

SPRING 2017

the StrideRight

www.floridastriders.com Club #229



Written by Julie Stackhouse

5 TIPS TO SLAY THE BIG GREEN MONSTER!

How to Achieve Your Goals for Your Best Gate River Run 15K

It's everyone's favorite time of year...the air is less humid, and some mornings, there is even a chill in the air. The gifts have been opened, and the cookies and ubiquitous Starbucks red cups have been consumed (along with some other choice beverages, I'm sure). Now it's time to test those new shoes, strap on your favorite gadgets, and don the colorful running attire from Santa (a frequent 1st Place Sports shopper).

New Year's resolutions = 2017 Running and Racing Goals. There is no race more popular in town than the annual Gate River Run 15K Championships, and it is absolutely my favorite race. I love the distance – challenging enough to make you really feel like you had to work hard for it and experience that sense of accomplishment, but doable enough that when the wheels feel like they are about to fall off, the finish line is all but in sight. This year marks the 40th year celebration of the race. So if you haven't yet given this one a try, I'd encourage you to sign up now before the price increases (and to keep yourself accountable for the next several months with your training and fitness goals)!

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Save the Date!

Spring Running Class

4/5/17

5K training class for beginners to advanced runners begins today!

Run to the Sun 8K

4/8/17

Join your fellow Striders in our annual Spring race along River Road.

Annual Picnic Social

4/9/17

Hotdogs, and hamburgers, and Striders – oh my! Come be a part of the fun!

Memorial Day 5K

5/29/17

Run this day in remembrance of those who died while serving our country.



LETTER FROM THE EDITOR

Dear Strider Members,

Thank you again for another successful issue of the Florida Striders StrideRight newsletter! We are moving full swing into the bi-monthly issues now, and a good thing, too, because there is a lot to write about! Please check out the information on our booth and hospitality tent at the Gate River Run Expo and race site. There is a LOT to know, especially for those who will be renewing their membership on March 9th and 10th!

We also have board elections coming up at our annual picnic social in April. Please consider joining the board! All you need to know about that can be found in this issue as well.

As always, I welcome your tales of running, tips on health and fitness, race results, and more! Keep them coming, and if you aren't sure about something, please feel free to ask. All articles and submissions should be sent to striderighteditor@gmail.com. The next deadline for the summer issue will be April 15th.

- Cari Holbrook

**2016-17 Board of Directors
& Key Persons**

President: Michelle McCullough
mmccullough@floridastriders.com
Vice President: Jennifer DeSantis
musicchr24@aol.com
Secretary: Regina Sooeey
Regina@ReginaSooeey.com
Treasurer: Bill Krause
treasurer@floridastriders.com

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Ann Krause	George Hoskins
Scott Hershey	Jamie Williams
Dave Allen	Bill Page
Gordon Simms	Kathy Murray
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Cari Holbrook	Kim Lundy
Jon Guthrie	Shelly Allen
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Race Directors

Resolution Run: Bill Krause
resolutionrunrd@floridastriders.com
Angry Tortoise 25K/50K: Charlie Sauter-Hunsberger – jaxcharlie@gmail.com
Run to the Sun 8K: Bill Krause
rttsrd@floridastriders.com
Memorial Day 5K: Scott Hershey
Run2day4life@gmail.com
HogJog 5K: Bob Fernee
bobfernee@aol.com

Coordinators

Sponsorship: Michelle McCullough
marketing@floridastriders.com
Children's Running: Carol McDougall
cmmacdougall@oneclay.net
Running Classes: Vicky Connell
vickyjc@comcast.net
Membership: George Hoskins
membership@floridastriders.com
Social: Dave Allen, Jennifer DeSantis
social@floridastriders.com
Scholarship: Kim Lundy
scholarship@floridastriders.com
Equipment: Mike Mayse
mjmayse@comcast.net
Race Advisor: Bob Boyd
bobbydFL@gmail.com
StrideRight Editor: Cari Holbrook
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

WE ARE PROUD TO BE SPONSORED BY:

WELCOME
new members

THANKS TO
renewing members

- | | | | |
|-------------------|--------------------------|-----------------------|-----------------------------|
| Renee Balcom | Kevin & Shellie Atchison | Bonita Golden-Sikes | Bob Opkins |
| Eugene Biala | Andrew & Cris Barr | Susan & John Gostage | David & Sylvia Pierson |
| Dortheanne Bone | Doug Barrows | Jon & Sara Guthrie | Coleen Stoffa |
| Christie Canlas | Bernie Berania | Chuck Habing | Jack Sykes |
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Townsend |
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| Donna Musselwhite | | | |

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 <input type="checkbox"/>	Renewal <input type="checkbox"/>
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?

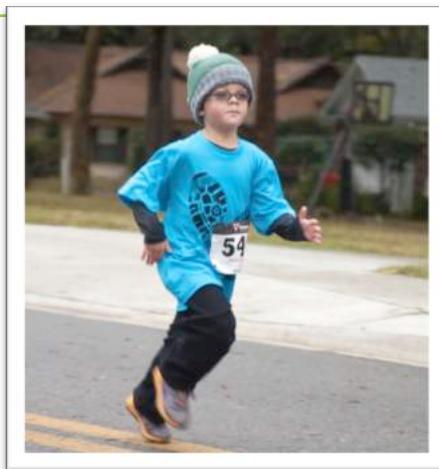
\$1 \$2 \$5 Other Amt \$ _____

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 potential y 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**



Resolution Run Recap

The weather was iffy, but you all showed up anyway!

