

StrideRight

www.floridastriders.com

Club #229



Destination RUNS

By Jon Guthrie



“Fun” is the name of the game for most things I enjoy. Travel is fun. Running is fun. Put them together and it becomes a destination run!

So far, in 2018, some of my Florida Strider friends and I have traveled to Key West for the Key West Half Marathon on January 14th and to New Orleans on March 4th for the Rock ‘n Roll Half Marathon.

Coming up on Saturday, June 2nd, our destination is Palatka, Florida for the Beck 5K. Last year, we had about 20 Striders there to run or cheer. The race has a nice, smalltown feel with a beautiful start/finish area along the river. Check our club Facebook page for more details.

November 11th will be your opportunity to join us in Las Vegas for the Rock ‘n Roll Half or Full Marathon! We already have a few who have signed up to run. Put this on your calendar and make plans to run or spectate for this unusual event on the Las Vegas Strip! Some of us are making plans to stay a few days after the event and be tourists. There is something for everyone in Vegas!

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MESSAGE FROM THE PRESIDENT

Greetings, Striders!

For those of you who may not know, our club is a chapter of the Road Runners Club of America (RRCA). It is important for us to stay informed on proper practices and procedures prescribed by our parent organization.

It was an honor for me to attend the National RRCA convention in Washington D.C. on April 5-8. My wife, Sara, also registered and attended this event. The 2018 convention celebrated the 60th anniversary of the RRCA, which began in 1958.

Our experience began with a Thursday afternoon regional welcome reception followed by another reception for all attendees from the entire nation. This provided an excellent opportunity to meet and network with like-minded RRCA members from all across the USA!

Friday and Saturday were filled with seminars covering topics such as insurance, advertising, injury prevention, technology, trail running, etc. Lunch speakers were Meb Keflezighi and Deena Kastor.

Saturday afternoon concluded with a 60th anniversary panel discussion moderated by Amby Burfoot. Panelists were Hal Higdon, Anne Audain, Sara Mae Berman, Gar Williams, and Don Kardong! They provided a wealth of history and entertainment. If you don't recognize some of these names, I encourage you to Google them. You will learn a lot of about the history of running in our country!

The closing banquet was held Saturday evening with Amy Cragg and Bart Yasso being inducted into the RRCA Hall of Fame. Early Sunday morning, Sara and I both completed the Cherry Blossom 10 Mile Run in windy and near freezing conditions! Overall, it was a beautiful experience at peak cherry blossom time!

Hope to see you at one of our social events in the near future!

Jon Guthrie



Florida Striders Running Team

Team Member Highlight: Luke Bybee

Our Running Team spotlight is on an amazing young man with quite a Florida Strider history, and is now one of our leading runners: 15 year old Luke Bybee.

Luke's introduction to running was in one of the Clay County elementary schools where he was in the run/walk club, which is sponsored by the Florida Striders. He ran his first race as a second grader at age 7 on January 6, 2010 at the Strider's Resolution Run in Orange Park. He continued to run more races, including the Hog Jog and other Strider events over the years. He has run the Gate River Run 15K six times now, beginning when he was just 10 years old with a time of 1:41:36. His mom, Kim Bybee, admits that she was quite nervous having her little guy run the whole race, but he did great! Now, at age 15, he ran the River Run last month in 1:02:34 and received his second top 10% hat. That's quite an impressive improvement!

Over the years, Luke's grandfather, Doyle Shaw, has influenced and supported him in running. Doyle was a very active Strider member for many years before knee problems forced him to retire from running, but his running passion is now continuing in the family!

Luke is currently a 10th grader at Clay High School where he runs on the Cross Country and Track Teams. He runs every day during the week, and then he has weekend races. He actually prefers road racing, and his favorite race distance is the 5K. His current 5K PR was run at last year's Hula Hustle in Orange Park where he ran 19:48 (6:22 pace) and finished 1st in his 14-19 year age group.

