

the

StrideRight

www.floridastriders.com

Club #229



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My FAVORITE Race

Written by Jean Schubert

When I was a child and people would ask me what my favorite animal was, the answer was easy: the giraffe. Now that I'm older, it's hard to answer that same question. I have so many favorites, and the odd thing is they are animals that have bitten me: snakes, spiders, gators, and raptors.

If you were to ask me what my favorite race is, the answer is easier: the Angry Tortoise 25K!!!!

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Save the Date!

40th Celebration:
September 13th

See page 7 for details on joining the festivities!

Jenny's Pennies:
October 14th

At a NEW location and time: Clarke House Park at 7am!

Hog Jog 5K:
November 4th

Our 30th year of trail running the Ronnie Van Zant Park!



MESSAGE FROM THE PRESIDENT

I'm excited about the future of our Club! New and younger members are joining us and are becoming involved with our activities. The energy is contagious and uplifting.

There are a number of activities planned in the near future. A new "judgment free" beginner run class is starting September 12th and is designed to turn non-runners into runners and make them active members of our Club at the same time! It's a win for the Florida Striders but an even bigger win for those who will benefit from leaving their sedentary lives behind them! I see this as a huge untapped market since most people do not run. If you would like to help mentor a beginning runner, just contact either Vicky Connell or myself, and we will put you to work.

Our club was founded in 1978. So the 40th Anniversary of the Striders will be officially celebrated on Thursday, September 13th with social time, a catered dinner, a program focusing on the history of our Club, and a look to our future! Details are up on our website (www.floridastriders.com) and on our Facebook page. You should have also received an email recently. Everyone is invited, but you absolutely must sign up and pay through the links provided on our website and Facebook page. Because this is a catered event, we must have an accurate headcount by September 5th. We do not anticipate any availability to pay at the door.

The annual Jenny's Pennies event is scheduled for Sunday, October 14th. Due to the sale of Sun Tire, that business is now open on Sunday morning. So we plan to meet at a different location in Orange Park. Those details will be announced soon, but I believe it will prove to be a wonderful location!

The Hog Jog 5K at Ronnie VanZant Park is on the calendar for Sunday, November 4th. Mike Mayse has stepped up to fill the role of race director for the 30th running of that event.

I am also thrilled to reveal that Mae Barker has volunteered to serve as race director for the Angry Tortoise! She is an experienced ultra-runner and is bringing some fresh ideas to make the 2019 Angry Tortoise an exciting event for the ultra-running community.

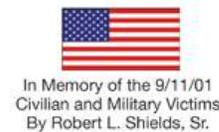
Is it too early to talk about the holidays? Put Sunday, December 9th on your calendars. That's the date of our Strider Christmas/Holiday party. It was a huge success last year, and I expect it to be even bigger and better in 2018!

Join us...Get involved...Runners make the best friends!!



Jon Guthrie

WE PROUDLY SUPPORT OUR PARTNERS!



2018-19 Board Members and Key Persons

Officers

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

Race Directors

Resolution Run: Bill Krause
 resolutionrunrd@floridastriders.com
Angry Tortoise 25K/50K: Mae Barker – mae@facesjax.com
Run to the Sun 8K: Bill Krause
 rtrtsrd@floridastriders.com
Memorial Day 5K: Scott Hershey
 run2day4life@gmail.com
Hog Jog 5K: Mike Mayse
 mjmayse@comcast.net

Coordinators

Children’s 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

Directors at Large

Amy Bonnette
 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



The Florida Striders Track Club is a USATF (USA Track and Field) registered club, and recently, we have implemented the SafeSport program as required by USATF. It is now required that USATF youth club coaches become SafeSport compliant by completing an online training module and passing a background check.

The mission of SafeSport is to make athlete’s well-being the center of sports culture with the belief that all athletes deserve to participate in sports that are free from bullying, hazing, sexual misconduct, or any form of emotional or physical abuse. Athletes will be safe, supported, and strengthened through sports.

Our club’s Vice Predicent, Dave Allen, has completed the requirements and is listed on USATF’s SafeSport Coaches list under his given name: Richard D. Allen.

For more information on SafeSport, visit www.usatf.org/about/SafeSport.aspx.



1 WHAT IS SAFESPORT?

Athletes will perform better, soar higher, and get more from sport if they feel safe. SafeSport seeks to create a healthy, supportive environment for all participants. Through education, resources, and training, we help members of the sport community recognize, reduce, and respond to misconduct in sport.

2 WHY IS USATF INSTITUTING A SAFESPORT PROGRAM?

For the safety of our athletes, particularly our youth athletes, USA Track & Field has committed to providing a safe environment in which our athletes compete and train. We believe this is paramount to the success of all our programs. The United States Olympic Committee (USOC) has recommended USATF implement the program in 2014 and it will be required of all Olympic national governing bodies (NGB's) by 2015. Coupled with our Coaches Registry, our goal is to gain awareness and protect the participants in our sport at all levels, but particularly those athletes who are 18-and-under.

3 WHO IS REQUIRED TO COMPLETE THE SAFESPORT COURSE?

All USATF National Staff, Board Members, Youth Committee members, registered agents, coaches on the Coaches Registry, youth club coaches and youth club administrators are required to complete the USOC SafeSport course.

4 WHAT IS THE TIME LINE FOR USATF SAFESPORT IMPLEMENTATION?

All USATF members who are required to take the course will have until 11:59 PM December 31, 2015 to complete the USOC SafeSport course.

5 HOW DO I REPORT A COMPLAINT?

SECTION 6 OF THE USATF SAFESPORT HANDBOOK OUTLINES THE REPORTING PROCESS FOR:

- Violations of the USATF SafeSport Handbook
- Misconduct as defined in USATF’s Anti-Harassment & Abuse Policy
- Suspicions or allegations of child physical or sexual abuse
- Reporters should complete the form at www.usatf.org/About/SafeSport/Report.aspx

ONLINE USOC SAFESPORT COURSE FAQ’S



WHAT IS THE SAFESPORT COURSE?

The SafeSport course is a free online training module put together by the USOC. The course covers fourteen lesson areas that include, but are not limited to, sexual, physical and emotional misconduct; local and overnight travel; bullying and harassment. The training videos in total are approximately 90 minutes long and include four quizzes and a final exam.



WHO DO I CONTACT IF I’M HAVING TECHNICAL TROUBLE WITH THE SAFESPORT COURSE?

The USOC has an FAQ page for the course, which answers many technical questions. Additional questions can be submitted via the SafeSport Training Contact page.



HOW DO I ACCESS THE COURSE?

