

Striders Spotlight: Lisa Miller

By Vicky Connell

Recently I found myself sitting beside Lisa Miller during the awards ceremony at the conclusion of the Tour de Pain. I had just gotten to know Lisa a few months earlier when someone suggested she might be a good volunteer to help me with the Memorial Day 5K. Lisa agreed to help with registration, and then accepted again when I asked her to help with registration for our Adult Running Class in September. Sitting beside her and talking about the race made me think she'd be a great candidate for my column. And was I ever right!

Lisa started running in January 2012. She was invited to do a race in Oakleaf which included a Fun Run. She

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JENNY'S PENNIES

34th Anniversary



Sunday morning October 13th

6:30AM RUN, 8:00AM PARTY!!

Sun Tire, Blanding Blvd. Orange Park

There is a long tradition of collecting any money found during the runs and giving it to Jenny Allen, who uses it to provide the goodies for our Sunday Morning Anniversary Celebration. Come help us spend Jenny's pennies! We'll provide champagne, orange juice and coffee.

Please bring fruit, bagels, etc. We get a lot of the "sweet" stuff so please consider bringing something like chips & dip or finger food like wings... Join us for a group picture and help celebrate. =

Prez Sez

By Scott Hershey



Have we had enough heat this summer? I think so. This summer it has been very important to stay hydrated before, during, and after our runs. Most of us like to run in the morning because it's 73 degrees and ONLY 80% humidity. Then there are hardy runners that don't seem to care when in the day they run or where. It doesn't matter when you run as long as you're out there running.

I think a lot of you know that I got back into running because my son Drew ran Cross County at Wolfson High School. I have another son Josh that I have tried to get into running because I thought he would be a natural at it. But alas it wasn't to happen... or so I thought. He's attending Florida State University and is riding his bike a lot to and from school. So a few months ago while home on semester break he lets it slip that he's been running a couple of miles a week. What? ...Excuse me while I pick myself up off the floor. I thought I would never get him into running. I guess all the running me and Drew have done somehow rubbed off on him.

Needless to say I was very happy with his change of heart.

I have been in training all summer for the VIA Lehigh Marathon in Allentown, PA and while making arraignments for the trip, my wife Lori suggested that I take Josh with me on this trip since after all he's NOW a runner. So I asked and he accepted. A few days from now I will be running the marathon and he will be running the 5K. This should be a great bonding trip for the two of us.

As runners we subconsciously go about our training not knowing that sometimes we just might be planting the seeds of the sport we love. And maybe one day in the future your son, daughter or spouse will surprise you and say "I think I'm going to start running. Can you help me?" =

Board of Directors' Summary of Action

June 11, 2013 at 7:00 PM • Orange Park Library

I. Call to Order: The meeting was called to order at 7:10 p.m.

Board members present: Regina Soeey, Bill Page, Scott Hershey, Bill Krause, Ann Krause, Gordon Sims, Andrew Barr, Carol MacDougall, Charlie Hunsberger, Robert Webster, Christine Vaughn, Mike Mayse, Kathy Murray, Glenn Hanna, George Hoskins. Quorum: yes

II. Review of Minutes: May 2013: A motion was made, seconded and passed to approve the minutes from the May meeting.

III. Officer Reports

i. President Report – Scott Hershey

a. Thank you to Vicky Connell for Memorial Day 5K: The race was a success.

b. Media Committee: Will cover website, Facebook, and all other digital communications with our members and the public.

c. Reinhold Foundation Grant Received: We received a \$500 grant from them.

d. Marathon High Grant Request: A motion was made, seconded and passed to approve a \$550 grant to fund Marathon High. We supported this program last year, and it is consistent with our mission.

ii. Appointments by President

1. Race Advisor – Dave Bokros
2. Membership Director – Charlie Hunsberger
3. Newsletter Editor – Trish Kabus
4. Equipment Director – Mike Mayse

Continued on page 9

2013-2014 Board of Directors & Key Members

(Board Members marked with an *)

President/Merchandise Coordinator:

*Scott Hershey(C) 419 2469
email: run2day4life@gmail.com

Vice President/Merchandise Director:

*Mark Wynter(H) 718 1007
email: wynter.mark@yahoo.com

Secretary:

*Regina Soeey(H) 673 0608
email: Regina@ReginaSoeey.com

Treasurer/Co-Social Director:

*Bill Krause(C) 860 9189
email: bjk615@yahoo.com

Equipment Director:

