

StrideRight

www.floridastriders.com

Club #229



Volume 39, Number 2



What's Inside!

President's Message	2
Board of Directors & Key Persons	2
Resolution Run Recap	3
Strider Race Discounts	3
Strider Spotlight	4
Love Over Fear	5
Strider Running Team	6
Strider Partners	6
Upcoming Races	7
Membership Page	8
OPMC Article	9
GRR Hospitality Tent	10
Striders at the Races	11
Gate River Run Info	13
Run to the Sun Flyer	15

Written by George Hoskins

Running the Gate?

What You Need to Know as a Florida Strider

The Strider Booth inside the Gate River Run Expo will be staffed by volunteers 11:00am-6:00pm on Thursday, March 8th and Friday, March 9th prior to the Gate River Run. Look for the large Strider tent over our Booth. THIS is where Striders pick up the armbands required for admission to the Strider Hospitality Tent on Saturday morning. There is a limit of 4 bands per family membership.

IMPORTANT: The Hospitality Tent is only for Striders with a current active membership and their guests. If you are unsure when you last paid those dues, it is highly recommended that you check your renewal date on our website under the About tab. If the information seems incorrect, or if you cannot find your name on the list, please email membership@floridastriders.com right away.

Florida Striders can renew their memberships in the Booth, and new members can sign up as well. **NOTE:** while we will be accepting credit/debit cards, the process is likely to be quicker and easier with cash or checks – we will appreciate it.

We are looking for volunteers to work in the Expo Booth this year. If you have a couple of hours to help, send an email to the address above.

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

MESSAGE FROM THE PRESIDENT

Greetings! We are now in possibly the most exciting time of the year to be a runner here in the Jacksonville area. Our more competitive runners have had time to train in the cooler temperatures and are hoping to reap the rewards with new personal records before the heat returns.

By the time you read this, our popular Angry Tortoise 25K and 50K should be over. This annual trail run is held in Carey State Forest and is organized by our very capable Charlie Sauter-Hunsberger. If you enjoy the trails but haven't experienced the Angry Tortoise, be sure to plan on participating in 2019!

About a dozen of my friends and I will be in New Orleans for the Rock 'n Roll Half Marathon on the weekend of March 4th. Unless we end up in jail, I plan to provide a report for the next StrideRight!

Speaking of destination runs, plans are being made by a few of our members to run the Las Vegas Rock 'n Roll Half Marathon on November 11, 2018. We also had a group of Striders run the Key West Half Marathon back in January. We had such a good time that plans are being made to go back for the January 20, 2019 event! A more official announcement will come at some point in the future. So keep those dates open if you have any interest in being a part of the fun!

Also...I have a dream. Possibly early in 2019, I want to host a Florida Strider cruise! Feedback on this would be appreciated.

There is much fun ahead! The Gate River Run, Run to the Sun, Annual Strider Picnic, and Memorial Day 5K are all on the horizon. In addition, later this year, the 40th Anniversary Celebration will occur!

One last thing: please like and follow the Florida Striders on Facebook, Instagram, and Twitter as we grow our visibility in these more modern formats!

- Jon Guthrie

2017-18 Board Members & Key Persons

President: Jon Guthrie

president@floridastriders.com

Vice President: Dave Allen

Secretary: Regina Sooley

Regina@ReginaSooley.com

Treasurer: Bill Krause

treasurer@floridastriders.com

Directors At Large

Ann Krause

Scott Hershey

Mike Mayse

Sara Guthrie

Cari Holbrook

Shelly Allen

Jennifer Harper

Kathy Murray

George Hoskins

Jamie Williams

Bill Page

Tara Showalter

Kim Lundy

Doug Barrows

Tabitha Williams

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

Run2day4life@gmail.com

HogJog 5K: TBD

Coordinators

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





Freezing Temps? No Problem!

January's chilly weather didn't deter our amazing members from helping out our club!