The SafeSport course is housed on the USOC SafeSport website, www.safesport.org. To access the course, visit www.safesport.org and select “training” on the top right. Once on the training site, add the SafeSport course to your bag through the Store link. You will be prompted through the process to enter your USA F number. Proceed to check out and complete the course at your convenience.

Join the Florida Striders Track Club

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

Florida Striders Membership Application

New Renewal

Last Name _____ First _____ MI _____
 Address _____ 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

New and Returning Members

Frances Hogas
 & Gabriel Morales
 John & Laura Rafalski
 Angela Schenker
 Andreia Thaxton-Simmons
 & Terry Simmons

Elsie Altman
 Bonnie Brooks
 Dionne & Gentle Clark
 Everett Crum
 Patricia Czarnecki
 William & Carmen Darfler
 Jim Hanson
 Paul Hibel
 George Hoskins
 Cassandra Jaques

David Kelley
 Jack Knee
 Kimberly Lundy
 Martha Mangus
 Lopest Manuel
 Michael Martinez
 Ken Murray
 Keith & Gayla Poythress
 Curt Young

Upcoming September Renewals

Amy & David Bonnette
 Dotti Cahill
 Cecile Dunham
 Carol MacDougall

Samantha & Eric Parham
 Barbara Scott
 Tara & Scott Showalter



The Last Annual Vol State Road Race

Written by Regina Soocy

I ran my first ultra in 2014 and was instantly hooked. I enjoy the planning and strategy that goes into these long, excruciating events, the amazing people I meet, and the special vibe that you don't get at the typical road race.

The premise of Vol State is simple: run 314 miles from Hickman, Kentucky to Castle Rock, Georgia under the power of your own two legs in ten days or less. Do not travel in a motor vehicle, report your location every 12 hours by phone, and follow the directions of law enforcement. Other than that, you figure out the rest: how far to go every day, when and where to eat, sleep, rest, how to deal with the elements and anything else you may encounter on the road.

I was intrigued, excited and nervous. I decided to attempt this feat with Bill as my crew to follow me and attend to all my needs. Most of the participants actually elect to do this without a crew. They carry everything on their back and fend for themselves often sleeping on a bench, or even the side of the road, or looking for a vending machine for food at an odd hour.

115 athletes boarded the ferry from Kentucky to Missouri, back to Kentucky...and we were off.

The first 2 days I loved being out there on the open road, with nothing to do but run and eat. What could be better? My legs and stomach felt great, and the miles flew by as I stayed with the front of the pack folks comfortably. Had a quick car nap at about 38 miles in and our car bed, car shower, and other camping gadgets were spot on. I felt clean, rested, and ready to run all night in cooler temps.

Sometimes we make bad decisions when we are tired. I decided somewhere in Day 2 to change to a cute running skirt, rather than my tested comp shorts.

Boy was that stupid because the chafing was horrific. Then, I switched to some shorts that I had never run in. Why would I ever think these would be good to run in at Mile 150 of the longest run of my life?

Day 3 brought on a whole new level of suffering. Horrible chafing and rotten stomach made for a death march in the hot sun to our Mile 178 hotel in Columbia. Shower, ice bath, foot care, dinner and sleep, and I felt like a new person.

I ran comfortably until about mile 207 when stomach issues hit again, so another death march to Shelbyville stopping nearly every mile to go to the bathroom or rest. Again, a shower and slightly longer afternoon of sleep helped.

I ran again comfortably nearly 28 miles through gorgeous horse farm country to Manchester, where I had a good meal at the Waffle House that I'd regret later, and put my feet up for a bit.

Only 100k to go and my legs still felt great. I was doing a 2 minute run, 1 minute walk. I was tired, but happy. I was still finding things that tasted ok to eat and drink. Of course this did not last, and I was reduced to a slow stagger up the Cumberland Plateau.

Somehow I lost Bill, and I stopped to nap on a bench, which seemed perfectly normal. I finally saw him and I had a roadside shower, iced my feet, tried to nap, and plodded on. I was reduced to a hobble due to my stomach pains, and blisters on tops of toes, which hurt more when I walked.

After several hours of hobbling along in the heat I had only a marathon left, and I got angry. I'm a runner, not a walker! These legs are made to run! I burst into a run 5 miles downhill, and my stomach magically felt better. I was able to

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Upcoming Races

DATE	RACE	TIME	RACE DAY LOCATION	WHERE TO REGISTER
3-Sep	RunJax Labor Day 5K	7:30am	1st Place Sports Baymeadows Store	1st Place Sports (online or in the store)
8-Sep	Run with the Flock 5K	7:30am	601 Riverside Avenue	1st Place Sports (online or in the store)
11-Sep	9/11 Super Hero Run 5K	6:00pm	Seawalk Pavilion, Jax Beach	Ultimate Racing, Inc.
15-Sep	Springfield 5K	7:30am	1601 Main Street, Jacksonville	1st Place Sports (online or in the store)
16-Sep	Healthy Kids Running Series #1	4:30pm	Ginnie Springs Road Soccer Field	healthykidsrunningseries.org
22-Sep	BASCA "Cape" Abilities 5K	8:30am	352 Stowe Avenue, Orange Park	1st Place Sports (online or in the store)
23-Sep	Healthy Kids Running Series #2	4:30pm	Ginnie Springs Road Soccer Field	healthykidsrunningseries.org
29-Sep	Dreams Come True 5K	8:00am	Jacksonville Baseball Grounds	1st Place Sports (online or in the store)
30-Sep	Healthy Kids Running Series #3	4:30pm	Ginnie Springs Road Soccer Field	healthykidsrunningseries.org
6-Oct	Whistling Death 5K	8:00am	Green Cove Springs	1st Place Sports (online or in the store)
7-Oct	Healthy Kids Running Series #4	4:30pm	Ginnie Springs Road Soccer Field	healthykidsrunningseries.org
13-Oct	Avondale Classic 5K	8:30am	The Shoppes of Avondale	1st Place Sports (online or in the store)
14-Oct	Healthy Kids Running Series #5	4:30pm	Ginnie Springs Road Soccer Field	healthykidsrunningseries.org
20-Oct	USO Armed Forces 1/2 Marathon & Freedom 5K	7:00am	Metropolitan Park	1st Place Sports (online or in the store)
27-Oct	1st Annual Rivertown Spooktacular 5K	10:00am	140 Landing St., Saint Johns	Florida Race Day (runsignup.com)
28-Oct	Evergreen Pumpkin Run 10 Mile/5K	8:00am	Evergreen Cemetery	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/rrcocal.htm.

