

StrideRight

Club #229

floridastriders.com

Striders in the Jacksonville Senior Games



By George Hoskins

The Jacksonville Senior Games will be held October 2-15, 2015. They will include a Track and Field meet and probably a 5K race. The Striders who did the 2014 Senior Games encourage other Striders age 50 and older to consider taking part in this interesting experience.

The enthusiastic group of Florida Striders who took part in the Jacksonville Senior Games in October 2014 had a great time and won quite a few awards. First up, was Strider, Augie Leone. The Marine Corps Freedom 5K on October 4th was also a Senior Games running

event. Augie got first place in the Men's 80 and older age group with a great run.

The showcase running event of the Senior Games was the track and field meet on October 11th. We all know that long time Strider, Al Safer, is an accomplished road racer. In the track meet, he showed us that he is quite a sprinter as well. Al had a clean sweep of silver medals in the 50, 100, 200, and 400-meter races. Barbara Gilbert is another long time Strider who has developed skills in race walking as well as running. Barbara won a bronze in the 400-meter run

pg. 2	President's Message
pg. 3	Strider Spotlight
pg. 4	27 th Anniversary Hog Jog
	Striders at the Races
	8 Hours of Hell
pg. 5	New Members
pg. 6	Children's Running
	Jenny's Pennies
pg. 7	Running Class
pg. 8	Upcoming Events
pg. 9	Scholarship Essays
pg. 12	Board/Key Members
pg. 13	Membership Application
	Sponsors
pg. 14	Hog Jog Flyer

and outpaced the field for a gold in the 1500 meter race walk.

Jean Schubert is one of the most spirited Striders you will ever meet. This was Jean's first ever track meet, and her first attempts to sprint and race walk. She completed and medaled in six events, even after doing a "face plant" in her first race, then getting up and finishing with skinned knees and elbows! Jean earned silver in the 50, 100, and 200 meters, and gold in the 400, 800, and 1500 meters. As for me, I learned a

Continued on pg.12

MESSAGE FROM THE PRESIDENT

Hello, all. After a long absence, the StrideRight is back! The format might look new and might change a bit until we agree on what the new version is.

The new board of directors was presented at the annual picnic the day after the Run to the Sun. The members leaving the board were Joe Strickland and Carol McDougall. Our new board members voted in were Cari Holbrook and Sara Guthrie. Welcome!

This year, we started the “3 race series” (Resolution Run, Run to the Sun, and Memorial Day) and had over 110 runners sign up. Is this something you would like to see again next year? Anything you would change? Please let us know as we are starting to make plans for next year. You may contact me or any other board member.

As you are aware, we put on 5 races a year. Over the past year or so, there has seemed to be a trend of lower turnouts for our races. I was curious if this was an anomaly or if this was going to be the new norm. I spoke with Doug Alred of 1st Place Sports (since he puts on over 100 races a year, he would know). Doug attributes it, in a lot of ways, to an over-saturation of our market. There are usually 3 to 5 races every weekend with every organization wanting you to run *their* race. He said that many new runners in Jacksonville are moving from being the motivated runner constantly working on their fitness and setting new PRs to the casual runner that likes to run races because - well - because your friend is running it or just for social reasons.

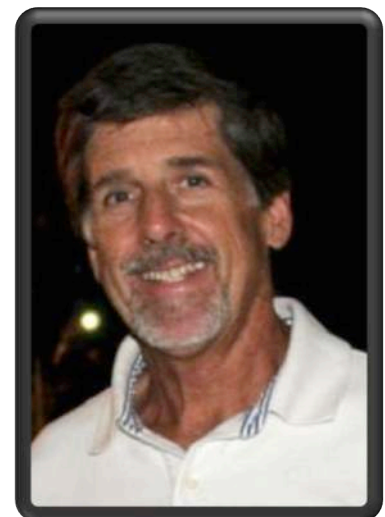
Doug said that even the biggest race in Jacksonville, The Gate River Run, has seen a leveling off the past couple of years. He shared with me that since the 70's, running has seen highs and lows. He thinks that we are now in a low cycle and may be in it for a few more years. With the glut of races every week, he figures it will take a few years for it all to shake out. The Gator Mud Run, Strut Your Mutt, and the Monster Mash Dash are just a few upcoming themed races/runs. How do we change the mind set???

