



# The StrideRight

Club #229 Vol. 46 No 1 Jan – Feb 2025

[www.floridastriders.com](http://www.floridastriders.com)

## 2024 OFFICERS

President:	Joni Neidigh
Vice President:	Josué Velázquez
Secretary:	Kim Rife
Treasurer:	Adam Cross



## President's Corner By Joni Neidigh

## 2024 BOARD OF DIRECTORS

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 Jakob Irwin  
 Larry Neidigh  
 Jack Frost  
 Dave Allen  
 Emma Millson  
 Nina Kammatt  
 Savannah Landis  
 Bryan Boyer  
 Ellen Boyer  
 Mike Tibble

## 2024 COORDINATORS

Children's Running:	Carol MacDougall
Track Coordinator:	Mike Tibble
Membership:	Eugene Biala
Social:	TBD
Scholarship:	Kim Lundy
Race Volunteer:	Savannah Landis
Registration:	Kathy Murray
Equipment:	Mike Tibble
Race Advisor:	Bill Krause
StrideRight Editor:	Michelle Colina
StrideRight Proofreader:	TBD

Hello Strider Family!

It's that time again to reflect on the past year, set new goals, and move forward. Runners own a unique capacity to do this as we evaluate our practices and races on a regular basis striving to improve. This evaluation of improvement can include a myriad of things such as technique, endurance, speed, heart rate, VO2Max, cadence, consistency, and energy levels. One of the areas that is largely ignored is the evaluation of mental state – motivation, focus, stress levels, and the big “why”. Here are a few simple questions that contribute to monitoring your athletic mental state: How enthusiastic or driven do I feel about practices or running races? Do I have the ability or skills to stay present and push through mental barriers? Do I use running as a stress reliever or does my stress impact my performance? What is my big “why” for running?

As you set your goals for this year, I hope that you will include some short-term and long-term mental as well as physical goals. Most importantly, I hope that you recognize your big why and your purpose for running. This might include things like fitness, mental balance, weight management, socialization or competition. I would also like to invite you to consider one that specifically relates to our club. By running or walking as a Florida Strider you directly contribute to our Children's Running Program. Each and every time someone joins or renews a membership it ensures the security of our ability to keep this program going. Please know how much I value your participation as well as the approximately 18,000 students that we fund and serve in Clay and Duval counties.

The enormity of this mission and purpose is something that I intend to communicate fully to all of you in the coming months. I want to offer you a closer look with respect to your meaningful contributions. My conversations with fellow Striders have made me aware that many of you haven't had the opportunity to see all of the wonderful opportunities that the program provides for the students so much so that it has proven worthy of national recognition from RRCA being named Outstanding Youth Program!

With all of this in mind, I look forward to a successful 2025 for our Florida Strider family starting with our Resolution Run on January 11<sup>th</sup> and the Angry Tortoise 50k/25k (selected as 2025 RRCA Florida Ultra Championship) and I encourage you to set goals that will bring you even more joy and success in running.

With Gratitude Always,  
**Joni**

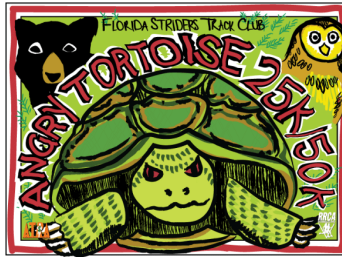


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**Angry Tortoise 25K & 50K**  
**By: George Barthelmes, IV**



Date: Saturday, Feb 15, 2025 at 7:30 AM

Location: Cary State Forest, 7465 Pavillon Road, Bryceville, FL

The Angry Tortoise 25k / 50k course is very flat and fast with great footing for a trail race. The course winds you through the pines of Cary State Forest which is the second oldest State Forest in Florida. You'll also go through a swamp where you never know what wildlife (not including your fellow runners) you might spot. If you're running the 25k, you'll pass by the swamp twice while the 50k runners will pass by four times.



This is one of the last local long-distance races that you can run until the fall race season. This is a great opportunity to use the level of fitness that you've acquired from training and racing during the fall and early winter. If you can run a half-marathon, you can run a 25k (15.5 miles) and if you can run a marathon, you can run a 50k (31 miles). This is a great opportunity for you to finish your first Ultra Marathon if you complete the 50k! You can register at: <https://ultrasignup.com/register.aspx?did=116422>

Registration is limited to a total of 150 participants. As a Florida Strider's member, you can save \$10.00 by using the Coupon Code "Striders". New this year is the addition of the Senior Grand Masters! Those 70 & over will have the opportunity to compete for the top male and female!

We have awards for the Top 3 Male & Female for both the 25k and 50k. Additionally, we also provide awards for the Top Male & Female in both the 25k & 50k for the following categories:

- Masters (40 – 49)
- Grand Masters (50 – 69)
- Masters (70+)

Senior Grand





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The Angry Tortoise recognizes our Course Record Holders! Last year we had 4 new Course Records and each of the new Course Record Holders received one of our Course Record Awards.



The current Course Records are....