Strider Socials

Jumbo Shrimp Baseball Game

Let's play ball! On July 15th, we had 47 Strider team members swing on over to the baseball grounds, and we hit a home run for a pre-game fellowshiping, rain delay camaraderie, and then with an hour delay, the game commenced. If you were unable to catch all the fun, you will have another chance next year!



Rain delay camaraderie



Family Fun Day at Hanna Park

More than 30 Striders enjoyed warm temperatures, nice breezes, and no rain on Sunday, August 12th! It was a relaxing day of eating, socializing, canoeing, hiking, and the beach. Strider team members were constantly on the move, which kept us from getting a whole group photo!

40th Anniversary Celebration

Come celebrate the 40th Anniversary of the Florida Striders at the Orange Park Lions Club building located at 423 McIntosh Avenue in Orange Park on Thursday, September 13th, 2018. We will have a social hour from 6-7pm with a catered dinner at 7pm followed by a program focusing on the history of our club and our plans for the future! The cost is \$25 per person, and the suggested dress code for the event is business casual. Register at <https://form.jotform.com/82036260484151> no later than September 5th. You will find this link on our website. This is a catered event, so registration and prepayment is mandatory. We must have an accurate headcount. We look forward to seeing you there!

More Upcoming Socials

Keep your eyes and ears open for more socials to come! Jenny's Pennies in October, the Thanksgiving ½ marathon in November, and our Christmas social in December are just around the corner!

FLORIDA STRIDERS TRACK CLUB

40th
Anniversary
1978 - 2018

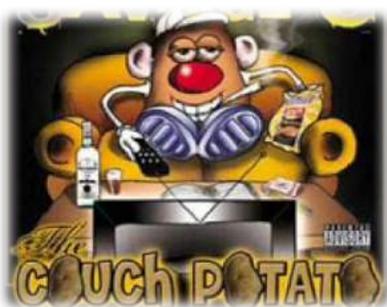
FLORIDA STRIDERS TRACK CLUB



Presents.....

Couch to 5K

“Judgement Free” Beginner Running Class



Have you always wanted to run but don't know where to start?
Join us for an 8 week class and become a runner! You'll get:

- A one year membership to the Florida Striders Track Club
- A one on one mentor to help you through the class
- Several weekly groups runs to choose from
- No requirements to attend sessions – work it around your own schedule
- Three training plans to choose from depending on your current level of fitness
- A great group of people to interact with and receive encouragement from – all ability levels welcome
- Finisher medal and goody bag at 5K race (walking OK!)

Cost: \$25 (additional family members free)

Start Meeting: September 12th, 7pm at St John's Country Day School Track on Doctor's Lake Drive in Orange Park

Race Day: November 17th (location to be announced)

Register: <http://www.floridastriders.com/running-classes/>

For more info, call Vicky Connell at 904-707-8469

“Couch to 5K Class” Entry Form

Your signature below these two paragraphs indicates that you have read, understand, and agree to both. This entry form also provides the information for your one year Florida Strider Membership, which is included with your class entry fee.

Class Release & Indemnification Agreement: The person named on this registration form wishes to participate in the Running Program (the “Program”) from Sep 12th through Nov 17th, 2018. Those who have made this Program possible -- The Florida Striders, their sponsors, and St. Johns Country Day School, volunteers, and officials (collectively, the “Organizers”) -- wish to ensure to the fullest extent possible that they are not sued or held liable for injuries or damages sustained by participants or those attending the Program. I make this release and indemnification agreement on my behalf, and on behalf of anyone who would be able to sue if I were injured while participating in or attending this Program. In return for being allowed to participate in this Program, I agree and acknowledge as follows: 1) Participation and attendance at Training programs, especially those held on trails, carries with it some risk of serious injury, including even in rare cases, death. The risks include, but are not limited to, those caused by overexertion, vehicular traffic, the course, weather, facilities, equipment, Organizers, spectators, and other participants; 2) I assume all risk of participating in and attending this Program; 3) I understand that the Organizers of this Program are relying upon the agreements and representations I make in here; 4) I release the Organizers of the Program from any and all claims, including negligence claims and claims relating to personal injury or property, arising out of my participation or attendance in this Program, except I do not release reckless or intentional tort claims; 5) I agree to indemnify the Organizers if I or anyone else brings a claim against the Organizers due to injuries I receive due to my participating in or attending the Program (“indemnify” here means to reimburse the Organizers for any sums they have to pay and expenses/fees they incur due to an injury claim related to me); 6) I give permission for the free use of my name and picture in any broadcast or print media account or promotion of this event; and 7) I have carefully read this document and understand it. If I am under 18 years old, my parent or guardian is signing on my behalf, and my parent or guardian also agrees to indemnify the Organizers if I or anyone else brings a claim against the Organizers due to injuries I receive due to my participating or attending this Program. With knowledge of the risks involved and the rights I give up, I waive the rights I might otherwise have, and I freely sign this document. **I will notify Sara Guthrie if I do not wish my contact information shared with the rest of the class** (contact information is usually shared to facilitate group run coordination.)

Membership Liability Waiver: I know and understand that participating in and/or volunteering to work at FSTC races are potentially hazardous activities. I will not participate in club activities unless I am medically able and/or properly trained to do so. I agree to abide by any decision of a race official relative to my ability to safely complete a FSTC sponsored race. I assume all risks associated with running and volunteering to work in club races including, but not limited to, slip/trip/falls, contact with other participants, volunteers, or officials, the effects of the weather including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and understood 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, release, and agree to hold harmless the Road Runners Club of America, the Florida Striders Track Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities, even though these liabilities may arise out of negligence or carelessness on the part of persons named on this waiver.

Participant’s Signature _____ Date ____/____/____

Parent’s Signature (if participant under 18) _____

Name _____

Address _____

City _____ State ____ ZIP Code _____

Sex: ____ Birth Date: ____/____/____ Phone: _____ - _____ - _____

E-mail Address _____ (please print clearly!)

Please describe how much (if any) running or walking you are currently doing and how often:

Entry Fee enclosed \$ _____ (\$25 per person or family) - free for existing Florida Strider members

For questions contact Vicky Connell at 904-707-8469 or vickyjc@comcast.net

Register online at <http://www.floridastriders.com/running-classes/> or Mail completed forms, with your check made out to “Florida Striders” to: Sara Guthrie, 8125 Coralberry Lane, Jacksonville, FL 32244

Just Another Manic Monday

Written by Julie Stackhouse



Monday, April 16, 2018, also known to 26,954 finishers as “Marathon Monday” is one for the history books. For 1,123 of us, we did not make it to Copley Square from Hopkinton that day (at least not on foot as planned). It was a day of epic proportions and this isn’t a “fish tale,” exaggerated over time. This is my Boston Marathon story.

