

the

www.floridastriders.com

Club #229

StrideRight



I'm High on the Hog

By Bob Fernee

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There was a time when I could say that I knew every race in town, and even some out of town. I knew them because I had run them. Mind you, that was about 30 years ago. I raced a lot back then, and there were a lot less races. Then the equation turned around; I was racing a lot less, and suddenly, there were a lot more races. It was impossible to keep up – this race was lost.

So, I changed my way of thinking and looked at it like this: there are a bunch of races I have never done, but they are races I don't care to do, and there are a few races that I have never done that I really *should* do. Being a dyed-in-the-wool cross-country enthusiast, the Hog Jog was at the top of my list.



Not a new race by any means, the Hog Jog has been run 26 times, but not by me. I have missed them all. Shameful. I was always working when the race was

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Save the Date!

Resolution Run:

1/9/16

Start the new year off with a great race and even better friends!

Run to the Sun:

4/16/16

An awesome 8K to celebrate the glorious spring weather!

Memorial Day:

5/30/16

Honoring those who have given their lives serving our country!

MESSAGE FROM THE PRESIDENT

I talked with Bob and Vanessa Boyd at the Hog Jog about their vacation trip to the islands. They said that they had shared insight about the Florida Striders and our Children's Running Program with some mortgage brokers that they had met while there. He was hoping that they might donate money for the program. The problem was we had no visible way to receive donations at the time.

This problem needed to be fixed. We have since then created a "Donation" page to the website under the "About" tab. You can make a credit/debit card donation online and a special "Patron/Donor" page will list all the donations. This "Patron/Donor" page will go online January and be updated monthly. Have you ever thought about giving to the club but didn't know how? Or perhaps you thought about sponsoring one of our races, but you don't own a business and didn't think it was possible? Well, here is your chance! You can make a donation online or download the donation form from the website, and mail it in with your check.

Your donations are tax deductible to the extent provided by law. The Florida Striders Track Club is organized as a Florida nonprofit corporation and is exempt from tax under section 501(c)(3) of the Internal Revenue Code. ***A Donation Receipt will be sent after your payment is received.***

We have listed 4 areas of suggested giving:

- Children's Running Program
- Race Support and Special Projects
- Scholarships
- Where needed most

More information on all of the above is located on the "Donation Page" of the website.

The annual "Thanksgiving Day" ritual of running the Subaru ½ Marathon was great! Weather was cool, not cold, and we had the Strider tent up. Runners could drop their chair or gear off. After the run, our social coordinators, Jenn and Christine, had food and drinks for everyone.

In trying to do something different, the Striders had a Christmas Run/Social on December 8th. The run started at the 1st Place Sports on Baymeadows Road and followed the July 4th Celebration 5K course. Afterwards, we moved across the street to The Well Watering Hole Bistro. Thank you to Nancy Barber, the

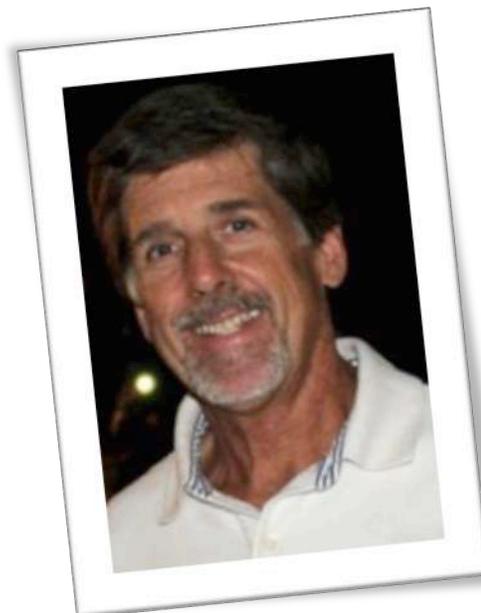
owner of The Well, for welcoming us! We had a turnout of over 40 runners and non-runners for this event! The food/drink/appetizers were excellent. It would be great to build on this type of social again. If you are interested in having a social event in your area, contact our social coordinators, Jenn DeSantis and Christine Vaughn.

We have some exciting things happening in the New Year! We will again be doing the Tri-Race Series. If you sign up and complete all three of our races (Resolution Run, Run to the Sun, and Memorial Day races), you will receive a special medal!

Moving back to the business side of the club, the Run to the Sun race director has been filled. Bill Krause will be stepping in to be the race director of both the Resolution Run **AND** the Run to the Sun races. Thank you, Bill! Now, don't let Bill down, and remember to register for the Resolution Run 5K/10K on January 9, 2016. **Sign up today and save some money!**

Here's hoping I see you on the roads soon,

Scott Hershey



Striders Shine in the 2015 Jacksonville Senior Games

By Jean Schubert

The 2015 Jacksonville Senior Games Track events were held on October 10, 2015 at Bishop Snyder High School. Last year, George Hoskins put out a challenge to the Florida Striders to participate; this year, participation by our Striders females not only doubled, but the girls got gold in most of their events!

