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What's Inside!

It's time to get ready for the Resolution Run 5K!

By Bill Krause

What a great way to start the year off right. It's still a steal at \$30 for Strider members and \$20 for kids, but only until January 13th. The prices go way up on race day, and there is no guarantee of getting one of those cool long sleeve cotton shirts. Click [here](#) today to register so you don't miss out!

A registration also makes a great present for the one you love 😊
 See you there!



PRESIDENT'S MESSAGE

Happy New Year! This year is bringing new challenges to our Club. We are in need of volunteers for some of our key positions.

Newsletter editor, Tiffany Heitman, has been doing an excellent job with the StrideRight, but the responsibility of raising a young family has prompted her to step down from that position. We are looking for someone to take on the task of compiling the information and articles submitted by our members into a suitable format for distribution to the public. The StrideRight is published six times per year. If you have some computer skills and would like to get involved with the club, this might be for you! Please let me know if you are interested or have any questions.

Club treasurer, Bill Krause, has been serving in that position for quite a few years now. He has expressed his intention of retiring from that position in April, at the end of our Strider year. We will need someone to take over that role of preparing the monthly financial statements.

Members are also needed to serve as Race Directors. We have an amazing group of volunteers to assist with the race day details, but we need the RD's to oversee the organization of each event.

At the end of April, the current Board of Directors term comes to an end. We usually have some openings for potential Board Members. New ideas and fresh energy is always needed. Members of the Board of Directors will be elected at the annual picnic on April 23, 2023. Board members are eligible to be elected as Club officers at the first meeting in May.

Make sure you have these Florida Strider events on your calendar:

- Resolution Run 5K – 1/14/2023
- Angry Tortoise 25K/50K – 2/11/2023
- Run to the Sun 5K – 4/15/2023
- Annual Picnic and Board of Directors election – 4/23/2023
- Memorial Day 5K – 5/29/2023

Hope to see you on the streets! I'm proud to be a Florida Strider!

Jon



A Big Thank You to Our Partners in Running!



Race Directors
Resolution Run: Jason 'JD' Dillaberry
 resolutionrunrd@floridastriders.com
Angry Tortoise 25K/50K: Mae Barker
 mae@facesjax.com
Run to the Sun 5K: Adam Cross
 rttsrd@floridastriders.com
Memorial Day 5K: TBD
 run2day4life@gmail.com
Hog Jog 5K: Suzanne Baker

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: Mae Barker and Trish Man
Scholarship: Kim Lundy
 scholarship@floridastriders.com
Race Volunteer: Ann Krause & Kellie Howard
 volunteer@floridastriders.com
Registration: Kathy Murray
 registration@floridastriders.com
Equipment: Suzanne Baker
 Suzanne.baker@myoneclay.net
Race Advisor: Bill Krause
StrideRight Editor: Tiffany Heitman
 striderrighteditor@gmail.com
StrideRight Proofreader: Vicky Connell
 vickyjc@comcast.net

The Spring Season of the Grand Prix Series is just starting, so get a jump on your competition!



Start the year off right!

Long sleeve cotton t-shirts and Finishers medals

Our Runs Benefit Local School's Run/Walk Programs



Saturday, January 14th, 2023

5K Starts at 8:00am & 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-registration/site.race_reg/eid/41752013578 or scan the QR code below

- Online registration is available until noon Thursday, Jan. 12th, or register at any 1st Place Sports store thru Friday, Jan. 13th
 - Day of race registration onsite opens at 6:30AM.
- Race Director: JD Dillaberry | Email: resolutionrunrd@floridastriders.com

ENTRY FEES

	Striders	Non-Striders	Kids 13 & Under
Until Dec. 2nd	\$25	\$30	\$15
Dec. 3rd - Jan 13th	\$30	\$35	\$20
Day of Race	\$40	\$40	\$25

PARTNERS



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

The 34th Annual Hog Jog 5K is history, but was it successful?

Most runners understand that events like 5K races are held for one primary goal. That is to make money. In almost all cases this is not a function of greed but one of caring. Most funds raised at these races go toward worthwhile causes and charities. The Florida Striders has five races and membership dues to fund thousands and thousands of dollars given each year to our Children Running programs, College scholarships and other charitable donations as needed.

Sponsors are a critical component in raising funds at these events. For example, NASCAR would not exist without sponsors. Sponsors want to put their money where it will give them the greatest return on their investment. This presents a very big challenge for the club, especially for a race with the low turnout we have year after year at the Hog Jog. We are fortunate to have a few great sponsors This year the Hog Jog turned a small profit with the help of their donations.