Race morning, 5:30AM: I wake up early as usual to my routine pre-race breakfast, and before I can switch on the race day forecast, I don’t have to because it’s forecasting live against my hotel window: cloudy with 100% chance of nor’easter. Don’t get me wrong. I LOVE dire conditions (or so I thought). In fact, the last time I’d raced Boston was in 2007, the year that blasted some 20,000 marathon hopefuls with the most rain in the history of the event. Today we were to embrace that rain, along with the coldest temps in three decades of the race - 29-degree wind chills in a direct (sometimes 25 mph) headwind for 26.2 miles. “Hurricane Boston” strikes fear and trepidation in the hearts of many, but not me. I stride out of my downtown hotel

wearing determination and my chartreuse Brooks regalia, plastic bags tied around my shoes and a trash bag covering my warm-up gear, to have my umbrella flipped inside out and slapped silly with the unwelcome blast of damp, icy air greeting me, “good morning” and I’m SMILING. Really. These are my conditions. I’ve conquered them once before and I’ll do it again. In fact, I’m genuinely EXCITED because typically the nastier it gets, the more I bear down and the better I perform, in the words of my high school coach always a “mud and guts” athlete.

Since I’d last raced Boston, and in the wake of the tragedy in 2013, race officials changed the gear-check policy, checking it at the finish line this time rather than the start line. You’re allowed on the bus only with your quart-size clear Boston-issued plastic bag and a positive attitude (not optional today). A 45-minute silent albeit warm/dry school bus ride later I arrive to the Athlete’s Village in Hopkinton (school rec fields) with masses of other hopeful runners ready to make our dreams a reality. The field is slushy mud soup. Runners slog through icy clay and growing “lakes” to huddle on hotel towels, previous marathon race finisher “space blankets,” other runners, really whatever they can find to attempt to stay warm and dry while the wind continues to howl, beating the sides of the constructed white pop-up tents, our only shelter from the storm. I befriend a few others from around the globe as we sit in silence, hopelessly trying not to waste energy shaking for a few hours while we eagerly await our start corrals to be called. At one point, I decide to hide out in an unused porta-potty for 20 minutes (with the seat down). That’s how desperate I was to warm my core body temperature, and have a brief recess from the rain and wind in a futile attempt to regain some feeling in my extremities.

9:30am: We are (finally) called to the start line. Alas! I confidently tell myself now that we’re walking and will soon be racing, that we will all warm up. In fact, the first mile of the race will serve as my warm-up this

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Common Running Injury Series: Plantar Fasciitis

Plantar Fasciitis is a painful condition of the foot involving inflammation of the plantar fascia (aponeurosis) and is one of the most common injuries to the foot. Pain is typically most prominent with the first steps taken in the morning, or after an extended period of time non-weight bearing. The plantar fascia essentially spans the full length of the sole of the foot. It most often occurs due to repetitive microtrauma to the fibers of the fascia at, or near, the heel bone. Biomechanically, the plantar fascia provides strong support for the foot during both pronation and supination phases of the gait cycle. A viable plantar fascia helps to allow the muscles of the leg and ankle/foot to work efficiently, and is very important in activities, such as running and jumping. The most common cause of plantar fasciitis is overuse or repetitive trauma. Often training errors contribute. Further information elaborating on basic anatomy, biomechanics, causes, and a focus on rehabilitation considerations, are included in this article.

Symptoms

Plantar Fasciitis is commonly treated by physical therapists. Symptoms include pain near the heel, and into the arch, on the inside of the sole of the foot. Pain is typically most prominent with the first steps taken in the morning, or after an extended period of time non-weight bearing. The plantar fascia essentially spans the full length of the sole of the foot; it originates at the medial tubercle of the calcaneus (the heel bone) and inserts at the proximal phalanges (bones of the toes), including the sesamoids of the great toe. It most often occurs due to repetitive microtrauma to the fibers of the fascia at, or near, the site of the origin (at the calcaneus). Further, excess loading or weight-bearing on the medial calcaneal tubercle can cause inflammation of the periosteum (outer layer of bone).

Biomechanics

Biomechanically, the plantar fascia provides strong support for the foot during both pronation and supination phases of the gait cycle. Pronation involves unlocking of the foot and shock absorption during the initial to mid stance phase portion of the gait cycle (from the heel contacting the ground until the leg is essentially vertical). Supination entails unloading and locking for stability, which allows for propulsion/explosion of movement, especially during the last part of stance phase. A viable plantar fascia helps to allow the muscles of the leg and ankle/foot to work efficiently. One example of this is the plantar fascia's support of the arch of the foot allowing for a forceful calf (gastrocnemius) muscle contraction, which lifts the heel for propulsion. Thus it is very important in activities, such as running and jumping

Common Causes

The most common cause of plantar fasciitis is overuse or repetitive trauma from flat feet, overpronation (a reduction in the arch of the foot), a tight Achilles/calf complex, limited great toe movement, weakness or tightness in other areas of the body, nerve compromise from a back injury, and/or training errors. Errors in training could include, but are not limited to, poor foot wear or arch support, large adjustments in training volume, running on a cantered road, too many hills, not enough rest time, or too firm of a surface (i.e. always running on pavement).

Treatment

Rehabilitation for plantar fasciitis includes RICE (Rest, Ice, Compression, Elevation) during the acute or initial phase of the injury. It is important to take stress and loading off of the plantar fascia to allow the tissue time to heal. Then, activity should be modified to minimize weight bearing, including decreasing mileage. Begin, or increase, cross-training, to include more low-impact activity, such as swimming or cycling.

Continued on page 19

Florida Striders Scholarship Essay Winners

Essay by Sydney Nelson

I had never been much of an athlete, so when I came home from school in eighth grade and told my parents I wanted to join the cross country team, it came as a shock. The first few weeks were challenging, but I had a drive. I made the commitment and was determined to become a runner. I have since learned that I can do so much more than I ever imagined. I know now that I can be anything I want to be. I can apply my work ethic to sports in addition to school. I continue to surprise myself and surpass all the goals I set, finding out that hard work truly does pay off. Running has showed me what my body is capable of. I can be proud of my accomplishments, and I have something to work towards knowing there is always room for improvement.