There were seven race events scheduled at the track on what started out as an overcast day with some drizzle. The race director reminded all assembled that rain wouldn't stop us. The available races were: 50m, 100m, 200m, 400m, 800m, a 1500m race-walk, and new this year, a 1500m race.

George earned gold in the 800m and the 1500m races and silver in the 400m. (He also took some great photos during the events). Al Safer ran in six races, skipping the 1500m-race walk. He came away with two

gold and four silver medals. He also participated in some of the throwing and jumping events, but he can tell you about that himself. Annie White ran in six races, also skipping the 1500m-race walk and made a clean sweep of gold in her age group. Way to go, Annie!!

This was Jan Bullock's first time at the Senior Games, young babe that she is. She ran the 50m, 100m, 200m and 800m, earning gold in each one! Our own track star, Shelly Allen, came to run the 400m and 1500m, and of course, came away with gold in both! (The 1500m race is important because it is included at the National Competition). Shelly was accompanied by her wonderful husband, who not only took some awesome photos, but also served as a cheering squad of one for all of the Striders running. What a guy!!

As for me, I ran in all seven events that morning and wished it had stayed overcast and cool instead of turning warm and sunny. I earned gold in each one except the 1500m race-walk where I earned silver. I redeemed myself from last year's face plant (though several other



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STRIDER SPOTLIGHT

By Vicky Connell

Dee Robertson-Lee was an avid runner and cyclist. Then, in 2008, when she and her husband, Dan, were on the way to a musical at the Fine Arts Center at UNF, she came down with what she later termed a blinding headache. Her husband wanted to take her to the ER right away, but she refused, lasting through two songs before she finally went home. Dee thought she had a sinus headache and just wanted to put an ice pack on her head. Dan kept bringing ice packs all night Saturday and Sunday, but when it was time to go to work on Monday, she was vomiting profusely. Dee never vomits, and she had not eaten. They called Dee's doctor who said to go to the ER immediately. (An unusual blinding headache is a key reason to go to the ER!) Dee was transported by ambulance from Baptist South to Mayo because they had a neurosurgeon on call.

At Mayo, they immediately did a CAT scan and performed emergency surgery to clip an artery that was bleeding, caused by an aneurysm (a weakness in the artery that balloons out). Dee's was like a big raspberry and was a very bad bleed. The doctor did not give much hope for survival to her husband and sons. Two days later, her brain was swollen so badly from bleeding and clipping that the doctor told her husband that he was afraid her right brain would crush her left brain, and she would die, or at least lose a lot of function from the left brain and possibly become a vegetable. The choices were to wait it out and hope the pressure would down or do a craniotomy. This is when the remove part of your skull so the brain has somewhere to swell. Dan was very torn about what to do, but finally agreed to the surgery. The surgeon removed the right half of Dee's skull from over the ear to the midpoint. This helped to give her brain somewhere to swell.

Six days later, Dee had a vasospasm in her brain which means the artery collapsed. Her brain was not getting enough blood. She was rushed back to surgery where they went in through her groin with a

catheter, and did an angioplasty to open the artery. The surgery went well, but she couldn't talk, walk, eat, or swallow. They put in a feeding tube. This was over Thanksgiving and Dee hated hearing all the talk about the good food everyone was eating! She spent 31 days at Mayo in the Neurological ICU and then went to Brooks rehab to learn to walk, talk, and swallow. After about a week and a half of intense physical therapy, she was their star patient!

Dee had about 65 staples holding her scalp together over her brain. She had a concave head that was weird looking. Dee called it her retention pond because her wounds were constantly draining out of her head. She thought it was an infection, but the doctor said it was just draining. After 3 weeks, she was released from Brooks and sent home on New Year's Eve 2008. That night she was feeling cold and couldn't get warm. In the morning, everything was swollen again, and she was rushed back to Mayo. They cultured the drainage from her head and did another CAT scan. She had an abscess on the brain as well as MRSA which is an extremely bad infection. The neurosurgeon on duty told her what he needed to do, and she thought it sounded like a roto-rooter job. She asked if it would damage her brain, and he said that he would try hard not to! She survived it and was sent home after 8 days with a pic line in her arm. She had to have infusions of a very strong antibiotic twice a day for 6 weeks, two hours each time.

Once infection free for a month, Dee's neurosurgeon agreed to put her skull pieces back in. They had been sterilized and stored at Mayo. On April 14, 2009, they performed the surgery. She had no idea how it would work, but they put titanium plates and screws all over her head. It was like completing a puzzle! Dee stayed in the hospital for another 5 days.

Dee had begun running about 15 years prior to this,

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UFHealthJax.org

PUBLIX SUPER MARKETS CHARITIES

Thank you to our sponsors! We could not do what we do without their generous support! Here's to the start of a great year with an even greater community!

Join the Club!

