

April/May 2014

Inaugural Angry Tortoise 25k Trail Race Recap

By Charlie Sauter-Hunsberger

58 Runners converged out at Cary State Forest pre-dawn on Saturday February 8th to do battle with the weather, the mud, the puddles, some with each other, and some with themselves. Many PR's were set. The men and women's course records were set. 24 volunteers worked hard that morning to make sure those runners were fully prepared for all that came their way. And the bar was set high for all the future iterations of the race. By 11:30 that morning, all 58 runners made it across the finish line!

The race really turned out to be extremely nice. There was a very fun and festive atmosphere at the finish line as most of the runners hung around to wait for and cheer on their fellow runners still on the course. The food selection was a big hit. The photographer and volunteers by the big water pit were a big hit. And so was the heater at the finish line! Best of all the rain held off for the whole day, only spitting a few sprinkles at us once or twice in the middle of the race. Overall you couldn't really ask for a better day for running.

Bucking the trend of most trail races, the women in our community out represented the men with 32 finishers to the men's 26 finishers. We also had a pretty mature crowd compared to most of our races. Our youngest runner was 29, the average age was 47, with the oldest being a tie between the oldest male and female at 71 years young. 42 of our 58 runners were masters runners. Because of this, we decided to not award the overall masters male and female (turns out 1st place of both genders were masters), and instead we gave those 2 awards out to our sandbaggers instead. Frank Frazier snagged the men's sandbag award



with a time of 3:15:01, and Joanne Gilligan snagged the female sandbag award with a time of 4:28:32! Given how influential Frank was to me when I started running, it was a real pleasure to be able to hand him an award and hear all the cheers he got.

For the women, our very own Leslie Kindling came down from her new home in Virginia to win the race and set the course record with a time of 2:03:08. Leslie was the one who taught me how to direct races, and was one of the first people to sign up for the new race, so I was pleased to see her win. Lisa Adams was our second overall female in 2:04:25, with Sayer Gunn in 3rd with a time of 2:05:21. What a close race for the women!

George Barthelmes took the men's race, setting the men's course record at 1:48:02, just a week after winning Wolf-

Continued on page 8

Inside

Prez Sez	2
Board/Key Members	2
Sponsors	3
2014-15 Board of Directors	4
Quest for 4-Hour Marathon	6
Graphic Design Coordinator Needed	7
Prediction 5k	9
Minutes	2
New & Renewing Members	12
May/June Race Calendar	13
Memorial Day 5k flyers	14
FSTC Budget	16
Striders at the Races	18

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Online Registration closes on Thursday, May 22nd at noon. You can still register at any 1st Place Sports store location on Friday, Saturday, Sunday or on race day at the race site!



Prez Sez

By Scott Hershey



This year's Gate River Run posed a few problems over years past. About 2 months from the race we were notified that our Hospitality Tent area would be 50 feet smaller. This looked to be a problem with space especially figuring in the area for the porta-potties and the massage tables. So while dealing with a smaller area this year and how to set everything up, about 1 week out the massage group notified us that they would not be coming. Well the positive with them not coming was it freed up more space in our area. Sorry we tried and were unable to replace them at such a late date. On the whole I think the Hospitality Area was again a huge success!

I would like to say a big "Thank You" to all the people who volunteered their time to work the Expo or the Hospitality Tent area. It's because of our wonderful volunteers that we can continue to put on quality races, socials and support children's running in the North Florida area.

At the end of this year's Board of Directors which ends at the Annual picnic on April 13th we will be losing 2 long term board members -Mike Mayes and Glenn Hanna. I would like to say in behalf of the Florida Striders Track Club – "Thank You". It's because of their dedication that our races have gone so smooth. While both Mike and Glenn are stepping off the board they will continue to serve in their individual areas during our races. So if you see Mike or Glenn at one of our races please thank them for all they do for us.

It's been a year since the tragedy at the Boston Marathon. It was a sad day for a sport we all love. "We will not be deterred" "You will never stop us" and many other mantras were said. And still sadness filled our hearts. We just couldn't imagine that someone would do this and to OUR SPORT. We all wanted to do something for all the injured people but what? 1st Place Sports was very instrumental in putting a run of support together. Money was raised by selling "Boston Strong" t-shirts and through donations, about \$40,000 was raised and went to the "One Boston Fund".

We had a number of Jacksonville runners going back to Boston this year and some that were not allowed to finish as they were stopped at the 25.5 mile mark. I can't imagine the feelings they had at this year's race as they neared the finish line and passed right by where the bombs went off. It was surreal I'm sure. There was a lot of television coverage this year in Boston and runner's stories. It's a good thing. This year's Boston Marathon was emotional, very emotional for some because they know someone that was killed or injured.

This was a race of cleansing for some, a race of perseverance for others, and a race of lifetime achievement for still others.

This year's RRCA Convention was in Spokane, WA. May1-5. I was able to attend this year's Convention and soak up 4 days of the movers and shakers in America's running community. There were clubs represented from Hawaii to Detroit to Jacksonville. For me it was worth the time and effort of going. What I learned and absorbed those 4 days I hope to implement in the near future. I'll have a full break down in next month's StrideRight.

In our hectic world of go, go, go, we can lose perspective. Forget the things that really mean something to you. At times we need a change of location or attitude to see the passion still burning within you. It could be about your job or running or your relationship(s). Sometimes going to the beach, leaving for a long weekend or an out of town race will do it. The change of... well that's it... isn't it. CHANGE. We resist change in our lives but when it "happens" to us and we have no control of it, we can be slow to come around and embrace it. Not all change is bad and is needed at times so we can grow. Runners in general are creatures of habit. We run the same routes, run the same races, run with the same people.

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(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/Adult Running Class Coordinator:

*Regina Sooley(H) 673-0608
email: Regina@ReginaSooley.com

Treasurer:

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

Equipment Director:

Mike Mayse(H) (904) 777-6108
email: mjmays@comcast.net

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

Memorial Day 5K Director/Strider Spotlight Columnist/Adult Running Class Coordinator & StrideRight Proofreader:

Vicky Connell(C) 707-8469
email: VickyJC@comcast.net

Resolution 10k & 5k Director:

Kellie Howard(H) 732-7377
email: kellski@comcast.net

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:

*Doug Barrows(H) (904) 264-7781
email: rdbarrows@gmail.com
*Jennifer DeSantis(H) (703) 969-6788
email: musictchr24@aol.com
*Ann Krause(C) 252-0410
adk622@yahoo.com
*Kathy Murray(C) 955-6999
email: redrunner2@bellsouth.net
*Bill Page(C) (301) 553-2688
email: billpage727@gmail.com
*Gordon Simms(H) 269-2328
email: kandgproperties@netzero.com
*Christine Vaughn(C) 329-0096
email: cwright625@yahoo.com
*Robert Webster(H) 375-1053
email: wccinc@bellsouth.net

Media Committee/Hog Jog Director/

Angry Tortoise 25k/50k 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

Membership Director:

*George Hoskins(C) 521-4951
email: ghoskins@bellsouth.net

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Sponsorship Coordinator:

Bob Boyd (H) 272-1770
email: BobBoydFL@gmail.com

Race Advisor:

Dave Bokros (C) 545-4538
dmbokros@gmail.com

Graphics Design Coordinator:

Tori Connell
email: victoria.connell@comcast.net

Marketing Coordinator:

*Michelle McCullough (H) (904) 466-4219
email: michellelmcullough5@gmail.com

Social Media Coordinator:

Larry Clark (H) 710-1245
email: web@floridastriders.com

StrideRight Editor/EBlast Coordinator:

Trish Kabus (C) 386-506-7688
email: striderightedit@aol.com

RRCA Southern Region Director:

Lena Hollmann (H) 919-388-5786
email: lenahollmann@bellsouth.net

North Florida RRCA Representative:

Todd Neville (C) 904-501-0900
email: northflorida@rrca.org

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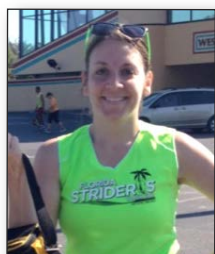
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2014-2015 Florida Striders Board of Directors

Doug Barrows **NEW**

Bio not available at press time.

Jennifer DeSantis **NEW**



Jennifer DeSantis moved to Jacksonville, Florida in 2010 after spending 9 years in Fairfax County, Virginia. While living in Virginia, she started running for 10 minutes on a treadmill

and she thought she was pretty awesome. Someone mentioned to her that she needed to run for 30 minutes for a decent cardio workout. She pretty much thought that was going to kill her. 12 years later, she has completed 3 marathons, (and is planning to run the Philly marathon in November) dozens of half marathons, 10 milers, 10k's, 5k's, and a 200 mile relay race from Gettysburg to DC. Running has changed her life in ways she never thought possible. It opened the doors to a fitness world that she never knew existed. She was a personal trainer and group bootcamp instructor for 2 ½ years in Virginia. She recently became a Beachbody Coach and enjoys helping others reach their fitness goals!