Running has also helped me find my pace – a group of people I belong with. By running with the team and struggling together unbreakable bonds are created. We encourage each other, feel each other's pain, and celebrate together after a good race. On the easy days, the hard days, and the in-between days, my team is always there for me. Every single member has become more than just a friend or teammate; we are family. We support and accept each other. We walk through life together from challenges as small as "I just

don't feel like running" days to the unbearably painful day when we lost our teammate. We had each other to lean on and we mourned together. I will never forget the friends I've made through running. This sport unites people from all over the world, brought together for the common understanding of what it's like to set goals and reach them.

Running is also important to me because it is something I can take with me for the rest of my life. I can run anywhere and everywhere. In the future, I will have running as a tool for when I need to escape the rhythm of life or de-stress. I have enjoyed running after school every day because it clears my mind and takes away the pressure from the day's troubles, especially in exam season. It is a good outlet for my emotions.

I am so thankful for running because it has significantly boosted my self-confidence. I know that I can do great things if I put in lots of effort. Running makes me feel strong and healthy. I have learned that my body is a powerful machine and I'm inspired to see it in action. I know I can be good at anything if I put my mind to it. I will continue to utilize my ability to run in order to meet people, go places, and experience new things.



Sydney Nelson, from Fleming Island High School, is attending the University of Florida this fall.



Logan Faulkner, from Bishop Kenny, is attending University of Central Florida this fall.

Florida Striders Scholarship Essay Winners

Essay by Logan Faulkner

Track and Field has changed how I view challenges and raised my overall determination to get my goals I set for myself accomplished. Although I did not start track until my junior year, once I started there was no stopping me. I originally was a sprinter, usually running the 100 and 400 meter races with the 4x400 every once in a while. At first I was not very fast. In fact, I ran against middle schoolers in my first meet because I didn't have a time. However, within the first few weeks I had dropped significant time and ran the A team for the 4x400 team in the third JV meet. Even when the JV season was over, I still continued to practice so I could take on my next challenge, receive the varsity letter. That challenge led to an even bigger challenge, learning how to hurdle. I knew I was not the ideal height to hurdle, but I told myself I was going to learn how. By the end of April, I was not only clearing the 300 hurdle height, but I had gotten myself to reach the 110 meter height. Over the course of the summer I kept working and competing in meets to try to drop my times in both events. By the end of summer both my times had dropped significantly and I have gained a spot on the varsity hurdle team. As the season starts back up and new goals are put in place, I have learned many important lessons by joining this sport. Not only have I gained confidence in myself and as a leader, I have learned how to set and achieve goals I would have never seen myself doing. These lessons will stay with me as I go off to school and help me get through the new challenges that come my way, but with the spirit of determination I gained from running I will be able to achieve them all.

Florida Striders Running Team

Written by Shelly Allen

Team Member Highlight: John Keester IV

Florida Striders Running Team member John Keester IV had a fantastic summer of track racing! As a 12 year old, he competed in the AAU Club Track and Field National Championships on July 10th at the Disney Wide World of Sports, winning 1st Place in the 3000 meters in a time of 10:30.42, making him a national champion! Then two days later, at the same track meet, he competed in the 1500 meters finishing on the



easy, as there are typically 30 or more athletes competing in each event in each age group and it's very competitive, so we are very proud of John representing the Florida Striders at this level of competition!

John is starting first year of junior high school at Oakleaf Junior High and is currently preparing for the Cross Country season as a 7th grader.

medal stand in 6th Place in 4:58.03.

In Iowa on July 30th he ran another great 3000 meters at the AAU Junior Olympic National Track and Field Championships, once again finishing on the medal stand in 7th Place and a time of 10:30.47. Finishing on the medal stand in these national level races is not



The Running Review

Written by Vicky Connell

I love to read and learn about running. Just when you think you've heard everything, you learn something new! Although running seems so simple, apparently it's really not.

I recently read Alex Hutchinson's book, *Endure*. The reason I chose this book was that I heard him interviewed on several of the podcasts that I listen to, and I was intrigued by what he had to say. I actually thought that I had already heard most of what he had to say when I got the book, but since I was doing a review, I figured I had better actually read it! As it turns out, there was way more in the book than was even touched on in his interviews.

To be honest, the first part of the book got a bit tedious. The author goes into a lot of scientific detail, which took some concentration to follow. But the more I read, the more I warmed up to the information that was presented. If you're a real running nerd, you'll love the details!

The overlying theme in the book is breaking down what it would take for a man to run below the 2-hour time barrier in the marathon (the world record is 2:02:57). If you've been paying attention, there was recently an attempt by Nike to do exactly that. I remember reading all about it in *Runner's World* in an article that was also written by Alex Hutchinson. This was not an official world record attempt since Nike did some things that aren't allowed, but they wanted to do everything possible to make the best attempt possible. If you haven't read about this already, I won't spoil it by telling you the outcome here. It doesn't come till the very end of the book.

Throughout the book, Alex Hutchinson gives many examples, including some from his own life, of when people have defied the odds and

accomplished things no one ever thought physically possible. The author makes the point that there's something beyond physical conditioning involved, and our brains have an integral role in what we can or can't do. Sometimes it's as simple as believing we can do something, although when you see the science behind how the brain actually works, it's not all that simple.

Some of the things the author explains in detail are how we are limited by pain, our muscles, oxygen, heat, thirst, and fuel. He tells us what the latest science is on overcoming all these limitations. And then, of course, there's the intangible limit, our own brains. Much time is spent detailing attempts to change the brain and what it believes is possible. Some of these experiments met with considerable success.

This book really made me think about my own limitations and what is possible. He touched on some things I've been hearing about but wasn't sure I wanted to jump on the bandwagon, and he made clear the advantages and disadvantages of those practices. I was happy to get what appeared to be some very sound information on the fads that so many people seem to be following these days. One thing that I found to be hugely positive is that this book is very current in its info, even though it gives some examples from a long time ago.

I give this book a 4 star rating out of 5 and recommend it to anyone interested in the science of running and brain training. My next book review will be Shalane Flanagan's *Run Fast, Eat Slow* cookbook. Yes, it's a cookbook, but that's what I'm choosing! Feel free to send me your comments at vickyjc@comcast.net.

The Intuitive Runner

Written by Kelsey Beckmann

Prior to our modern era, there was a time where runners ran a pace that “felt” right and nourished their bodies with what their minds told them to. Some may argue that current technology has enhanced our training by allowing us to know how to more effectively train and feed our bodies, where some may say ignorance is bliss. As runners, we have become increasingly obsessed with numbers: paces, distances, calories burnt, calories consumed, and numbers on the scale, and we often create assumptions on how we will perform based solely on those numbers. While GPS watches, apps that track calories, Strava, and social media in general can be wonderful training tools, it’s time to ask ourselves if they are overpowering our own intuition.