*Mike Mayse(c) 238 3650
email: membership@floridastriders.com

Children's Running Coordinator:

*Carol MacDougall(H) 282 9914
email: cmmacDougall@bellsouth.net

Children's Fun Run Coordinator:

*Tara Showalter(H) (407) 782 8956
tara.showalter@yahoo.com

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Co-Social Director:

*Ann Krause(C) 252 0410
adk622@yahoo.com

Resolution 10k & 5k Director

*Kellie Howard(H) 732 7377
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Scholarship Committee Director

*Kim Lundy(C) 307 9234
email: woodski135@aol.com

Scholarship Committee:

Bill Krause(C) 860 9189
email: bjk615@yahoo.com
Danny Weaver287 5496
weaver243@hotmail.com

Directors at Large:

*Andrew Barr(C) 521 4400
email: andrewjbarr64@gmail.com
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*Kathy Murray(C) 955 6999
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*Christine Vaughn(C) 329 0096
email: cwright625@yahoo.com
*Robert Webster(H) 375 1053
email: wccinc@bellsouth.net

Membership Director/Media Committee

Director/Hog Jog Director/Angry Tortoise 25k Director:

*Charlie Hunsberger(H) 502 9407
email: jaxcharlie@gmail.com

River Run Expo Tent Coordinator:

Kristie Matherne(C) (985) 688 1849
email: otbfit@gmail.com

Run to the Sun 8K Director:

*Joe Strickland(C) 652 5761
email: jetric@comcast.net

River Run Hospitality Tent Coordinator:

*Don Wucker(C) 703 9453
email: dwucker@gmail.com

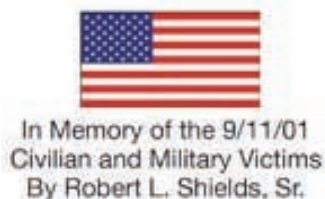
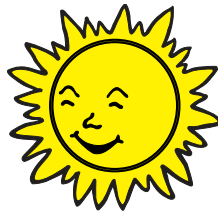
Race Volunteer Coordinators:

Kim Crist(C) 349 0878
email: kcrist@radiometeramerica.com
Frank Frazier(C) 874 1828
email: ffrazier@cavco.net

Race Logistics Coordinator:

*Glenn Hanna(C) 710 4302
email: ghanna3@bellsouth.net

SUPPORT OUR SPONSORS... THEY SUPPORT OUR SPORT



Product Sponsors



384-0053 810-5009



Sponsorship Coordinator:

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The Florida Striders Track Club is incorporated as a non-profit organization under the laws of Florida and is granted federal tax exempt 501(c)3 status under the blanket exemption of the RRCA ID#74-2194707. StrideRight is published monthly at P.O. Box 413, Orange Park, FL. Non-profit Organization Bulk Rate postage is paid at Orange Park, FL.



8 Week Running Class

-  **Starts:** September 11, 2013
-  **Location:** St. John's Country Day School Track
-  **Meets:** Wednesday's at 6:30pm
-  **Price:** \$40 (\$25 for current members, additional discounts for family members, under 18 or over 65)
-  **Includes:** Strider Membership for 1 year, technical t-shirt for all who complete the class, and class party
-  **Goal:** To run or run/walk the Mandarin 5K or 10K on November 9, 2013 (must register separately for race)
-  **Bring:** Water bottle (water or sports drink as preferred), towel, sports watch (optional), running shoes

Each class will feature an expert speaker on various topics of interest:

Hydration, Proper Shoe Wear, Strengthening & Conditioning, Running Apparel, Racing Strategy, Mental Conditioning and More

For more info and to register, go to:

www.floridastriders.com/running.html

To JTC Running, Florida Striders, PRS Running, DIPSEA Foundation... and our Thursday night group:

Terry Sikes... one heck of a runner and one heck of a man.

Thank you for your phone calls, cards, flowers, emails, hugs, donations in memory of Terry, and your kindness in every way. Already, a young man was able to attend a distance running camp on a scholarship created in Terry's name.

I cannot begin to explain the plethora of my emotions these last few weeks. The morning of Terry's death started like many other days before it. The moment I learned he did not survive the accident—his death was instant—my world became something I could never have imagined. Hopes, dreams, ideas, plans, life itself... all joy was shattered.

Our families rallied. Our friends rallied. YOU rallied. The grace of your compassion has helped carry all of us through the darkest moments. Terry was the most remarkable man I have ever known. His keenness was unmatched. His willingness to give and his pursuit to live his life to its fullest was something that simply radiated... through his smile, his voice, his tenderness.