Jennifer is an elementary Music Educator in Duval County and loves her job....most of the time ;-). She has coached Girls on the Run and taught a "Running into Math" class for elementary students. She is excited to be a part of the Florida Striders Board and looks forward to meeting the other members!!

Scott Hershey

Scott Hershey used to run on a regular basis from his late teens and into his twenties. A couple of years ago his oldest son Drew was on the Wolfson High School Cross Country team. While watch-



ing him compete was fun - the urge to start running again wasn't there yet. But after watching his son Drew run the Festival of Lights a couple of years ago he was hooked again. It brought back the memories of races he had run back in the 70s.

After mainly running 5k's and improving his time came the natural progression to longer runs. He found that his training runs by himself were getting stale and lacked motivation. Scott met Kellie Howard at a Bolles Track meet and she suggested joining with her and other Striders for weekly group runs.

Through those group runs he continues to find a wealth of knowledge and training techniques in those runners.

Scott believes in the positive aspects in running, training and competing for all ages.

Scott has been on the board for the past 5 years and looking forward to serving this coming year that will see a lot of change in the board of directors and new challenges.

Scott has been married to Lori for 25 years and has 4 children; Drew, Josh, Tori, and Hope.

Scott is owner of Crystal Clear Pools, Inc. for over 20 years.

George Hoskins



George became a runner when he went out for the Cross Country team as a college freshman. Running has been his main sport and fitness activity for 50 years. He and his family moved to Orange Park in 1982. He was a member of the Striders for a few years in the early 1980's. George became active in the Striders again in 2000, and joined the Board in 2003. After a break, he came back on the Board in 2013. He has served as merchandise coordinator, treasurer, race volunteer, and Strider event photographer.

George retired from a social work ca-

reer at the Naval Hospital in 2006. Since 2007 he has had the privilege of going on temporary assignments as a counselor at military bases in the States and overseas. During these trips he was able to take part in running events in Alaska, Hawaii, Germany, and Spain.

George has participated in hundreds of races, and still enjoys the competition and socializing that takes place before, during, and after these events. He enjoys being a part of the Gate River Run, as an Expo volunteer and participant.

George believes the Striders make many valuable contributions to the community, by putting on great races, supporting children's running programs, offering the beginning running classes, and generally promoting fitness and healthy lifestyles.

George and Mary live in Orange Park and have two sons and two grandchildren.



Ann & Bill Krause

Ann & Bill Krause moved to Jacksonville from Livonia, MI 8 years ago. It was up there, 20 years ago, that Ann started running. She has run almost every day since! I thought she was crazy when she would go out and run in 10 degree weather, said Bill, until he was bit with the running bug a few years later. It really is a great way to start your day. We would talk about anything and everything, and before you knew it, we were done with the run, and feeling good. It was nice running up there, but there were a limited number of races each year, and you didn't know very many of the other runners.

We love the camaraderie of the run-

ning community here. We were accepted and felt like a part of the group from our very first race; the Winter Beach's run in 2006. Everyone is welcome, whether you are an elite runner, or a jogger.

We are honored that you have considered us for the Striders Track Club Board again. We have served on the board for 4 years, 3 as the Social Directors. This is an excellent organization, and we are proud to be members. I was pleased when I found out that they give so much back to the community, especially the kids. We have made a lot of new friends, and they are all healthy. (Notice I didn't say injury free!). We look forward to continuing to make many new friends and helping give back to our community.

Kim Lundy

Kim Lundy's first ever race was the Strider's very own Autumn Fitness 5K in 2003 and she has been hooked on running ever since. She has been a Strider member for the past 8 years and has served on the Board for the last 5 years. Her focus is on youth programs and she started the Run/Walk Club at Middleburg Elementary and also the club at Oakleaf Village Elementary School which is in its 4th year. She is active on the Youth Running Committee and the Strider Scholarship Committee. Kim also enjoys inspiring other runners as she is a group leader for the training classes for the Outback Thanksgiving Half Marathon, the GATE River Run and the beginning runners classes. Kim started running the local 5ks, adding the Gate River Run in her second year of She has now completed 4 marathons and continues to enjoy the social aspects as well as the fitness rewards of her Strider membership. She has encouraged her husband, Jack, as well as their children, Stephanie and Michael, to become runners too. Kim is a Clay County guidance counselor and enjoys working with the students at OVE's Run/Walk Club to encourage a healthy and fit lifestyle.



Carol MacDougall

Carol MacDougall has been associ-



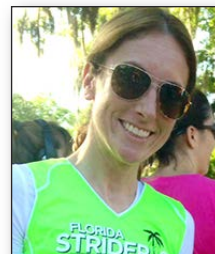
ated with the Florida Striders for over 17 years, volunteering at most of the Florida Strider Fun Runs as a Clay County Elementary P.E. Teacher. She became a member of the Striders five years ago serving on the Board and took over the Children's Running Coordinator position in 2013. She herself is not a runner but she does enjoy power walking and is a great supporter of all running activities.

Competitive swimming is her true love. Carol is originally from Sarasota where she swam competitively throughout her childhood. She has a B.S. in Physical Education and Recreation and a M.S. Degree in Recreation Management from the University of West Florida in Pensacola. She also has the Florida High School coaching Endorsement in Swimming. She coached year round (The Bolles School & Navy Jax) and summer league (Magnolia Point and Orange Park Country Club) Swim Teams in the Jacksonville Area for many years prior to teaching Elementary P.E. in Clay County (R.M. Paterson 1998-2004 and Swimming Pen Creek 2004-presently). She has also been the Head Swim Coach for Clay High School the past twelve years. Her relationship with the Florida Striders began when she became the sponsor for the Children's Run/Walk Club at R.M. Paterson Elementary in 1998. She has been very involved with assisting other elementary Run/Walk Clubs getting their own programs started and supplies them with Mileage Club awards and T-Shirts that are sponsored by the Striders. She has also been assisting the Striders the past seven years in the handling of all the computer data for the Children's Hershey Track & Field Games. Carol is married to Bruce "Mac" MacDougall who retired from the United States Navy in 2000 and is the owner of Divers Den Georgia in St. Mary's. They have one daughter (Melissa) who is a Clay High Graduate and a full-time student at St. John's River State College majoring in nursing.

Michelle McCullough NEW

Michelle McCullough joined the

Striders in February 2013 and is currently serving as Marketing Coordinator for the club. In her current role, Michelle is responsible for the marketing and promotion of Striders events as well as gaining sponsorship for future races and the Children's Running Program. Michelle is an avid runner. She joined the Striders after meeting other members on her Saturday morning training runs in the fall of 2012. A native of Cleveland, Ohio, Michelle graduated from The Ohio State University with a B.S. in Health Information Management and Systems. She has been working as a Finance and Accounting Professional for the last 10 years and recently started a consulting business. Michelle moved to Jacksonville in 2009 and currently resides in Ponte Vedra with her family.



Kathy Murray

Kathy Murray became a Strider in 1997 while training for the River Run. She loved the kindness and camaraderie she found in the Striders running those training runs. Over the years, their willingness to share advice and experiences has been wonderful. She has learned the best tips and advice during her long runs with fellow Striders. She loves to participate in and volunteer at the local races and has run many marathons over the years. Kathy looks forward to helping the Striders encourage running in the community and strengthen the community links. Kathy is a nurse at the Mayo Clinic where she has worked for the past 30 years.



Bill Page

Bill started running about 20 years ago when he lived in the Washington D.C. area, in order to stay fit and trim while still enjoying food and drink. He was quickly hooked on the great escape and adrenaline rush that comes from completing long training runs in the great out-

Continued on page 9

The Quest to Achieve a Sub-4 Hour Marathon

By Vicky Connell

Those of us who are runners have all been there. You know how it goes. It's a particularly difficult race and you're having a very hard time. Towards the end you swear to yourself that this is it, never again will you subject yourself to this particular misery. You're absolutely done with the marathon, half marathon, 5K, or whatever it is. You cross the finish line totally beat. You walk away happy that you'll never be in this sort of pain again. And then somewhere between the finish line and sometime later, you get that nagging thought about what you could do differently in the race. How you could train differently. How you just know you could have a different result from the one you just had with just a few tweaks. And before you know it, you're deep into planning your next marathon, half marathon, 5k, etc....

So I admit it. My last regular marathon was over 3 years ago and ended in abject misery. I didn't make my goal time, and not much went right the entire weekend. I was done with the marathon! I figured that I was too old to ever make my goal time of under a 4 hour marathon. Even though the marathon predictors all said I was fast enough, there was just something I wasn't doing right to get me through 26.2 miles without slowing down. The closest I had come was in 2008 with a 4:11.