It comes as no surprise that runners are typically health conscience people who feel pressure to micromanage their food intake in order to have smaller bodies. While smaller *can* be faster and more efficient, if done in a state of restriction it can also result in being weak and/or injured. In wanting to fit the runner mold, runners often get caught up in diet culture. This culture places emphasis on good food vs. bad food and applauds restriction and sacrifice for the

sake of hitting a magical scale number or body composition.

If you have found yourself in the sport in effort to lose weight, then it is obvious you will need to choose healthy options in appropriate portions. Throughout my experiences as a dietitian who works with avid runners, I have seen trends in disobeying intrinsic cues to eat. For example, let’s talk about rest days. During rest days, we have a lower calorie



expenditure in comparison to non rest days. Often times, these days are strategically placed in between hard training and long runs to allow the body to recoup. Your acquired method of calorie counting may tell you that you only deserve a small amount of calories since you rested that day, but your stomach is growling and your metabolism has not stopped. This device that you may be slave to does not know that your muscle glycogen (body’s energy storages) are depleted, and you have a long run the next day. Not only does this runner fail to fuel properly (which will allow the body to go

faster for longer), it is likely this runner will finally “give in” or overeat in a time where the body will use calories less efficiently. Sometimes, even the best technology does not account for the body’s own supply and demand system.

How does a runner incorporate intuitive eating?

First and foremost, while intuition may outkick technology, it does not outdo science. If you are expending more calories, you will need to eat more. If you continue to place your body in a significant caloric deficit, your body’s biological functions will slow down in order to compensate for the lack of fueling. This means mineral deficiencies, poor organ function, and a runner’s worst nightmare: injuries. To marry intuition with balance, I recommend consistently incorporating a balanced diet that includes fruits, vegetables, complex carbohydrates, healthy fats, and lean protein. A healthy sports diet is full of variety, and no single food can make or break you. On the same token, no one single food or supplement will save an overall poor diet. Practice moderation and learn to develop a positive relationship with food. The goal is to master

Continued on page 20

Continued from front page

Why would an old, slow runner enjoy a 25K that takes place in a forest? Well, in the beginning, the first time the Angry Tortoise was held, it was only a 25K, and the date was the day after my 63rd birthday in February 2014. Having run a few half marathons by then, and knowing I would never run a full marathon, I thought I would challenge myself with the 25K distance. After all, it's only about a 5K more than a Half, and I wouldn't be getting any younger.

I had a BLAST!! Number 1: running on the forest roads was easier (?) than a technical trail and way more fun than on a paved road.

Number 2: the course was well marked (not like the trail race I did in the Carolina Forest where I got lost and had to double back). Number 3: the race director (Charlie Hunsberger) was AWESOME and thought of everything to make for a great race!! Maybe he should be listed as the #1 reason...

There were no medals, but in addition to a long sleeved shirt, everyone got a coffee mug and a personal size apple pie post-race. Being held in February, there are few insect problems and usually cooler temperatures. The course challenges you with different surfaces on unpaved roads and sometimes there will be water to navigate through or around. But, that's all part of the thrill of a trail race!!

The following year, 2015, a 50K distance was added by having participants run the course twice, and the 25K distance remained the same. Post race burgers, cooked by Frank Frazier and the crew, were added to the party.

For those who are unsure about doing either distance, let me tell you something else that makes this race special – the main aid/support station is located in such a way that everyone

passes it at least three times before heading to the finish (six times for the 50K). So, you don't have to worry about floundering out in the middle of nowhere. Plus, there are a couple of substations and ALL of the volunteers are wonderful and supportive!!

2018 saw the fifth running of the Angry Tortoise, and hopefully not the last. We need someone to step up and take over as Race Director. (Not me, I'll be running the trail in 2019 when it's held)!

What's YOUR favorite race?

Editor's Note: Mae Barker recently stepped up to take over as Race Director. However, anyone willing to volunteer their time to help out our new director would be greatly appreciated! You can contact her directly at her email address: mae@facesjax.com

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Jenny's Pennies

It's that time of year again! Mark your calendars for October 14th to attend this annual social event. The event is relocated to the Clarke House Park due to Sun Tire changing ownership. The gates of Clark House Park open at 7:00am, which means our run/walk will begin at this time, and the social will follow afterwards at 8:30am.

Please bring a breakfast or brunch item to share (especially non-sweet foods such as cheese, meats, sandwiches, etc). We will provide the drinks, funded by the pennies collected on our runs throughout the year!

Continued from page 5

run/walk decently until Mile 300 in Kimball, the last major town before the finish.

Only 14 miles left! Little did I know that these would be some of the most painful miles of my life. The highway out of Kimball felt like a haunted house. From the cicadas, tree frogs, scary plants by the side of the road that looked alive, super loud and fast cars and trucks. Every sound, pain, and emotion is magnified x50 when you are mentally and physically spent.

I continued to stagger on in the dark, slowly and painfully, feeling pains in new places with every step. The pain in my stomach felt sharp, like nothing I have felt before. This must be what childbirth feels like.

I actually started to worry that I had some serious stomach issue: liver cancer, bladder cancer, something horrible. I decided it was probably liver disease caused by years of wine drinking and too much race food and Ibuprofen.

If I was gonna die, I'd rather hurry home and die in my bed, see my dog and friends and family. I begged Bill to just pull the plug and take me back to our hotel. He knows me too well to let me quit and have to listen to me whine about it for the next year....and have to come back and crew me again so I can finish.

Now the climb really got steep. This is stupid. Why am I doing this?....I'm quitting ultras....heck I might even quit running. I continued to bargain with Bill about quitting. He responded, "We have 5 days until the time cutoff, so you only have to cover 1 mile a day.

This went on for a few more hours as we navigated the last 5 miles of this brutal race just footsteps at a time with lots of crying, whining and lying down in between.

I reached the Ranch, the last 2 miles....surreal and foggy and beautiful if you are not dying. But, I was not going to die. In fact, I was going to finish!!!!!! We entered the finishing area, and I was guided to an outcropping above a steep drop-off. I bent over and touched the Rock as my finish was proclaimed to have occurred.

I was less enthusiastic about finishing than I am now, and I'm sure I sounded like a jerk as I complained. In such a depleted state, there is no way to control what we say or do. We are so raw and stripped down.

I have not fully absorbed this whole Vol State experience - how it has changed and will change me going forward. I am proud that I achieved my goal and finished what I feel is the hardest thing I have ever done in 4 days, 20 hours, 24 minutes and 27 seconds.