The weather prediction all week long before the race was not good, but people kept registering and volunteering for the 38th running of the Resolution Run 5K on January 7th anyway! What a great group of dedicated runners and volunteers to be associated with. People said I did a good job as race director, and my reply is that it takes a lot of people to make me look good, and there were a lot of people there! Despite the cold windy rain, over 700 signed up for the race, and almost 500 participated in the Fun Run. The final accounting isn't done yet, but I know we garnered a fair amount of revenue to help support our Children's Running, College Scholarship, and other running and educational programs.

Thank you all very much for your longtime support of our club and what we stand for. It would take me too long to mention everyone's name (and sure enough, I would forget someone!). So, you know who you are. I know the good feeling you have inside is your reward. At least I hope so because I don't have any money to give you. Ha!

I had so much fun that I think we should do this again; let's say, April 8th at the same location, but we'll make it an 8K instead. I'm hoping that many of you took advantage of the \$5 discount we offered to the Resolution Run runners for the Run to the Sun 8K, but if not, there is still time to get a good deal if you register before the prices go up March 25th. Register online at <https://www.signmeup.com/117845> or at any 1st Place Sports location. And yes, there will be Finisher medals for this race too!

Thanks again!

**Bill Krause – Race
Director**



Upcoming 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.ameliainlandrunners.webs.com/kbendy/rracal.htm

DATE	RACE	TIME	RACE DAY LOCATION	WHERE TO REGISTER
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)
18-Mar	21st Annual Vilano Bridge 5K	8:00am	Vilano Beach Community Center, St. Augustine, FL	1st Place Sports (any location or online)
19-Mar	St. Paddy's Day 5/10K	8:00am	Evergreen Cemetery	1st Place Sports (any location or online)
25-Mar	Chick-Fil-A 5K	8:00am	River City Marketplace	1st Place Sports (any location or online)
1-Apr	Mt. Acosta Classic Endurance Race	4:30pm	Haskell: 111 Riverside Avenue	1st Place Sports (any location or online)
2-Apr	Run 13.1 (13.1M, 5K)	7:00am	The Jacksonville Landing	1st Place Sports (any location or online)
2-Apr	Healthy Kids Running Series	5:30pm	14799 Bartram Springs Pkwy	healthykidsrunningseries.org
8-Apr	Run to the Sun 8K	8:00am	Best Bet, 455 Park Avenue, Orange Park	www.floridastriders.com
9-Apr	Healthy Kids Running Series	5:30pm	14799 Bartram Springs Pkwy	healthykidsrunningseries.org
15-Apr	Never Quit 5K	8:00am	Seawalk Pavilion	1st Place Sports (any location or online)
22-Apr	Wine and Chocolate Run 5K	4:30pm	San Marco Square	1st Place Sports (any location or online)
23-Apr	Healthy Kids Running Series	5:30pm	14799 Bartram Springs Pkwy	healthykidsrunningseries.org
29-Apr	Strides for Pride 5K Run/Walk	7:00am	Riverside Park	jasmyn.org
30-Apr	Healthy Kids Running Series	5:30pm	14799 Bartram Springs Pkwy	healthykidsrunningseries.org

Written by Vicky Connell

STRIDER SPOTLIGHT

This month I decided to feature what I like to term a Strider “Power Couple”. Yes – the Striders have a number of these, and the ones I’m talking about now are Jon and Sara Guthrie. I met them several years ago when they signed up for our 5K Running Class, which I was heading up. As has often happened before with the class, people who participate sometimes stick around and end up becoming leaders of our club. It was only a matter of time before this happened to Jon and Sara. They are two of the nicest, most outgoing people I know, and other runners really seem to gravitate toward their positive and fun outlook on running and life in general!

Sara is a Florida native from Stuart, Florida. Her family moved to Jacksonville in 1964. Sara was not involved in athletic activities prior to 2010. Jon is from the small farm town of Paxton, Illinois. He graduated from the University of Illinois with a B.S. degree in Physical Education. A job promotion brought him to Jacksonville in 1982. His prior athletic experience was high school basketball, track, and baseball, earning a total of 11 varsity letters in those three sports.

Jon and Sara started running in June of 2010 after Jon came across information on a “Couch to 5K” program. He casually asked Sara if she would start running with him and must have caught her at the right time because she said, “Yes!” Little did she know what was in store! Following that plan over the summer, their first organized event was the Avondale Classic 5K in September 2010 on a hot and humid afternoon. Not knowing anyone else that ran, they stayed together and finished that first event in 44:06. It was so hot that after the finish, they went directly to the car and left. Checking the results later, they realized that Sara had won her age group,

and Jon was last place in his! After that, they started staying at least long enough to check the results.

