

W I N T E R 2 0 1 8

the

StrideRight

www.floridastriders.com

Club #229



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What's Your New Year's Resolution (Run)?

Written by Julie Stackhouse

Ready or not, it's that time of year again...the stockings are hung by the chimney with care, in hopes that Santa will come down the chimney granting PR's to all for the new year. And YOU get a PR, and YOU get a PR...not even the Grinch who stole your running shoes could deny you this precious endorphin-bedazzled gift! But since there isn't a PR-granting St. Nick (he may need to swap out the cookies for gluten-free, vegan sugar-cookie flavored Quest bars), how do you plan to achieve your resolutions and running/health goals in 2018?

Continued on page 8

Save the Date!

Resolution Run

1/6/18

Start the year off right with the first Grand Prix race of 2018!

Angry Tortoise 50K/25K

2/25/17

What better way to embrace nature than by participating in this amazing trail run?

Gate River Run

3/10/18

Celebrate with your fellow Striders afterwards in the Members-Only Tent!

Run to the Sun

4/28/18

Another great run along the St. John's River to mark on your calendar!

2017-2018 Board Members & Key Persons

President: Jon Guthrie
president@floridastriders.com
Vice President: Dave Allen
Secretary: Regina Soocy
Regina@ReginaSoocy.com
Treasurer: Bill Krause
treasurer@floridastriders.com

Directors At Large

Ann Krause	George Hoskins
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Mike Mayse	Bill Page
Sara Guthrie	Tara Showalter
Cari Holbrook	Kim Lundy
Shelly Allen	Doug Barrows
Jennifer Harper	Tabitha Williams
Kathy Murray	Jennifer DeSantis

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
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HogJog 5K: TBD
bobfernee@aol.com

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Race Advisor: Bob Boyd
bobbzydFL@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

MESSAGE FROM THE PRESIDENT

The holiday season is wrapping up and 2018 is upon us! As usual, the past year seems to have gone by much too quickly. My 2017 started with the annual Polar Plunge at Jacksonville Beach back on New Year's Day. Some of my runner friends convinced me that it would be a fun thing to do. Much to my surprise, they were correct! As a result, we plan to participate again this year to kick off 2018. It is held near the Lifeguard Station at Jacksonville Beach at 9:00am on New Year's Day. Watch the official Florida Striders' Facebook page for details in case you are nuts enough to join us! If you are on Facebook, please make sure you "like" our page so you stay informed. We may go for a run first to get warmed up. Hopefully, the weather will be nice enough to enjoy some social time after we dry off!

Remember, we are not only a running club, we are a social club as well. Please support our club by participating in the running events and socials that we host. Compared to many of our members, I am a relative newcomer to the running community, but the friends I have made by running will last the rest of my life! Runners make the best friends!

Our annual Resolution Run is being held on January 6, 2018. Please sign up to run, or let us know if you would like to volunteer. For those who aren't aware, there is plenty of work to be done pre- and post-race. I never used to understand how much work was involved until I started volunteering my time. These events wouldn't happen without the help of volunteers!

Last, but not least, I want to make the Florida Striders a more inclusive club. We have members all throughout the greater Jacksonville area. We have "pockets" of runners in many neighborhoods getting together for training and socializing. Many are already Strider members. You may even be part of such a group. Be proud to be a Strider, and wear your Strider gear. Invite your running friends to become members also. Let me know if I can join your groups for a run sometime. I would like the opportunity to meet more of our members.

Happy New Year to each of you!

Jon Guthrie



Strider Poetry

Written by Jon Guthrie

After a training run several weeks ago, while having coffee with Dave Townsend and Bernie Powers, I mentioned that we are always interested in articles to be published in the StrideRight. A few days later, I received a text from Bernie in the very early morning hours. It appears that he woke up with poetry on his mind. Here is his running related poetry submission in the famous limerick format...

The Reluctant Runner

I will not train in the rain,
I will not drill in the chill,
I'll be staying inside,
where it's warm and it's dry,
and tomorrow I may be here still!

Those who know Bernie Powers understand the truth behind his words!

Feeling inspired by his wonderful poetry, I decided to dust off my writing skills, and I came up with the following...also in the form of a limerick!

The Running Life of

Bernie Powers

There once was a runner named Bernie,
Who thought running would be a great journey.
When he got out of bed,
it was raining. Instead,
he decided to sleep on a gurney!



Send your running related poems to: striderighteditor@gmail.com
Perhaps you will have the great honor of seeing your work published!

Upcoming Races!