A few years went by and my running and racing had a lot of ups and downs. And then I read some articles in Runner's World which really caught my attention. The first one was an article about a man achieving a marathon PR in his late 40's. Hmmmm....., I wondered if someone at my advanced age of 54 could do the same? Seems he did it by running 5 days a week, as opposed to a popular method of running only 3 days a week and cross training the others. Being a triathlete, I had been doing that for many years. But

we all know the definition of insanity: "doing the same thing over and over and expecting a different result". Definitely food for thought. And then there was the article about mental toughness. I usually skip those. But for some reason I read this one, and it actually made some sense. Maybe it would work for me? Maybe I had been giving myself too many breaks when I needed to get tough?

So once again I was on a quest to break 4 hours in the marathon. Hopefully all the lessons I'd learned over the years would come together to help me do it right this time. Even at my advanced age of 54, I still thought I had it in me to run faster, and I wasn't ready to admit that it's time to slow down!

I spent the next 6 months preparing for the marathon and doing a variety of races. Everything was going well with training, and my confidence was building. Marathon Day finally arrived December 29, 2013. I was so ready! For once I had done everything right. I had done all the mileage and speedwork. I rested when I was supposed to, ran easy when my schedule called for it, and ran hard when it said to do so. I had practiced my nutrition plan on long runs and had every detail perfected. My weight was the lowest it had been in years. I had a perfect, light meal the night before, and had slept very well the two nights prior. I had even given up caffeine for 2 weeks to get an extra jolt that morning when I drank my coffee! I got a massage two days before, and when I got to the start line, nothing was hurting! There was only one problem. Regardless of all my preparation, there was one thing I just couldn't control, and that was the weather. It was not looking good. But knowing there was nothing I could do and it would be pointless to stress out, I calmly continued my preparation.

Waiting for the start I chatted with people I knew, feeling confident and determined. From long habit, once they

started the Star Spangled Banner, I put my hand over my heart and forced myself to calm and breathe deeply. Finally, the gun went off! I very quickly settled into my rhythm and kept a close eye on my watch for pace. My plan was to try and keep the pace between 9:05 and 9:09. The official pace to beat 4 hours is 9:09, and I wanted just a bit of cushion, knowing I might have to slow down at water stops. I knew the most important thing would be to not go out too fast, and hope I had energy to pick it up at the end.

My first mile ticked off at 9:01. A tiny bit fast, but that's to be expected in the beginning. The next few miles were at 9:02, then 9:03 and 9:04. The next ten miles went pretty much the same, with a couple of miles dipping just below at 8:52 and 8:57, mostly influenced by the people I was running near.

Eventually I noticed that my watch miles were not matching up with the course mile markers. I was a little concerned, but not too much. I waited for the halfway marker which would be a good indicator of whether I was truly on course. All I needed was to be under 2 hours when I passed that point. Finally it passed and much to my dismay, I was a second or two over. Considering I still had 13.1 miles to go and I should have been a minute under at this point, it was not a good sign. Apparently my Garmin was not tracking accurately. I was going to have to pick up the pace a bit.

About an hour into the race it had started to drizzle. I was fine with that since it was quite warm and the rain was cooling. But somewhere after the half way point it became a torrential down-pour! This lasted for at least an hour, causing a definite slow down in my pace.

By mile 20 I was feeling the strain. Mile 22 and 23 were my slowest at 9:09 and 9:10, again according to my watch. I was still keeping an eye on the race clock at each mile marker, and finally realized my cushion was not as great as I

thought. I picked it back up a bit to 9:04 for mile 24 and 25, and then to 8:59 for mile 26. I was really hurting at this point, and when I rounded the last corner before the finish and saw a muddy mess, all I could think of was "please don't let me slip and fall now!" I slowed enough to safely get through the mud, and then finally I was on the track. I could see the finish clock now, and it told me that I was cutting it extremely close. I began to sprint, doing the last half mile at an 8:18 pace. When I crossed under the finish arch, I thought it was going to be within a second or two, but I really wasn't sure. It appeared I had missed my goal. I hoped I was wrong, but I knew it had been way too close!

I was happy at the finish to finally walk, and very proud that I had run the entire marathon without stopping, and faithfully stuck to my well planned race. It was extremely unfortunate that my watch had steered me wrong (it said the race had been 26.55 miles instead of 26.2), because I was certain I could have made up some time had I known. When I finally saw results, they showed my finish as 4:00:06. So close! I have to admit, I was extremely disappointed. Finally a marathon where I did everything right, and it still didn't work for me. Some things did happen which softened the blow though. I had placed 4th in my Age Group, something I would have said was impossible a few years earlier. All in all I had done well, and you can't control the weather. The monsoon we ran in did not help anyone's time!

I had met all my secondary goals – get a PR (Personal Record), qualify for Boston, earn points in the Grand Prix competition, and finish without any in-

juries feeling strong. And yet.... the desire for under 4 hours remained. I called my friend Regina who is more experienced with marathons. She convinced me that in better conditions I definitely would have been under four hours. She also convinced me to sign up for another marathon five weeks away so that I could capitalize on the fitness I already had, giving me just enough time to recover.

And so the quest continued. I signed up for the Tallahassee Marathon to be held on February 2nd. The race actually ends on the FSU campus, walking distance from my daughter Marissa's apartment. Once Marissa heard I was coming to do the marathon, she and her boyfriend Jeff signed up for the Half Marathon. I would have some company on race day!

Five weeks went by very quickly. I took it somewhat easy to recover, and then did several shorter races to keep my speed up. I felt I had come up with a good plan to account for the inaccuracy of my watch. I found a calculator on line that told me if I ran at a 9:02 pace, I would come in at just under 4 hours if the course once again registered as being longer than 26.2 miles. As extra insurance, I purchased a 4 hour pace tattoo so I could check the time at each mile marker to know if this was correct. I kept an eye on weather reports, and it appeared it would be a little cooler than the Jacksonville Marathon with only a slight chance of rain.

Finally it was race weekend. I drove to Tallahassee Saturday morning and met up with Marissa and Jeff after lunch. We went to the Expo and got our race packets. Afterwards we had a big

pasta dinner (as it turned out, I probably ate too much!) and headed back for an early bedtime.

The next morning I was once again standing at the start line, listening to the National Anthem and breathing deep breaths of determination. This was it. I would not fail again. I hoped I was rested enough from my first marathon to maintain my pace. I was determined to pay close attention and "stay in the zone" the entire race. No negative thoughts would be allowed. No ifs, ands, or butts. I was going to do this thing!

Finally we were off. The first mile came quickly and much to my surprise, my watch beeped right as I passed the mile marker. Time - 8:55. A little fast, but still ok for the first mile. The next two were the same, but finally I slowed it to the perfect time, keeping it between 8:57 and 9:00 for the most part. As the miles ticked off my Garmin began to beep further and further ahead of the mile marker. I was happy to have my pace tattoo to tell me the time I needed as I passed each one. By the time I reached the half way point, I was about a minute ahead of pace.

Somewhere after the halfway point I began to feel the need to use the restroom. I tried to ignore it, but it soon became obvious that there was no way I could run two more hours without stopping. I was very unhappy about it, but there it was. I decided I would use the cushion I had developed and stop. Apparently I was over-hydrating! I checked my watch coming out and I had lost about 45 seconds. Not bad. I could live with that. I certainly felt much better!

I continued on and a few miles later the same feeling started again, even

Continued on page 20

GRAPHIC DESIGN COORDINATOR NEEDED

We are losing our wonderful graphic design artist/coordinator - Tori Connell, in June to the Army. So we will be looking for an individual to design all our race logos, flyers, banners ect.. for the Florida Striders Track Club. This is a non-paid position. It's a great way for an individual to add to their portfolio and help our club out at the same time. Interested candidates should contact: Scott Hershey - President. =



INAUGURAL ANGRY TORTOISE 25K

Continued from page 1

son's One to Grow On 55 mile Ultra. He's the most local to the race, living just a half a mile away he walked down to the race start, avoiding the wet parking lots. In second place was Tim Starling in 1:52:33, and just behind was Brian Higgins in 1:52:35.

One of the highlights of the day for me was watching Jean Schubert come across the line in a full on sprint that just might have beaten Michael Johnson's best times. Jean has been training for this race for a couple of months now, and this made her longest race finish to date! The hug she gave me post race made my day.

Of course, none of this would have been possible if it weren't for our amazing volunteers. We had some very familiar faces helping out on race day and before, and some new faces come out to volunteer that we haven't seen at our races before. To each and every one of you I say thank you for your hard work and cheerful attitudes. I received a lot of praise for our volunteer team post race, and you guys are a big part of what made our race successful! I also would be remiss if I didn't thank the Track Club as a whole, and the board members who lent their strong support to the race, and worked to make sure it succeeded. Nearly half of the board ei-

ther volunteered or ran the race, making up about 10% of our race day participants!