Sponsors for 2022 Hog Jog were:

Pinch-A-Penny Mandarin Store Owners: Dave & Shelly Allen	\$375.00
Baby Barrier Owner: Scott Hershey	\$125.00
UF Health	\$125.00
Camp Gladiator	\$125.00

Cost of putting on a small race like the Hog Jog might surprise many of you. Items like shirts, awards, refreshments and chip timing are examples of the many costs associated with every race. Shirts on average cost \$8 each. Hog Jog is our easiest and least expensive race as we don't have to pay out large sums to the city for permits and to the police for safety. We also use our personal vehicles to save on truck rental. However, we still paid \$3,231 in expenses with a total race income of \$4502. That left us with a profit of \$1271. This is enough to pay for 1.271 college scholarships. We award five \$1,000

scholarships every year. Was the race a monetary success? If you know how much time and effort goes into a 5K race, even a small one like the Hog Jog, you can draw your own conclusions.

On the cost savings side of the equation, 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 any situation.

Although making money is the primary reason for our races there is also the "social" benefit of these events. Florida Strider Bylaws state the following objectives.

1. The prime objective of the corporation shall be to promote and encourage running by, among other things, educating the community about the benefits of physical fitness and sport.
2. Other objectives of the corporation are to engage in community activities, to publicize by appropriate means the benefits of running and jogging, and to coordinate with other agencies, groups and clubs, advocating running as a means to physical fitness.
3. In furtherance of the corporation's objectives, this corporation may do or support any of the following: **hold races**, time trials and social events; print and publish books, magazines and newsletters; present awards; solicit and raise funds and donations for furthering the corporation's objectives; distribute running and fitness information; organize and present speakers; conduct training classes; maintain or improve running areas; and do all such things as may be conducive to the encouragement of running.

If making money was the only reason for all the blood, sweat, and time required to put on a race many of us would have taken our dominoes and gone home many years ago. We may not have had great success in the fund-raising department but the majority of the 181 participants that finished the race appeared to be happy as a clam at high water.

Donations are another income stream and greatly appreciated. Donations made during registration for 2022 Hog Jog were:

Frank Frazier	\$100
Terri Rose	\$50
John (Tim) Martin	\$50
Teresa Collins	\$25
Dotti Cahill	\$25
Christie Sierra	\$25
Rebecca Stratton	\$20
Kathy Murray	\$19
Charles Delay	\$15
Bruce Zewicke	\$10
Susan Stanley	\$10
Janice Kellogg	\$10
Adam Latiff	\$10
Jessica Vivian	\$10
Kelly Cobb	\$10
Steve Williams	\$5
Wade Tonkin	\$5
George Hoskins	\$5
Liam Eastman	\$5
Chrissy Heffner	\$5
Carly Brown	\$5
Michelle Orts	\$5



Sponsors and participants 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 and Chris Baker brought some wonderful students from her school to manage the course. Other volunteers included Frank and Nancy Frazier, Dave Townsend, Ceci Dunham and Darryl Herren.

Overall, the race was a social success, maybe not so much a financial success but money ain't everything!

In closing, after many years of volunteering with the Striders, I'm hanging up my spurs and moseying on out to pasture. One last thanks to Bill Krause for putting together a nice surprise "retirement" for me at the Hog Jog. People like him are the glue that holds this club together.

This puts another Strider race in the rear-view mirror and time to start getting ready for our next race. Now [click here](#) to go sign up for the Resolution 5K!

Thanks,
Mike Mayse



Strider Running Team Member Feature: Leslie Hart

I'm excited to be joining the Florida Striders running team.

I've lived in Florida all of my life, mostly in Jacksonville. I graduated from Fletcher High School in 1975, and I am a Navy veteran. I worked for Blue Cross Blue Shield after leaving the service and retired back in 2009. I mostly love running because I've been doing it for 54 years of my life. One of my favorite runs is the River Run, and the farthest I've traveled for a race is to Maui, Hawaii where I ran the Maui Marathon.



Leslie Hart (back) with other Striders Running Team members.



