

S P R I N G 2 0 1 6

the StrideRight

www.floridastriders.com

Club #229



Marathon High Students Shine

By Deborah Dunham

The Florida Striders have been a sponsor of Marathon High every year since we started in 2011. We are grateful for all of your great support, and we were especially proud to participate in your Resolution Run 10K this year.

In case you're not familiar with Marathon High, it is a regional nonprofit program that challenges at-risk teenagers to train for the Donna Half-Marathon in order to develop positive futures. By training week after week for four months, this after-school program

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Save the Date!

Run to the Sun 8K April 16th

Come run the best 8K in Jacksonville to kick off the spring weather!

Spring Picnic April 17th

What better way to celebrate a race than with a picnic the next day?

Memorial Day 5K May 30th

Run to honor the men and women who died fighting for our country!



MESSAGE FROM THE PRESIDENT



Our club has a big event coming up! The Gate River Run scheduled March 16th is where we will again have our Strider tent set up outside with post-refreshments for this epic yearly run. Be sure to stop by our booth during the Expo to renew your membership, pick up your wristbands for the race day tent, or just say hello to our volunteers as well!

There are two Striders I would like to single out as “Super Volunteers”: **Mike Mayes** and **Marge Ruebush**.

For more years than I can remember, Mike Mayes has arrived at noon the Wednesday before the Gate River Run to set up the Strider tent, tables, and chairs. He has also gotten a lot of our merchandise moved in to the Expo and outside tent areas by himself. This is no small task. Mike is always the first one to all of our races. He usually arrives close to 4:30am for an 8:00am race and begins setting everything up before anyone else arrives. We could not put on the races we do without the tireless work of Mike Mayes.

Marge Ruebush has been the main coordinator for the Gate River Run registration. She would coordinate the packet/shirt pickup making sure that everything flowed smoothly. If a runner's bib number or shirt was the wrong size, she became “the Master Troubleshooter” ensuring the problem was corrected. I believe that from the first year the Striders set up the outside tent area, Marge has coordinated the refreshments, table, food, and volunteers. Two volunteers that have also worked with Marge in the outside tent area for countless years are **Lori Scarlett** and **Jenny Allen**. Thank you both for your help all these years!

All volunteers who have ever worked in the Expo or the outside tent are, I would like to extend a big THANK YOU. We couldn't do what we do without your help!

Starting April 6th, we having the Adult Running Class at St. John's Country Day School track. Check the website for more information or stop by the Expo to pick up a flyer for yourself or someone who might be interested. Vicky Connell, a long-time Strider, will be leading the class. Whether you're a fast runner and want to get faster, or you're the walker that wants to slowly move from run-walking on to running, this class is for EVERYONE. There will be coaches for all the different levels.

April 16th will be the 34th Run to the Sun 8K. Bill Krause, who was the race director for the Resolution Run, will be doing double duty as he takes on the race director position for the Run to the Sun as well. Thank you, Bill!!

Until next time....See you on the roads.

Scott Hershey

Help support the Florida Striders with your Amazon purchases! Amazon donates 0.5% of your purchase price to Road Runners Club of America – Orange Park. Bookmark the link <http://smile.amazon.com/ch/74-2194707> and support us every time you shop. It doesn't cost you a dime! Amazon will remember your selection, and then every eligible purchase you make at smile.amazon.com will result in a donation.

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Chris Byers
Debbie Edwards
Brandi Epperson
Chuck Habing
Byron Peacock

Maggie Randall
Jonathan Reed
Alexa Scinicariello
Bridget Turner
Josue Velazquez

NEW!

FLORIDA STRIDER MEMBERS

RENEWING!

