

| | |
|----------------------|-----|
| Joni Neidigh | 1-2 |
| Upcoming Races | 2 |
| President's Message | 3 |
| BOD & Key Persons | 4 |
| Memorial Day Race | 5 |
| Run to the Sun Recap | 6 |
| RRCA Convention | 7 |
| Membership Page | 9 |
| Thank You Nancy | 10 |

What's Inside!

Let's meet one of the Florida Striders Racing Team Members, Joni Neidigh!

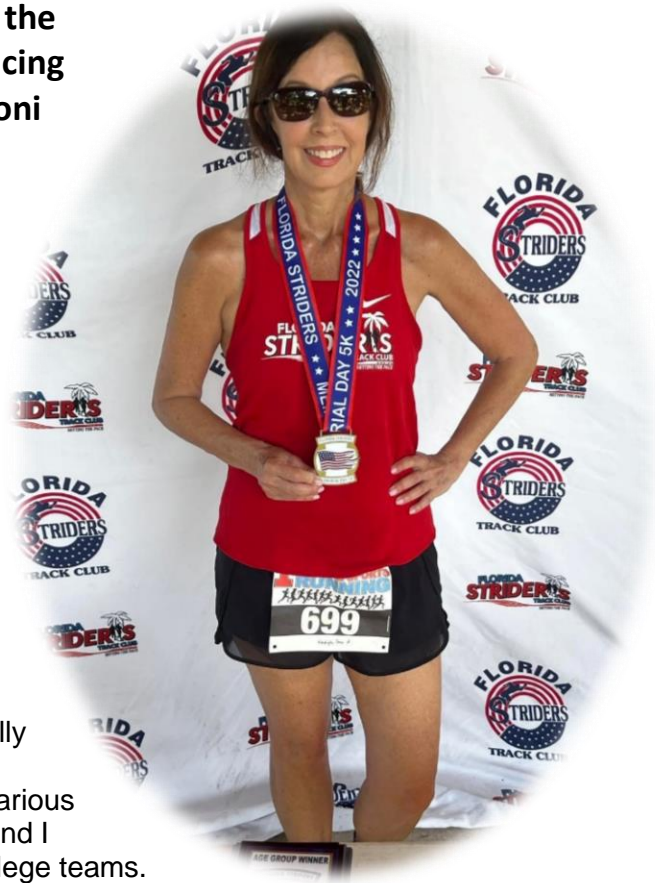
I'm excited to introduce myself to the Florida Strider's community! My name is Joni Neidigh and for those of you who don't know me I was born in Jacksonville, Florida and have enjoyed

working in both Clay and Duval counties as a licensed mental health counselor/psychotherapist for the past 33 years. In addition, I own a business, AIM, that specializes in sports counseling and hypnotherapy. I speak nationally and internationally about mental toughness for athletes, mindset strategies for peak performance, and other corporate topics. I work with athletes in various sports from the age group level to Olympians and professionals and I travel regularly to deliver sports team talks to high school and college teams.

On a personal level, I am the mother of three athletic adult children-Josh (baseball/golf) currently a Clay County Firefighter, Lauren – former collegiate swimmer for UF/Arizona and Olympic Trial Qualifier, and Ashley-former collegiate swimmer for Auburn University, retired professional swimmer at Indiana University, 2-time Olympic

Trial Qualifier, SEC National Champion and 2-time National Champion and current licensed mental health counselor. My grandsons, Ryker (11) and Keller (6) Volpe just started running this year and have joined the Striders! If you haven't met my husband, Larry (psychologist) just look for him at The Strider races-he likes to walk/run and steps up to volunteer. My involvement with the Florida Striders actually started in 1983. My parents, Tom and Dot Johnston and my brother, Tom were members and they invited me to socials and races. I really enjoyed running from 1983 until 1992 when I injured my knee and was advised to choose another sport/form of exercise to avoid surgery. In 2011, I started seeing a sports medicine doctor at Mayo Clinic who gave me the go ahead to run again

