

the

StrideRight

www.floridastriders.com

Club #229



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Running High

Written by Julie Stackhouse

Two weeks ago, I had the unique opportunity to attend the first Brooks Altitude Training Camp with none other than elite Coach Danny Mackey and the Brooks Beasts professional athletes hosting us (yes, including Nick Symmonds). Situated between 5300-6200 feet above sea level, Albuquerque, New Mexico was the perfect setting to learn new training and racing strategies from some of the best, while gaining the motivation of running new and challenging terrain (might I add with much less oxygen than I am accustomed to). Now I finally understand how everyone must feel when I'm trotting along engaging them in conversation all the while we run.

Camp kicked off with a speed session on the track at the University of New Mexico. I broke all of the rules – having flown out early that morning, I didn't hydrate enough and over-cafeinated on the plane, ate lunch right before the workout, which was at altitude. With elites. In spikes. Yikes! The spikes were way too cool to resist sampling and made me feel as though I was re-living my college glory days, for about 150m!

I absolutely loved the sequence and structure of this particular session as it was a tremendous confidence booster,

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Hello Striders!

It has been an amazing year of exciting club activities and accomplishments, and I am excited to continue as the Club President in 2017-18 along with the support of our Board of Directors. As I look back on the past year, I am so proud of our club's accomplishments. Just to name a few....

May 2016 – Shelly Allen chairs the new Florida Striders Running Team

September 2016 – Vicky Connell leads our Half-Marathon training class with participants completing 13.1 miles at the Ameris Bank Half-Marathon

October 2016 – Jon and Sara Guthrie spearhead the Striders Hall of Fame and induct our initial members. This will become an annual event, announcing inductees at Jenny's Pennies each year.

February 2017 – Charlie Sauter-Hunsberger's Angry Tortoise 25K/50K is named as MUT State Championship Race!

March 2017 – Our Children's Running Program is recognized at the RRCA National Convention as an Outstanding Youth Program. Thank you to Bill and Ann Krause for attending the conference in Detroit, MI and accepting our club award!

In addition to the above accomplishments, we had a very successful year of continuing our long-standing success of road races: Hog Jog 5K, Resolution Run 5K, Run to the Sun 8K, and the upcoming Memorial Day 5K.

I am looking forward to another incredible year. It is an honor to be a part of this organization that contributes so much to the health and wellness of our communities through our Adult Running as well as Children's Run/Walk clubs in over 50 area elementary schools. Please help us continue to do this good work by promoting awareness of our club, running our races, and actively participating in socials and volunteer events.

Thank you for your support! See you at the races.

- Michelle McCullough



Thank You to Our Sponsors!



Margaret A. Lessig, D.M.D.
FLEMING ISLAND FAMILY DENTISTRY, P.A.
DRLessig.com



RRCA OUTSTANDING YOUTH PROGRAM OF THE YEAR!

OUR CHILDREN'S RUNNING PROGRAM IS RECOGNIZED AT THE 2017 RRCA CONVENTION

Ann and I had the honor of accepting this award at the recent RRCA Convention in Detroit. Carol MacDougall, along with Bob and Vanessa Boyd, have been instrumental in growing this program from just a few kids to now over 18,000 annually! The Striders have a history for helping schools with their after-hours running programs almost since the club's inception in December of 1978. It started innocently enough with one school asking if the club could help buy some mileage t-shirts for the kids to help incentivize them to get in shape.

Over time, the number of schools the club was helping gradually increased, but then Bob and Vanessa really got the program going in the early 2000s. They saw



what Carol was trying to do for the kids at her school, and they quickly joined forces with the full backing of the club.

There are now about 60 schools being helped by the Striders. The kids receive everything from tokens to mileage t-shirts to marathon medals for accomplishing specific distance goals!

Every year, the RRCA recognizes clubs with outstanding programs

Written by Bill Krause

through grants and awards. In addition to being awarded the Outstanding Youth Program of the Year, our club also received a \$1000 grant. We tried to talk Bob, Vanessa, and Carol into attending the convention to receive this award, but they were too busy helping all the kids! We do, however, have a picture of Bob and Carol, taken by Vanessa. ;)

Please say thanks next time you see them, and thanks to all of you as well! We would not be able to grow and maintain our club and the Children's Running Program without your support, be it financially, and/or the volunteering of your time.

Gate River Run Expo Strider Booth 2017

Written by George Hoskins

The Strider Booth at the GRR Expo was very successful this year. We brought 25 new members into the Striders, and there were 100 membership renewals.

We had a large number of registrations for our Run to the Sun 8K and the Memorial Day 5K due to special discounts offered by Bill Krause and Scott Hershey.

We sold the last of the existing merchandise to make way for our new online merchandise program. And, of course, we had a great time discussing our Club, offering membership gifts, and giving out hundreds of wristbands for the Hospitality Tent.

A big THANK YOU goes out to our team of Booth Volunteers who made it all happen:



Dave Allen, Elaine Davis, Jennifer DeSantis, Frank Frazier, Scott Hershey, Kellie Howard, Bill Krause, Mike Mayse, Michelle McCullough, Kathy Murray, Bill Page, Tara & Scott Showalter, Regina Sooley, and Jamie Williams.