Terry and I were married for only 2 years. On 25 June of 2013 we celebrated

our 2nd wedding anniversary. Our journey began much earlier. We were introduced by another runner at the Children's Way 5k on 17 September 2005. We didn't jump in then, but when we did, it was with both feet firmly planted.

We packed a lot of punch in our brief time. We ran Florida, South Carolina, North Carolina, New York City, Georgia, New Mexico, Washington, DC, Virginia, Moraga, San Francisco, Kentfield, Mill Valley and Stinson Beach, California. And we had a lot of fun along the way.

So many of you knew Terry and ran countless miles with him. My heart goes out to you. I am sure you know, whether you ran together for fun, for training, or if you had the oomph to chase and/or be chased in the heat of a race, each of you had a place in Terry's heart. He loved you all.

I have a few last requests. If you were not able to sign the Guest Book at the Friday night gathering or the Saturday Service or the Beach Run, and you would like to, let me know and I will bring it to you. If you have stories to share, please let me know. I want to know everything!

Also, the online Guest Book is open. You can share there. Go to DignityMemorial.com



and enter as you wish. I am printing everything and compiling for me and other family members and it will continue to help us through this challenging time, now, and for years to come.

Have Fun, No Regrets.

Love, Bonita Golden-Sikes =

To get your race results published, fill out the form on floridastriders.com

Race Results

Run for the Pies 5K Jacksonville, FL June 15, 2013

Al Saffer 34:10 1st AG

Get Inspired 6K Jacksonville, FL June 29, 2013

George Hoskins 34:27 1st AG

Jean Schubert 53:48

New 6K PR and first time running with broken arm

Castaway Cay 5K Bahamas June 22, 2013

Daniel Tressler III 18:31

Not USATF certified but my new PR!

Celebration 5K Jacksonville, FL July 4, 2013

Sue Whitworth 27:07

Al Saffer 35:51 2nd AG

Jean Schubert 43:57

Our Country Day 5K Keystone Heights, FL July 4, 2013

Robert Dews 19:58

Spirit Of Liberty 5K Patterson, GA June 29, 2103

Bernie Powers 27:36 1st AG

Thanks to Don Varnadore's pacing. GPS measured 3.4 miles

BFAST #2 Sprint Triathlon Jacksonville, FL June 8, 2013

Danny Weaver 1:53:04

3rd AG out of 5

BFAST #3 Sprint Triathlon Jacksonville, FL July 13, 2013

Danny Weaver 1:44:50

3rd AG but there were only 3 of us - guess I lost...

Vestcor Bridges 5K Jacksonville, FL July 28, 2013

Al Saffer 34:17 1st AG

Race to Sustainability II 6 K Chapel Hill, NC July 27, 2013

Jean Schubert 1:14:51

Ran this 6 K trail run in the Carolina Forest with my daughter Erin, on her birthday. Course was hilly, rocky and narrow. Missed a turn and had to double back, so ran longer distance than anyone else. Came in last for the first time ever; my daughter finished well and came back to find me in the woods and ran me in to the finish. Big surprise was that I came in first in the 60+ AG; my first 1st place ever!! Two "firsts" for me at the same time!! Delicious shrimp and grits at finish line, great day!!

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25th Anniversary Hog Jog 5k!



By Charlie Hunsberger

This year promises to be one of the best runnings of the Hog Jog 5k and Fun Run in its long 25-year history, and we hope you'll come out and celebrate with us! We especially want to encourage as many of the "old timers" to come out as pos-

sible to join in the celebration. We're working with the Strider's social committee to make sure it will be an event to remember, and will be providing food for all Striders. I ask that each of you talk to your Strider friends, and make sure that we get the word out about this years special event, especially to those folks that were around during the early years. We're still ironing out the details, but there will be plenty of celebration and recognition to go around!