if I participated in physical therapy and learned proper form. Since that time I have enjoyed running again. It



was only a few years ago that I started running with the Striders again and entering races. I prefer longer races to 5K's and my favorite races are Run to the Sun and the Gate River Run. Gate River Run was my first race in 1983 and I ran that with my brother who passed away that year. In 1984, my parents were contributing sponsors for the Run to the Sun race in my brother's memory. That race typically falls on my birthday weekend making it even more fun. My goals for running are simple. I want to be able to keep running uninjured for as long as I possibly can and have fun and interesting experiences along the way. I have fun working on the physical, mental, and technical aspects of the sport with curiosity to see how I can improve. Best of all- I absolutely love the Florida Strider community and being part of the running team-the camaraderie is simple the best!

A Big Thank You to Our Partners in Running!



In Memory of the 9/11/01
Civilian and Military Victims
By Robert L. Shields, Sr.



www.myuhcagent.com/susan.halman

SAVE THE DATE FOR UPCOMING FLORIDA STRIDERS' RACES!

- 40th annual Memorial Day 5k → 5/29/23 [Click here](#) to register!

For more details about races in our area, [click here](#).

PRESIDENT'S MESSAGE

With the month of May, we begin a new year for the Florida Striders. Our year runs from May 2023 through April 2024. I'm very pleased to announce that current Vice President, Joni Neidigh, will be serving as President for the upcoming year. She will bring new energy to the leadership of our club! I am confident that our club is in good hands.

I have enjoyed serving as Board President of the Florida Striders since 2018. During that time, our club has accomplished many things. Some of my favorites are the social activities. We have hosted a running cruise, organized destination runs, and hosted group activities like Top Golf, the Baseball Grounds, a Family Fun Day, and helped to serve meals at homeless shelters. Of course, our team has also hosted the usual running events and raised considerable money to go toward our charities, such as the Children's Running Program and college scholarships.

Since we are not in the retail business, we eliminated the warehousing and sale of Florida Strider themed clothing and merchandise, and moved to an online store, linked to our website. Our members can now order exactly what they want with better choices of size and color, and our club does not have to tie up dollars to carry inventory.

I'm also very proud that our team took our website to a new provider a few years ago. Change always brings challenges, but our new website has brought great benefits to the control of our membership database. What used to take countless hours and spreadsheets, has become almost completely automated! Also, over the past five years, our social media followers on Facebook has almost tripled. I believe it is very important that we utilize social media to quickly provide information to our members and followers.

Without attempting to name everyone, I want to thank the many volunteers who have served on our board over the past five years. They are the ones who make things happen. Without volunteers, our club could not exist.

You will find the current list of our 2023-2024 board members in this issue of the StrideRight!

Please make sure you have these Florida Strider events on your calendar:

- Memorial Day 5K – 5/29/2023 (please sign up ASAP)
- Wednesday track workouts – most Wednesdays at 6:15pm in various locations
- Saturday morning group run – each Saturday 7:00am in Oakleaf near Walgreens on Argyle Forest Blvd

Hope to see you out running! I'm proud to be a Florida Strider!

Jon



Race Directors
Resolution Run: Jason 'JD' Dillaberry
resolutionrunrd@floridastriders.com
Angry Tortoise 25K/50K: TBD
Run to the Sun: Adam Cross
rttsrd@floridastriders.com
Memorial Day 5K: Bill Krause & Adam Cross
president@floridastriders.com
Hog Jog 5K: Suzanne Baker
Suzanne.baker@myoneclay.net

2022-2023 Officers and Board of Directors

Officers
President: Jon Guthrie
president@floridastriders.com
Vice President: Joni Neidigh
vpresident@floridastriders.com
Secretary: Britta Fortson
secretary@floridastriders.com
Treasurer: Bill Krause
treasurer@floridastriders.com

Directors at Large
Jon Guthrie Mae Barker
Zach Hanna Bill Krause
Trish Mandelare Dave Allen
Shelly Allen Darryl Herren
Suzanne Baker Jack Frost
Josue Velazquez Emma Millson
Joni Neidigh Adam Cross
Britta Fortson

