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## A Tribute to Vanessa Boyd

By Bill Krause



One of our most beloved members passed away on April 13<sup>th</sup>. Vanessa Boyd lost her battle with cancer. She was at home, enveloped in love, was comfortable, peaceful, and passed gently and quietly in what very much seemed like the time and place of her choosing, given the conditions.

Vanessa joined the Striders along with her husband Bob in 1997.

She joined the board in 2001 and jumped in with both feet! She quickly became the club photographer, taking pictures at all the races and posting them on our

website for everyone to see. She did this for 12 years, finally giving up the post in 2012.

Vanessa left the board in 2006, but not before joining the Children's Running Committee, and becoming a Running Class Group Leader in 2005, holding both of these posts until 2012.

Bob and Vanessa fell in love with the Children's Running Program that Carol MacDougall started at the local elementary school's years before. Vanessa took on the role as the Children's Running Committee Chair from 2006 thru 2012.

She also was the Fun Run Coordinator from 2006 to 2012, which as you know, has become a very big part of our club, providing free fun runs for

the kids at our races. This activity has defined our club and given it our identity of what it means to give back to the community. Her support for the program continued long after her retirement from the position.

Since Vanessa took a lot of pictures, I had a hard time finding ones of her. Here is one when she was on the Board of Directors, and one of her and Bob at our 2018 Christmas Run Celebration. Please keep Bob and the

family in your thoughts and prayers. Memorial service arrangements are pending as of this writing, but per Bob, in lieu of flowers, if you wish, you can honor Vanessa by donating to either your favorite cause, or one of hers. Donations supporting the Children's Running Programs can be sent to Florida Striders, in care of Bill Krause at 3041 Bridlewood Lane, Jacksonville, FL 32257. The Florida Striders are a 501(c)(3) organization.

Vanessa has also been a long-time supporter of the Friends of Acadia, PO Box 45, Bar Harbor, ME 04609. (Bob and Vanessa split time during the year between their home there and their home here.) The Alzheimer's Foundation, Foundation Fighting Blindness, and of course, the American Cancer Society is on the list as well.

Wherever your heart leads you will be perfect. With love, gratitude, and our thanks. For more information and to read Vanessa's obituary, [click here](#). No memorial plans have been made yet.



Bob and Vanessa at 2018 Christmas Morning Run

Don't Miss the Memorial Day 5k!  
Sign up [here](#)!



Monday, May 30, 2022  
8:00 am

# MESSAGE FROM THE PRESIDENT

As most of you probably know, our Club raises money through the races we host. The majority of our charity funds are used to support children's running programs in local schools, and provide college scholarship assistance to some of our student athletes. If we are going to continue at the current level, we must continue to host race events. To host race events, we need Race Directors.

If you believe in the good provided by our Club, please consider volunteering to fill the role of Race Director for one of our events. Training will be provided. We have experienced people to guide you through the process and make sure that the experience is pleasant and rewarding. We also have a tremendous group of experienced volunteers who work behind the scenes to make certain that the race day experience is handled properly. Please don't just assume that someone else will fill the race director role. We need YOU!

The month of May brings us to the start of a new Florida Strider year. As I write this, the Club officers for 2022-2023 are not known. They will be elected from among the board members elected at the annual picnic. Since 2017, I have served as President of the Board of Directors. I strongly believe that volunteer organizations need turnover in leadership. Change is good, and new people with fresh ideas will help keep our Club active and strong.