New Members

Herb Armstrong
 Erin Eylsworth
 Jim Giancola
 Scott Taylor
 Rosanne Vernon
 Jamie Williams

Renewing Members

Bryan Bartosik	Peter King
Steve Bruce	Stacie Lancaster
Jan Bullock	Bernie Loftus
Janice Carrico	George Mosley
Joe Connolly	Barbara Scott
Denise Dailey	Kent Smith
Liane Daniels	David & Deborah
Linda Day-Cordes	Townsend
Jennifer DeSantis	Sue & Darrell
Amy Guthrie	Whitworth
Jon & Sara Guthrie	
George Hoskins	
Ed Kelly	



Note: All Striders are placed on the roster to receive e-blasts and an email notification when the StrideRight is published. Striders can have a paper StrideRight mailed to their home, by request. Please send a request email to membership@floridastriders.com with your name and exact mailing address. We also encouraged all Striders to visit the Membership page on our website, and find your renewal date at "Check here to see your status".

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

New 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			

Annual Dues

- Family \$25 (2 years \$50, 3 years \$75)
- Single \$20 (2 years \$40, 3 years \$60)
- Junior (under 18) \$10 (2 yrs \$20, 3 yrs \$30)
- Senior (over 65) \$10 (2 yrs \$20, 3 yrs \$30)

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

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



Children’s Running Program

One of the biggest reasons that your membership means so much to the community!

The Florida Striders board members had the pleasure of listening to Jack Frost, coach of Annunciation Catholic School, speak about what our children’s running program means to his school and his kids.

Established by Bob and Vanessa Boyd in 1978, our children’s running program currently supports about 60 after-school run/walk programs in the Duval, St. Johns, and Clay counties, affecting about 18,000 kids.

Another key player in this program is Carol MacDougall. She manages the program start-up, and she coordinates and compiles all the statistics, mileage, and awards for the entire program. Almost ¼ million miles were

recorded by coaches and submitted to her in the 2014-15 school year.

There are several types of awards/incentives used to encourage students to achieve their running goals. They receive toe tokens to add to a key chain that they keep on their backpacks, marathon medals, and mileage t-shirts for reaching running goals of 50 mile increments up to 300 miles.

The Children’s Running Program also offers a free 1-mile fun run after each of the Striders 4 main races each year, two of which provide a \$1000-1800 purse to be divided among schools with the highest participation.

All these awards and money would not be possible without financial support from the Florida Striders. Your membership allows us to make a difference in the lives of all these children. Thank you for helping us to help them!

You can view the full 30-minute presentation by Jack on YouTube here:

<https://youtu.be/dXKj6yPLvgM>



UPCOMING RACES!

Plenty of opportunities to put those New Year resolutions to the test!

Please note that this is published as a service and is not a complete list of races. All dates and times are subject to change. For a complete list of NF races, go to www.ameliainlandrunners.webs.com/kbendy/rrcaca1.htm.

DATE	RACE	TIME	RACE DAY LOCATION	WHERE TO REGISTER
2-Jan	The New Year's Rockin' 5K	8:30am	Academy Sports - 11901 Atlantic Blvd.	ultimateracinginc.com
3-Jan	Jacksonville Bank Marathon & 1/2 Marathon	7:00am	Bolles School	1st Place Sports (any location or online)
9-Jan	Resolution Run 5K/10K	8:30am	Best Bet at 455 Park Avenue, Orange Park, FL	Florida Striders
10-Jan	Soaring Soles 5K/10K	8:00am	DeBarry Hall - 198 Sunrise Blvd, DeBart FL	Final Mile Race Management
16-Jan	Best Damn Race 5K/10K & 1/2 Marathon	7:00am	Metropolitan Park	jacksonville.bestdamnrace.com
17-Jan	Trinity Rescue Mission Run For Shelter 5K	TBD	Trinity Baptist Church - 800 Hammond Blvd.	trinityrescue.org
23-Jan	Winter Beach Run 5m/10m	2:00pm	Jacksonville Beach Seawalk Pavillion	1st Place Sports (any location or online)
30-Jan	Wolfson Children's Challenge Ultra Marathon/Ultra Relay	7:00am	Fan Entertainment Zone, Everbank Field	1st Place Sports (any location or online)
31-Jan	Book It Jax 5K and Family Fun Run	8:30am	The Avenues Mall Food Court Entrance	fun4firstcoastkids.com
6-Feb	Pirates on the Run 5K/10K	8:30am	St. Peters Episcopal Church - 801 Atlantic Ave, Fernandina Beach, FL	ameliarunners.com
13-Feb	5K & Family Fun Run with Donna	8:30am	Prime Osborn Convention Center	breatcancermarathon.com
14-Feb	26.2 with Donna	7:30am	The Players Championship Parking Venue	breatcancermarathon.com
20-Feb	8K River Day	8:30am	Grace Episcopal Day School Campus	1st Place Sports (any location or online)
27-Feb	St. Vincent's Ortega River Run 5 Mile	8:30am	St. Marks Episcopal Day School	1st Place Sports (any location or online)
28-Feb	Angry Tortoise 25K/50K	7:00am	Cary State Forest	Florida Striders
5-Mar	Spartan Run 5K	8:00am	St. Johns Country Day School, Orange Park, FL	sjcds.net
12-Mar	Gate River Run	8:30am	Everbank Field	1st Place Sports (any location or online)
19-Mar	The Fort Clinch 100	7:00am	Fort Clinch State Park	fortclinch100.com
20-Mar	St. Paddy's Day 5K/10K	8:00am	Evergreen Cemetery	1st Place Sports (any location or online)
26-Mar	Chick-Fil-A 5K	8:00am	River City Marketplace	1st Place Sports (any location or online)

