

September/October 2014

Strider members visit Kohl's

On Saturday, August 16, Gene Bridges, Kim Crist and Frank Frazier took the Strider tent to the Kohl's Department store on Fleming Island at the request of Tracey Armon and the Fleming Island Kohl's. They were there from 10 AM until 1 PM displaying the "goodie" kit that is available to 50 some elementary schools in Clay and surrounding counties. They talked to everyone they could get within earshot about the medals, trinkets and mileage shirts that the Striders provide to the school children's "Run/Walk Programs". If you are not familiar with this program go to: "floridastriders.com/getrunning/childrensrunning". There is an excellent detail of what the Striders do for the schools at no cost to the school nor to the students.

Kohl's gave \$500 to the Striders for setting up this display and the money is then used to help the Striders promote children's running and fitness through the Run/Walk Program.

Many thanks (at least 500 thanks for this occasion –



plus many other 500 thanks over the last several years) to Tracy and Kohl's for their generosity in supporting the Striders through these events and their donations to our races and providing several volunteers at all our races. =

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JENNY'S PENNIES

Sunday, October 12th

36th Anniversary Celebration

- Sun Tire on Blanding
- Party starts (about) 8AM after the morning run

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, coffeecake, donuts, etc. to share.

Join us for a group picture and help celebrate! =



Prez Sez

By Scott Hershey



Summer is almost over and the cooler weather is just ahead of us. Are you in the middle of half marathon or marathon training? The long miles you've sloshed through in summer are about to pay off. The heat and humidity will be a thing of the past - well sort of - shortly.

For me - I just completed my 1st Ultra - it was a 24 hour race.

We had about 10 runners consisting of mostly Striders from our area headed up to run the Hinson Lake 24 Hour Ultra near Rockingham, NC on September 27-28. It was interesting to say the least! I am amazed how my body held up after 24 hours. You'll be able to read our accounts of the race in the next StrideRight.

Until next time... =

floridastriders.com

Board of Directors' Summary of Action

June 10, 2014 • 7:00 PM • Orange Park Library

I. Call to Order: Scott Hershey called the meeting to order at 7:05 p.m.

Board Members Present: Scott Hershey, Regina Sooe, Bill Page, Bill Krause, Ann Krause, Gordon Simms, Carol Macdougall, Mark Wynter, Robert Webster, Kim Lundy, Jennifer Desantic, Kathy Murray, George Hoskins. Quorum: Yes

Also Present: Vicky Connell, Tori Conkle, Nancy Harms.

II. Review of Minutes – April 2014: A motion was made, seconded and passed to approve the minutes from the April 2014 meeting. Approval of the May minutes will be postponed until August.

III. Officer Reports:

a. **President Report** – Scott Hershey: Presentation of gift, plaque and Thank you to Tori Conkle for all her work as graphic design coordinator for our club for so many years.

• **Introduction of the New Graphics Design Coordinator:** Nancy Harms. She is a student at Flagler College and very excited about this opportunity.

• **RRCA Report:** Spokane, Washington. It was packed with activities, group runs, and information. Attended a seminar on ADA Compliance. We need to think about more advance notice for participants with disabilities. They ran a 12k at the end, and it was a very large race. The convention was very enjoyable, and it was great to meet people from all over the place.

• **Race Series:** Discussion about having a three race series with a medal for doing all three, with an extra charge, and doing the same with the fun runs. However, as the fun runs are free, we would lose money on that. The race director for Space Coast Marathon stated that having their special medals plus the series medal, their attendance increased.

• **Memorial Day 5K review:** Vicky Connell-We need to decide whether to go back to the old MD5K course, or stick with the new course we used this year. There are pros and cons of both. First Place Sports preferred the old course, which is near their store.

• **Donation to St. Johns Country Day School - Track and Cross Country:** a \$500 donation has been requested to develop the elementary track and field pro-

Continued on page 6

2014-2015 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/Adult Running Class Coordinator:

*Regina Sooe(H) 673-0608
email: Regina@ReginaSooe.com

Treasurer:

*Bill Krause(C) 860-9189
email: bj615@yahoo.com

Equipment Director:

Mike Mayse(H) (904) 777-6108
email: mjmase@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
email: 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: bj615@yahoo.com
Danny Weaver287-5496
email: 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
email: 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/Social Media Coordinator/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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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.