Andrew & Cris Barr
Bernie Berania
Paul Berna
Andrea Bishop
Lewis Buzzell, III
Andrew Chester
Gary Corbitt
Lynn Corby
Debbie Fleck
Steven Gano
Gary Gerdeman
Bonita Golden-Sikes
Thomas Grogan
Leslie Hague
Gary Harlow
Craig & Susan Harms

Sara Hart
Susanne Jones
Keenan Krall
August Leone
Maria Littlejohn
Kevin Mangold
Mike Marino
Patt McEvers
Lisa & Scott Miller
Bob Moyer
Kent Northey
Rick Oblak
Bob Opkins
Wayne Parker-
Blackburn
Jill Pennington

Alan Phillips
David & Sylvia Pierson
Bernie Powers
Susan Roche
Danny Sakowski
Stan Simpkins
Kristin & Adam Smith
Coleen Stoffa
Christy & Rob Surgeoner
Jack Sykes
Herbert Taskett
John Terry
Kim & Chris Tracanna-
Breault
Bridget Trotter
Steve Williams

Join the Florida Striders Track Club

The Florida Striders Track Club is a family oriented club that stages 5 races each year, offers free children's fun runs with our races, and has socials and other activities on a regular basis. 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, and 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 _____			New _____	Renewal _____
Address _____ Apt# _____			# in Family _____	Spouse's Name _____
City _____	State _____	Zip _____	Your DOB _____	Spouse's DOB _____
Home Phone _____ Work Phone _____		Occupation _____ Employer _____		

Would you like to make a donation to the Children's Running Program?

___ \$1 ___ \$2 ___ \$5 ___ Other Amt \$ _____

Annual Dues

- ___ **Family \$25 (2 years \$50, 3 years \$75)**
 ___ **Single \$20 (2 years \$40, 3 years \$60)**
 ___ **Junior \$15 (2 years \$30, 3 years \$45) (under 18)**
 ___ **Senior \$15 (2 years \$30, 3 years \$45) (over 65)**

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. 12/15

Mail Application with dues to:
Florida Striders - 2254 Gabriel Drive - Orange Park, FL 32073

By George Hoskins

Gate River Run Expo!

Come to the Strider Booth at the Gate River Run Expo between 11:00am and 6:00pm on Thursday, March 10th and Friday, March 11th!

STRIDERS – IMPORTANT!! THIS is where you come to pick up your wristbands for admission to the Strider tent on Saturday morning. **Limit 4 bands** per membership!

The Strider booth is a great place to meet other Striders, pick up free “giveaways”, get information on Strider events, see photos of Striders in action, and check out the latest Strider merchandise.

The Strider booth is THE PLACE to renew your membership and receive a nice Membership gift! If you joined or renewed earlier this year, let the booth volunteers know, and you will also receive the membership gift!



Free visors to new and renewing 2016 members!

By Bill Krause

Resolution Run 5K/10K 2016!

My first experience as a race director was a success, largely due to the hard work of the over 100 volunteers that helped put this together. Thank all of you very much!

What a great turnout for both the 5K and 10K! I hope you all had a good time and a *great* “time”. The fun run was a big hit as well with a total of 852 finishers! It’s hard to go wrong when you have the best people in the community volunteering their time and resources for the benefit of the kids.

Because of everyone’s combined efforts, we are able to help fund our Children’s Running and College Scholarship programs. I am proud to tell you that we now reach over 18,000 children at over 60 local schools. Please help us continue our mission by running and supporting our races. The Run to the Sun 8K is April 16th (I’m the race director for that one, too, so don’t let me down)! Thanks again to all of you for making the Striders look good.



Resolution 2016 One-Mile Fun Run Results

By Bob Boyd

At the January 9, 2016 Resolution Run, the Florida Striders continued their four decade tradition of putting on a great fun run and supporting children's fitness with the 2016 Resolution One Mile Fun Run. *bestbet* provided the \$1800 of prize money for the nine winning elementary schools. The amount of money given to each school is determined by both the number of school participants and the percentage of the participants who finish the race. The money won by the schools goes back into their fitness programs. We wish to thank *bestbet* and their Orange Park Kennel Club team for their long-term support for our races and their financial support of the children in our community. The Orange Park Medical Center Florida Striders Children's Running Program, along with the help of all our generous sponsors, support 18,000 elementary school children in over 60 school run/walk programs. All those elementary school run/walk programs are not just effective at enhancing fitness. Regular physical activity also enhances children's grades, their behavior in school, their attention in class, and their self-esteem. That is a long list of important benefits for our children for less than \$10 per child per school year. That's right. We can provide for all their fitness incentives for an entire school year for under \$10 per child! If you would like to join our many sponsors in supporting our children, you can donate at our FloridaStriders.com website, or contact our Sponsorship Coordinator, Michelle McCullough, at Mmccullough@floridastriders.com