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

DATE	RACE	TIME	RACE DAY LOCATION	WHERE TO REGISTER
6-Jan	Resolution Run 5K	8:00am	Best Bet Kennel Club, Orange Park, FL	www.floridastriders.com
13-Jan	JTC Running Track Meet Series - Event 1	8:00am	Creekside High School	JTC Running
14-Jan	Jekyll Island Marathon & 10K	7:30am	Great Dunes Park, Jekyll Island, GA	jekyllislandMarathon.com
20-Jan	The 4th Annual Pirate 5K	8:00am	Palencia Club, St. Augustine	thepirate5k.com
21-Jan	Winter Beach 10 Mile & 5 Mile	2:00pm	Seawalk Pavilion, Jacksonville Beach	1st Place Sports (any location or online)
27-Jan	Hellcat 50K, 30K, & 10K	7:00am	Military Museum of North Florida, Green Cove Springs	hellcatrace.com
28-Jan	Riverwalk 5K	1:00pm	Winston Family YMCA	PRS Race Timing
3-Feb	Character Counts! In in St. Johns County Six Pillars 6K/3K Run/Walk	9:00am	355 Palencia Village Drive	racesmith.com/races/CHARACTERCOUNTS.html
10-Feb	Donna 10K & 5K	8:00am	Prime F. Osborn III Convention Center	1st Place Sports (any location or online)
11-Feb	Donna Marathon & Half Marathon	7:30am	Ponte Vedra Beach	1st Place Sports (any location or online)
17-Feb	8K River Day	8:30am	Orange Park, FL	1st Place Sports (any location or online)
18-Feb	Running of the Bulls 5K	8:30am	Institution Ale Works	1st Place Sports (any location or online)
24-Feb	Ortega River Run	8:30am	St. Marks Episcopal Day School	1st Place Sports (any location or online)
25-Feb	Angry Tortoise 50K & 25K	7:00am	Cary Forest State Park	floridastriders.com
3-Mar	Pirates on the Run 5K/10K	8:30am	Amelia Island	ameliarunners.com
10-Mar	Gate River Run	8:00am	Everbank Field	1st Place Sports (any location or online)



What It Means to be a Member of the Florida Striders Track Club

Written by George Hoskins

Ever wonder what attracts new members to join the Florida Striders Track Club? What do our members consider important when it come time to renew those dues and keep their membership current? Let's review some membership highlights.

Many Striders join to make new fitness-minded friends and run with others. We have periodic socials, group runs on Saturday and Sunday mornings, and training runs/running classes at the St. Johns Country Day School track on Wednesday evenings. Then, of course, there is that wonderful Hospitality Tent (members and guests only) at the Gate River Run every March.

Like to save money at races? The Striders put on five great races each year, and members get a nice discount for early registration. Run our races, and this alone will just about cover your annual dues.

Like to have that warm feeling from doing something good for others? Sure we do! Strider membership fees help support the local community, through our Children's Running programs in schools, Marathon High in high

schools, free fun runs at our races, college scholarships, and other worthy projects.

Who doesn't love to save a few bucks when shopping for shoes and other running gear? Here is the latest information on local businesses that support the Striders:

1st Place Sports – 3931 Baymeadows Rd, and other locations: San Marco, Orange Park, Jax Beach, Southside, & St. Augustine – 10% discount

New Balance Jacksonville – 10095 Beach Blvd, and **New Balance Orange Park** – 1871 Wells Rd – 20% discount on shoes/30% discount on other items.

Florida Strider members can keep up to date on all our activities on Facebook, our website, the StrideRight newsletter, and e-blast email notifications.

So, rush over to our website, click on About – Membership, and click on that list to see when to renew those dues, and Just Do It!

New Members

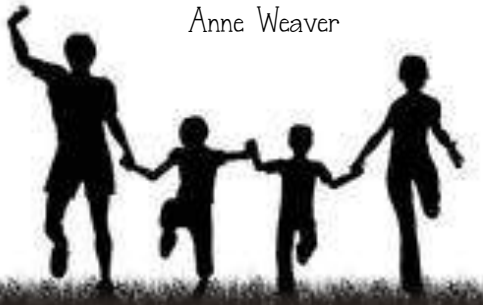
Jennifer Davis
 Maria Ganas
 Joseph Gullett
 Wally Johnsey
 Kay Jones
 Mills Ramseur
 Marcelino & Dinah Ruiz

Renewing Members

Eugene & Charina Biala
 Donna & Mike Fielding
 Steven & Deborah Canoe
 Wendy Helme
 Edward Mallard III
 Anne Weaver