Sponsorship Coordinator/Race Advisor:

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

Graphics Design Coordinator:

Nancy Harms.....(904) 248-8820
email: nancyharms@bellsouth.net

Marketing Coordinator:

*Michelle McCullough.....(H) (904) 466-4219
email: michellelmcullough5@gmail.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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2014 FSTC Scholarship Winner Essays

Enjoy 2 of the winning essays

Noah Kemp
St. Augustine High School



Running has played an extremely large role in shaping who I have become as an athlete, but more importantly as an individual. It has taught me that failure is not a bad thing if you know how to handle it. I have experienced many failures in running such as injuries, iron deficiency, and sicknesses. It has taught me that you have to learn from them and move on to improve and better yourself. Running has taught me about perseverance and determination and that if you can stay focused, it will pay off in the long run. It has made me mentally tough and given me confidence, not only in running but in day to day life.

I often think back to a mid-August night at the start of my freshman year when I decided at the last minute to go out for cross country. I can't imagine where my life would be if I hadn't decided to join the team. Running has led me to so many amazing places, let me meet inspiring people, and brought me closer to a group of people, my team, than I ever thought imaginable.

Running has really shaped the way I look at life. It has helped me find my place and to know myself better. I have learned many valuable lessons from my peers and coaches that help me in everything that I do. Running has helped me learn how much hard work and dedication it really takes to be the best that you can be and to be successful. Running taught me that if you want to be good at something you have to live it day in and day out. I'm a firm believer that running is a lifestyle, not a sport. It has shown me that you can be as good as the people you look up to if you apply yourself. That is something that I will take with me, not only through my running career, but for the rest of my life.

I think running will always be a part of my life. It has benefited me too much, for me to not be involved with it for the rest of my life.



Breck Peterson
Stanton College Prep

Who am I? I am a runner. That sounds so simple doesn't it? For years now people have asked me why I love to run, and I just shrug and say I don't know. But I do know.

I struggle with a social anxiety disorder known as selective mutism. I couldn't make eye contact or speak with very many

people, even people I knew well, like teachers and classmates. After years of struggling with this, and resisting medication because I didn't want to "change" who I was - I finally began treatment in middle school. It helped tremendously. Then in the spring of my 7th grade year I joined the track team.

My world changed.

I was really good! Not only that, but I felt really good about myself. I was confident - and that confidence reflected in every aspect of my life - not only on the track, but in the classroom and in the relationships with my peers and teachers. In the past I did everything I could to NOT draw attention to myself. But with the new found confidence I was able to accept the congratulations and just be proud. Not Hubris, but genuine pride, knowing that I was worthy and important, and that it was acceptable to feel that way.

In the summer before my freshman year I began running with the Cross Country team. I immediately felt incorporated into the team - making my transition to high school easy. I had a place I fit - a place where I was accepted for who I was, how I was and what I had to offer. We train 5 days a week, 10 months a year. I make that commitment for many reasons. It allows me to be in control: control how hard I train, how fast I run, how I respond to my success or failure.

But mostly, it gives me confidence. Who knew that my track days from middle school, when I won by entire minutes in the mile, would translate into the confidence I have today. Today, I am by no means the best competitor out there, but I am one who is not afraid to work hard, help my teammates, and become who I really am. I believe it was not the medical treatment, but the "running therapy" that in fact allowed me to branch out.

I participated in our school pageant - modeled, danced, spoke and played clarinet in front of hundreds of people. I was selected to participate in the Bank of American Leadership Program and spent a week interacting with peers and community leaders, having conversations with my Congresswoman, and asking Barbara Bush questions about her Global Health Initiative (which has inspired where I want to head in my life.)

Being a runner has allowed me to take what has always been inside of me and begin sharing that with the world. I've only just started this race. =

These are the essays from 2 of the 4 young students who were awarded \$1,000 scholarships from the Florida Striders Track Club! Look for Alexis Jackson and Lily Arnold's essays in the next StrideRight.

