

SPRING 2019

the

StrideRight

www.floridastriders.com

Club #229



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It's That Time of Year Again! Doing the Gate River Run? READ THIS ARTICLE!

Written by George Hoskins, Membership Coordinator

The Florida Strider Gate River Run Expo Booth & Hospitality Tent, 2019

The Strider Booth inside the GRR Expo will be staffed by volunteers from 11:00 a.m. – 6:00 p.m. on Thursday, March 7, and Friday, March 8, prior to the Gate River Run – look for the large Strider tent over our Booth. **THIS** is where Striders and Amelia Island Runners pick up the armbands required for admission to the Strider Hospitality Tent on Saturday morning. Limit 4 bands per membership.

IMPORTANT INFORMATION

The Hospitality Tent on the Expo grounds is for Striders and Amelia Island Runners with a current active membership and their guests. If you are unsure when you last paid those Strider dues (it happens to many of us), it is highly recommended that you check your renewal date on our website, under the About Tab, then Membership. If the information seems incorrect,

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MESSAGE FROM THE PRESIDENT

Running is alive and well in North Florida!

For our newer members, I want to point out some of the good deeds our club is doing. Many of our members don't realize it, but we have a large presence among grade schools all through the greater Jacksonville area! Financially, we have been contributing more than \$15,000 per year toward the Children's Running Program, and that does not include the many volunteer hours donated by club members! We also traditionally award scholarships to some actively running, and deserving, college-bound students.

Wednesday evening track workouts at St. Johns country Day School have really been growing under the direction of Dave Allen and Vicky Connell. The participation has been amazing, and includes a wide range of ages from young kids to our more seasoned members!

I very much enjoy the excitement and energy associated with organized racing, but in reality, it is much more than that. Running is a lifestyle. Just like most things in life, it is about enjoying the journey. It makes me feel very proud to be surrounded by positive-minded people always working toward self-improvement! Hardly a week goes by that I don't meet someone new who is out chasing a goal. I've heard it said that "you can pick your friends, but you can't pick your family". I disagree. During my running journey, my chosen running "family" continues to grow!

Our traditional Sunday morning run/walk from IHOP in Orange Park continues to draw since 1978! That's more than 40 years! Please consider this an invitation to join us in the parking lot by IHOP at 6:30AM each Sunday. If you are looking for a way to connect with old or new friends, this is the place to be! We also have a pretty active group that meets near Starbucks in Oakleaf each Saturday at 7:00AM. Join us at one or both of these opportunities. If these are not convenient, please contact me and I will personally help you get a group started in an area near you. The accountability of having running or walking friends counting on you helps tremendously with motivation! I would especially like to see an opportunity created for our retired seniors who have the flexibility to run or walk while others are at work!

Please take a look at the social opportunities we make available for our members. I'm very proud of our social coordinator, Amy Bonnette, who just happens to be my daughter! She is working hard to provide a variety of fun for our members. Most of what we do has a connection to health and fitness, but above all, it is about having fun! Come join us as your schedule permits. We attempt to have something for everyone!

Regards,

Jon Guthrie



Thank You To Our Partners!



In Memory of the 9/11/01 Civilian and Military Victims By Robert L. Shields, Sr.



Margaret A. Lessig, D.M.D. FLEMING ISLAND FAMILY DENTISTRY, P.A. DRLESSIG.COM



Resolution Run Recap

Thanks for the record turnout for this year's
Resolution Run!

Written by Bill Krause, Race Director

The weather the week before the race was good, and the fact that River Road would be closed down for most of the year after our race, must have helped get all of you wonderful people out, as we had 350 more registrations than last year!

I thought I was being smart this year by ordering a lot more shirts and medals, but I was still way short. Thanks to all of you who waited to get yours, after we ordered more after the race.

I am very lucky to be associated with such an excellent group of dedicated runners and volunteers. It took a lot of effort from a lot of people to make the race the success that it was. Thank you all very much for your longtime support of our club and what we stand for. It would take me too long to mention everyone by name, (and sure enough, I would forget someone!), but you know who you are. I know the good feeling you have inside is your reward. I hope so, because I don't have any money to give you:> The final accounting isn't done yet, but I know we garnered a fair amount of revenue to help support our Children's and Adult Running programs.

Our next race is the Angry Tortoise 25K/50K at Cary State Forest. Come out and get dirty with us on April 6th! Register online at ultrasignup.com/register.aspx?did=59841. Then, we are meeting at the Fleming Island High School on April 20th for our annual Run To The Sun race this year since River Road is under construction. We are also changing it from an 8K to a 5K for just this one time. Don't worry though. It is still a Grand Prix race!

You can register online for this one at www.signmeup.com/128809 or at any 1st Place Sports location.

Thanks again!



Photo Credit: Stephanie Watson



HOORAY FOR OUR *NEW* AND RETURNING MEMBERS!