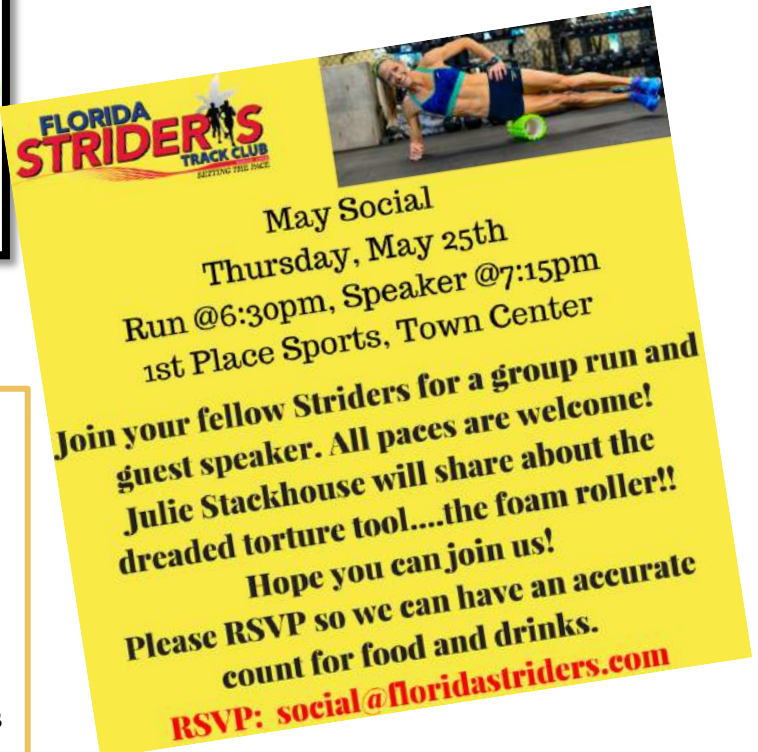
UPCOMING RACES

DATE	RACE	TIME	RACE DAY LOCATION	WHERE TO REGISTER
4-May	Corporate Run 5K	6:30pm	Metropolitan Park	1st Place Sports (any location or online)
6-May	Hula Hustle 5K and 1-Mile Fun Run	8:00am	Best Bet, 455 Park Avenue, Orange Park	1st Place Sports (any location or online)
7-May	Kids Healthy Running Series #5	5:30pm	14799 Bartram Springs Pkwy	healthykidsrunningseries.org
12-May	Running of the Knights 5K	4:30pm	Creekside High School	1st Place Sports (any location or online)
13-May	Fleming Island 5K	8:00am	Fleming Island High School	1st Place Sports (any location or online)
20-May	Dreams Come True 5K	8:00am	Fletcher Park, San Marco	1st Place Sports (any location or online)
21-May	BFAST Kids Triathlon	7:30am	Nocatee, 245 Little River Road, Ponte Vedra, FL	bfasracing.org
27-May	JTC Summer Track Series #1	10:00am	Creekside High School	jtc.wildapricot.org
29-May	Memorial Day 5K	8:00am	1st Place Sports, Orange Park, FL	1st Place Sports (any location or online)
3-Jun	Survivors Celebration Butterfly 5K	8:00am	Best Bet, 455 Park Avenue, Orange Park	1st Place Sports (any location or online)
4-Jun	First Coast Kids Triathlon	6:15am	Jacksonville University	kidstriathloninc.org
10-Jun	Run for the Pies 5K	7:30pm	The Landing	1st Place Sports (any location or online)
23-Jun	Jaguars Stache Dash 5K	TBD	Everbank Field	1st Place Sports (any location or online)
24-Jun	Big Bang 5K	8:00am	Christ Episcopal Church, Ponte Vedra, FL	bigbang5k.itsyourrace.com
4-Jul	Celebration Run 5K	7:30am	1st Place Sports, Baymeadows Location	1st Place Sports (any location or online)



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/racal.htm.



Catty Shack Ranch Wildlife Sanctuary

Thursday, May 18th @ 6:00pm

1860 Staratt Road, Jacksonville, FL 32226

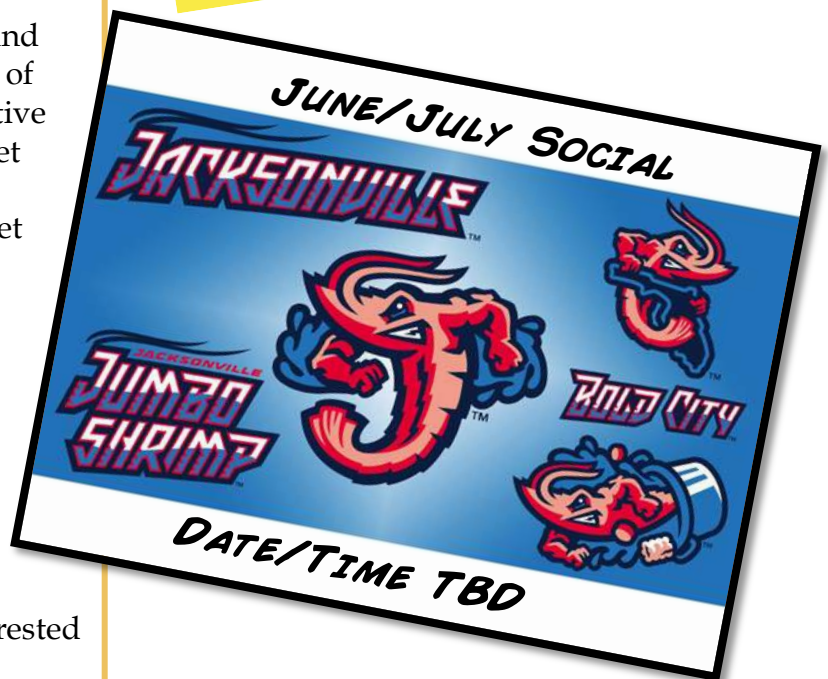
Private feeding for Florida Striders and friends
rain or shine

This feeding event attracts large groups of guests

to the preserve and is an experience you and your family will not forget. Because most of the big cats are nocturnal, they are more active and verbal at night. You would have to get into the cage to be closer! This is an experience you will not find at the zoo so get your camera and videos ready! There are lions, a variety of tigers, leopards, pumas and more, all of which are hungry and noisy!