Upcoming Renewals

Renee Balcom	Gary Harlow
Bernie Berania	Stacey Hendryx
Jay Birmingham	Linda Keester
Dortheanne Bone	Patt McEvers
Lewis Buzzell, III	John & Denise Metzgar
Gary Corbitt	Donna Musselwhite
Julia Crook	Logan & Julie Myers
Jen Cunningham	Patricia Noonan
Charles Delay	Bob Opkins
Gary Gerdeman	Coleen Stoffa
Bonita Golden-Sikes	Jack Sykes
Susan & John Gostage	Kim & Chris Tracanna-Breault
Kenneth Gracie	Josue Velazquez
Chuck Habing	Steve Williams

***STRIDER MEMBERSHIPS!*****Florida Striders Membership Application**

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

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

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

Annual Dues

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

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road or the traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, The Florida Striders Track Club, and all sponsors, their representatives and successors from all claims and liabilities of any kind arising out of my participation in these club activities, even though that liabilities may arise out of negligence or carelessness on the part of the persons named in this waiver. Rev. 12/15

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

What's Happening in 2018?

Volunteers Needed!

2018 College Scholarships

Four \$1000 scholarships will be awarded to graduating high school seniors. Applications are now available on our website. Students complete an essay along with the application. Details and eligibility requirements can also be found on our website (www.floridastriders.com). The deadline for submitting applications is March 9, 2018.

40th Anniversary Celebrations

Forty years?!?! We are a club that keeps on kicking! Hard to believe that our band of runners has been going strong since 1978. Well, we plan to make a big deal about that. So, keep your ears low to the ground for events that will be popping up all year long to commemorate a tried and true group of dedicated runners and friends.

The Florida Striders will once again have a great booth at the Gate River Run Expo on Thursday and Friday, March 8-9. Our outdoor Hospitality Tent will be set up on Friday and will be open all morning on Saturday, March 10. Our club members and guests can enjoy fellowship and food in the tent before, during and after that Gate River Run.

We will need many volunteers. So please consider giving us a few hours of your time on Thursday, Friday, or Saturday to make the booth and tent successful.

Further details about the operation of the booth and Hospitality Tent will be published on our website, the next StrideRight, and our Facebook page in February. In the meantime, if you have any questions or want further information about club activities you can email our president, Jon Guthrie, at president@floridastriders.com or contact any of our other officers listed in this newsletter.

STRIDERS AT THE RACES

10/21/17 – Black Creek 5K Middleburg

Bernie Berania 22:38 3rd AG
Paul Grybb 18:54 3rd overall
Luke Bybee 20:16 1st AG

10/22/17 – Marine Corps 10K Washington D.C.

Shelly Allen 42:57 1st AG 12th overall

10/22/17 – Hog Jog 5K Green Cove Springs, FL

Carolyn Krall 28:42
Keenan Krall 30:49
Paul Grybb 20:00
Jean Schubert 49:12 3rd AG
Luke Bybee 21:16 2nd AG

10/28/17 – Penney Farms 5K Penney Farms, FL

Crystal Geronimo 20:04 1st female
Carolyn Krall 25:34 1st AG
Nick Camarata 20:03 3rd overall & PR
Luke Bybee 2nd overall
Missed PR by 10 seconds

10/29/17 – Evergreen Pumpkin Run Jacksonville, FL

Crystal Geronimo 1:12:31 3rd AG
Perry Pelham 1:27:10

10/29/17 – Pumpkin Run 5K

Jean Schubert 43:29
Eugene Biala 37:31
Aren Biala 22:03 1st AG
Aldren Biala 21:39 4th AG
Charina Biala 31:05

11/04/17 – Purplestride 5K Jacksonville, FL

Al Saffer 37:24 1st AG

11/11/17 – Mandarin Run 10K Jacksonville, FL

Jean Schubert 1:30:39
Thanks to Bryan Rohlin for running me in!

11/18/17 – Soldier Marathon Columbus, GA

George Barthelmes 2:54:04 1st overall

11/19/17 – Cupcake 5K Gainesville, FL

Anaya Shrider 26:59 3rd female overall
Tiffany Shrider 32:16 2nd AG

11/23/17 – Thanksgiving Day ½ Jacksonville, FL

Perry Pelham 1:50:22

Tiffany Shrider 2:20:51 PR
Aldren Biala 24:38
Charina Biala 31:22
Eugene Biala 36:52

11/23/17 – Thanksgiving Day 5K Jacksonville, FL

Shelly Allen 20:56 3rd female overall
Jean Schubert 43:37
Congrats to Liane Daniels on her half marathon!!

12/3/17 – Guana 12K Trail Race Ponte Vedra Beach, FL

Jean Schubert 2:31:36
Due to course adjustments, the distance was about a mile longer. Awarded 2nd in AG though results showed 4th. Was oldest woman running in 12K, had a muddy good time!