Written by Bill Krause

The weather prediction a week before the race was not good, but people kept registering and/or signing up to volunteer for the 39th running of the Resolution Run 5K on January 6th anyway! What an excellent group of dedicated runners and volunteers to be associated with. I am humbled by your efforts and those of our fellow runners. You also made some kids very happy by donating 32 pairs of shoes for our Extra Miles Shoes program. The final accounting isn't done yet, but I know we garnered a fair amount of revenue to help

support our Children's and Adult Running 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 by name (and sure enough, I would forget someone, but you know who you are)! I know the good feeling you have inside is your reward. I hope so because I don't have any money to give you.

We had so much fun that I think we should do this again...let's say April 28th 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 as a thank you to the Resolution Run runners for the Run to the Sun 8K (it expired Jan. 31st), but if not, there is still time to get a good deal if you register before the prices go up April 14th. Register online at www.signmeup.com/122385 or at any 1st Place Sports location. And if you haven't already, please bring a pair of your gently worn running shoes for our Extra Mile Shoe program. Thanks again!

UPCOMING STRIDER RACE DISCOUNTS

The Gate River Run is just around the corner! Come see us at our booth when you come to the Expo. Not only will you need your arm bands to get into the tent area on race day, you'll also have the opportunity to sign up for our next two races: the Run to the Sun 8K and the Memorial Day 5K. You'll receive a \$5 discount on each race that you register for while at the Expo. So, come visit us and save money!



Written by Vicky Connell



STRIDER SPOTLIGHT

Being part of the Florida Striders is a great way to meet new people, and in particular, people who love running as much as we do! I met Crystal last summer at one of the Saturday runs, which happen in Oakleaf. As chance would have it, Crystal happened to be beside me when we started, and she ended up staying with me the entire time as we chatted along the way. She never made any claims about her running ability, but just kept to my pace, which wasn't very fast. That made me kind of think maybe she was just getting started as a runner. So I told her about the Fall Half Marathon class that would be coming up in September. A few weeks later, I saw her running with some other people who are much faster than me, which made me realize she had slowed her pace considerably to match mine. Much to my surprise, however, she registered for our Half Marathon Class!

As the class met in the coming weeks, we all soon realized what a talented runner Crystal is. But the surprising thing is that she never complains or tries to push the pace when running with slower people. She just seems to like having company, and she runs whatever the pace happens to be! Somewhere about midway through the class, Crystal did a small 5K at Penney Farms, and she wowed us all by winning the race with a time of 20:04. We all had a new respect for this quiet, unassuming woman who is one of the nicest people you could ever meet! Who knew she was *that* fast!

I decided to interview Crystal and see what else I could learn about her. As it turns out, it was her grandpa who first influenced her to run in her middle school years. Crystal said he has a lot of photos on the wall of himself running the Boston Marathon (which he did too many times to count). So when he asked her to run with him,

she was eager to do so. They would run over the mountains in Texas where they lived at the time, and she just went wherever he led her. Finally, in high school, she joined the track team (her events were the 200, 400, and 1600) and the cross-country team, running all four years. She didn't have time to run on a team in college, but she continued to run on her own until a husband (Randy) and four kids (ages 3-7) began to take up most of her time.

Randy is a navy guy, and when he was assigned to NSA Mid-South in Tennessee, Crystal started hearing about a famous race called the Nautical 10 Miler. It seemed to Crystal that everyone else was running, and they encouraged her to do it, too. So she did, and in her words, did "OK." But that was the encouragement she needed to start running again, and the next year she returned to win her age group with a time of 1:29. After that, she decided to get serious about running again, joined a local club, and participated in the Grand Prix.

Randy and Crystal moved to Jacksonville in the summer of 2017. Crystal immediately started looking for a group to run with and found the Florida Striders on Facebook. Her first run with us was with the group at Oakleaf, and soon after that she registered for our Half Marathon Class. Of course, Crystal is a bit of an overachiever, and she actually ran the Ameris Bank Marathon in December, finishing in a respectable 3:41:11. She followed that up by running the Hellcat 50K last week, finishing in 4 hours, 56 minutes, which was under her goal time of 5 hours.