Deborah Bellino
 Shelley Beltz
 John & Josie Caba
 Jamie & Reanold Carter
 Jhenai Chandler
 Heather Crews
 Christy & John Fowler
 Ruby & David Garcia
 Becky Gillan
 Barbara Handman
 Teresa Hardwick
 Barry Hartz
 Justin Holstein
 Kristin & Craig Johnson
 Mary Kivett
 Stephanie McLaughlin
 Christina Neal
 Jessica & Fernando Sanchez
 Joe & Windi Sanoguet
 Peter Sites
 Stephen Sparks
 Laura Stagner Crites
 Stacie Stemm
 Glenda & Brad White
 Nate Zerkowski

Ashley Allen
 Christa Bailey
 Suzanne & Chris Baker
 Bernie & Lauren Berania
 Bruce Bradley
 Steve & Maria Bruce
 Dotti Cahill
 Gerald Caito
 Judy Connare
 Lynn Corby
 Robert Dews
 Justin Faulkner
 Dena & Rick Gaucher
 Gary Gerdeman
 Bonita Golden-Sikes
 Chris Gommlich

Jon & Sara Guthrie
 Gary Harlow
 Sharon & John Hawley
 John Heisner
 Robert & Dani Hernandez
 Rita & Kevin Holden
 Lindsey & John Keester
 Ed Kelly
 Peter King
 William & Jennifer Kortright
 Judy Lind
 Melissa McCrosky
 Gloria McNeil

Christina & Ryan Mitchell
 Joseph Murray
 Gary & Julie Myers
 Krithika Narayan
 Maureen Pelletier
 Bill Phillips
 David & Sylvia Pierson
 Jow Rivera
 Christine Roken
 Tara & Scott Showalter
 Mike Sperry
 Melissa Stalter
 Coleen & Vincent Stoffa
 Herbert Taskett
 Stphanie Watson
 George & Vickie White
 Sue & Darrell Whitworth
 Robert & Rebecca Wood
 Bruce Zewicke



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



HEEL PAIN? What to do? Heartland Can Help!

Heel pain affects nearly 2 million Americans each year and can be responsible for mild discomfort or even debilitating pain.

The most common condition of heel pain is **Plantar Fasciitis**. This condition occurs when the long fibrous plantar fascia ligament along the bottom of the foot develops tears in the tissue resulting in pain and inflammation. The pain of plantar fasciitis is usually located close to the heel bone.

Plantar fasciitis causes the inflammation of the plantar fascia ligament, which runs along the bottom of the foot between the heel bone and your toes and stretches with every step. Inflammation develops when tears occur in the tissue.

The most common complaint from plantar fasciitis is a burning, stabbing, or aching pain in the heel of the foot. Most sufferers will be able to feel it first thing in the morning as they step out of bed. The pain may decrease as the tissue warms up but can easily return again after periods of standing, physical activity, or after getting up after sitting.

In most cases, plantar fasciitis does not require surgery. Conservative treatments are usually all that is required. Like most illness/injuries, every person's body responds to treatment differently and recovery times may vary.

How did I get plantar fasciitis?

The most common is an overload of physical activity or exercise. Athletes are particularly prone to plantar fasciitis. Excessive running, jumping, or other activities can easily place repetitive or excessive stress on the tissue and lead to tears and inflammation, resulting in moderate to severe pain.

Another factor that may contribute to plantar fasciitis is wearing incorrect shoes. In many cases, shoes either do not fit properly, or provide inadequate support or cushioning, causing significantly stress added to the plantar fascia ligament resulting in plantar fasciitis.

Plantar fasciitis is also influenced by the mechanics of the foot. Having conditions such as flat feet, high arches, pronation, or having an abnormal gait. Again the fascia tissue can become overworked or stretched abnormally, resulting in tears and inflammation.

How to treat plantar fasciitis?

If caught early, plantar fasciitis can be treated with simple approaches such as changing your physical activities, resting the foot, applying ice to the area and changing your shoes to more supportive ones and or adding an orthotic insert. Taking ibuprofen or acetaminophen can help reduce pain and inflammation that may have developed.

It's important to seek medical advice before heel pain and damage becomes worse. If the condition is allowed to worsen, more intense treatment may be required to stop pain.

Physical therapy is an important treatment intervention for plantar fasciitis.

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28th Annual Florida Strider's Gate River Run Hospitality Tent

by Mike Mayse/George Hoskins



Congratulations FSTC members! It's our 28th Anniversary of the Hospitality Tent at GRR. As we head into this year's event, we'll try to keep things flowing just as smoothly as in the past. Please help us by volunteering to assist in the set-up and operation of the Florida Strider's tent and party site! We need volunteers on Friday morning to help set-up the grounds and Saturday morning to help manage the crowd. Our needs are as follows:

FRIDAY, MARCH 8 – SET-UP 9:00-10:30 AM

8 to 10 people - setup the orange fence, posts, banners, dressing rooms and tables. These volunteers need to be at the Fairgrounds, in the same tent area as the last several years. Please bring your work gloves and muscles. We will use the same metal stakes as last year. The tent will be set-up this year on Thursday and will be 30' x 30'. We will unload all tables and other equipment and store it in the tent. Most of the volunteers at this event on Friday AM are seasoned veterans but all are welcome.