I am humbled by all of your texts, messages, and posts of encouragement during my race. I am so lucky to have a great community of people on my side who accept me for who I am and believe in me. I am grateful for the kindness and generosity of people who came out in force in each town to support the runners. I have renewed patriotism and faith in humanity.

I am also very happy to have raised over \$5500 for Marathon High on this journey. Thank you for all who have supported me and this fabulous free running program for teens.

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time due to the unrelenting conditions, which hampered my usual in-depth pre-race routine. As the countdown ensues I begin stripping off my Goodwill donations and pee on myself out of cold nerves which no one notices due to the constant downpour.

10:00am: The cannon fires for Wave 1 (top 4,000 runners) of the Boston Marathon – we're off! My stumps-for-feet pound the sacred asphalt of this historic course, but I can't feel them. I positively think, "At least I won't feel the pain today!" I stick with the masses as we collectively brace for the wind and rain which humble us at each new turn. I make a fatal mistake that I tell others whom I coach never to do and skip the early water stations because I don't want to leave the herd in the middle of the road to schlep to the frozen water stations on the outskirts. During one such station, the wind kicks up and a small tornado of disposed cups pelt the oncoming runners. I'm no longer smiling but I do finally feel as though I'm starting to adjust, and I begin to hit a rhythm through 10k. Mile 7 approaches and I force my first birthday cake flavored gel down as planned. I aim to stick close to the group around me for shelter - there's strength in numbers. Mile 10, I'm wiping my eyes constantly. My contacts must be blurry from the rain despite my hat, I think. Mile 11, I'm looking forward to Wellesley, seeking to draw strength from the "scream tunnel" which I'm certain will still exist despite the conditions. Mile 12, the wheels start to fall off. I don't even remember running through Wellesley, as if in a fog when you arrive at a place, yet don't remember the sights and efforts involved in getting there. Someone I know in the race runs up to me and gives me an encouraging fist bump. I think that he's a stranger just being nice. Then the stranger, speaks, "Are you okay, Jules?" I realize that I must know him. I blink again. He prompts again am I okay? I am alarmed at the cragginess in my voice as I squeak out, "I'm. So. COLD." The element of the fear in my voice startles me. I look to him for support and we run along together another mile in silence. I think for a moment that he is my beacon of hope, sent to me in my moment of need, that I just need to stick with him and we will make it together to the finish line. One foot in front of the other. It continues like this for another agonizing mile, where I'm constantly replaying the scene from every military movie boot camp in my head, "RING THAT BELL and it will all be over." Nice warm bed, down comforter, fuzzy slippers, cup of hot tea. I desperately search for that bell. I scour the sidelines for a familiar face or a discarded jacket for something, anything which I could layer on for warmth. I can't feel my fingers at all and recall wondering how long they must remain numb before damage can be permanent? I wonder if I finish the race if I'll end up in Boston General, or if I'll be able to work the next week. I consider walking to regain my bearings but immediately am haunted by the thought that I'll have to endure the harsh conditions for twice as long. Beyond being cold, though, what chills me to my bones is the underlying thought that I'm actually considering dropping out of a race for the first time in my life. Even as I type these words my fingers stall out because "quit" is a word which has never EVER been in my vocabulary. Yet, that's exactly what I proceed to do. Without conscious thought, at mile 15, I mindlessly veer across throngs of runners and stumble into a medical tent. I tell myself that I will just have the experts check me out to make sure it's safe to continue and then I'll get back out there, not concerned with my time, but just to finish what I started. Immediately upon ceasing running my body begins convulsing uncontrollably. What exasperates me in my dejected state is that the medical tent is FULL of incapacitated runners just like me, all looking marathon lean and fit and melancholy, our hopes dashed short, Mother Nature the victor over us that day.

From a fire station just north of Wellesley (where they moved us because the med tents were overflowing), I cease shivering from under heat lamps long enough to watch Desi Linden cross the finish line on TV. I'm smiling inside through forced-back tears because I am so proud that an American won the women's race and that the American is Des. I'll later learn that even she thought she was going to drop out that day, describing the wind as decidedly "standing you up at times."

10:30PM: I lie restlessly awake in my hotel room after a steaming shower and reviving dinner with friends, pretending that I'm okay and scouring race websites for upcoming marathons. As my college coach used to say, "You're only as good as your last race." It takes me three months to process and accept that I did not give up that day in Boston, but that my body gave out and there is a difference. I have not yet run my last race...

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Many times taping, by a well trained and skilled physical therapist or certified athletic trainer, can help relieve pressure, support the arch, plantar fascia, and heel fat pad, and improve lower extremity biomechanics.

Footwear may need to be modified to provide for adequate arch support. Orthotics can be used for additional arch support as needed.

It is important to perform appropriate exercises to tolerance (i.e. not to push into pain).

Further care and guidance can be provided by a skilled physical therapist. Treatment could include therapeutic exercises/activities to increase strength and flexibility, manual therapy, including joint and soft tissue mobilizations and myofascial release to address joint stiffness and adhesions in the muscle or fascial systems, iontophoresis, such as Dexamethasone (an anti-inflammatory medication), ultrasound, electrical stimulation, etc. The ASTYM™ System can be used, by a certified provider, to stimulate/enhance the healing response. It will do so by stimulating the breakdown of adhesions and inappropriate fibrosis that may be contributing to symptoms.

Heartland Rehabilitation Services offers Complimentary Injury Screenings at all of our locations. We have over 20 locations throughout Jacksonville, with three in the Clay County area. Florida Strider members may reach out to Jennifer Craig, the Sports Medicine Coordinator, at (904) 710-4649 or Heartland's Call Center at (800) 699-9395 for any questions or services you may need!