Coordinators

Children's Running: Carol MacDougall
cmmacdougall@bellsouth.net
Track Coordinator: Mike Tibble
striderstrackop@gmail.com
Membership: Eugene Biala
membership@floridastriders.com
Social: TBD
Scholarship: Kim Lundy
scholarship@floridastriders.com
Registration: Kathy Murray
registration@floridastriders.com
Equipment: Suzanne Baker
Suzanne.baker@myoneclay.net
Race Advisor: Bill Krause
StrideRight Editor: Michelle Colina
striderighteditor@gmail.com
StrideRight Proofreader: Vicky Connell
vickyjc@comcast.net

Board of Directors 2023-2024

It was a beautiful day on Sunday, April 23 for our annual meeting of the membership and Board of Directors election. Approximately fifty people enjoyed the picnic at Mandarin Park. Board members for the 2023-2024 year are Joni Neidigh, Britta Fortson, Adam Cross, Dave Allen, Emma Millson, Jon Guthrie, Josue Velazquez, Shelly Allen, Jack Frost, Suzanne Baker, Larry Neidigh, Robert Wood, Barbara Knox, Jakob Irwin, Heather Thompson, and Chris Baker.



Our race this year benefits the Semper Fi and Ocular Melanoma Funds, as well as our Club.



Don't miss one of the last Grand Prix races of the season!

Celebrating American Veterans and Promoting Children's Health



**5K starts at 8AM & 1 Mile Fun Run starts at 9:30AM
Monday, May 29th, 2023
Orange Park Town Hall Park
2042 Park Ave.**

- **Medals for all 5K Finishers!**
- Awards 3 deep in each age group
- Soft race T-Shirts for the first 850 pre-registered runners
- Online registration is available until Thurs, May 25th.
- Register at https://thedriver.net/event-registration/site.race_reg/eid/42081023489
- Store registration will remain open until noon on Saturday, May 27th.
 - Day of race registration starts at 6:30AM
 - Questions? Email president@floridastriders.com

ENTRY FEES

| | <u>Striders</u> | <u>Non -Striders</u> | <u>Kids 13 & Under</u> |
|------------------|-----------------|----------------------|--------------------------------|
| Until April 16th | \$25 | \$30 | \$15 |
| April 17 - May 8 | \$30 | \$35 | \$20 |
| May 9 - May 25 | \$35 | \$40 | \$25 |
| May 26 - May 27 | \$40 | \$40 | \$25 (Store registration only) |
| Day of Race | \$50 | \$50 | \$50 |

SPONSORS



<Scan for more details>



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

Run to the Sun Recap

Another Run to The Sun race was a success, thanks to all of you!

Our 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 – Adam Cross is our new Race Director! No matter how many curve balls I threw at him, he hung in there every step of the way. He also introduced us to Abigail and her massage team from the Florida School of Advanced Bodyworks. I saw a lot of smiles from people leaving their tent area!



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 and 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, and United Healthcare continued a welcome tradition of being financial Partners with us once again. Thanks!

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. One more thing-- Don't forget to register, volunteer, donate, or do all three for our Memorial Day 5K & 1-mile Fun Run on May 29th. [Click here to register!](#)



Thanks!
Bill Krause and Adam Cross– Race Directors

The 65th RRCA National Convention

By Joni Neidigh

I had the privilege of representing the Striders at the 65th RRCA National Convention in Chicago on March 23-26th along with Adam Cross. Some of the highlights of the conference included morning group runs, a wide variety of classes, lunches, receptions, a silent auction, and networking among clubs.

The classes we attended provided great information about topics such as club insurance, personal coaching, increasing membership, building training programs, finances, working with charity partners, mental health, and more.

Adam and I are excited to share this information to the Board and put it to great use in order to make our club even better.