I'll close with a couple of announcements for next year. We certainly aren't going to change much, but we will be adding in the option to do 2 loops for a 50k Race, making this the Striders 1st Ultra! We'll also keep the 25k race. We also hope to go with a better quality t-shirt, and will double the number of available participant slots for a total of 150 available slots between the 2 races! We sure hope to see you out next year either running or volunteering! In fact the race date has been set already so mark your calendars for March 1, 2015. =

Board of Directors' Summary of Action

December 10, 2013 (7 PM) • Orange Park Library

I. Call to Order: Scott Hershey called the meeting to order at 7:07 p.m.

II. Review of Minutes: A motion was made, seconded and passed to approve the minutes from the November meeting. One correction noted is that the Jingle Bell run that we supported in Green Cove Springs last weekend is a one mile fun run, not a 5k.

III. Officer Reports

a. President Report – Scott Hershey

- RRCA Convention in Spokane: Scott Hershey will attend in 2014.

- Color Run 5K – Strider Discount 2/15/2014: We will list it on our website in the listing of area races.

- Website Report: It will be up and running soon with minor changes.

- Resolution Run Meeting – Saturday at 3 p.m. at the Dog Track.

- Sponsors: Michelle has done a great job with trying to get new sponsors lined up, and getting Bob Boyd back involved with that as well. We have a new presenting sponsor for Memorial Day 5K.

b. Treasurer Report – Randy Arend

November 2013:

Beginning Cash Balance as of November 1, 2013 was \$50,944.22

- November Income was \$1,510.00

- November Expenses were \$3,152.79

- Ending Cash Balance as of November 30, 2013 was \$49,301.43.

Revenues were primarily merchandise and membership related, but there was that nice \$1000 multi-race sponsorship check from Pinch-A-Penny, with \$500 more pledged. Expenses include the Angry Tortoise race, deposit for the River run Expo Tent, 2 scholarship payments, and Adult Running class expenses.

Budget 2014:

The major changes include: Increasing the Hog Jog estimated revenue by \$100, decreasing the

newsletter budget by \$1000, based on this year's expenditure, increasing the website fees to \$500 as we spent \$300 this year, and expect this to keep rising. We Increased the Children's Running by \$1000, increased the Scholarship Budget to \$4000 as we are adding a 4th scholarship in 2014. We also have \$175 in reserve from donations in Terry Sikes name, that we will use towards one of the scholarships that will bear his name.

The proposed changes to the draft budget include: decreasing Membership revenues to \$8,000; increasing River Run Tent back to \$1800 as it was last year; change Banners and Signs to \$1400; increase scholarships to \$4100. This results in a budgeted loss of \$5,000.

A motion was made, seconded,

Continued on page 10

PRES SEZ Continued from page 2

None of which are bad. However what if next time you feel like your running is getting stale or flat. Why not try something new like new training partner or group run. Put yourself out there so to speak. I have found that runners are a very social group of people. Often after a race or event I'll talk to people I have never met ask them about themselves and the race they ran. If you would have told me years ago what I would be doing I would have said NO WAY! Funny how time, experience and passion change and mold you over time. I'm still a work in progress and hope to always be.

Be careful out there as we run the streets - as cars don't always see us.

Stay safe and I'll see you at the Memorial Day 5k. =

Prediction 5k at Achieve Fitness Sunday, March 2, 2014

By Bob Boyd

We are a competitive group. We are a social group. Our best efforts produce dramatically different paces. Our Prediction races are a beautiful way to compete based upon our pacing skill rather than our fleetness of foot, and we have a mighty good time in the process. Our Prediction 5K last month was an excellent example of combining a great workout, enjoying a fun competition with some nice prizes, a good time socializing, and thanks to the generosity of the Fleming Island Kohl's volunteers, raise \$500 for our Children's Run/Walk programs in the process.

We had an excellent group of volunteers who made the event a success, and whose collective names I hope I have captured in its entirety below, but I did want to highlight a few of our volunteer superstars. Mike Mayse is "Dah Man." Mike not only got all our Florida Strider "stuff" there (you need the right "stuff" to do things right – is that what that book was about?), improved the Prediction results spreadsheet and tracking system, grabbed race day refreshments, and was instrumental with the course layout, start, finish, & awards. Suzanne Baker was our Timing Guru, and also furnished the lion's share of the competitors with one particularly fast Fleming Island running team. Frank Frazier jumped in with help in many areas, including course marking, 11th hour software downloading, and even riding lead for the 5K. Marge Ruebush took very good care of registration, as did Glenn Hanna with course refreshments. Tracey Armon coordinates the Fleming Island Kohl's "Cares For Kids" A Team and came through with another wonderful group of volunteers. Tracey and her team's volunteer efforts on behalf of our Children's program have provided over \$5,000 col-

lectively for our Children's Run/Walk programs for each of the last several years. The Florida Striders support over 15,000 elementary school children in 50 schools very cost efficiently, but it would not happen without groups like Kohl's who partner with us financially to make it all happen. "Thank you," Tracey & "Thank you," Kohl's! I also want to thank each of the people listed below who shared their time and effort to help put together an excellent event that we all enjoyed. The best pacers were very good indeed and were:

1st Place: Alexa Verboor, Predicted Time 52:30 & Actual Time 52:30, % Difference 0%

2nd Place: Tracey Armon, Predicted Time 47:29 & Actual Time 47:30, % Difference .04%

3rd Place Sam Martocci, Predicted Time 19:42 & Actual Time 19:43, % Difference .08%

Next time you see a Florida Strider Prediction 5K race is happening DO NOT miss the fun.

Come out and join us.

Our Volunteers

Jenny Allen
Richard Allen
Tracey Armon
Suzanne Baker
Bob Boyd
Will Ferrell
Taylor Ferrell
Frank Frazier
Glenn Hanna
Scott Hershey
The Kohl's Volunteer Team
Bill Krause
Mike Mayse
Michelle McCullough
Marge Ruebush
Paul Ruebush
Charlie Sauter-Hunsberger
Travis Sauter-Hunsberger
The Weseman Family =

BOARD OF DIRECTORS

Continued from page 5

doors. His favorite race is the Cherry Blossom 10 Miler, where he achieved a personal best of 69:50. He has since completed 10 marathons, including the Marine Corps Marathon, and the JFK 50 Miler. He had to stop running in 2001 when he blew out his back after the Las Vegas Marathon, requiring surgery and extensive recovery time.

He missed the void in his life left by no running, so he took up duplicate bridge in order to feed his competitive spirit and stay sane. His bridge partner asked him why he did not run any longer, and he could not think of a single good reason why not to give it another try. One of his first races back was the Gate River Run where he was introduced to the camaraderie of the Florida Striders, and wanted to get more involved. He feels it is important to give back to others while doing something he enjoys, and the Florida Striders is a great way to do so. He looks forward to contributing his ideas and participating in the Florida Strider events as part of the Board this upcoming year.

Bill owns the Tile Market of San Marco, an upscale tile and stone distributor, and has run a successful local business for the past ten years. One of his favorite running buddies was his late Westie, Toby, who once ran 22 miles with his beloved owner.

Charlie Sauter-Hunsberger

Charlie Sauter-Hunsberger loves to



run the trails and is now an Ultrarunner. He'll be running his first 50 mile mountain race this fall, and hopes to run his first 100 miler next year. He's the race director for Hog Jog 5k, and

our newest race, the Angry Tortoise 25/50K held on the dirt at Cary State Forest. This will be Charlie's second year on the Board.

Continued on page 17

MINUTES

Continued from page 8

and passed to approve the 2014 budget as presented.

IV. Committee and Director Reports

a. Hog Jog Final Report – Charlie Hunsberger: A motion was made, seconded and passed to approve the report, subject to a minor increase in revenue.

b. Social Update – Scott Hershey
•December 15h 6:00 p.m.– Champagne Open House Avondale Robert & Janet Irvin - 3811 Boone Park Ave. Jax 32205

•Hal Higdon: Working on a speaker social with him for 2014.

V. Old Business

•Jingle Bell Run recap– Green Cove Springs – Carol McDougall: There were 240 registered participants. She would like to add water, and some signs for next year. The event went very well, and had a very low budget. She had Kohl's and Ridgeview HS volunteers, and it went very well. We got \$500 from Kohl's.

• Finish Line Inflatable Arch-Scott Hershey: He has researched various options, and likes the better quality product for around \$1750, plus the cost of a generator. It will last for ten years or more, and will give great visibility for our races. A motion was made, seconded and passed to purchase this arch this year out of the 2013 equipment budget.

VI. New Business

•Volunteers for Jax Marathon Water Stop – December 29th Mike Mayse: We need 15 people to volunteer.

•Facebook Entries; Race Information etc... Priority and timing-Regina Sooe: Discussion about what should be posted on our FB page and when, which posts should be pinned and for how long, and how to make our FB page more active and a better resource for members. Regina will become another administrator, and we will all work to be more active.

•We will need a new Resolution Run race director for 2015.