Now, let's get on to the important facts. We had 852 finishers in the One Mile Fun Run, representing 25 Elementary schools. While every finisher went home with a ribbon for their achievement, the nine schools that won money based on their number of finishers and their percentage of enrollment that finished the race are:

School	K-6 Enrollment	School % that Finished	% of Enrollment Award \$	# of Finishers (if 25 or more)	Finisher \$	Total \$
Annunciation	283	43.8%	\$140	124	\$149	\$289
Lakeside	817	32.6%	\$130	266	\$320	\$450
Swimming Pen	387	13.4%	\$120	52	\$63	\$183
Patterson	948	10.3%	\$110	98	\$118	\$228
Thunderbolt	989	8.9%	\$100	88	\$106	\$206
Coppergate	501	8.6%	\$90	43	\$52	\$142
Ridgeview	567	5.3%	\$80	30	\$36	\$116
Oakleaf Village	920	5.0%	\$70	46	\$55	\$125
Orange Park	476	4.8%	\$60	0	\$0	\$60

Congratulations to all the schools that earned money for their fitness program at the Resolution Fun Run! If your school did not finish in the money at the Fun Run, make plans to participate in the Run to the Sun Fun Run on Saturday, April 16, 2016 at the *bestbet* Orange Park Kennel Club at 455 Park Avenue in Orange Park. There will be \$1000 available, and any school that has at least 25 participants is guaranteed to bring home some bucks. The Fun Run starts at 9:30 sharp, so please come early to have time to register. There is no entry fee, but you must register and sign the registration form in order to participate. Special thanks to our Fun Run Coordinator, Suzanne Baker, and our Fun Run Start Coordinator, Jack Frost, along with the multitudes of volunteers who make these great events happen.

By Vicky Connell

STRIDER SPOTLIGHT

I find it fascinating to talk with members of the Florida Striders and hear the wide variety of stories about their running. I have known Kim Lundy since we used to wait for the school bus with our kids every day when they were young. I was usually dressed in running clothes with my dog in tow, and I would leave to run once the bus had departed. Back then, Kim was not a runner, and eventually, we lost contact when she moved to a different neighborhood.

Not long after that, Kim began running on the treadmill and working out at the YMCA. She continued working out indoors until a PE teacher at the school where she worked (Kim is a school counselor for Clay County Schools) encouraged her to do the Autumn Fitness 5K in 2004. She finally agreed to run outside since she would be in a crowd, and no one would notice her! Her time was 29:20; she was thrilled to break 30 minutes (and beat the younger PE

teacher!).

A few years later, I was surprised to see Kim at Run for the Pies. I invited her to the track where we run intervals on Wednesday nights. Kim didn't consider herself a "real" runner at the time, but I told her it didn't matter how fast she was; the point was to just become a better runner, and do it with other people. Kim bravely agreed to try it, and she's been coming to the track off and on ever since. Kim joined the Striders, and in 2007, Bob Boyd asked her to become a member of the board where she has remained ever since (is somebody throwing a party for her 10th anniversary next year?!).

Kim's running gradually evolved into lots of local races where she met many new friends. After her first Gate River Run (a 15K which is 9.3 miles), she figured that a half marathon is only 4 more miles. So she signed up for the Disney Half Marathon. Kim enjoyed the camaraderie of meeting other people at races. It kept going from there. When she turned 50, she did the Marine Corp Marathon, training very hard with her good friend Sandra Maveety. "It was a tough race," she thought, "but I can do this again." She made a choice to complete one marathon each year. She usually had a buddy, but only once did she have to train by herself. Kim then decided to do some destination marathons. After doing the Marine Corp Marathon in 2007 with Sandra, the two traveled to Chicago, IL along with Sandra's daughter,



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Jacksonville Bank Marathon 2016

Our annual water stop at the Jax Bank Marathon this past January was a cold and wet one! We had quite a crowd of volunteers out there cheering on the runners and keeping spirits high. Per tradition, there were also several members who helped run in a first time marathoner! Congratulations, Sara Thompson!



26.2 with Donna 2016

Another tradition we Striders have always enjoyed is the 1-mile water stop at the 26.2 with Donna. We had a great crew working together this year cheering on the runners while enjoying each other's company. Great job to all of the half and full marathoners!

Striders at the Races!