12/3/17 – Guana Trail Race 50K Ponte Vedra, FL

Perry Pelham 2:39:52
2nd place overall thanks to my speedy teammate Joe Nagy.

Continued from front page

Step 1:

Write down your goals. I used to make New Year resolutions but now I just set goals. I liked reading Shalane's in her NYC training log she posted on Insta back in August, "1. Win NYC and 2. Finish in the top 3." She set a GREAT goal and a GOOD goal, either of which were realistically within her grasp. One is possible when all the stars align on that given day. The other is still an astounding and satisfying feat. Caution: expletives may erupt involuntarily when you hit the GREAT goal.

Step 2:

There's strength in numbers. The great thing about our running community in Jacksonville is that you don't have to do it alone (but you can if you want to). There are free group runs and meet-ups all over the city on any given night of the week. If possible, find an accountability partner or friend who is willing to meet you early or late as your schedules dictate, so that you find solace, motivation, and success in the many miles logged together throughout the year.

Step 3:

Enlist the help of a coach. Yes, I am a coach, and I have been self-coached for the past...well, many, many years since finishing up graduate school and my collegiate competitive career as a track/cross country athlete. I coached collegiately for over a decade as well. While I've achieved some results which even amazed me on my own regimen (I've been my own best guinea pig, I suppose), here's what I learned: when left to my own devices, I'll often do too much. This is an easy trap for a competitive runner, who is often a bit of a "type-A" personality already, to fall into. More is not always better, and in fact, staying healthy over time is the number one way to improve in endurance events. Consider giving a group or individual track workout a try, following a training plan tailored to your needs and life-demands with your specific goals in mind. Real results can be achieved in training with a purpose.

Step 4:

Develop a mantra. Mine is "Will run for coffee." Just kidding. I do have several, but my primary one for this coming year is, "Don't look back. You're not going that way." I think it's important to put your past accomplishments or disappointments on the proverbial shelf, learning from your experiences – both positive and negative so you can move forward with a humble heart and "hungry" mindset regarding future possibilities. If I would have set limits on what I thought I could achieve in 2017 based upon the prior year's results, I would not have experienced the physical and mental breakthroughs I did, which changed me as a runner.

Step 5:

Make an honest evaluation of your nutritional approach. I've written other articles about the great strides (literally) I've made in this area of my health and competitive running this past year, taking it seriously perhaps for the first time in my life, and achieving serious and life-changing results. To put it simply, you can't outrun a bad diet. So before you start logging all the miles, be sure that you've stocked your fridge, pantry, home, and office to be successful in this department.

Step 6:

Find a race. A good one to start with is the Striders Resolution Run 5K (1/6/18). I thrive on races for several reasons. One - it fuels my competitive nature and inner gremlin. Two - running is my choice of a social "happy hour," and a healthy one to boot. Three – racing is a great way to stay motivated and to monitor your progress. Think of like you are building a road map to your "A" race and achieving your great goal, and the races of varying distances are your checkpoints along the way. This may mean that you use some races for practice to learn how to

pace or fuel properly in a competitive environment, or perhaps even just as a longer run or tempo effort depending on where it falls in your training cycle. You may even make some new friends along the way! My favorite part is watching the clients I coach podium in their respective age groups or achieve a result he/she may not have believed possible. Running and racing can change your life if you let it! Sometimes you will finish a tough race (doesn't have to be a marathon) and upon reflection, consider, "If I did that, I can do anything!" I look forward to seeing what we can accomplish together this year! Stay "rungry!"

About the Author:

Julie Stackhouse is the owner of Stackhouse Fitness (getstackednow.com) and the overall winner of 18 races of varying distances in 2017. Her sights are now set on the Boston marathon for 2018. Her life's passion lies in running and teaching those under her coaching wing the ropes of the most true and honest sport, where you can get back exactly what you put into it – and then some.



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This holiday season you can support us when you shop!

Shop for everyone on your list at smile.amazon.com.
You shop. Amazon donates.

amazonsmile



Wrap up your holiday shopping at smile.amazon.com/ch/74-2194707 and Amazon donates to Road Runners Club of America (which is us!).

Start the year off right!

Sign up for the
Florida Striders'
Resolution Run 5K
Jan. 6th, 2018 at bestbet
in Orange Park, FL



Long sleeve cotton shirts,
and Finisher medals!