2015 Sun Tire Anniversary Celebration

By Jenny Allen

Thanks to all of you who came out in October to celebrate our 37th anniversary of running from Sun Tire. It was a great morning with the temperature in the upper 60s. At 6:30 and still dark, the runners and walkers started out. Marge Ruebush, Lori Scarlett, Lynn Sykes, Mike Mayse, Frank Frazier, and Richard Allen helped set up to get ready for the celebration. Everyone brought



breakfast food, and we provided mimosas, orange juice, coffee, Bloody Marys, and a large bowl of fresh fruit – all with the money that was found on the roads while running this year. For those of you who are new to the Striders, I collect the money that you all find, and I use it to fund a party which celebrates the First Sunday morning run from Famous Amos (Sun Tire) back in 1977. Our speaker, Jack Stanley, was one of the original three who ran this run from

Famous Amos (Sun Tire). Jack lives in St. Augustine and was our 7th president (1984). Also helping him was his good friend (and ours), Bill Zipperer, who was president in 1984-85. A very special thank you goes to them for reminiscing the good old days with us. I would also like to thank those mentioned above and the many others who pitched in to clean up.



This year, we found \$201.72. Dave Townsend won the



largest “one-time” find when he found \$13 folded in a wad on the ground! Five-dollar bills were found by: Paul Geiger, Jack Sykes and Frank Frazier. Frank stopped by Sun Tire to talk to Glenn and make sure that their cleaning man would not be there for the party on October 11th. As Frank got out of his car, he spotted some folded money about two parking spaces from where he parked. He picked it up, and as soon as he

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Weekly Group Runs

RUN ALL THE RACES!!!



Lake Hinson 24 Hour Ultra 2015

By Vicky Connell

What happens when it rains for days in a row? Lots of mud puddles of course! That's what runners faced this year at the Lake Hinson 24 Hour Ultra. For those of you who haven't done an Ultra, there are many versions and various mileage attempts at each one. This one is a race that starts on Saturday at 8:00am and continues till Sunday at 8:00am. Setting a mileage goal is an individual thing. Everyone who enters estimates what their mileage will be and then sets their own pace and rest schedule. You can rest a little or rest a lot, depending on your goal. You can walk, run, or even leave and come back! It's all up to you. Some like to say this is a party with a race thrown in!

The course is approximately 1.5 miles around Lake Hinson in Rochester, NC. It is a trail that is fairly clear for the most part with only slight rises and descents in a couple of places. In the rain, the puddles accumulate and become part of the challenge. The Florida Striders have been well represented for the past few years. Attending this year from Florida along with myself (64.6 miles completed) and my husband, Jim (64.6), were Vanessa Lain (76.6), Tracy Pfuntner (70.6), Eric Krall, Mike Alden (46.5), Regina Sooley (87.1), Bill Page, Maria Littlejohn (31.5), and Angie (33) and Bob Adamson. Some were doing this adventure for the first time and did quite well!

Up until this past year, we've had perfect racing weather for this race in September. But that all changed this year with some rain that just wouldn't stop. Doing a 5K in the rain might be kind of nice as it keeps you cool. However, running hour after hour in the rain isn't so pleasant. Many of us were affected by the rain and did not reach our mileage goals this year. But you know what they say after a less than perfect race.....there's always next year!

Sunday Morning Long Run: Distances vary from 6 miles to 12 miles. Meet at the IHOP on Blanding Blvd. just north of Kingsley Avenue. Running begins promptly at 6:30am. So come a few minutes early! Breakfast at IHOP afterwards for anyone who wants to stay. For more info, contact Dave Bokros at dbokros@gmail.com.

Monday Night Bridges Run/Walk Downtown: Meet us at the southwest corner of the River City Brewing parking lot (near the Acosta Bridge) at 5:00pm. Runners and walkers complete (approx) 2-mile loop repeats of the Acosta & Main Street Bridges. Afterwards, those interested meet at a different place each week for dinner somewhere along San Jose Blvd. For more info, contact Bill Krause at bjk615@yahoo.com.

Wednesday Night Track Workout: Meet at the track at St. John's Country Day School on Doctor's Lake Drive. The track is all the way at the back where you'll see the lights. Meet around 6:00pm, although it's okay if you're a bit early or late. Track workouts vary each week. Dinner usually follows at various locations. To be put on the weekly information email (to learn the workout and dinner location), contact Vicky Connell at vickyjc@comcast.net.

Hog Jog cont. from page 1

traditionally held on Saturday, and since I never remembered to request a day “off”, I always lost out. I can hear you saying, “Really, Bob? 26 times? That’s pathetic!”

Yes, I agree.

But, for the 27th annual, held on Sunday, November 22nd, it would be different. This time, I swore it would.



Prelude.