Adam and Joni at RRCA



Joni and Jeff Tan at RRCA

The keynote delivered by Jeff Tan was truly inspiring. He shared about the journey that qualified him to join the elite 7 Continents Marathon Club. Part of that journey included finishing the Antarctic Ice Marathon. Jeff's message about "inherited limitations" was powerful. If you have an opportunity to read the featured article about him in Runner's World I highly recommend it. I had the opportunity to speak with him several times during the conference and have been in communication with him since. I am hopeful that he will be able to come to Jacksonville to speak to us this year. Adam and I both agree that it is beneficial for members and officers to attend the convention to bring back fresh ideas and make our club more salient in terms of networking. We both enjoyed the Shamrock Shuffle 8k and came back with tons of free gifts provided by the convention. The next convention will be in Costa Mesa, California on May 2-5, 2024.

Terence Barfield
 William Barnes
 Steve Benoit
 Hudson Berry
 Diana Bickel
 Rick Bird
 Jesse Breeding
 Paul Brogan
 Sandra Burvee
 Dalton Carter
 Marsha Carter
 Lisa Casson
 Alice Ciani
 Jim Ciani
 Kent Colina
 Michelle Colina
 Mickie Cooksey
 Sheila Cribb
 Kim Crist
 Tom Custer
 Myra Diaz
 Julie Dover
 Sonya Dudley
 JoAnna Emauel
 Josue Fernandez
 Nancy Field
 Debbie Fleck
 Mary Alice Foote
 Kristi Garvey
 Paul Geiger
 Bonita Golden
 Chris Gommlich
 Gary Hallett
 Barbara Handman
 Chandler Harper
 Chip Harper
 Houston Harper

Jennifer Harper
 Tyler Harper
 Michael Headley
 Darryl Herren
 David Hon
 Jakob Irwin
 Darryl Johnson
 Laurie Johnson
 Lesley Jones
 Anna Grace Jose
 Jonas Jose
 Tyler Jump
 Geoffrey Klimas
 Susan Koehler
 April Lawson
 Dennis Magruder
 Patricia Mandelare
 Terumi McClintock
 Brian McGready
 Janie McMillan
 Christina Mitchell
 Joni Neidigh
 Geoff Neilson
 Sue Newman
 Alexandria Nick

MEMBERSHIP

**Welcome and thank you to our new
and returning members!**

[Click here to join](#)
[Click here to renew](#)



Alma Nick
 Brian Nick
 Stefanos Nick
 Robert Nones
 Pat Noonan
 Beth Norman
 John Nunn
 Eddie O'Halloran
 Tes Patterson
 Maureen Pelletier
 Tracy Pfuntner
 Bill Phillips
 David Pizzi
 Raymond Ramos
 Bob Restivo
 Tara Restivo
 Kim Rife
 Erik Rostholder
 Judy Sastre
 Kristie Schneider
 Michael Schoenfield
 Andrea Sessions
 Thomas Sessions
 Annette Shannon
 Bradley Shepherd
 Tara Showalter
 Gordon Simms
 Tracy Skipton
 Amber Slimp
 Judy Stebler
 Stacie Stemm
 Jennifer Szala
 Dan Teahan
 Joanie Teofilo
 Chris Twiggs
 Josue Velazquez
 Shannon Walsh
 John Weber
 Linda Wolfenbarger
 Tom Zicafoose

THANK YOU, NANCY!

FROM YOUR FLORIDA STRIDERS FAMILY

If you ran one of our races in the past 8 years, then you have a shirt with a logo designed by fellow Strider, Nancy Harms. She started doing our graphics when she was in school as a way of contributing to our club and to help hone her skills. We have been very fortunate to have her services all of these years. Alas, it is time for her to move on to bigger and better adventures. We wish her all the best. Thanks Nancy!! Below are some of Nancy's favorite graphics over the years.



“I have been creating the T-shirt logos for the Florida Striders running races for the past 8 years. It has been my pleasure to work with an organization that has a vision to promote healthy habits for children and for the community through running events. I have appreciated this unique experience. “

Happy running everybody!

Nancy