The 5k will kick off on Sunday November, 3rd at 2:00 PM. The Fun Run will start at 3:00, with awards starting immediately thereafter. The social will be on going throughout the afternoon. We hope you'll all stay for the whole event! =

New, Renewing and Expiring Memberships

NEW MEMBERS

Errol Daniels	8/31/14
Mamie Davis	8/31/14
Kristi Dunn	8/31/14
Jon & Sara Guthrie	8/31/14
Mason G Miller	8/31/14
Cheryl Paunetto	8/31/14
Ashley & Christopher Roberson	8/31/14
Carol Wyninger	8/31/14

RENEWING MEMBERS

Jon & Emilee Atwood	6/30/13
Amy & Gene Bilbray	8/31/14
Bonnie Brooks	6/30/14
Bernie Candy	6/30/14
Timothy Carney	6/30/14
Jason & Denise Click	6/30/14
Jennifer DeSantis	6/30/14
Joyce Duarte	6/30/14
Scott & Sarah Fortune	6/30/14
Isabella Frazier	6/30/14
Paul & Gene Geiger	6/30/14
Glenn Hanna	8/31/15
Bo Holub	6/30/14
Carol MacDougall	8/31/14
Dina Sakowski	6/30/14
Bradley Shepherd	6/30/14
Gregory & Maryluz Stratton	6/30/14
Mark Wynter	8/31/14
Tom & Kary Zicafoose	6/30/14

MULTI-YEAR MEMBERSHIPS

Jean Schubert	6/30/15
Chris Twiggs	6/30/14

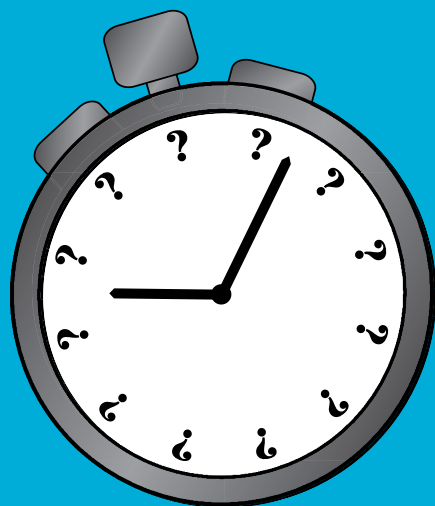
EXPIRING MEMBERSHIPS

David & Sheri Albritton	5/31/13
Amy Barlow	5/31/13
Lisa & Mike Boyd	5/31/13
Cathy Carpenter	5/31/13
Beate Connette	5/31/13
Denise Dailey	5/31/13
Jason & Amy Dean	5/31/13
Lana Doane	5/31/13
Sherry Gonyon	5/31/13
Joe Macam	5/31/13
April & Craig Martin	5/31/13
Scott Seibler	5/31/13
Susan Skinner	5/31/13
Kent Smith	5/31/13
Kristin Smith	5/31/13
Leah Starr	5/31/13
William Tomlinson	5/31/13
Dawn & Jordan Troxel	5/31/13
Robert & Barbara Walker/Gilbert	5/31/13
Emily & Charles Webb	5/31/13
Jeffery Werch	5/31/13
Lonnie Willoughby	5/31/13
Jon & Emilee Atwood	6/30/13
James & Kelly Cameron	6/30/13
Janice Carrico	6/30/13
Stephanie Chvala	6/30/13

Shannon Dashnaw	6/30/13
Jocelyn Dray	6/30/13
Jay & Nicole Erne	6/30/13
Wade Fallin	6/30/13
Timothy Gillis	6/30/13
Laura & Lee Graham	6/30/13
Jessica Gregory	6/30/13
Brooke Haas	6/30/13
Sylvia Hayes	6/30/13
Patricia Hetzer-Coots	6/30/13
James Hill	6/30/13
John Hirabayashi	6/30/13
Mike Klima	6/30/13
Erin Lailly	6/30/13
Michael Lawrence	6/30/13
Sonny Lorrius	6/30/13
Loma Matos	6/30/13
Kerry-Ann Moore	6/30/13
Mark & Tina Nelson	6/30/13
Amy Quinn	6/30/13
Tonya Randolph	6/30/13
Chari Roderick	6/30/13
Marcus Salley	6/30/13
Christy Scarbrough	6/30/13
James Sheesley II	6/30/13
Meridyth Smith	6/30/13
Paul & Crissie Sokolowski III	6/30/13
Carrie Thomas	6/30/13
Russell Townsend	6/30/13
Jennifer & James Weseman	6/30/13
Rebecca Westbrooke	6/30/13
Scott & Jana Wilson	6/30/13
Curt Young	6/30/13 =

In our continuing efforts to improve communications we are adding another feature to our monthly report. We have added the membership expiration date. This will allow you to double check my work and ensure I get it right. If your name does not appear in this column or you think something is in error with your renewal date please email me at floridastriders.com or call Charlie Hunsburger at (904) 502- 9407.

