



The StrideRight

Club #229 Vol. 46 No 2 Mar - Apr 2025

www.floridastriders.com

2024 -2025 OFFICERS

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

2024 -2025 BOARD OF DIRECTORS

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

2024 -2025 COORDINATORS

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

Message from the President

By Joni Neidigh



Hello Strider Family!

It has been a great start for our club with our successful Resolution Run and our RRCA nationally recognized Angry Tortoise 25/50k race . Our 50K race in Cary State Forest was selected as the 2024 Florida Ultra Race! The atmosphere for the Resolution Run was amazing and we had a record number of youth in our fun run this year! The participating schools were thrilled as checks were presented to each by Carol MacDougall which directly contributes to the existing programs and increases the motivation and excitement for the kids to continue. The Florida Striders mission to inspire kids to run, stay active, and earn scholarships is our highest priority as movement is key to a healthier future for our youth. Stay tuned for an exhaustive list of the benefits received by the students supported by our program. I believe that connecting to our mission through volunteering and learning more about the wonderful things that happen in the schools will continue to inspire all of you to run as part of our Strider family/community. It certainly adds to the big why when we are all out there

challenging ourselves. You will hear much more about our outstanding Angry Tortoise run in our next edition. Prepare to be amazed as I was when I was out there.

The more involved you become as a Strider family member the more you will see how a strong community makes all the difference. Whether it's a training partner who pushes you to keep going, a teammate who shares your struggles and victories, or an inspiring club member who reminds you why you started—running is better together.

But let's not forget the incredible supporters on the sidelines. The family members, friends, and spectators who cheer us on, hand us water, and shout words of encouragement when we need them most. Their energy lifts us when our legs feel heavy, and their belief in us fuels our own determination.

True teamwork goes beyond just showing up—it's about going out of your way to support those around you. Maybe that means adjusting your pace to help a teammate reach their goal, offering a ride to an early morning race, or simply checking in on someone who's been struggling. When we make the effort to accommodate the needs of our teammates, we strengthen the bonds that make this club more than just a group of runners—we become a family.

As we kick off a new running year this Spring, we look forward to sharing some exciting changes coming to the club! From training and speaker opportunities to upcoming social events and new Board members- there's never been a better time to be part of our team. But to make it all happen, we need *you!*



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If you're looking for a way to give back, consider stepping up as a volunteer. Whether it's volunteering at a race or OPHS track meets, contributing an article to the Strideright, inviting potential members to training runs or social events or welcoming new members, your contribution will help shape the future of our club. Together, we can make this running year our best one yet!

For now, take a moment to appreciate those who run beside you, those who cheer from the sidelines, and those who go the

extra mile to lift others up. And if you're ready to get more involved, let us know—we'd love to have you on board! If you are one of our members who already gives so much – thank you for all that you do. Please know that you are noticed and appreciated and you make a tremendous difference in the lives of others!

With Gratitude,

Joni

MARK YOUR CALENDARS FOR OUR APRIL ANNUAL BOARD MEETING AND PICNIC



Our annual meeting and picnic will be held on April 6, 2025, at Clarke House Park on Kingsley Avenue in Orange Park at 1pm.

This is always a great way to get to know your Strider Family and meet your new candidates for the Board and the nominees for the Executive Board. This is always a casual, potluck with a very short introduction of officers at the end. Please mark your calendars and look for detail on our FB Membership page and in email.



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Running Team Race Results

By Shelly Allen

Florida Striders Running Team members Nick Deal and Mei Chiang had outstanding recent races. Nick finished 4th place overall in the Matanzas 5K on January 18th, with a time of 14:25, 4:37 per mile pace! And Mei finished 4th place overall female in the Resolution Run 5K on January 11th in 21:12. What a great job representing the Florida Striders by our two newest team members!





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The Value of Track Practice

Track practice isn't just about getting faster-it's about building discipline, mental toughness, and resilience.

Every runner, from beginners to elites, benefits from the structure, consistency, and challenges that come with training. Whether it's refining technique, pushing through fatigue, or learning to embrace discomfort, each session lays the foundation for growth both on and off the track.

Whether you are running or walking at track practice you will benefit in a myriad of ways. Let us know you are coming and we will welcome you!