Luke is a well rounded 15 year old with lots of hobbies and interests including piano, hunting, helping his dad with the family cows, and the Florida



Gators. He is also very active with the First Baptist Church of Middleburg and is a straight A student. He ranked #1 in his class in 9th grade and already has some college credits earned as a 10th grader. He is a fun, kind, hard-working, humble kid, and his parents are very proud of him. The Florida Striders are very proud of him, too, and we are honored to have him representing us on our running team!



A BIG THANKS TO OUR GATE RIVER RUN VOLUNTEERS

By George Hoskins

The Florida Striders Track Club is made up of many active runners and walkers and a host of family members and friends. One thing we have in common is excitement every March over the Gate River Run and our related Strider activities.

This year, our Booth under the big yellow tent was open for business Thursday and Friday in the Gate River Run Expo. We talked up Strider activities and gave away cool stuff. We signed up race participants, took in close to 30 new members, and even more renewed memberships. And we showed off photos and a video of Striders in action. Below are many of the people who volunteered their time during the Gate. Please accept my apologies if I am missing anyone!

We want to thank the following Florida Strider members for making the Booth a success:

Dave & Shelly Allen	Vicky Connell	Elaine Davis
Frank Frazier	Jon Guthrie	Scott Hershey
Bill & Ann Krause	Mike Mayse	Kay Jones
Michelle McCullough	Kathy Murray	Bill Page
Tara Showalter	Tabitha Williams	Regina Sooeey

Members of the Amelia Island Runner (AIR) helped greatly with volunteer activities as well:

Bill Barnes	Jim Hill	Cliff Loveless
Greg & Debbie Rickes	Brian Patterson	Steve Scruggs

What can you say about the Strider Hospitality Tent on Saturday morning? It is simply the best place to be before, during, and after the race itself. It is the Strider social event of the year, and it is probably our biggest and best potluck meal. Whether you finish the Gate in one hour or over three hours, you can come back to some great food and fellowship. We know some people join our club just to be a part of this Gate River Run tradition.

It takes a lot of work to operate the Hospitality Tent, and we would like to recognize the following people for making it happen:

Bill Page (head honcho)	Vicky Connell	Frank Frazier
Richard & Jenny Allen	Liz Crane	Jon Guthrie
Bill & Ann Krause	Mark Lay	Mike Mayse
Paul & Marge Ruebush	Lori Scarlett	JD Smith
Lynn Sykes	Scott Hershey	John Powers



By Vicky Connell

STRIDER SPOTLIGHT

I feel very fortunate for all the friends I've met through the Florida Striders. It's even better that I get to interview people and learn things about them I didn't know previously. One of my longest Strider friends is Frank Frazier. Most of you probably know him already, because Frank never met a stranger. For some reason, pretty girls seem to gravitate to his side, and the guys just enjoy hanging out with him, But how many of you really know him? Frank's a very modest guy, and he doesn't toot his own horn. I think it's time you learned what some of his running accomplishments are and maybe a few other things you wouldn't have guessed.

Frank grew up on a farm in Missouri. In the early years, he lived in a house with no electricity or running water. They drew water from the well for both the family and the cows in the pasture, which Frank milked every day – once before school, and again when he got home. On his family farm, in addition to cows, they had chickens and hogs. They grew crops of corn and oats and had a vegetable garden for the family. Their garden had things like potatoes, corn, and green beans. These were foods that could be canned and kept in the cellar for later use. (Up until Hurricane Irma hit last year and destroyed his house and yard, Frank kept a garden at his house, growing mostly blackberries, sweet peas, and corn).

Frank attended a one-room elementary school with about 30 kids, grades 1 through 8 combined. Even his high school graduating class only had about 35 students. This is probably where Frank learned to be so social!

When Frank's father was in his 40s, he had a heart attack. Frank didn't want that to happen to him, so he started running to get his heart in better shape. If you didn't know, Frank had that heart attack a few years ago – in his 70s. So he managed to put it off for quite a while! In the beginning, he only ran about 2 miles at a time. Eventually, he moved to Jacksonville and met a woman who was doing a marathon. Frank didn't really know how far that was, but he said he would do it with her. He trained a bit and did the race, which was held

at the Naval Air Station in Jacksonville around 1975. His time was 3 hours, 32 minutes, which he wasn't very happy with at the time. So he did another one 3 months later and improved a bit. At that point, Frank was hooked on running. He had also discovered that he was much better at running than tennis, and he couldn't swim worth a darn!

