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From Strider to State Cross Country Champion!

Florida Striders Running Team member, Matthew Stratton, won the Florida High School Class 1A State Cross Country Championship in Tallahassee, Florida in November. His winning time was 15:40 on the 5K course. Matthew started running on the Striders team in middle school, and has been running cross country and track at St. Johns Country Day School. He has signed to run at the University of Florida next year.



Congratulations to Matthew from all the Florida Striders!



Message from the President



Here we go again! It's 2022 and time for a fresh start and new goals. Since most of us still have leftover goals from last year, I suggest that this year we all write down our resolutions and make a plan for success! Our club has some events coming up that you should work in to those plans.

The Resolution Run 5K is scheduled for Saturday, January 15, 2022. We have a new race director this year. Justin Sorrell is working with Bill Krause handling the RD duties for this upcoming event.

On Saturday, February 5, 2022, the Florida Striders and race director, Mae Barker, 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. We will be back to our usual pre-race and post-race hospitality area for our members. Please help us out by making sure that your membership is current. The whole Covid situation has been affecting us for nearly two years, and many members have not kept up their dues. Please make sure your membership dues are up to date, so we don't block your entry to our hospitality area. Time moves quickly, and over the past months, I've had multiple conversations with expired members who assume they are current, when in fact, they are not. This is always the single largest gathering of our members each year, so please don't wait until the last minute to confirm your membership status. Floridastriders.com is our website, and you should be able to verify your membership status there.

As you are planning ahead, here are a few more upcoming events. April 16 is the annual Run to the Sun event. Then Sunday, April 24 is the expected date of our annual Florida Strider meeting of the membership, picnic, and election of board members. May 30, 2022 is the Memorial Day 5K.

Please consider becoming more involved behind the scenes in our club. We are always in need of good people to help out in various roles. It takes a lot of volunteers to successfully host runs, plan social events, and provide support for the Children's Running Programs. As the world slowly returns to normal, I anticipate more fun activities for our members, but nothing happens until someone gets involved.

As always, I'm proud to be a Florida Strider!

Best regards,

Jon



We are Thankful for our Partners in Running!

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



Saturday, January 8, 2022
Fleming Island High School
5K @ 8:00 A.M. / 1 Mile @ 9:00 A.M.

Proceeds Support The FIHS Track Team and
Mental Health & Suicide Prevention and Awareness

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



We hope you will join us January 15, 2022 for our annual Resolution Run 5K along scenic River Road! It's a great way to start the year and put your New Year's Resolutions into practice. You can find the details for the event in the race flier in this issue of StrideRight.

As always, funds raised will help support running programs in local schools. In addition, Sneakers4Funds will be at the race. They collect gently used running shoes to donate to small business owners in developing nations. A shoe collection box will be available for dropping off your old pairs of shoes that are still in good condition (no holes, tears, or excessive wear). Please tie the shoes together using their laces before dropping them off.

You can learn more about the organization here:
<https://sneakers4funds.com/sneakers-for-good/>



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/aid/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

CHRISTMAS ON WALNUT STREET JINGLE BELL FUN RUN

By Carol MacDougall



The Florida Striders Track Club has been conducting the One Mile Jingle Bell Fun Run for over 20 years. This run is in conjunction with the City of Green Cove Springs Christmas on Walnut Street Celebration Parade & Santa Workshop which is always done on the first Saturday in December each year. This year's fun run was on December 4, 2021.

It used to be done in the late morning/early afternoon up until four years ago when the city decided to change the parade to the evening. The Fun Run has always kicked off the parade 15 minutes prior to the parade starting. The route is down the entire length of US17 right through Green Cove Springs.

This has turned it into a challenging event for the Striders because of darkness and trying to figure out the best way to end it so the kids can find their parents at the finish and the best solution was found this year since we started and finished right in front of the Vystar Credit Union.

The number of participants drastically increased this year with the total number registered was 196 all from the Clay, Duval & St. Johns counties of all ages. This fun run is totally FREE with everyone receiving jingle bells for their shoes and race bib and receiving a candy cane, finish ribbon & medal at the finish.

The Striders plan to continue conducting this event as long as the city has this Christmas Celebration and would love to have kids of all ages to continue joining us in the fun.



2021 HOG JOG

BY MIKE MAYSE

As race director, my number one measure of success is that no one leaves the event in the back of a rescue vehicle. Safety of our participants is always my primary concern. Once again, we pulled off another run through the woods without any major mishaps, that's always good. We are fortunate to have Clay County Amateur Radio Emergency Service (ARES) to help ensure the safety and security of our participants. Race after race Scott Roberts and his crew provide outstanding support at no cost to the club. Having these folks out on the course puts my mind at ease knowing if anything happens, they will be there to take care of it.



