



Written by Jenny Allen

Jenny's Pennies 38th Anniversary Celebration

Another year has come to a close, culminating in a party to celebrate our first Sunday morning run from Sun Tire and to help spend the money that was found during the year. This marks our 38th anniversary of Sunday morning runs from Sun Tire and the more than 1,056 consecutive Sunday morning runs since its inception. The only thing that has changed is that we now meet across the street at I-Hop.

We had about fifty Striders and friends attend, which was better than expected considering that the Marine Corps Half Marathon, a very popular race, was held on the same day. The race was scheduled for the week before, but due to Hurricane Matthew, it had to be postponed to our date. What really worked to our advantage was that race director, Doug Alred, said runners could run a "virtual" half marathon, meaning a runner could run the distance anywhere and still be officially counted. Some Striders opted to run their race in Orange Park, which added to our good turnout.

Cont. on page 14

What's Inside!

Board of Directors	2
Letter from the Editor	2
In Memoriam	2
Strider Spotlight	3
Membership	4
Hog Jog	5
Senior Games	6
Upcoming Races	7
Scholarship Essays	8
Striders at the Races	8
Tortoise and the Hare	10
Hall of Fame	11
Strider Team Highlight	12
Senior Strider	13
Resolution Run Flyer	17
Angry Tortoise Flyer	19

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Cari Holbrook	Kim Lundy
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striderighteditor@gmail.com

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

LETTER FROM THE EDITOR

Dear Florida Strider Members,

Thank you to everyone who has contributed to the StrideRight since I took the editor position in August 2015. I have thoroughly enjoyed receiving each and every composition. I hope that more of you will consider sending submissions my way as well. There really wouldn't be a StrideRight without our members' articles.

As we enter the 2017 year, I hope to increase our StrideRight issues to bi-monthly publications. So, the more write-ups I get from you, the more likely this will be successful. We are a track club newsletter, so anything related to health, nutrition, and fitness is always welcomed. Believe in yourself that you have something interesting, funny, endearing, inspiring, or meaningful to say. Even something as simple as a public thank you or shout out to someone who has made a difference in your life or others is worthy of publishing. I only ask that submissions be kept free of religion and politics since there is such great diversity in our membership. Our common denominator is running and companionship. I know that I, personally, don't know what I would do without all my fellow runner friends. You are my family, and I look forward to every group run and every race I get to share with you.

- Cari Holbrook

All articles and submissions should be sent to striderighteditor@gmail.com

In Memoriam



Long time Strider member, Dick Miller, passed away on October 30, 2016. Dick was very active in the club for many years. He was race director of the Hog Jog for several years. He ran many races of all distances, including marathons. He used his own truck to deliver equipment to many of the Strider events. This was very distressing for his wife, Elke, who is suffering from dementia. Elke is in the Life Care Center on Kingsley Avenue. For those of you who know her, she would welcome a visit. She might not recognize you, but she enjoys having people stop by.

Written by Vicky Connell

STRIDER SPOTLIGHT

For this issue of the Spotlight, I interviewed a guy who has to be our newest Florida Strider member. Charles Boswell only recently became an official member, but you would never know he hasn't been one the past year. He attends most of the Strider runs. When I first met Charles, the thing that impressed me most was his willingness to run with others. Charles is a very talented runner, but he will run with anyone who needs a partner to run with them, regardless of their pace. I asked him why he does this, and he said he likes to push slower runners and encourage them to keep going. So how does he do all this easy running and still stay so fast? He said he runs fast on other days.

Charles moved to Jacksonville in September of 2014. His only local family is his grandfather who lives in Orange Park while the rest are spread out in various states. In 2016, he attended the Run to the Sun 8K where he met Jamie and Tabitha Williams and Shelly Allen. They told him about our Saturday Oakleaf runs and Sunday IHOP runs. He began to attend both, eventually also showing up on Wednesday for track night at SJCDs. I met him at one of the IHOP runs, and I was happy to have someone keep me company for a 10 mile run. Even though we didn't talk a lot (Charles is not a huge talker!), it was nice to have someone beside me when it got tough toward the end!

The photo with this article was taken the first time I ran with Charles. I've learned that he likes to have a photo of each run that shows whom he ran with. If you check out his Facebook page, it's filled with photos of Charles and all his running partners. For someone who doesn't say much, it says so much about him and how his quiet, but friendly and supportive, presence makes him very popular to be around!

Charles was a runner in high school in Maryland. He ran both cross-country and track, and he eventually ran cross-country at Florida Metropolitan University (FMU). He liked running the 5K in cross-country, and his favorite distance during track season was the mile. Now he prefers the 8K distance. Some of Charles' PRs

(personal records) are 4:21 for the 1 mile, 9:58 for 2 miles, and 16:00 for the 5K. Charles said he is currently trying to work his way back to the glory days and run that 16-minute 5K pace once again. I told him, "You're young enough. You can do it!"

For his future goals, Charles is training for his first ever marathon, which will be the Ameris Bank Jacksonville Marathon coming up in December. He is following a training plan given to him by his former high school coach back in Maryland, Herb Tolbert. Charles says his coach took a plan he had used for himself and adapted it for Charles. It's pretty cool that he still stays in touch with a former coach!