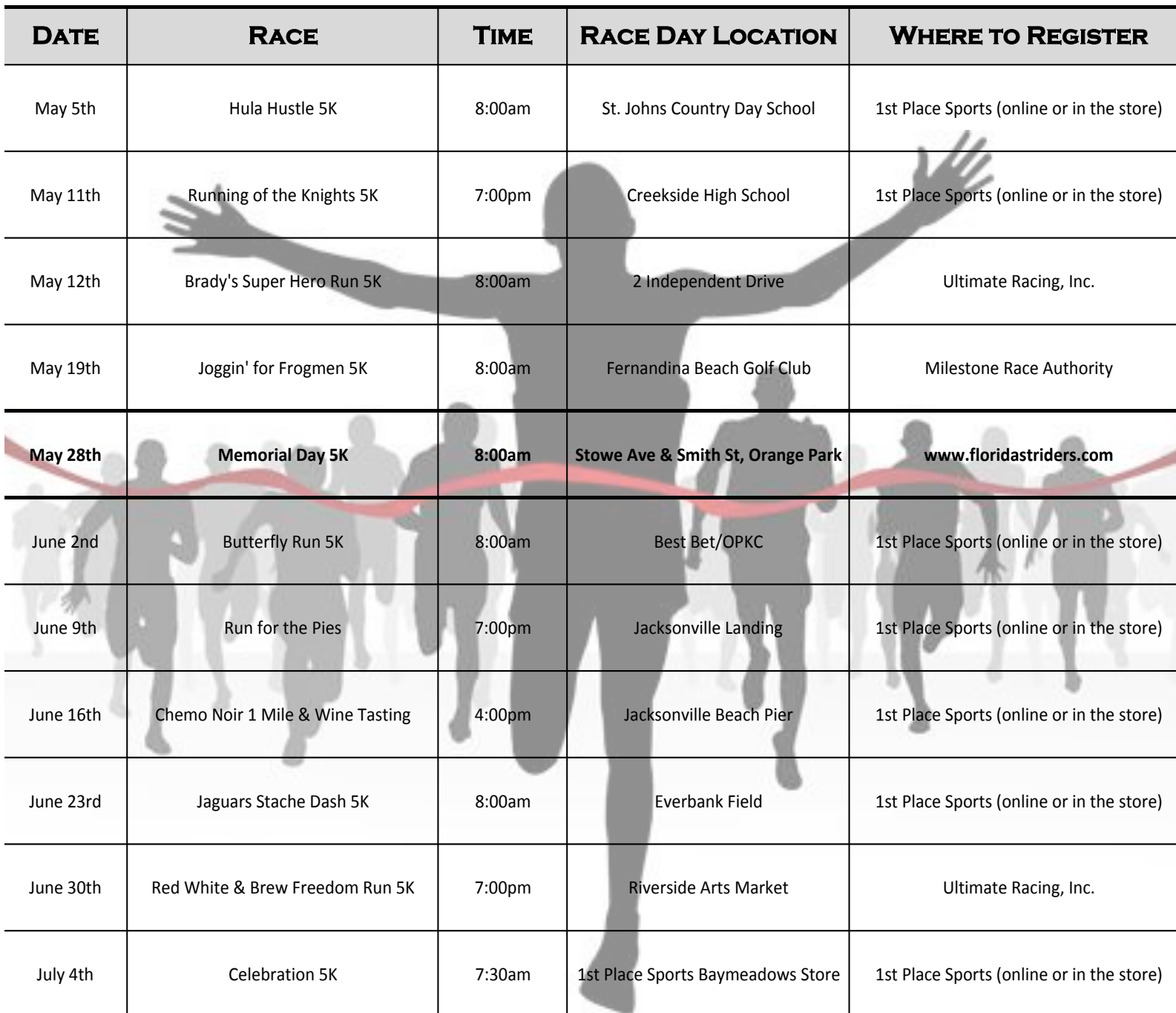
Shortly after that time, the Florida Strider Track Club was started. Frank joined it early on and has been an active member ever since (about 40 years!). He enjoys the running, camaraderie and friendships, and all the socializing. Along the way, Frank has done too many races to count, with some pretty impressive PRs (personal records). He managed to drop

his marathon time down to 2:53; his 5K PR is around 18:15, and his best River Run 15K time was 55:51.