My second measure of success is customer satisfaction. Did most of the runners have a good time and enjoy the event? I learned a long time ago it is impossible to make everybody happy. I received many positive comments on the race. I think the T shirts and awards contributed greatly to this success. They were great. Suzanne Baker hit it out of the park with the logo design and T shirts. She also did the research and came up with the unique awards. I think this logo is one of the best we've had for this race in a very long time.

Now that everybody is safe, and most people are happy we have to consider one more thing. Did we make any money on the event? We do these races to make money for our charities. Florida Striders donates thousands and thousands of dollars every year to children running programs and scholarships. Therefore, it's important to not lose money on a race. Early registrations were very slow, and it looked like this race was going to be a bust. I will never understand why people wait until the last minute to sign up for a race. Up until the last week or so of registrations we were looking for ways to cut cost to prevent going in the hole. This led to a very bad decision on my part-- we would time the race ourselves and save the \$700 (approx.) it would cost to have it done professionally. I will cover more about this later in the article. At the end of the day the race was a minimal financial success.

Without our sponsors the Hog Jog would not survive. It is their support that allows us to continue with our programs. This year the Hog Jog turned a profit with the help of their donations.

Sponsors for 2021 Hog Jog were:

Pinch-A-Penny (Mandarin Store)	\$375.00
H2 Health	\$125.00
UF Health	\$125.00
Camp Gladiator	\$125.00

Donations made during registration were:

Benjamin Renshaw	\$100.00
Terri Rose	\$50.00
William Darfler	\$50.00
Nancy Frazier	\$25.00
Frank Frazier	\$25.00
Charles Goodyear	\$25.00
Kathy Murray	\$23.94
Randall Haddox	\$20.00
Dot Cahill	\$20.00
Kelly Cobb	\$15.00
Steven Tuten	\$15.00
Lee Grose	\$10.00
Tracy Skipton	\$10.00
Stephen Beard	\$10.00
Amy Yeldell	\$5.00
Serenity Williams	\$5.00
George Hoskins	\$5.00
Nicholas Soroka	\$5.00
Elaine Davis	\$5.00
Tyler Nobles	\$5.00
Rebecca Nobles	\$5.00
William Torres	\$5.00
Michael Graber	\$5.00
Steve Benoit	\$4.54
Alyson Wuamett	\$1.00



Sponsors provide the funds, but volunteers make it happen. Many thanks to an excellent team. Once again, our Race Advisor, Bill Krause, provided invaluable support on many fronts. Heading up our registration team Kathy Murray, Wendy Schaeffer and Scott Hershey did an outstanding job. Suzanne Baker brought some wonderful students from her school to manage the course. Suzanne also did the timing for the race. Other volunteers included Frank Frazier, Dave Townsend, Randy Hill, Ann Krause, and Ceci Dunham. Darryl Herren brought a bunch of school kids and did the award announcing.

Overall, the race was a success. However, we had a couple things that could have been better. As I stated above timing the race was a big mistake on my part. When that decision was made there were less than 100 people signed up for the race. With that in mind, I asked Suzanne Baker to time the race manually. She agreed and said a 100 or so runners would not be a problem. We had about 160 by the time the race started. This made timing the race a very tedious and stressful situation. We will not do this again.

One other unplanned issue outside my control was the restroom amenities at the park. Sometime over the last few months, vandals went into all the restrooms and destroyed them. At the last minute I had to rent porta potties and have them delivered in time for the race. This took \$425 out of an already tight budget.

This puts another Strider race in the rear-view mirror and time to start getting ready for our next race.

Please sign up for the January 15th Resolution Run 5K

https://thedriven.net/event.race_reg/eid/40459015679

1st Grand Prix race
of the year!

JANUARY

15TH 2022



MEMBERSHIP

NEW & RETURNING MEMBERS

Eugene Biala
 DiOnne Clark
 Lynn Corby
 Kim Crist
 Virgen Dominguez
 Janet Fox
 Bill Gladding
 Lee Grose
 Jon Guthrie
 Paul Hibel
 Ellie King
 Eric King
 Melissa King
 Piper King
 Bill Krause
 Lisa Mannino

Cooper Mathis
 Jamie Mathis
 Lila Mathis
 Trevor Mathis
 Sean McCormack
 Joe Mcelhaugh
 Donna Mcelhaugh
 Brittany Porter
 Maggie Randall
 Geri Roden
 Jacob Salazar
 Joseph Salazar
 Travis Salazar
 Regina Sooey
 LaTanza Sutton
 Sue Whitworth