Charles likes running with Strider groups because of how everyone is kind and appreciative of others. He told me they welcomed him with open arms even though he was shy and didn't talk much (he still doesn't!). Charles tries to stay healthy, and when he eats food that he shouldn't, he makes up for it by eating something healthy. He also likes to stretch both before and after training. His advice to others is to keep working hard, and to push forward, even when you feel like quitting! The Striders are fortunate to have a great guy like Charles to join our illustrious group!



Charles Boswell & Vicky Connell

Renewing!

Herb Armstrong
Jan Bullock
Denise Dailey
Liane Daniels
Linda Day-Cordes
Donna Fielding
Amy Guthrie
Gary Lewis
Wayne Parker-Blackburn
Barbara Scott
Jamie Williams
Bruce Zewicke

New!

Charles Boswell
Barbara Gilbert
Michael McGrew
Ernestine Munoz
Joseph Ritchie
Pabita Wood

Upcoming!

Jennifer DeSantis
Jim Giancola
Peter King
Bernie Loftus
Bob Moyer
Jill Pennington
Rosanne Vernon
Sue & Darrell Whitworth



The Florida Striders Track Club is a non-profit, family oriented club that stages five races each year, offers free children's fun runs with our races, and has social and other activities on a regular basis. We are running enthusiasts who love to run, race, and socialize! See our website, www.floridastriders.com or email membership@floridastriders.com for more information.

Florida Striders Membership Application

Last Name _____ First _____ MI _____			New _____ Renewal _____	
Address _____ Apt# _____			# in Family _____ / Spouse's Name (Family Membership Only) _____	
City _____ State _____ Zip _____			Your DOB _____ Spouse's DOB _____	
Home/Cell Phone _____ / Alternate Phone (Optional) _____			Children's Names (Family Membership Only) _____	
Email Address (print clearly) _____		Signature _____		Date _____

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) (age 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

The Hog Jog Saga Continues

Written by Bob Fernee

This wasn't my first experience at race directing by any means, but it was my first in a very long time. I have helped with The Last Gasp and the Guana Back-to-Nature Trail Races, but I had not been responsible for the full organization of a race since the Ravines cross-country race in about 2005. This was my first involvement with the Florida Striders as a race director. That alone made me rather nervous and unsure. I didn't want to let all those super nice Striders down, you know.



The Old City Farmers Bluegrass Band

A moment of weakness

Last year was my first time participating in the Hog Jog, and I chronicled my experience in a story for StrideRight (Jan-Mar 2016). My written words did me in when a famous Strider, who initials are BK, said something like, "If he likes the Hog Jog so much, he should be its next race director."

The best laid plans of hogs and men

It's very, very difficult to avoid other races these days while at the same time dodging Jacksonville Jaguars home games. There were only two choices and one of them was too close to the Thanksgiving Day Half Marathon. We settled on Sunday, November 6.

Nancy Harms created a new Hog Jog logo in June. She is worth her weight in gold, that gal. Thanks, Nancy.

My thinking with the race was to "change it up" to hopefully result in a bigger turnout. I felt the Hog Jog's traditional barbeque was a vital element. My idea was to enhance it by having a live, on-site BBQ. I was even

intent on pulling off the smoking of an entire pig. I also wanted more post-race games and activities, and I happened to find some pig-shaped piñatas (or in this case, PIGNatas). Last, but not least, I remembered my friend, Tommy Bledsoe, had a Bluegrass band (The Old City Farmers) in St. Augustine. I contacted him, and they were "happy to take that gig."

Expenses mounting, entries floundering

These are the times when a club is thankful for its sponsors. Without their financial help, front the costs associated with a race would be virtually impossible. The Striders have some wonderful sponsors and, by the way, you should support them whenever you can – because they support us. Awards had to be paid for, as well as t-shirt printing, the BBQ from Sonny's, and other assorted expenses. It was all adding up, and only 40 people had registered to run. I was starting to panic. "Don't worry," calmer Striders' heads assured me, "people always sign up late."



Hog Jog Fun Run

photo credit: Randy Leftko

Race Day. What, me worry?

Arriving at the race venue at 10:30am, three-and-a-half hours before the first race was due to begin, I found volunteers, Mike Mayse and Jack Frost, already there with a U-Haul truck full of race equipment. Ken and Marie Bendy went by Sonny's BBQ on their way to the race to pick up the "good stuff". This was a big help as the restaurant was miles away on Kingsley Avenue. At this point, I should say something about the Striders, its organization, and volunteers.

cont. on page 16



Florida Striders Have Strong Showing at 2016 Jacksonville Senior Games

Written by Jean Schubert

From left to right: Barbara Gilbert, Jan Bullock, Jean Schubert, August Leone, Sara Guthrie, Jon Guthrie

To participate in the annual Senior Games, you must be at least 50 years old by the time that the State events are held in December. There are all kinds of events, including some that are recreational, held at various venues around town. The Games kicked off with Opening Ceremonies, which were held at Metro Park on September 30th. At that time, we were told that the youngest participant this year was 49, and the oldest was in their mid 90s.

At this year's opening ceremonies, August Leone, Jan Bullock, Barbara Gilbert and myself shared a table for the lunch provided. There was also a lineup of speakers, and prior to the lighting of the torch and parade of athletes, I was chosen to read the Athlete's Oath in front of the gathered crowd.