So it was that I found myself cruising along with the top down in my 1993 Mazda Miata (a near-antique, like me). It was a nice day and a pleasant drive along some rather remote Fleming Island country roads. It was all unfamiliar territory to me, and I hoped that I was going the right way. “Good thing I gave myself plenty of time,” I said to myself, “but where *is* this Ronnie Van Zant Memorial Park?”

Come to think of it, why did they name it that? Did Lynyrd Skynyrd’s singer ever have anything to do with Clay County? He was a Jacksonville guy. Might as well have named it after Jacksonville’s biggest-ever star, Pat Boone, “The kid in white bucks.”

Bucks were a popular 1950s ‘buckskin’ shoes; you probably knew that. But did you know that Pat Boone was a direct descendent of Daniel Boone? And I don’t mean Fess Parker. Pat Boone was America’s second-most popular singer during the 1950s, beaten only by some guy named Elvis. That would make Boone a pretty good candidate for a park, I think. Then again, his daughter, Debbie, sang the world’s most nauseating

song, You Light Up My Life, and that must have ended it for Pat. Guilty by association. How could anyone record a song worse than Feelings? Debbie did.

Or what about recording star, Johnny Tillotson? He was a Gator, born in Jax, lived in Palatka. Or country music star, Slim Whitman? He was a true Middleburg man and even died in Orange Park. But no, the honor is all Van Zant’s. Just because he did Free Bird and got expelled from Lee High School, I suppose. Talk about the fickle finger of fate. But, I digress. I often do.



Relief.

“There it is!” I said happily when I realized I wasn’t lost after all. Once I found the park, I was pleasantly surprised. It is a nice place, quite big, with tennis courts, a Frisbee golf course, a pond full of ducks where people fish, a kids’ playground, bathrooms, sheltered areas, and a huge grassy field good for anything, a picnic or just play.

There is also a long nature trail that winds around much of the park. I learned this is where most of

Continued on next page

the Hog Jog's action takes place. As courses go, this one is a gem. The race is billed as cross-country, and it is, but it could also be called a trail race. Admittedly, it is not always easy to determine the difference, and I would say that they Hog Jog is a combination of both. Call it what you will, it is a nice, friendly place to be with Mother Nature, and that is indisputable.

On this day, Mother was especially friendly. The temperature was cool, and the sky was overcast, a good day for running and perfect race conditions. When I arrived, the ever-smiling face of Steve Bruce greeted me. "Hey, weren't you the race director of this thing at one time?" I asked. "Yes, I sure was, for eight years in a row," he replied.

Steve went on to relate the history of the race, its old connection with Clay County's Ham Jam festival, the different places where the courses once were, the previous races directors, and how it finally found a permanent home in this park. Without a pen and paper to capture the details, and with just my defective memory to rely on, I've lost most of what he said. A pity. Nevertheless, thanks to tenacity and a lot of good people, the event has flourished. Then, as now, the event is well taken care of by an army of Florida Striders volunteers.

For me, it felt rather odd going to a new race that I was unfamiliar with. It had been years and years since I had done such a thing. At the same time, it felt good, like visiting an old friend. As I never really thought I would make it, I never entered the race in advance, so I had to pay top-dollar. No one's fault but my own. The best part was seeing the surprised looks on the faces of people I knew who I am sure never expected to see me there. "I'm more surprised than you are," I admitted.

I remembered the coach's words: "If you have time before the start of a race, learn the course, especially the finish." I jogged one lap of the two-lap course for a warm up and inspection. I even did some stretching. I thought, "Man, I'm taking this seriously."



Action.

The race began, and I found myself squeezed further back than I wanted. I thought, "I could run faster than this, but I'm sandwiched." Still, being held down a bit at the start is often a good thing, especially if fitness is a concern, as I had to admit mine was.

Lots of kids, and being kids, they did the usual kid thing: run hard for 30 yards then abruptly stop. I managed to avoid a few collisions and then found some space and my stride. We ran along some nice trails, jumped some mud, crossed a wooden bridge, circled the duck pond, and steeled ourselves to do it again. Thanks to the scenery, the twists, turns, and the newness, the distance went by relatively quickly. In a déjà vu moment, at the two-mile point, I caught up to an age-old nemesis, Steve O'Brien. I planned to strategically run alongside of him for half a mile or so before unmercifully dispatching him with a Kenyan-like surge. Steve didn't follow my script. He looked at me over his right shoulder and must have said something to himself like, "I'm having none of this," and found a new lease on life. The surge was his, and I didn't match it.

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“Yes, this is very familiar,” I thought.