Question of the Day: a lot of people ask me, “What does the money raised from putting on our races go toward?” First, let me say that we are a 501(c)(3) non-profit. Last year, over 95% went to fund our Children's Running program (we are presently in over 50 schools both in Duval and Clay Counties), our College Scholarship Program, and promoting running as a healthy lifestyle. We had less than a 5% operating budget. We always strive to be good stewards of the financial responsibility we are given.

We are always on the lookout for Race Sponsors. Do you know of a business that may be interested? And, **we need race directors!!!** We have a few races that need a race director for next year. If interested, please let me know.

Until next time- see you on the roads!

Scott Hershey



STRIDER SP TLIGHT

By Vicky Connell

The Florida Striders have a very diverse membership. We have fast runners, slow runners, beginning runners, old timers, young children, very accomplished runners, and everything in between. We also have a few that fall into their very own, unique category, which can't quite be defined. One of these is Jean Schubert, local naturalist for the City of Jacksonville.

Jean tells me that she joined the Striders in May of 2012 after a Prediction Run. It was the first time that she had participated in a Strider race. Then, she stayed for the after party at 1st Place Sports where she talked with Pat Gallagher and Sayer Gunn who convinced her to join and become part of the gang. She hasn't looked back since!

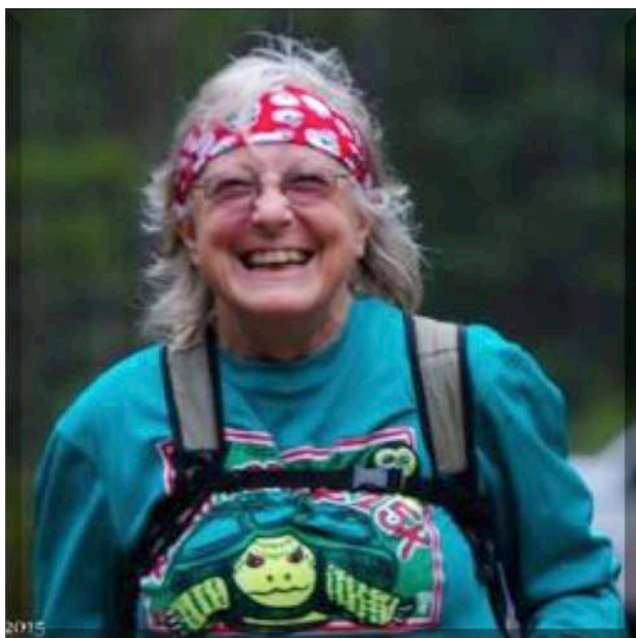
Jean got her start in running shortly after she first moved out on her own. Her daughter suggested that since she walked so much for her job, she should try doing some races that don't require running. Jean completed the Donna 5K on February 11, 2012, her very first race. The day prior, she met Jeff Galloway, who gave her some great advice. He counseled her to start in

the back, go out slow, and just have fun. So, that's exactly what she did! Jean also saw him after the race, and he told her to keep a log of all her races, which she has also done. Jean completed her 106th race in Dec. 2013, the Guana 12K, placing 1st in her age group (she happened to be the only one in her age group!).

I asked Jean about her current running routine. She said that she doesn't practice running very much. She just goes to all the races! She completed the Marine Corp Half Marathon with her longest practice run at only 6 miles! She repeated this again with the Subaru Half Marathon. Jean doesn't expect to ever be fast at her age. She just wants to finish upright, and if lucky, finish with a kick. As a Parks Naturalist Supervisor for the City of Jacksonville, she does a lot of walking. She does environmental education for the general public. If it's live, dead, plant, or animal – it's part of her job.

What running accomplishment is she the most proud of? Jean says that it's "the Angry Tortoise 25K" because she has never done a marathon, and she has no desire to do one. The day after she turned 63 she ran the 25K. It was the longest race of her life. She had so much fun she has already signed up to do it again this year!

I asked Jean if there are any particular PR's (personal records) that she worked hard to achieve. Jean stated that she is working toward a PR of less than 40 minutes for a 5K. She currently has 41:01 as her PR, which she achieved at the Avondale Classic last September. She would be happy if she ran only a second under 40 minutes! (Jean met her sub-40 minute 5K goal coming in at 39:15, appropriately at the Striders Resolution Run held on January 17th, 2015). As of this writing,



Continued on pg.11

27th Hog Jog 5K and BBQ!

by Charlie Sauter-Hunsberger

We'd like to invite you all out to the 27th Annual Hog Jog 5K, Fun Run, and BBQ! As in the past 2 years, there will be free BBQ available for all runners, and non-runners can participate for just \$5.00!