Prediction Run 5K



OCTOBER 6
5:00 PM

Prediction Run winners are determined by how close their actual time to complete the 5K course comes to their predicted time.

No watches and no other time keepers, such as cell phones, are allowed.

It's all about **pacing** and your **internal clock**.

Whether you do a mile in **5 minutes** or **20 minutes**,
you have the **same chance** of winning.

Join us for a great time!

Achieve Fitness

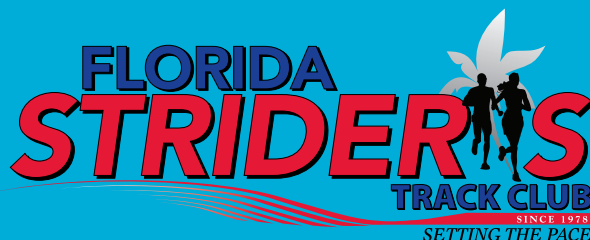
2349 Village Square Pkwy #115
Orange Park, FL 32003
(904) 215-7088

FREE No Charge!

Beginning and Ending at
Achieve Fitness in Fleming Island
(Same Route, Different Start/Finish)

Directions

- From Orange Park go South on US 17 past 220
- Take a right at the light at Village Square Parkway (Just after the Hibernia Church on right/west side of 17)
- First right on Village Square Pkwy is the Achieve Fitness parking lot (across from Baptist Medical)



STRIDERS AT THE RACES

Continued from page 5

Tour de Pain Jacksonville, FL August 9-10, 2013

Owen Darfler 1:15:47 1st AG
Al Saffer 1:34:12 1st AG
Jean Schubert 2:05:30
4 mi beach run 1:07:13 was 5 min.
longer than last year. 5K 45:20 4

sec longer and 1 mi a new PR
12:32!! A full 1:04 minute faster
than last year!!

35th Annual Strolling Jim (TM) 40 Mile Run Wartrace, TN May 4, 2103

Doug Barrows 10:28:08
10 1/2 hours, finished 98 out of 98.
7 runners pulled for hypothermia in
the 37-41 degree weather. Ran 9

hours in drenching rain. 13th time I
have done the race and it was just
another fun run with my buds.

Area 13.1 Half Marathon Roswell, GA August 17, 2013

Vicki Choinski 2:09:37
This was a beautiful course run at
twilight (7PM start) and a major
PR for me! The race takes runners
through portions of the Chatta-

hoochee River National Recreation Area and Morgan Falls Reservoir, along a combination of park trails and roadways that run alongside the Chattahoochee. I highly recommend this race!

Moose's Tooth Marathon Anchorage, AK August 18, 2013

August Leone 5:56:48
The course is like doing a trail run

September 2013 Race Calendar

Published as a service. Accuracy is not guaranteed. For an expanded list of races in the North Florida area visit Ken Bendy's North Florida & Selected Areas Race Calendar <http://www.ameliainlandrunners.com/kbendy/rrcocal.htm>. If you would like your race listed please email kbendy@aol.com

for a NF list, with web links, see <http://ameliarunners.com/kbendy/rrcocal.htm> ****NEW WEB ADDRESS****

DATE	EVENT	TIME	LOCATION	CONTACT
Sept 14	Financial Fitness 5K	8:00 a.m.	Fletcher Park San Marco, Jacksonville	(904) 731-1900 1st Place Sports
Sept 14	Ben Byrns 5K Runway Rally	8:00 a.m.	700 Airport Rd. Fernandina Beach	(904) 261-8985 Ben Byrns Foundation
Sept 21	Avondale Classic 5K	8:30 a.m.	The Shoppes of Avondale 3585 St. Johns Ave., Jax	(904) 731-1900 1st Place Sports
Sept 28	Run for Rapha 5K	8:00 a.m.	6045 Greenland Rd. Jacksonville	(904) 268-2500 Christ's Church
Sept 28	The Great Candy Run 5K	8:30 a.m.	751 Atlantic Blvd. Atlantic Beach	(904) 731-1900 1st Place Sports
Sept 28	Purple Stride 5K	8:45 a.m.	Seawalk Pavillion 75 N 1st St. Jacksonville Beach	(904) 318-8104 Milestone Race Authority
Sept 29	10th Anniversary Lace It Up For Girls on the Run 5K	5:00 p.m.	TPC Sawgrass Ponte Vedra Beach	(904) 731-1900 1st Place Sports
Oct 5	10th Annual Marine Corps Half Marathon & Freedom 5K	7:00 a.m.	Metropolitan Park Jacksonville	(904) 731-1900 1st Place Sports
Oct 5	Bubble Palooza 3 Mile	10:00 a.m.	Equestrial Center 13611 Normandy Blvd., Jax	(614) 873-0231 BubblePalooza.com