I asked Crystal if her family runs with her, and she said some of the kids do, especially her 5 year old, Tristan, who recently did the Resolution fun run. He also ran the 5-mile beach run in August because he accidentally missed the cone to turn around for the 1-mile (he was the first to

Continued on page 12

Love Over Fear Why I Run Donna

Written by Julie Stackhouse

Valentine's Day was right around the corner, with pink hues oozing from every shelf of the retail market and love was in the air. Speaking of pink, another successful Donna Marathon weekend is now in the books.



Photo credit: Anthony Duran, 904 Fitness

For 10 years, I've been racing the 26.2 with Donna Marathon events in some capacity. I have run the 5K as a precursor to the half and marathon, participating as a supporting member of Team Margaret Anne, a friend of mine who is a breast cancer survivor. For four consecutive years, I have been lucky enough to break the tape in different races. I hold records in both the half and the full events. As I raced each year, I would think about my friend and how she was victorious over breast cancer, and it would give me courage and inspiration along the course. I'd see the "Survivor" race bibs, the "In memory of _____" racers carrying their torches of loved ones whose flames were snuffed out too short of the finish line, and the "I'm running for _____" bibs, etched in pink, sparkling hope and promise of a race yet to be won against a competitor their loved ones didn't choose. Pink-adorned runners, banners, flamingoes, bubbles, babies, dogs, volunteers, confetti, sorority sisters (best "scream tunnel" girls south of Boston) and breast cancer ribbons were visible every mile,

reminding each runner of the

reason why we are all racing this 26.2 or 13.1-mile tailgate (or 110 if you are Mark Burget), through the Jacksonville beaches area.

This year, however, in a matter of a single phone call, the race morphed into a pink beast of a different sort for me. I was busy doing my final race prep. (Big race weeks are like Christmas in the Stack house. I'm like a child on Christmas Eve, barely able to contain my excitement before the big day). I had just conducted one of my final group training runs when I got the call that included the dreaded "C" word no one ever wants to hear.

It was a sucker punch to my gut. My mom called to tell me she'd been diagnosed with breast cancer. For her sake, and for the sake of my family, I won't go into the complete details, but suffice it to say, there is no amount of training you can do to prepare you for a moment in your life like that. It's one I hope you never have to go through, and if you already have, with a loved one or personally, let me please start by saying that my heart and condolences are with you.

One day fresh off the Donna race this

year, I am reminded of the true value of teamwork and the close-knit community of runners that I am fortunate to have in my life daily as I coach so many irrepressible warriors. My team rallied around my mom, dad, and me on race day, overwhelming us with love and support, as I opted to run on a relay team rather than solo. This year, more than any other year, I'm grateful for the strength I drew from other runners I've known for years, and some who have just come into my life this year. I am grateful for the runners who high-fived me along the route and well-wishers who shouted my name from balconies – a positive distraction from thinking about my mom waiting at the finish line and the marathon she is facing. I'm even more proud that I had the opportunity to coach nearly 50 runners racing Donna this year, from 30 corporate team runners to individuals in the 5K/10K/Half and Full. The pink lining was having none other than the legendary Joan Benoit Samuelson race on our relay team.

Each warm, salty step of the way, I was thinking about my mom, and at times, I would hear someone yell out, "Stackhouse Strong!" and it would almost bring me to my knees. I reminisced of when I first started running

Continued on page 12

Written by Shelly Allen

Florida Striders Running Team

Team Member Highlight: Nicholus Camarata

The Florida Striders Running Team spotlight is on Nicholus Camarata. At 36 years old, he has been running for about 5 years now. At first, it was just for fun and enjoyment, but Nicholus admits he was a little lazy in the beginning of his running. He was also into longboarding. He also skated quite a bit until he suffered a bad fall that broke his hip/femur in four places requiring surgery and titanium rods to be inserted. It was a long, difficult recovery, and he couldn't walk for 4 months. He tried skating again but soon stopped. However, his brother-in-law encouraged him to run again. It took him a long time to build up to even a 5K without stopping. Nicholus has now been running for a little over 2 years, improving quite a bit

from his earlier days. He currently averages 25-35 miles a week, usually including a tempo run and some speed work. He also does some strength training and cross-training on



his bike, Charlene (yes, his bike has a name!).