October 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/rrcal.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/rrcal.htm> *****NEW WEB ADDRESS*****

DATE	EVENT	TIME	LOCATION	CONTACT
October 10	Jaxtoberfest 5K Beer Run	6:00 p.m.	Old Shipyard Property (Across from Maxwell House) Gator Bowl Blvd.	(904) 731-1900, ext 2 1st Place Sports
October 11	Historic Penny Farms 5K	8:00 a.m.	Kohler Park Clarke Ave., Penny Farms	(904) 731-1900, ext 2 1st Place Sports
October 11	Fall Frolic 5K	5:30 p.m.	Queen's Harbour Sports Complex 238 Atlantic Blvd., Jax	(904) 710-2458 Ultimate Racing, Inc.
October 17	Monster Mash Dash 5K	6:30 p.m.	Fairgrounds Exhibition Hall Jacksonville	(904) 731-1900 1st Place Sports
October 18	20th Annual North FL Race for the Cure 5K	8:00 a.m.	Metropolitan Park 1410 Gator Bowl Blvd., Jax	(904) 731-1900, ext 2 1st Place Sports
October 18	Run for Beer Runtoberfest 5K	5:45 p.m.	European St. Cafe 2753 Park St, Jax	(904) 509-1345 PRS Race Timing
October 25	Black Creek 5K	8:00 a.m.	Middleburg Elementary 3958 Main St., Middleburg	(904) 318-8104 Milestone Race Authority
October 25	Costume Run 3/6K	8:00 a.m.	Ravine Gardens State Park 1600 Twigg St, Palatka	(386) 747-3532 RaceSmith, Inc
♀ October 25	Super Hero's 5K	9:00 a.m.	Keiser University 6430 Southpoint Pkwy., Jax	(904) 731-1900 1st Place Sports
October 25	Fright for Sight 5K (Costume Optional)	9:00 a.m.	Town Center (End of Atlantic Blvd.) Atlantic Beach	(904) 318-8104 Milestone Race Authority
October 25	2nd Annual Show Your Colors 5K	10:00 a.m.	JU 2800 University Blvd N, Jax	(904) 731-1900, ext 2 1st Place Sports
October 26	Super Hero 5K	9:30 a.m.	Nocatee Greenway Trails Ponte Vedra	(904) 509-1345 PRS Race Timing
October 26	Evergreen Pumpkin Run 10 Mile/5K	8:00 a.m.	Evergreen Cemetery 4535 Main St, Jax	(904) 731-1900 1st Place Sports
November 1	Chomp & Stomp 5K	8:30 a.m.	9640 Crosshill Blvd #101 Oakleaf Town Ctr. , Jax	(904) 731-1900 1st Place Sports

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

MINUTES

Continued from page 2

gram. There was a discussion about this, but a decision has been tabled until a future meeting.

- Credit card charges for races through First Place Sports: Scott is going to work on this.

- Scholarship Award Pictures: They will be displayed on Facebook and the website.

- Photo Backdrop: We will get one for each of our races, and we can drape sponsors over it for the various races.

- Race Entry Fees: Our races are still the most affordable in town. He would like to see our entry fees increase \$5 to help our bottom line. A discussion about our race fees followed.

- Skipping next month's board meeting: A motion was made, seconded and passed to cancel the July meeting.

- Appointments by President

1. Race Advisor – Dave Bokros
2. Membership Director – George Hoskins
3. Children's Fun Run Coordinator – Tara Showalter
4. Equipment Director – Mike Mayse
5. Race Logistics Coordinator – Glenn Hanna
6. Merchandise Director – Mark Wynter
7. Children's Running Committee Chair – Carol McDougall
8. Scholarship Committee Director – Kim Lundy
9. River Run Tent Coordinator – Don Wucker
10. River Run Expo Coordinator – Kristie Matherne
11. Social Directors – Christine Vaughn and Jennifer Desantis
12. Race Volunteer Coordinators – Frank Frazier and Kim Crist
13. Marketing Coordinator –

Michelle McCoullough

14. StrideRight Proof Reader – Vicky Connell

15. StrideRight Editor/ Email Marketing - Trish Kabus

16. Graphic Design Coordinator – Nancy Harms

- Appointments by Board

1. Resolution Run Race Director – Needed

2. Angry Tortoise Race Director – Charlie Sauter-Hunsberger

3. Run to the Sun Race Director- Joe Strickland

4. Memorial Day 5K Race Director – (Tentatively Jim Huster)

5. Hog Jog Race Director –Charlie Sauter-Hunsberger

- b. Treasurer Report – Bill Krause: Our May expenses exceeded our revenues. We are on par with last year's budget. The website redesign fee was budgeted for in 2013 but paid for this month, so this account is way off