Volunteers at the Ameris Bank Water Strider Water Stop

By Bill Krause



The Striders continued their long tradition of running one of the water stops for the Ameris Bank Marathon, held this year on Dec. 11th. The weather was nice and overcast for the runners, just a little chilly for the volunteers, but it didn't stop us from having the best station out there! We had music, dancing, and I think I saw Mrs. Claus somewhere!! Chris, Annie, Pete, Joni, Bill, Britta, Mae, Kim, Larry, Rob, Steve, Madi, Brady, and Giselle were all out there cheering the runners on. Thanks everyone, and

MERRY CHRISTMAS!

Dee Bolton
Evelyn Brown
Heidi Brown
Jan Bullock
Teresa Collins
Lynn Corby
Anne Cunningham
Denise Dailey
Elaine Davis
Liam Eastman
Janet Fox
Paul Hibel
Hubert Keen
Janice Kellogg
Anne Kennedy
Barbara Knox
Holly Krstich
Kimberly Lundy
David Marsh
Ethan Marsh

MEMBERSHIP
Welcome and thank you to our
new and returning members!
[Click here to join](#)
[Click here to renew](#)



Emma Millson
Chase Parker
Sonia Parker
Geri Roden
Nancy Sorrell
LaTanza Sutton
Billie Taylor
Gloria Grace Taylor
Kristion Taylor
Rebecca Taylor
John Terry
Soledad Terry
Heather Thompson
Katelyn Thompson
William Tomlinson
Bobby Wood
Amber Wysocki

Save the Date for All Florida Striders' Races!

[Click here to register for the Resolution Run!](#)

- **43rd annual Resolution Run 5k → 1/14/23**
- **10th annual Angry Tortoise 25k/50k → 2/11/23**
- **42nd annual Run to the Sun 5k → 4/15/23**
- **39th annual Memorial Day 5k → 5/29/23**

REGISTER TODAY FOR THE 10TH ANNUAL ANGRY TORTOISE 25K/50K TRAIL RUN!

FEB 11, 2023



Photo courtesy of Semper Fi Photos

Join us for this great race through Cary State Forest (just west of Jacksonville). The race course consists of well-maintained dirt roads through this beautiful forest. We will have great swag, lunch for runners, and fun! 😊 Don't wait to sign up as this race fills up fast and prices increase closer to race date.

For more info: Contact Mae Barker, Race Director at mae@facesjax.com or 904-210-2556

Register by clicking [here](#).

Use coupon code **STRIDER** for \$5 off!

JINGLE BELL FUN RUN

The Green Cove Springs Jingle Bell Fun Run was a huge success. We had 179 registered runners.

Thank you, Carol MacDougall, for all you do to make this possible!



Upcoming Races

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

Date	Race	Time	Race Day Location	Where to Register
Jan 14th	Resolution Run	8am	Orange Park	https://thedriven.net/event-registration/site.race_reg/eid/41752013578
Jan 21st	Hellcat 10K/30K/50K	7:00am	1 Bunker Ave, Green Cove Springs	1st Place Sports
Jan 21st	Winter Beach Run	1pm	75 1st St. N, Jax Beach	1st Place Sports
Jan 28th	Matanzas 5k	8am	25 W Castillo Dr, St. Augustine	1st Place Sports
Feb 4th	Rachel Quiñones Memorial 5k	9am	Bishop Snyder High School	1st Place Sports
Feb 5th	National Marathon to Finish Breast Cancer & DONNA Half Marathon	7:30am	Jax Beach Seawalk Pavilion	1st Place Sports
Feb 11th	Angry Tortoise 25/50k	7:30am	Cary State Forest	https://ultrasignup.com/register.aspx?did=94740
Feb 11th	5k/8k Superhero Run	8:30am	156 Kingsley Ave	1st Place Sports
Feb 18th	Jaguars 5k Stadium Challenge	6pm	TIAA Bank Field	1st Place Sports
Feb 18th	Fleming Island Eagles Fly 5k		Fleming Island High School	1 st Place Sports
Feb 25th	Ortega River Run	8:30am	4114 Oxford Ave	1st Place Sports

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 Sign on to Amazon Smiles by clicking on <http://smile.amazon.com/ch/74-2194707>. Amazon Smile can be activated in the app. Use the same email address and password you use now. You will be directed to the same as before, with the same products, your account information, etc. You know you did it right if you see the Amazon Smiles logo in the top left corner of the page.
 Support your club by doing this one simple thing please. Amazon donates 0.5% of your purchase price to Road Runners Club of America - Orange Park. Yes, that is us! It doesn't cost you a thing, and you can "Smile" knowing you just did a good thing for your running club!