Since that first run, they have participated in what seems like countless 5Ks, 8 to 10 half marathons, and one ultra run (28.4 miles). Their involvement with the Striders began with that spring 5K running class. As Jon said, “We were wanting to become more involved and found information on the Strider website about an upcoming class. So we signed up. We knew the Striders had a strong presence in Orange Park. So it seemed like the logical group to hook up with. Through that class, we met a number of people who have become good friends. The decision to take that class was one of the best things we have ever done.”



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SHOP ONLINE WITH THE FLORIDA STRIDERS!

Written by Jon Guthrie

An exciting new Florida Striders program is up and running for our members to purchase merchandise that proudly displays our logo! We have partnered with Logo Xpress in Fleming Island so that a greater variety of items can be made available.

The merchandise tab on our website at www.floridastriders.com will take you directly to the new store where you will see something similar to this picture. Items can be sorted by using the “sort by” drop down box. When you click on an item, it will display more detailed information about that product, and if colors are available, you will be able to click on the other colors so that you can see how that item will look. Simply click on the “add to cart” button to make a purchase, and make sure you have selected the correct size and color. You will be able to continue adding items to your shopping cart until ready to check out.





8 Week Running Class

Starts:	April 5, 2017
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 walk the Memorial Day 5K on May 29, 2017 (must register separately)
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/

The first time you make a purchase, you will need to create an account before using PayPal to complete the purchase.

You can choose to either pick up your purchase at their store near Fleming Island High School, or have the order shipped to you for a small additional fee.

After the order is placed, you will receive a confirmation email from Logo Xpress. This will verify the order you keyed in. So be sure to review the order. When the order is complete, you will receive another email to let you know the order is ready for pick, or that it is being shipped.

We welcome any suggestions for items that you think should be part of this program. Available merchandise will be periodically evaluated and changes made from time to time.

That's all there is to it! Give it a try, and let's start seeing more Strider clothing and merchandise!

Gate River Run Expo



Florida Strider Booth at the Expo, March 9th and 10th

Written by George Hoskins

The Strider Booth inside the Gate River Run Expo will be staffed by volunteers from 11:00am to 6:00pm on Thursday and Friday prior to the Gate River Run race day.

VERY IMPORTANT –

THIS is where Striders pick up the armbands required for admission to the Strider Tent on Saturday morning. Limit 4 per membership.

The Strider Booth is THE PLACE to join the Striders, to renew your membership, and to receive a Membership Gift. For those who joined or renewed earlier in 2017, report this to the Booth volunteers, and you will receive your Membership Gift as well.

The Strider Booth is a great place to meet other Striders, pick up free “giveaways”, get information about Strider events, and see photos of Striders in action.

Merchandise will be for sale at the Booth, and

information will be available on our NEW, online process for ordering the latest Strider merchandise.

Early registration will be available for the Run to the Sun AND the Memorial Day 5K here at the Booth as well. Runners can register at the Gate River Run Expo for one or for both races. We will be offering a GRR Expo \$5 discount for both the Run to the Sun 8K and the Memorial Day 5K if you sign up during the expo (not online). The Run to the Sun 8K is scheduled for April 8th and the Memorial Day 5K will be held on May 29th. So come in and get that great Strider discount!

VOLUNTEERS –

We are looking for volunteers to work in the Expo Booth this year. If you have a couple of hours to work in the Booth, send an email to membership@floridastriders.com.

26th Annual Florida Strider's Gate River Run

Hospitality Tent

Written by Don Wucker

Congratulations FSTC members! It's our 26th Anniversary of the Hospitality Tent at GRR. As we head into this year's event, we'll try to keep things flowing just as smoothly as in the past even though our space will be a little smaller than last year. Please help us by volunteering to assist in the set-up and operation of the Florida Strider's tent and party site! We need volunteers on Friday morning to help set-up the grounds and Saturday morning to help manage the crowd. Our needs are as follows:

FRIDAY, MARCH 9 – SET-UP

9:00-10:30 AM

- **8 to 10 people** - setup the orange fence, posts, banners, dressing rooms and tables. These volunteers need to be at the Fairgrounds, in the same tent area as the last several years. Please bring your sledgehammers. We will use the same metal stakes as last year. The tent will be set-up this year on Thursday and will be 30' x 30'. Most of the volunteers at this event on Friday AM are seasoned veterans but all are welcome.

SATURDAY, MARCH 10 - RACE DAY SCHEDULE OF ACTIVITIES

5:00 - 6:30 AM

- **6 to 10 people** - unload equipment: tables, chairs, igloos, ice, etc. and move everything to where it belongs. You need to be there at 5 AM to be most effective but not later than 5:15 AM. We will also put up several 10 x 10 canopies for the massage school students. Ideally, we would like to have many of the same volunteers reverse the process at 11:30 AM to start clearing the area. Let me know if you can do either or both jobs. You can be a runner/walker or not. We have to have the entry ready before 6:15 AM because runners and their families will be there wanting to get in and get their favorite spots and set up their chairs, coolers, etc.
- **3 to 4 people** - help Marge set up the food garden, at the tent with tables, chairs, food, etc. Around 11:45 AM we need the same volunteers to help Marge start getting everything out of this area and clearing that area. If you can't do early and late jobs, let me know what you can do. You can be a runner/walker or not. Also, I may need extra people to help in the tent during the morning. Sometimes, volunteers for the Tent interior, do the 5K or 15k, which leaves us short some people.
- **2 people** - set-up the refreshment area, (drinks, ice, cups etc.) and periodically, during the morning, keep the supplies stocked. Can be runner/walker or not.