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6/9/18 – Run for the Pies 5K**Jacksonville, FL**

Jean Schubert 44:45
 Perry Pelham 23:19
 Eugene Biala 37:45
 Charina Biala 28:46
 Aldren Biala 19:57

6/10/18 – Portland Track Festival**Portland, Oregon**

Shelly Allen 5:56 (1 mile)
 11:37 (3000m)

6/21/18 – NAS Runway 5K**Jacksonville, FL**

Jean Schubert 41:43
 Perry Pelham 22:03 1st AG
 Eugene Biala 34:30

7/4/18 – Celebration Run 5K**Jacksonville, FL**

Perry Pelham 23:21
 Jean Schubert 44:51
 Eugene Biala 37:32
 Charina Biala 30:39

STRIDERS AT THE RACES

Aldren Biala 21:37

7/4/18 – Flagler Beach 4th 5K**Flagler Beach, FL**

Jan Bullock 38:41

7/10/18 – ESPN Club Nat'l**Championship****ESPN Wide World of Sports**

John Keester IV 10:30.46 (3000m) 1st AG
 4:58.03 (1500m) 6th AG

7/22/18 – Vestcor Bridges 5K**Jacksonville, FL**

Jan Bullock 39:44
 Eugene Biala 37:19
 Charina Biala 30:48
 Perry Pelham 23:46

7/28/18 – Red, White, and Brew 5K**Jacksonville, FL**

Jan Bullock 41:56

7/30/18 – AAU Junior Olympics**Des Moines, Iowa**

John Keester IV 10:30.47 (3000m)

7th place finish – 12 year old**8/3-8/4/18 – Tour de Pain****Jacksonville, FL**

Jean Schubert 1:11:37 (4 mile)

46:55 (5K)

13:17 (1 mile)

*Combined times for the series 2:11:41.**Earned 8th place Grand Prix points.*

Send us your race results and see them printed here! Go to www.floridastriders.com, click on "Races and Events" and scroll down to "Striders at the Races".

Continued from page 15

an eating style that fulfills high performance training, supplies key nutrients to the body, and feeds your mind.

How do I portion foods intuitively?

When I work with athletes individually, I typically give them a *ballpark* of calories/ macronutrients for guidance. I encourage them to learn how to intuitively read hunger cues. In addition, I remind them that the calculations are accurate but not definite. Without advanced tools to calculate a resting metabolic rate and body fat %, it is difficult to pinpoint exact calorie expenditure. Specific factors such as genetics, activity type and volume, and the individual's specific health goals will also determine what is the best macronutrient breakdown for you. Blindly cutting back or restricting without considering these factors can be very dangerous.

Ultimately, we as runners have difficulty with moderation, are number crunchers, and we love extremes. There are certainly areas of our training and health where exerting control is beneficial in order to accomplish our goals. However, as a registered dietitian, I recommend implementing "mindful eating" to tune into hunger, cravings, and the body's basic nutritional requirements. This does not deter one from making healthy choices based on goals, yet encourages balance, moderation, and pleasure that both your mind and body will thank you for.

About the Author:

Kelsey Beckmann is a local elite runner and Registered Dietitian who specializes in sports in the Jacksonville area. She has extensive nutrition training and launched her own private practice working with athletes in early July. She has been a member of the official dietitians of the Jacksonville Jaguars, JU athletics, UNF Track & Field, UCF athletics, and Orlando Magic.

BASCA "Cape" abilities 6th annual Run, Walk & Roll



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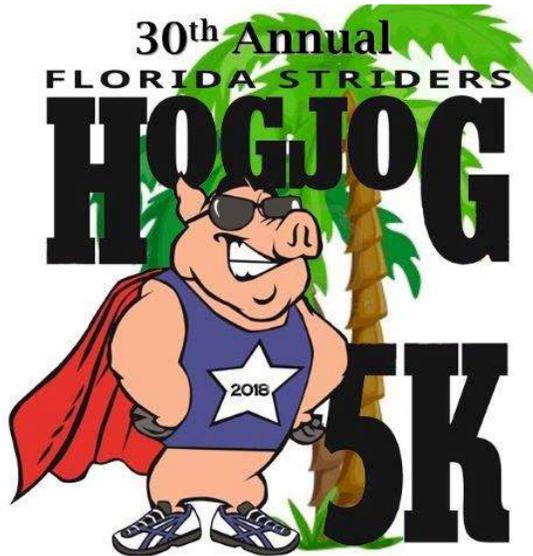
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November 4, 2018

Ronnie Van Zant Park
2760 Sandridge Road
Lake Asbury, FL 32068

Fun Run Start 2:00 PM

5K Race Start 2:30 PM

Race Director

Mike Mayse (904) 238-3650 (Leave a Message or Text)

Email: jaxmjm@gmail.com

Entry Fees

	Striders	Non-Striders	Kids 13 & Under
Until Oct 21	\$22	\$25	\$15
Oct 22 to Nov 03	\$27	\$30	\$20
Race Day	\$35	\$35	\$35

Register Online:

<https://www.signmeup.com/site/online-event-registration/127257>

Sorry no refunds!

Online registration closes at noon, Wednesday, Oct. 31st

Register at any 1st Place Sports location Thursday or Friday

No registration on Saturday

Registration race day starting at 12:30

T-shirts for first 300 pre-registered runners

Packet Pickup

ALL packet pick-up will be done at Ronnie Van Zant Park on race day starting at 12:30 PM



Awards

Top 3 overall male and female

Top Master's male and female

Top Grandmaster's male and female

Top three male and female finishers in each age

group: 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 ceremony will be held following the race

Course

Cross country starts and finishes in the park

This two-lap rugged course

Not be suitable for strollers

Spikes may be worn

Walkers are welcome - No separate walking awards

Race is timed using Champion Chip attached to the bib

1 Mile Fun Run

Free

Must register to participate

Complete an entry form on race day or

bring in a completed entry form

Please do not mail in Fun Run entry forms



River Road is under construction so we are using the Memorial Day course this year, near the Orange Park 1st Place Sports store

Runs Benefit Local School's Run/Walk Programs



5K starts at 8:30AM & 1 Mile Fun Run Starts at 9:30AM
Saturday, January 5th, 2019
Orange Park – First Place Sports
2186 Park Avenue

- **Long sleeve cotton shirts and Finisher medals!**
- Overall winners and awards 3 deep in each age group
- Register at **www.floridastriders.com** or at **signmeup.com/127363**
- Online registration available until noon Wednesday, Jan. 2nd, or register at any 1st Place Sports store thru Friday, Jan. 4th
- Day of race registration onsite opens at 7AM

Race Director: Bill Krause resolutionrunrd@floridastriders.com

ENTRY FEES

	<u>Striders</u>	<u>Non -Striders</u>	<u>Kids 13 & under</u>
Until Dec. 21st	\$22	\$27	\$15
Dec. 22 - Jan. 4th	\$27	\$32	\$20
Day of Race	\$35	\$35	\$35

PARTNERS



For more information and to register, visit floridastriders.com/resolutionrun

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FLORIDA STRIDERS TRACK CLUB

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Send us your story!

Do you have a fitness or running story to share? Our bi-monthly newsletter is the perfect opportunity for you to contribute your knowledge. The Florida Striders community is always interested to hear about your experiences in running, in health, in life. If you would like to contribute an article, news item or event notice for our newsletter, please contact us at striderighteditor@gmail.com!