Admission is \$15 for adults, \$10 for children under 10.
Pay upon arrival.

Please contact Amy Bonnette
(amy.bonnette@haskell.com) if you are interested
in attending.



2017 Angry Tortoise 25K/50K

Written by Charlie Sauter-Hunsberger

In its fourth year of existence, the Angry Tortoise 25K/50K Trail race has become one of the great races in Strider history. This year was the Florida Chapter of the USATF State 25K and 50K MUT (Mountain, Ultra, Trail) Championship, adding prestige to some of our stories.



The weather was perfect for the 90 runners who showed up to toe the line this year. New course records were set in both the men's and women's 50K, lowering our already stout times to 4:17:04 for the men and 4:24:47 for the women. There are so many great stories to tell from this year's race, and they start with a Mother-Daughter One-Two finish in the women's 25K.

Long time Florida Strider family members, Lisa and Grace Adams killed it. Lisa won the women's race in an impressive 2:07:32. She cooled down for a few minutes, then started to head back out to run Grace in, but almost ran into her as she came across the finish line in second place in an equally impressive 2:13:46. That's 3:36 per mile for just over 15.5 miles on trails. Not only that, but this was Grace's first attempt at a race longer than a half marathon and her first trail race. And did I mention that she is 12 years old? This made Lisa the Masters State Champion for the 25K MUT category and Grace, the Open Women's Champion, qualifying them both for the 2018

national race!

It was also a pleasure to award the win to Roger Phillips, one of our 8 remaining streakers. He's been near the front of the race every year so far, and this was the year he nabbed the win!

Our dear friend, Jean Schubert, also a streaker, had another great race. She even took time to move a pygmy rattler off the trail for us, for the safety of the snake and our runners. You just never know what creatures you'll find out at Cary State Forest. Jean won the race's most prestigious award for the second time: The Sand Bag award! Jean was also the oldest female to run either distance this year!

And the last runner story, but certainly not the least: our very own club secretary and inspirational leader, Regina Sooeey ran an incredible race, knocking almost 22 minutes from her previous course record in the 50K distance! This is the second year in a row she has broken her own course record, meaning she holds the 3 fastest

times for the women's 50K.

Regina also became the Master's State Champion for the 50K MUT category, qualifying her for the 2018 nationals as well. Regina went out fast, and she controlled the race from start to finish, coming in second, and making first place winner, Tim Axline, work



extremely hard for the win. Regina also happens to be a fantastic realtor, and she sponsors the race each year as the title

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sponsor. What a great asset she has been to this race and our club!

I would be remiss if I didn't mention our amazing volunteers who spend so many hours out in the forest each year to help make this event possible. First up, I seriously could not put on this race without the help of Robert Webster. He's the course marshal and whatever-else-needs-to-be-done-guru who stays out on the course from a couple hours before the start until a couple hours after the finish. He makes sure everything is set up and taken down and that all the runners stay safe and accounted for! He even shows up the day before the race to spend a couple hours with me getting all of the course markings out.

Bill Page is another fixture at the race. What started as a volunteer course marshal position has become Bill's unofficial aid

station. He keeps the longest stretches of the course under control the entire race, and we greatly appreciate the time and effort he puts into the race each year.

Jon Atwood does an amazing job running the official Aid Station, making sure all the runners' needs are met. Jon and Sara Guthrie get out extra early to help registration go smoothly. Travis Sauter-Hunsberger splits his time each year between staring at a tablet and the finish line, making sure everybody gets timed correctly and making sure results get posted in a timely manner afterwards. Frank Frazier has become the race's grill master, ensuring that all of our runners get plenty to eat post-race. There are a lot more volunteers who help out each year as well, and I would like to extend a special thanks to each and every one of them.

Lastly, I'd like to throw a challenge out to our club. To any of you who haven't run a trail race or haven't

run a 25 or 50K, I urge you to get out and run this race. It is a challenge, no doubt, but a challenge well worth the effort. This race is so well supported, and the course is so beautiful and well laid out that it's the perfect opportunity to try your hand at this distance and terrain. The atmosphere and post-race part are about as good as it gets for a race. Trust me, once you've run it once, you'll be back!

Besides, all runners get one of the best quality race shirts you'll ever see from a race, a personal size apple pie, and a beautiful campfire-style ceramic coffee mug. In addition to that, the 50K runners get a free meal afterwards (and if you run the 25K slower than 3.5 hours or hang out long enough, you will, too!). Volunteers also get all of the same great swag as the runners. So come on out and volunteer or run for the 2018 5th anniversary edition of the Angry Tortoise 25K/50K trail race!