Just like last year, we especially want to encourage as many of the "old timers" as possible to come join in the celebration again. These folks helped to make the club what it is, and many of them are still quite active. We want to make sure that this race remains our most fun race of the year! It's certainly one of the biggest Strider socials of the year.

For those of you new to the Striders, the Hog Jog 5K and Runt Run takes place in the beautiful Ronnie Van Zant Park, which really makes for a great afternoon spent in nature, celebrating both running and the friendships formed within our club. The course is a 2-lap run around the back part of the park. You'll spend time beneath the tress, on the 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 that 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 22nd, at 2:00p.m. The Runt Run will start at 3:00pm, with awards starting immediately thereafter. The social will be ongoing throughout the afternoon. We hope that you'll all stay for the whole event!

Note: You can find our flyer in the back of this issue!

WHAT'S NEW WITH YOU?

Have you run an amazing race lately? Did you experience a PR? Or did you just find the most unique and entertaining race in your running career? We want to hear about it! Send us your race results by filling out our "Striders at the Races" form located on our website under the "Races & Events" tab.

This is your chance to see your name in print! See you at the races!

8 HOURS OF HELL

by Regina Sooeey



This summer, I went to the middle of nowhere in Southwest Florida and participated in an obscure race called 8 Hours of Hell. Basically, from 10am to 6pm, you run as far as you can on a trail. It was a 3.25-mile loop, and it was a pretty flat and well-groomed trail. It was hot as H&S\$, but I had a good strategy. I was going to alternate my Infinit custom blends with water and pour ice in my bra to cool my core. I planned to run 9-minute miles to complete 6.5 miles per hour. I also planned to win, and I wanted to complete at least 40 miles.

Continued on pg. 16

Karen Albert	Jennifer deBoer	Cheryl Haseltine	Krithika Narayan
Mike Alden	Sally deBoer	Tina Higginbotham	Shannon Pellegrini
Lyn Allebach	Susan Dixon	Katie Higginbotham	Larry Porter
Jennifer Allen	Tina Dryden	Brian High	Lana Racinee-
Melissa Bailey	Renee Duddy	Kevan Hoff	Haffner
Susan Baker	Janet Esslinger	William Hoffman	Melissa Reeves
Rodger Baldwin	Angie Evans	Jeffrey Holt	Tripp Richland
Kathryn Barthle-Kelley	Justin Faulkner	Jessica Jewell	Clay Riddling
Kathy Bender	Donna Fielding	Janice Kellogg	Joe Rivera
Bernie Berania	Sandra Fischer	John Kelly	Julie Robertson
Mary Blazek	Susan Fraser	Mike Kloehn	Minette Rodriguez
Antonia Brown	Gwen Freeman	Amanda Laffoon	Carri Roper
Bobby Buffington	Brian Fry	Catina Laster	Wendy Rother
Luke Bybee	Steven Ganoe	Deanna Lee	Tracy Schilling
Yolanda Byers	Debra Gaynes	Bernadette Lloyd	Blake Sercu

Welcome to the Club!

Sarah Campbell	Patricia Geerdes	Manuel Lopest	William Sikes
Joshua Carter	Gary Gerdeman	Heather Losasso	Stephanie Skelley
Janice Childress	Earline Gilley	Maria Mack	Gennifer Smith
Dionne Clark	Ryan Glenn	David MacKinnon	Anthony Sutton
Tira Clyce	Theresa Graeser	Tanya Marsh	Lori Theus
Martha Corley	Jennifer Green	Dan Martin	Johnny Thompson
Angelia Crawford	Kathleen Griffith	Denise Martinez	Dawn Troxel
Laurie Creech	Thomas Grogan	LaPorte	Susan Turner
Tom Crowe	Timothy Gustin	Grace Mathis	Richard Tyndall
Diana Crowe	Susan Haag	Chris McKeown	Pamela Watson
Georginia Cruz	Sharon Hamm	Dottie Miller	Tammy White
Jen Cunningham	Jim Hanson	Dorna Mitchell	Colleen Wiest
Leslie Davis	James Hardison	Cameron Moor	Susan Worthington
Liane Davis	Sara Hart	Leslie Musick	

Note: This list includes most, but not all, of the new members who joined since our last newsletter, in October 2014. Due to space limitations, we are not able to recognize renewing members in this edition. Please know that we greatly appreciate all new and renewing Strider members! You can now check the renewal date of your membership on our website. Go to the "About " menu, then "Membership". Click on "check Here to See Your Status" to see your renewal date.