5:45 - 7:30 AM

- **4 people** - man the entry to check and make sure arrivals have yellow bands, ATTACHED ON THEIR WRISTS, and if not, direct them to the HELP table, next to the entry. The "entry volunteers" can be runners/walkers or not. No one, including volunteers, is to be inside the orange fenced area without a wrist band, visibly attached to their wrist, Can be runners/walkers or not.

6:00 - 7:30 AM

- **1 person** - meet the massage volunteers and help set-up.
- **2 people** - work the HELP table, next to the entry. These jobs entail giving out yellow wrist bands to members and their family members and guests, maximum of 4 to each member. You will have member rosters, both FSTC and Amelia Island Runners' (AIR) rosters to verify membership status and to sign up new members. I will give more info later about these jobs. You can be a runner/walker or not, to do this job. People can sign up for Strider memberships, renew memberships. Delinquent members can pay up also. Each one of these gets 4 bands for their family and friends can be runners or walkers.

7:30 - 8:30 AM

- **4 people (minimum)** - at the entry, runners will begin to head to the Starting Line. There will still be some late arrival runners rushing to come into the Tent area and may need yellow wristbands to enter. Be patient with them. They will be stressed out because they are late. If you can work longer, let me know (should be non-runner or walker).

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Florida Striders Running Team

Team Member Highlight

Our Florida Strider Running Team member spotlight is on 12-year old Matthew Stratton. Matthew has been an enthusiastic team member who not only races fast, but represents our club with a great attitude and true passion for running! He ran his first race when he was 5 years old – the Tobacco Free 5K in Green Cove Springs, and his 5K times have continued getting faster since then. His PR is 17:48. He also ran sub 18:00 at the State High School Cross Country meet in Tallahassee this past November, running on the varsity team with St. Johns Country Day School as a 7th grader. He says he prefers running cross-country because it's not an individual sport; it's a team competition.

Matthew's short-term goal is to break into the 16:00s for the 5K. His long-term goals are to get a scholarship to the University of Oregon to run track and cross-country, and then later train for and race ultra-marathons. He ran his first ½ marathon this past Thanksgiving and ran 1:39:57. He enjoyed the challenge and enjoyed running with friends in that race. He wants to run a marathon, but he says his parents won't let him until he is older. So, for now, he loves running road races as a Strider team member and running on his St. Johns Country Day School team. He says his coach (Coach Birms) is awesome and so encouraging, and he looks forward to going to Colorado this summer to train with his coach and teammates.

When asked what his favorite race was so far, he says it's the Gate River Run. He's run it every year since he was 9 years old, and his fastest time has been 1:05:29, and he really loves getting the top 10% hats! Matthew also enjoys playing soccer and singing in the chorus. He's an all-around great member to have on our running team!



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Written by Bill Krause

FLORIDA STRIDERS TRACK CLUB BOARD

Ask not what your club can do for you, but what can YOU do for your club?! Our annual Board of Directors elections are coming up, and we need you!

Our annual picnic and elections are coming up on April 9th. We gather together to celebrate the previous year, and to elect our board members for the next year. It is a lot of fun, and it's very rewarding to know you are helping make a difference. Our mission is to promote and encourage running by educating the community about the benefits of physical fitness and sport.

What are the requirements to join the board?

- Attend the board meetings that take place on the 2nd Tuesday of the month. They last about 1 ½ hours and are usually held at the Orange Park Library in the evening. Contribute ideas to help improve the club, engage in meaningful conversation, and vote on proposals.
- Volunteer at our races. Sign up and run the race! Come early to help set things up. Stay afterwards to help clean up. Volunteer to help at the registration table, the refreshment area, be a course marshal for the Fun Run, help give out ribbons to the kids, help load and/or unload the equipment truck at our storage shed, etc.
- Attend every Social possible. Bring new ideas to the attention of the committee. Help with the set up and/or clean up afterwards.
- Become active in one of our committees (i.e. Socials, Race Volunteers, Equipment, Children's Running, the Running Team, Running Classes, Scholarships, Sponsorships, Merchandise, the Gate Expo, Tent area, and more).

- Be a Race Director at least once. There are plenty of people to help you. Don't be afraid to ask! It really is fun to see how things come together on race day. We have a very supportive group!
- Bring Sponsorship ideas to the table. They are the financial support needed to garner revenue from our races to support our programs.

Please let us know if you want to help our club grow. You can email our President, Michelle McCullough at mmccullough@floridastriders.com or our Nominating Committee Chairperson, Regina Sooeey at Regina@ReginaSooeey.com, or you can ask anyone else on the board any questions you may have. Thanks!



WE WANT YOU!

GRAPHIC DESIGN ARTIST OPENING!

How would you like to help design our race t-shirts?

We find ourselves in need of a new graphic designer for our club, as after helping us for a few years now, our Nancy Harms is retiring. She is graduating from college, and I think Mom and Dad want her to get a paying job! Thanks, Nancy, for the great shirt designs, flyers, and everything else you have done for us.

