paul) Mike made our job a little easier by purchasing a Keurig coffee pot for the club. Sara presented a plaque to Bill Krause for "Volunteer Hall of Fame" in appreciation for his outstanding and dedicated services. Thanks, Bill, for a job well done.



Funds have been scarce for the past two years. Maybe it's COVID or maybe the fact that many new Striders don't know about our tradition. I am the self-appointed treasurer and the tradition is finding money and using the money to fund our club's anniversary celebration. We provide champagne and orange juice for mimosas, coffee and other beverages, and a beautiful fruit bowl made by Marge. This event honors the birth of our club, 43 years ago. Throughout this year we found \$66.54. Much of this was found by our Tarheel Strider, Robert Shields, who found \$15.85. He sends a check every month or two for his findings. Bernie Gross found a one-dollar bill and Mike Mayse, Pat Noonan and Marie Bendy found three folded up one dollar bills.



Since I didn't write an article last year due to COVID and my absence, I would like to mention some info from 2020. Last year you found \$80.47. Robert Shields again found his share amounting to \$40.30. That is over HALF of the money found! Wendy Shaeffer and Bernie Gross both found one dollar bills. In July, Marie Bendy told me that the Ihop gang (Marie, Pat, Susan, Frank, John, Mike, and Bernie) had found \$140. And sure enough, she handed me seven twenty dollar bills. I was so excited! I never noticed that it was show money and not legal.

I am looking forward to seeing you next year when we celebrate our 44 years of running and walking from Sun Tire (now happening across the street at Ihop.) You all stay safe and until then, happy, healthy running and keep those pennies rolling in.

amazonsmile
You shop. Amazon gives.

'Tis the season to shop online at [amazon.com](http://smile.amazon.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.

#1 holiday hack:

When you shop at
smile.amazon.com,
Amazon donates.

amazonsmile



Upcoming Races

Date	Race	Time	Race Day Location	Where to Register
Nov 6th	Never Quit 5k and 10k	3:30pm	Jax Beach	1 st Place Sports
Nov 13th	Mandarin Run	8am	Bailey's Health and Fitness Mandarin: 11740-2 San Jose Blvd	1st Place Sports
Nov 14th	Jaguars 5k Stadium Challenge	5pm	TIAA Bank Field	1st Place Sports
Nov 19th	Running of the Knights 5k	5:30pm	Creekside High School	1st Place Sports
Nov 20th	Hog Jog 5k	9am	Ronnie Van Zant Park	https://thedriven.net/event.../site.race_reg/eid/39840024589
Nov 25th	First Coast Turkey Trot	8:30am	Mickler's Landing, Ponte Vedra	https://runsignup.com/Race/FL/PonteVedraBeach/SaintJohnsCountyTurkeyTrot
Nov 25th	Thanksgiving Distance Classic Half Marathon and 5k	7am	PICKWICK PLAZA: 9850 SAN JOSE BLVD. JACKSONVILLE, FL 32257	1st Place Sports
Dec 3rd	Jingle Bell Jog 5k	6pm	St. Johns Golf and Country Club	https://runsignup.com/Race/FL/SaintAugustine/JingleBellJog5kandReindeerRunatSaintJohnsGolfandCountryClub
Dec 4th	Festival of Lights 5k	5:30pm	San Marco Square	1st Place Sports
Dec 5th	Guana 50k and 12k Trail Races	8am	Guana Research Reserve, S. Ponte Vedra	1 st Place Sports
Dec 5th	Reindeer Run Half Marathon and 5k	7am	Amelia Island	https://www.ameliarunners.com/reindeer-run
Dec 12th	Ameris Bank Jacksonville Marathon, Half Marathon, and	7am	The Bolles School	1 st Place Sports
Dec 18th	Run Santa Run 5k	5:30pm	Klutho Park, Springfield	1 st Place Sports