The 2016 Jacksonville Senior Games track-and-field events were held at Bishop Snyder High School on October 1st, and several members of the Florida Striders not only showed up, they represented and went home with medals. The weather cooperated, though it heated up as the day went on. Jon Guthrie and Jan Bullock participated in the field events as well as track. Jon earned medals in Shot Put and Discus Throw while Jan earned medals in Long Jump, Shot Put, and Discus Throw.

The track events offered for competition were the 50 meter dash, 100 meter dash, 200 meter dash, 400 meter

dash, 800 meter run, 1500 meter run, and 1500 meter race/walk. Participants had the opportunity to choose any or all events with the value of all track-and-field events for one entry fee. Such a bargain!

Barbara Gilbert and Herb Taskett blew away the competition in the Race Walk, earning 1st place female and male, respectively. These two gold medal winners will be headed to Clearwater in December to compete at the State level. The Nationals are within their sights, I'm sure.



Marine Corps 5K AG Winners: Jan Bullock, Jean Schubert, Barbara Gilbert

cont. on page 15

UPCOMING RACES!

RUN ALL THE RACES!!!



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/rracal.htm.

DATE	RACE	TIME	RACE DAY LOCATION	WHERE TO REGISTER
7-Jan	Resolution Run 5K	8:30am	Best Bet, Orange Park, FL	www.floridastriders.com
14-Jan	The Pirate 5K	8:00am	Palencia Club, St. Augustine, FL	1st Place Sports (any location or online)
21-Jan	Hellcat 10K/30K/50K	7:00am	Green Cove Springs, FL	1st Place Sports (any location or online)
22-Jan	RiverWalk 5K	1:30pm	Winston Family YMCA	1st Place Sports (any location or online)
28-Jan	Winter Beach Run	2:00pm	Seawalk Pavilion	1st Place Sports (any location or online)
4-Feb	Pirates on the Run	8:30am	Fernandina Beach	1st Place Sports (any location or online)
11-Feb	Donna 10K & 5K	8:00am	Prime F. Osborn III Center	1st Place Sports (any location or online)
12-Feb	Donna Marathon & Half Marathon	7:30am	The Players Championship/Mayo Clinic	1st Place Sports (any location or online)
18-Feb	8K River Day	8:30am	Grace Episcopal Day School, Orange Park, FL	1st Place Sports (any location or online)
19-Feb	Mardi Gras Beach Run 5K	8:30am	St. Augustine Beach Pier	www.firstcoastymca.org
25-Feb	Ortega River Run	8:30am	St. Mark's Episcopal Day School	1st Place Sports (any location or online)
26-Feb	Angry Tortoise 25K/50K	7:00am	Cary State Forest	www.floridastriders.com
4-Mar	Moo-ve It 5K	10:00am	Cowford Chophouse on Bay St.	1st Place Sports (any location or online)
5-Mar	March to Get Screened 5K	9:00am	Jacksonville Beach Pier	1st Place Sports (any location or online)
11-Mar	Gate River Run	8:30am	Alltell Stadium	1st Place Sports (any location or online)

2016 SCHOLARSHIP ESSAY WINNERS

In our 2016 Summer Issue of StrideRight, we announced our scholarship essay winners of the year: Mason Gerry, Nicole Schoenfeld, Madeline Sgro, and Emily Surgeoner. Two of the four winners' essays were published as well. Now, in the first 2017 StrideRight, as we look toward the next year's applicants for our 2017 Florida Striders Essay Scholarship, we would like to introduce the other two essays. Congratulations again to all four winners, happy running, and good luck with the remainder of your college career!

Essay Winner – Nicole Schoenfeld

"What does running mean to me?"

As a form of therapy, running frees me. As a form of exercise, running challenges me. And as a lifestyle, running is a part of me.

When I was too young to run, I would ride my bike alongside my dad as he ran. Little did I know running had provided a platform for me to meet my best friend. Envious my dad could partake in an activity that I was not yet capable of, I begged him to let me run alongside him. He signed me up for my first marathon when I was thirteen years old.

While for others the long weekends leading up to the race could be denounced as dreadful or painful, to me they were my fondest memories. The four hour runs around town were the best excuses I had to gossip and share ideas with my dad. It was impossible not to make light of the fact that this is what we had decided to spend our Saturdays on. Nonetheless, I have completed three marathons with my running partner and many halves. I would say the feeling after I finished my first marathon was euphoric, but indeed there was no feeling....Just knowing I had completed the journey alongside my best friend was my personal "running high."



8/20/16 – Tijuana Flats Summer Beach Run

Jacksonville Beach, FL

Jaimy Piccirilli	42:11	
Al Saffer	1:22:31	1 st AG

9/5/16 – RunJax 5K

Jacksonville, FL

Bernie Powers	30:02	11 th AG
Dena Gaucher	24:34	5 th AG & PR
Amy Guthrie	24:06	
Al Saffer	39:10	1 st AG
Jennifer DeSantis	24:57	

9/10/16 – Run with the Flock 5K

Jacksonville, FL

Dena Gaucher	25:21
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9/18/16 – Mills River Valley 5K

Mills River, NC

Shelly Allen	21:15	2 nd Female Overall
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9/24/16 – Bronze Man 12 Hour Ultra

Fernandina Beach, FL

Bernie Powers 11:44:56 1st AG & PR
 40.66 Miles. Many thanks to Frank Frazier for the Striders tent and potatoes; to Dave, Jack and Holli for the running and training company; to Jon, Lynn, Debbie, Bill, Regina, and Connie for moral support; and to Caleb and his friendly crew for putting on a great race.