Homeschooler Gets a Boost from the Striders!

By Vicky Connell

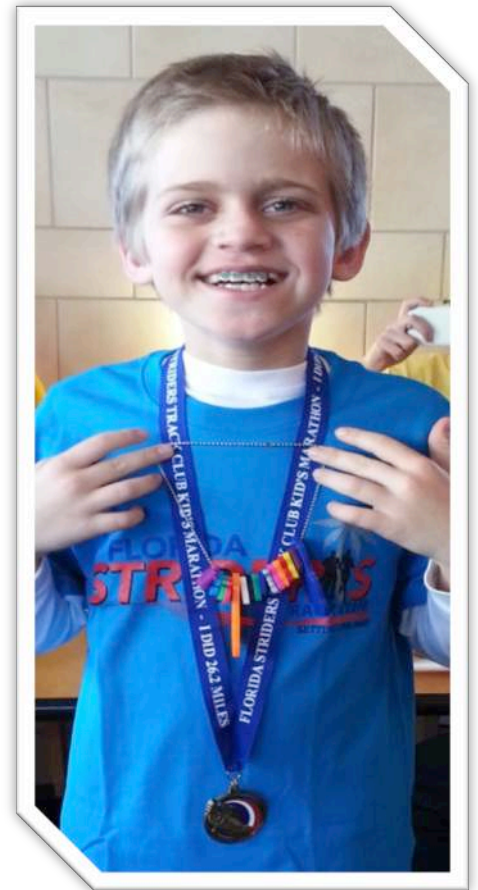
I was recently contacted by one of our Strider members, Kristin Friend, who was looking for a certificate to present to her nephew, Hunter, who is now 10 years old. Hunter is in the 3rd grade, but because he is homeschooled, he does not have an opportunity to participate in a Run/Walk program at school. (The Florida Striders support over 10,000 children in our local area who participate in these clubs).

Fortunately for Hunter, he's been completing his Physical Education requirements by running with Kristin and her husband, Gregg. He runs with other adults as well: Bridges runs, their speed work at Bolles, their runs down Bartram Park Boulevard and the beaches are just to name a few of their activities! Kristin says that he loves the social interaction

during these runs and talking with the adults. He has even been inspired to do a triathlon some day!

This past fall, Hunter was nearing the 100-mile mark in his mileage (he averages 8-12 miles per week, according to Gregg who tracks his miles). Kristin was looking for a certificate to celebrate his accomplishment. That's when she contacted me, and I put her in touch with Carol MacDougall, who coordinates all the Strider donations to the Elementary Run/Walk programs. While Carol didn't have a certificate (Kristin made her own), she had a lot more!

To Hunter's surprise (and their delight), Carol drove to Mandarin one Saturday morning to meet them at Panera to present Hunter with a 100 Mile Club Strider t-shirt along with many other milestone awards. He received a 26.2 marathon-



Continued on page 12

Most of you know about this great tradition! It's coming up again in just a couple of months. This is the day that we celebrate all of our runs with money that we found along the way. Started by Jenny Allen years ago, any coins discovered on the weekly Sunday runs in Orange Park have always been collected and saved to go toward a post-run breakfast. Jenny's Pennies provides the champagne, orange juice, coffee, and some other sweet goodies.

Come join us! Please bring something to share: bagels, fruit, chips & dip, wings, or something similar and savory! We look forward to seeing you there!

Jenny's Pennies

38th Anniversary

Where?

Sun Tire, Blanding Blvd., Orange Park

When?

Sunday, October 11th

Time?

Run at 6:30am, Party at 8:00am!

2015 SPRING RUNNING CLASS



By Vicky Connell

This past spring, the Florida Striders held our traditional spring running class, with 54 people signing up. "Why do I need a class for running?" you might ask.... Actually, there are many reasons to attend such a class!

For some adults who have never participated in regular running, getting started can be a daunting task! One of the best things about our class is taking away the burden of figuring out how much to do and when to do it. Everyone gets a training schedule that spells it out clearly. But, that's not where the information ends. Each week, we have a guest speaker come in and spend the first 15 or 20 minutes of class talking on a specific running related topic. The topics that we covered this time, and the guest speakers were as follows: what Strider membership means by George Hoskins; choosing running shoes by Simon O-Briend from 1st Place Sports; strength training for runners by Kristie Matherne; running injuries and preventing them by Scott and Charity from Heartland Rehabilitation; technical clothing and equipment by Regina Sooey; and race preparation by Frank Frazier. All of our speakers did an outstanding job, and the class truly

appreciated them!