For a complete list of North Florida races, go to <http://http://ameliarunners.com/kbendy/rrcocal.htm>

Do to space restrictions, we were not able to publish the weekly training runs. They will return in the next issue! Until then, please check out floridastriders.com/trainsched.html

in a forest on a paved path. Saw a moose and a calf very close to path. 1st of one in 80 plus age group.

Snow City Cafe 5k
Anchorage, AK
August 17, 2013

Tommy Dobbs 29:07 2nd AG

Summer Beach Run 5 Mile
Jacksonville, FL
August 24, 2013

Jean Schubert 1:15:58
5 minutes faster than last year's race! =

floridastriders.com

To ensure you are included in this section, please fill out the race results form at floridastriders.com, in a timely manner after each race!

Florida Striders member **Hal Higdon** has just published an eBook about the tragic events at the 2013 Boston Marathon. 4:09:43 tells the story of the runners in the race, a journey from Hopkinton to Boylston Street that began with hope and ended with tragedy. Hal's eBook is available now through Amazon.com in The Kindle Store. A print edition is planned for later in the year. =

MINUTES

Continued from page 2

5. Merchandise Director – Mark Wynter
6. Children's Running Committee Chair – Carol McDougall
7. Scholarship Committee Director – Kim Lundy
8. River Run Tent Coordinator – Don Wucker
9. River Run Expo Coordinator – George Hoskins
10. Social Directors – Bill and Ann Krause
11. Race Volunteer Coordinators – Frank Frazier and Kim Crist
12. Graphic Design Coordinator – Tori Connell
13. Media Committee Director – Charlie Hunsberger

iii. Appointments by Board

1. Resolution Run Race Director – Kellie Howard
2. Run to the Sun Race Director – Joe Strickland
3. Memorial Day 5K Race Director – Vickie Connell
4. The Cary State Forest Angry Tortoise 25k - Charlie Hunsberger
 - b. Treasurer Report – Bill Krause:
 - Beginning Cash Balance as of May 1, 2013 was \$29,276.32.
 - May Income was \$8,482.
 - May Expenses were \$13,287.05.
 - Ending Cash Balance as of May 31, 2013 was \$24,471.27, of which \$13,635.95 was designated for -Children's Running, \$2,416.67 was designated for Heartland multi-race sponsorship for 2013 and 2014 races (\$1,666.67 remaining) and Sun Tire multi-race sponsorship (\$750 remaining for Hog Jog and Resolution), and \$8,418.65 was undesignated.

- Comparable Ending Cash Balance as of May 31, 2012 was \$27,961.43, of which \$9,561.86 was designated and \$18,399.57 was undesignated.

Major revenues included membership, merchandise, Children's Running Pass-Through, Reinhold Award, Hershey Games concession sales, reimbursement for prepaid RTS expenses, and Kohl's Cares Volunteer Appreciation children's running sponsorships.

Major expenses included newsletter, annual picnic social, RRCA convention, children's running Cody Helms scholarship, Children's Running Pass-Through, technical shirt and other expenses for MD5K race

IV. New Race Proposal – Charlie Hunsberger: Addition of a 25K trail race at Cary State Forest on 2/8/14. We'll cap registration at 75 runners for the first year and grow the race in the coming years. Plans to possibly add a shorter 12k distance, and a longer 50k distance in the future. Kohl's will be the only sponsor this first year. We will do a work project for the forest service as a way to give back. A motion was made, seconded and passed to move forward with the Cary State Forest Angry Tortoise 25k.

V. Committee and Director Reports

1. Children's Running Committee - Carol McDougall: Distributed the annual School Year Report, and the results of the Children's Running survey filled out by the schools. The success of each program depends upon the administration and the support person at that school.

Today Scott and Carol met with Marty McEachan with Communities in

Schools, about getting into more Duval County schools. It seemed like they wanted too much support right from the beginning, and they wanted us to run their program for them. We are not really set up to do that at this point.