9/24/16 – Endless Summer 5K

Jacksonville, FL

Al Saffer	40:46	1 st AG
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cont. on page 11



Essay Winner – Emily Surgeoner

Running is more than an activity, or a sport, for that matter. It is a way of life. It influences my diet, dictates my relationships, and demands commitment. Track practices have taught me that there is always more to give, to finish what I've started, and that mental preparation is just as important as physical.

People often ask, "Why would anyone want to run track?" The answer is not simple nor will it ever be because only those that compete day-in and day-out can fathom a justification. Apart from running as a way to release stress and frustration, it offers an exhilaration like no other every time the gun fires. At that moment, the mind is free of outside thought

and the body is entirely committed to making every movement one that helps it get across the finish line as fast as possible.

Track is beautiful because results are simply times and there is no place for subjectivity. The 400m is arguably the most difficult race, so after running it, any endeavor seems quite achievable. Relays have a special place in my heart because having three other girls counting on you, and you on them, creates a unique bond. One person's success is everyone's success, and due to that accountability, an incentive is provided for each person to work a little harder, to push a little more. The 4x100m relay, specifically, has taught me that if the whole team isn't in sync, then success cannot be attained. Although sprinting is largely individual, team collaboration and support are essential to reach maximum potential.

For me, the two reasons to run track that hold the most conviction are the people around me and the gratification. Particularly the past two years, I've been blessed with the most dynamic, determined, and fun-loving coaches who possess real track experience and accomplishments themselves. My 400m coach helped me to shave five seconds off my time last year, a feat I never thought to be possible. Furthermore, my teammates have turned into my best friends, and we not only relish each other's company at practices and meets, but off the track as well at our team bonding events. We are people from different backgrounds but hold one unified goal of getting better. Finally, to shatter a PR means the world considering the grit and sacrifice that practice requires. It makes all the tight hamstrings, vomit, long days, and early mornings worth it because I am an athlete, and the only thing that athletes love more than competing is winning.

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The Tortoise or the Hare?

Lake Hinson 24 Hour Ultra Report

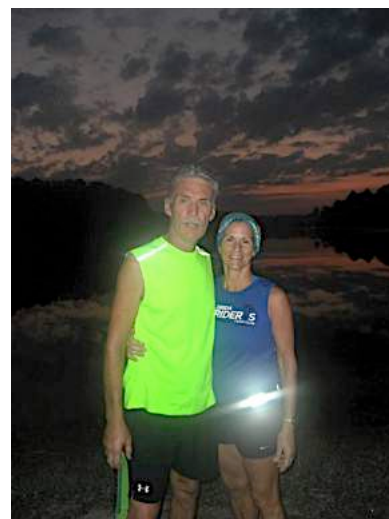
Written by
Vicky Connell

You know how they say, “third time’s the charm”? Well, sometimes it takes a 4th try to get it right, but I finally did just that. My husband, Jim, and I participated in our 4th race at Lake Hinson in Rockingham, NC on September 24th and 25th. The race began at 8am and went till 8am the next morning. The course is 1.5 miles around a lake on which you run continuous loops. The only mileage goals are the ones you set for yourself. You run or walk as much as you want, and you rest as much as you want. Having done this four times now, I’ve learned that as with most races, it’s important to have back-up goals, because in a race like this, anything can happen!

The first time I ran this race, I had the modest goal of running 50 miles. This sounds like a lot, but if you do the math, you can achieve 50 miles fairly easily in 24 hours if you just keep moving. In fact, the goal to “keep moving” is the key to achieving high mileage, which is what most people strive to do. Of course, each year brings new challenges. Little did I know, the best weather conditions would occur my first year. Subsequent years brought new challenges. After achieving 67 miles my first year and 75 miles my second (with a few hours of sleep in the early morning), I tried for 80 miles my third year, thinking it would be a cinch if I skipped the long break. Unfortunately, that was the year it rained non-stop, and at 2am, when my husband said he was going to the car to rest, I did not hesitate to join him and proceed to sit out the majority of the race. My result was 62 miles, my lowest level yet. (Jim and I make a point of doing the exact same mileage. He just usually reaches the goal before I do since he’s faster). Part of the problem was that I had over-planned, which seems strange, but having had stomach issues in previous years, I planned every stop and every drink, going to great lengths to get everything right. In the end, all my planning was pointless, as I hadn’t planned on rain. And I still got severe stomach issues.

This year, in light of the fact that I had done very little training and only had a long run equal to 14 miles, I decided to make minimal plans. I decided to take it easy, run/walk as long as I could, break when I needed to, but not stay on break, go easy on food, and simply eat/drink what I felt like I truly needed. I would keep moving until I reached 51 laps (which would put me at a PR of just under 77 miles) if possible. I had been dealing with some back pain for several months, and I knew this might be an issue as well. I was already resigned to the fact that I might need to quit early and was pretty laid back about the whole race. I just figured that whatever happened would be fine with me.

