

the

# StrideRight

www.floridastriders.com

Club #229



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## Not Another Failed New Years Diet

Written by Kelsey Beckmann

It seems to be a topic every year. Some people are pro, some people are against, and some people flip flop. When working with Meteor clients for new beginnings, I like to get right to the point. Setting resolutions is neither wrong or right, or good or bad. For some people, they are a great opportunity to establish new routines that will help them grow emotionally, physically, and spiritually. For others, they do not feel like they need them and would rather set goals regardless of the calendar date.

Continued on page 10

### Save the Date!

**Gate River Run:**  
March 9, 2019

Join us before and after the biggest race of the year for friendship and fun!

**Angry Tortoise:**  
April 6, 2019

One of the best ultra trail runs offered in northeast Florida!

**Run to the Sun:**  
April 20, 2019

An excellent way to celebrate the upcoming Spring Solstice!



**Our Positively Perfect Partners!  
We Are Grateful For Your Support!**



**2018-19 Board Members and Key Persons**

**Coordinators**

**Children’s Running:** Carol MacDougall – carolmacdougall@bellsouth.net

**Running Classes:** Vicky Connell – vickyjc@comcast.net

**Membership:** George Hoskins – membership@floridastriders.com

**Social:** Dave Allen & Amy Bonnette – social@floridastriders.com

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**Equipment:** Mike Mayse – mjmayse@comcast.net

**Race Advisor:** Bob Boyd – bobboydFL@gmail.com

**StrideRight Editor:** Cari Holbrook – striderighteditor@gmail.com

**Directors at Large**

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- 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

**Officers**

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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  
rttsrd@floridastriders.com
- Memorial Day 5K:** Scott Hershey  
run2day4life@gmail.com
- Hog Jog 5K:** Mike Mayse  
mjmayse@comcast.net

## MESSAGE FROM THE PRESIDENT

Do you have any resolutions for the 2019 New Year? Most of us recycle the usual ones... lose weight... eat healthy... get more exercise... chase after that new PR! While these are all worthwhile resolutions, I would like to challenge you to become more involved with the best running club in the Jacksonville area! Possibly, I'm a little biased about this, but I firmly believe that the Florida Striders consist of the absolute best people. You (members of the running community) are the positive-minded people I enjoy spending time with.

Some of us will be starting off 2019 on January 1<sup>st</sup> at 9:00AM by participating in the annual Polar Plunge at Jacksonville Beach! Come join us for a quick dip in the ocean. It's crazy, but it's fun!

Our Resolution Run is on Saturday, January 5<sup>th</sup>. We did not expect this, but due to delays in construction, we will be running on River Road in Orange Park again. That is great news!

The Shark Bite Half Marathon and 5k is being held on Sunday, January 20, in New Smyrna Beach. This is one of our "Destination" runs. Please consider joining us for this out-of-town run!

We have a group going to New Orleans again this year for the Rock n' Roll Full and Half Marathon the weekend of February 10th. It's a flat, fast course, and you can be in and out of New Orleans before the craziness of Mardi Gras!

Of course, we will have our usual large presence at the Gate River Run on March 9th. The convenience of our private area, with food, drinks, and port-o-lets, is one of the best benefits of being a member of our club! Many non-members are envious of how popular we are!

If you enjoy trail running, you will love the Angry Tortoise. It's being held at Cary State Forest on Saturday, April 6<sup>th</sup>. There are 25K and 50K options for your run. It is a beautiful course! Mae Barker has taken over the duties as Race Director for this event. We are going to have a fantastic time!

The annual Strider picnic will be Sunday, April 14th. Watch for details.

Make sure you get Run to the Sun on your calendar. It is scheduled for Saturday, April 20, 2019. This is one of our finest events. So don't miss it!

Our Strider cruise to the Bahamas departs on Thursday, May 2<sup>nd</sup>, and returns to the port of Jacksonville on Monday, May 6<sup>th</sup> early in the morning. This is a great opportunity to spend a few days with others in the running community. Sara and I are big fans of cruise vacations. If you have never cruised before, this is a great way to check it out!

The Memorial Day 5K is on Monday, May 27<sup>th</sup>. This 5K in Orange Park attracts a very large crowd and is a great way to honor the sacrifices of our armed forces.

The best place to get details on club activities is by viewing our Facebook page and looking at the "events" section. Please resolve to increase your involvement with your club. I guarantee you will have more fun!

Join us!