In addition to doing these and other distances, Frank did some longer races before it became such a popular thing to do. When he was about 45 years old, he completed the "Strolling Jim" in Wartrace, TN. It was 41.2 miles, and Frank ran it twice – both times in about 4 hours, 55 minutes.

Continued on page 10





DATE	RACE	TIME	RACE DAY LOCATION	WHERE TO REGISTER
May 5th	Hula Hustle 5K	8:00am	St. Johns Country Day School	1st Place Sports (online or in the store)
May 11th	Running of the Knights 5K	7:00pm	Creekside High School	1st Place Sports (online or in the store)
May 12th	Brady's Super Hero Run 5K	8:00am	2 Independent Drive	Ultimate Racing, Inc.
May 19th	Joggin' for Frogmen 5K	8:00am	Fernandina Beach Golf Club	Milestone Race Authority
May 28th	Memorial Day 5K	8:00am	Stowe Ave & Smith St, Orange Park	www.floridastriders.com
June 2nd	Butterfly Run 5K	8:00am	Best Bet/OPKC	1st Place Sports (online or in the store)
June 9th	Run for the Pies	7:00pm	Jacksonville Landing	1st Place Sports (online or in the store)
June 16th	Chemo Noir 1 Mile & Wine Tasting	4:00pm	Jacksonville Beach Pier	1st Place Sports (online or in the store)
June 23rd	Jaguars Stache Dash 5K	8:00am	Everbank Field	1st Place Sports (online or in the store)
June 30th	Red White & Brew Freedom Run 5K	7:00pm	Riverside Arts Market	Ultimate Racing, Inc.
July 4th	Celebration 5K	7:30am	1st Place Sports Baymeadows Store	1st Place Sports (online or in the store)

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



**NEW
MEMBERS!!!**

Angelica Berrios
 Paulette Butler
 Angelica Campbell
 Matthew Chan
 Samantha Corbitt
 James Crosby
 Tara & David Crow
 Felisa & Emmanuel Delacruz
 Denise & Nathaniel DeLeon
 William & Phyllis Evenson
 Leigh & Rob Flynn
 Marcia Foster
 Bruce Griffin
 Ian & Shannon Hardington
 Joshus Hester
 Karen Johnson
 Eden & Steve Kendall
 Geoffrey & Alice Limas
 Belinda & Ron Leverock
 Patricia Mandelare

Paul McMullan
 Tyler Merrett
 Yolanda Munoz
 Megan & Joshua Ocean
 Janell Olson
 Krys O'Rourke
 Christie Oslone
 Dawn Patemoster
 Donald Prince
 Soleoad Rodriguez
 Cinzia & William Rothrock
 Holly Sanford
 Wendy Schaeffer
 Lauren Schaudel
 Tracy & Bea Skipton
 Robert & Rebecca Sullivan
 Wade Tonkin
 Linda & Keith Toucey
 Keri Walls

Florida Striders Membership Application

			New <input type="checkbox"/> Renewal <input type="checkbox"/>
Last Name	First	MI	
Address			Apt#
City			State
Zip			
Home/Cell Phone			Alternate Phone (Optional)
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

Traci Akers
 Karen Albert
 Cynthia Anderson
 Traci Bane
 Andrew & Cris Barr
 Joanie & Rob Barrett
 Bryan Bartosik
 Monte Beane
 John & Kathy Bear
 Paul Berna
 Darin & Debbie Bickle
 Ralph & Mickie Billings
 Jon Broasch
 Lora Burnett
 Nick Camarata
 Thomas & Teresa Carlson
 Giselle & Jeff Carson
 Susan & Buddy Chadwell
 Bruce & Brandi Choi
 Ann Cirillo
 Cheryl & Mark Corpuz
 Helen & Mike Crawford-Connolly
 Tom & Diana Crowe
 Liane Daniels
 Elaine & Stan Davis
 Shani Dempsey
 Jennifer DeSantis
 Christine & David Doss
 Leslie Drake
 Sonya Dudley
 Arik Entin