This turned out to be the perfect plan. It was exceptionally hot – it reached 90 degrees at one point. However, as the night wore on, I began to realize that my goal of 51 laps was very much in reach. I just had to keep moving. My secondary goal was to finish among the top 10 women. I placed 11th my first year but have done worse since then. I didn’t really think it was possible this year, but I had high hopes anyway. When they posted the standings sometime in the afternoon, I was once again in 11th place. Knowing I couldn’t change anything about the way I was going, I just kept moving. The next time I checked the standings, many hours later, much to my surprise I had moved up to 5th place! It appeared most people had quit. We were walking now, with the occasional run thrown in where the course was smooth. We were on about lap 45, with 6 to go. The laps go by very slowly when you’re walking. Jim asked if I was okay since it looked like I was sleepwalking. He was actually correct. I was starting to fall asleep! I drank some coke at the end of that lap, and the caffeine perked me up so much that Jim said he needed some at our next break so he could keep up!



Cont. on page 16

HALL OF FAME

FLORIDA STRIDER'S

This year at the annual Jenny's Pennies celebration on October 16th, a new Florida Strider's Track Club honor was begun with the induction of 10 individuals into the new Florida Strider's Volunteer Hall of Fame. This initial group was chosen for their dedicated volunteer service since the early days of our club. Because our club is run strictly on a volunteer basis, there are many more individuals deserving of this award, and plans are to add to this group each year in the future.



From left to right: Paul Ruebush, Marge Ruebush, Nancy Frazier, Frank Frazier, Jenny Allen, Richard Allen, Lori Scarlett.
Not pictured: Marie Bendy, Ken Bendy, and Doug Barrows

Striders at the Races

9/24/16 – Avondale 5K Classic

Jacksonville, FL

Bernie Berania 23:16 6th AG

10/1/16 – Jacksonville Senior Games

Jacksonville, FL

Jean Schubert

50 meter 10.11 1st AG

100 meter 20.99 1st AG

800 meter 5:38.50 1st AG

200 meter 59.64 2nd AG

1500 meter racewalk 15:56.33 1st AG

400 meter 2:34.18 1st AG

1500 meter 14:09.67

10/1/16 – The Human Race 5K

Jacksonville, FL

Al Saffer 37:47 1st AG

10/16/16 – Marine Corps ½ Marathon

Jacksonville, FL

Amy Guthrie 1:59

Jennifer DeSantis 2:06:44

Dena Gaucher 1:59

First virtual and loved it.

Liane Daniels 2:37

This was my victory race and come back after being shot 11 months earlier.

10/16/16 – Marine Corps 5K

Jacksonville, FL

Al Saffer 37:14 1st AG

Jean Schubert 44:54 1st AG

Earned gold medal for Jacksonville Senior Games race!

10/21/16 – Lumitronix Glow Run

Jacksonville, FL

Grace Adams 31:56 1st AG

Addison Adams 31:56 1st AG

cont. on page 12

Written by Shelly Allen

Team Member Highlight



Our running team member highlight is Amy Guthrie! Amy competes in the 40-44 age group. She represents the Striders well with a fabulous smile and with frequent Age Group and Masters wins. She began running in 2011 when her parents, Jon and Sara Guthrie, asked her to run The Children's Way 5K with them, and she's been running ever since. She generally trains about 20-25 miles a week, but that depends on what she is training for at the time. Her PR in the 5K is 23:40, and she's looking forward to her next personal best. Amy is an Executive Assistant for the Haskell Company, and she will graduate in May with a Business Administration degree. She has quite a busy upcoming spring, as she is getting married to David Bonnette in March! Future running goals, after the wedding and graduation, will take her to the Windy City (her home town and favorite city) for the Chicago Marathon, which will be her first marathon!

Striders at the Races

10/22/16 – Chomp & Stomp 5K Orange Park, FL

Bernie Powers	26:52	2 nd AG
Dena Gaucher	24:41	1 st Masters
Jean Schubert	42:50	3 rd AG

10/22/16 – Black Creek 5K Middleburg, FL

Luke Bybee 21:02 1st AG
Got a PR, received a hat for beating the director, and came in 11th overall!

10/22/16 – Every Boob Counts 5K Lake Worth, FL

August Leone 36:35 2nd AG of 7

10/24/16 – Pumpkin Run Franklin, NC

Shelly Allen 20:56 3rd female overall

10/29/16 – Penney Farms 5K Penney Farms, FL

Luke Bybee	21:23	1 st AG
Amy Guthrie	24:40	1 st Masters

10/31/16 – Evergreen Pumpkin Run Jacksonville, FL

Jean Schubert	2:44:21	4 th AG
Shelly Allen	1:20:32	3 rd AG

11/5/16 – Cottonmouth Quarter Marathon – Elkton, FL

Bernie Powers	1:01:25	2 nd AG
<i>And a PR!</i>		
Jean Schubert	1:36:04	3 rd AG

11/5/16 – Kings Bay 5K Crystal River, FL

Amy Guthrie 24:15 1st Masters

11/6/16 – Hog Jog 5K Green Cove Springs, FL

Bernie Powers	29:06	1 st AG
Jean Schubert	45:00	2 nd AG
Jennifer DeSantis	25:52	

11/6/16 – USATF Masters Cross Country Championship – Tallahassee, FL

Shelly Allen 21:02 5th AG
 10th place overall

Submit your race results to
 Striders at the Races at
www.floridastriders.com to see
 your name in the StrideRight! We
 would love to see how you did!