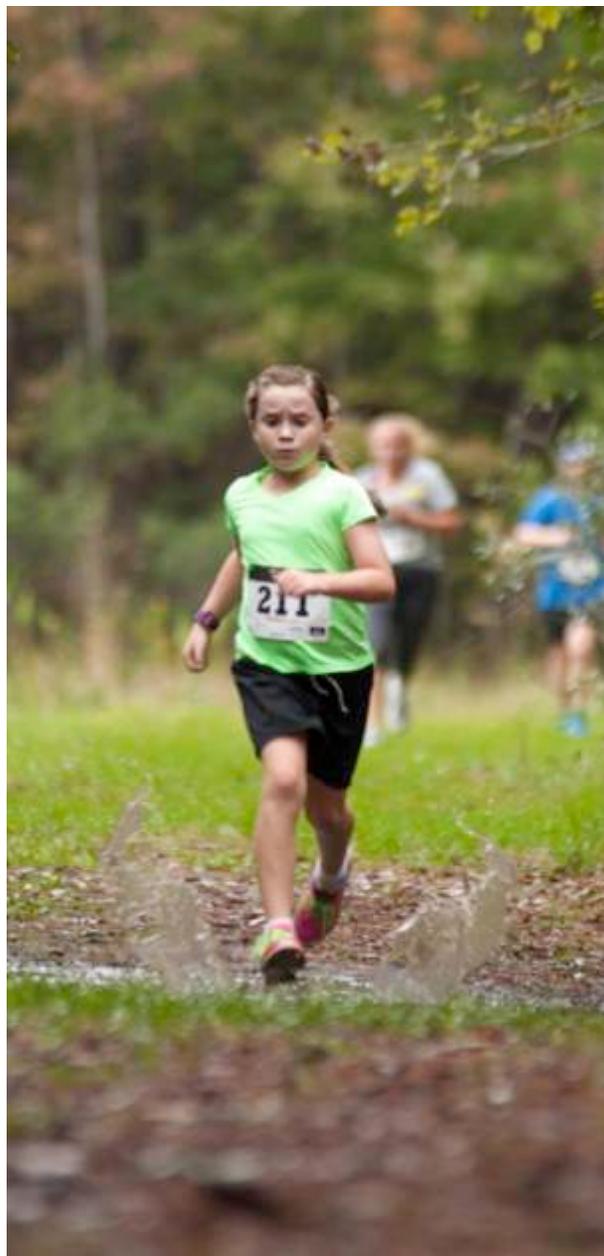
It was my “comeback” race, and I finished in 27-minutes and 14 seconds, about a 9-minutes a mile pace. Not wonderful, but still. The comeback road is never an easy one, and this was the first step. My goal: the 2016 Gate River Run 15K, a better time than in 2015 and the continuation of my “streak”. March is still a fair way off, and that is a good thing.

Somehow, I took hardware in my age group (a very nice custom coffee mug). The race came complete with a technical t-shirt and a wonderful BBQ meal from Sonny’s. It was fantastic. I learned later that this repast was not donated by the restaurant but was paid for by the Striders – a costly treat that I am sure everyone enjoyed.

Postscript.

The Hog Jog is a very fine family event, perfect for the serious racer or the casual jogger and walker. The course and the amenities are superb. The organization is first rate, thanks to race director, Charlie Sauter-Hunsberger and his expert staff. The race is unique and has a charm all its own. The overall atmosphere is absolutely wonderful as is the post-race party. How can you beat a great cross-country race with fine food? Simple, you can’t.

Don’t be like me. If you have never run it, get out there and do so. If you have run it before but have been skipping it lately, then make amends and show up next year. Let’s all make the Hog Jog an even bigger and better event next year. This race deserves it. No excuses.



Socials with the Striders!

December’s social was a great way to end the 2015 year with fellow runners. Over 40 Striders showed up to run the Celebration 5K course and enjoy refreshments afterwards at The Well. This was one of several events our social coordinators put together for all Striders. Clark’s Fish Camp, prediction runs, Mandarin Park picnic, Jenny’s Pennies, and group runs followed by guest speakers are some of the events we’ve hosted. If you missed them last year, keep an eye out for them again in the year 2016!

(Senior games cont. from pg. 3)

competitors remembered me for it), by setting a new PR for 50m.

The Marine Corps Freedom 5K, held on October 3rd, served as the Senior Games Road Race, and our Striders did well at that distance. Annie White earned gold in her age group, as did Florida Striders member Liane Daniels, her first time participating in the Senior Games. Liane joined us at the Opening Ceremony at Metro Park on October 2nd at what became a full table of Florida Striders. Jan Bullock and Al Safer both earned silver in their age groups.

Overall, it was a wonderful event. There was a lot of comradery, even between competitors. New friendships were made, and fun times were had with the volunteers as well. To participate in the Jacksonville Senior Games, you only have to admit to being 50 years old by the end of the year. This year's youngest participant at the track events was 49 ¾ year old, Latonia Newkirk. Those that place in the top 5 of their age group qualify to participate in Florida's State Competition. (Ask Herb Taskett about what that's like).

If I missed anyone, please give a shout out for yourself. We're all winners as long as we remain upright and moving forward!



Striders at the Races!

12/6/15 – Guana River 12K Trail Race – St. Johns, FL

Jean Schubert 1:55:30 2nd AG

11/22/15 - Hog Jog 5K - Green Cove Springs, FL

Jean Schubert 41:17 1st AG

Fastest time in 4 years by more than 3 minutes!

11/7/15 - Mandarin 10K - Jacksonville, FL

Al Saffer 1:15:33 2nd AG

10/31/15 - Cottonmouth Quarter Marathon - Elkton, FL

Jean Schubert 1:28:28

a PR!