Karie Ewing
 Elizabeth Fagin
 Billy Fehrs
 Kitty & Barry Ferrell
 Robby & Teri Finlea
 Debbie & Greg Fleck
 Christine Ford
 Patrick Gaughan
 Paul & Gene Geiger
 Barbara Gilbert
 David & Connie Goedtke
 Bonita Golden Sikes
 Susan & John Gostage
 Lee Grose
 Ilana Haas
 Gary & Nancy Hallett
 Ana Hartman
 Cheryl Haseltine
 Cari & Hal Holbrook
 Benjamin Holland
 Jessica Jewell
 Lesley Jones
 Jan Kellogg
 Allen Kent
 Carolyn & Eric Krall
 Vanessa & Jason Lain
 Scott Land
 Mark Lay
 Maria Littlejohn

Cynthia Lyons
 Leslie & Dennis Magruder
 Kevin Mangold
 Mike Marino
 Tim Martin
 Patt McEvers
 Brian McGready
 April McHugh
 Alex Moore
 Jenevieve Napier
 Patricia Noonan
 Beth Norman
 Kent Northey
 Sheila O'Connor
 Kristina & Sean Oettel-Barber
 David & Marilyn Ohnsman
 Jack & Kathy Owens
 Chris Payton
 Byron & Marsha Peacock
 Michele & Perry Pelham
 Tracy & Len Pfuntner
 David Pizzi
 Raymond & Michelle Ramos
 Jr
 Jeffery & Erin Richardson
 Bill Roberts
 Terri Rose
 Eric & Christine Sager
 Derrick Schimcek

Kristie & Gary Schneider
 Christine Scrim
 Annette & Kevin Shannon
 Terry Shuya
 Gordon & Diana Simms
 Charlotte Skaggs
 Pamela & Bulmero Skindziel-Reyes
 JD & Debbie Smith
 Mike Sperry
 Denise Stern
 Coleen & Vincent Stoffa
 Christy & Rob Surgeoner
 April & Derek Switzer
 Jack & Lynn Sykes
 Jennifer & Shawn Szala
 John & Soledad Terry
 Melinda & Kevin Terry
 Millie Thrasher
 Doug & Tanya Tillett
 Dona Trumble
 Gerry & Margaret Tyburski
 Mical & Jon Van De Water
 Richard Vance
 Robert Walker
 Robert Webster
 Carrie & Adam Wetzel
 John Wisker
 Julia & George Wolfe
 Winney Yaun
 Tom & Kary Zicafoose

In Memory Of

It is with great sadness that we say goodbye to Dave Butler, a member of the Florida Striders since October 2000. Dave passed away unexpectedly on March 22nd at the age of 65. He was a regular at the Orange Park Sunday morning runs and a faithful participant in the Strider races, the Gate River Run, and other local races. His last race was the Matanzas 5K in 2017. He was a valued member of our running group, and he will be greatly missed.

As noted in his obituary to the right, there will be a Celebration of Life memorial for Dave at a later date. Our sincere and heartfelt condolences go out to his wife, Annie White-Butler, who is also a devoted member of the Florida Strider family.



BUTLER

Dave Butler, 65, of Jacksonville, Florida, born on November 10, 1952 in Ft Benning, Georgia, to the late Margie Ada Livingston and the late John David Butler, passed away on March 22, 2018 in Jacksonville, Florida. His passing was sudden & unexpected due to heart failure. He was currently employed at Bank of America and had worked for them 34 years. Dave is

survived by his loving wife, Annie White Butler and his two sisters, Barbara Kramer of Tampa, FL and Beverly Morris of Key West, FL. He had a passion for running, working out at gym, volleyball, & golf. He was a member of Christian Family Chapel where he enjoyed early Thursday morning Bible studies with the SWAT Men's Group there. Dave's strong Christian faith, dedicated family ties and his "one of a kind" sense of humor made him the best husband there could ever be. A memorial and Celebration of Dave's Life will be determined at a later date. Will advise when that date is set.