New, Renewing and Expiring Memberships

NEW MEMBERS

Lisa Anderson
Meghan Gullman
Alan Smark
Dawn Sumner

Sean Martin
James & Denise May
Steven O'Brien
Cheryl & Tim Pfannenstien
Bill Phillips
Chris Rodatz
Alison Ronzon
Barbara Scott
John Slough
Chris Twiggs
Lonnie Willoughby
Carol Wyninger
Tom & Kary Zicafoose

Stacie Lancaster 9/30/14
Anthony Lawson 9/30/14
Andrew Marchand 9/30/14
Anne Matthews 9/30/14
Larry Mattingly 9/30/14
Candis Miller 9/30/14
Amy Mosley 9/30/14
Michelle Oblak 9/30/14
Steven O'Brien 9/30/14
Lisa Pearson 9/30/14
Kimberly Pugh 9/30/14
Thyra Reveron 9/30/14
Chanda Rollins 9/30/14
Alison Ronzon 9/30/14
Sandra Santiago 9/30/14
Barbara Scott 9/30/14
Nan Simmons 9/30/14
Jennifer Spencer 9/30/14
Christy & Rob Surgeoner 9/30/14
Theo Torrence 9/30/14
David & Deborah Townsend 9/30/14
Dawn and Gail Troxel 9/30/14

Leigh Ann Watson 9/30/14
Candice Williams 9/30/14
Tracey Winton 9/30/14
Melanie Cruz 10/31/14
Robert Frary 10/31/14
Scott Hershey 10/31/14
Jim Huster 10/31/14
Drew Kenny 10/31/14
Paul Major 10/31/14
Russell & Connie Pratt 10/31/14
Michael Putala 10/31/14
Julie Runnfeldt 10/31/14
Megan Salazar 10/31/14
Nicole Simmons 10/31/14
Millie Thrasher 10/31/14
Ed, Michelle, Jesse, Schuyler Velasco 10/31/14
Jeffery ° 10/31/14
Debbie Williams 10/31/14
Ken, Jeanie & Erin Wilson 10/31/14

RENEWING MEMBERS

Terry & Elda Bell
Rebecca & Kevin Brown
Bernie Candy
Timothy Carney
Liane Daniels
Jennifer DeSantis
Gregg & Kristin Friend
Paul & Gene Geiger
Amy Guthrie
Jon & Sara Guthrie
Patricia Hetzer-Coots
Paul Hibel
Jack Knee
Terry & Kimberly Lawlor
Carol MacDougall
Martha Mangus

EXPIRING MEMBERSHIPS

Vicki Choinski 9/30/14
Denise Dailey 9/30/14
Gregg & Kristin Friend 9/30/14
Sara Green 9/30/14
Teresa Hankel 9/30/14
Patricia Hetzer-Coots 9/30/14
Gary Jones 9/30/14
Scott Lancaster 9/30/14

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.

budget. All of the other expense accounts are well within budget

-Beginning Cash Balance as of May 1, 2014 was \$26,604.75

-May Income was \$9,595.13

-May Expenses were \$13,113.19

- Ending Cash Balance as of May 31, 2014 was \$23,086.

-Comparable Ending Cash Balance as of May 31, 2013 was \$24,471.

- Revenues were sponsorship, membership, and merchandise related. We also transferred funds from the Hog Jog and Resolution Run accounts.

- Expenses primarily include Children's Running, scholarship, and web-site redesign..

IV. Committee and Director Reports

a. Children's Running Committee

- Carol MacDougall: Review of the

year- end report. Our program has grown quite a bit.

b. Social Update – Christine Vaughn: Jacksonville Suns game and Clarks socials coming up.

c. Merchandise Update-Mark Wynter: Total sales for MD5K were very good.

Do we need to invest in technology so that we have Wifi at the race site for race day registration? There were close to \$1000 in race day credit card registrations. Mark has not received merchandise invoices in quite a while. Bob needs some Strider merchandise to give to Kohls volunteers.

What sort of merchandise do we need for the fall/winter season?

V. Old Business: None

VI. New Business: Kim Lundy shared a thank you note from one of

our scholarship recipients, and an email thank you from another one.

-Marathon High Grant request: They are asking for a \$500 donation to their program for this coming school year. We supported this program last year, as do other local running clubs and organizations. A motion was made, seconded and passed to approve this donation.