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

Last Name _____ First _____ MI _____			New <input type="checkbox"/> Renewal <input type="checkbox"/>	
Address _____ Apt# _____			# in Family _____ Spouse's Name (Family Membership only) _____	
City _____ State _____ Zip _____			Your DOB _____ Spouse's DOB (Optional) _____	
Home / Cell Phone _____ Alternate Phone (Optional) _____			Children's Names (Family Membership only) _____	
Email Address (Print clearly) _____			<h3>Annual Dues</h3>	
Would you like to make a donation to the Children's Running Program?			<input type="checkbox"/> Family \$25 (2 years \$50, 3 years \$75)	
<input type="checkbox"/> \$1 <input type="checkbox"/> \$2 <input type="checkbox"/> \$5 <input type="checkbox"/> Other amount \$ _____			<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 +)	
Signature _____			Date _____	
<p>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</p>				
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

**[https://ultrasignup.com/register.aspx
?did=87047](https://ultrasignup.com/register.aspx?did=87047)**

**USE COUPON CODE "STRIDER" FOR \$5
OFF!**

**DON'T WAIT -- THIS RACE
WILL SELL OUT!**



*Photo courtesy of Michael Brynildsen
of Semper Fi Photos*



CHRISTMAS MORNING RUN

Great fun, fellowship, and food at our 24th annual early Christmas morning run and social in the parking lot of Orange Park Mall. Join us for the 25th anniversary celebration in 2022!



Shout out to Jean Shubert, the torchbearer at the Jacksonville Senior Games!



Congratulations to Jan Bullock for a 3rd Place finish in the 50 and 100 meter dashes!

H2 HEALTH

H2 Health Training Tips to help you stay healthy and decrease the risk of injury!

By John Kovacs



Mike Sharp, ATC, PA at H2 Health Beaches clinic

- Set your goals weekly. Increase your distance, speed and frequency by no more than 10% per week to train safely to give your body time to adapt!
- TOO fast, TOO soon is a big risk! Take at least 1 to 2 days off from running per week but stay active.
- Your core, hips and glutes are important muscle groups for successful running. Cross train to increase efficiency and reduce injury.

- Painful running? Don't worry, most pain

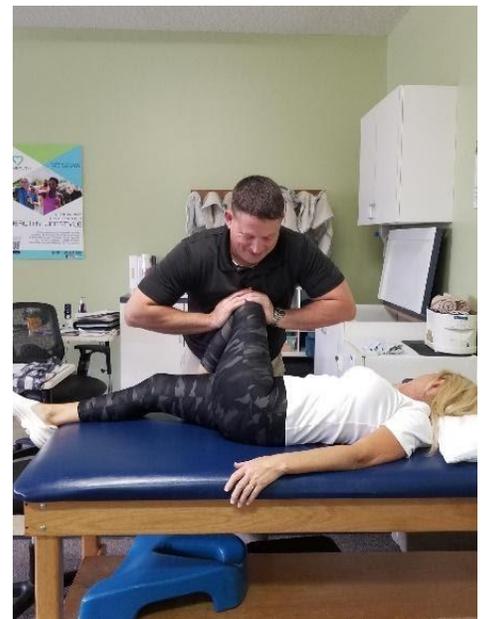
while running can be corrected by a licensed physical therapist with little downtime. At H2 Health, our team of Running Rehabilitation experts will work with your unique body to keep you moving and injury free!

- Happy feet make for happy runners. Make sure you have shoes that fit your foot properly for an injury free run.
- Sleep heals, rejuvenates, and restores the body! Try to get 8 hours of sleep each night.
- Stay hydrated. Try to drink 80 ounces of water every day for better performance! Beer, soda and caffeine do not count!

To make sure you're safe to run, always check with your doctor first.

For more information and to find a clinic near you, go to

www.h2health.com



Right, Scott Hyams, PT at H2 Health Fleming Island clinic.

Stretching: Should I or Shouldn't I?

By Vicky Connell

I've been a student of Physical Fitness my entire life. I have watched numerous trends come and go, and even some complete turnarounds of popular wisdom when it comes to working out. As more studies are done on both athletes and regular people, science sometimes changes its mind on what's good or bad for your body. This was particularly true of the concept of stretching.

In the beginning of my fitness journey, I learned that it's important to stretch our muscles to keep them limber and mobile, especially before a run or other workout if we wanted to avoid injury. But then about 15 years ago, that message took an about face. Science showed us that stretching our muscles too much right before a race or hard run could actually be detrimental! As it turns out, you don't want to lengthen a muscle and then ask it to bounce back quickly in order to give you more speed. So..., no more stretching, right? Not exactly.