What does it take to be our club's graphic designer? The graphic designer and the race directors work together to come up with the race logo, the race shirt design, and the race flyers. You get to use your creativity, as well as your computer skills.

We are looking for a college student who wants to add to their resume, or someone else that would like to contribute a few hours of their time each month. Our 5 races are in January, February, April, May, and November each year. So, the graphic designer and the race director start collaborating a few months before each one. It really is rewarding to give back to the club, and to see your designs at our races! While we are a nonprofit volunteer club, we give the designer a few free entries to each race. It really doesn't take much of your time, and it is greatly appreciated by all!

Please let us know if you can help. You can email Nancy Harms, our current graphic designer, at graphicdesigner@floridastriders.com to find out more about what all is involved, or contact Michelle McCullough at mmcullough@floridastriders.com to offer your services.

Thanks for helping!

The Florida Striders Track Club 2017 College Scholarship

This year, (4) \$1,000 college scholarships will be awarded to graduating high school seniors who live in Northeast Florida. The 2017 Florida Striders Track Club College Scholarship application is available on our website at www.floridastriders.com and can be downloaded as a Word document. The deadline for applications is **March 11, 2017**.

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 the NCAA regulations may prohibit you from accepting this scholarship if you attend college/university on an athletic scholarship.
- **ENTRY DEADLINE:** Applications must be received by **March 11, 2017**.

Completed applications should include:

- FSTC College Scholarship Application (4 pages, items I through X)
- Personal Reference (Item III)
- Essay about your running (Item IX)
- High school transcript (if desired, not required)

Applications **MUST** be mailed. Emailed applications will not be accepted. Please send your applications to:

**Florida Striders Track Club
2017 Scholarship Application
P.O. Box 413
Orange Park, Florida 32067-0413**

For additional information, contact:
Kim Lundy, Chairperson, Scholarship Committee
kimberly.lundy@myoneclay.net

Continued from front page

So let's talk about that finish line. Before you can see it, you and 24,000 of your closest running companions must conquer the Hart bridge, better known as the "Green Monster," made famous by this race. Rising from the depths of the St. Johns River, the Green Monster spares no one from his teeth (he literally has teeth – grates on the bridge that you need to watch out for so late in the race - as if the hill itself was not enough!). Much like Heartbreak Hill in the Boston Marathon, what really makes the Hart so challenging is not so much the incline as much as where it falls in the race: mile 7.5. It's roughly three quarters of a mile in length at a 6% grade (141 feet at its highest point) which means...and here's the silver lining...a fast descent into the finish line.

In the past, I went into this race unprepared to tackle the beast at the end. Last year, however, was a different story, and I had my best race ever. The Monster still reared his ugly head, but near the top of the bridge, I left him wounded, whimpering, and looking for the next victim before blistering my way down the other side, cruising to my fastest mile of the 9.3-mile race. So, what was the difference?

1. Hill Repeats – Besides the Green Monster, Gate runners encounter the less threatening Main Street Bridge after mile 1 in the race. The best way to get good at running bridges is to run bridges (a.k.a. Florida hills). Pay especially close attention to your form. I advocate shorter steps going uphill, with powerful arm-swing action. It's a normal inclination (pun intended) for the body to lean forward slightly from the torso while running uphill. The key really is to check yourself going downhill. If you lengthen your stride, which is going to be your natural tendency, it's like "putting on the brakes," not to mention a LOT more strain on your joints, which is actually slower! Instead, shorten your stride or quicken your cadence. Lean forward, not back, almost like you are "falling downhill" to avoid unnecessary stress on the lower back.

2. Strength Training – I'm a firm believer in the importance of regular strength training in my routine and always recommend and prescribe programs to the athletes I coach. Sometimes this may consist primarily of body weight resistance exercises. Other times, I'll incorporate medicine balls, light weights, or other implements, and sometimes I just use what I see: a bench, a lifeguard stand, a step, a pull-up bar, etc. You don't have to have a gym membership to get a good strength workout in. I'm especially an advocate of single leg exercises (more applicable to running) and hamstring/core strengthening. Many runners I coach show weaknesses in these areas due to quad-dominance, but they can be improved over time through training, just like your aerobic capacity. Personally, I have seen improvements in my form/mechanics this past year due primarily to some of the strength work I have done. You will notice a difference late in the race that you are not falling apart.

3. Long Runs – Gate is not a 5K. So you really can't just will yourself through it without proper training. (You CAN, but your experience won't be as pleasurable). For many runners, breaking the 1:00 time barrier is the goal, but for a large majority of others, successfully completing the race will involve more than an hour of running which means a long run is important. The key is that you really need to start doing those long runs early on. Assuming you began your training in January, you'd want to add on a mile each week (up to race distance or even one mile over). Then, drop it back after four weeks, and start a build-up again following the same pattern in February. This first week in March is when you would drop it back and do a mini-taper going into the race, feeling confident and prepared to race your best.