Another reason for joining the class is simply the socialization. Many people find running boring, and it becomes so much more interesting to do it with company. One of the reasons I've always enjoyed coaching this class is all of the interesting people that I meet in the process. When people join our class, part of their payment goes to cover their membership in the Florida Striders Track Club (they get a discount if they're already a member). Many of these "new" members go on to become hard working volunteers for the Striders and valued members of our club! They stay involved because they find a great group of people for friendship and social interaction!

But our class isn't only for beginners. We also have intermediate and advanced groups, and even a "speed" group for those wishing to become faster runners. There is a place for anyone who wants to be part of our class. For each group, there are volunteer coaches who are there to lead them, encourage them, and answer questions. Our coaches this year included: Shelly and Dave Allen, myself, Amy Guthrie, Frank Frazier, JD Smith, Jon

Continued on page 12

UPCOMING RACES!

Please note that this is published as a service and is not a complete list of races. There are many more opportunities that just won't fit here! Dates and times are subject to change.

For a complete list of North Florida races, see www.ameliaislandrunners.webs.com

Date	Race	Time	Race Day Location	Where to Register
8/1	JTC Running Track Series	12:00pm	The Bolles School	jtc.wildapricot.org
8/7-8	Tour de Pain	Various times	Various locations	1st Place Sports (any location or online)
8/15	Jaguars 5K Stadium Challenge	5:30pm	Everbank Field	1st Place Sports (any location or online)
8/22	Tijuana Flats Summer Beach Run	6:05pm	Jacksonville Beach	1st Place Sports (any location or online)
8/29	Lung Force 5K	7:30am	Jacksonville Landing	action.lung.org
9/5	Turtle Trot 5K	7:30am	Amelia Island	Amelia Island Runners
9/7	RunJax Labor Day Run	8:30am	1st Place Sports Baymeadows	1st Place Sports
9/11	9/11 Heroes 5K Run	6:00pm	Seawalk Pavilion	travismanion.org
9/12	Run With The Flock	8:00am	601 Riverside Ave.	1st Place Sports (any location or online)
9/19	Avondale 5K Classic	8:30am	The Shoppes of Avondale	1st Place Sports (any location or online)
9/20	Healthy Kids Running Series	5:30pm	Orange Park YMCA	healthykidsrunningseries.org
9/26	Strut Your Mutt	8:45am	Riverside Park	support.bestfriends.org
10/3	Jacksonville Marine Corps ½ Marathon & 5K	7:00am	Metropolitan Park	1st Place Sports (any location or online)
10/9	First Responders Appreciation 5K	6:30pm	Jacksonville Landing	coolrunning.com
10/10	Financial Fitness 5K	8:00am	Fletcher Park - San Marco	1st Place Sports (any location or online)
10/16	Monster Mash Dash	6:00pm	Jacksonville Fairgrounds	communityhospice.com
10/17	Race for the Cure	9:00am	Metropolitan Park	northflorida.info-komen.org
10/25	Evergreen Pumpkin Run	8:00am	Evergreen Cemetery	1st Place Sports (any location or online)

FLORIDA STRIDERS SCHOLARSHIP ESSAY WINNERS!

Essay by Samuel Heekin

Running for the cross country and track teams at Bishop Kenny High School over the last four years has been one of the greatest experiences of my life. Some of my favorite memories from high school have come from the time I have spent running and competing with my teammates. Taking part in this sport has taught me some valuable lessons that will help me succeed in life.

For example, running has taught me the true value of hard work. During my running career, I have run thousands of miles, attended countless practices at the crack of dawn, and completed high-intensity workouts in the scorching heat. My commitment to rigorous training regimens has made me realize the importance of determination and discipline. It has taught me that in order to achieve some far-off goal, such as winning a championship; one must stay focused and persevere when the going gets tough. This lesson can be applied to many areas of my life, and it has helped to shape me into a more strong-willed, insightful person.