VII. Adjournment: A motion was made, seconded and approved to adjourn the meeting at 8:35 p.m.

January 14, 2014 (7 PM) Orange Park Library

I. Call to Order: Scott Hershey called the meeting to order at 7:00 p.m.

Board Members present: Scott Hershey, Mark Wynter, George Hoskins, Mike Mayse, Carol MacDougall, Kim Lundy, Joe Strickland, Robert Webster, Regina Sooe, Bill Page, Andrew Barr, Ann Krause, Kathy Murray, Christine Vaughn, Bill Krause. Also present: Dave Bokros, Suzanne Baker, Kristie Matherne, Michelle McCullough

II. Review of Minutes: Postponed until next month.

III. Officer Reports

President Report – Scott Hershey

•Arch: Everyone agreed that the arch looks great! We still need a generator. Discussion about putting sponsors on the arch for that particular race.

•Gate River Run Readiness: We will discuss in greater detail next month.

•Resolution Run Attendance and Problems: Attendance was down at around 800, as opposed to over 1000 last year. The weather and other races may have been a factor. There were issues with enough volunteers at the Moosehaven water stop. Two people went down at the finish. Potential issues with the registration process, which could have been more efficient.

•Registration Coordinator needed: Marge is not going to be in charge of it forever, so we need to have people training under her, and learning this job.

•Graphic Artist needed: Tori Connell will be leaving town next summer.

•MD5K -Vicky Connell: We need someone to help Vicky with some of the race director duties.

Treasurer Report – Bill Krause

December 2013: Our expenses exceeded our revenues. Children's Running is over budget, but they have \$13,000 in reserve. Michelle McCullough obtained a \$5,000 sponsorship from One Call.

Beginning Cash Balance as of December 1, 2013 was \$49,308.43

December Income was \$6,785.00

December Expenses were \$11,169.96

Ending Cash Balance as of December 30, 2013 was \$44,923.47 of which \$14,135.95 was

designated for Children's Running, \$6,833.34 was designated for multi-race sponsorships for 2013 and 2014 races, and \$175 was designated for future scholarships. \$33,657.14 was undesignated.

Revenues were primarily sponsorship and membership related, along with registration revenue for the Angry Tortoise race.

Expenses include the Angry Tortoise race, Children's running, the finish line arch, and our yearly dues to the RRCA

IV. Committee and Director Reports:

Run to the Sun Budget: Joe Strickland-We do not currently have a title sponsor. Orange Park Medical Center may do a smaller sponsorship of \$4,000 instead. The sponsorship money is down, and our projected race attendance is conservative. A motion was made, seconded and passed to approve the budget for the 2014 race as presented.

•Merchandise Coordinator – Mark Wynter: He still gets lots of random requests, because the tent is so visible. He wants to have a sale on old merchandise to get rid of it. We need to order new merchandise far enough in advance of River Run. We need to have laptops or other devices at our races and events for race and membership registration, and merchandise sales.

•Social Update – Bill Krause

i. Feb. 6th - Jerry Lawson to give tips on preparing for the Gate River Run at the Orange Park 1st Place store after the 6:30 run

ii. Mar. 6th - Hal Higdon to speak about the Boston Marathon at the Orange Park store after the 6:30 run

iii. Mar. 15th - River Run Tent

iv. Discuss dates for annual picnic in April: We usually have it the Sunday after RTTS.

V. Fun Run/Children's Running Coordinator - Resolution Run Recap – Tara Showalter: Over 1271 participated in the fun run.

VI. Marketing Coordinator – Michelle McCullough

- Resolution Run post-race survey: Try to determine how people heard about our race. We do not feel the Daily Billboard was successful. She is looking into another free billboard Clear Channel has for non profit organizations.

- Sponsorship activity: She is working on new sponsorships.

- Updated membership form

- Marketing / media committee: We plan to meet in the next few weeks.

VII. Announcements

- 26.2 with Donna Marathon Water Stop – Dave Bokros: We again volunteered to man water stop #1, which is a good spot, because volunteers will not need to be there all day.

- Dave Bokros and/or Suzanne Baker -Fleming Island Alumni 5k: A motion was made, seconded, and passed to support this race. Our support will include: adding this race to our RRCA insurance, and promoting the race to our members, on our website, FB page, and allow them to use some of our race equipment.

- Running Class in the Spring – Possible?- Regina Sooy: She would be interested in doing another class, but not in Orange Park. Scott is going to talk to Bob Boyd about it.

VIII. Adjournment: A motion was made, seconded and passed to adjourn the meeting at 8:40 p.m.

February 11, 2014 (7 PM)

Orange Park Library

I. Call to Order: The meeting was called to order at 7:03 p.m. by Scott Hershey

Board Members present: Gordon Simms, Robert Webster, Mike Mayse, Charlie Hunsberger, Bill Krause, Ann Krause, Don Wucker, Scott Hershey, Mark Wynter, George Hoskins, Kathy Murray, Christine Vaughn, Carol MacDougall, Bill Page, Regina Sooy, Joe Strickland.

Also present: Kellie Howard, Frank

Frazier, Marge Ruebush, Kristie Matherne, Vicky Connell.

Quorum: yes

II. Review of Minutes (December's and January's):

A motion was made, seconded and passed to approve the December minutes. The January minutes will be approved at the March meeting.

- Insert - Resolution Run recap - Kellie Howard: There were over 1100 participants in the fun run, and over the 800 runners in the main race. The hats for awards were great. There are left over hats and shirts. The shirts were expensive, so we may go back to the cotton shirts next year. We had a great number of sponsors. We always need more volunteers. We need to start the awards on time. She recommends that we have the race on 1/17/15 next year.

- Insert - River Run Expo – Kristie Matherne: They are finalizing the schedule of volunteers for the expo. Please let her know when you can volunteer.

III. Officer Reports

a. President Report – Scott Hershey

i. Town of Orange Park Permitting Process: Someone else is using our MD5K course, so we need to look for another course. We may need to look for other race venues going forward if they keep giving us problems. The desired month for the race needs to be reserved in advance before another organization reserves the same road.

ii. Haskell Co.- Children Running Program –Donation of \$500.

iii. JTC Jax Beaches Run: Moved to 2/1/15

iv. Adult Running Class: No class scheduled this Spring.

v. Volunteers needed for Expo, Tent, and Run to the Sun 8K

vi. Prediction Run – Sunday, March 2, 2014 at 4 p.m. at Achieve Fitness.

vii. Race Shirt Ordering – Dave Bokros is going to take this over so that the race directors don't have to worry about it. Marge suggested that we buy shirts locally in order to have more flexibility.

viii. Website: Scott talked with Tori today and it will be finished soon. The issue with the website was that we had photos on various servers. They

will be available through a new service where people can view thumbnails and download high resolution photos.

ix. Ann and Bill Krause will step down as the current Social Coordinators effective at the Annual Picnic. Christine Vaughn will be appointed as the new Social Coordinator - Pending her having found additional help. She will continue help race directors with the race awards.

b. Treasurer Report – Bill Krause

i. January 2014: It was a fairly quiet month.

Beginning Cash Balance as of January 1, 2014 was \$44,923.47

January Income was \$1,550.00, and was mostly sponsorships and scholarships.

January Expenses were \$4,413.70 and included equipment, office supplies, scholarship, newsletter, and Angry Tortoise. Ending Cash Balance as of January 31, 2014 was \$42,059.77.

IV. Committee and Director Reports

a. Memorial Day 5k Race Budget –Vicky Connell: One Call Care will be a presenting sponsor. We are still waiting on Suddath as a possible title sponsor. Expenses have really increased this year. Orange Park is charging more for the site use. There may be additional costs for bibs from Road ID. A motion was made, seconded and passed to approve the MD5K 2014 Budget as presented.

b. Angry Tortoise 25k Partial recap – Charlie Hunsberger: The inaugural race was a huge success. There was a lot of positive feedback from the participants. 58 people showed up and all finished the race. Nobody got lost or hurt, and everyone had fun. It was an older crowd. He gave out sandbag awards. Next year we'll have lights, better informed aid stations. We lost \$93, because we lost the Kohl's money out of our budget, and the poor forecast for race day. We already have approval from the forest service to double the race size next year, and add a 50K option.

c. River Run Expo – Kristie Matherne

Continued on next page

MINUTES

Continued from the previous page

erne/George Hoskins *

d. River Run Tent – Don Wucker: 1st Place Sports wants to cut our space back, because there are other groups who want space, and he can make money by charging for the spaces. Don showed us a few different layouts. A motion was made, seconded and passed that each member gets 2 guests and each family gets 4.

e. Merchandise Coordinator - Mark Wynter: We are going to have some different colors for shirts, and lighted wrist bands.

f. Social Update – Bill Krause: The

Jerry Lawson social last week was very successful. We had 35-40 people attend.

i. March 6th – Hal Higdon
Speaker Social:

ii. March 15th Gate River Run

iii. April 13st – Annual Picnic: Sunday afternoon at Mandarin Park.

V. Old Business

VI. New Business: A motion was made, seconded and approved for the nominating committee which will consist of Regina Sooeey, Chair, Scott Hershey and Robert Webster.

VII. Adjournment

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

Please submit your stories, race adventures, photos, training tips or anything running related to be published in the StrideRight to Trish at StrideRightEdit@aol.com by the 20th of each month!