Upcoming events for our Club include the following:

- 5/1/2022 Yoga at Fishweir 11:00am with social run at 9:00am
- 5/10/2022 May Board of Directors meeting and election of club officers
- 5/23/2022 Pizza and Trivia at Mellow Mushroom Fleming Island
- 5/30/2022 Memorial Day 5K in Orange Park

For more information and the most current updates, please visit our Club Facebook page, and our website: [floridastriders.com](http://floridastriders.com)

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

Best regards,

Jon Guthrie





## We are Thankful for our Partners in Running!

### 2021-2022 Key Persons and Board of Directors

#### Officers

**President:** Jon Guthrie  
[president@floridastriders.com](mailto:president@floridastriders.com)  
**Vice President:** Mae Barker  
[vpresident@floridastriders.com](mailto:vpresident@floridastriders.com)  
**Secretary:** Sara Guthrie  
[froggyskg@comcast.net](mailto:froggyskg@comcast.net)  
**Treasurer:** Bill Krause  
[treasurer@floridastriders.com](mailto:treasurer@floridastriders.com)

#### Directors at Large

Kathy Murray	Jack Frost
Trish Mandelare	Shelly Allen
Scott Hershey	Josue Velazquez
Suzanne Baker	Mike Martinez
Zach Hanna	Sara Guthrie
Jon Guthrie	Dave Allen
Bill Krause	Darryl Herren
Tiffany Heitman	Emma Millson
Bernie Berania	

#### Race Directors

**Resolution Run:** TBD  
[resolutionrunrd@floridastriders.com](mailto:resolutionrunrd@floridastriders.com)  
**Angry Tortoise 25K/50K:** Mae Barker  
[mae@facesjax.com](mailto:mae@facesjax.com)  
**Run to the Sun 5K:** Bill Krause  
[rttsrd@floridastriders.com](mailto:rttsrd@floridastriders.com)  
**Memorial Day 5K:** Scott Hershey  
[run2day4life@gmail.com](mailto:run2day4life@gmail.com)  
**Hog Jog 5K:** Mike Mayse  
[mjmayse@comcast.net](mailto:mjmayse@comcast.net)

#### Coordinators

**Children's Running:** Carol Macdougall  
[carolmacdougall@bellsouth.net](mailto:carolmacdougall@bellsouth.net)  
**Track Coordinator:** John Rafalski  
[johndrafalski@yahoo.com](mailto:johndrafalski@yahoo.com)  
**Membership:** Eugene Biala  
[membership@floridastriders.com](mailto:membership@floridastriders.com)  
**Social:** open  
**Scholarship:** Kim Lundy  
[scholarship@floridastriders.com](mailto:scholarship@floridastriders.com)  
**Race Volunteer:** Ann Krause & Kellie Howard  
[volunteer@floridastriders.com](mailto:volunteer@floridastriders.com)  
**Registration:** Kathy Murray & Sara Guthrie  
[registration@floridastriders.com](mailto:registration@floridastriders.com)  
**Equipment:** Mike Mayse  
[mjmayse@comcast.net](mailto:mjmayse@comcast.net)  
**Race Advisor:** Bill Krause  
[billkrause615@gmail.com](mailto:billkrause615@gmail.com)  
**StrideRight Editor:** Tiffany Heitman  
[striderighteditor@gmail.com](mailto:striderighteditor@gmail.com)



## RTTS Recap

By Bill Krause

**The 41<sup>st</sup> Run to The Sun race was another success thanks to all of you!**

This club never ceases to amaze me. I hear that no one wants to get involved, yet hundreds and hundreds of you come out to run, volunteer, donate, or do all three! I want to thank you all individually, but no doubt I would miss someone, so I better not do that 😊 However, I want to express my sincere gratitude to our Board members, Registration Coordinators, Children's Running Committee, Volunteer Coordinators, and our fabulous race day set up team! (See, I did not mention anyone by name) Except here – there is no way we could do our races without Mike Mayse, our Equipment Director, Course Manager, food, and water purchaser, etc., etc., etc. guy! Thanks Mike!



Registration volunteers having fun

I also want to thank our Partners, and the people that take care of us on race day. Pinch A Penny of Mandarin have been by our side for more years than I can recall. The same goes for Dentistry 4 Children & Teens 2. The KOHL's ladies are phenomenal! Race after race, they volunteer at our water stops, AND donate money too! Bestbet of Orange Park has been our host forever, letting us set up behind their facility on scenic River Road. UF Health, Watson Realty, Baby Barrier Pool Fence Company, United Healthcare, and Camp Gladiator all lend their financial support as well.