10/25/15 - Evergreen Pumpkin Run - Jacksonville, FL

Al Saffer 2:15:47 2nd AG

Jean Schubert 2:32:35

August Leone 2:09:19 1st AG

10/24/15 - Chomp & Stomp 5K - Orange Park, FL

Jean Schubert 38:43 1st AG

a new 5K PR!

10/3/15 - Jacksonville Marine Corp ½ Marathon

Jean Schubert 3:28:58

My fastest time in the 3 years I've run this half! Loved the encouraging hug from Ann Krause mid-race!! (She earned 3rd place in her AG).

10/3/15 - Jacksonville Marine Corp 5K

Al Saffer 35:52 1st AG

Annie White 37:28 2nd AG

Spotlight cont. from page 4

immediately training for the Chicago marathon which she completed 3 months later in 5 hours, 45 minutes. The following year, she did the Twin Cities Marathon in 5:31. She and Dan had also done many miles cycling, completing many century rides. Dan told the neurosurgeon about their running and cycling, and he said that this was partly why Dee survived – she has a very strong heart. Because of this, Dee wants to encourage everyone to start exercising. Fourteen days after her last surgery, she raced the Never Quit 5K because of CPT Petroni (the race is put on by his son) who had suffered a brain bleed. She’s raced all of them since. Dee started doing half marathons after that and did other races every weekend including the Tour de Pain Extreme and the Tri 2B Tuff (very tough race series indeed!). She also runs all the Reindeer Runs in Amelia Island. They have wooden cut-outs of reindeer at every mile marker. Club members dress them all in costumes. Her brain exercise is remembering all the various reindeer outfits from “Santa” to “elves” to “yellow bikini and sunglasses”. She recently ran the Subaru Half Marathon which was her 21st half since 2011. She had a hard time and almost didn’t make it because of cramps in her legs. A lady watching the race helped massage her legs, and she was able to finish.



Dee found out about the Striders from the 1st Place Sports race calendar. As she did more of our races, she wanted to be a part of it and get the Strider discount! She does all the Strider runs, and she loves doing races in Orange Park close to home. Dee attends as many Strider activities as she can. She decided she couldn’t just do runs, but needs to give back and volunteer, too. This is always fun because it’s a great group of people! She began volunteering at the Strider 2015 Gate River Run tent, and handed out food at the 2015 Resolution Run. She keeps going and tells everyone she’s a tough old bird! And she wants to volunteer a lot more.

When asked about her philosophy towards running, this is how she replied: “The hardest part of a 5K is getting up early on Saturday morning when you don’t have to. You don’t have to run; you can even walk. We all wear our chips and get timed, but we need to realize that we are racing against ourselves, and the goal is to finish. It’s nice to get an award, but it’s more important to just do it.” Dee had a genetic weakness in her blood vessel, which is what caused her aneurism, and she is grateful for her runner’s heart, which allowed her to deal with it when it happened.

Florida Striders 2016 College Scholarship

- 4 - \$1000 scholarships to be awarded
- Entry Deadline: March 12, 2016
- See website for eligibility requirements and application process
- Contact Kim Lundy for additional information at klundy@oneclay.net

Volunteer Opportunities with the Striders

- Jacksonville Bank Marathon water stop
- 26.2 with Donna water stop
- Gate River Run Expo and Race Day tent
- Contact Kellie Howard at kellski@comcast.net



Continued from page 8

walked into Sun Tire, Glenn asked, "DID YOU FIND SOME MONEY OUT THERE?????" Frank nodded and reluctantly handed him the \$5 bill. When Glenn said it didn't belong to them, Frank told him the whole story about Jenny's Pennies. Glenn insisted that Frank take the money for our kitty. Paul Ruebush found a \$1 bill and Bobby Greene found 59 pennies, all lying in one area. Robert Shields, our Tar Heel Strider, mailed checks for money he found during the year, totaling \$47.95. Every month, he sends a note and a check for our fund. Speaking of the mail, one day, I received an anonymous check with a note that said, "I found this while running. Please use for the Strider's Party (Jenny's Pennies). Thanks!" Enclosed was a fifty-dollar bill. Does anyone know anything about this???? Thank you so much if you happen to be reading this. This COULD make you the overall winner.



I didn't write an article last year (because we had no newsletter). So, here is a little throwback from then. Jack Sykes was the overall winner for the most money found at one time. He found a \$20 bill on one of our Sunday morning runs. Five-dollar bills were found by: Frank Frazier, Bobby Greene, and Jack Sykes. One-dollar bills were found by: Bernie Gross, Pat Noonan, Dave Allen, Paul Ruebush, and Bernie Powers. Robert Shields sent checks during the year for money he found which amounted to \$43.80. Sadly, Robert was planning to come to the anniversary party, but he had to cancel his plans at the last minute because of a death in his family. Last, but not least, Gene Bridges and Wally Lastinger were running together and stumbled across 103 old pennies (and I thought Bobby's 59 pennies were a lot)! They had to hide them in the dirt under some leaves until they could drive back to pick them up. Our total sum of money found last year was \$132.65.