SATURDAY, MARCH 9 - RACE DAY SCHEDULE OF ACTIVITIES 5:00 - 6:30 AM

6 to 10 people – Arrange equipment: tables, chairs, igloos, ice, etc. and move everything to where it belongs. These volunteers need to be there at 5 AM to be most effective but not later than 5:15 AM. We will also put up several 10 x 10 canopies for the massage school students. Ideally, we would like to have many of the same volunteers reverse the process at 11:30 AM to start clearing the area. Let me know if you can do either or both jobs. You can be a runner/walker or not. We have to have the entry ready before 6:15 AM because runners and their families will be there wanting to get in and get their favorite spots and set up their chairs, coolers, etc.

3 to 4 people - help Marge set up the food garden, at the tent with tables, chairs, food, etc. Around 11:45 AM we need the same volunteers to help Marge start getting everything out of this area and clearing that area. If you can't do early and late jobs, let me know what you can do. You can be a runner/walker or not. Also, I may need extra people to help in the tent during the morning. Sometimes, volunteers for the tent interior, do the 5K or 15k, which leaves us short some people.

Continued on next page

2 people - set-up the refreshment area, (drinks, ice, cups etc.) and periodically, during the morning, keep the supplies stocked. Can be runner/walker or not.

5:45 - 7:30 AM

4 people - man the entry to check and make sure arrivals have yellow bands, ATTACHED ON THEIR WRISTS, and if not, direct them to the HELP table, next to the entry. The "entry volunteers" can be runners/walkers or neither. No one, including volunteers, is to be inside the orange fenced area without a wrist band visibly attached to their wrist.

6:00 - 7:30 AM

2 people - work the HELP table, next to the entry. These jobs entail giving out yellow wristbands to members and their family members and guests, maximum of 4 to each member. You will have member rosters, both FSTC and Amelia Island Runners' (AIR) rosters to verify membership status and to sign up new members. I will give more info later about these jobs. You can be a runner/walker or not, to do this job. People can sign up for Strider memberships, renew memberships. Delinquent members can pay up also. Each one of these gets 4 bands for their family and friends can be runners or walkers.

7:30 - 8:30 AM

4 people (minimum) - at the entry, runners will begin to head to the Starting Line. There will still be some late arrival runners rushing to come into the Tent area and may need yellow wristbands to enter. Be patient with them. They will be stressed out because they are late. If you can work longer, let me know (should be non-runner or walker).

7:30 - 8:30 AM

2 people - work the HELP table. This job will be better for a non-runner/walker. If you can work longer, let me know.

8:00 AM – 12:00 PM

2 people - picking up trash, etc. in the Tent area, during these hours, as needed. The entire area to be "trash free" no later than 12 noon, if we pick up the trash early and often, we will be able to clear all the equipment earlier.

8:30 - 10:30 AM

2 people (minimum) - at the entry & HELP table. Non-runner/walker

10:30 - 11:30 AM

3 people (minimum) - at the entry & HELP table. Non-runner/walker

11:45 - 12:15 PM

4 to 5 people - help pack-up the leftover food and drinks, with Marge directing.

11:45 - 12:15 PM

8 people - take down the small tents, fence, posts and load on the trucks/trailer.

Please give me commitments as soon as you can so we can finish planning, and don't feel limited to work one spot. If you are able to volunteer or know someone who can volunteer, please contact me:

Bill Page at either (904) 553-2688 or billpage727@gmail.com. Without your help, none of this planning would get off the ground. If your FSTC or AIR membership dues expire soon please help us by paying before the expo/race. If that's not possible you can always pay at the expo booth or tent.

What's Happening with the Striders?

New Smyrna Beach Shark Bite Half & 5K

Sunday, January 20

Striders started out 2019 with a destination run on Sunday, January 20 in New Smyrna Beach running the Shark Bite Half Marathon and 5k. This year marked their 4th Annual Shark Bite race, and their goal was striving to bring the best overall race experience. Well, New Smyrna Beach did! Congratulations to the runners, walkers and everyone who received a top 10% hat.

This race will be on the calendars for 2020.



Destination Palatka for Beck 5K

Riverfront Park 301

Saturday, June 1

Florida Striders will again make the short trip to Palatka to participate in the Beck 5K. Our club has had a visible presence the past couple of years at this race. Lots of fun! Come join us!

To sign up: www.racesmith.com

You can join the team "Florida Striders" when you sign up, or let Jon Guthrie know, and he will add you to the team. We look forward to a spectacular turnout!

Other Upcoming Events

Gate River Run Expo and Club Social

Saturday March 9

Informal Social Time at La Nopalera

Saturday March 9 @ 6:30pm

Monthly BOD Meeting

March 12

St. Paddy's Run Evergreen Cemetery Social

March 17

RRCA Convention New Orleans

March 28-31

Angry Tortoise 25K/50K

April 6

Monthly BOD Meeting

April 9

Annual Picnic and Election of Board

April 14

Run to the Sun

April 20

Strider Cruise to Bahamas on Carnival

Elation

May 2-6

Monthly BOD Meeting

May 14

Eagle 5K at Fleming Island HS

May 18

Memorial Day 5K

May 27

Monthly BOD Meeting

June 11

You Can Be Part of the Strider Team!