We do require that your Florida Strider membership is up to date and that you arrive at Orange Park High School by 5:45pm or 6:20pm to enter. The official practice begins at 6:30pm so be warmed up and ready to go! This is a great place to meet other Strider members, build friendships, receive encouragement, and get wonderful coaching.

Come join us!





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Florida Senior Games

By Joni Neidigh

Three of our Florida Striders competed in the 5k at the Florida Senior Games in Dade City. The run was on the golf course and had some of the most dramatic elevation changes in the southeast. The route took competitors over bridges, through woods and included a steep, uphill finish.

Joni Neidigh placed 2nd, Annette Stevenson placed 3rd and Kim Rife placed 4th in their respective age groups. They all advanced to the National Senior Games in Iowa this summer!





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RRCA National Race- Angry Tortoise

Here are a few fun pictures from our Angry Tortoise 25/50k race . We will have our winners listed in our next edition and more pictures of this RRCA Nationally awarded event.

Thank you runners, volunteers, spectators and George Barthelemes, our wonderful race director!





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Resolution Run 5k

Scenes from our successful Resolution Run 5k. Our top attended schools were awarded checks delivered by our wonderful Children's Running Program Director, Carol MacDougall. We had a record number of children this year!





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Checks delivered to Winning schools Resolution Run By Carol MacDougall

Not in Picture: Enterprise Learning Academy. Check was mailed to them.

Top number of School Finishers at the Resolution Run 2025

School	Finishers
Orange Park Elem	212
Thunderbolt Elem	128
Montclair Elem	57
Swimming Pen Crd	47
Coppergate Elem	36
Paterson Elem	39
Lakeside Elem	30
Enterprise Academ	22
Annunciation	4
Lake Asbury	4



Annunciation
Catholic School



Coppergate
Elementary



Lake Asbury
Elementary



Lakeside
Elementary



Montclair
Elementary



Orange Park
Elementary





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R.M. Paterson
Elementary

Swimming Pen Creek
Elementary

Thunderbolt
Elementary

Favorite Striders Workouts By Josue Velazquez

We would like to start an article where Striders can share their favorite running workouts. If you would to share yours in the next Strideright please email it to vpresident@floridastriders.com. The favorite workouts of this edition are:

Joni Neidigh, Florida Striders President:

I don't have any special workouts but I love 5k progression runs.

Jakob Irwin, Florida Striders Board of Director

I love "yasso's" a yasso workout is a very difficult marathon time predictor workout. 10x800s with just 60 second recoveries. What ever your average time is for the 800 should be equivalent to your marathon time. For example, if your average time for the 800's was 2:55. Then It means your estimated marathon time is a 2:55:00. It's usually pretty accurate but it is a very tough workout.

Josué Velázquez, Florida Striders Vice President

One of my favorite workouts when I was in high school was a fartlek. I knew that I was about to PR when was able to complete it with strong efforts all the way to the end (there was no GPS back then!).

Fartlek 30 min as follow: 6 x (2 min ON : 1 min jog) + 12 x (30 sec very hard : 30 sec jog).

George Barthelmes, Angry Tortoise Race Director

Favorite work is the Yasso's 800s. It is a great fitness indicator.



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The Florida Striders Track Club
 2025 College Scholarship Application
 Five - \$1,000 Scholarships will be awarded

Eligibility Requirements:

- Must be a resident of Northeast Florida for the past two years.
- Must be a graduating high school senior.
- Must be a runner or active in track and field events.
- ENTRY DEADLINE: Applications must be postmarked by **March 31, 2025**.
- Please be advised that NCAA regulations may prohibit you from accepting this scholarship if you attend college/university on an athletic scholarship.

I. Personal Information

Applicant's Name: Click or tap here to enter text.
 Address: Click or tap here to enter text.
 City: Click or tap here to enter text. State: Click or tap here to enter text.
 Zip: Click or tap here to enter text.
 Phone: Click or tap here to enter text. E-Mail: Click or tap here to enter text.
 High School attending: Click or tap here to enter text.

II. Signature

I certify that the information on this form and provided with this application is correct. If awarded a Florida Striders Scholarship, I agree to be photographed for publication in the club's monthly newsletter, the Clay Today, and the Florida-Times Union. I agree to return all funds awarded to me if I withdraw from school prior to completion of the next academic semester or quarter.