New, Renewing and Expiring Memberships

NEW MEMBERS

Gavin Baker
Michael Bowen
Jerry Carter
Ccharles Cheatham
Melissa Curry
Jasmin Davis
Robert Goring
Bonnie Jules
Haris Jusic
Edward Mallard III
Ingrid Martinez
Michelle Newell
Kristina Oettel-Barber
Dennis Roquand
Chriss-Ashleigh Sacharow
Grace Staten
Tracy Thompson
Kimberly Wade
Alexandra Wheeler

Charles Desrosier
Elena Etter
Stephanie & Chuck Griffith
Todd & Camille Hockett
Bruce Howard
Steven Jimenez
Michael Johnson
Lesley Jones
Rita Lamach
John McBrearty
Ida & Hernando Mejias
Kerry-Ann Moore
Jacqueline & Brian Ottosen
Kim Pawelek
William Powers
Keith & Gayla Poythress
Susan Roche
Susan Schultz
James & Debbie Smith
Kay Sutliff
Sheryl Trevino
Gerry & Margaret Tyburski
Nikki Watson

Tommy Browning 4/30/14
Stuart Chalk 4/30/14
Andre Chester 4/30/14
Justin Cran 4/30/14
Will Croft 4/30/14
Rick & Aimee Cubbedge 4/30/14
Patricia Czamecki 4/30/14
William & Carmen Darfler 4/30/14
Jeanette DiRocco 4/30/14
Michael & Margaret French 4/30/14
Jack & Kathy Frost 4/30/14
Stephen & Denice Fullerton 4/30/14
David Goedtk 4/30/14
Bernie Gross 4/30/14
Osra Hutcheson 4/30/14
Dawn Johnson 4/30/14
Michelle Koonce 4/30/14
John & Tiffany Kovacs 4/30/14
Bub & Lisa LeNoir 4/30/14
Justine Lewis 4/30/14
Larry & Diane Longenecker 4/30/14
Sharon & Steve Lucie 4/30/14

Martha Mangus 4/30/14
Claire McCool 4/30/14
Carolyn Mudgette 4/30/14
David & Marilyn Ohnsman 4/30/14
Wendy Page 4/30/14
Bonnie Palmer 4/30/14
Melissa & Tim Posey 4/30/14
Christina Rauch 4/30/14
Alicia Ricks 4/30/14
Kelly & Justin Rogers 4/30/14
Cynthia & Kevin Ryan 4/30/14
Al Saffer 4/30/14
Kim Scurti 4/30/14
Georgina Shores 4/30/14
Lawrence Smith 4/30/14
Joe & Maurya Sova 4/30/14
Joseph Strickland 4/30/14
Tracy & Jonathan Walters 4/30/14
Danny & Anne Weaver 4/30/14
Grady & Peggy Williams 4/30/14
Christina Wright 4/30/14 =

RENEWING MEMBERS

Traci Akers
Shelly & Dave Allen
Robert Barnhill
Ann & Thomas Brown
Steve, Maria, Isabel, Juan
Bruce/Padin

EXPIRING MEMBERSHIPS

Lovetta Adams 4/30/14
Bettsy Araujo 4/30/14
Tracey Armon 4/30/14

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 George Hoskins at 521-4951.

May/June 2014 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.ameliarunners.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
May 24	5th Annual Marty 5K	8:00 a.m.	Nocatee Town Center St. Johns	(904) 731-1900 1st Place Sports
May 26	Memorial Day 5K	8:00 a.m.	Clarke Park 1039 Kingsley Ave. Orange Park	(904) 707-8469 Florida Striders Track Club
May 26	Deerwood Don Davis Memorial 5K	8:00 a.m.	10239 Golf Club Dr. Jacksonville	(904) 316-8122 PRS Race Timing
May 31	P.E.P. Rally Spirit 5K	8:00 a.m.	Jaguars' Cabanas Fan Entertainment Zone Everbank Field, Jacksonville	(904) 731-1900 1st Place Sports
May 31	Never Quit 5K	5:30 & 7:00 p.m.	Seawalk Pavilion Jacksonville Beach	(904) 731-1900 1st Place Sports
June 7	Inaugural Fleming Island Eagle's 5K	8:00 a.m.	Fleming Island HS 2233 Village Island Pkwy Orange Park (Fleming Island)	(904) 240-6054 Florida Striders Track Club
June 7	Daddy's Girl Tu Tu 2K & Family 5K	8:00/8:30 a.m.	Town Ctr. Nocatee, St. Johns	(904) 710-2458 Ultimate Racing Inc
June 7	JTC Running Summer Track Series Track & Field Meet #2	4:30 p.m.	The Bolles School 7400 San Jose Blvd. Jacksonville	JTC Running
June 7	Hale and Hearty 7K	6:30 p.m.	Unity Plaza Riverside, Jacksonville	(904) 316-8122 PRS Race Timing
June 14	Run for the Pies Nike Championship 5K/Open 5K	7:00/7:30 p.m.	Jacksonville landing Jacksonville	(904) 731-1900 1st Place Sports
June 21	Join the Movement 5K	8:00 a.m.	Jacksonville Beach Pier Jacksonville Beach	(904) 731-1900 1st Place Sports
June 28	Get Inspired 6K	8:00 a.m.	Hemming Palaza Jacksonville	(904) 731-1900 1st Place Sports
June 28	Big Bang 5K	8:00 a.m.	Ponte Vedra Beach	(904) 318-8104 Milestone Race Authority

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

5K – 8:00 AM
1 Mile Fun Run - 9:00 AM



**Tech Shirts for All
 5K Runners!**

PRESENTED BY
 ONE CALL CARE MANAGEMENT

Course Location: Clarke Park • 1039 Kingsley Avenue • Orange Park, FL 32073



ENTRY FEES

	<u>Striders/Military/AIR</u>	<u>Non Striders</u>	<u>Kids 13 & Under</u>
Until May 18	\$15	\$20	\$10
May 19 - 25	\$20	\$22	\$10
Day of Race	\$25	\$25	\$25

- No refunds.
- \$2.00 OFF if you preregister with your own ChampionChip
- Join the Florida Striders Track Club when you register, and pay the reduced entry fee.
- Register Online at www.floridastriders.com or at any 1st Place Sports location. **Going green - no paper entries!**
- Day of Race Registration starts at 6:30 AM
- Race Hotline: **Vicky Connell** (904) 707-8469, StridersMD5K@gmail.com

AWARDS

Medals to all Finishers!!

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: 8 and under, 9-10, 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 in Clarke Park at 9:15 AM.

5K COURSE/TIMING

The 5K course starts and finishes at Clarke Park on Kingsley Avenue in Orange Park. This is a USATF Certified Course. 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 9:00AM. There is no charge for the Fun Run, but you must register to participate. Entry forms for the Fun Run will be available prior to the race on race day. There is no online sign-up for the Fun Run.

PACKET PICKUP

Please indicate where you will pick up your race packet when you register.

Dates: Friday, May 23 & Saturday, May 24

Times: 10:00 AM to 6:00 PM

1st Place Sports locations:

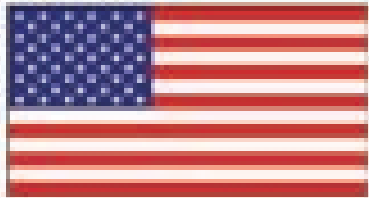
- 3931 Baymeadows Rd, Jacksonville, FL 32217
- 2016 San Marco Blvd, Jacksonville, FL 32207
- 2186 Park Avenue, Orange Park, FL 32073
- 4870 Big Island Dr., St. Johns Town Center

All packets not picked up will be available at registration on race day.

**Scan for
 more details!**



SPECIAL THANKS TO OUR SPONSORS



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



BECOME A FLORIDA STRIDERS MEMBER

The Florida Striders is a non-profit organization of running enthusiasts who love to run, race and socialize!