Running has also allowed me to experience the true bonds of brotherhood with my teammates. Cross country is unique in that it is a "team of individuals." The success of the team is not determined by the fastest runner alone, but by the team as a whole. The fact that your teammates are counting on you to carry your share of the burden drives you and makes you willing to endure unimaginable pain for the sake of the team. Because of this unique quality of our sport, runners within a team share a sacred, unbreakable bond. I have had the privilege to run beside some of my closest friends over the last four years, and I would not trade the victories and defeats that we have shared for anything.

To me, running is more than just some exercise used to relieve stress. Running has been the main cause of my development as a person during high school. It has taught me valuable lessons in hard work, determination, fellowship, and leadership. Running has and will continue to shape me into the man that God wants me to be.



Essay by Isabel Torres-Padin

I used to walk through life, and some would describe me as a late bloomer in the physicality department. A minute, weak child with prissy tendencies, athletics never seemed to be a high point on my list. Bike riding stumped me, regardless of how easy it looked to be. Swimming stumped me as well, when one of my limbs would hit the water, it was as if I had been tickled to death, my arms flailing violently until my swim teacher pulled me from the wading pool. Even catching a ball stumped me, although I had a fairly good pass for someone who played catch with their eyes closed.

Needless to say, I was a bit of a failure in most sports. My mother, frightened to put me in any organized sports, let me be. She let my creative side flourish and allowed my outlandish antics to run rampant through the house. However, once she married my stepdad, an avid runner, he coaxed her into letting me run a local “fun” run, a mile run filled with manic children whose parents wanted a 10 minute break from them.

You may think that at this point that I won the race, and my extraordinary athletic potential was realized. It was not. I walked nearly the whole race, and running may have appeared to be a misguided path for me. But the next month, I ran another fun run. Was I faster? No. Was I happy? Yes. My relationship with running grew stronger over the course of my young career, and as soon as I was of age, I joined my school’s track team. Scrawny and diminutive, I looked like I disappeared on the track’s wide curves, but my passion for running had begun.

Running is unique in that, with passion and fortitude, combined with the willingness to suffer through blistering practices, you can improve, and you can grow – in my case, both literally and figuratively. I began to put on muscle, which I gleefully flexed as I strutted through the school hallways; I also began to feel invincible. Quick to be bullied and teased at school, I had always struggled with feeling weak and powerless. Running gave me an aura of vigor that allowed me to defend myself and acted as a channel for my frustrations. My running career extended even farther upon entering high school where I experienced cross-country for the first time.

Although hurdling over hay bales and tactically maneuvering over roots seemed like an odd pastime for a Saturday night, I fell in love with the intricate art of cross-country running. I also fell in love with the team’s mutual feeling of acceptance that felt like a security blanket in the knotty first stages of high school. As my time and experience on the team grew, so did my stature. For the first time, peers turned to me for advice, whether it be on how to navigate the crowded high school halls or how not to throw up after a race. Running blurred the lines dividing the popular and the normal, the haves and the have-nots, and my ardor for the sport that is running began to broaden to those around me. Whether it was simply smiling throughout a glorious run on the local trails or inspiring the inner competitor in even the sweetest of girls; I, at long last, felt that my voice was heard.

Athleticism cannot be defined simply as how well you can run, jump, or swim, nor is it defined by how cutthroat you are in the heat of competition. Athleticism is an idea that the sport you love consumes every fiber of your being, and becomes one of the joys of your life. Running introduced me to my love of caring for others and proved to me that I do not simply walk through life, I run with both intensity and purpose.

Stay tuned next time for essays from our other two winners: Megan Prangle & Daniel Sanford!!

Strider Spotlight cont.

(Jean started running in February 2012), through Saturday, June 2015, she has run: two 25K trail races, twelve half marathons (completing the Tri2B Tuff Challenge of 3 half marathons in 3 months – twice!), six 10-mile races, five 5-mile races, four 4-mile races, two 12K trail races, four Gate River Runs (15K), ten 10Ks, four 8Ks, three 7Ks, five 6Ks, ten miscellaneous distances (including earning 3 silver and 3 gold medals at the 2014 Senior Games), and sixty-four 5Ks for a total of 131 races to-date. Race #131 was the Celebration 5K, the start of the new Grand Prix season. She has finished the Grand Prix in the top ten of her age group for the three years in which she has participated.