2. Media Committee – Charlie Hunsberger: The main goal is to update our external communications. Creating our Facebook page was a great initial step. We want to get everyone more involved on our Facebook page, and get people communicating with each other outside of when we are at our events. Charlie is creating a Twitter account for our club.

3. Website Redesign – Scott Hershey: Larry has been very instrumental in updating our website. He got a proposal from a contact of his, and we will get multiple proposals to redesign the website before July 1, 2013. The Executive board will meet to go over the proposals, and decide which will be presented at the August meeting for a vote. The general consensus of the board members present is that the website re-design is a good idea.

4. Social Update – Bill Krause:

June 13th – Sun's Game: Tickets available.

July 14th - Clarks Fish Camp: 4pm. It was a lot of fun last year, and 66 people attended.

5. Old Business: None

6. New Business: None

7. Announcements: There will not be a July meeting.

8. Adjournment: A motion was made, seconded, and passed to adjourn the meeting at 8:21 p.m.

Mission – Promote and encourage running by educating the community about the benefits of physical fitness and sport. =



5K Race Start
2:00PM

Fun Run Start
3:00PM

ENTRY FEES

	<u>Striders/Military</u>	<u>Non Striders</u>	<u>Kids 13 & Under</u>
Until Oct 25th	\$15	\$20	\$10
10/26 - 11/2	\$20	\$22	\$10
Day of Race	\$25	\$25	\$25

- \$2.00 OFF if you preregister with your own ChampionChip
- Register Online - more info at www.floridastriders.com
- Sorry, there are no refunds!
- Day of Race Registration starts at 12:30PM
- Technical shirts for first 300 pre-registered 5K runners

Race Director: Charlie Hunsberger 904-502-9407
StridersHogJog@gmail.com

AWARDS

Awards will be given to Top 3 overall male and female, Top Master's male and female, Top Grandmaster's male and female. Awards will also be given to the top three male and female finishers in each age group as follows: 10 and under, 11-13, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79 and 80 & over. The awards ceremony will be held at Ronnie VanZant Park following the race.

DIRECTIONS / PARKING

Due to increased popularity of this race, parking is limited. Car pooling is encouraged.

From Blanding & I-295:

1. South on Blanding to Knight Boxx Rd (6.5 mi)
2. Left on Knight Boxx to 220 (1.2 mi)
3. Right on 220 to 209 (Russell Rd) (1.1 mi)
4. Left on 209 to 739 (Henley) (1.3 mi)
5. Right on 739 to Sandridge Rd (739B) (2.3 mi)
6. Left on Sandridge to Ronnie VanZant Park (0.6 mi)

COURSE / TIMING

This cross country course starts and finishes at Ronnie VanZant Memorial Park, 2760 Sandridge Rd. This two-lap rugged, cross-country course will not be suitable for strollers. Spikes may be worn. Walkers are welcome, but there will be no separate walking awards.

The race will be timed using the ChampionChip (chip must be worn on your shoe or ankle during the race). Do not wear your personal chip if you sign up on race day.

FUN RUN

A FREE One-Mile Fun Run starts at 3:00PM. There is no charge for the Fun Run, but you must register to participate. Complete an entry form on race day or bring in a completed entry form. Please do not mail in Fun Run entry forms.

PACKET PICKUP

Be sure and check the box on the entry form where you plan to pick up your packet. Packets will be available at the following 1st Place Sports locations on **Friday**, Nov 1st and **Saturday**, Nov 2nd from 10:00AM - 6:00PM.

- 3931 Baymeadows Rd, Jacksonville, FL 32217
- 2016 San Marco Blvd, Jacksonville, FL 32207
- 2186 Park Avenue, Orange Park, FL 32073

All packets not picked up at the above location will be moved to Ronnie VanZant Park for race day pick up starting at 12:30PM.

From US 17 & I-295:

1. South on US-17 to 220 (5.5 mi)
2. Right on 220 to 209 (Russell Rd) (6.7 mi)
3. Left on 209 to 739 (Henley) (1.3 mi)
4. Right on 739 to Sandridge Rd (739B) (2.3 mi)
5. Left on Sandridge to Ronnie VanZant Park (0.6 mi)