12/26/15 - Last Gasp Cross Country 5K

Jean Schubert 49:20

George Hoskins 39:10

First race after knee rehab.

12/31/15 - New Years Eve VyStar 5K

Al Saffer 38:12 1st AG

Ben Holland 35:48 2nd AG

George Hoskins 32:46

1/3/16 - Jax Bank ½ Marathon

Frank Frazier 2:19:51 2nd AG

Rick Oblak 1:26:01 3rd AG

And a PR

Jean Schubert 3:20:38

3rd fastest of the 15 halves I've run since Nov. 2012!

Thank you Diane Wilkinson!

Amy Guthrie 1:55 PR

David Bonnette 1:38

1/9/16 - Resolution Run 5K/10K

David Kelley (5K)

Rick Oblak 39:49 (10K) 2nd AG

And a PR

Ben Holland 1:16:47 (10K) 1st AG

Frank Frazier 1:04:07 (10K) 2nd AG

Al Saffer 1:08:10 (10K) 1st AG

Jean Schubert 1:21:52 (10K)

A new 10K PR!!! (by more than 2 minutes!) Thank you Diane Wilkinson!!

1/17/16 - Ocala ½ Marathon

Ann Krause 1:59:19 2nd AG

Amy Guthrie 1:57

David Bonnette 1:34

1/17/16 - Louisiana Full & ½ Marathon Baton Rouge, LA

Christy Ford 1:55:56 (half)

Bridget Turner 4:30 (full)

Great race! Great locals!

1/23/16 - JTC Winter Beach Run

Frank Frazier 1:56:10

Only runner in AG

Al Saffer 2:24:29 1st AG

Jean Schubert 2:26:36

A new 10 mile PR!!

Shelly Allen 1:16:31 4th overall female,
1st place masters

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UPCOMING RACES!

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 North Florida races, go to www.ameliaislandrunners.webs.com/kbendy/rrcaca1.htm.

DATE	RACE	TIME	RACE DAY LOCATION	WHERE TO REGISTER
5-Mar	Spartan Run 5K	8:00am	St. Johns Country Day School, Orange Park, FL	sjcds.net
6-Mar	March to Get Screened 5K	8:00am	Jacksonville Beach Fishing Pier	marchtogetscreened.com
12-Mar	Gate River Run	8:30am	Everbank Field	1st Place Sports (any location or online)
19-Mar	5K Race for Hope	8:30am	1 Ahern St, Atlantic Beach, FL	highfivesforhope.org
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)
2-Apr	Mount Acosta Endurance Classic	4:30pm	Haskell Bldg, 111 Riverside Ave.	1st Place Sports (any location or online)
3-Apr	Run 13.1 & 5K	7:00am	Jacksonville Landing	1st Place Sports (any location or online)
9-Apr	The Cupcake Run 5K	7:30am	St. Johns Town Center	raceplanner.com Ultimate Racing Inc.
16-Apr	Run to the Sun 8K	8:00am	Best Bet - 455 Park Ave.- Orange Park, FL	floridastriders.com
23-Apr	Wine & Chocolate Run 5K	4:30pm	San Marco Square	1st Place Sports (any location or online)
30-Apr	Never Quit 5K & Trident	8:00am	Seawalk Pavilion Jacksonville Beach	1st Place Sports (any location or online)
12-May	Corporate Run 5K	6:30pm	Metropolitan Park	1st Place Sports (any location or online)
13-May	Running of the Knights 5K	7:00pm	Creekside High School St. Johns, FL	1st Place Sports (any location or online)
14-May	Shannon Miller Lifestyle 5K	8:30am	Riverside Park - 753 Park St.	1st Place Sports (any location or online)
21-May	Running for Dreams 5K	8:00am	Fletcher Park - San Marco	1st Place Sports (any location or online)
30-May	Memorial Day 5K	TBD	1st Place Sports - Orange Park Location	1st Place Sports (any location or online)





8 Week Running Class

- Starts:** April 6, 2016
- Location:** St. John's Country Day School Track
- Meets:** Wednesday's at 6:00pm
- Price:** \$50 (discounts for current members; 13 and under free without class t-shirt)
- Includes:** Strider Membership for 1 year, technical t-shirt for all registered who complete the class, and class party
- Goal:** To run or run/walk the Memorial Day 5K on May 30, 2016 (must register separately for race)
- Bring:** Water bottle (water or sports drink as preferred), towel for stretching, sports watch (optional), running shoes