VII. Announcements: None

VIII. Adjournment: A motion was made, seconded and passed to adjourn the meeting. The meeting was adjourned at 8:46 p.m.

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

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

Race Results

Mayor's Midnight Sun Half-Marathon

June 21, 2014

Anchorage, AK

Maria Littlejohn 2:09:52

Firecracker 5K

July 4, 2014

Tallahassee, FL

Maria Littlejohn 27:45 3rd AG

Boomer's Cystic Fibrosis Run to Breathe (4 mile)

July 12, 2014

Central Park, NYC

Maria Littlejohn 36:44

Celebration 5K

July 4, 2014

Jacksonville, FL

Mark Lay 27:47

Race to Substantiality 6K

July 26, 2014

Chapel Hill, NC

Jean Schubert 54:33:90 1st AG

Heat of the Night 4 miles

July 26, 2014

Durham, NC

Jean Schubert 58:26

*Came in dead last but set a new 4 mile PR!!
Race was on the American Tobacco Trail and run in the evening after taking 1st in AG in morning trail race in Carolina North forest.*

Tour de Pain, 4 mi, 5K & 1 mi

August 1, 2014

Jacksonville, FL

Al Saffer 1:37:42 1st AG

Jean Schubert 1:59 6th AG

1st Grand Prix points of the new season!

1:00:49/45:08/13:04

Tour de Pain 5K

August 2, 2014

Jacksonville, FL

George Hoskins 25:16 3rd AG

Vestcor 5K

August 9, 2014

Jacksonville, FL

George Hoskins 27:14 1st AG

Tijuana Flats Summer Beach 5 mile

August 16, 2014

Jacksonville, FL

George Hoskins 45:48

1st in men 70-74.

Al Saffer 1:00:00 3rd AG

Richard Vance 1:12:24

Trish Kabus 1:17:47

Jean Schubert 1:19:25

Ironman Lake Placid 140.6

July 27, 2014

Lake Placid, NY

Sayer Gunn 13:35

Hearing Mike Reilly declare me an Ironman was priceless!

Run Jax 5K

September 1, 2014

Jacksonville, FL

Jean Schubert 44:39

Michelob Ultra 13.1 Boston

September 14, 2014

Boston MA

Barbara Whitter 2:43:11

Trish Kabus 3:04:11

Avondale Classic 5K

September 20, 2014

Jacksonville, FL

Jean Schubert 41:01

New 5 K PR!! =

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.



**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 Nov.7th	\$15	\$20	\$10
11/8 – 11/15	\$20	\$22	\$10
Race Day	\$25	\$25	\$25

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

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

DIRECTIONS / PARKING

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

From Blanding Blvd. & 1-295:

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.

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.

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

ALL packet pick-up will be done at Ronnie VanZant Park on race day starting at 12:30PM.

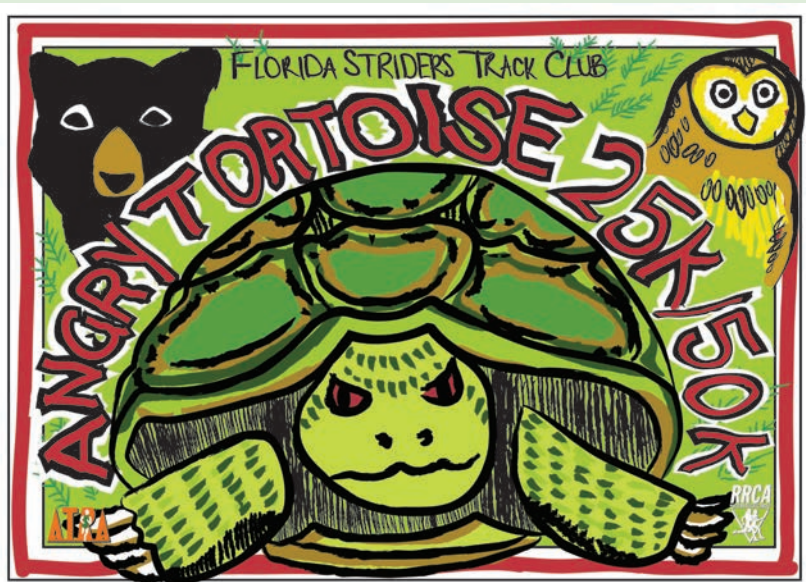
www.floridastriders/hogjog

Good news, Striders.