Written by Connie Smith

Marathon High is now accepting applications for next year. Now in its 7th year, Marathon High is a regional nonprofit that trains local teenagers to run the Donna Half-Marathon while also providing adult mentors to help shape their character, leadership skills, confidence, and positive futures. If your high school wants to be a part of this after-school program, go to www.marathonhighfl.org/schools. The deadline to apply is May 19th.

Marathon High 2017-18

We know a number of Florida Striders members are teachers at schools or have students at schools who can encourage their schools administration to provide or continue to provide Marathon High at their school. I have already heard from a few members who want to be coaches. Last year, we only had 2 schools in Clay County (Orange

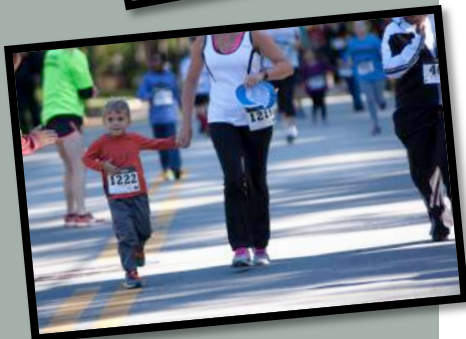
Park and Oak Leaf) and would love to add Ridgeview (have expressed interest), Fleming Island, Clay, Keystone Heights, and Middleburg to the schools offering the program. I am willing to go to the schools to present how Marathon High can benefit the school and the students.

Thanks for your help!



2017 Run to the Sun Fun Run Top Ten Schools

Lakeside
Thunderbolt
Patterson
St. Josephs
Swimming Penn
Oakleaf Village
Annunciation
Orange Park
Coppergate
Ridgeview



Run to the Sun 8K 2017

Recap by Bill Krause

Another great race on another wonderful day! More and more races are coming out of the woodwork. So it was refreshing to see so many good friends and loyal Strider members at the RTTS on April 8th. This is my second year directing this race, and I am feeling a *little* more comfortable. However, I know that no matter how much you plan and plan, if the sponsors, support personnel, volunteers, and runners don't show up, it doesn't matter.

I am very happy to report that we did well in all areas! I would like to thank everyone individually, but time and space do not allow me to do so (and if I try, but miss someone, that would be very bad!). I am very lucky to be a part of such a great club. Our mission from the beginning has been to help the community grow by educating the kids on better physical and mental health through Run/Walk programs. Once again, we had more kids in the free 1-Mile Fun Run, than we did for the 8K race! I guess it doesn't hurt that we distribute \$1000 to the schools based on their participation level, huh?

In case you didn't know, River Road will be undergoing a major reconstruction project at this time next year. This means that we will have to move this race temporarily. We are mulling over several options. If you have any suggestions, please let us know. You can reach me at rttsrd@floridastriders.com.

Speaking of future races, if you haven't already, don't forget to sign up and/or volunteer for the MD5K. Coincidentally, it is taking place on Memorial Day, May 29th. You can register online via our website: www.floridastriders.com, and you can volunteer by emailing Kellie Howard or Ann Krause at volunteer@floridastriders.com.

Thanks again for supporting the RTTS and making this race director look good!



RRCA Coaching Clinic coming to Jacksonville!

Written by Vicky Connell

Do you enjoy helping other people develop a love for running? Do you wish you knew a little more about how to coach them properly? Well, now is your chance to learn! The Florida Striders are sponsoring a Level 1 Coaching Clinic run by our parent organization the Road Runner's Club of America. It will be held in downtown Jacksonville on November 4-5. The cost for this certification is \$325 and includes lunch and snacks. To sign up and get more details, go to:

<https://runsignup.com/Race/FL/Jacksonville/RRCACoachingCertificationCourseOrangeParkFLOctober14152017>

Don't delay! Class size is limited to 35 people and it will fill up quickly!



The RRCA is Cool!

Written by Bill Krause

Annie and I really didn't know what to expect when we attended the Road Runners Club of America convention in Detroit recently. We knew it would be cold outside (temperature was in the teens the entire time we were there!), but we didn't know it would be so cool inside. From the moment we arrived, we were rubbing elbows with running legends as well as every day, middle of the pack runners such as ourselves.

For those who may not know, the RRCA is one of the governing bodies for the running community. Where the USA Track & Field Association (USATF) focuses on racing, RRCA's focus is on local running clubs. We, as well as almost every other running club in the nation, purchase our liability insurance through the RRCA, but we discovered that they do so much more than provide insurance.

Their mission is the same as ours: to grow the community by educating people on the benefits of running. One example is their Kids Run the Nation program which recognizes local running club's children's programs, rewarding the most outstanding ones with grants and awards. Our Children's Running Program received a \$1000 grant and the Outstanding Youth Program of the Year Award this year (check out the other RRCA article in this newsletter)! See! I told you the RRCA is cool.

The convention itself was very informative. The seminars included coaching certification classes, discussions on insurance and risk management, ways to grow your club and engage your members, strategies on how to get and keep sponsors, the best ways to use social media to promote your club events, etc. etc. etc.! But by far, the best take-away was the exchange of ideas between our peers on ways to make our clubs better. I highly recommend that everyone check out all the things the RRCA has to offer and also attend one of their conventions, if possible. We are hoping to convince the RRCA to host a convention here sometime soon. Thanks, Striders, for sending us!