*Jon Guthrie*



# Strider Running Classes Try a New Format

Written by Vicky Connell

The latest Florida Strider Running Class was termed “Couch to 5k” which seems very popular these days! Not wanting to be like any old class you can find on the internet, this one was a little different and included much more than most classes you can download for free.

To start out, people who signed up for the class only paid for their Strider Membership. That’s \$20 for a single, and \$25 for a family membership. Quite a deal since that included a year’s membership in our club with all the discounts we include! Also, class members had three training programs to choose from, all developed by “yours truly” specifically for this class. Each program was designed for someone who is starting from a different point – total beginner to someone who is doing a little running already. In addition to the training schedule, each member got a workout program that included strength and mobility exercises, which would only take about 10 – 15 minutes each day. I’m a firm believer that every runner should be doing these exercises in addition to their running if they want to stay injury free!

The next biggest difference in this class was that each runner was assigned a personal mentor. Thanks to these Florida Strider runners who volunteered for this job: Frank Frazier, Jan Bullock, Vicky Connell, Christine Roken, Jon Guthrie, Lisa Weatherford, Doug Barrows and Regina Soeey. These mentors were tasked with the job of keeping track of their “mentees” and running with them at least once a week. Class members were also invited to attend any of our three weekly Strider runs.

At the end of the 8-week class, we put on a 5K run and invited not only class members and mentors but anyone who was a Florida Strider to participate. This was a free event that we held in Fleming Island on our usual Prediction Run course. About 30 people showed up as well as the majority of the class. We were lucky to have perfect weather and volunteers to help out. Thanks to Mike Mayse for doing most of the work setting up our course, and others who came to be course guards and hand out water: Frank Frazier, Kathy Murray, Dave Allen, Shelly Allen and Carolyn Krall.

After the run, most of the group headed over to Mellow Mushroom for some food and libation. Each runner received a free drink of choice and a goody bag with a few freebies. A good time was had by all, and we hope to see these class members at some future Strider events!



## The Running Review

Written by Vicky Connell

Recently I read a book by Dean Karnazes called “The Road to Sparta”. Most of us who consider ourselves runners have heard the story of Pheidippides and his run from the Greek city of Marathon to Athens, often referred to as the first ever “marathon”. You may also know that after bringing news to the Athenians with results of the battle just fought at Marathon, he dropped dead. Quite a story, and maybe not the best inspiration for running your first marathon! But as it turns out, there’s way more to this story than most of us know. Dean Karnazes tells us that story, and tells his own personal story at the same time.

If you follow any news about elite or famous runners, you’ve probably heard of Karnazes who was once named by Time Magazine as one of the 100 Most Influential People in the World. He is an internationally recognized endurance athlete. He has raced on all seven continents to include a 135-mile ultra-marathon across Death Valley in 120-degree temperatures and a marathon at the South Pole in minus 40-degree conditions! But in this book, he goes way beyond anything he’s

done previously to complete a race called the “Spartathlon”, which follows the entire route that Pheidippides ran, which in reality, was much more than a marathon.

If you’re a history buff, you’ll really enjoy the historical aspects of this book, although towards the end, Karnazes fills in some historical blanks with a fictional account. I didn’t really mind this though, since this story begged for a definitive ending which we don’t have in the history books. If you are also a runner who’s ever done a truly hard race, you’ll appreciate that perspective as well. I could identify with much of what he went through to complete this race, although of course, his race was on a scale that was way beyond anything I’ve ever even thought of doing! The physical effort he endured was truly amazing.

This book was very entertaining, and I highly recommend it, especially if you’re a runner!



## Florida Strider Bahama Cruise

Join us for a fun and sun-filled 4-night cruise with your

**Florida Strider friends!**

Ship: Carnival Elation

Sail Date: May 2, 2019

Number of Nights: 4

Departure Port: Jacksonville, FL

Ports of Call: Freeport & Nassau

*Pricing is not locked in until you book.*

*Pricing is based on Double Occupancy/Two Persons Sharing a Room (total including taxes and port fees):*

*Interior Stateroom - \$859.80*

*Oceanview Stateroom - \$939.04*

*Balcony Stateroom - \$1329.04*

*Suite Stateroom - \$1609.04*

*Group Incentive: \$25 onboard credit per stateroom*

*Group deposits are \$150 per person to reserve your spot in the group and to pick your stateroom number. Travel insurance is recommended.*

*Prices range between \$45-\$95 per person depending on what stateroom category you select.*