A SUPERIOR SENIOR STRIDER

Written by George Hoskins

During a light-hearted conversation, a few people have heard me say something like, “When I grow up, I want to be like Joe Connolly.” Some of you reading this may realize you haven’t seen Joe at a race in a while and wonder what he is up to.

Joe just turned 92 years old. He has been active in the Striders for at least 25 years. I am pretty sure he is the oldest active Strider member. Joe can no longer run, but by golly, he still pays his Strider dues. In fact, he recently overpaid his dues, and my contacting him about it led to a visit and this article.

Joe kept careful records of his very long running life, and here are some highlights. He ran the Gate River Run at least 30 times, completing several of them after he turned 80 years old. Joe ran in 1,134 organized races in his lifetime, and he has the bibs and awards to prove it. The Florida Striders gave Joe a special recognition in 2008 when he completed 900 races. Several years later, Doug and Jane Alred, with 1st Place Sports, honored Joe with a celebration event when he completed his 1000th race.



Joe after his 1000th race

Joe loves being a part of the Striders and the local running community. For many years, Joe was a familiar face at most of the races in the Jacksonville area, and he was quite competitive. Every year, from age 81 to 84, for example, he placed in the top three of his age group in the Jacksonville Grand Prix. In three of those years, his competition included considerably younger men, since the age group was “75 and up”! There are many more awards and Grand Prix plaques on display in his home, but those are some he is especially proud of.



Joe with his Grand Prix 75 and up awards

A particular incident captures Joe’s toughness, and his sense of humor. One year, Joe had a heart attack and collapsed near the end of the Gate River Run. He didn’t cross the finish line, since he was getting medical care. His big regret is that he couldn’t count that one as a finished race! But there is more to this story: Joe ran the race several more times after that, and every time, he would celebrate his comeback by stomping his foot on the very spot of pavement where he collapsed!

In addition to his running accomplishments, Joe has had a remarkable life. For sake of brevity, here are just a few highlights. Joe was a competitive athlete in tennis, ice hockey, and baseball. He played professional ice hockey for a while.

At one time, he had an opportunity to try out for professional baseball, but joining the military ruled that out. Joe is a talented musician, who played several instruments. His military service was in the Army-Air Force Orchestra. Later, he played in other big time bands and musical groups. To this day, Joe has regular “gigs” (as calls them) playing piano at the Mayo Clinic and at several retirement facilities.

After contacting Joe, I had the privilege of spending an afternoon with him, talking about the running community, music, long time friends, and life in general. Joe played the piano for me beautifully. Joe is an inspirational person and special friend to many of us. Perhaps some of you will get in touch with Joe as well.

Continued from front page

Even though “good help is hard to find,” I must have looked in all the right places. Thank you to Marge Ruebush, Lori Scarlett, Lynn Sykes, Mike Mayse, Frank Frazier, and Richard Allen for all your help with food, tables, and various other jobs. Thank you to Ann Krause for making your special Bloody Mary’s, and thanks to those of you who stayed to help clean up.

After the run/walk, breakfast, and group picture, our president, Michelle McCullough, shared a few words with the group. Following, Sara Guthrie presented Volunteer Awards to some longtime Striders, thanking them for their service to the club.

This year, we found \$208.56. Bobby Greene started the year off by finding \$1.00 in coins on the very first day. Recuperating from surgery and a tumble down the stairs, Bobby had to miss this year’s event. We are just glad he is back and walking with us again. Tabitha Williams is the winner of the “largest one-time find”. While running downtown, she found \$27.00 in a wad on the ground. Tabitha, you ROCK! Dave Townsend also found a twenty-dollar bill. This was the second largest one-time find. Five-dollar bills were found by Frank Frazier and Tabitha Williams. One-dollar bills were found by



Bill Krause, Bernie Gross, and Dave Townsend (who found two bills). Our Tar Heel Strider, Robert Shields, mailed in his findings, amounting to \$26.48. The last I heard, he was going to try to come. So I was disappointed when he didn’t make it. At our 2015 anniversary gathering, Dee Robertson-Lee turned in a large jar of change totaling \$10.48. NOW the big mystery is.....who sent me another fifty-dollar bill in the mail???? This is the second year in a row! The note that came with it said, “Surprisingly, I found more \$ this year while running. Please use it for Jenny’s Pennies. Thanks!” It was signed, “Anonymous.” Any clues on who this mystery person could be???? Male? Female? Do you come on Sunday morning? Hmmmm.....!!

A special thanks to all of you who came out to celebrate our great club. We saw many new faces and missed many of the familiar ones. I hope everyone will be back next year to make this event the best ever.

So until then: happy, healthy running, and keep those pennies rolling in.



Senior Games, cont. from page 6

The Marine Corps 5K race serves as the Road Race for the Senior Games and requires a separate registration fee. Hurricane Matthew caused a cancellation of the scheduled October 5th date, but luckily it was rescheduled for the following weekend, Sunday, October 16th. Unfortunately, the change in date kept August Leone from participating. Barbara, Jan and I ran it and each earned gold in our respective age groups.