5K (1st Grand Prix race of
the new year) - **8:30AM**
1 Mile Fun Run - **9:30AM**

Runs Benefit Local School's Run/Walk Programs

ENTRY FEES

	Striders	Non Striders	Kids 13 & Under
Until Dec. 22nd	\$22	\$27	\$15
Dec. 23 - Jan. 5	\$27	\$32	\$20
Race Day	\$32	\$35	\$35

- Register on-line at <https://www.signmeup.com/122203>, our website at www.floridastriders.com, or 1stplacesports.com (Processing fees added for on-line registrations.), or register in person at any one of the 1st Place Sports stores.
- Online registration available until noon, Jan. 3rd, register at the stores thru the 5th, or at the race Saturday morning.
- Day of Race Registration starts at 7:30 AM.

Race Director: Bill Krause

resolutionrunrd@floridastriders.com

THE COURSE

The 5K starts at 8:30 AM on River Road. The course takes you out and back along the beautiful St. John's River. There is a water stop near the half way turn around. See map for more details. Strollers are not allowed in the 5K. This is the first race in the 2018 Grand Prix Series, and certified by the USTAF. The results will be posted near the finish. You can also check your results at

1stplacesports.com after the race.

AWARDS

Medals to all 5K finishers this year! The overall and age group winner awards ceremony will be near the finish line. Top 3 overall, top master, top grand master, wheelchair, and top 3 in each age group. Age groups include 10 and under, 11-13, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, and 80 & over. Awards given to males and females in each category.

PARKING

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

RACE CHECK-IN AND TIMING CHIPS

Race day registration and packet pick up opens at 7:30 AM. The timing chip is attached to the bib. **Do not wear your personal chip** You must cross the mats at the start and the finish to be included in the results. Chips are not used for the One Mile Fun Run.

FUN RUN

The **FREE** One-Mile Fun Run starts at 9:30AM in the field behind bestbet. Entry forms available race morning (do not mail in). Ribbons to all and \$1,800 in participation money for elementary schools as a courtesy of bestbet. The fun run is free, but all participants must register on race day. Suzanne Baker is the Fun Run Coordinator & can be reached at suzanne.baker@myoneclay.net.

PACKET PICKUP

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

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

When: Thursday, Jan. 4th, or Friday, Jan. 5th, 10AM to 6PM
or at the race site Saturday morning



Sign up for the
Florida Striders
Run to the Sun 8K
April 28, 2018 at bestbet
in Orange Park, FL



Soft cotton t-shirts, and
Finisher medals!

—
8K Grand Prix - 8:00 AM
1 Mile Fun Run - 9:30AM

Runs Benefit Local School's Run/Walk Programs

ENTRY FEES

	Striders	Non Striders	Kids 13 & Under
Until April 13th	\$22	\$27	\$15
April 14 - 27	\$27	\$32	\$20
Race Day	\$32	\$35	\$35

- Register on-line at <https://www.signmeup.com/122385>, our website at www.floridastriders.com, or 1stplacesports.com (Processing fees added for on-line registrations), or register in person at any one of the 1st Place Sports stores.
- **Online registration closes at noon, April 25th.** You can continue to register at the stores thru Friday, or at the race Saturday morning.
- Day of Race registration starts at 7:00 AM
- **Race Director:** Bill Krause rttsrd@floridastriders.com

THE COURSE

The 8K starts at 8:00 AM on River Road. The course takes you out and back along the beautiful St. John's River. There is a water stop near the 1.5 and 2.5 mile marks. See map for more details. Strollers are not allowed in the 8K. This is a Grand Prix Series race, and certified by the USTAF. The results will be posted near the finish. You can also check your results at 1stplacesports.com after the race.

AWARDS

Medals to all 8K finishers! The overall and age group winner awards ceremony will be near the finish line. Top 3 overall, top master, top grand master, wheelchair, and top 3 in each age group. Age groups include 10 and under, 11-13, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, and 80 & over. Awards given to males and females in each category.

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PACKET PICKUP - Please check your packet pick up location on the entry form. **Where:** 1st Place Sports (locations on 2nd page) **When:** Thursday, April 26th or Friday, April 27th, between 10am and 6pm, or at the race site Saturday morning.



The Florida Striders Track Club is incorporated as a non-profit organization under the laws of Florida and is granted federal tax exempt 501(c)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. Printed by Sir Speedy – <http://www.sirspeedyop.com>.

FLORIDA STRIDERS TRACK CLUB

P.O. Box 413
Orange Park, Florida 32067-0413

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Happy Running!

Our Florida Strider Running Team is looking for new members. We have two openings on Team 2 for anyone interested. Team jerseys are \$30 for youth and \$40 for adults.

Email Shelly Allen at fsraceteam@floridastriders.com for more information.