4. Interval Training – Once a week, I offer interval training to my clients, and I incorporate track training into my own training plan religiously. I love it and live for it. It helps to break up my training week and

Continued on next page

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really gets my mind and body used to the kind of paces I'll be experiencing on race day. My number one rule that I like to remind clients of is that "just because you *can* go faster, doesn't mean that you *should*." Interval training should be pace-specific, and if it feels too easy, then the variable that you can manipulate is your recovery in-between intervals. Interval training will ultimately make your easy run days and paces feel easier, and will allow your body to handle surges in the race (force or planned)!

5. Race a 5K – I'm a BIG fan of using smaller races to either get in a great workout, or more importantly, to practice things that you are going to execute well on race day. One reason that I have consistent performances in races ranging in distance is that I do not deviate from my race-day plan. I eat the SAME thing, at the SAME time (relative to the time the race starts) and do the SAME warm-up routine every single time. The more that you put yourself in race situations, the more it feels just like your usual routine when you lace up and line up to compete with the best for your personal best.

About the Author:

Julie Stackhouse, owner of Stackhouse Fitness, had a banner year in 2016, winning 25 individual races and setting PR's in every distance from the mile to the marathon (at 37 years young). Last year, she won the Duval Cup as the fastest local and Florida female finisher in the Gate River Run. She was recognized by JTC as the Female Runner of the Year and recently won the Subaru Thanksgiving Distance Classic as well as the Ameris Bank Full Marathon. She enjoys coaching runners of all ages to achieve their personal bests through personalized and progressive training plans. Contact Julie to join the "Stack Pack" and find out how you can GETSTACKEDNOW.com!

Striders at the Races

11/12/16 – Mandarin 10K

Jacksonville, FL

Al Saffer 1:17:09 1st AG

11/24/16 – Thanksgiving Day Classic

Jacksonville, FL

Randy Arend 1:33:51 1st AG

12/10/16 – USATF Masters Club Cross Country

Championship 6K, Tallahassee, FL

Shelly Allen 25:18

12/10/16 – Festival of Lights 5K

Jacksonville, FL

Michelle McCullough 20:36 1st AG

12/11/16 – Florida Senior Games State Track Meet

800m, Clearwater, FL

Shelly Allen 2:47 1st AG

12/18/16 – Ameris Bank Half-Marathon

Jacksonville, FL

Jean Schubert 3:36:44 6th AG

Terri Rose 1:54:20 3rd AG

12/18/16 – Ameris Bank Marathon

Jacksonville, FL

Bernie Powers 5:52:41

Dehydrated. Walked the last 6 miles.

Jamie Williams 6:15

12/18/16 – Ameris Bank 5K

Jacksonville, FL

Shelly Allen 20:16 1st female overall

12/19/16 – Florida Senior Games State Track

Meet 1500m, Clearwater, FL

Shelly Allen 5:43 1st AG

12/30/16 – Vystar 5K

Jacksonville, FL

Bernie Powers 28:28

Al Saffer 37:06 1st AG

Terri Rose 23:46 2nd AG

12/31/16 – Last Gasp 5K

Jacksonville, FL

Bernie Powers 35:08

Last in age group! (It's a tradition)

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Sara started helping out with race registration and learned a lot by working with Marge Ruebush. Since then, she has taken on more responsibility and joined the Board of Directors in 2015. It was her idea to create the Strider Hall of Fame, and that came to be known at Jenny's Pennies in 2016 with the first group of inductees. Information about the Strider Hall of Fame is on our website.

Jon became more involved with the inner workings of the club because Sara was spending so much time volunteering. Working with day-of-race setup became routine. Jon joined the Board of Directors in 2016, and together, Sara and Jon have worked with a local company to set up an online store so our members can purchase Strider branded merchandise with the click of a mouse. This program is just kicking off in February 2017 and should benefit the club in a number of ways. One of the biggest benefits is that the club does not have to purchase any warehouse merchandise.

Something that has grown over the last few years are the Saturday morning runs in Oakleaf. Jon met David Townsend in the initial 5K training class, and they started running together on the weekends and evenings. They would run the area near his home in Oakleaf, and the initial group included Bernie Powers and sometimes Sara. On Saturday morning when there was not an event they wanted to run, they would have their own training run. They decided to see if any friends would like to join in. So, it started with a post on Facebook. Since Jon is the one who puts out the information when the group runs, everyone seems to give him the credit for starting it. Jon is quick to point out that David Townsend should be the one recognized.

Jon and Sara had one final comment: "Without a doubt, the best part of running is the people. We enjoy associating with people who are driven to improve themselves. Our circle of friends has grown tremendously since we started running." We are all so glad that Jon and Sara have joined our club!

7th Annual Running of the Knights 5K and 1-Mile Fun Run Friday, May 12th

Written by Gordon Goodyear



The **Running of the Knights** is Creekside High School's premier fundraising event to directly support athletic teams and the performing arts. This event is a fun filled, family-friendly festival with a 5k race including optional centipede team racing, and a 1-mile Fun Run.

The **Running of the Knights** offers the only centipede racing in the area where friends and groups can register as a team and run/walk the 5K connected as a group. Centipede teams typically dress in creative costumes and/or theme. There will be awards for the 5K, centipede, and 1-mile fun run participants. See registration form for details on awards levels for the races.