As far as PRs, his favorite ones are: the mile (5:43) and the 5K (20:03). He is currently training for the Gate River Run hoping to get one of those hats!

Nicholus and his wife, Jennifer, have been married for 8 years. He has a brother in the army, and he has 3 dogs. He works at Academy Sports and Outdoors in Orange Park as Team Leader in Inventory Control. His other interests include music, gardening, and science fiction movies, in addition to his fitness and healthy living lifestyle. Nicholus is a super friendly guy and a great ambassador for the Florida Striders!

Thanks to these great partners, we are able to give back so much to our community. Thank You!



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/rrcocal.htm.

DATE	RACE	TIME	RACE DAY LOCATION	WHERE TO REGISTER
March 3rd	Pirates on the Run 5k & 10k	8:30am	St. Peter's Church, Fernandina Beach	Amelia Island Runners
March 10th	Gate River Run	8:00am	EverBank Field	1st Place Sports (online or in the store)
March 17th	Vilano Bridge 5k & 10k Run	7:30am	St. Augustine, FL	1st Place Sports (online or in the store)
March 18th	St. Paddy's Day 5k & 10k	8:00am	Evergreen Cemetery	1st Place Sports (online or in the store)
March 24th	Chick-fil-A 5k	8:00am	River City Market Place, Jacksonville	1st Place Sports (online or in the store)
March 25th	Run 13.1& 5k	8:00am	Confederate Park, Jacksonville	1st Place Sports (online or in the store)
April 6th	Ready, Set, Glow 5k	7:45pm	World Commerce Pkwy, St. Augustine	Ultimate Racing, Inc.
April 7th	Captain Chuck Cornette Memorial Navy Run 5k & 10k	8:00am	NAS Jacksonville	1st Place Sports (online or in the store)
April 7th	Wine & Chocolate Run 5k	5:00pm	San Marco Blvd., Jacksonville	1st Place Sports (online or in the store)
April 14th	First Coast Parkinson's Run 5k	9:00am	Riverside Park, Jacksonville	1st Place Sports (online or in the store)
April 15th	The Run Home 5k	8:00am	Riverside Arts Market	1st Place Sports (online or in the store)
April 19th	Corporate Run 5k	6:30pm	Jacksonville Fairgrounds	1st Place Sports (online or in the store)
April 28th	Run to the Sun	8:00am	BestBet, Orange Park	www.floridastriders.com
April 29th	Race to the Taste 5k	11:00am	St. Augustine Amphitheater	EPIC Behavioral Healthcare
May 5th	24th Annual Shrimp Festival 5k	7:00am	Main St, Fernandina Beach	Milestone Race Authority

NEW!**...and returning MEMBERS!**

Brandi Archuleta
Edward Broadnax
Megghan & Chris Brooks
Angie Carter
Judi Cowart
David Donoho
Marisol Harrell
Rita & Keven Holden
April Jasper
Karla Laforge
Christina & Ryan Mitchell
Taylor & Katie Neilly
Christine Roken
Sondra Santana
Nanci Scheetz
Meagan Smith
Melissa Stalter
Suzanne VanLeeuwen
Keri Walls

Joe Allen-Black
Bernie Berania
Jay Birmingham
Bruce Bradley
Gerald Caito
Judy Connare
Mike Cummings
Tracy & Rich Dawson
Charles & Vivian Delay
Amy Dyal
Michelle & Brian Ellison
David Garrett
Dena & Rick Gaucher
Gary Gerdeman
Barbara Gilbert
Leslie Hague
Garly Harlow
Craig & Susan Harms
Tom & Shirley Henkel
James Hill
Bonnie Jules
Haris Jusic
Lindsey & John Keester
Ed Kelly