This was Sara and Jon Guthrie's first time participating in the Senior Games, and with medals around their necks, they stated, "It was a great experience, and we are looking forward to doing it again next year!" Thanks, Jon, for sharing your photos of the event.

Barbara said, "I am 61 years old and am more physically active than I was in my 20s! Senior Games gives me the opportunity to have fun, challenge myself, and just DO

IT! I will be competing in the Florida State Games on December 10th and 11th in the same 2 events. The competition will be at a much high level which pushes me to work harder."

Our own awesome Strider, August "Augie" Leone (at the young age of 86), earned gold in each of the 3 events he ran. When asked about his thoughts on the event, Augie said, "It was a long day with our track events coming after all field events were completed."

This year, someone decided that morning that instead of being at the same time as scheduled, we runners would have to wait for the field events to finish. This pushed our starting time to almost two hours later, which in turn, had us running our longest distances in the highest heat of the day. Hopefully, this delay of our start will not be repeated next year, as it had the repercussion of runners not being able to participate in the later events due to time commitments elsewhere. Other than that major issue, I have to say that the organizers and volunteers did a great job that morning.

It was George Hoskins that got me involved in the Senior Games three years ago when he put out a challenge to the Florida Striders to represent. It's my hope that more Striders will consider showing up at the 2017 games. You meet so many other wonderful people and have a great time at a reasonable expense.



Jean Schubert



August "Augie" Leone



Medal total for the Florida Striders: Gold – 17, Silver – 5, Bronze – 4!!

Hog Jog, cont. from page 5



Julie Stackhouse

photo credit: Randy Leftko

the weather. The first race was the kids' one-mile fun run. This was a change because it typically comes after the 5K. After the fun run, our two grills managed to keep pace with the hungry horde of kids that was about three times what I expected. There were an estimated 120 in the fun run.

The 5K got underway at 2:30pm. I was happy with the number of finishers: 147 (80 men and 67 women). Matthew Stratton, a 12-year old cross-country runner from St. Johns Country Day School, won the race in 18 minutes and 5 seconds. Julie Stackhouse (37) was the first female overall in 18:10. The Masters races were won by David Farrady (60) and Terri Rose (59) in 20:24 and 25:01 respectively. Bill Phillips (62) and Traci Bane (52) won the Grand Masters division in 21:15 and 25:44. These six each won 64-ounce pitchers with the HJ logo etched in both sides. The age group awards were logo-etched beer glasses. A few people jokingly requested to have their glassware filled with the necessary liquid.

Unfortunately, that is the trouble with a public park: no beer allowed (probably the only drawback to this near-perfect venue). The races came off smoothly and full results can be found at 1stplacesports.com. I think I can say that the entire event came out fine and everyone had a splendid time.



The Strider Running Team (from left to right): Kim Lundy, Jean Schubert, Jon Guthrie, Jennifer DeSantis, Matthew Stratton, Dena Gaucher, Michelle McCullough. Photo credit: Kathy Murray

Cont. from page 10

The last 5 laps were just a slug fest. We were both pretty tired, and Jim mentioned that he was fine if we quit. We even got into a little spat about what lap we were on. We were both pretty fried, but there was no way I was going to stop, and Jim was determined to do whatever I was doing. So we continued to put one foot in front of the other. Finally, at about 6:30am, we finished lap 51. To my great shock, I was now in 2nd place among the women. I was tempted to keep going since there was still an hour and a half to go, and I could drop in the standings by the finish. We were both hurting, though, and we knew that if we cleaned up camp and left, we'd have more time to sleep at the hotel before checkout at noon. So that's what we did.

As it turned out, most of the women had quit long before I did. We had noticed a surge in people on the course about 5am, but they were too far behind to catch us at that point. I finished in 2nd for the women, tying with Jim for 15th overall. The woman who finished ahead of me finished 73 laps for a total of 109 miles. She was also 34 years old (I'm 57). So, as in the story of the Tortoise and the Hare, "Slow and steady wins the race." Or at least second place!

Start the year off right!
Sign up for the
Florida Striders' Resolution
Run 5K.
Jan. 7th, 2017 at bestbet
in Orange Park, FL



Long sleeve cotton shirts,
and Finisher medals!

5K (1st Grand Prix race of
the new year) - **8:30AM**
1 Mile Fun Run - **10:00AM**

Runs Benefit Local School's Run/Walk Programs

ENTRY FEES

	Striders	Non Striders	Kids 13 & Under
Until Dec. 23	\$22	\$25	\$15
Dec. 24 - Jan. 6	\$27	\$30	\$20
Day of Race	\$35	\$35	\$35

- \$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, January 4th**, 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 7:30 AM.

Race Director: Bill Krause
resolutionrunrd@floridastriders.com

PARKING

Parking is available at bestbet. **Please park in the extreme west or east sides of the lot, as the center spots are reserved for the Poker Room clientele.** Race registration and chip pick up are located in the open field area east of the main building area on the east side of the Kennel Club.

RACE CHECK-IN AND TIMING CHIPS

Race day registration and packet pick up, as well as chip pick up tables are open at 7:30 AM. The chip must be worn on your shoe or ankle. After the race, return the chip and Velcro strap in the finish area. Participants will be charged \$30 for lost chips. Chips are not used for the One Mile Fun Run. **Do not wear your personal chip if you sign up on race day.** You must cross the mats at the start and the finish to be included in the results.