Jean originally signed up for a three year membership with the Striders and has already signed up for another four! She thinks that Striders are the best because they give you help and support, and she never sees anyone who is a downer. They're all enthusiastic, positive people. She often wears her Strider shirt because she's very proud to be a part of it. She loves hearing the speakers who we host occasionally and talking to them one-on-one. Jean values the knowledge that she gains. She has even been one of those speakers herself, giving a very interesting talk about meeting nature in Florida! She participated in the Striders Adult Running Class and enjoyed it so much that she looks forward to taking it again in the future.

Jean's philosophy towards running and walking is to pay attention to what her body is telling her. As fellow Strider, Bernie Powers, once told her, "Run to race another day!"

Jean's advice to other runners just starting out is to talk to people and ask questions. Never be afraid to ask questions! Diane Wilkinson has helped her out a lot and encouraged her to do more. Getting hugs from Frank Frazier has always helped her heart when she runs. The Striders have been such a welcoming, open group! They opened her world to something that she never expected to do, especially starting at 61!



Jean met Bill Rogers at her first River Run. He encouraged her to pass on her passion to others. She tries to do that at races with the younger kids and others. She used to be an introvert, but now she talks to everyone. She makes it her mission to find out why others are running and gives them her support. She wants to make others feel welcome like she was made to feel.

Spring Running Class (continued)

Atwood and his daughter Emilee, Regina Sooeey, and Carol MacDougall. These individuals give much of their own time to help others find a passion for running. Some of them even come early to do their own track work so they can run a slower pace for the beginners who can't run as fast.

At the end of the 8-week class, our goal was to run the Memorial Day 5K, this being the first ever 5K for most of the class. The Wednesday prior, we celebrated our hard work by having a banquet (after a few laps around the block of course!). This year, we had a wonderful time at the Lion's Club in Orange Park, thanks to the diligence of Jon Guthrie, who secured the location. His wife, Sara, did a great job decorating and helping plan the small details. I was ever so grateful for their help, taking a huge responsibility off my hands! Our guest speaker was Jay Birmingham, who gave a very interesting and motivational talk, which got everyone ready for the race ahead.

Memorial Day was a cause for excitement for many as they raced for the first time in a 5K. For others, it was a chance to put their hard work to use and shoot for a personal record. But for all, it was the culmination of an opportunity to make new friendships and learn new skills! I hope to continue to see many of the people from our class, and I hope that they will stay involved in our wonderful club!



Hunter's Miles (continued)

distance medal, and "feet" for each 10 miles he had run with landmark numbers of 25, 50, 75, and 100.

Hunter is proud to wear his 100 Mile shirt. Since then, he has earned his 200 Mile shirt along with "feet" for the following 20! The Friends are grateful to the Striders for their support of Hunter's efforts, and to Carol MacDougall for going out of her way to take up a Saturday morning and make Hunter feel very special!

Senior Games (continued)

long time ago that I am not a sprinter. So, I didn't enter the shorter races. I was happy to earn silver in the 400 meter run and 1500 meter race walk (with some last minute coaching from Barbara), and gold in the 800 meter run.

Augie Leone came to the track meet, but unfortunately, a sore hamstring kept him from competing the way he wanted. We appreciated his presence and support for the rest of us – better luck next year, Augie!

Let's see if we can have an even larger turnout of Striders in the 2015 Jacksonville Senior Games!



2015-16 BOARD OF DIRECTORS & KEY MEMBERS

President: Scott Hershey run2day4life@gmail.com
Vice President: Michelle McCullough mmccullough@floridastriders.com
Secretary: Regina Sooey Regina@ReginaSooey.com
Treasurer: Bill Krause bjk615@yahoo.com

Race Directors

Resolution 10K&5K: Kellie Howard resolutionrunrd@floridastriders.com
Run to the Sun 8K: TBD
Memorial Day 5K: Scott Hershey memorialday5Krd@floridastriders.com
Hog Jog 5K/Angry Tortoise 25K: Charlie Sauter-Hunsberger stridershogjog@gmail.com

Coordinators

Sponsorship: Michelle McCullough marketing@floridastriders.com
Children's Running: Carol MacDougall cmmacdougall@oneclay.net
Running Class Coordinator: Vicky Connell vickyjc@comcast.net
Membership: George Hoskins membership@floridastriders.com
Social: Christine Vaughn social@floridastriders.com
 Jennifer DeSantis
Scholarship: Kim Lundy scholarship@floridastriders.com
StrideRight Editor: Cari Holbrook striderighteditor@gmail.com

For a complete list of all Directors, Key Persons, and Board Meeting Minutes, please look under the "About" menu at www.floridastriders.com.