Written by Shelley Allen



Anyone interested in representing the Florida Striders in races can purchase one of our “Running Team” singlets. We currently have a limited supply of youth and adult sizes in stock, and would love to see more Strider members out there representing the club in our red racing tops! There are no speed requirements, just people who are enthusiastic Strider runners who want to be a part of our running team. The adult singlets are \$40, and the youth are \$30. Please send an email to fsraceteam@floridastriders.com. We will be taking another “Team Picture” at the Run to the Sun race on April 20th, so get your singlet, and be a part!

2018-19 Board Members and Key Persons

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
Vicky Connell

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

Scholarship: Kim Lundy – scholarship@floridastriders.com

Race Volunteer: Ann Krause & Kellie Howard – volunteer@floridastriders.com

Registration: Kathy Murray & Sara Guthrie – registration@floridastriders.com

Equipment: Mike Mayse – mjmayse@comcast.net

Race Advisor: Bob Boyd – bobbydFL@gmail.com

StrideRight Editor: Cari Holbrook – striderighteditor@gmail.com

Coordinators

Officers

President: Jon Guthrie
president@floridastriders.com
Vice President: Dave Allen
daveallen@floridastriders.com
Secretary: Regina Sooeey
Regina@ReginaSooeey.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
rttsrd@floridastriders.com
Memorial Day 5K: Scott Hershey
run2day4life@gmail.com
Hog Jog 5K: Mike Mayse
mjmayse@comcast.net

For a complete list of all director, personnel, and board meeting minutes, please go to the “About” tab on our website: www.floridastriders.com.

DO YOU HAVE A NEED FOR SPEED?!

Written by Vicky Connell

As runners, we are often obsessed with the need to run faster, or at least race faster. And, you may already know, if you want to race faster, you must practice running faster! This is accomplished by running shorter distances at a faster than normal pace, and then repeating that action.

If that is something you're interested in, have I got a deal for you! The Florida Striders have been sponsoring track sessions at the St John's Country Day School on Wednesday evenings for many years. Most of the time, you could just devise your own plan or maybe run with a few friends. A couple of years ago (which I wrote about in the Strider Spotlight), Dave Allen began coaching some younger runners who wanted to get faster. His small group became very successful, and more recently, a group of adults began to join in. Before long, this group began to grow and it was becoming harder to manage.

So...that's where I come in. I've been attending Wednesday track night for longer than I can remember, often coaching the Florida Strider Running Classes. Once I saw how successful Dave's group had become, he and I had a talk, and I decided instead of offering a new class this year, I would become his assistant to help handle the bigger numbers of people so we could break it down into ability groups. I no longer run on Wednesday since it's too hard to run and coach at the same time. I usually do the same workout as the group, but on another night.

So far it's been a rousing success! It's great to see the mix of kids and adults all running together for a common cause. We don't set any age limits, but of course we try to use some caution with the very young so they don't injure themselves. If you're wondering exactly what running the track entails, here's a quick explanation:

One lap around the track is approximately equal to $\frac{1}{4}$ of a mile, and this is commonly referred to as a

400. So 4 times 400 (4 x 400) would mean to run around the track 4 times, for the equivalent of a mile. If we say run an 800 that would be two laps or half a mile. To run 1000 would be 2.5 laps and so on. There is usually a prescribed rest interval as well, with variations depending on the distance and speed run. The last session we ran consisted of 12 x 400 with 2 minutes rest in between. You can continue moving around during the rest if preferred or simply stand and rest. It's up to you.

Our track sessions start with a warm up run by yours truly at 5:45pm (or you can do your own), and the track workout starts at 6:15. Our only requirement is that you are a member of the Florida Striders. This is for legal purposes in case someone gets injured. We all know how inexpensive membership is, so it's a very small price to pay for free coaching! The first time you come, please see me to sign in so I can check your membership status and welcome you!

If you're interested in joining this group, send me an email at vickyjc@comcast.net and request to be put on my "Track Email" group. I send out an email every Tuesday letting you know for sure if the track is open (it is closed to us a few times a year for sporting events), and what our workout will be that week (as devised by Dave). You are not required to do the workout Dave and I are coaching – you're welcome to do whatever you want on the track as long as you follow some basic etiquette rules so no one gets run down accidentally!

So...if you have a need for speed, come see us Wednesday night!!

Wolfson's Children Challenge 1/26/19

Written by Scott Hershey, Team Captain

This was the 10-year anniversary of the Wolfson's Children's Challenge. But just what is the Wolfson's Children's Challenge?



The Wolfson's Children's Challenge is a great way to support our region's only children's hospital here in Jacksonville, Florida. Every year, they feature 55 children who share their inspiring stories, along with races for various levels of runners, fundraising opportunities, and event-day family activities and entertainment. Join us to make sure no child is ever turned away from Wolfson Children's Hospital because of an inability to pay.

Proceeds from the Wolfson's Children's Challenge, with the match from Baptist Health, will go to the Wolfson's Children's Challenge endowment and help fund the purchase of life-saving trauma equipment and technology for our most critical patients.