Please Sign the Guestbook @ Jacksonville.com

Officers

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

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
 rttstrd@floridastriders.com
Memorial Day 5K: Scott Hershey
 run2day4life@gmail.com
Hog Jog 5K: TBD

Directors at Large

Ann Krause
 Bill Page
 Cari Holbrook
 Doug Barrows
 George Hoskins
 Jennifer Harper
 Kathy Murray
 Kim Lundy
 Mike Mayse
 Sara Guthrie
 Scott Hershey
 Shelly Allen
 Stephanie Watson
 Tara Showalter
 Vicky Connell

Coordinators

Childrens Running: Carol MacDougall – cmmacdougall@oneclay.net
Running Classes: Vicky Connell – vickyjc@comcast.net
Membership: George Hoskins – membership@floridastriders.com
Social: Dave Allen & Amy Bonnette – social@floridastriders.com
Scholarship: Kim Lundy – scholarship@floridastriders.com
Race Volunteer: Ann Krause & Kellie Howard – volunteers@floridastriders.com
Registration: Kathy Murray & Sara Guthrie – registration@floridastriders.com
Equipment: Mike Mayse – mjmayse@comcast.net
Race Advisor: Bob Boyd – bobboydFL@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.

STRIDER PARTNERS

We could not accomplish our goals without the support, involvement and enthusiasm of our committed partners.

Thank you!



STRIDERS AT THE RACES

2/17/18 – 8K River Day

Orange Park, FL

Perry Pelham 37:38 2nd AG
 Eugene Biala 1:01:30
 Charina Biala 48:24

3/3/18 – Rock ‘n Roll New Orleans 5K

New Orleans, LA

Anaya Shrider 23:44 1st AG

3/10/18 – Gate River Run

Jacksonville, FL

Aldren Biala 1:04:35

top 10% male 14-19

Charina Biala 1:32:10

Eugene Biala 2:20:23

Jean Schubert 2:19:45

Last mile was 13:34!! 7th time running but 3rd best time!!

Perry Pelham 1:11:42

PR for the Gate

Jennifer DeSantis 1:17:09

Earned a hat!!

Nick Camarata 1:06:16

10 minute PR from last year's Gate River Run

August Leone 2:14:26 4th AG

My 17th Gate. Believe now tied being the oldest to run Gate at age 88.

Anaya Shrider 1:26:29

3/18/18 – St. Paddy's Day 10K and 5K

Jacksonville, FL

Jean Schubert 1:27:29

Anaya Shrider 23:44 1st AG

Ran the 5K and got a PR.

3/24/18 – Chick fil A 5K

Jacksonville, FL

Jean Schubert 39:47 4th AG

3/24/18 – Paw Prints in the Sand 5K

Jacksonville Beach, FL

Jan Bullock 40:40

3/25/18 – Run 13.1 and 5K

Jacksonville, FL

Anaya Shrider 23:52 3rd female

Ran the 5K.

Jean Schubert 3:25:29 4th AG

4 minutes faster than last year!

3/31/18 – Daytona Easter Beach Run 4 Mile

Daytona Beach, FL

Jan Bullock 52:32

4/7/18 – Wine & Chocolate 5K

Jacksonville, FL

Jan Bullock 39:02

George Hoskins 40:20 3rd AG

4/7/18 – Spring Time 10K

Tallahassee, FL

Winney Yaun 1:20:20 3rd AG

They have hills!

4/14/18 – Cupcake Run 5K

Jacksonville, FL

Nick Camarata 19:38

My first official sub 20 PR.

4/17/18 – Chuck Cornett Navy Run 10K

Jacksonville, FL

Perry Pelham 47:28 3rd AG

Jean Schubert 1:30:51

Spotlight continued

So what are his running goals these days? To stay vertical and quit falling! I think we can all agree that's a very appropriate goal, and we hope he meets it!! When I asked him whether it was more important to have a fun, social experience when he runs or to have a fast time, he replied, "No fast times any more, so to have fun!"