About this same time, two different types of stretching emerged. They were Static – a stretch that is held for 20 seconds or up to a minute, and Dynamic – not exactly a stretch, but putting your muscles through their full range of motion in a gentle way, used mostly as part of a warm up. It took some time for the concept of static stretching before a workout to die though. As early as last year, while at the track, I heard a father informing his children they must stretch before they started running.



So, does that mean static stretching is so last year (or last decade!) now? Absolutely not. For anyone past the age of 30, you'll notice that your body gets stiffer as you get older, particularly if you're a runner and don't do much of any other activity. Movement can get more difficult, such as bending and reaching, and even getting up and down. Stretching on a regular basis can do much to keep you limber and moving better. And it's important to do something to warm up prior to doing any stretching – after a walk or run is ideal. There is a ton of info on stretching on the internet, so find something you like and make it a regular habit!

But wait, there's more! Did you know that stretching can actually affect your cardiovascular health as well? I recently learned of a study which showed that people who stretch regularly also have more limber arteries, reducing arterial stiffness and also reducing blood pressure. Wow – what a great bonus! The kind of stretching done in this study by the participants was 5 times a week on their legs only, holding each stretch for a minute. I know – a minute is very long to hold a stretch. I've been practicing this myself lately, and I find it's easier if I use a timer, so my mind can wander freely (or watch TV) while I hold the stretch, and it doesn't seem so bad.

I hope you'll consider saving 5 to 10 minutes after your next run to do some stretches, and do your body (and heart!) some good!

Ameris Bank Marathon Water Stop

The Florida Striders continued their long tradition of running one of the water stops at the Ameris Bank Marathon this year. I think this may be the 20th time? I know Mike Mayse has volunteered at least 17 times! We have encountered all kinds of weather during that time; cold, rainy, hot, humid, nice, not so nice. No matter what nature throws at us, there is always a nice contingent out there supplying the runners with hydration and encouragement.

Join us next year for a good cause and a good time!



Florida Striders Sunday Morning Run and Breakfast: A Fading Tradition

By Mike Mayse and Ken Bendy

October 13th, 1979, the first Sunday morning run with the Striders became a tradition and there has been at least one person there every Sunday since day one to carry on the streak. Weather has not stopped those dedicated to the cause. Extreme heat, 100% humidity, torrential rain, snow, freezing cold and hurricanes were not a problem. The inaugural run started at Sun Tire parking lot next to Famous Amos Restaurant on Blanding Blvd in Orange Park. It consisted of five original Striders: Bill Dewey, Roy Fisher, Dave Taylor, Jack Stanley and Chuck Cornett. After the run many of the runners would meet at Famous Amos for breakfast. This continued every Sunday until June 17, 2012 when food and service at Famous Amos got so bad the group moved across the street on June 24, 2012 to IHOP for breakfast. A few years later around December 2014 lack of security and poor lighting at Sun Tire resulted in several cars being vandalized and broken into. At that time the starting point for the run was moved across the street to the IHOP parking lot.

For many years this run was a raging success. It was not unusual for more than 100 runners/walkers to suit up and show up. There were multiple courses of various lengths all measured to some certainty. There were usually at least one or two runners to show newcomers the way. All the long courses had water available or places to purchase water or sports drink in strategic locations. The coolest one of all was the tennis courts at Club Continental on Astor. There was water, ice and a very big oak tree to enjoy for a short break. Over the years, countless numbers of runners would do their long marathon training run on Sunday mornings. Many times, groups of runners would travel to places like Washington DC to do the Marine Corps Marathon. These were good times, and a lot of friends were made on these Sunday mornings. After all those years of success and tens of thousands of miles logged by hundreds of runners what has happened to this event is very sad.

Over the last few years, the Sunday morning run has slowly become more about breakfast than running. It is a real Catch 22. No one is coming to run because there are no runners left in this group. To be fair many of the remaining Sunday morning group are close to or past 80 years old. However, these are the folks that have kept this club going year after year. Some are still out there walking, and some show up for breakfast. One of the reasons breakfast is so great is the wonderful staff at IHOP.

When the group moved to IHOP for breakfast our waitress Heather became part of the Strider family. But like so many other young women in this area she married a sailor and moved away. Now we have Sheri and it is difficult to find people like her. She treats the group like royalty! Take a good look at the table in the accompanying picture. All the food and presents were a Christmas gift to the group from Sheri. She does this for us every year at Christmas. Because of how much she cares for the group during the first many months of the pandemic the group helped her by collecting funds to help her through. She told the gang she would have lost her car without that help. The relationship with Sheri and some halfway decent food is why Sunday morning breakfast is so much more attractive than exercise.