www.facebook.com/FloridaStridersHogJog5k

MEMBERSHIP APPLICATION

FLORIDA STRIDERS MEMBERSHIP APPLICATION

☐ New ☐ Renewal

Last Name First MI

Address Apt. # # in Family Spouse's Name

City State Zip Your DOB Spouse's DOB

Home Phone rk Phone Occupation Employer

Email

Signature Date

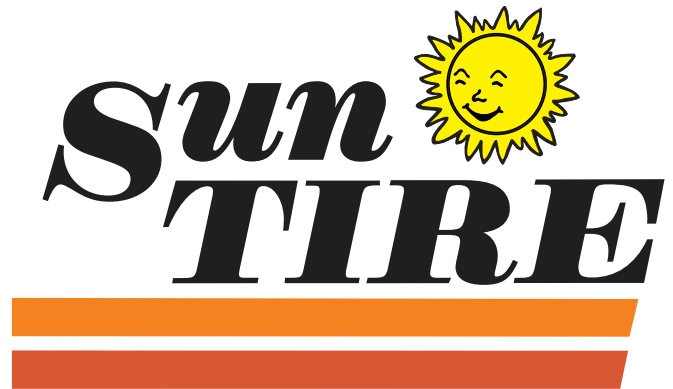
Annual Dues

- ☐ Family \$20 (2 years \$40, 3 years \$60)
☐ Single \$15 (2 years \$30, 3 years \$45)
☐ Junior (under 18) \$10 (2 yrs \$20, 3 yrs \$30)
☐ Senior (over 65) \$10 (2 yrs \$20, 3 yrs \$30)

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road or the traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, The Florida Striders Track Club, and all sponsors, their representatives and successors from all claims and liabilities of any kind arising out of my participation in these club activities, even though that liabilities may arise out of negligence or carelessness on the part of the persons named in this waiver. Rev. 12/01

Mail Application with dues to: Florida Striders
 8559 Boysenberry Lane E. • Jacksonville, FL 32244

SPONSORS



planned to try doing the 5K, taking her youngest son Griffin, age 8, along for the run. Things didn't quite go as planned. At the 1 mile marker, Griffin announced that he was done, but Lisa found herself wanting to continue. She found her husband Scott, asked him to take Griffin back, and finished the race. Lisa decided she enjoyed it enough to sign up for another race. She did the Shannon Miller 5K next. And then she continued to run once or twice a week, deciding to do one race a month. Then came the proverbial "Bucket List", and the Gate River Run was on it. Lisa joined John Metzgar's training class to help her complete that race. That's where she met Joe Strickland who invited her to come to the Florida Strider Wednesday night track sessions. Lisa began running with Joe and Caroline Sabatella, who keep her accountable, expecting her to show up each week. Caroline has since stepped up her game, training for a marathon, while Lisa has set her sights on a half. She's already signed up for one in Coco Beach (loves the connection to the Space Program!) and for the Princess Half Marathon at Disney World.

I asked Lisa how she first got involved with the Striders. She stated she has always appreciated the support the Striders give the Run/Walk programs at schools in our area, and how it encourages fitness in

kids. She and Scott have been doing the Fun Runs at our races with their boys for the past 14 years! It started with her oldest, Gregory, who is now 19, included her 14 year old Garrett, and then of course the youngest Griffin. So when Lisa decided to start running herself, it just seemed like a good idea to join the Striders. Her boys seem to enjoy the runs, especially Garrett after he took 2nd in his age group at a 5K this past April. He hopes to do the Gate River Run one day, although sometimes his other activities seem to take precedence over running.

I asked Lisa about her training regimen, and she said she does whatever Joe tells her to do! At the track they do a warm up, then either 400 or 800 repeats, and a cool down. Just recently her husband has been able to join her. Scott had back surgery in April and resumed running a few weeks ago. They're hoping to do the Labor Day Run Jax together.

Lisa's advice for other runners? Find a friend to run with you. She credits Joe for much of her motivation to stick with running week after week. They enjoy talking about their kids and running. And now that Lisa is getting more involved with the Striders and our activities, I expect that soon someone will be saying that she is their motivation to stick with it!! =

The StrideRight was printed by Sir Speedy • <http://www.sirspeedyop.com>



Florida Striders
P.O. Box 413
Orange Park, FL 32067-0413

SEND US YOUR RACE RESULTS!

Please make sure you fill out our new race result form located at floridastriders.com. This will be the only way your results will appear here each month! There is a link to the form on the home page.

Local Running Info



www.floridastriders.com

You can contact us via e-mail at:
run2day4life@gmail.com.

You can get entry forms & results for all 1st Place Sports events on the Internet at www.1stplacesports.com
Also get the latest running news from the RRCA's national office, including a nationwide race schedule as well as important info from clubs across the country at www.rrca.org

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