Written by Vicky Connell



STRIDER SPOTLIGHT

For this Spotlight, my latest interview was with Jennifer DeSantis. I've been an admirer of Jennifer for quite a while now, noticing her increasing speed in races and especially some of her Facebook videos. Jennifer sometimes posts fitness moves and other info, and I happened to watch one of them last year. I was blown away by the difficult move she did that showed balance and strength. Of course, I had to try it and found that I couldn't do it. I worked for months on that move until I could finally come close!

Jennifer initially joined the Striders so she could get into our tent at the River Run. She also joined the JTC training class so she would have others to run with her. Jennifer met Kim Lundy at this class. Jennifer's involvement with the Striders didn't really start until Kim invited her to our Annual Picnic, introduced her to other Striders, and eventually convinced her to join our Board on which she currently serves as our Vice President and Social co-chair.



Jennifer moved to the Jacksonville area in 2010 from Northern Virginia where she moved after college. She decided she needed a break from her life there, so she made the decision to temporarily relocate to Jacksonville since she has a sister here. She's been here ever since and doesn't appear to be leaving any time soon!

Jennifer began running in Virginia, inspired by a roommate who was very active. She started by joining a gym and running about 10 minutes at a time on a treadmill. She thought she was doing great until a PE teacher told her she needed to run for at least 30 minutes. Jennifer did NOT have any intentions to run for more than 10 minutes, but we all know what running does to the soul! She took that advice which led to more running, and before she knew it, she was signed up for the Marine Corps Marathon in Washington D.C. in 2005. Friends warned her that she was going to get bitten by the "running bug", but she didn't really think that would happen. Of course, it did happen, and soon she was signed up for her second marathon! Multiple marathons later, Jennifer is planning to return to D.C. and run the Marine Corps again this year.

Along with running, Jennifer started doing PiYo, which is a low impact, high intensity workout that incorporates Pilates and Yoga-style movements. She told me it's great for runners because it's a functional flexibility workout that strengthens your core while increasing flexibility in your hamstrings. In 2014, she did PiYo at home to train for the Philly Marathon. She felt like it made a huge difference in her performance towards the end of the race because she didn't have a backache or feel as much pain. Her form felt great the entire run, and she felt a lot stronger. Her hamstrings weren't as tight as they

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Welcome

NEW MEMBERS

Catrina Acree
Jo Allen-Black
Joacin Aristil
Trent Arnold
Anna Arnold
Monte Beane
John Bear
Katherine Belk
Bruce Bradley
Jon Broasch
Sonia Burkes
Rebekah Caldwell
Nick Camarata
Ann Cirillo
Shawn Dent
Nathan Dib
Leslie Drake
Jo Anna Emanuel
Liza Faison
Robb Falana
Jose Gavarrette
Laura Gerds
Patrick Gibbons
Annie Gibson
Sylvia Hairston
Dale Hanson
Sharon Hawley
Robert Hernandez
Melissa Hooker
Glenn Landers
Holly Lester
Nicole Libal
Susan McInnis
Jamie Melim
Ricky Mitchell
Christina Nicola
Jennifer O'Brian
Debby Peters
Loyd Roddy
Cheryl Runkle
Sherri Smith
Erin Smith
Connie Smith
Mike Sperry
Goplam Sudhirkumar
Logan Viers
Thomas Webster
Julia Wolfe

Traci Akers
Karen Albert
Jennifer Allen
Ashley Allen
Joanie & Rob Barrett
Bryan Bartosik
Stephen Beard
Bey-Li & Scott Bialek
Elmore & Jackie Bing
Andrea Bishop
Gerald Boorse
Lisa & Mike Boyd
Luke & Carol Byrne
Gerald Caito
Thomas Carlson
Dionne Clark
Janet Collins
Lynn Corby
Liz Crane
Tom Custer
Shani Dempsey
Abhijit Deshmukh
Jennifer & Alonzo Doby
Christine Doss
Sonya Dudley
Barbara Ebers
Chris Edgington
Janet Elliott
Arik Entin
Brandi Epperson
Jill & Mike Eubank
Karie Ewing
Elizabeth Fagin
Bob Fernee
Robby Finklea
Debbie Fleck
Christine Ford
Ginger Frazer-French
Brian Fry
Donna Gallant
Sonja Gapinski
Patrick Gaughan
Debra Gaynes
Jim Giancola
Sue Granger
Stephanie & Chuck Griffith
Mark Grubb
Gary & Nancy Hallett
Tony Hanneken
Craig & Susan Harms
David Harper
James Hill
Todd & Camille Hockett
William Hoffman
Cari Holbrook
Benjamin Holland
Bruce Homes
Brandy Homeyard
David Horn
George Hoskins
Osra Hutcheson
Lesley Jones
Gary Jones
Susanne Jones
Jan Kellogg
James Kenirey
Lisa Kern
Harry Kolowski
Carolyn Krall
Jacqueline Kroggel
Scott Land
Janet Leigh
Heather Losasso
Kimberly Lundy
Leslie & Dennis Magruder
Lori Magyar
Kevin Mangold
Martha Mangus
Mike Marino
Michael Martinez
Brian McGready
David Nielsen
Beth Norman
Sheila O'Connor
Daniel Clay Ott
Jack & Kathy Owens
Kim Pawelek
Michele Pelham
Tracy & Len Pfuntner
Bill Phillips
David Pizzi
Page Ramezani
Raymond & Michelle Ramos Jr.