Special kudos go to Scott Roberts and his Clay County Amateur Emergency Services Radio Team. They collaborate with the Clay County Sheriff's office, (thanks Lt. Case), to ensure we have a safe and enjoyable run.

So...I am putting out a request, a plea, okay I'm begging and hoping, that one of you great people will volunteer to be the Race Director next year PLEASE. I have been doing this way too long and it's not fair of me to grab all of the glory 😊 Did I mention that we have a great team of volunteers to help you? If interested, please email me at [rttsrd@floridastriders.com](mailto:rttsrd@floridastriders.com)

One more thing. Do not forget to register, volunteer, donate, or all three for our Memorial Day 5K on May 30<sup>th</sup>. Registration is now open on our website, [www.floridastriders.com](http://www.floridastriders.com)

Thanks!

Bill Krause – Race Director



Water stop volunteers



Striders Running Team



Run to the Sun Start, April 16, 2022

# Upcoming Social Events



Let's kick May off with a great Striders social!

May 1st we will meet at 9am at Fishweir Brewing Co. for a run from Murray Hill into beautiful Avondale, change, grab a bite at Maple Street Biscuit Company and head to yoga at Fishweir Brewing.

Yoga is at 11am for anyone who wishes to just come for yoga. They have a beautiful backyard area where yoga is held. Please bring a yoga mat, small towel and water for a one-hour yoga class and enjoy a pint of beer or kombucha afterwards. The cost is \$10 and tickets for yoga are sold the week of on [Fishweir's Online Store](#). (Select Pickup, then click on Fishweir

Fitness in the Online Store)

Please purchase a ticket for Postures and Pints after April 24th but before May 1<sup>st</sup>.

## TRIVIA NIGHT!

Back by popular demand! Put your thinking cap on for another trivia night at Mellow Mushroom in Fleming Island on May 23rd! Let's meet by 6:30 p.m. at Fleming Island Mellow Mushroom. Trivia starts at 7; everyone's on their own for food and drinks.



Please RSVP to [trishm149@gmail.com](mailto:trishm149@gmail.com) with the subject line of Yoga and/or Trivia and how many will be attending so we know you are coming and can reserve a spot large enough for the group at Mellow and save lawn space for you at yoga!

# Annual Striders Picnic

Sunday, April 24, 2022 was a beautiful day for our annual Florida Striders picnic and meeting of the membership held at Mandarin Park. New friends were made and old friendships renewed. Almost 50 of our members attended and enjoyed lunch provided by the club. The candidates for the 2022-2023 Board of Directors were announced, and approved by the membership.



Striders Annual Picnic, April 24, 2022

Baby Striders Finn and Lucy say  
hello!



# BIKE TOUR UPDATE

By Vicky Connell



meet up each evening for dinner and sleeping.

All our plans are currently full speed ahead, and we're anxiously checking off the last items on all the "to do" lists. We're slowly getting Harvey (our RV) packed, and he's almost ready to go. I've pared my training down to riding about 100 miles a week, and getting as much rest as possible in advance.

If you haven't checked it out yet, I have a YouTube Channel ["Vicky, Jim and the Lunatic"](#) where there are a bunch of preparation videos describing how we've gotten ready for the trip. Once I start riding on May 8<sup>th</sup> (Mother's Day!), I will post a short daily update with some footage of the sights I've seen and an update on where I am. You can subscribe to our channel and view them at your leisure.



I'm also using the opportunity to highlight the Safe Animal Shelter where we adopted Luna, and there's a video all about them with a tour of the Shelter. I encourage you to watch it and see what they're all about! And of course if you're so moved, please consider making a donation to help reach my goal of raising \$5000. As of this writing, I'm at \$295 so there's a long way to go. They were gracious to give me my own webpage on their site for counting up my donation total, which you can find [here](#).