 Signature Date

 Signature of parent (only required if under 18 years of age) Date

III. Personal Reference

Ask for a personal recommendation from a professional person, e.g. teacher, coach, minister, scout leader, employer, etc. **who is not related to you.** Include the recommendation letter with this application.

IV. College Information

List all colleges to which you have applied.

	<u>Accepted</u>				<u>Attending</u>		
	Yes	No	Unknown	Yes	No	Unknown	
Click or tap here to enter text.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
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V. Academics

Have your **school counselor** fill in the following information.
A transcript may be included with your application but is not required.

Grade Point Average: Weighted: _____ Unweighted: _____

Class Rank/Standing: _____ (e.g. 5th of 355)

Test Scores: SAT _____ (total)
Reading _____ Math _____
ACT _____ (composite score)

School Counselor's Signature _____

School Counselor's Email _____ Date _____

VI. Are you a member of the Florida Striders? Yes _____ No _____

VII. Leadership

List all leadership positions you have held for school teams, clubs, scout troops, church youth groups, etc.

- | | |
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| 5. Click or tap here to enter text. | 6. Click or tap here to enter text. |
| 7. Click or tap here to enter text. | 8. Click or tap here to enter text. |
| 9. Click or tap here to enter text. | 10. Click or tap here to enter text. |

VIII. Running

List all running teams, clubs, track & field teams you have been on, letters earned, significant achievements, distances competed in, best times, road races completed, or other running related information. Please select male or female division

Male

Female:

- | | |
|--------------------------------------|--------------------------------------|
| 1. Click or tap here to enter text. | 2. Click or tap here to enter text. |
| 3. Click or tap here to enter text. | 4. Click or tap here to enter text. |
| 5. Click or tap here to enter text. | 6. Click or tap here to enter text. |
| 7. Click or tap here to enter text. | 8. Click or tap here to enter text. |
| 9. Click or tap here to enter text. | 10. Click or tap here to enter text. |
| 11. Click or tap here to enter text. | 12. Click or tap here to enter text. |

IX. Extracurricular Activities

List all activities (excluding running which should be listed in part 6) in which you have participated during high school, e.g. clubs, band, 4H, church groups, scouts, debate team, French club, etc. Include any part-time jobs & volunteer work.

- | | |
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| 11. Click or tap here to enter text. | 12. Click or tap here to enter text. |



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X. Need

Please describe how this scholarship, if awarded, would benefit you and your family.

Click or tap here to enter text.

XI. Essay

On a separate sheet of paper, write a 300 to 500 word essay on an aspect of your running (or track & field event) that has influenced your life, i.e. **“What Does Running Mean to Me?”**

The completed application needs to be postmarked by March 31, 2025 and includes:

- 1 - FSTC College Scholarship Application (4 pages, items I through XI)
- 2 – Personal Reference (Item III)
- 3 – Essay about your running (Item XI)
- 4 - High school transcript (desired, not required)

**Florida Striders Track Club
2025 Scholarship Application
7276 San Carlos Road
Jacksonville, FL 32217**

The recipients of the 2025 FSTC College Scholarship will be announced at the beginning of May 2025.
No e-mailed applications will be accepted.

For additional information contact:
Kellie Howard, at kellski@comcast.net



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MEMBERSHIP

Welcome and thank you to our new
and returning members!

[Click here to join](#)

[Click here to renew](#)

Preston Allmond
Melissa Bosch
Alison Bramlitt
David Campbell
Elaine Davis
Desiree Dillaberry
Laura Evans
Brittney Greene
Shirley Henkel
Linda Johnson
Hudson Jollow
William Laird

Maureen Barrett
Alison Bramlitt
Juliet Browning
Jacob Campbell
Kaitlin Davis
Jason Dillaberry
Gary Gerdeman
Michael Greene
Jasmine Henry
Adam Jollow
Roman Jollow
Ava Liuzzo

Eugene Biala
Alison Bramlitt
Keith Browning
Mia Campbell
Vincent Degennaro
Samuel Dunham
Jim Giancola
Edgar Gutierrez
James Hill
Becca Jollow
Sara Keller
Jack Liuzzo

Amy Black
Alison Bramlitt
Steve Bruce
Adam Cathlino
Jennifer DeSantis
Keegan Emanuel
Nathan Gillan
Mitchell Harlamor
Stacy Johns
Grayson Jollow
Janice Kellogg
Joe Liuzzo