Wolfson's Children Challenge 2019 – Race Morning Recap

Morning temperatures were in the 40s at the start. It was a great day for a race especially if you were running the individual 30K or 55K. Amy Bonnette, Dave Bonnette and Dena Gaucher all opted for the 30K. **They all ran great, finishing 1st in their respective age groups.**

Co-ed Relay 55K

We had 11 runners signed up and 2 substitutes available if needed. The morning started out with me looking at my watch at 6:45am and wondering where my first 2 leg runners were - I mean the race was about to start. Stephanie Watson had offered to pick up Shyonnewanya Dumas as he didn't have a ride, so they were riding together to the event.

The race was due to start at 7:00am and I didn't have any runners. I called Stephanie and asked her if she was close to being there. She said she was still a few minutes from getting there. They were stuck in traffic. Right after getting off the phone with her that's when John McGriff our #3 leg runner had just arrived. I asked John to start the race and he was more than happy to start the race for us.



THANK YOU - JOHN!

Shortly after the race started, Stephanie and Shyonnewanya arrived and filled legs #2 and #3. Everything went smoothly the rest of the day from leg #4 through leg #11. The finish of leg #3 saw Shyonnewanya run the fastest leg of the day at 18:44. I asked him before he ran about what time he might run, and I think he said, "I'm a little tired from yesterday's track, so well see." (He's been known to run a low 17-minute 5K). WOW!

It was about this time we realized that

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Busy Athlete Meal Prep Guide

Written by Kelsey Beckmann

WHAT IS MEAL PREPPING?

Meal prepping is scheduling time to prepare several meals at once and packing them so they're ready for you to grab and go. Meal prepping also means that you plan in advance for quick meals during the week, so you have all the necessary ingredients on hand to save time later. These tips will make your life easier, while still enjoying meals that are healthy and delicious!

WHY MEAL PREP?

- **SAVE MONEY:** This one is huge. If you plan out exactly what you're going to cook, you purchase accordingly and prevent waste. Not to mention having meals ready ahead of time will prevent from buying last minute at a restaurant on the way home.
- **SAVE TIME:** It may seem time consuming on the day you do spend in the kitchen meal prepping, but think about it – that extra hour goes a long way when it only takes you a few minutes each day to reheat already prepped meals! It takes less effort to prepare a double batch of a recipe, say chili for example, at the same time than it does to prepare new meals every night.
- **CONTROL PORTION SIZE:** In order to make your meals last several days, you need to divide the food into separate portions! By controlling portions, you not only save money, but also keep your calories in check.

MUST-HAVE KITCHEN SUPPLIES:

- Baking sheet 12" sauté pan
- Muffin tins
- Blender (and food processor) Slow cooker(Crockpot)
- Mixing bowls
- Cutting board
- At least one good quality knife! A chef's knife is perfect for slicing meat or chopping veggies.

SO HOW DO I MEAL PREP?

1. Start simple.

Begin with simple meals that are easy for you to make and that you enjoy. The first ones to come to mind for me personally are: turkey burgers, tacos (make the meat, but keep in separate container for the option of adding on top of salads or wrapping in tortillas!), beans and rice, or baked chicken. Cook several servings at a time (i.e. bake 4 chicken breasts at once instead of one, and store in 4 separate containers.) and pair with a vegetable and a whole grain (to make it really easy, use bags of frozen, microwaveable rice and veggies!) Having something like taco meat (or taco 'tofu') prepared provides you with more variety – you can add it to a tortilla one night for tacos, or mix it with rice and beans for a burrito bowl, or place it on top of a salad for a taco salad! That's three different meals, all from preparing taco meat. So if you're someone who likes variety, know that you can still turn one meal into three or more just by planning ahead and having those other ingredients ready to throw together. For the turkey burgers, you could enjoy them one day plain without a bun and with a sweet potato on the side, or you could have with a whole wheat bun and a side salad for more veggies.

- ### 2. Take advantage of shortcuts.
- Chopping, dicing, mincing, all takes a lot of time. For some, it may be therapeutic, but for others, it can seem so tedious it makes you dread meal prepping all together. By purchasing already minced garlic, pre-diced onion, pre-diced peppers, potatoes, fresh veggies, or already boiled microwavable rice, you significantly cut your prepping time!

- ### 3. Cook in batches.
- Whether you are cooking for a family of 5 or for 1, batch cooking can be so beneficial. You'll notice most recipes, especially the ones on my website, are meant for 4 servings.

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Upcoming Races!