5K Race Start 2:00PM

ENTRY FEES

	<u>Striders/Military</u>	<u>Non Striders</u>	<u>Kids 13& Under</u>
Until Nov. 13th	\$15	\$20	\$10
11/14 - 11/21	\$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)

Fun Run Start 3:00PM

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.

Join The Florida Striders Track Club

The Florida Striders Track Club is a family oriented club that stages three Grand Prix races each year and a Social each month. Profits from our events are funneled back into community projects to promote fitness and health. Our Newsletter, the Strideright, includes articles from our members, fitness tips, pictures of our members in action, race results, and items of general interest. See our website, www.floridastriders.com, or contact our Membership Director, George Hoskins, 264-4372, or email membership@floridastriders.com for more information. Complete the membership application below and come have fun with us.

FLORIDA STRIDERS MEMBERSHIP APPLICATION

Last Name			First		MI		<input type="checkbox"/> New <input type="checkbox"/> Renewal	
Address			Apt. #		# in Family		Spouse's Name	
City			State		Zip		Your DOB	
Home Phone			Work Phone		Occupation		Employer	
Email			Signature		Date		Annual Dues <input type="checkbox"/> Family \$25 (2 years \$50, 3 years \$75) <input type="checkbox"/> Single \$20 (2 years \$40, 3 years \$60) <input type="checkbox"/> Junior (under 18) \$10 (2 yrs \$20, 3 yrs \$30) <input type="checkbox"/> Senior (over 65) \$10 (2 yrs \$20, 3 yrs \$30)	

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road or the traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, The Florida Striders Track Club, and all sponsors, their representatives and successors from all claims and liabilities of any kind arising out of my participation in these club activities, even though that liabilities may arise out of negligence or carelessness on the part of the persons named in this waiver. Rev. 12/14

Mail Application with dues to: Florida Striders
2254 Gabriel Dr. • Orange Park, FL 32073

A Special Thank You To Our Sponsors

Publix®

WHERE SHOPPING IS A PLEASURE.®

Heartland 
 Rehabilitation Services

PINCH-A-PENNY
POOL·PATIO·SPA®
 The Perfect People For A Perfect Pool

DENTISTRY 4 CHILDREN
 Fleming Island (904) 215-4221
 Oakleaf (904) 404-4444
 Dr. Elaine S. Martinez-Kozlowski

KOHL'S

bestbet
 POKER • SIMULCAST • RACING
JACKSONVILLE
BESTBETJAX.COM



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



Sun
TIRE

1st PLACE
SPORTS
 Your Running Headquarters

FLORIDA
STRIDER'S
 CHILDREN'S RUN/WALK PROGRAM

"Making a difference in the health of our children and our community"

www.floridastriders.com

384-0053  810-5009

BLUE RIDGE
 Water Company, Inc.

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 quarterly at P.O. Box 413, Orange Park, FL. Non-profit Organization Bulk Rate postage is paid at Orange Park, FL.

Printed by Sir Speedy - <http://www.sirspeedyop.com>

FLORIDA STRIDERS TRACK CLUB

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

My plan went very well. I alternated 100 calories of lemon/lime with caffeine and 100 calories of mocha with protein and water, ice, and 2 extra electrolyte capsules per hour. I had zero cramping, bonking, GI or dehydration issues. I was able to maintain my pace for most of the day. There were .75 miles of sugar sand where I had to walk some which began to tax me and get me behind schedule.

I stayed in the lead the whole race and beat the next competitor by 2 full loops. My breaks between loops did start to get a bit longer, as I cooled off with sponges and supplemented with more caffeine and potato chips (yum). I had taped my feet. So I

had zero blisters. I was suffering some bad chafing in the mid-section where my fuel belt was rubbing me, but I kept going.

After completing 10 loops, I was informed that they did not give credit for partial loops. So in order to officially record 40 miles, I had to make it 42.25 miles. It was going to be close. I ran hard on the 11th loop, pushing the pace and not stopping at the halfway aid station for ice. When I arrived with just under 36 miles completed, I had just under an hour left, and I knew I would not make 2 more loops. I did my last loops slowly and enjoyed just being out there in the heat, alone with nature....it was thundering in the distance, and the sky grew black.

As I neared the finish with 39 miles completed, everyone gave out a loud cheer, and I sprinted over the line. I actually felt pretty good. Tired, but no major complaints!