Peter King
William & Jennifer Kortright
Terry Lawlor
August Leone
Joseph McCoy
Joseph Murray
Gary & Julie Myers
Betzy & Jeff Nelson
Bob & Sharon Opkins
Bill Phillips
David & Sylvia Pierson
Kimberly & Josh Pugh
Larry & Barbara Sage
Michael & Kim Scurti
Charlotte Skaggs
Gennifer Smith
James Spooner
Josue & Belissa Velazquez
Rosanne & Sean Vernon
Sue & Darrel Whitworth
Steve Williams
Robert & Rebecca Wood
Bruce Zewicke

Florida Striders Membership Application

			New <input type="checkbox"/>	Renewal <input type="checkbox"/>
Last Name	First	MI		
Address			# in Family	Spouse's Name (Family Membership Only)
City			State	Zip
Home/Cell Phone			Your DOB	
Alternate Phone (Optional)			Spouse's DOB	
Email Address (print clearly)			Children's Names (Family Membership Only)	
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

Clay County Senior Earns the Gold After Quadruple Bypass

Submitted by Carrie Turansky, OPMC Director of PR and Communications

Orange Park, FL., (February 15, 2018) – 71 year old Harry Davis is one of the millions of people watching the Winter Olympics. Not only does he know what it feels like to compete, but he also knows what it feels like to win. Recently, Davis won the gold at the Senior Games despite having undergone quadruple bypass surgery just one year earlier. Davis, a runner for years turned to cycling after his knees gave out. Cycling 50 miles at a time twice a week, Davis turned to competitive cycling which has now earned him five medals.

The Senior Games is a multi-sport competition for seniors aged 50+ from the U.S. The competition includes a local competition locally called Jacksonville Senior Games, state competition Florida Senior Games and a National Senior Games.

Davis' heart trouble started in 2016 during a bike ride. At mile 20 of Davis' typical 50 mile ride he began feeling what he thought was indigestion. He tried to self-treat with antacids but the burning did not go away. That is when he turned to his family physician. After hearing the symptoms and knowing his family history of heart disease, Dr. Peter Pitchocchi recommended Davis undergo an EKG, which showed irregularities in his heart. He also recommended Davis see a specialist.

Davis made an appointment with Cardiothoracic Surgeon Dr. Nathan Bates to discuss the results of his EKG.

During this time, Davis discovered he had plaque buildup around his heart.

"I've never smoked, always exercised and lived a healthy life but you can't beat genetics. I had no symptoms. I was mowing my grass and doing everything I normally did. Cycling saved my life," said Harry Davis.

Dr. Bates was familiar with the condition. Right away Bates performed quadruple bypass surgery on Davis at Orange Park Medical Center. Quadruple bypass surgery, a surgery where blood vessels are taken from another part of your body to go around, or bypass your

about the importance of keeping up with your annual check-ups and discussing symptoms and family health history with your physician.

Just six months after surgery, Davis won a bronze medal in the 5K at the Jacksonville Senior Games. In 2017 he took home two golds from the Jacksonville Senior games for the 5K and 10K. He then went on to bring home two bronze medals at Florida Senior Games. In 2018 he will be competing again to qualify for the National Senior Games to be held in 2019, occurring every two years.

"Quadruple bypass surgery is not the end. I've had my best times since I got my new pipes," said Davis.

Cholesterol plaque buildup on the artery walls and blood clots are the leading cause of death in the U.S. The growth of plaque happens slowly and blocks the blood flow through the arteries creating the risk of sudden rupture causing heart attack or stroke.

Davis wants to share his story to help others



blocked arteries reduces your risk for heart attack.

"He was a very lucky man. We caught Harry's condition just in time before he had endured any damage to his heart," said Bates. "Not only did he do very well but he had a quick recovery at the age 71, which is a true testament to his healthy lifestyle."

Bates says Davis' story is a reminder

About Orange Park Medical Center:

Orange Park Medical Center, serving Clay County and its surrounding communities, is a full-service, acute care hospital with 317 inpatient beds. Orange Park Medical Center is a Joint Commission Top-Performing Hospital, ranked as one of the best hospitals in the country for heart, lung, and surgical care. For more information about services, facilities and physicians, please visit OrangeParkMedical.com.