[www.carnival.com](http://www.carnival.com) for cruise specific information



New & Returning Members

Bryan & Ellen Boyer	Penny Bowyer
Jason Dillaberry	Jan & Billie Bullock
Marcee Graves	Kim & Steve Crist
Dawn Hall	Clay & Debbie Fliess
Cathy Krenicky	Maria Ganas
Joe Landry	Kay Jones
Edward Rego	George Mosely
Paul & Angela Seals	Sondra Santana
Mark Sekelsky	Kent Smith
Paul Stevens	Dave Whitin
Matthew Van Gilder	

Upcoming Renewals

Brandi Archuleta	Joseph Murray
Bernie Berania	Gary & Julie Myers
Megghan & Chris Brooks	Bob & Sharon Opkins
Angie Carter	Christine Roken
Judi Cowart	Larry & Barbara Sage
Mike Cummings	Gennifer Smith
Charles & Vivian Delay	Meagan Smith
Amy Dyal	Melissa Stalter
Michelle & Brian Ellison	Herbert Taskett
Steven & Deborah Gance	Suzanne VanLeeuwen
Gary Gerdeman	Rosanne & Sean Vernon
Gary Harlow	Kameron Walizada
Rita & Kevin Holden	George & Vickie White
April Jasper	Robert & Rebecca Wood
Peter King	Mike Youngblood
Christina & Ryan Mitchell	

**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](http://www.floridastriders.com), or contact our membership director, George Hoskins, 264-4372, or email [membership@floridastriders.com](mailto:membership@floridastriders.com) for more information. Complete the membership application below and come have fun with us.

**Florida Striders Membership Application**

Last Name _____		First _____	MI _____	New <input type="checkbox"/>	Renewal <input type="checkbox"/>
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**

# Strider Socials

## Thanksgiving Day Social

Florida Striders had a great turnout for our Thanksgiving Day run! Thank you to everyone who participated. Lots of training and running was involved, but most importantly, the friendships and camaraderie that has developed is one of the best benefits! Everyone had a great run, and afterwards, indulged in a few extra calories!

On that Thanksgiving Day, being a Florida Strider and surrounded with team members that share our same passion for running and exercise is what made it a thankful day.



## Strider Holiday Party

Our Florida Strider Christmas party was held Sunday evening, December 9, 2018 at the beautiful Haskell Building on Riverside Avenue with great views of the St. John's River! We had 84 attendees check in, which was a 33% increase over the 2017 party! It was a great evening of food, music, and socializing with some of the finest people in all of north Florida! Please check out our Facebook page for some photos of the event



## Upcoming Events

**January 20<sup>th</sup>** – Destination New Smyrna for Shark Bite Half Marathon

**February 10<sup>th</sup>** – Destination New Orleans for Rock 'n Roll Half Marathon

**March 9<sup>th</sup>** – Gate River Run Pre- and Post- Run Social Tent

**April 6<sup>th</sup>** – Angry Tortoise 25K and 50K Trail Run

**April 14<sup>th</sup>** – Annual Strider Picnic

**April 20<sup>th</sup>** – Run to the Sun

**May 2<sup>nd</sup>** – Strider Cruise to the Bahamas on Carnival Elation

**May 27<sup>th</sup>** – Memorial Day 5K



# Upcoming Races

DATE	RACE	TIME	RACE DAY LOCATION	WHERE TO REGISTER
5-Jan	Resolution Run 5K	8:30am	1st Place Sports in Orange Park	www.floridastriders.com
12-Jan	Best Damn Race 5/10K & Half Marathon	7:00am	Jacksonville Landing	runsignup.com
19-Jan	Winter Beach 5 & 10 Mile Run	2:00pm	Seawalk Pavilion, Jacksonville Beach	1st Place Sports (online or in the store)
21-Jan	Inaugural MLK Community 5K	8:00am	Historic Stanton Property, Jacksonville	1st Place Sports (online or in the store)
26-Jan	Wolfson's Children's Challenge 55K Ultra/55K Relay & 30K	7:00am	Baseball Grounds, 301 A. Philip Randolph Blvd.	PRS Race Timing
26-Jan	Matanzas 5K	8:00am	St. Augustine	matanzas5k.com
2-Feb	Henry's 5K	8:00am	Oakleaf High School, Orange Park	1st Place Sports (online or in the store)
2-Feb	Fight For Air Climb	8:00am	Bank of America Tower	American Lung Association
16-Feb	8K River Day & Superhero Run	8:30am	Orange Park Town Center	1st Place Sports (online or in the store)
23-Feb	Ortega River Run	9:00am	St. Mark's Episcopal Day School	1st Place Sports (online or in the store)
23-Feb	Girl Scouts of Gateway Council Thin Mint Sprint 5K & Cookie Crumble 1 Mile	7:30am	St. Johns Town Center	Ultimate Racing Inc.
24-Feb	Running of the Bulls 5K	TBD	Downtown Jacksonville	1st Place Sports (online or in the store)
2-Mar	The Players Donna 5k	8:00am	TPC Sawgrass	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/rrcaca.htm](http://www.ameliaislandrunners.webs.com/kbendy/rrcaca.htm)*