Jonathan Reed
Cathy Lynn Reidy
Jeffery Richardson
Alex Riggins
Bryan Rohlin
Terri Rose
Cynthia Ryan
Chriss-Ashleigh Sacharow
Eric Sager
Lisa Salyer
Derrick Schimcek
Kristie Schneider
Trish Schryver
Jean Schubert
Christine Scrim
Thomas Shaffer
Bradley Shepherd
Marc Sokolay
SHariffa Spicer
Shayla Spinner
Gregory & Maryluz Stratton
Christy & Rob Surgeoner
LaTanza Sutton
Jennifer Szala
Bob Tatum
Carrie Thomas
Millie Thrasher
Doug Tillett
Kathy King & Anthony Truitt
Mical Van DeWater
Charles Wagner
Nikki Watson
James & Nova Way
Robert Webster
Barbara Whitter
Tracey Winton
John Wisker
Wayne & Linda
Wolfenbarger
Mark Wynter
Winney & Scott Yaun
Curt Young
Mike Youngblood
Tom & Kary Zicafoose

RENEWING MEMBERS

Welcome Back!

Join the Florida Striders Track Club

The Florida Striders Track Club is a family oriented club that stages 5 races each year, offers free children's fun runs with our races, and has socials and other activities on a regular basis. Profits from our events are funneled back into community projects to promote fitness and health. Our Newsletter, the StrideRight, includes articles from our members, fitness tips, and pictures of our members in action, race results, and items of general interest. See our website, www.floridastriders.com, or contact our membership director, George Hoskins, 264-4372, or email membership@floridastriders.com for more information. Complete the membership application below and come have fun with us.

Florida Striders Membership Application

			New ____	Renewal ____
_____ Last Name	_____ First	_____ MI		
_____ Address			_____ # in Family	_____ Spouse's Name (Family Membership Only)
_____ City	_____ State	_____ Zip	_____ Your DOB	
_____ Home/Cell Phone			_____ Spouse's DOB	
_____ 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



Don't forget to use AmazonSmile when making online purchases through Amazon! Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to Road Runners Club of America whenever you shop on AmazonSmile. AmazonSmile is the SAME Amazon you know! Same products, same prices, same service. Support the Florida Striders Track Club by shopping at www.smile.amazon.com/ch/74-2194707.

Florida Striders Running Team

Written by Shelly Allen

Team Member Highlight

Our Florida Striders Running Team spotlight is on 12-year old Grace Adams! Grace is in 7th grade at Green Cove Junior High School where she is on the track team, and she does some cross-country running with the high school team over the summer. She has been a member of the Florida Striders Running Team for almost a year now, participating in road and trail races – and running some very impressive times! She frequently wins or places in her age group, such as her recent 2nd place AG win at the Gate River Run 15K with a time of 1:11:22. Her 1-mile PR is 5:56, half-marathon PR is 1:53:00, and 25K PR is 2:13:00. While she has quite a wide range of fantastic race times, she really enjoys the longer races like the half-marathon because she gets to work on her endurance leading up to the race and then test it in the race itself.

Grace typically trains 15-25 miles a week, doing a 3-5 mile workout Monday through Thursday and a long run on the weekend. Her goals in running are to break personal records, get faster each year, and run at the University of Florida after high school. In addition to running, Grace plays premier soccer at Clay County Soccer Club, and she enjoys traveling with her family where she can run in new and exciting places. We look forward to seeing where Grace's passion and talent take her in running!



On Sunday, April 23rd, Vicky Connell and five of her triathlon students completed the Ultimate Tri at Jacksonville Golf and Country Club. The event consisted of a 300-yd pool swim, followed by an 8-mile bike ride, and finishing with a 5K run. Vicky shared her extensive experience to coach this adventurous group of Striders to a successful completion of their first triathlon! The group intends to plan another triathlon in the future!

From left to right: Jon Guthrie, Sara Guthrie, Vicky Connell, Gwen Freeman, Jennifer Harper, and Chip Harper

Striders at the Races

2/12/17 – Donna Half Marathon Jacksonville, FL

Kim Lundy 2:12:02

2/18/17 – 8K River Day & 5K Orange Park, FL

Jamie Williams 26:01 1st AG
Jean Schubert 1:10:51
Bernie Powers 45:15 3rd AG
Hayden Holbrook 36:45

2/25/17 – Ortega River Run 5 Miler Jacksonville, FL

Jean Schubert 1:11:07
Jamie Williams 46:28
Randy Arend 35:00
Al Saffer 1:19:05 1st AG

2/26/17 – Gasparilla 8K Tampa, FL

Shelly Allen 34:03 3rd AG
8th female overall

2/26/17 – Angry Tortoise 25K Bryceville, FL

Jean Schubert 4:48:08
Came in last but HAPPY!! I am a streaker for this awesome race!!

3/4/17 – Retro River Run Jacksonville, FL

John Keester 20:31 1st AG
Male 10 & Under: new PR
Liane Daniels 29:00 2nd AG

3/4/17 – Kilwin's Ice Cream Run 5K Jacksonville, FL

Jean Schubert 40:35 1st AG!!!

3/11/17 – Gate River Run Jacksonville, FL

August Leone 2:20:05 3rd AG
Luke Bybee 1:03:26
31st AG (male 14-19), and a PR
Jennifer DeSantis 1:17:32
PR!!!
Jamie Williams 1:28:40
Jean Schubert 2:22:42
Bernie Powers 1:42:35
Randy Arend 1:06:36
Al Saffer 2:25:40 4th AG
Michelle McCullough 1:09:41
George Hoskins 2:08:00
Slow, but it was number 27 for me.