#### Angry Tortoise 25k / 50k Course Records:

**25K (Female Overall): 2015 1:47:25 – Julie Stackhouse**  
**25k (Female Masters): 2022 2:05:40 – Sara Pleasants**  
**25k (Female Grand Masters): 2024 2:12:07 – Regina Soeey**

**25K (Male Overall): 2022 1:41:37 - Joseph Jaramillo**  
**25k (Male Masters): 2016 1:45:28 - George Barthelmes**  
**25k (Male Grand Masters): 2024 1:51:42 – Kevin Sweeny**

**50K (Female Overall): 2024 4:12:17 – Eva George**  
**50k (Female Masters): 2017 4:24:47 – Regina Soeey**  
**50k (Female Grand Masters): 2023 4:28:19 – Britta Fortson**

**50K (Male Overall): 2023 3:30:59 – Wrigley Longstreet**  
**50k (Male Masters): 2023 3:58:51 – Brock Walaska**  
**50k (Male Grand Masters): 2024 4:50:03 – Allen Altman**

Thank you to AIRWAAV for being one of the Angry Tortoise Sponsors. This is the 2<sup>nd</sup> year that AIRWAAV has provided their performance mouthpieces and towels for our Champions.



You can purchase AIRWAAV Products at <https://AIRWAAV.com> You can save 20% by using the discount code “UNLOCK”.

Our Overall Champions, Male & Female for both the 25k & 50k will receive an AIRWAAV Endurance Mouthpiece packet with 2 AIRWAAV mouthpieces in addition to their award. Our Male & Female Masters Champions in the 50k will also receive an AIRWAAV Endurance Mouthpiece packet with 2 AIRWAAV mouthpieces in addition to their award.

Our Male & Female Masters Champions in the 25k along with our Male & Female and Grand Masters Champions for both the 25k & 50k will receive an AIRWAAV 16x25” 100% Cotton Gym Towel in addition to their award.



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One of our other sponsors is providing electrolyte drink mix for the Angry Tortoise. This is the 2<sup>nd</sup> year that LMNT has graciously provided their product to keep our runners hydrated. Thank You LMNT! LMNT continues to be such a great sponsor of the Angry Tortoise 25k / 50k! LMNT has donated their Raspberry Salt Electrolyte Drink Mix for the 2 aid stations just like last year. However, this year, LMNT has donated additional Electrolyte Drink Mix packets for the runners to take home with them and will be included in the goody bags. The LMNT Electrolyte Drink Mix flavors that each runner will receive include Chocolate Salt, Grapefruit Salt, Orange Salt, Citrus Salt, Mango Chili, Watermelon Salt, and Raw Unflavored. Stay Salty My Friends!

We offer FREE lunch to the runners! Come run and then enjoy a great pulled pork sandwich, collard greens and potato salad!

The restrooms close to the finish line also have hot showers so you can shower and change after the race!

We also need volunteers! You don't need to be a runner to be a volunteer. You will find that volunteering for an Ultra Marathon is a very rewarding experience. You'll truly be amazed at the determination and sacrifice that these runners display to achieve their athletic goals. Each volunteer will receive a great lunch, which is the same as the runners plus plenty of snack foods at the aid stations. In addition, you'll receive an Angry Tortoise race shirt, Patch and Sticker.

If you wish to volunteer, please contact me at [George.Barthelmes@icloud.com](mailto:George.Barthelmes@icloud.com) and let me know what position and time you're willing to volunteer for, your long sleeve shirt size, email address and cell phone number.

Your support of this race and your club will be greatly appreciated!



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Position	Report Time	Finish Time
Parking (1)	5:30am	8:00am
Parking (2)	5:30am	8:00am
Bib/Packet Pickup/Pavilion Aid Station Support (1)	5:30am	11:00am
Bib/Packet Pickup/Pavilion Aid Station Support (2)	5:30am	11:00am
Bib/Packet Pickup/Pavilion Aid Station Support (3)	11:00am	4:00pm
Bib/Packet Pickup/Pavilion Aid Station Support (4)	11:00am	4:00pm
Main Aid Station Leader (1)	6:00am	3:30pm
Main Aid Station Support (2)	6:00am	3:30pm
Main Aid Station Support (3)	6:00am	3:30pm
Main Aid Station Support (4)	6:00am	3:30pm
Main Aid Station Support (5)	6:00am	3:30pm
Main Aid Station Support (6)	6:00am	3:30pm





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## FIRST ANNUAL FLORIDA STRIDERS CHAMPIONSHIP SERIES AWARDS & HOLIDAY PARTY

On November 30th the Florida Striders hosted over 80 members at the Orange Park Lion's Club to celebrate the holidays and present awards to our Championship

Series winners. Congratulations to all of winners and thank you to all who came to enjoy wonderful food, awards, music and camaraderie. We will provide a full. List of winners on our website soon.

Overall winners included Eve Schlotthauer (1st overall female), Joni Neidigh (2nd overall female), Annette Stevenson (3rd overall female,) Bryan Boyer (first overall male, Stephen Beard (2nd overall male) and Thomas Lott (3rd overall male). Special awards included Frank Frazier (The Legacy of Inspiration Award) and Tes Patterson (The Spirit Award).





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## MEMBERSHIP

Welcome and thank you to our new  
and returning members!

[Click here to join](#)

[Click here to renew](#)

Lily-Rose Alexandre  
Gene Calvin  
Lynn Corby  
Britta Fortson  
Lenard Gauthier  
Bill Genovese  
Osra Hutcheson  
Thomas Lott  
Jennifer Rogers  
Heather Thompson  
Winney Yaun

Mae Barker  
Mei Chiang  
Anne Cunningham  
Janet Fox  
Victoria Gauthier  
William Halsey  
Scott Kashman  
Mckenzie McCollum  
Deborah Russell  
Joshua White

Ellen Boyer  
Gary Corbitt  
Liam Eastman  
Harold Francis  
Reuel Gauthier Del Valle  
Susan Hoffman  
Mark Kimo  
Gemma Neeld  
David Scott  
Jamal Williams