The festival will include high-energy games, food & drinks at the concession, live music performances from the Power of Creekside bands, area middle school bands, and sponsor booths.

This event festival begins at 4:30pm for games, live music and vendor booths. The 1-Mile Fun Run starts at 6:15pm followed by the 5K at 7:00pm, and the awards ceremony at 8pm.

Register early online at www.runningoftheknights.com/registration. Don't miss out on the fun!



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7:30 - 8:30 AM

- **2 people** - work the HELP table. This job will be better for a non-runner/walker. If you can work longer, let me know.

8:00 AM – 12:00 PM

- **4 people** - picking up trash, etc. in the Tent area, during these hours, as needed. The entire area to be “trash free” no later than 12 noon, if we pick up the trash early and often, we will be able to clear all the equipment earlier

8:30 - 10:30 AM

- **2 people** (minimum) - at the entry & HELP table. Non-runner/walker

10:30 - 11:30 AM

- **3 people** (minimum) - at the entry & HELP table. Non-runner/walker

11:30 – 12:00 PM -

- **2 people** - assist our massage group, clear their area and take down the canopies

11:45 - 12:15 PM

- **4 to 5 people** - help pack-up the leftover food and drinks, with Marge directing.

11:45 - 12:15 PM

- **8 people** - take down the small tents, fence, posts and load on the trucks/trailer.

Please give me commitments as soon as you can so we can finish planning, and don't feel limited to work one spot. If you are able to volunteer or know someone who can volunteer, please contact me, Don Wucker at either (904) 703-9453 or dwucker@gmail.com. Without your help, none of this planning would get off the ground. If your FSTC or AIR membership dues expire soon please help us by paying before the expo/race. If that's not possible you can always pay at the expo booth or tent.

General Information:

- We will have a total of 8 port-o-lets (same as last year).
- In the food area, Marge will “hold back” food for the more “deliberate” finishers to help ensure everyone has something to eat.
- The maximum number of wristbands to be given to members will be 4, whether the member is single, senior or family membership.
- We encourage members to visit the Florida Strider booth in the expo and pick up their bands (March 9th and 10th). Our booth should be next to the Publix booth, very near the Expo entry area, on the right as you come in. AIR members will also pick up their bands at the Expo booth and/or tent. Plans are to have the same location as last year.
- If a member comes to the tent entry race morning without wristbands, we will give out the bands once we check our rosters at tables at the tent entry. Go straight to the ‘Help table’. If family members or guests come to the tent entry without bands, we will check the rosters to verify the family/guest members’ membership status. It may happen that a member cannot deliver bands to members’ family/guests prior to race morning, (ex. out of town people). We will only have a limited number of wristbands at the tent entry area. Members who have guests without bands on Saturday AM, could plan to meet them at the tent entry on race morning or at the Expo booth on Thursday/Friday before race day.
- At the Expo booth and the tent entry, we will: sell merchandise, sign up new, renewing and expired memberships, distribute yellow wristbands, and display Strider photos and articles about Strider community involvement.
- It is important that we are as polite and accommodating to our members and guests as possible. We must keep in mind that this event is for our members and guests. A member should give his bands to only his family and personal guests. This is not an open event.
- We should also remember that we have many members who choose not to run/walk the races at RR, but do come to the Expo and tent area, to enjoy themselves and have a good time. They will get bands for

Continued on next page

themselves and their family and guests.

- Like the last several years, the Amelia Island Runners will join us and assist with food, port-o-lets, drinks, and volunteering for the booth and tent, including set up/take down.
- We are also planning on the massage school from Everest University to be at the hospitality tent and to make their services available. Get a massage before the 5k and 15k. They should be set up by 6:30am. Go and get another massage after your run.
- **AS ALWAYS, BRING FOOD, BRING FOOD, BRING FOOD AND HAVE YOUR GUESTS BRING EVEN MORE FOOD**

If anyone has suggestions on improving the hospitality tent please contact me at either (904) 703-9453 or dwucker@gmail.com. I hope everyone has a great race and a fun time; I look forwards to seeing you there!

Striders at the Races, cont.

Al Saffer 37:12 1st AG

12/31/16 – Manatee River Run 5 Mile Palmetto, FL

Randy Arend 34:27 1st AG

1/7/17 – Resolution Run Orange Park, FL

Jamie Williams 25:23

Bernie Powers 26:50 8th AG

Many thanks to Shelly Allen!