And last of all, I hope you will consider coming out and joining me for my final ride from the Baldwin Trail (starting at the Brandy Branch Road entrance, going West to East) to the Jacksonville Beach Pier. It's about a 45 mile ride. If you don't relish riding on Beach Blvd, you could just do the trail (about 15 miles) and then drive to the pier to see the finish. My estimated finish date is July 31<sup>st</sup>, and I will probably arrive somewhere between 1 and 2pm. Of course this is all subject to a lot of variables and could change, but that's our goal.

To make things interesting for myself, I will be riding with my Blue Tooth hearing aids. They make it very easy for me to listen to music, podcasts, books on tape and even answer the phone, all hands free, without

interfering with outside sounds like traffic. I will be spending 5 to 8 hours a day on the bike, so don't hesitate to give me a call (904/707-8469) and see what's up! If you want to literally follow me on a map, send me an email at [vickyjc@comcast.net](mailto:vickyjc@comcast.net). I will be using Garmin "Live Track" which actually means you can look at a map each day while I'm riding and watch my little dot moving. I have to add your email first though.

That's about it! Wish me luck and I hope to hear from you!

Vicky

Kara Albach  
Brandi Belew  
Diana Bickel  
Gage Bickel  
Joe Bickel  
Savannah Bickel  
Jack Braddock  
Susan Branley  
Charles Casson  
Lisa Casson  
Mickie Cooksey  
Lois Corbett  
Dawn Cutajar  
Josue Fernandez  
Kristine Fernandez  
Debbie Fleck  
Gary Hallett  
Heather Halusek  
Barbara Handman  
Clay Hewett  
Glenda Hewitt  
Glenda Hewitt  
Roy Highfill  
Jakob Irwin  
Joanne Jensen  
Donald Kincaid  
Andrew Laperche  
Mark Lay  
Barbara McLellan

Wayne McLellan  
Janie McMillan  
Kale McMillan  
Alexis McMinn  
Tom Melba  
Joe Mulcahy  
Michael Mulligan  
Francisco Nieto  
Heidi Nieto  
Beth Norman  
Cherie Norman  
Chris Otero  
Colton Otero  
Jennifer Otero  
Ted Patterson  
Tes Patterson  
Candice Peacock  
David Pizzi  
Mary Pizzi  
Denny Ramsey  
Lauren Ramsey  
Alice Sander  
Christine Scime  
Jeff Sherman  
Jennifer Sherman  
Gordon Simms  
Trey Staton  
Diana Stewart  
Mike Taylor

Dan Teahan  
Emma Teahan  
Julie Teahan  
Susan Turner  
Johnny White  
Levi Williams  
Melanie Williams  
Corinne Woodbine

## MEMBERSHIP

Welcome and thank you to our new  
and returning members!

[Click here to join](#)

[Click here to renew](#)

# Upcoming Races

Date	Race	Time	Race Day Location	Where to Register
May 7th	Hula Hustle 5k	8am	Orange Park Town Center	1 <sup>st</sup> Place Sports
May 14th	The Run Home 5k	8:30am	2574 Herschel street	1st Place Sports
May 21th	Hope Starts Here 5k	8:30am	Operation New Hope, 1830 N. Main Street, Jacksonville 32206	1st Place Sports
May 30th	<b>Memorial Day 5k</b>	<b>8am</b>	<b>2042 Park Avenue, Orange Park</b>	<a href="https://thedriver.net/event-registration/site.race_reg/eid/41200234568">https://thedriver.net/event-registration/site.race_reg/eid/41200234568</a>
June 4th	Butterfly 5k	8am	2042 Park Avenue, Orange Park	<a href="https://raceroster.com/events/2022/59087/pink-ribbon-symposium-butterfly-race">https://raceroster.com/events/2022/59087/pink-ribbon-symposium-butterfly-race</a>
June 18th	Remember The Ancestors 5K	8am	Burney Park, 95570 Burney Blvd, Fernandina Beach	1st Place Sports
June 25th	Run for the Pies 5k	7pm 7:30pm	James Weldon Johnson Park, 135 West Monroe Street, Jacksonville, FL 32202	1st Place Sports



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