Each class will feature an expert speaker on various topics of interest:
Hydration, Proper Shoe Wear, Strengthening & Conditioning, Running Apparel, Racing Strategy, Mental Conditioning and More

For more info and to register, go to:
www.floridastriders.com/running-classes/

Hog Jog Race Director Needed

Fellow Striders, we are searching for our next member willing to take on the race director position for the Hog Jog 5K. Whether you have experience with directing races or not, we have a team of volunteers willing to help, and this is probably the easiest of all our races for a first time director. Email run2day4life@gmail.com if you are interested in helping us out!



Florida Strider's Spring Picnic!



Date: Sunday, April 17th

Time: 1:00-5:00pm

Where: Mandarin Park – 14780 Mandarin Park Road, Jacksonville, FL 32223

Sodas, water, hot dogs, burgers, & fixings are provided. Please bring a side dish to share!

Please join us for fun, games, and amazing food! Please invite your friends and bring the whole family. RSVPs are required if you want to eat a burger: social@floridastriders.com



2016 College Scholarship Applications Being Taken Now!

Eligibility Requirements:

- Must be a resident of Northeast Florida for the past two years.
- Must be a graduating high school senior.
- Must be a runner or active in track and field events.
- Please be advised that NCAA regulations may prohibit you from accepting this scholarship if you attend college/university on an athletic scholarship.
- **ENTRY DEADLINE: March 11, 2016**

Go to www.floridastriders.com to download your 2016 application. For additional info, contact Kim Lundy at klundy@oneclay.net.

2015-16 BOARD OF DIRECTORS & KEY PERSONS

President: Scott Hershey
run2day4life@gmail.com

V-President: Michelle McCullough
mmccullough@floridastriders.com

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treasurer@floridastriders.com

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Run to the Sun 8K: Bill Krause
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Memorial Day 5K: Scott Hershey
Hog Jog 5K: TBD

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For a complete list of all director, personnel,
and board meeting minutes, please look
under the "About" tab on our website:
www.floridastriders.com.



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



PUBLIX SUPER MARKETS
CHARITIES



**A BIG THANK YOU TO OUR
SPONSORS FOR THEIR
CONTINUED SUPPORT!**

Continued from page 7**1/30/16 - Matanzas 5K**

Jean Schubert	42:12	
Al Saffer	37:30	1 st AG
Frank Frazier	30:20	7 th AG
Ben Holland	34:22	2 nd AG
George Hoskins	30:30	
Shelly Allen	20:47	1 st place Grand Masters

2/6/16 - Duck Pond Dash 5K

Erin Aylsworth 32:26

2/6/16 - Pirates on the Run 5K/10K

Frank Frazier	1:00:43	(10K) 2 nd AG
Ann Krause	54:41	(10K) 2 nd AG
Amy Guthrie	24:43	(5K)
David Bonnette	42:40	(10K)
Jon Guthrie	31:01	
Sara Guthrie	39:44	

2/13/16 - Donna 5K

Jean Schubert 41:40

"On the drive from Jacksonville to St. Augustine for the Matanzas 5K, one vehicle held four Striders whose total age was 298 years. Dave Townsend (64) drove Bob Meister (85), Pat Gallagher (84), and Bernie Powers (65). Gotta be some kind of geezer record." - Bernie Powers

**WHO IS THE
MOST AWESOME
PERSON TODAY?**

**Continued from front page**

allows high school students to develop athletic skills, social skills, self-respect, self-esteem, courage, strength, confidence, healthy lifestyles, and a positive direction. Along the way, our students also participate in other local races and support a number of charities.

Here is a recap of some of the things we accomplished in our fifth season:

- ✓ A record 425 students and coaches this season (that's 100 more than last year)
- ✓ Gave \$5000 in college scholarships
- ✓ Raised \$5200 for breast cancer research and women with breast cancer
- ✓ Added 5 new high schools for 18 total (including two in Clay County)
- ✓ Collectively run over 100,000 miles (250 each)
- ✓ Participated in six other 5K/10K community races
- ✓ Volunteered at six charity events
- ✓ Held a canned food drive for Trinity Rescue Mission
- ✓ Collected jeans for homeless youth through our "Jeans for Teens" project
- ✓ 932 students have now crossed the finish line

Our next season will start in October. For more information on getting involved, visit www.MarathonHighFL.org.