By George Hoskins

We have now put a Member list on our website, where you can easily check the renewal date of your membership. Go to the About menu, click on Membership, then click on "Check Here to see your Status". Below that you will find the two ways to renew, either PayPal, or the printable Membership Form (pg. 11). =

WEEKLY TRAINING RUNS				
Day	Time	Distance	Location	Point of Contact
Sunday	6:30 am	5 to 10 Miles Various pace groups	Atlantic Beach Ragtime Restaurant	Bill or Dot Mitchell (904) 241-0331, mitd0005@mac.com
Sunday	6:30 am	6 to 20 Miles Various pace groups	Orange Park Sun Tire Blanding Blvd.	Dave Bokros (904) 545-4538 dbokros@gmail.com
Sunday	6:30 am	Varied	Various Mandarin Locations	Stephanie Griffith (904) 233-6964
Monday	5:00 PM EST 5:30 PM DST	6 Miles Downtown Bridges	Jacksonville River City Brewing Co. Parking Lot	Danny Weaver (904) 287-5496 weaver243@hotmail.com
Monday	6:30 PM	3 to 7.5 Miles Easy Pace	Jacksonville Gazebo Mall	Bernie Gross (904) 272-5995, berniegross@juno.com
Monday	6:30 PM	2 Miles Run/Walk	Orange Park Organized by Journey Church - 2864 Moody Ave	Vernon W Allen, (904) 699-8614 buildingahealthytemple @walkandrunjourneygroup.com
Wednesday	5:30 PM	Interval Training	Jacksonville Bolles School San Jose Blvd.	Danny Weaver (904) 287-5496 weaver243@hotmail.com
Wednesday	6:15 PM	6.2 Miles Easy pace	Jacksonville Boone Park, Riverside	Doug Tillett, (904) 386-61395 douglastillett@hotmail.com
Wednesday	6:30 PM	Interval Training	Orange Park St. Johns Country Day School Track (Use the main gate on Doctor's Lake Drive, park near the athletic field)	Dave Bokros (904) 545-4538 dbokros@gmail.com
Thursday	6:30 PM	5 Miles	Jacksonville San Marco/Largo Park Corner of Naldo and Largo	Doug Tillett, (904) 386-61395 douglastillett@hotmail.com
Saturday	6:30 AM	10-15 Miles Moderate Pace	Julington Creek Starbucks	Wendy Patterson (904) 237-4100, wenrex@comcast.net



MARCH 1 2015

ENTRY FEES:

	<u>Striders/Military</u>		<u>Non Striders</u>	
Until 2/15	25k: \$40	50k: \$55	25k: \$45	50k: \$60
2/16 - 2/28	25k: \$45	50k: \$60	25k: \$50	50k: \$65
Day of Race	25k: \$55	50k: \$70	25k: \$60	50k: \$75

- The Race will be capped at 150 runners, so please sign up early.
- Online Registration only at www.FloridaStriders.com.
- Day of Race Registration (if available) will open at 6:00am.
- Technical Shirts for all Runners.
- Runners entry fee into the forest is covered in the race fee, however spectators will need to pay \$2.00 per person; children under 6 admitted free.

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

AWARDS:

- Finishers Awards for all finishers
- Awards will be given to top 3 overall Male and Female winners in both races. In addition, Sandbag awards will be given to the last place Male and Female runner in both races

DIRECTIONS:

- The Race is held at Cary State Forest
- Head North on US 301 6 miles past Baldwin
- Turn Right onto Pavilion Road
- Parking will be just ahead on the right
- The Start/Finish area will be at the Pavilion

PACKET PICKUP

Packet Pickup is day of race only. Packet pickup starts at 6 am at the Pavilion. Please make sure you arrive in time to pick up your shirt and put your bib on before the race start.

COURSE/TIMING:

RACE START - 7:00 AM

The course is one 25K loop. The 50K runners will complete the loop at the start/finish area, before heading out for the exact same course on the second loop.

The 25K (15.5 mile) course will be timed using a manual timing machine. No timing chips required.

The start and finish line will be on Pavilion Rd where the trail from the Pavilion meets the Rd. Meet at the Pavilion upon arrival, and we will all walk to the start line together.

Please see the website for a detailed turn-by-turn course description.

The course has a 8 hour time-limit for both races. Runners not off the course in 8 hours will be given the option to ride in with the sweep vehicle, or continue on their own in an un-supported fashion (counted as a DNF).

The entire course is on forest service roads, that can at times be rutted and un-even. Appropriate footwear should be worn. There is zero pavement; the course is run on 100% dirt forest service roads.

Given the public nature of the land, it will be impossible to entirely close off the course from other day users, therefor it is the runners responsibility to be aware of his/her surroundings at all times. They should be aware of, among many other un-predictable events, horses, vehicles, snakes, alligators, and other wild animals.