DATE	RACE	TIME	RACE DAY LOCATION	WHERE TO REGISTER
2-Mar	The Players Donna 5K	8:00am	TPC Sawgrass	1st Place Sports (online or in the store)
9-Mar	Gate River Run	8:00am	Jacksonville Fairgrounds	1st Place Sports (online or in the store)
16-Mar	Villano Bridge 5/10K	8:00am	St. Augustine	1st Place Sports (online or in the store)
17-Mar	St. Paddy's Day 5/10K	8:00am	Evergreen Cemetery	1st Place Sports (online or in the store)
23-Mar	Spring 4A Cause 5K	8:00am	St. Augustine Shores Riverview Club	racessmith.com
30-Mar	Chick-Fil-A Chicken Biscuit Run 5K	8:00am	River City Marketplace	1st Place Sports (online or in the store)
31-Mar	March to Get Screened 5K	8:30am	715 Riverside Avenue	1st Place Sports (online or in the store)
5-Apr	Ready, Set, Glow 5K	7:45pm	500 World Commerce Pkwy, St. Augustine	itsyourrace.com
6-Apr	Angry Tortoise 25/50K	7:00am	Cary State Forest	www.floridastriders.com
7-Apr	2nd Annual Friends with Autism 5K	8:00am	Riverside Arts Market	1st Place Sports (online or in the store)
13-Apr	Run for Peace 5K	8:00am	St. Augustine Beach Pier	runsignup.com
14-Apr	The Run Home 5K	8:00am	Riverside Arts Market	1st Place Sports (online or in the store)
18-Apr	IOA Corporate 5K	6:45pm	Jacksonville Fairgrounds	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



Continued from front page

or if you cannot find your name on the list, please email membership@floridastriders.com right away.

Change to March Membership Renewals for 2019!

In order to streamline the operation of the Booth, we want to encourage Striders to renew their memberships **prior to the Expo**. Specifically, we request that Striders with a March renewal date go ahead and renew **at our website as soon as possible**.

BONUS - If you do this by March 4th, we will extend your next Renewal Date to April 30, 2020! We thank you in advance for this.

This will help our volunteers tremendously! Go to our website, click the About Tab, then select Membership. There are two ways to renew there.

This year we plan to have a laptop computer and an iPad at the Booth. People Joining and Renewing at the Booth will be doing so on our website at the Booth. Striders who strongly wish to Renew and pay by cash or check will still be able to do so.

The Strider Booth is a great place to meet other Striders, pick up free "give aways", get information on Strider upcoming events, and see photos of Striders in action. Register early at the Expo to get a \$5 discount for our Run to the Sun (April) and our Memorial Day Races (May) right here in the Booth.

VOLUNTEERS – we are looking for volunteers to work in the Expo Booth this year. If you have a couple of hours to work in the Booth, send an email to – membership@floridastriders.com.

Vicky's Energy Balls

This recipe is great for a quick pre-run snack, or a post run bite. to tie you over till your next meal. Feel free to substitute anything you like to make something you will enjoy. This recipe is very forgiving, and does not need to be exact! You can add more things or leave things out and it's fine!

2 cups oatmeal
 ¼ cup flax meal
 ¼ almond flour
 1 cup unsweetened applesauce
 1 tsp cinnamon
 1 tsp salt
 ½ cup shredded coconut (sweet or unsweet)
 1 cup chopped nuts of any kind
 ½ cup (or more if desired) raisins or craisins
 ¼ cup chia seeds or hemp seeds
 ¼ cup honey (optional – if you like things a little sweet)
 1 cup Chocolate chips (I like the dark chocolate!)

Mix all together. If it seems dry, you can add water or any other liquid. If it's too wet, add more oatmeal or almond flour. Rolls into about bite size balls and place onto a baking sheet. They can be close together but not touching. Bake at 325 degrees for 15 minutes or until they seem a bit dry. They do not need to be browned. Cool completely and then place the baking sheet in the freezer. Once frozen, you can put them in a baggie and leave in the freezer. Take the amount desired out the night before you need them to thaw, or thaw them in the microwave for about 15 seconds. Enjoy!

Gate River Run Day General Info

- We will have a total of 8 port-o-lets (same as last year).
- In the food area, Marge will “hold back” food for the more “deliberate” finishers to help ensure everyone has something to eat.
- The maximum number of wristbands to be given to members will be 4, whether the member is single, senior or family membership.
- We encourage members to visit the Florida Strider Expo Booth and pick up their bands (March 7th and 8th). Look for the Strider tent over our Booth near the exit from the Expo area. AIR members will also pick up their bands at the Expo booth and/or tent. Plans are to have the same location as last year.
- If a member comes to the tent entry race morning without wristbands, we will give out the bands once we check our rosters at tables at the tent entry. Go straight to the ‘Help table’. If family members or guests come to the tent entry without bands, we will check the rosters to verify the family/guest members’ membership status. It may happen that a member cannot deliver bands to members’ family/guests prior to race morning, (ex. out of town people). We will only have a limited number of wristbands at the tent entry area. Members who have guests without bands on Saturday AM, could plan to meet them at the tent entry on race morning or at the Expo booth on Thursday/Friday before race day.
- At the Expo Booth and the tent entry, we will: sign up new, renewing and expired memberships, distribute yellow wristbands, and display Strider photos and articles about Strider community involvement.
- It is important that we are as polite and accommodating to our members and guests as possible. We must keep in mind that this event is for our members and guests. A member should give his bands to only his family and personal guests. This is not an open event.
- We should also remember that we have many members who choose not to run/walk the races at RR, but do come to the Expo and tent area, to enjoy themselves and have a good time. They will get bands for themselves and their family and guests.
- Like the last several years, the Amelia Island Runners will join us and assist with food, port-o-lets, drinks, and volunteering for the booth and tent, including set up/take down.