THE COURSE

The 5K will start at 8:30 AM on Wells Road. The course takes you out and back along the beautiful St. John's River. There is a water stop near the half way turn around. See map for more details. Strollers are not allowed in the 5K. This is the first race in the 2017 Grand Prix Series, and certified by the USTAF. The results will be posted near the finish. You can also check your results at 1stplacesports.com after the race.

AWARDS

Medals to all 5K finishers this year! The overall and age group winner awards ceremony will be at 9:30 AM near the finish line. Top 3 overall, top master, top grand master, and top 3 in each age group. Age groups include 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. Awards given to males and females in each category.

FUN RUN

The **FREE** One-Mile Fun Run starts at 10:00AM in the field behind bestbet. Entry forms available race morning (do not mail in). Ribbons to all and \$1,800 in participation money for elementary schools as a courtesy of bestbet. 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

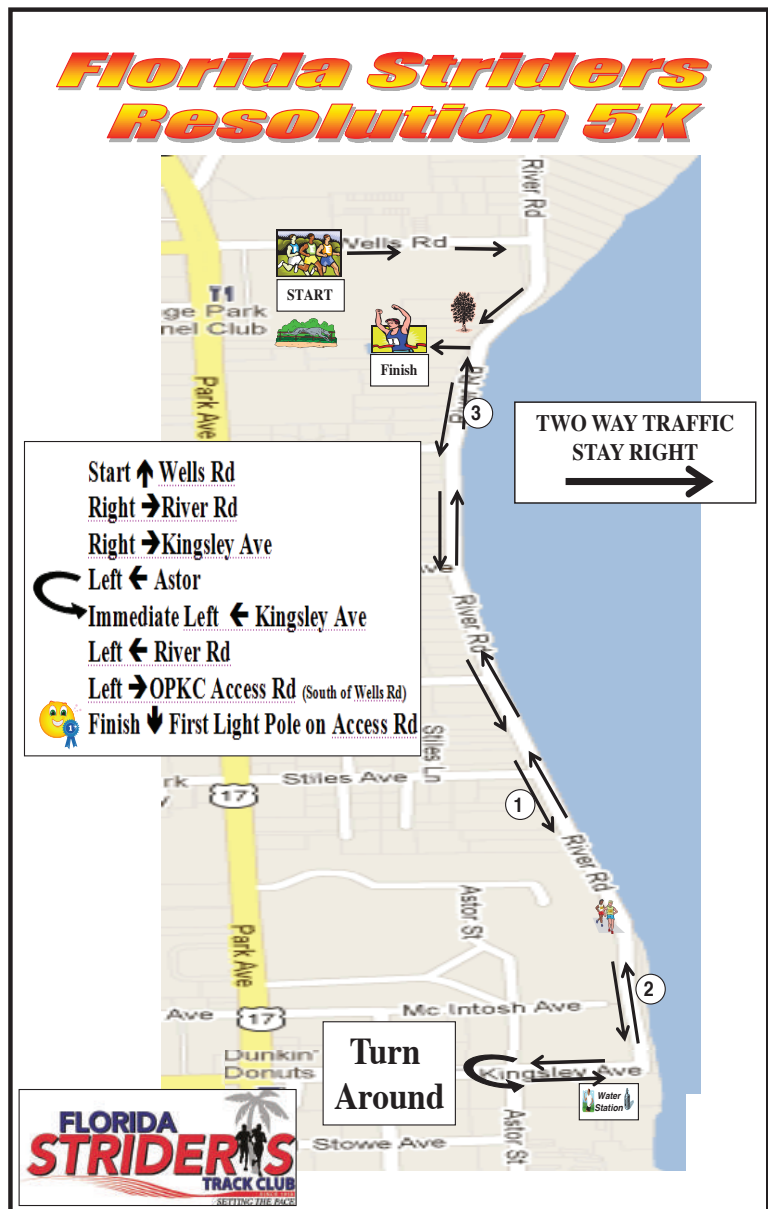
Please check your packet pick up location box on the entry form.
Dates: Thursday, January 5th, and Friday, January 6th
Times: 10:00 AM to 6:00 PM
Where: 1st Place Sports locations: (Info on 2nd page)



- 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



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 4 Strider races, the Florida Strider discount pays for itself.
- Discounts at 1st Place Sports and New Balance
- 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



ENTRY FEES:

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

	Striders/Military		Non Striders	
Until 2/12	25K: \$40	50K: \$55	25K: \$45	50K: \$60
2/12 - 2/25	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/Angrytortoise
- 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 • jaxcharlie@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:

- **Please follow these directions as GPS may take you to the wrong place.**
- 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, look for the flashing light)
- 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.

SPONSORS:



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 Race will be timed manually.

The start will be on Pavilion Rd where the trail from the pavilion meets the road. The Finish line, and 50K turn around spot, will be at the Pavilion.

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

The 2017 Angry Tortoise has been selected as the **State MUT Championship!** this will not change the race in any way except to add an extra set of awards. In order to compete for those awards, you must be a registered USATF member. You can register either day of race, or at <https://www.usatf.org/membership/application/index.asp>.



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