Thank you to the Florida Striders for helping to make all of this happen! Your organization truly "gets" us and our mission.

Strider Spotlight continued

Katie as well as San Antonio, TX and Richmond, VA.

Kim has been fortunate to have a family that is very supportive of her running. She is married to Jack, a retired Naval officer, and has two children, Stephanie and Michael. In the fall of 2012, Kim ran with Stephanie, who was doing her first marathon. The following year, they ran Chicago together. Stephanie also had a group of friends who ran. In 2013, for her Christmas present, Stephanie asked Kim to pay for a half marathon every month for a year, and they would try to run as many together as they could. Kim thought this was a great idea until she found out Stephanie was picking some pretty expensive races! But, they kept going anyway. In 2014, they met up in North Carolina, Maryland, and Maine, finishing the year with a half marathon in Philadelphia where Stephanie did the half, and Kim did the full. Since October 2013, Kim has run a half marathon every month (that's 29 straight months and counting!), sometimes running an additional full marathon. She has completed a total of 10 full marathons. Although she has experienced little aches and pains, including plantar fasciitis, she has had no major injuries. In 2015, she got into Chicago and New York, participating in two marathons in one year, ending up with the plantar fasciitis. After some rehab, it's doing better now. One of Kim's goals is to break 2 hours for a half marathon. Her current best is 2:00:47. As she ramps up training, she also wants to qualify for Boston in the fall.

Kim's proudest running accomplishment is the Run/Walk Club at Middleburg Elementary School, which she started, built up, and ran for 3 years. It was transferred to Oakleaf Village Elementary where it became the Oakleaf Club and has continued to grow and develop with 225 active runners in grades Pre-K through 5th grade. The club really appreciates the support that the Florida Striders gives to all the run/walk clubs. The kids are so proud of their running accomplishments. They turn in their race bibs, which are then posted on the wall in the cafeteria for the Runner's Wall of Fame. The kids love it! At the end-of-year banquet when they celebrate all their achievements, the kids then take back their bibs for keeping.

Kim enjoys all the friendships that she has made through being a member of the Strider, as well as the motivation and encouragement she receives from the people she has met. She is currently chairperson of the Strider Scholarship committee, and she has been on the committee for the past 4 years. Kim finds it very rewarding to read through applications of what running means to the kids who apply. She also likes lighting the fire under the elementary kids running their first 5K. She recently knew a boy who did so well in a race that he wore his medal to school on Monday. These are the things that make her volunteer efforts worthwhile!

Kim's philosophy towards running is that it's all a mind-game. She believes that as long as you can convince yourself to put your shoes on and get out the door, that's half the battle. It also helps to have a goal. Participating in half marathons has helped her to keep on training, and the friendships she has made along the way have been the icing on the cake! She has been one of our coaches at numerous running classes over the years and always enjoys when people come up to her after a race remembering her help.

Kim's best advice for other Striders or would-be runners: "Keep it fun and enjoyable!" And Kim has definitely set the example, showing us how that is done!

Florida Striders

Race Series

Entry Form 2016



To receive your 2016 Race Medal you will have to run or walk and complete the following races. **The Resolution Run 10K or 5K on 1/9/16, Run to the Sun 8K on 4/16/2016 and Memorial Day 5K on May 30, 2016**

Cost: \$10.00

You will have until April 16th 2016 to ENTER.

Please make your check out and mail form to:

Florida Striders Track Club
P.O. Box 413
Orange Park, FL 32073

First Name.....Last Name.....

Email Address.....

Are you a Florida Strider? Yes..... No.....

Everyone is eligible whether you're a Florida Strider or not.