27th Annual Florida Strider's Gate River Run Hospitality Tent

Written/Revised by Mike Mayse

Congratulations FSTC members! It's our 27th 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. 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 work gloves and muscles. 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'. We will unload all tables and other equipment and store it in the tent. 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** – Arrange 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

* **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).

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

* **2 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

11:45 - 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: **Bill Page at either (904) 553-2688 or billpage@floridastriders.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.

STRIDERS AT THE RACES

08/26/17 – Tijuana Flats Summer Beach Run 5 Miles Jacksonville, FL

Jean Schubert 1:20:02

8/20/17 – Anchorage RunFest ½ Marathon Anchorage, AK

August Leone 3:19:36 1st of 1 in AG
Honored to be featured runner with article in Anchorage RunFest Guide publication

09/07/17 – Pinellas Trail Challenge Tampa, FL

Rick Cubbedge 10:13:21
39th of 71 finishers; 85 started

10/21/17 – The Big 50 Trail Race Pine Mountain, GA

Rick Cubbedge 8:24:30
36 started; took 18th of 29 that finished

11/04/17 – Rock ‘n Roll Marathon Savannah, GA

Perry Pelham 4:00:05

11/04/17 – Cottonmouth Quarter Marathon Elkton, FL

Jean Schubert 1:36:23 1st AG

12/02/17 – Children’s Way 5K Jacksonville, FL

Kay Jones 33:21
Lots of food offered: trail mix, pizza, donuts, ice cream, apple slices!! Jaguar cheerleaders were there along with the Jaguar mascot and Ronald McDonald himself. A really fun time.

12/03/17 – Guana 12K Trail Run Ponte Vedra, FL

Jan Bullock 2:08:27

Continued on page 15

Continued from page 5

in 3rd grade and throughout college – how her screams of encouragement were the ones I heard loudest above all others from the stands. She's the one who biked miles beside me in grade school through North Carolina mountain roads to ensure my safety. She is the one who was waiting for me at the finish line the past three years as I've won this race and whose arms I collapsed into after breaking the tape for the relay this year. She was holding one end of the finish line tape. Thirty years later, she still bikes Boston marathon long runs with me on occasion to keep me company as we solve the world's problems together, or at least, our very own. She is my best friend, my rock, my inspiration, my source of stubbornness, and iron resolve which allows me to be a great competitor in my arena, and which, I'm certain, will allow her to take on what will become the toughest race our family has ever faced. She didn't sign up for this one, but she will prevail. It's what she does and who she is.

Thank you, and congratulations to each one of you who came out to race, spectate, volunteer, and fundraise. And of course, thank you to Donna and her small but mighty team for putting on another first-class event. Beginning today, for every mile that I run, I will be fundraising to donate to the Donna Foundation in 2019. My goal for next year's race is to be donning a survivor bib for my mom as I line up to "be the finish" with so many other passionate runners. This race is about so much more than the place where you finish or the final time reflected on the clock. Embracing an attitude of love and faith over fear is the winning combination.

About the Author: Julie Stackhouse is the owner of Stackhouse Fitness (getstackednow.com) and is a locally renowned competitor and corporate wellness coach. This year at the annual Donna Marathon weekend, her teams brought home the gold (well, wood actually: 1st place Overall Mixed Division team and 1st place Overall Female team, in addition to the 1st place Overall Female Corporate team and 1st place Overall Corporate Mixed Division in the inaugural year of the Donna Marathon Corporate Relay Challenge.

Continued from page 4

reach it so he didn't know to turn around). He completed the 5 miles and at the end just said he was tired and wanted something to eat!

This brings me up to date with the question, "What's next for Crystal?" Well, as it turns out, she has always wanted to be a part of the military. So, this April, she will depart for basic training at Fort Jackson, SC, to be followed up by Officer Candidate School at Fort Benning, GA. After that, Crystal will be a Logistics Officer as part of the Army Reserve, stationed with the 489th Transportation Company in Jacksonville. This is all near and dear to my heart because I did the exact same thing many years ago, and at the end of my career, ended up in the unit which is the higher headquarters to the unit Crystal will be with. What a small world!