AS ALWAYS, BRING FOOD, BRING FOOD, BRING FOOD AND HAVE YOUR GUESTS BRING EVEN MORE FOOD! If anyone has suggestions on improving the hospitality tent please contact me at either **(904) 553-2688** or **billpage727@gmail.com**. I hope everyone has a great race and a fun time. I look forwards to seeing you there!

Continued from page 5

The goal of treatment for physical therapy is:

- Relieve inflammation and pain in the heel
- Improve strength, flexibility and correct foot/gait/stride imbalances
- Return to daily activity and exercise.

Heartland Rehabilitation offers some very effective treatment interventions for plantar fasciitis. Since everyone heals and responds to treatment differently Heartland has seen the use of multiple approaches to have a greater impact and quicker recovery.

ASTYM: Is a treatment that regenerates healthy soft tissue (muscle, tendon...) and eliminates or reduces unwanted scar tissue that may be causing pain or movement restrictions. It is scientifically developed to resolve the underlying causes of the problem rather than temporarily relieving symptoms.

Cold Laser/Electrical Stimulation: Low level laser therapy and electrical stimulation promoting the body's natural healing process at a cell/tissue level. This approach increases light energy to the cell, which produces an increase in ATP production allowing normalization of cell function, pain relief and healing.

Kinesio taping. Is a rehabilitative taping technique that depending on how it is applied will reduce edema and pain. It can help facilitate a weak muscle and improve proper joint mechanics as well as providing support to joint structures.

Exercise: Appropriate stretching exercises involving the foot and lower extremity are taught and expanded upon.

Shoes: Proper fitting shoes and inserts are also recommended for many individuals.

plantar-fasciitis.org

www.heartlandrehab.com

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Sports Medicine Coordinator (904)
719.4649

**Or the Heartland Call Center at (800)
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ASTYM

Bring this ad in to get your special pricing!

Prices good through March 8, 2019

Continued from page 11

we were currently in 3rd place.

Disclaimer – This team was put together with no consideration as to how fast we might run or if we could place.

So, could we hold on to 3rd place? The runners continued in order as leg #4, Jessica Jewell, leg #5, Charity Daigle, leg #6, Josh Daigle, leg #7, Jennifer Szala, leg #8, Julie Hargrove, leg #9, Brian Higgins (second fastest leg of the day at 21:02 by the way), leg 10 Tara Showalter and leg #11 Mike Martinez (aka the anchorman).

(NOTE- Our last two runners Tara and Mike had run the Matanzas 5k earlier in the morning and this was their second 5K to be run in 3 hours.)



I said that we should see where we were at after Tara's leg to see if we had a chance at placing. After Tara's leg, we were still in 3rd place with just Big Mike Martinez to run.



The 1st Place team was way out in front and the 2nd Place team was out of our reach, but we still had a 2-minute lead over the 4th place team. By then, I think everyone was telling Mike that we were close time wise. Mike ran Matanzas in the morning and had run a sub 30-minute 5K. So, could Mike run another sub 30-minute time to keep the #4 relay team from catching us?

Mike was a great anchorman pushing himself and not letting up. He finished just 5 seconds behind his time from what he had run earlier in the day at the Matanzas 5K! He ran another sub 30-minute 5K.

We all hurried over to the scoreboard to check where we were. Cheers all around when we all realized that we had indeed finished in 3rd Place! We finished around 45 seconds in front of the #4 relay team. Most of the team had stuck around all day and was still present at the finish. This was a great team effort with every leg counting to get us to this top finish. I was thrilled for all these runners as they continued building excitement from one leg to another with a common goal.

Congratulations to all of you runners and THANK YOU for representing the Florida Striders as we helped raise funds and awareness for this great cause! I look forward to setting up next year's relay and will look to run myself next year. MAYBE the Striders can have two teams next year! It was a lot of fun and a bonding experience spending time with runners I already knew on the team as well as meeting other runners I didn't know and got to know then a little bit better.

Our Runners: Stephanie Watson, Shyonnewanya Dumas, JohnMcGriff, Jessica Jewell, Charity Daigle, Josh Daigle, Jennifer Szala, Julie Hargrove, Brian Higgins, Tara Showalter, and Mike Martinez.

THANK YOU to our relay sponsors!

Bold City New Financial (Tara Showalter) and the Tile Market (Bill Page)

Both Bill and Tara were present during the event. Bill brought me breakfast -Thank you!

And Tara ran leg 10. You both made the Wolfson's Children's Challenge enjoyable for all of us!

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So if you double a recipe, you're left with 8. That can serve a family of 4 twice, or a family of 1 the entire week! I would recommend however if you plan to prepare meals containing animal products, to eat them within 3-4 days. If you double a recipe that will last you longer than that, just make sure to freeze it! It will last several weeks this way.