Kim Lundy 1:26:01

3/18/17 – Shamrock 8K/USATF Masters 8K National Championship Race Virginia Beach, VA

Shelly Allen 33:07 3rd AG

3/19/17 – St. Paddy's Day 10K/5K Jacksonville, FL

Jean Schubert 1:24:37 4th AG
Jamie Williams 25:11
PR for the 5K
Bernie Powers 59:23 2nd AG
Randy Arend 42:50
Al Saffer 1:36:01 1st AG

3/24/17 – FSM Run with a Mission 10K Nocatee, FL

Jennifer DeSantis 49:26
PR and 2nd female overall!! (it was a small race! Haha).

3/25/17 – Chick fil A 5K Jacksonville, FL

Jamie Williams 25:22 2nd AG
Dena Gaucher 25:12
Female Masters
Liane Daniels 29:15 1st AG
Dee Robertson-Lee 34:15 1st AG
65-69 age group. I don't think this was my all-time PR, but certainly within the last year or two. If anyone lives near River City Marketplace (near the airport) get in touch with me. I may have a few Chick-fil-A FREE meal cards to share with you. 1st place winners in all age groups received free Chick-fil-A for a year, and I will never use all of the cards!

3/25/17 – Okefenokee Swamp Run 10K Waycross, GA

Bernie Powers 1:03:59 1st AG
Only because Ron Crosby won Great Grand Master

3/25/17 – Tomoka Half Marathon Ormond Beach, FL

Kim Lundy 2:08:23

4/1/17 – Navy Run 10K Jacksonville, FL

Jamie Williams 53:53
PR
Jean Schubert 1:24:16 4th AG
Bernie Powers 58:40
Please go back to 5 year age groups so I don't have to run against early-60s kids!
Dena Gaucher 56:49
Kim Lundy 56:02 1st AG

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2017 Board of Directors Annual Picnic

By Cari Holbrook

It was a perfect day for a gathering of runner friends and their families at the park on April 9th. We were lucky enough to score the pavilion right next to the playground this year, allowing those with kids to relax in the shade while the children ran off all their excess energy.

Thank you to everyone who contributed to the food – we had plenty for each person to get his/her fill (and then some!). I'm pretty sure my boys had more than their fair share of the desserts when I wasn't looking, too....

Big THANK YOUs also go out to the social directors, Jennifer DeSantis and Dave Allen, for putting this picnic together, Becky DeSantis for documenting our fun with her photography, Brian Fry and Denny DeSantis for manning the grills, all those who helped make sure the food was set up properly, Jack Frost and his family for coming early to help set up, and all the helping hands who stayed to assist in the clean-up. There are so many more people to thank, I am sure! The Florida Striders Track Club continues to exist because of all the wonderful people who volunteer their valuable time

and energy to this amazing organization. Our club would fizzle out without you. So thank you a million times over!

As per tradition, the new Board of Directors was sworn in somewhere in the middle of our festivities. Please welcome our 2017-18 Board of Directors including two new Strider members, Tabitha Williams and Jennifer Harper, who were voted on to the board, bringing our total number of directors to 20.

2017-18 Board of Directors & Key Persons

Directors at Large

Ann Krause	George Hoskins
Scott Hershey	Jamie Williams
Dave Allen	Bill Page
Sara Guthrie	Tara Showalter
Cari Holbrook	Kim Lundy
Jon Guthrie	Shelly Allen
Doug Barrows	Jennifer Harper
Tabitha Williams	Kathy Murray

President: Michelle McCullough
mmccullough@floridastriders.com
Vice President: Jennifer De Santis
musictchr24@aol.com
Secretary: Regina Sooeey
Regina@ReginaSooeey.com
Treasurer: Bill Krause
treasurer@floridastriders.com

Coordinators

Sponsorship: Michelle McCullough
Children's Running: Carol McDougall
Membership: George Hoskins
Social: Dave Allen, Jennifer DeSantis
Scholarship: Kim Lundy
Running Classes: Vicky Connell
Equipment: Mike Mayse
Race Advisor: Bob Boyd
StrideRight Editor: Cari Holbrook

Race Directors

Resolution Run 5k – Bill Krause: resolutionrunrd@floridastriders.com
Angry Tortoise 25K/50K – Charlie Sauter-Hunsberger: jaxcharlie@gmail.com
Run to the Sun 8K – Bill Krause: rtrsd@floridastriders.com
Memorial Day 5K – Scott Hershey: run2day4life@gmail.com
Hog Jog 5K – Bob Fernee: bobfernee@aol.com

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

Continued from front page

and I would like to share it with you. It's the type of workout which is very manageable, yet touches on training each of the body's different energy systems. Here's the best part – it can be done anywhere (even the “dreadmill”) although I personally prefer the forgiving surface of the rubberized track.

Warm-up 1-2 easy miles. Running form drills.

Workout:

3:00 (5K pace) with 2:00 recovery (jog, walk or rest)

200m (mile pace) with 4:00 recovery (jog, walk or rest)

Repeat x2 (3 sets total).

Finish with 3x150m (50-50-50, sprint-float-sprint)

Cool-down 1-2 miles. Follow up with core exercises and light static stretching.

If you really want to challenge yourself during this workout, aim to make it slightly farther on each 3:00 pick-up and slightly faster (1 second) on each 200m interval. Over time, you could either add more sets to this workout at the same pace, or manipulate the interval times or recovery paces to achieve a new result.