This year, about sixty Striders and friends attended our annual event. Hopefully, next year, our group will grow even bigger. Make sure you are there to help us celebrate! Until then - happy, healthy running, and keep those pennies rolling in!



ENTRY FEES:

• All race proceeds benefit the Florida Striders Children's Running Program •

	Striders/Military		Non Striders	
Until 2/14	25K: \$40	50K: \$55	25K: \$45	50K: \$60
2/15 - 2/27	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 **FloridaStriders.com**
- Day of Race registration (if available) will be open at 6:00AM.
- Performance cotton 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 are admitted free.

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

AWARDS:

- **Finishers Awards for ALL Finishers**
- Awards will be given to the top 3 overall male and female winners in both races. In addition, sandbag awards will be given to the last place male and female runners 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 Rd (Just past the Fire Station)
- 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 6AM 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 - 7:00AM

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 road. Meet at the Pavilion upon arrival, and we will all walk to the start line together.

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

The entire course is on forest service roads, that can at times be rutted and uneven. 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, therefore it is the runners responsibility to be aware of, among many other unpredictable 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 unpredictable weather and the distance between aid station stops, all runners will be required to run with a water bottle, and it is the runner's 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 on their website at www.trailrunner.com

SPONSORS:



RESOLUTION RUN 5K & 10K



"Make a Resolution now to do the Striders Resolution Run on Jan. 9th, 2016, at bestbet Orange Park"

Race Date - January 9th, 2016

bestbet ORANGE PARK

455 Park Ave
Orange Park, FL 32073

8:30 AM

10K (Grand Prix) & 5K

10:30 AM

1 Mile Fun Run

ENTRY FEES*

	Striders/ Military/AIR	Non Striders	Kids 13 & Under
Until Jan 2nd	\$20	\$25	\$10
Jan 3 - 8th	\$25	\$27	\$15
Day of Race	\$30	\$30	\$30

Long sleeve cotton shirts for the first 750 pre-registered runners

PARKING

Parking is available at the bestbet Orange Park location at US 17 and Wells Road (455 Park Ave). Please do not park in the portion of the parking lot reserved for Poker Room clientele. There is additional parking across US 17 in the large lot next to the McDonalds. If you use this second lot, use the crosswalk at US 17 and Wells Road to get to the race area. The registration area will be located in the open field area on the east side of the Kennel Club.

10K AND 5K CHECK-IN AND CHAMPIONCHIP TIMING DEVICE

The 10K and 5K registration area will open at 7:30 AM. Runners can pick up their chip at the registration tables on race day. The chip must be worn during the race, and you must cross the mats at the start and finish to be included in the results. After the race, return the chip and velcro strip in the finish area. Participants must pay a \$30 replacement fee for lost chips. Chips are not used for the One Mile Fun Run. No personal chips for the day of race registration.

Your race number is included in your packet. If corrections are needed, take it back to the registration tables. It is important that we have your correct information for the race results.

10K AND 5K START

The 10K & 5K will start at 8:30 AM on Wells Road just east of the employee entrance to the bestbet Orange Park. No strollers allowed in the 10K & 5K.

WATER STATIONS

Water stations will be located approximately 1.5 miles (5K & 10K), 3 miles (10K), and near the finish area.



THE FINISH

The finish line is on the driveway east of bestbet Orange Park off of River Road. 5K runners will turn left off River Road into the finish. The 10K runners will pass the Kennel Club, loop around Judson Circle and turn right into the finish.

RACE RESULTS

Results will be posted near registration tables. You can also get your results on the internet at www.floridaStriders.com or at 1stplacesports.com after the race.

AWARDS CEREMONY

Awards will be presented at 9:30 AM for the 5K at 10:00 AM for the 10K. **10K Awards:** Top 3 overall, top master, top grand master, and top 3 in each age group. **5K Awards:** Top 3 overall, top master, top grand master, and top 3 in each age group. **AGE GROUPS:** 0-8 (5K only), 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, 80 & over. No multiple awards. Awards not picked up on race day will be available at 1st Place Sports in Orange Park.

FREE FUN RUN

The Fun Run starts at 10:30 AM in the large field immediately east of bestbet Orange Park. There is no charge for the Fun Run, but everyone must register and receive race number. Due to safety concerns, it is important that the faster runners start in the front and strollers start in the back.



PRICES

	Striders/ Military/AIR	Non Striders	Kids 13 & Under
Until Jan 2nd	\$20	\$25	\$10
Jan 3 - 8th	\$25	\$27	\$15
Day of Race	\$30	\$30	\$30

TRI-RACE SERIES

The series includes the Resolution Run, Run to the Sun, and Memorial Day 5K. The fee is only \$10 again this year, (separate fee from the race registrations). You must sign up by the Run To The Sun Race date of April 16th to be eligible. We are in the process of designing another cool medal for this year's event! You must complete all three races to get one. The Memorial Day 5K is May 30th. Visit www.floridastriders.com for more information. You can either register on-line, or print the form and mail it to the Florida Striders, P.O. Box 413, Orange Park, FL 32067-0413

SPONSORS



- 5K Turn Around @ Astor
- 10K Continue West on Kingsley
- 10K Turn Left on Reed

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