## Florida Striders Youth Team Members: Cross Country Season Highlights

The Florida Striders Running Team Jr. High and High School members had some outstanding prep cross-country seasons. Here's a review of the boys' seasons.

Written by Shelly Allen

**Matthew Stratton**, a freshman at St. John's Country Day School, stood out as Clay County's Top High School Cross Country Runner, as noted by the Clay Today. He placed 8<sup>th</sup> at the State 1A Cross Country Championship Meet at Apalachee Regional Park in Tallahassee with a 5K time of 16:19 and became the first athlete from St. John's to medal at the state meet! He also competed in the Foot Locker South Regional Cross Country Championship placing 3<sup>rd</sup> in the freshman race on a muddy, wet, hilly course.



**John Keester IV** ran for Oakleaf Jr. High as a 7<sup>th</sup> grader and had numerous individual title wins during his season, including 1<sup>st</sup> place at the Clay County Middle School Championships with a time of 10:14 for 3K, and a PR. He finished 17<sup>th</sup> at the state MS Cross Country Meet in 10:35. He also ran in the Foot Locker South Regionals in North Carolina on a cold, wet, muddy, hilly course and finished a very respectable 14<sup>th</sup> place in 10:59.

**Keegan Emanuel** ran for Green Cove Jr. High as an 8<sup>th</sup> grader and finished 2<sup>nd</sup> in the Clay County Middle School meet at Cecil Field. He also set a new school record this year of 10:41 for 3K. He had numerous races where he was very competitive and running near the lead. He competed in the state AAU Cross Country Championship and finished in 2<sup>nd</sup> place, and then went on to compete in the National AAU Cross Country Championships in Tennessee on a muddy, wet, hilly course – a taste of real traditional cross country!



**Luke Bybee** ran for Clay High School and finished his season with a 20:20 5K time at the District Cross Country Championships. Always an outstanding student-athlete, Luke represents his school and our club well.

Of course, there's always the fact that resolutions are easier to make than maintain, and there are certainly statistics that show a very small percentage of people following through with their Resolutions.

As a dietitian, January tends to be a busy month. Everyone wants to be fit, lose weight, be healthy, etc., and we applaud that! However, we find most people are setting unrealistic expectations for themselves. Meteor wants to help you with all the above within reason, but we cannot help if you think we are going to fix a lifetime of diet choices in one month. A lot of health and fitness goals are accomplished over the long term. Believe us, baby steps are the way to go. It seems trivial now, but 3, 6, or 12 months from now, you'll be amazed at how far you have come. Here are some tips to get you started:

**Choose realistic and measurable goals:** This year, strive to make goal oriented and measurable resolutions that focus on the process instead of the end result. Instead of selecting some unachievable and ambiguous goal, focus on something realistic that you can set your mind to. We are not talking Biggest Loser type weight loss patterns (10+lbs per week for multiple weeks is just not healthy or sustainable). We are talking lifestyle changes that set you up for success AND allow you to have your cake and eat it too.

**Start small:** Taking on too much is a common reason why so many New Year's resolutions fail. Altering your normal behaviors dramatically is a sure way to derail your steps toward your goal. Instead, you should try to focus on small steps that will help you to reach your larger goal. We don't all have to vow to lose weight, go on a Whole30 diet or "go keto", exercise 5 times per week, quit this, that and the other thing. Instead, we can focus on small changes that will add up over time.

**Don't let small setbacks bring you down:** One bad day doesn't make you a failure. Setbacks and unforeseen circumstances happen all the time. Encountering a set back is another main reason why many people give up on their New Year's resolutions. Instead of viewing a relapse or setback as a failure, view it as a learning opportunity. Maybe understanding what triggered the relapse will help you to prevent it from happening again.