I learned a lot of other helpful training tidbits throughout the course of camp concerning proper diet, technique and recovery, but this workout remains one of my new favorites. I also learned that the Brooks Beasts, while they are the best of the best, are also human. They like Run Gum, beet juice, peanut butter, running fast on all types of terrain, hanging out with friends, and the occasional chips-n-salsa and guac with a margarita to celebrate an accomplished day and another beautiful New Mexico sunset. Keep running happy and healthy, my friends. See you at the next race!

About the Author:

Julie Stackhouse, a Brooks sponsored athlete and recent winner of the Run 13.1 as well as the top local and Florida finisher in the 40th annual Gate River Run, is a USATF Level III certified coach and enjoys sharing her knowledge with the runners of all ages and skill levels whom she trains. Owner of Stackhouse Fitness, she offers personalized plans, form evaluation, individual and small group training sessions similar in structure to the workout listed in this article for those looking to take it to the next level in terms of fitness gains or improving some aspect of their running.



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4/1/17 – Run with the Lions 5K**Neptune Beach, FL**

Michelle McCullough 21:13
3rd female overall

4/2/17 – Run 13.1**Jacksonville, FL**

Jean Schubert 3:39:27 5th AG

Bernie Powers 2:17:14

Dena Gaucher 1:56:50 4th AG

Liane Daniels 2:18:15

A new PR for me. My best time since being injured.

Dena Gaucher 1:58:00

Jennifer DeSantis 1:50:54

PR!!!

Randy Arend 1:35:15

Kim Lundy 2:06:59

4/2/17 – Rock n' Roll Raleigh Marathon**Raleigh, NC**

Karen Albert 4:36:35

My first full marathon.

4/8/17 – Run to the Sun 8K**Orange Park, FL**

Al Saffer 1:12:24 1st AG

Nick Camarata 53:30

Paced my wife in her first 8K race.

Bernie Berania 37:27 6th AG

John Keester 35:47

Dena Gaucher 41:03

New PR for me

Mark Grubb 32:42 2nd AG

Great sunny cool morning for a run along the river!

Jamie Williams 41:19

PR

Jean Schubert 1:04:37 5th AG

A new PR by more than a minute!

Shelly Allen 33:05

3rd overall female and new Masters 8K PR!

Elijah Showalter 40:40 2nd AG

11 and under AG, this was my first 8K and longest race to date.

Terri Rose 37:30 1st AG

Dee Robertson-Lee 58:28 1st AG

Being in the 65-69 age group I am excited to finish any race, but this one was extra special because I have never gotten

1st place in the Run to the Sun before!

Michelle McCullough 34:59 1st AG

Luke Bybee 32:36 2nd AG

14-19 age group, PR for this race. First to cross the finish line for the team.

Randy Arend 33:41

George Hoskins 55:53

Not last in AG

Kim Lundy 43:11 3rd AG

4/8/17 – Apryle Showers Run – Florida's Fastest 10K Race**Ponte Vedra, FL**

Mike Marino 46:27

Inagural race for a great cause. Nice course in Nocatee.

Some hiccups that come with an inaugural event, but

overall a good race, nice post race, and a good time.

4/15/17 – Run Rabbit Run 5K**Jacksonville, FL**

Jamie Williams 25:42 3rd AG

Spotlight, continued:

normally were either. PiYo helped her run considerably faster and stronger.

Jennifer has been running her own online fitness business for about three and a half years now. She helps people on their journey to create healthy habits in fitness and nutrition. She does this through the Beachbody company. She currently has about 5-10 clients a month that she works with online. She's often starting new clients on a 30-day program. After completing their program, a lot of her clients join her team by signing up to coach, helping others themselves.

Jennifer loves the vision and mission of the Striders. She loves our support of kids running, the people on the board, and the fact that everyone is like family. She thinks that it's such a nice group to belong to.

I asked Jennifer what she would tell other people who want to be fit like her. She said, "Take the word 'can't' out of your vocabulary. Starting a healthy lifestyle journey is an amazing step to take and you should be very proud of yourself for taking that step. Remember that this journey is unique to you. So don't waste time comparing yourself to others. Stay focused on your goals and always remember why you started. I set monthly goals for myself so I am not overwhelmed by the big picture. Celebrate your journey along the way, and don't let the setbacks take your focus away from your why. This is not a 30-day journey, it's a lifelong process, and it won't always be easy. But I can guarantee that it will be worth it."



**Proceeds Support The
FIHS Track Team's All-
Weather Track**

Register for
Fleming Island 5K
at Active.com

**Saturday, May 13, 2017 8 A.M.
Fleming Island High School**



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 15th	\$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
 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 registra-
 tion in front of the Orange
 Park 1st Place Sports store
 on race day.**

<Scan for more details>



2017-18 Florida Striders Running Team!



The Florida Striders Running Team made their debut nearly a year ago at the Memorial Day 5K and has been in action at many road and trail races in the Northeast Florida region. Team members have been placing in their age groups, and more importantly, have been representing the Striders as ambassadors for running, fitness, and the values of the Florida Striders Track Club. We are happy to announce that the team will be growing with the addition of "Team II". Follow us on Facebook and on our website for more information on how to join the team! Inquiries may also be sent to

fsraceteam@floridastriders.com.

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

FLORIDA STRIDERS TRACK CLUB

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