4. **Break it down to 3 simple categories:** You can either prep complete meals, soups, and casseroles using set recipes, or you can also think of meal prepping this way: pick one whole grain, one vegetable, and one source of protein and cook in a large batch (4+ servings). *For example:* boil 2 full cups of whole grain pasta (1/2 cup servings each), roast 2 or more full cups of roasted broccoli (at least 1/2 cup serving each), and prepare a source of protein such as 2 cups cubed tofu (two blocks), 2 cups lentils (1/2 cup each), or four 4 oz. chicken breasts. Add some seasonings such as Trader Joe's 21 seasoning blend or Mrs. Dash garlic & herb, or a pinch of garlic powder, salt, and pepper.
5. **Write it down:** I meal prep on Sundays and Wednesdays. I write down the day before exactly what I'm going to be preparing, and bring that with me to the grocery store. I utilize shortcuts when needed (yes, I buy those pre-diced onions and minced garlic!) and it usually takes me anywhere from 1-3 hours to prepare 10+ meals.
6. **Containers:** It may sound strange, but having your food in appealing looking containers makes a *world* of difference with leftovers. Any Tupperware will do, glass, plastic, or I like using these for my clients: <https://amzn.to/2FRxOMh> which you can order on Amazon. At just \$0.75 a piece, these are great for the avid traveler who doesn't want to run the risk of accidentally leaving nice, glass Tupperware somewhere while on the road. I'm also a huge fan of Martha Stewart brand storage containers, which you can find at Bed, Bath, & Beyond. Make sure whatever containers you buy are microwave and dishwasher safe. Don't put the lid on right away while the food is still hot. Let it cool on the counter for a bit to prevent excessive moisture and overcooking.

If you would like more information on how to tailor meal planning to you, check out Meteor Nutrition at <http://www.meteornutrition.com> or shoot us an email at meteenutrition@gmail.com.

Meteor Sweet Potato Chili

Ingredients:

1 lb ground turkey breast (93-99% lean)	1 large sweet potato, peeled and chopped
1 white onion, chopped	1 green pepper, chopped
2 ½ cups low-sodium chicken or vegetable broth	1 (28 oz.) canned crushed tomatoes
1 (16 oz.) canned black beans, drained and rinsed	1-2 TB. garlic, minced
2 Tbsp chili powder	1/2 tsp paprika
1 tsp ground cumin	1/4 tsp cayenne pepper
1/4 tsp salt	1/4 tsp black pepper
1/2 cup uncooked quinoa, rinsed (optional, but makes for a delicious, heartier chili!)	

Servings: 6 Total Time: 20 minutes prep, 3 hrs crockpot time on high

Directions:

1. Cook ground turkey in large skillet with 1 tbsp olive oil over medium-high heat. Once fully cooked, add to crockpot along with all other ingredients. Mix well. Cook on high for 4 hours (or low 6-8 hours), until sweet potatoes are tender, stirring once every few hours. Serve with delicious toppings such as a few slices of avocado, a Tbsp of shredded cheese, or a handful of crushed whole grain tortilla chips!



The race location this year is Fleming Island High School, as River Road is under construction and the route will be a 5K.



Soft feel t-shirts and Finisher medals!

—
 5K Grand Prix - 8:00AM
 1 Mile FUN RUN - 9:30AM

Runs Benefit Local School's Run/Walk Programs



5K 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 or at <https://www.signmeup.com/128809>
 - Online registration available until noon Thursday, April 18th, 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

ENTRY FEES

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

PARTNERS



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

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STRIDERS AT THE RACES

12/29/18 – Last Gasp 5K

Jacksonville, FL

Jean Schubert 47:53 2nd AG
Al Saffer 41:16 1st AG

12/31/18 – VyStar New Years Eve 5K

Jacksonville, FL

Jean Schubert 45:04
Dena Gaucher 24:08 3rd AG

1/05/19 – Resolution Run 5K

Orange Park, FL

Al Saffer 40:25 2nd AG
Jean Schubert 42:59
Dena Gaucher 23:48 1st AG

1/12/19 – NAS Jax Runway 5K

Jacksonville, FL

Jean Schubert 44:59

1/20/19 – Jekyll Island 10K

Jekyll Island, GA

Carolyn Krall 53:05 1st AG
Keenan Krall 56:11 3rd AG

1/20/19 – Shark Bite Half

Marathon

New Smyrna Beach, FL

Dena Gaucher 1:48
New PR, top 10% hat!

1/26/19 – Wolfson Children's

Challenge 30K Solo Race

Jacksonville, FL

David Bonnette 2:26:17 1st AG
Amy Bonnette 2:56:23 1st AG
Dena Gaucher 2:56 1st AG

1/26/19 – Matanzas 5000 5K

St. Augustine, FL

Jean Schubert 44:56
Al Saffer 39:45 2nd AG

1/26/19 – Hellcat 50K

Green Cove Springs, FL

Zach Hanna 4:30:22 2nd overall
Mae Barker 4:39:46 1st female
3rd overall (behind hubby), 50K PR

2/2/19 – Henry's Run 5K

Jacksonville, FL

Dena Gaucher 23:40 3rd overall

2/2/19 – USATF Cross Country

National Championships 6K

Tallahassee, FL

Shelly Allen 25:12 2nd AG
6th overall

2/10/19 – 26.2 w/Donna Marathon

Atlantic Beach, FL

Nick Camarata 3:30:42
PR'd previous marathon by 1:40

2/16/19 – Superhero 8K

Orange Park, FL

Shelly Allen 34:16 1st Masters
4th overall female
Jean Schubert 1:13:14