So, here's a salute to Crystal, and thanks for your desire to serve the country and join the Army Reserve! We appreciate your service, and there's no doubt you'll be leading the way and doing lot of running in the months to come. We can't wait to see you in uniform when you return!



GRR RACE DAY 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 8th and 9th). 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: 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 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.
- 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) 553-2688 or billpage@floridastriders.com. I hope everyone has a great race and a fun time; I look forwards to seeing you there!

Continued from page 11

**12/09/17 – Festival of Lights 5K
Jacksonville, FL**

Eugene Biala	35:56
Aldren Biala	22:39
Charina Biala	29:48

**12/10/17 – Reindeer Run 5K
Jacksonville, FL**

Jan Bullock	37:27
-------------	-------

12/16/17 – Ameris Bank Jacksonville Marathon

George Barthelmes	2:51:57	2 nd AG
-------------------	---------	--------------------

12th overall male

Perry Pelham	3:55:32
--------------	---------

12/16/17 – Ameris Bank Jacksonville Half Marathon

Jean Schubert	3:32:53
---------------	---------

Finished with a kick!

Liane Daniels	2:18:07
---------------	---------

*PR for half marathon***12/16/17 – Ameris Bank 5K
Jacksonville, FL**

John Keester IV	19:53	
Shelly Allen	20:33	4 th female

**12/22/17 – Run Santa Run 5K
Jacksonville, FL**

Jan Bullock	35:34
Eugene Biala	34:25
Charina Biala	30:42

**12/30/17 – Last Gasp Cross Country 5K
Jacksonville, FL**

Jan Bullock	41:36
-------------	-------

PR for the race

Jean Schubert	46:40
Eugene Biala	40:44
Aldren Biala	21:01
Charina Biala	30:40

**12/31/17 – Midnight Madness 5K
Phoenix, AZ**

Liane Daniels	30:10 and 31:02
---------------	-----------------

*Two races – 2nd race was 10 minutes after midnight***12/31/18 – New Years Eve 5K
Jacksonville, FL**

John Keester IV	19:14	1 st AG
Jan Bullock	39:02	
Jean Schubert	43:52	
Eugene Biala	38:08	
Aldren Biala	19:53	
Charina Biala	29:56	
Perry Pelham	23:13	

**1/06/18 – Resolution Run 5K
Orange Park, FL**

Perry Pelham	23:13
--------------	-------

John Keester IV	19:09	1 st AG
-----------------	-------	--------------------

Jean Schubert	45:08
---------------	-------

Al Saffer	55:25	1 st AG
-----------	-------	--------------------

Walked whole 5K

Carolyn Krall	26:04
---------------	-------

Keenan Krall	25:42	1 st AG
--------------	-------	--------------------

Eugene Biala	37:50
--------------	-------

Aldren Biala	21:16	4 th AG
--------------	-------	--------------------

Charina Biala	30:27
---------------	-------

Shelly Allen	20:58	1 st Masters
--------------	-------	-------------------------

Jan bullock	38:49
-------------	-------

Paul Grybb	19:14	1 st AG
------------	-------	--------------------

*15th overall***1/13/18 – Best Damn Race 10K
Jacksonville, FL**

Perry Pelham	47:55	1 st AG
--------------	-------	--------------------

**1/14/18 – Shark Bite 5K
New Smyrna Beach, FL**

Jan Bullock	37:21
-------------	-------

**1/21/18 – Winter Beach Run 10 Mile
Jacksonville Beach, FL**

Perry Pelham	1:26:23
--------------	---------

August Leone	2:28:26	1 st AG
--------------	---------	--------------------

Jan Bullock	2:26:09
-------------	---------

**1/27/18 – Matanzas 5000 5K
St. Augustine, FL**

Jean Schubert	41:32
---------------	-------

Charina Biala	28:21
---------------	-------

Eugene Biala	39:16
--------------	-------

John Keester IV	18:46	3 rd AG
-----------------	-------	--------------------

*First 5K under 19 minutes!***2/3/18 – Henry's Run 5K
Orange Park, FL**

Liane Daniels	29:42	1 st AG
---------------	-------	--------------------

**2/10/18 – Donna 10K Race
Jacksonville, FL**

Jean Schubert	1:28:28
---------------	---------

32 seconds faster than last year!!