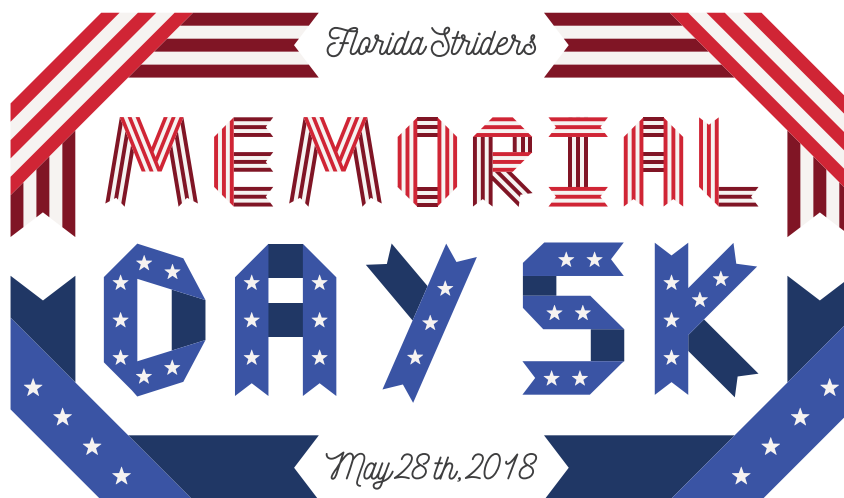
What would Frank tell his younger self if he could? He thinks he should have worked harder at running when he was younger, and he could have been a decent runner. (Of course, I told him he certainly was a decent runner!) However, the innovation of shoes and emphasis on technique was not something he had then, and that could have helped as well.

Finally, Frank's advice to up and coming runners: "Enjoy it, listen to your body, back off when you're hurt, and if nothing hurts, push hard! Most people can do more than they let themselves try to do. Push till it hurts, as long as you're not getting injured."

Monday, May 28th,
2018

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



There will be a
"Salute to
Veterans" theme.
Wear your best
outfit because the
2 best costumes
will win a prize.

Celebrating American Veterans and Promoting Children's Health

Benefits Local School Run/Walk Programs



ENTRY FEES

	Striders	Non Striders	Kids 13 & Under
Until May 14th	\$22	\$27	\$15
May 15 - 26th	\$27	\$32	\$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 27th.
You may register online via SignMeUp.com:
<http://www.signmeup.com/124558>
(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 Thurs, May 24th at 12:00 PM. After that time you can register at any 1st Place Sports store or at the race on race day starting at 6:30 AM.
- Day of Race Registration starts at 6:30 AM.

Race Director: Scott Hershey
memorialday5krd@floridastriders.com

AWARDS

Medals to all 5K Finishers!

The awards ceremony will be held at the Orange Park Town Hall at 9:15am. Top 3 Overall male and female, Top Masters & Grand Masters male and female, plus male & female Age Group awards for the top 3 finishers in each age group as follows: 10 and under, 11-13, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & Over. (No Multiple Awards.) **Awards ceremony and costume contest starts at 9:15am. Free raffle at the awards ceremony! Free watermelon after the race.**

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). **You can check your results at 1stplacesports.com, or the FPS app after the race.**

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
Dates: Friday, May 25th and Saturday, May 26th form.
Times: 10:00 AM to 2:00 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
- 9823 Tapestry Park Circle, FL 32246

All packets not picked up will be available at registration in front of the Orange Park 1st Place Sports store on race day.

<Scan for more details>



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](http://www.sirspeedyop.com).

FLORIDA STRIDERS TRACK CLUB

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

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Striders Around the World!

Fellow Strider, Patrick Gaughan is currently doing medical mission work in West Africa. He sent this photo of him and his friends, Martin and Colette – all of whom have volunteered for the Resolution Run. This photo was taken in Dimako, Cameroon where Colette was cooking a local breakfast favorite called “puff puffs”. Patrick was stirring the pot while Martin Enyang was sampling the product.



Correction, Mar-April 2018 issue: The Clay County Senior article had a misspelling of the doctor's name. The correct spelling is Dr. Peter Pitocchi.