***You can also enter the series at www.floridastriders.com (plus a small processing fee) or by paying at registration on race day at either the Resolution Run or Run to the Sun race day. ***

Saturday, April 16, 2016
 8K - 8:00am
 1 Mile Fun Run - 9:30am
 bestbet Orange Park
 455 Park Ave, Orange Park
 —
 Cotton/polyester blend
 t-shirts to the first 750
 pre-registered runners



Benefits Local School Run/Walk Programs



ENTRY FEES

	Striders/Military/AIR	Non Striders	Kids 13 & Under
Until April 3rd	\$20	\$25	\$10
April 4 - 15th	\$25	\$27	\$15
Day of Race	\$30	\$30	\$30

- \$2.00 OFF if you preregister with your own timing chip
- Sorry, there are no refunds.
- You may register on-line at www.floridastriders.com or 1stplacesports.com or in person at any 1st Place Sports location!
- **On-line registration is available only until noon Wednesday, April 13th**, but you can also register at any 1st Place Sports store thru Friday, or at the race Saturday morning.
- Day of Race Registration starts at 7:00 AM.

Race Director: Bill Krause
rttsrd@floridastriders.com

TRI RACE SERIES

It's not too late! You can still sign up to be eligible for the Series medal if you do it by the Run to the Sun race date. The series includes the Resolution Run, Run to the Sun, and Memorial Day 5K, and you must complete all three. The fee is only \$10 again this year, (separate fee from the race registrations). Visit www.floridastriders.com for more information and how to register. You can not register at the stores for the series.



AWARDS

Top 3 Overall male and female, Top Masters & Grand Masters male and female, plus male & female Age Group awards for the top 3 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, 80 & Over. (No Multiple Awards) **Awards ceremony at 10am.**

8K COURSE/TIMING

The 8K course starts at Wells Road & River Road and finishes at Bestbet. It is a USATF Certified Course (FL11046EBM) along the beautiful St. Johns River on River Road. The race will be timed using the ChampionChip (chip must be worn on shoe or ankle during the race). Do not wear your personal chip if you sign up on race day.

FUN RUN

The FREE One-Mile Fun Run starts at 9:30AM in the field behind bestbet. Entry forms available race morning (do not mail in). Ribbons to all and \$1,000 in participation money for elementary schools! The fun run is free, but all participants must register on race day. Suzanne Baker is the fun run coordinator & can be reached at srbaker@oneclay.net.

PACKET PICKUP

Please check your packet pick up location box on the entry form.

Dates: Thursday, April 14th & Friday, April 15th

Times: 10:00 AM to 6:00 PM

1st Place Sports locations: (Info on 2nd page)

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

All packets not picked up at 1st Place Sports will be moved to bestbet Orange Park for race day pick up.

SPONSORS



384-0053 810-5009



BECOME A FLORIDA STRIDERS MEMBER

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

Benefits Include:

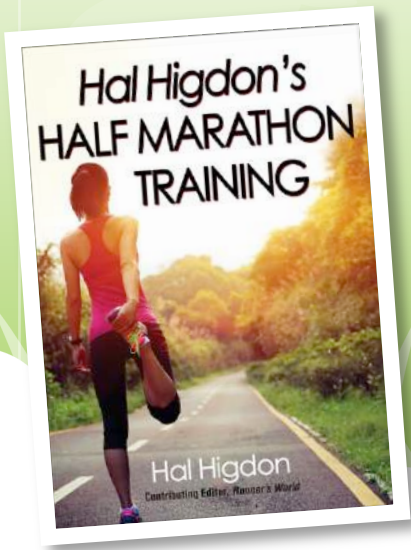
- If you run 3 Strider races, the Florida Strider discount pays for itself.
- 10% discount at 1st Place Sports
- Private Strider member tent at the Gate River Run with food & drink: a great place to swap race stories.
- Visit www.floridastriders.com/membership.html for more information

The Florida Striders Track Club is incorporated as a non-profit organization under the laws of Florida and is granted federal tax exempt 501©3 status under the blanket exemption of the RRCA ID#74-2194707. StrideRight is published quarterly at P.O. Box 413, Orange Park, FL. Printed by Sir Speedy – <http://www.sirspeedyop.com>

FLORIDA STRIDERS TRACK CLUB

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Looking for your next read?



Ponte Vedra Beach winter resident and Strider member, Hal Higdon, tells us that he has two books scheduled for publication this year: *Hal Higdon's Half Marathon Training* (Human Kinetics) in the spring and the third edition of *Run Fast* (Rodale) in the fall. We will review the books later in the year as they hit the market. Keep an eye out – we are looking forward to reading them!