Shelly Allen 19:57 1st female
masters

Randy Arend 20:33 2nd AG

Dena Gaucher 23:39

Michelle McCullough 20:48

Sara Guthrie 37:25

Jon Guthrie 28:29

1/14/17 – Best Damn Race Jacksonville, FL

Jamie Williams 2:20:41

Bernie Powers 2:13:51 2nd AG

Michelle McCullough 1:40:43

1/21/17 – Hellcat 50K Green Cove Springs, FL

Bernie Powers 7:10:28

*Record high temperature. Not ultra
weather!*

Jamie Williams 4:50:18

*Started out to finish 50K, had IT band
issues, had to stop at 30K.*

1/21/17 – Matanzas 5K St. Augustine, FL

Jean Schubert 41:42

Al Saffer 37:11 1st AG

Terri Rose 23:24 4th AG

Michelle McCullough 21:52

Sara Guthrie 37:24

Jon Guthrie 29:23

1/28/17 – Newnan's Lake 15K Gainesville, FL

Bernie Powers 1:24:43 2nd AG & PR

1/28/17 – Winter Beach Run 10 Miles Jacksonville Beach, FL

Jean Schubert 2:37:02

Terri Rose 1:20:38 3rd female
masters

1/28/17 – Winter Beach Run 5 Miles Jacksonville Beach, FL

Michelle McCullough 37:10

1/28/17 – Wolfson's Challenge 30K Jacksonville, FL

Dena Gaucher 3:00:46

2/4/17 – Pirates on the Run 10K/5K Fernandina Beach, FL

Bernie Powers 58:33 2nd AG

Jamie Williams 26:22

2/4/17 – Character Counts 3K St. Augustine, FL

Shelly Allen 12:03 1st female
overall

2/5/17 – Rock 'n Roll New Orleans ½ Marathon New Orleans, LA

Jon Guthrie 2:31:14

Sara Guthrie 3:00:17

2/11/17 – Swoop the Loop 5K Jacksonville, FL

Jamie Williams 27:07 3rd AG

Bernie Powers 28:17 3rd AG

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
and where you've been
running!

Saturday, April 8, 2017
 8K - 8:00am
 1 Mile Fun Run - 9:30am
 bestbet Orange Park
 455 Park Ave, Orange Park



Cotton/polyester blend
 t-shirts and Finisher medals!

Benefits Local School Run/Walk Programs



ENTRY FEES

	Striders	Non-Striders	Kids 13 & Under
Until March 24th	\$22	\$25	\$15
March 25 - April 7	\$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.
- Register online at <https://www.signmeup.com/117845> or visit our website at www.floridastriders.com, or go to any one of the 1st Place Sports stores.
- **Online Registration is available until noon Wednesday, April 5th.** You can register in person after that at 1st Place Sports, or at the race, Saturday morning starting at 7am. Any questions? contact our Race Director Bill Krause at rttsrd@floridastriders.com
- Day of Race Registration starts at 7:00 AM.

Race Director: Bill Krause
rttsrd@floridastriders.com

AWARDS

Medals to all 8K finishers!

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 and water bottles 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 suzanne.baker@myoneclay.net

PACKET PICKUP

Please check your packet pick up location box on the entry form.
Dates: Thursday, April 6th and Friday, April 7th
Times: 10:00 AM to 6:00 PM
1st Place Sports locations:

- 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.

Monday, May 29th, 2017
 5K - 8:00AM
 1 Mile Fun Run - 9:00AM
 1st Place Sports
 2186 Park Ave (US17),
 Orange Park



Cotton/polyester blend t-shirts to the first 850 pre-registered runners

Celebrating American Veterans and Promoting Children's Health

Benefits Local School Run/Walk Programs



ENTRY FEES

	Striders	Non Striders	Kids 13 & Under
Until May 15st	\$22	\$25	\$15
May 16 - 27th	\$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.
- The Florida Striders are going green. (No paper mail-in entries) No Registration on Sunday May 28th. You may register online via SignMeUp.com: <http://www.signmeup.com/118764> (Credit Card payments **ONLY** are accepted for online registration at SignMeUp.com. A convenience fee will be charged.)
- You may also register in person at any 1st Place Sports location!
- On-line registration is available until Wed, May 24th at 12:00 PM. After that time you can register at any 1st Place Sports store or at the race on race day starting at 6:30 AM.
- Day of Race Registration starts at 6:30 AM.

Race Director: Scott Hershey
memorialday5krd@floridastriders.com

AWARDS

Medals to all 5K Finishers!

The awards ceremony will be held at the Orange Park Town Hall at 9:15am. 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 9:15am. Free raffle at the awards ceremony!**

5K COURSE/TIMING

The 5K course starts and finishes on Stowe Avenue beside Orange Park Town Hall Park. This is a USATF Certificated Course (FL11047EBM). The race will be timed using the ChampionChip (chip must be worn on your shoe or ankle during the race). Do not wear your personal chip if you sign up on race day.

FUN RUN

A FREE One-Mile Fun Run starts at 9:00 AM. There is no charge for the Fun Run, but you must register to participate. Entry forms for the Fun Run will be available prior to the race 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, May 25th & Friday, May 26th

Times: 10:00 AM to 6:00 PM

NO REGISTRATIONS ON SUNDAY.

1st Place Sports Locations:

- 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 will be available at registration in front of the Orange Park 1st Place Sports store on race day.

<Scan for more details>



Beware the Jogger!

Most runners know that it is somewhat of an insult to be called a “jogger”. Recently, a magnetic sticker with the word JOGGER has been making the rounds of some of our Florida Strider members. It may appear on your vehicle without notice. If it does, you must suffer through a week of humiliation before passing it on to one of your Strider friends! Word on the street is that Jessica Jewell started this by putting it on Dena Gaucher’s car. From there, it has spent a week on the vehicles of Sara Guthrie, Jennifer Harper, Frank Frazier, and Jamie Williams. Who will be next?



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