- Benefits include:**
- If you run 3 Strider races, the Florida Strider discount pays for itself
 - 10% discount at 1st Place Sports
 - Private Strider member tent at the Gate River Run with food & drink: a great place to swap race stories
 - Visit www.floridastriders.com/membership.html for more information

Florida Striders Track Club 2013 Budget to Actual and 2014 Budget

Operating Accounts	2013 Budget	2013 Actual Thru 12/31/2013	Variance Favorable (Unfavorable)	2014 Budget
Income				
Hog Jog 5k (Prior Year Race)	\$ 1,500.00	\$ 1,428.72	\$ (71.28)	\$ 1,600.00
Resolution 5k & 10k	9,000.00	8,438.80	(561.20)	9,000.00
Run to Sun 8k	11,000.00	8,200.00	(2,800.00)	11,000.00
Memorial Day 5k	12,000.00	10,041.47	(1,958.53)	12,000.00
Total Race Proceeds	\$ 33,500.00	\$ 28,108.99	\$ (5,391.01)	\$ 33,600.00
Dividends & Interest	\$ 1,000.00	\$ 1,099.82	\$ 99.82	\$ 1,100.00
Membership	9,000.00	7,500.00	(1,500.00)	8,000.00
Merchandise Sales (1)	2,750.00	1,922.00	(828.00)	2,000.00
Running Class (2)	1,360.00	1,360.00	-	-
Children's Pass Through Sponsorships	1,888.00	1,800.00	(88.00)	1,800.00
Advertising	-	175.00	175.00	-
Hershey Concession - Children's Running	-	238.00	238.00	-
Other (Donations, Awards, Misc., Etc.)	-	500.00	500.00	-
Total Other Income	\$ 15,998.00	\$ 14,594.82	\$ (1,403.18)	\$ 12,900.00
Total Income	\$ 49,498.00	\$ 42,703.81	\$ (6,794.19)	\$ 46,500.00
Expenses				
Administrative				
General Office Postage & Supplies	\$ 1,200.00	648.45	\$ 551.55	\$ 1,200.00
Newsletter Printing, Mailing, and Layout	6,000.00	4,573.52	1,426.48	5,000.00
Affiliation Costs and Insurance	3,700.00	3,239.40	460.60	3,700.00
New Equipment & Maintenance	3,000.00	2,699.86	300.14	3,000.00
Storage Rental Fees	1,500.00	1,116.00	384.00	1,500.00
Website Fees	200.00	689.55	(489.55)	500.00
Volunteer/Member Awards & Miscellaneous	500.00	201.70	298.30	500.00
Merchandise Cost Expense (1)	3,250.00	132.00	3,118.00	2,500.00
Total Administrative Expenses	\$ 19,350.00	\$ 13,300.48	\$ 6,049.52	\$ 17,900.00
Club Activity				
River Run Tent	\$ 1,800.00	\$ 1,792.93	\$ 7.07	\$ 1,800.00
River Run Expo	1,500.00	1,299.57	200.43	1,500.00
Socials & Club Picnic/Elections	1,500.00	1,234.20	265.80	1,500.00
Promotional Items/Prediction Runs	1,000.00	337.38	662.62	1,000.00
RRCA Convention	1,500.00	1,313.02	186.98	1,500.00
Banners & Signs	1,500.00	702.27	797.73	1,400.00
Total Club Activity Expenses	\$ 8,800.00	\$ 6,679.37	\$ 2,120.63	\$ 8,700.00
Community Activity				
Donations	\$ 1,000.00	\$ 550.00	\$ 450.00	\$ 1,000.00
Adult Running Programs	1,000.00	330.00	670.00	1,000.00
Children's Running Programs	16,000.00	16,000.00	-	17,000.00
Running Class (2)	1,360.00	988.62	371.38	-
Children's Pass Through Sponsorships	1,888.00	1,800.00	88.00	1,800.00
Scholarships & Committee Expenses	3,100.00	2,581.92	518.08	4,100.00
Total Community Activity Expenses	\$ 24,348.00	\$ 22,250.54	\$ 2,097.46	\$ 24,900.00
Total Expenses	\$ 52,498.00	\$ 42,230.39	\$ 10,267.61	\$ 51,500.00
Net Income (Expenses)	\$ (3,000.00)	\$ 473.42	\$ 3,473.42	\$ (5,000.00)

Note (1): Merchandise income and expense budgets will be automatically increased \$750 when sales exceed \$1,500 and \$2,100.

Note (2): Running class budget is added when income is determined. Expenses are budgeted equal to income.

(Continued)

Florida Striders Track Club 2013 Budget to Actual and 2014 Budget (Continued)

Designated Accounts (3) (4)	Budget	2013 Actual Thru 12/31/2013	Carryover	2014 Budget
Receipts				
Reimbursements from Race Accounts	\$ 18,578.49	\$ 14,034.49	\$ (4,544.00)	\$ 4,544.00
Sponsorships	10,000.00	10,000.00	-	-
Other (Scholarship)	175.00	175.00	-	-
Angry Tortoise	1,125.00	1,125.00	-	-
Children's Running	3,700.00	3,700.00	-	-
Total Receipts	\$ 33,578.49	\$ 29,034.49	\$ (4,544.00)	\$ 4,544.00
Disbursements				
Advances for Race Account Expenses	\$ 18,578.49	\$ 18,578.49	\$ -	\$ -
Sponsorships	12,333.33	5,874.99	6,458.34	6,458.34
Other (Scholarship)	175.00	-	175.00	175.00
Angry Tortoise	1,125.00	1,075.07	49.93	49.93
Children's Running	14,135.95	1,530.96	12,604.99	12,604.99
Total Disbursements	\$ 46,347.77	\$ 27,059.51	\$ 19,288.26	\$ 19,288.26
Receipts Over (Under) Disbursements	\$ (12,769.28)	\$ 1,974.98	\$ 14,744.26	\$ (14,744.26)
Combined Operating and Designated Accounts	Budget	Actual Thru 12/31/2013	Variance	2014 Budget
Total Income and Receipts	\$ 83,076.49	\$ 71,738.30	\$ (11,338.19)	\$ 51,044.00
Total Expenses and Disbursements	\$ 98,845.77	\$ 69,289.90	\$ 29,555.87	\$ 70,788.26
Total Net Income (Expense)	\$ (15,769.28)	\$ 2,448.40	\$ 18,217.68	\$ (19,744.26)

Note (3): Designated account budgets are added when income is determined. Expenses are budgeted equal to income.
 Note (4): Designated account budgets remaining at year-end carry over from prior year to subsequent year.

BOARD OF DIRECTORS

Continued from page 9

Tara Showalter

Tara Showalter, CFP, CRPC, Managing Principal of Waddell and Reed graduated from St. Norbert's College in Green Bay, WI, with a degree in Business Administration/ Minor in Philosophy. She received a Juris Doctor from Hamline University in St. Paul, MN and practiced law for several years in the area of Estate and Tax Planning. She made a career change in 2001 when she became a Financial Advisor and later took several different leadership roles. She spent 9 years with Ameriprise



before joining Waddell & Reed in 2010.

Tara is a member of the local Financial Planning Association, Society of Financial Services Professionals, Woamtec, and Women in Financial Services. Tara was honored when she won the 2012 Corporate Leader of the Year Women in Business Award. She enjoys spending time with her husband, Scott and son, Elijah. She also loves running and has ran five marathons and is working on qualifying to run the Boston Marathon.

Gordon Simms

Gordon Simms joined the Florida Striders in late 1982 after being invited to run the Autumn Twilight 5k run by long-time member Marv Mollnow. Having not run since high school 6 years earlier he did not know what to expect but had a great run and the desire returned. After

30 years, over 700 road races including 29 straight River Runs, numerous triathlons & 10 marathons the competitive days have passed but Gordon now finds himself with more free time and is willing to return to the Board to serve if elected. Continuing the family atmosphere of the club as well as introducing new runners to the sport will be my focus.

Regina Soeey

Regina Soeey started running in 2001 to achieve the goal of completing the Gate River Run before her 30th birthday. She missed her deadline by a few days, but getting that coveted Top 10% medal was amazing



Continued on next page

BOARD OF DIRECTORS

Continued from page 5

and she was hooked. Regina got hooked on the great camaraderie of the Striders and the Jacksonville running community training for her first marathon. 27 marathons, 2 ultras and 3 Ironmans later, training and racing were here to stay.

Regina feels strongly about sharing the gift of fitness with others and doing it for a good cause. She has used her love of running and triathlons to volunteer with Team in Training and Girls on the Run. She feels that it is important to make fitness fun, and not take it all too seriously. She can always be seen at the races with a fun outfit and a smile on her face, whether she is running for fun, or attaining a new PR.

A little known fact about Regina is that she is a Bronze Life Master duplicate bridge player. She regularly plays in local

club games and travels to National tournaments to match wits with Warren Buffet and Bill Gates. Regina recently added Crossfit to her fitness routine, so she now enjoys being able to do pushups, pullups, and the thrill of lifting heavy things over her head.

Regina is a lawyer turned Realtor with Watson Realty, and real estate is one of her true passions. When Regina is not training or working, she enjoys travel, scuba, hiking, and entertaining family and friends at one of her many house parties. Two of her favorite running buddies are Maggie and Bella her furry children.

Joe Strickland

Joe Strickland's first official race was the Festival of Lights 5K in 2008 and he has been running ever since. He has



been a Strider member for the past 5 years and is the Race Director for the Run To The Sun 8K, and also the Course Director for the Memorial Day 5K. Joe especially enjoys working with new runners as a group leader for the Subaru Distance Classic Thanksgiving Half Marathon, the Gate River Run and the Striders beginning runners speed training classes. Joe's first Gate River Run was in 2009 and he has completed 6 half-marathons. He truly values the many friendships he's made and the fitness rewards of being a Florida Strider. Joe is married to Lynn and they have two beautiful daughters, Laura and Olivia.