In closing I want to thank Ken Bendy for introducing me to the club almost 27 years ago and helping me with this article. He, and most of the folks in the picture, have been the true stalwarts of this club and one of the reasons the Florida Striders Track Club still exists. Ken calls them the "FSTC Has-Beens" I call them The Florida Striders Legacy Sunday Morning Breakfast Club. Eventually this tradition will fade into the past. But for the time being the run/walk will continue at 6:30 am and breakfast normally gets started around 8 to 8:15 am in case you are in the neighborhood.



Clockwise: Pat Nonan, Marie Bendy, Paul Ruebush, Richard Allen, Randy Hill, Frank Frazier (Past President), Suzanne Baker, Mike Mayse, John Powers (Past President), Ken Bendy (Past President), Bernie Gross, Marge Ruebush, Jenny Allen. Standing in the back: Sheri (waitress) Kerry (waitress)

Marginal Gains

By Darryl Herren

Happy New Year! With the arrival of the new year, many of us will look to launch our annual New Year's resolutions. "Run more," or "reduce intake of refined sugar," or, as I hear all too often, "start doing more yoga." These goals are great, but they lack the specificity to really succeed. If you go to your fitness center in the month of January, you'll have difficulty finding a parking space. Six weeks into the new year, the place looks like a ghost town.

January really is a good time to launch a health and fitness plan. I've had success using the philosophy called the aggregation of marginal gains. This philosophy was discussed in the book, *Atomic Habits*, by James Clear. The story describes the British Cycling team from 2003. Sir Dave Brailsford, a former amateur cyclist and MBA alumnus, took over as performance director. In a nutshell, this approach is about improving everything you do by 1%.

We can change our personal, professional, or athletic pursuits by making a 1% change in the way we approach each area. I'll use running as an example. Whether you are looking to break 30 minutes for the 5K, or run a Boston Marathon qualifying time, it is understandable that you would focus on weekly mileage and speed as the means to improvement. The marginal gains approach would still look to improve in weekly mileage and distance, but it would also consider all of the aspects of a running and fitness program. If you made a 1% improvement in hours of sleep, minutes of deep sleep, minutes of yoga, calories from nutrient dense carbohydrates, stride cadence, miles run on surface other than sidewalks, water consumed while running, etc, etc, the aggregation of these small improvements would make a big change in your run performance. Everyone's targeted list of areas typically viewed as non-essential would be different.

This approach to improvement is easier to envision than an approach that calls for us to up our mileage and speed by 10-15%. These are big changes that could result in injury, fatigue, or burn out. A 1% change is bite-size, incremental and achievable. In 1999, I qualified for the Boston Marathon with 73 seconds to spare. In 2009, I made it by 22 seconds. In 2016, I missed a qualifying time by 34 seconds. Little changes can make a big difference.

If you are really looking to launch a change in the new year, you'll want to add some specificity to your goals. Hope you have a healthy and prosperous New Year.

Upcoming Races

Date	Race	Time	Race Day Location	Where to Register
Jan 8th	Fleming Island Eagles Fly 5k		Fleming Island High School	1 st Place Sports
Jan 15th	Resolution Run	8:30am	Orange Park	https://thedriven.net/event-registration/site.race_reg/eid/40459015679/?
Jan 22nd	5th Annual Little Big Run 5k	9am	Friendship Fountain, Southbank Riverwalk	https://runsignup.com/Race/Info/FL/Jacksonville/TheBIGLittleRun5k
Jan 22nd	Hellcat 10K/30K/50K	7:00am	1 Bunker Ave, Green Cove Springs	1st Place Sports
Jan 29th	Pirate Run 5k	8am	605 Palencia Club Drive	
Jan 30th	Go Green Winter Beach Run	1pm	75 1st St. N, Jax Beach	1st Place Sports
Feb 5th	Angry Tortoise 25/50k	8am	Cary State Forest	https://ultrasignup.com/register.aspx?did=87047
Feb 6th	National Marathon to Finish Breast Cancer & DONNA Half Marathon	7:30am	Jax Beach Seawalk Pavilion	1st Place Sports
Feb 12th	5k/8k Superhero Run	8:30am	156 Kingsley Ave	1st Place Sports
Feb 12th	Mount Acosta Classic	3pm	Haskell, 111 Riverside Ave, Jacksonville	https://raceroster.com/events/2022/55208/mt-acosta-challenge
Feb 19th	Moo-ve It 5k	8am	101 E Bay St, Jacksonville	1st Place Sports
Feb 26th	Ortega River Run	8:30am	4114 Oxford Ave	1st Place Sports



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