**Remember that changes take time:** The habits that you are trying to resolve are ones that you have likely been doing for years, so how can you expect them to change in a few weeks? Although a behavior change may take longer than you would like, making a commitment to change and sticking to it will help you to be successful in the end.

*If you are looking for more personal assistance in the New Year to help facilitate these concepts and/ or improve performance, we have created 3-6-9 month 2019 programs that tailor interventions to the individual. Between personal meal planning that is dependent on personal fitness and performance goals, 5 day a week accountability, webinars, follow ups, grocery store tours, and more, Meteor is ready to establish sustainable habits with you. If you are interested or have questions about 2019 programs, please email [meteonutrition@gmail.com](mailto:meteonutrition@gmail.com). Also, we would love to extend 10% off any of the programs for any Florida Striders members!*

\*The race location this year is Fleming Island High School, as River Road is under construction\*



Soft feel t-shirts and Finisher medals!

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

**Runs Benefit Local School's Run/Walk Programs**



8K starts at 8:00AM & 1 Mile Fun Run Starts at 9:30AM  
Saturday, April 20th, 2019  
Fleming Island High School 2233 Village Square Pkwy

- Free 4 week training camp to the first male and female finishers, courtesy of Camp Gladiator
  - Overall winners and awards 3 deep in each age group
    - Register at [www.floridastriders.com](http://www.floridastriders.com) or at <https://www.signmeup.com/128809>
  - Online registration available until noon Wednesday, April 17th, or at any 1st Place Sports store thru Friday, the 19th
    - Day of race registration onsite opens at 6:30AM
- Race Director: Bill Krause [rttsrd@floridastriders.com](mailto:rttsrd@floridastriders.com)

**ENTRY FEES**

	<u>Striders</u>	<u>Non –Striders</u>	<u>Kids 13 &amp; under</u>
Until April 5th	\$22	\$27	\$15
April 6th - 19th	\$27	\$32	\$20
Day of Race	\$35	\$35	\$35

**PARTNERS**



<Scan for more details>



For more information and to register, visit [floridastriders.com/runtothesun](http://floridastriders.com/runtothesun)

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

### 10/13/18 - Avondale 5K Jacksonville, FL

Keegan Emanuel 18:55  
*3<sup>rd</sup> overall and huge 5K PR*

### 10/17/18 – North Florida JV Middle School Championships Jacksonville, FL

Keegan Emanuel 11:44  
*12<sup>th</sup> overall cross country*

### 10/20/18 – USO Armed Forces Freedom 5K, Jacksonville, FL

Jean Schubert 45:38

### 10/20/18 – Black Creek 5K Middleburg, FL

Luke Bybee 19:56 1<sup>st</sup> overall

### 11/04/18 – Hog Jog 5K Green Cove Springs, FL

Shelly Allen 20:48 2<sup>nd</sup> overall  
Aldren Biala 18:35 3<sup>rd</sup> overall

Charina Biala 32:14 2<sup>nd</sup> AG  
Aren Biala 34:37 1<sup>st</sup> AG  
Eugene Biala 40:52  
Jean Schubert 46:36 2<sup>nd</sup> AG

### 11/10/18 – Rock n Roll Las Vegas 5K, Las Vegas, NV

Shelly Allen 20:26  
*6<sup>th</sup> female overall*

### 11/10/18 – Mandarin Run 10K Jacksonville, FL

Jean Schubert 1:30:02 5<sup>th</sup> AG

### 11/22/18 – Thanksgiving Day Classic Half Marathon & 5K Jacksonville, FL

Jean Schubert 44:25 (5K)  
Perry Pelham 1:43:27 (1/2)  
*PR!*

### 12/01/18 – Light Up the House 5K Jacksonville, FL

Perry Pelham 21:26 3<sup>rd</sup> overall

### 12/02/18 – Guana 12K Trail Race

St. Johns County, FL  
Jean Schubert 2:21:52

### 12/08/18 – Festival of Lights 5K Jacksonville, FL

Perry Pelham 21:33

### 12/15/18 – Tannenbaum Cross Country/State RRCA Championship 5500 meters Tallahassee, FL

Shelly Allen 22:29 1<sup>st</sup> overall

### 12/15/18 – Ameris Bank Half Marathon, Jacksonville, FL

Jean Schubert 3:34:04

### 12/21/18 – Run Santa Run 5K Jacksonville, FL

Perry Pelham 20:49 1<sup>st</sup> AG

# STRIDERS AT THE RACES!