Perry Pelham	49:15	2 nd AG
--------------	-------	--------------------

Jan Bullock	1:20:56
-------------	---------

Bernie Berania	49:41	3 rd AG
----------------	-------	--------------------

*5th overall for the 5K, 10K, ½ Marathon Challenge***2/11/18 – Dunamis Super Meet Indoor Track – 3000m
Race****Atlanta, GA**

Shelly Allen	11:46	1 st AG
--------------	-------	--------------------

*2nd overall***2/17/18 – 8K River Day
Orange Park, FL**

Perry Pelham	37:38	2 nd AG
--------------	-------	--------------------

Sign up for the Florida Striders
Run to the Sun 8K
Saturday, April 28, 2018
at **bestbet Orange Park**
455 Park Ave, Orange Park



Soft feel t-shirts and
Finisher medals!

—
8K Grand Prix - 8:00AM
1 Mile FUN RUN - 9:30AM

Benefits Local School Run/Walk Programs



RACE CHECK-IN / TIMING CHIPS

Race day registration and packet pick up opens at 7:00 AM. The timing chip is attached to the bib. Do **NOT** wear your personal chip. You must cross the mat at the finish to be included in the results. Chips are not used for the One Mile Fun Run.

ENTRY FEES

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

- Sorry, there are no refunds.
- Register online at <https://www.signmeup.com/122385>, our website, www.floridastriders.com, or 1stplacesports.com. (Processing fees added for online registrations), or register in person at any one of the 1st Place Sports stores.
- **Online Registration is available until noon Thursday, April 26th.** You can continue to register at the stores thru Friday, or at the race Saturday morning.
- Day of Race Registration starts at 6:30 AM.

Race Director: Bill Krause
rttsrd@floridastriders.com

PARKING

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

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 the map for more details. Strollers are not allowed. This is a Grand Prix Series race, and certified by the USATF. **You can check your results at 1stplacesports.com, or on the FPS app after the race.**

AWARDS

Medals to all 8K finishers!

Medals to all 8K finishers! The overall and age group winner awards ceremony will be near the finish line. Top 3 overall, top masters, grand masters, wheelchair, and the 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, & 80 and over. Awards given to males and females in each category.

FUN RUN

The FREE One-Mile Fun Run starts at 9:30AM in the field behind bestbet. Entry forms available race morning (do not mail in). Ribbons to all and \$1,000 in participation money for the elementary schools as a courtesy of the Florida Striders. The fun run is free, but all participants must register on race day. Carol MacDougall is the Fun Run Coordinator and can be reached at carol.macdougall@myoneclay.net.

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, FL 32067-0413

NON-PROFIT ORG.
U.S. POSTAGE PAID
ORANGE PARK, FL
PERMIT NO. 215

Thank You For Being a Florida Strider!

Don't forget that you can support your local running club in several ways. Amazon donates 0.5% of every dollar you spend to Road Runners Club of America when you shop at smile.amazon.com/ch/74-2194707 with no extra cost to you. If you need socks, runner's gel, salt tablets, or other running gear, shop here for your needs before hopping in the car!

You can also find awesome merchandise with our Strider logo at LogoExpress. Order shirts, shorts, hats, bags, and more in many colors and styles. You can place your order online, then either choose the in-store pick up option or have it shipped directly to your home! Find them at mylogoexpress.com or call 904-278-7774.



8 Week Running Class for Beginners, Intermediate & Advanced Runners!

- Starts:** April 4, 2018
- 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 28, 2018 (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, Fueling and More**

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