Christine Vaughn

Since moving to Jacksonville in 2003, Christine decided she wanted to make a healthy change. After seeing the Marine Corps half marathoners run by her house year after year every October she told her husband, "I am going to be

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

Race Results

The Last Gasp Jacksonville, FL December 21, 2013

Al Saffer	32:49	1st AG
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FSTC Resolution Run 10K Orange Park, FL January 11, 2014

Sayer Gunn	46:17	2nd AG
Al Saffer	1:13:22	1st AG

Matanzas 500 St. Augustine, FL January 25, 2014

Sayer Gunn	21:25	5K PR
Al Saffer	34:55	

Angry Tortoise 25K Cary State Forest February 8, 2014

Jean Schubert	4:28:02	
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Best race of 2014!!!!!!

River Day 8K Orange Park February 15, 2014

George Hoskins	42:35	1st AG
Bernie Powers	42:49	1st AG

Thanks to George Hoskins for pacing! (I couldn't catch him though).

Donna 5K Jacksonville, FL February 22, 2014

Jean Schubert	42:43	
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26.2 with Donna Marathon Jacksonville, FL February 23, 2014

Liane Daniels	2:43:56	
---------------	---------	--

26.2 with Donna Half Marathon Jacksonville, FL February 23, 2014

Jean Schubert	3:48:53	
Nancy Kern-Pullo	2:53:37	2nd AG

Daily's Ortega River Run Jacksonville, FL March 1, 2014

Randy Pullo	45:08	
Osra Hutcheson	49:15	
Weather was great, great turn out.		
Al Saffer	57:00	
Nancy Kern-Pullo	58:41	2nd AG

Gate River Run 15K Jacksonville, FL March 15, 2014

Kevin Mangold	1:06:20	
---------------	---------	--

This was my fourth Gate River Run 15k and have a new PR

Anne Barnes	1:21:03	
-------------	---------	--

PR and first 10% hat

Al Saffer	2:04:36	
Jean Schubert	2:17:10	

A new 15K PR!! 2 1/4 minutes faster than last year!

St. Paddy's 10K Jacksonville, FL March 23, 2014

August Leone	1:07:08	1st AG
Al Saffer	1:12:18	1st AG
Jean Schubert	1:27:30	

2014 SHARP Sexual Assault Awareness Month/ Austin Half Marathon Shadow Run U. S. Army Garrison Yongsan, South Korea April 12, 2014

JD Smith	2:19:54	
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Hilly course. =

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.



one of those runner people one day!"

Following the suggestion of a co-worker, Christine signed up for John and Denise Metzgar's class to train for the Gate River Run in 2011 not having ever "run" more than four miles, let alone a bridge! She saw the benefits immediately, socially and physically, and started running many of the races around town. Within a couple of months she had joined the Striders and began running track at St. Johns Country Day School. After her first ever River Run and Striders' Tent after party, she decided she had to continue being a part of this fun! She wanted to help other new runners feel welcome and supported as she had, and continued with the training group as a group leader for the Subaru Half Marathon that fall (slightly nervous, never having run further than a 15k race)! During that first "official" year of running, Christine ran 13 races, had a lot of fun, and made some really great friends. She was hooked.

Christine has since run many more races in the last two years and has had the great opportunity to volunteer at some of the Strider races and events. She continues helping other runners as a group leader during the training classes and looks forward to more events with her "running family." You can usually find her socializing after the races!

Christine grew up in Tampa, FL and moved to Jacksonville in 2003 after graduating from Stetson University. She works as an Early Literacy Coach with a non-profit organization that serves children aged birth to five and their families. She now lives in Mandarin (conveniently located at mile 13 of the Jacksonville Bank Marathon) with her husband Eric of five years and their three dogs, Pete, Spike, and Rocky.

Robert Webster

Robert Webster was born in San Diego, Ca. and at the age of 5 his family moved to Jacksonville. Robert owns a cabinet business in Jacksonville's West-



side. When he is not walking through the sawdust of his shop, he is running throughout the city or volunteering at a Striders event.

Robert began running in the fall of 2007 after deciding that he needed to make a change in his life, drop a few pounds and stay healthy. Running soon became a lifestyle change. After completing numerous 5k's through half marathons, Robert completed his first marathon on his 45th birthday in Arizona. Robert decided to branch out into the world of multi-sport events and recently completed Ironman Florida. Robert enjoys spending time with his wonderful wife Kim of 21 years and his daughter Page. Robert has spread his joy of running by encouraging others at his local health club to pursue the joy and health benefits of running.



Don Wucker

Don Wucker is a third generation native resident of Jacksonville. He is blessed with a wonderful wife, Elizabeth, also a runner and 3 children ages 19-24 who are amazing individuals (compared to his own youth they're angels); they make his paternal responsibilities easy. Don is a mechanical engineer with JEA where he helps promote the responsible and efficient use of electricity and water.

Don's passion for running began a couple of years ago when he decided a lifestyle change was overdue. Determined never to reach his 220 pound plateau again he began a habitual regime of running and nutritional lifestyle changes. The word obsessive could easily be used to reflect Don's determination to institute change. It didn't take long to see the rapid changes that running and dietary changes can make. Within a couple of months he easily lost well over 40 pounds. As the pounds came off, the running pace became faster and the caloric burn rate increased even higher.

Don signed-up for his first running

class in preparation for the 2009 Marine Corps Half-Marathon with John and Denise Metzgar. Their support and passion was inspiring. He was amazed at how one class and a few good people could affect so much positive change. He soon became addicted to the art/sport of running. The euphoric rush of blood coursing through his body and fresh oxygen filling his lungs was overwhelming. It didn't take long before Don set his sights on marathons. He quickly learned about the importance of strengthening as a result of his first marathon. On his second marathon, Don qualified for Boston. The 2011 Boston Marathon was his fourth marathon, although some nagging injuries compromised his effort.

Don runs with several different running groups through-out the city weekly and he is always amazed by the good character of individuals involved in our running community. It is so inspiring to be involved with running groups/classes and to see how lives can be improved. He feels blessed to be involved with such a caring community of outstanding individuals. Don's only regret is that he didn't become involved sooner.

Mark Wynter

Mark Wynter has been in Healthcare since 1985 as a Clinical Medical Technologist, Healthcare Management and is currently managing the Southeast for GE Healthcare. Since relocating his family to Jacksonville from New York since 2003 the focus on running and community involvement has been important. He has a wife and three children, and all are very active in the community. By joining the Florida Striders and networking it has been an enlightening experience. =



THANKS!

The Florida Striders Track Club
would like to thank

Mike Mayse and Glenn Hanna
for all their hard work serving on
the Board of Directors!

SUB-FOUR HOUR MARATHON

Continued from page 7

stronger. I cursed my luck and my bowels, but once again knew there was no hope of finishing without another stop. I was out in 40 seconds this time. But it appeared my cushion was gone plus some. And without any more clocks to give me the seconds, I really didn't know if I was right on pace, ahead or behind. I decided my only choice now was to pick it up. Starting at mile 22 I picked it up to 8:50. I couldn't keep it up though, and the rest of the miles were closer to 9:00 minute pace on my watch. Finally the end was near and I told myself I was just too close to goal to give up now. It just wasn't an option. I pushed on, willing myself to keep up the pace. It helped as I started passing other runners. I started to feel like this is it. I'm going to do it.

Finally I was back on the FSU campus. It wound around past the start point and I found myself wondering if this would ever end. I was on my last reserve, and really wanted for this to be over and done! As I rounded the last corner, Marissa was there along with Jeff, my nephew Casey, and my brother-in-law Tommy. They cheered as I started around the track on the home stretch. I was anxiously looking for the race clock and saw that I had a minute to go. I began to sprint to make sure I made it, even though at this point there was only about 100 yards left. The clock said 3:59:35 as I went under. I would later find

out my official chip time was 3:59:30. What did my Garmin say was my distance? 26.55! Exactly the same as the Jacksonville Marathon!

I got hugs all around and some water. I walked around feeling very stiff and slow. I got something to eat and waited for official results. I asked Marissa and Jeff about their races, and they had each met their main goals. It was a first half marathon for them both, so quite an accomplishment for everyone! I was feeling pretty spent and creaky, so I laid down on the track to rest for a bit.

Finally results were posted and I went to find out what my official time would be. Much to my surprise, I was 1st in my Age Group. That was definitely the icing on the cake! We snapped another photo, and finally headed back for showers.

As we slowly walked to my car, I felt like a huge weight had been lifted from my shoulders. No longer would I have to chase this goal. My first marathon had been almost exactly 30 years ago at the age of 24, and it had taken me all that time to finally achieve an under four hour marathon at the age of 54. Proud but mostly relieved, I wondered what my next big challenge would be? Another 5K PR? Maybe a PR at the Gate River Run 15K in Jacksonville? Who knows? But one thing I did know. If I could achieve this goal which seemed an impossibility a few years ago, who knew what I could accomplish? After all, age is just a number! =

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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