In the event of emergency, the runner should proceed to the nearest course marshal, aid-station, or the start/finish line for emergency.

There will be one aid station, conveniently located between 3.5 miles and 5.6 miles apart.

Due to Florida's un-predictable weather and the distance between aid station stops, all runners will be required to run with a water bottle, and it is the runners responsibility to provide said water bottle. This will be a cup free race.

This race meets the American Trail Running Association Standards. You can find more information at their website and www.trailrunner.com.

26th Annual Hog Jog and BBQ

By Charlie Sauter-Hunsberger

This year we're bringing back the BBQ that was such a big hit last year, and we hope you'll come out and celebrate with us! We'll make sure to have a little bit more meat so we don't run out this year.

Just like last year, we especially want to encourage as many of the "old timers" to come out as possible to join in the celebration again this year. These folks helped to make the club what it is, and many of them are still quite active! We

want to make sure this race remains our most fun race of the year!

For those of you new to the Striders, the Hog Jog 5k and Runt Run takes place in beautiful Ronnie Van Zant Park, which really makes for a great afternoon spent in nature, celebrating our running and the friendships formed in our club. The course is a 2-lap course around the back part of the park. You'll spend time in trees, on grass, through a touch of mud if it's rained the night before, and just a little bit of sand. You'll be hard pressed to find a more beautiful course for a 5k or 1-

mile fun run here in Northeast Florida!

There will be plenty of awards to go around. This is a smaller event, with only about 300 runners each year, which means the chance of you getting one of the top 3 age group awards is higher than typical. Just one more reason to come on down and join in the fun.

The 5k will kick off on Sunday November 16th at 2:00 PM. The Runt 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! =

FLORIDA STRIDERS MEMBERSHIP APPLICATION

				<input type="checkbox"/> New	<input type="checkbox"/> Renewal
Last Name		First	MI		
Address			Apt. #	# in Family	Spouse's Name
City		State	Zip	Your DOB	Spouse's DOB
Home Phone		Work Phone		Occupation	Employer
Email					
Signature			Date		
<small>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</small>					

Striders Spotlight

This month my interviewee was of special interest to me, as she replaced my daughter Tori as the Graphic Designer for the Striders. If you haven't heard already, her name is Nancy Harms. I know from experience that this is a great position for a budding Graphic Designer as you get lots of real world ex-

perience and it builds your portfolio tremendously. It's actually more than just fancy logos. Our Graphic Designer also creates many of our flyers and other forms that go out to the general public. One of her first efforts has been the logo for the Hog Jog. She did



BY VICKY CONNELL

a fabulous job! Check it out if you haven't already.

Nancy got started as a runner because she comes from a family of runners! Both her parents were running and racing when she was young, taking her along to do the Fun Runs. The first actual race

Continued on next page



from competing due to a torn tendon. As a senior after re-learning to run again, she bested her times every race, helping the team win first in Regionals and fourth in the State.

Currently Nancy attends Flagler College in St. Augustine. As you might guess, her major is Graphic Design! She's involved in an entrepreneurship club called Enactus. Nancy decided not to compete in Cross Country in college, mostly because it would be too time consuming and take away from her studies. She continues to run regularly because she loves it, and as she put it, "I'd go crazy if I don't go for a run at least every other day!"

I asked Nancy what propelled her to take the job as the Graphic Designer for the Florida Striders. Her response? "My favorite things are running and Graphic Design so getting a job that combines both of my favorite hobbies couldn't have been a better match!"

Finally I asked Nancy if she has any advice for other runners? She said she always tells people who want to start running but question if they are fast enough or if they would be able to finish, to remember, "Dead last is better than did not finish, which trumps did not start. Even if you're not fast, at least you're not sitting on the couch! Get out there and do what you can."

Well said Nancy! =

she can remember was the Mantanzas 5K when she was 7 or 8. Shortly after that she began participating in the Jacksonville Grand Prix, usually winning her age group. As they became a running family, her parents joined the Florida Striders with a desire to be part of the running community.

In Middle School and High School Nancy competed in Cross Country. Her best Cross Country 5K time was 21:12. Her best 5K road race was 21:03. She is most proud of her running accomplishment as a senior in High School, when the cross country coach awarded Nancy the "most improved runner" award. During her junior year Nancy was prevented

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



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

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